Our Mission

“All children deserve the opportunity to achieve their physical, mental and social potential. Pediatricians have a broad responsibility to optimize child health and development to realize this opportunity, and a pediatrician can make a difference by helping build capacity in communities and supporting families. Communities and Physicians Together (CPT) strives to give every child a healthy present and future by teaching pediatricians, both in training and in practice, how to make a difference through active community partnerships to support families in raising healthy children.”
Our Goals

1. Form strong and reciprocal relationships between Pediatric Residents and their assigned communities
2. Increase involvement of Community Physicians in Community Collaboratives and in CPT
3. Create and present formal curricula and education opportunities to residents, faculty and the community
4. Document program efficacy and increase program awareness

The Partners

- Children First—Flats Network
- Cordova Community Collaborative
- Sacramento Head Start Alumni Association
- Tahoe/Colonial Collaborative
- Yuba Community Collaborative
- Sacramento ENRICHES
- American Academy of Pediatrics Community Access to Child Health Program (AAP CATCH)
- UC Davis Department of Pediatrics

Our Work

1. Resident Advocacy Projects
2. Community Physician participation
3. Asset-Based Community Development Conference Series
4. Faculty Training Workshops
5. Annual CPT Advocacy Symposium
6. Quarterly Newsletter

Our Successes

Some successful Resident Projects have included:

- Homerun for Health: Nutrition and Fitness Awareness in partnership with Minor League Baseball Franchise
- Russian and Hmong Radio Shows: Presentation and call-in for children and families
- Life Skills Curriculum: from hygiene to bike safety, lessons and activities for use in after school, mentoring and recreation programs
- Lactation Awareness project: physician-to-physician training on the importance of lactation promotion
- Brain Development Module: educating parents on their child’s development
In Their Own Words:
CPT Community Members and Residents on what
Communities & Physicians Together has meant to them

"When our Pediatric Residents – or pediatricians in training – learned that state and local budget cuts forced school administrators to cut Physical Education from our public schools, they were appalled and decided that they would work as a group to make P.E. the focus of their Resident Advocacy Project. This gave way to Homerun 4 Health, a nutrition and physical activity education project done at Frontier Elementary School in partnership with the Sacramento Rivercats, our local minor league baseball team. When the project began, we were excited about the partnership that would get kids moving, and the education modules created by Residents that would teach them how to keep fit and healthy. We never thought that the small project would expand to include a whole school district, sponsorship from Horizon Organic foods and dedicated staff time from the County Public Health Nurse and County Epidemiologist. Better yet, the excitement and movement generated by Homerun for Health has forced the local school administrators to join together with parents, teachers, physicians, health officials and other community members to establish a coalition that will develop nutrition and fitness policies for the entire School District!"

- John Berchielli, Coordinator, Sacramento Head Start Alumni Association

"When machines like government and large agencies see physicians stepping out of their office and into the community for a cause, it raises a red flag and makes bureaucrats pay attention to the concerns of the community."

- John Berchielli, Coordinator, Sacramento Head Start Alumni Association

“The Dyson Initiative and Communities & Physicians Together have given me the means by which I have been able to go into the community and work directly with children and families outside of the traditional setting. In residency it is very easy to get trapped within Medical Center and not extend oneself into the surrounding community. The ties that the Dyson Initiative and CPT already have in place with grassroots, community-based associations in the area, helped facilitate my first steps of reaching into the community. I have been able to get to know my patients in their homes and communities, which brings about a richer relationship than just meeting in the office. In response to an alarming number of pediatric dog bite cases in the Emergency Room, and in seeing the great number of dogs and dog-walkers in the local park, I created a dog-bite prevention lesson for children and families. This lesson can be taught by anyone – all the information and instructions are in the curriculum, so anyone in the community can use it – Girl Scouts, After-school programs, the local Mentoring Program, even classroom teachers. The Dyson Initiative and CPT have definitely enriched my experience as a resident and hopefully has done the same for the families in the community that I have worked with."

- Stephanie Flaherty, MD, 3rd Year Resident
"I think that my advocacy time here at UCD been one of the most valuable experiences of my residency. Now, that is not to say that I enjoyed all of it. My intern experience left much to be desired, as I spent the majority of my time isolated from my collaborative members, pulling weeds in a local garden. But the faculty and staff within the UCD Advocacy program and CPT wouldn't let me dissociate myself from my collaborative, nor would they let me give up on the advocacy experience. During my second year of residency, a new collaborative coordinator listened to my grievances, asked me not to surrender my enthusiasm for the advocacy program, and made good on her promise to help me find a project that I enjoyed, but more importantly, the collaborative needed. The many resident members of our collaborative created an educational curriculum that encompassed numerous relevant, age-appropriate health related topics. We divided up the topics, created our presentations and each contributed our work to a collective curriculum that is still in use today!

"I owe a big thank you to that collaborative coordinator for reminding me not to give up on a worthy project just because I haven't found my niche, but to keep looking until I fit in. And, as this program continues to teach its residents, a physician's niche is not just in the clinic, but in the school, the local park, and in community programs that make a larger difference in the healthy development of a child."

-Kevin Hamann, MD, Chief Resident

"Ever heard of someone who, one day decides to be a runner and by the end of the week joins a professional relay team and wins the race. Sounds impossible, well, not really, because it happened to me.

"On September 1, 2004 I signed on with Children-First Flats Network as Coordinator to implement CPT Program in midtown. At that time Dr. Han Vu was in her third year residency and she wanted to meet and discuss her project. We met at Washington Elementary School (Dr. Vu attended preschool here) and she presented her project. A flu clinic. She wanted to put on a Health Fair and administer the flu vaccine during health fair hours. Wow, what a wonderful project. A flu clinic! Little did I know that the sweet soft-spoken Dr. Vu was to be my 'trainer' for this 'race'. The race was on to administer the inter-nasal flu mist to the students between five and twelve years of age before flu season was over. The race was on and time was of the essence. Immediately Dr. Vu established a workout regiment and together we began to pass the baton back and forth to each other until we gradually built on this and began recruiting for the relay team. Slowly but surely they identified themselves as the project began to unfold. Our dream team was identified: Dr. Pan/UCD School of Medicine Pediatric Unit/ Jim Hunt, Dr. Glennah Trochet, Reiko Osaki and Luanne Kunsman/ /Sacramento County Department of Health and Human Services, Antonio Medrano, Principal/ Washington School, Rosalinda Vizina/Sacramento County Care-A-Van. There was no time for formal introductions nor to meet as individuals or agencies to share information or expertise, again time was of the essence. Together we kept passing the baton to each other until we crossed the finished line in record-breaking time.

"On Saturday, October 30, 2004 the Washington Elementary First Annual Health and Safety Fair took place. Over 200 of our families attended and 95 of the students received their flu vaccines. We were all fueled by the shared commitment and dedication to improve the quality of life for children and their families. However, when a race such as this is won it is not only because of a 'good' trainer or 'excellent' runners. In this case, the "community bleachers" were filled with a tremendous amount of encouragement and support from local businesses, agencies, and institutions such as CSUS, Barrio Art Program, Albertsons, Sacramento ENRICHES, Ace Hardware, Neighborhood Services, Pfizer, Long's Drugs, Sacramento City Police and Zimmerman Roofing. And we never would have made it within our time limit of a 4 hour clinic without the help of "volunteer mascots" such as WES parents, Mr.& Mrs. Barrios, Leticia Hernandez and mother Magdalena, UCD Pediatric Residents, Sacramento Head Start Alumni Association & John Berchelli, UCD Medical Students, Sac State Nursing Students, RN's from UCD Urgent Care, Peggy Tapping and husband Ron, Daphne Quist and husband Steve, Vanessa Bautista and family, Cynthia Torres, WES teacher Rosa Pasqua and husband Phil, Sacramento High School Students, Diana Valverde and Renata Arenas.

"I feel, not only very fortunate but also very proud to have been part of this dream relay team. The flu clinic is a great example of true collaboration of State, county, city and community people. SI SE PUDE! We did it! (And in two languages). (We have not taken off our running shoes we administer the second dosage on December 14, 2004.)"

-Juanita Jue, Coordinator, Children First – Flats Network"
“The Pediatric Residents are a major asset not only to the community but to the children in our schools. The Residents can make such a big impact in just a short amount of time with the children. The children will always remember that doctor that came in and showed them about how to be better hand washers or to know what to do when there is a lice outbreak. I also believe that the doctors get hands on experience while in the community. The interns see the children in their element – in their daily lives – and not just in a clinic setting.
-Holly Schlumpf, Assistant Coordinator, Tahoe/Colonial Collaborative for Healthy Children

“After setting a competition to see who walks the most over the course of the school year in Yuba County, California, I was worried that I wouldn’t be able to get enough prizes to keep the kids’ interest. I was surprised to find out that not only were the kids excited about the possibility of getting prizes for reaching their walking milestones, but several adults, including those from some of the businesses in town, were excited to give out the prizes. One sporting goods store is waiting patiently for one of the kids to hit 10,000 steps so they can give out some sports equipment.”
-Zackary Taylor, MD, 2nd Year Resident

“In today’s climate of shorter visits and more patients seen in a day, it is often impossible to sit down and counsel or educate our patients. Through advocacy, we have a unique opportunity to work with others within the community to get messages to a larger audience.”
-Sara Valladolid, MD, 3rd Year Resident

“We spend so much time in the hospitals and clinics striving to become good clinicians that it is easy to believe that that is the only place where we can make a difference. Having time set aside for advocacy training during residency provides an invaluable opportunity to not only see the process, but to see where we can become involved and make positive contributions outside the hospital.”
-Sara Valladolid, MD, 3rd Year Resident

“Advocacy and community involvement, take doctors out of the clinical setting, allowing us to see a community’s environment, attitudes, strengths and weaknesses. This not only gives an invaluable insight for caring for our patients, but also allows physicians to participate in projects that impact health and fitness in a much broader manner. Any physician will tell you how impossible it is to deal with childhood obesity in 15-minute visits a couple of times a year. Working within communities not only gives you opportunities to educate your families, but also lets you see what kind barriers there are! Fast food chains on every corner, unsafe neighborhoods... learning what impacts your community alters your approach.”
-Sara Valladolid, MD, 3rd Year Resident

“I think the most important thing I learned during my child advocacy project was the impact that the school environment has on a child’s physical and mental health. Children spend approximately 1/3 of their day in the classroom. They learn a variety of lessons and skills, including how to build and sustain friendships, how to be open-minded and tolerant of other people and perspectives, and how to apply previously acquired skills to help them solve new problems and deal with new situations. By adding our unique knowledge and talents as pediatricians to the web of community- and school-based programs that already exist, we can help to improve and enrich the quality of experience that our children receive during their time spent at school.”
-Han Vu, MD, 3rd Year Resident