Venice Family Clinic

Simms/Mann
Health and Wellness Center

Providing free, quality health care to people in need

2509 Pico Boulevard, Santa Monica | venicefamilyclinic.org/simmsmann

Simms/Mann Health and Wellness Center Programs

Background

With the generous support of The Simms/Mann Family Foundation, Venice Family Clinic has launched the nation's first health, wellness and integrative medicine program offered at a free clinic. Simms/Mann Health and Wellness Programs provide a wide range of evidence-based integrated services, which focus on the whole person and the whole family. In addition to high quality conventional care, integrative medical services include disease management, prevention and wellness programs. Multi-modality approaches to chronic disease are utilized including mind-body therapies, acupuncture, chiropractic, and osteopathic care.

Integrative Medicine

Chronic Pain Program

In collaboration with local acupuncture and chiropractic colleges, the Clinic has established a multi-disciplinary program to address chronic painful conditions. The program offers a wide array of services including acupuncture, chiropractic care, osteopathy, and mental health counseling.

Stress Management Program

Recognizing the harmful effects of untreated stress on the physical and mental health of its patients, the Clinic provides skill-based stress management classes facilitated by a trained social worker. The program targets patients with chronic medical conditions especially depression, diabetes, asthma, and hypertension.

Obesity Prevention & Weight Management

Parenting & Nutrition Skills

This program utilizes social learning concepts and peer counseling to teach the parents of children ages 2-4 intervention strategies and skills directed at improving nutrition and fitness behaviors in the home. Under the direction of a health educator, parents participate in groups as they learn to apply these skills.

Family Weight Management

Based on a curriculum developed by Kaiser Permanente, this program teaches children ages 5-12 and their families skills needed to improve nutrition, increase physical activity, and make long term behavioral changes to maintain a healthy weight. The program focuses on involving the entire family in making changes to improve and support healthy habits in the home.

Health & Wellness Promotion

Clinical Interventions

Providers and Clinic staff are trained to utilize several tools to improve patients' health behaviors related to nutrition and physical activity. These tools include a Community Fitness Directory, which lists no- or low-cost fitness resources in the communities where patients live; a lifestyle log, which is placed in the charts of all pediatric patients to track patients' health habits and goals; and the distribution of jump ropes, pedometers, and other tools that promote physical fitness. In addition, community health educators and trained volunteers provide basic nutrition and fitness education to patients in the health education classroom during clinic.

Environmental Interventions

The Simms/Mann Health and Wellness Center is designed to create an environment that supports patient healing, healthy lifestyles, and overall wellbeing. This design of the Center incorporates new health and wellness-focused activities and resources for patients throughout the facility. Elements of the Center include a free-standing computer kiosk with health and wellness programming, health education literature, and health promotion television programming in the waiting area. In conjunction with the environmental improvements, the Clinic has established an 11-step policy with the goal of enhancing the health and wellness of both Clinic staff and patients.

For More Information

For information about supporting the Simms/Mann Health and Wellness Center and Programs, contact Laney Kapgan, Chief Development Officer and Director of Development, at 310.664.7932 or LKapgan@mednet.ucla.edu. To make an appointment at Venice Family Clinic, please call 310.392.8636.

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