

Morris Heights Health Center: Changing the Odds with TOP[®] in the Bronx



**CHANGING
THE ODDS**
BRONX NY



Changing the Odds

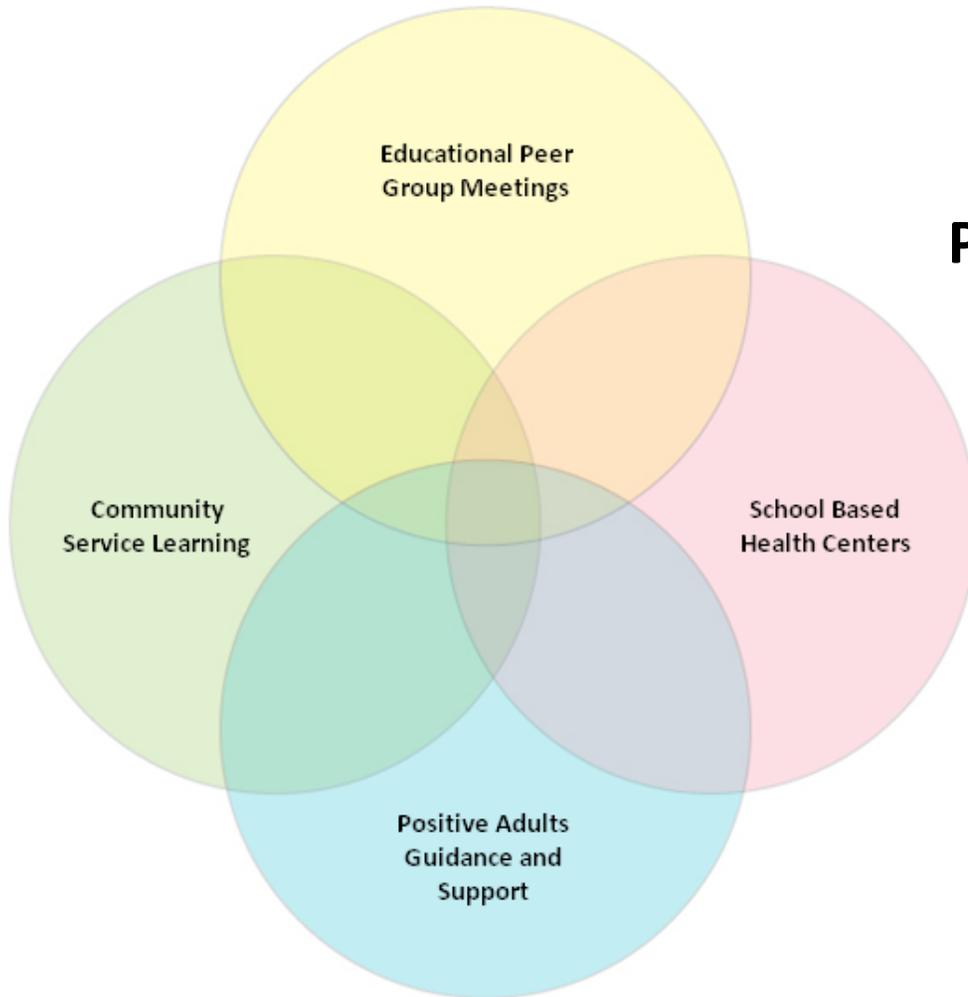
- **Implementing TOP[®] in 12 middle and high schools throughout the Bronx**
- **500+ unique students**
- **During the school day and after-school**
- **Integrated with Morris Heights Health Center School-based Health Centers**
 - Primary care, mental health services, and health education
 - NYS Minors' Rights to SRH services

CTO = MHHC SBHC + TOP[®]

- **CTO integrates the evidence-based Teen Outreach Program[®] with MHHC SBHC services.**

Participants receive

- Bi-weekly life skills lessons
- At least 20 hours of community service per year
- Adult mentorship and guidance through CTO facilitators
- Continuous referrals and references to SBHCs



Definition of Sustainability

Sustain implementation of at least one TOP club in each participating school for at least 25 weeks within a 9-month academic year and 20 hours of community service offered to every student.

Stage of Sustainability

- **Early planning**

- Meeting with all principals

- Assessing program perception
- Assessing needs/costs
- Developing next steps (e.g., teachers trained as facilitators; earmarking funds w/in school budgets; becoming an official DOE vendor
- Piloting sustainability model in Y5

Stage of Sustainability

- **Early planning**
 - Meeting with internal stakeholders
 - Training MHHC and SBHC health educators
 - CTO Sustainability Group

Lessons Learned

- **Don't assume responses – you might be surprised**
- **Continual cultivation of your stakeholders works! Report on your successes regularly**
- **Your participants are your biggest advocates**
- **Remind your stakeholders (principals) who your students are – they may see bigger changes that's not in your data.**

Next Steps on the road to Sustainability

- **Becoming an official DOE vendor**
- **Reporting to local elected officials with interest in their schools/youth; soliciting discretionary funds**
- **Developing a business plan for a sustainable program model that is income-generating**
- **Diversifying funding streams (e.g., online fundraising, family foundations, etc.)**