



# Annual Report

2023-2024



**Local Impact  
for Tomorrow**

## MISSION:

Partnering with our communities to improve the health and well-being of children and their families.



## Message from Leadership:

*The LIFT Center at Fallon Park Elementary is a shining example of the value of partnerships. Collectively, we can have so much more impact than any one of us alone. By bringing our resources and energies together, robust opportunities for health and wellness have been created in the heart of Southeast Roanoke. Under one roof, students of Fallon Park and other area schools have access to pediatric, mental and oral health services, along with health education and community resources for them and their families. As evidenced in this report, it's the commitment of numerous community businesses and partners, working collaboratively with families toward a shared vision, that makes this possible.*

**Shirley Holland**

LIFT Leadership Chair

Vice President, Community Health and Development, Carilion Clinic

## Annual Goals Met!

Collaboration with community partners has been the key to the success of the LIFT Center at Fallon Park Elementary School. With each year, we're learning and shifting our priorities to support continued growth. Learn more about some of our biggest accomplishments in 2023-2024:



## ACCESS TO CLINICAL AND DENTAL CARE

The Carilion Children's student clinic at the LIFT Center saw 166% more students than the previous year. The student clinic served all Roanoke City Public Schools (RCPS) students through sick care, immunizations and school and sports physicals. A pediatric nurse practitioner was on-site on school days, supported by a

registered nurse. RCPS contracted with Smile Virginia to ensure Fallon Park students received preventive oral healthcare at the LIFT Center, including dental cleanings, oral health exams, x-rays and extractions.

**399** pediatric visits were provided for RCPS students

📈 **136% increase** (169 visits in 2022-2023)

**263** students received in-school oral and dental exams and cleanings

## 🧠 MENTAL HEALTH SUPPORT

Thanks to a grant from UnitedHealthcare, the LIFT Center was able to fund two in-school behavioral support specialists who worked with students to help manage their emotions and behavior. LIFT also partnered with the non-profit mental health counseling group A Tree Planted Collective to provide student “lunch bunch” groups and individual counseling for Fallon Park students and their families. Therapists led groups focused on emotional intelligence, distress tolerance and building healthy, amicable relationships.

**34** students worked with behavioral support specialists to improve their emotional and behavioral health skills

**42** students worked with counselors in group and individual settings

📈 **367% increase** (9 students in 2022-2023)

## 👥 COMMUNITY ENGAGEMENT

LIFT provided many opportunities for families to connect and share enriching experiences. “LIFT Up Tuesdays” offered family-friendly activities, classes and free healthy food for Fallon Park students and their families in partnership with Feeding Southwest Virginia. Free English Language Learning classes were held twice weekly throughout the school year in partnership with Blue Ridge Literacy and Region 5 Adult Ed. Families who attended LIFT’s End-of-Year Celebration—which focused on mental well-being—enjoyed free dinner from RCPS’ food truck, dessert from Freedom First’s ice cream truck, health education, free books and a live mural painting by Carilion’s artist in residence.

**111** students and family members participated in LIFT Up Tuesdays

**200+** students and family members attended the End-of-Year Celebration

**400+** meals were provided for Fallon Park families

**1** Little Free Library was installed on school grounds

**56** English Language Learning classes were held

## 📋 WELLNESS RESOURCES AND EDUCATION

Carilion Clinic Community Health and Outreach provided a bilingual community health worker who helped families apply for Medicaid and financial assistance, worked with individuals to set and reach health goals and assisted with accessing housing, transportation and food. Community Health and Outreach and Delta Dental of Virginia health educators taught evidence-based, interactive curricula to students, families and staff during and after school. Favorite topics included social-emotional issues, nutrition, self-care, oral care, vaping and kindness. Freedom First financial wellness counselors worked with Fallon Park families to open checking and savings accounts, reduce debt and build credit. They’ve now worked with 96 families since the LIFT Center opened.

**515** students and family members worked with a community health worker

**96** students, family members and staff received health-related education

**18** families worked with financial wellness counselors



**Want to Help?  
Donate or Volunteer!**

Scan the QR code to get involved with the LIFT Center.



**Contact Us:**

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**Founding Partners**



**Program Partners**

A Tree Planted Collective  
YMCA of Virginia's Blue Ridge  
Feeding Southwest Virginia

Blue Ridge Literacy  
UnitedHealthcare Foundation  
Region 5 Adult Education