



AVALON HEALTH
URGENT CARE | PEDIATRICS

AVALON TELEHEALTH SERVICES:

Bridging the Gap for Student Well-being through Affordable and Accessible Healthcare



INTRODUCTION

Welcome to Avalon Urgent Care & Pediatrics! Our comprehensive healthcare approach, designed exclusively for school districts, is aimed at integrating telehealth solutions to ensure accessibility and convenience for both students and families.

PEDIATRICS OFFICE IN PISMO BEACH

Avalon Pediatrics has a physical medical office located in Pismo Beach.

 **ADDRESS:**

911 N Oak Park Blvd #107, Pismo Beach, CA 93449

 **PHONE:**

(805) 474-8700

SERVICES OFFERED



VIRTUAL PHYSICAL HEALTH SERVICES:

Avalon's telehealth platform addresses a wide range of physical health concerns, including but not limited to heartburn, sore throat, headaches, rashes, and minor injuries.



VIRTUAL MENTAL HEALTH SERVICES:

Our experienced therapists specialize in addressing common mental health topics such as anxiety, depression, trauma, self-esteem, and more through virtual sessions.

Fast Fact: The CDC website states that in 2021, 42% of students felt persistently hopeless, 29% experienced poor mental health, and 10% attempted suicide.





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KEY FEATURES & BENEFITS

COMPREHENSIVE STUDENT HEALTH:

✓ COMPREHENSIVE SOLUTIONS:

Implementing personalized, school-based health strategies to provide a swift response to student immediate health concerns, help manage chronic conditions, and improve the long-lasting well-being of each student.

☆ ACADEMIC EXCELLENCE:

Increasing attendance rates and instructional time for improved academic outcomes and lifelong achievements while decreasing the likelihood for developing health conditions later in life.

STREAMLINED & COST-EFFICIENT HEALTHCARE ACCESS:

💰 FINANCIAL ACCESSIBILITY:

Eliminating barriers such as transportation costs, child expenses, co-pays, and lost wages associated with traditional healthcare appointments.

🌐 UNIVERSAL ACCESS SOLUTIONS:

Bridging healthcare accessibility gaps for students in both rural and underserved areas, guaranteeing seamless continuity during school breaks and closures.

OPTIMIZED EDUCATIONAL ENVIRONMENT:

🎓 ENHANCING LEARNING FOCUS:

Significantly improving student engagement and focus on district educational goals through targeted health interventions.

🕒 TIME-OPTIMIZED INSTRUCTION:

Contributing to achievement rates by maximizing instructional time through health management.





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TELEHEALTH ADVANTAGES



COMPREHENSIVE CARE COORDINATION

Our telehealth services are complemented by robust care coordination, ensuring a seamless healthcare experience for both students and their families.



DEDICATED MARKETING AND CUSTOMER SUPPORT

We provide ongoing marketing support and customer service for a positive and smooth telehealth partnership experience.



SCHOOL STAFF TRAINING

We invest in the training of school staff to facilitate the efficient use of our telehealth services, ensuring a seamless collaboration.



ON-DEMAND VIRTUAL CONSULTATIONS

Avalon provides timely telehealth visits, connecting students with qualified doctors, medical staff, and therapists. Virtual consultations offer flexibility for students to access healthcare from the comfort of their school environment or at home with their families.

On-demand consultations provide a swift response to concerns such as a child experiencing a high fever.



PAYMENT STRUCTURE



COST EFFECTIVE SOLUTION

Avalon partners with schools to help cover the cost of services, resulting in no out-of-pocket expenses for student families. This collaborative approach prioritizes the health and well-being of students without burdening their families with healthcare costs.



INSURANCE BILLING

For students with insurance, Avalon will directly bill the insurance provider to cover the cost of the child's visit. Families with insurance coverage will not incur any expenses related to Avalon's healthcare services.



IN-NETWORK WITH MEDI-CAL

Avalon is proud to be in-network with Medi-Cal, ensuring families covered by Medi-Cal can benefit from our services without any financial constraints.



HOW IT WORKS

SIGN-UP:

Legal guardians grant permission for their child to access Avalon's telehealth services and authorize our HIPAA release form. For students over 18, self-consent is an option.

VIRTUAL ACCESS ANYWHERE:

Students can access our telehealth platform from any location for virtual doctor visits or therapy sessions.

IN-PERSON VISIT OPTION:

In-person visits are available at our Pismo Beach office for those who prefer or require in-person healthcare interactions.

FOLLOW-UP AND CARE COORDINATION:

After the virtual visit, Avalon provides treatment recommendations, follows up with legal guardians, and connects families to local care or resources when needed.





MENTAL HEALTH SCREENING PROGRAM

INTRODUCTION:

- ✓ Comprehensive screening & treatment for Mental Health
- ✓ Regular testing, tracking, and treatment for those in need
- ✓ Understanding your School District's current mental health

WEEKLY SCREENING:

Understanding Mental Health:



Depression using
PHQ-A



Anxiety using
GAD-A



Adverse Childhood
Experiences using
PEARLS

Assessment Tools:



PHQ-A Screening:

- Assesses symptoms of depression and anxiety in adolescents
- 9 items based on DSM-IV criteria like thoughts that one would be better off dead or of hurting oneself in some way, feeling down, depressed, or hopeless, and more.



GAD-A Screening:

- Assesses severity of anxiety symptoms
- Consists of 7 items assessing anxiety in the past two weeks like difficulty concentrating, restlessness, irritability, fatigue and more.



PEARLS Screening:

- Assesses exposure to Adverse Childhood Experiences (ACEs)
- Consists of 14 items covering various experiences like abuse, neglect, parental separation, witnessing abuse, parental death, and more.



WEEKLY SCREENING:



Parents “Opt-in” for their child to receive for mental health screenings



If needed, Healthcare Team recommends specific patient care and treatment

Patient Journey:



Students complete biweekly mental health assessments supervised by professionals



Parents approve, decline, or consult with Healthcare Team on suggested treatment plan



Avalon healthcare professionals review assessment results



Weekly healthcare screenings to track progress

FREE 30-DAY PROMO

Recognizing the critical importance of mental health, Avalon offers a free 30-day promotional period exclusively for school districts. This initiative allows schools to explore the benefits of our comprehensive mental health program at no cost.

1

SIGN-UP:

Express your interest, and Avalon will initiate the setup process for your school district.

2

ACCESS TO COMPREHENSIVE MENTAL HEALTH SERVICES:

Enjoy 30 days of free access to our mental health program, including virtual therapy sessions and support services.

3

NO FINANCIAL OBLIGATION:

There are no financial commitments during the promotional period. Avalon covers the costs to ensure schools can explore the benefits without any financial burden.





JACOB EAPEN, MD, MPH

MEDICAL DIRECTOR AT AVALON URGENT CARE & PEDIATRICS

- ✓ Dr. Jacob Eapen served as a Medical Director at Alameda Health System, a board member at Washington Hospital in Fremont, California, and holds the role of Regional Vice President at the Federation of Kerala Associations in North America.
www.alamedahealthsystem.org/another-monkey-on-your-back-monkeypox
- ✓ Served as the Public Health Commissioner of Alameda County. He was a recipient of the Ellis Island of Honor 2007. Dr. Eapen is also a distinguished alumni of Stanford University and UC Berkeley.
- ✓ Served as a pediatrician in Alameda County since 1995 and increased the vaccine uptake from 40% to 90% over 3 years.
- ✓ Established one of the first school-based health centers in Alameda of which there are now 32 in the County.
<https://www.schoolhealthcenters.org/school-based-health/sbhcs-by-county>



JONATHAN FINLAY, MD

MEDICAL DIRECTOR AT AVALON URGENT CARE & PEDIATRICS

- ✓ Dr. Jonathan Finlay, a pioneer in pediatric neuro-oncology, became the first pediatric specialist to receive the Lifetime Achievement Award from the Society for Neuro-Oncology. Acknowledged for his remarkable 40-year career, Dr. Finlay's impactful contributions include groundbreaking research, advancements in treatment options, and a profound commitment to improving outcomes for children with brain tumors.
www.nationwidechildrens.org/newsroom/news-releases/2019/12/finlay-award
- ✓ Now based out of the Pismo Beach area, Dr. Jonathan Finlay, also serves as the President of Global Neuro-oncology Inc. in Nipomo, California, with a noteworthy local appointment as the Organizing Co-Chair for the CNS Cancer Predisposition Disorders "think tank" in Pismo Beach, California. His involvement includes co-chairing presentations and securing a research grant for the June 2023 event, "Soccer for Hope Foundation. For support of June 2023 CNS Cancer Predisposition Think Tank, Pismo Beach, CA"



ABOUT AVALON URGENT CARE & PEDIATRICS

Avalon Urgent Care & Pediatrics is committed to transforming student well-being by offering a comprehensive healthcare solution that integrates telehealth services. Our background includes providing on-site COVID testing to a County Office of Education, dozens of school districts throughout California, and ultimately extending healthcare coverage to hundreds of thousands of students, staff, families, and community members. Our payment structure, coupled with the availability of our pediatrics office in Pismo Beach, ensures accessibility, affordability, and quality care.