



# THE ACTIVIST CONSUMER ADVISORY BOARD

Using CABs for Policy Advocacy, Health Education and Social Justice

# PARTICIPANT GUIDELINES



# Facilitated Discussion



# Purpose of this Workshop

Advocate for CABs to take an “Activist” role in their

- ▶ activities
- ▶ relationship to facility management
- ▶ relationship to the community



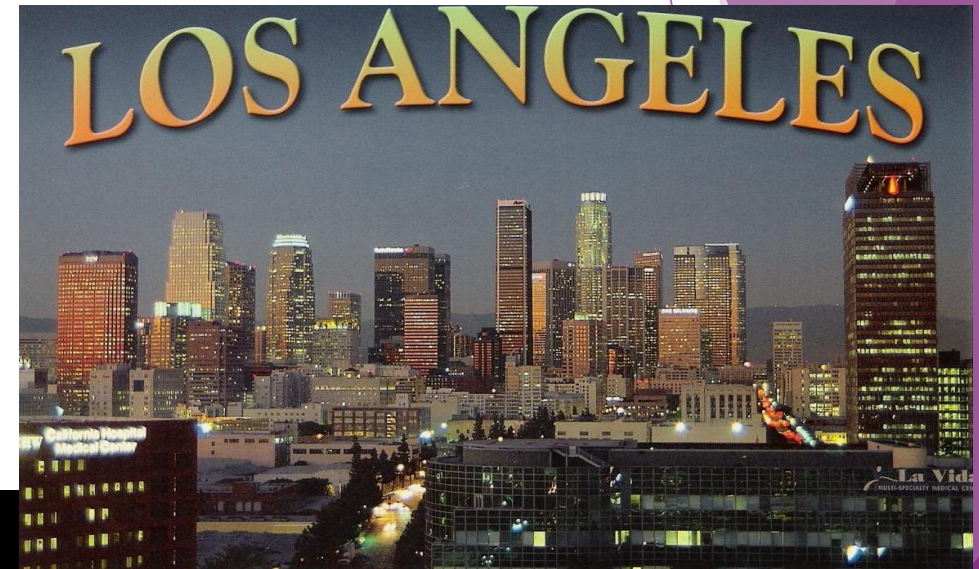
# ACTIVIST ROLE



We define “Activist Role” as engaging in activities that

- promote the facility’s mission
- educates and empowers consumers to take control of their health care, and
- informs the community on homelessness matters.

# Three Activist CABs



# Tips for Successful Activities

Choose activities that

- ▶ Have Mutual Benefit to Consumers and Your Facility
- ▶ Tie into Clinical Quality Indicators
- ▶ Engage Consumers -- Interesting and Fun!

# Barriers to Activism



- Facility Management
- Political Issues
- Federal Regulatory
- Cultural Sensitivity



# Why Are CABs Important?

## Legal Reasons

- ▶ Its a legal requirement that the Boards of Directors of all federally qualified health centers be comprised of 51% of the individuals served by the clinic.
- ▶ Because its difficult to get 51% participation of those who are experiencing homelessness, the federal government can waive the 51% requirement.
- ▶ Under one type of waiver, HCHs can form a “Consumer Advisory Board or CAB” comprised of those persons who are currently or formerly homeless and whom are receiving services at the clinic. Certain CAB members would also sit on the clinic's Board of Directors.

# Why Are CABs Important

## Practical Reasons

- ▶ Clinics more effectively achieve their mission through input, feedback and collaboration of those whom you serve.
- ▶ CABs provide a forum for those whose opinion is routinely ignored, and sponsor therapeutic activities
- ▶ CABs also perform an important advocacy role and sensitize the public to homelessness issues

# Camillus CAB

Miami, Florida

- ▶ About three years ago we were at a low point. We were lucky to get six persons to attend our monthly meetings, and we didn't have a active slate of activities.
- ▶ So we reorganized, established internal committees that empowered all CAB members as leaders, validated members ideas and initiatives, and launched variety of projects.
- ▶ Now, we routinely get 50 or more persons attending our meetings. Our membership roll grew so much that we had to cap the number of voting CAB members and institute a new category of CAB member called "ambassadors."

# Some of our recent key activities ...

## ▶ CAB Serves Lunch



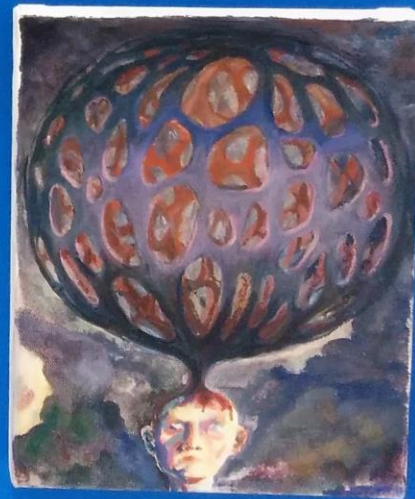
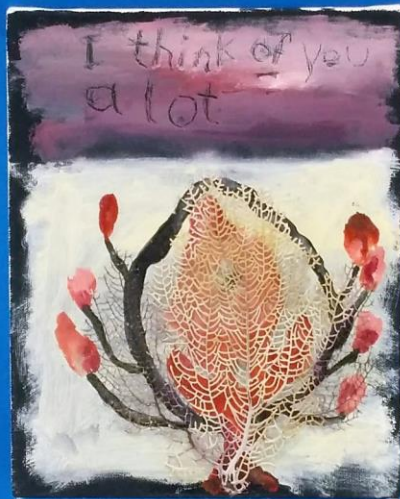
# Therapeutic Arts Classes



# Annual Camillus Arts Fair





















Small white label with illegible text, likely the title or artist's name of the painting.







# Annual Health Fair





**What You Need to Know**

**What is Diabetes?**

Diabetes is a chronic disease that affects the way your body uses blood sugar. Blood sugar is a source of energy for your cells. Insulin is a hormone that helps your body use blood sugar. Without insulin, your body cannot use blood sugar for energy. This can lead to serious complications.

**Types of Diabetes**

- Type 1 Diabetes:** An autoimmune disease where the body's immune system attacks and destroys the insulin-producing cells in the pancreas.
- Type 2 Diabetes:** A disease where the body's cells do not respond properly to insulin or the pancreas does not produce enough insulin.

**About Diabetes**

**Health Complications**

Long-term complications from diabetes can affect many parts of your body, including your eyes, kidneys, nerves, heart, and feet.

**Diabetes and Pregnancy**

Diabetes during pregnancy can lead to complications for both the mother and the baby.

**Preventing Type 2 Diabetes**

A healthy lifestyle can prevent the development of type 2 diabetes and keep it under control.

**Managing Diabetes**

Diabetes must be managed 24 hours a day to prevent and delay health complications. People with diabetes must take the steps of medication, diet, and physical activity to keep their blood sugar levels under control.

**Healthy Diet**

Eating right is important to maintaining normal blood sugar levels.

**Physical Activity**

A regular exercise routine helps maintain healthy blood sugar levels and can help prevent complications.

**HYPERTENSION**

High blood pressure is a common condition that can lead to heart disease and stroke.

**SYMPTOMS**

- Headaches
- Nausea
- Dizziness
- Blurred vision
- Shortness of breath
- Heart palpitations
- Changes in hearing
- Changes in taste
- Changes in vision
- Changes in speech
- Changes in behavior
- Changes in mood
- Changes in personality
- Changes in appearance
- Changes in voice
- Changes in smell
- Changes in touch
- Changes in temperature
- Changes in pain
- Changes in itching
- Changes in burning
- Changes in tingling
- Changes in numbness
- Changes in weakness
- Changes in paralysis
- Changes in seizures
- Changes in coma
- Changes in death

**SYMPTOMS**

Excessive thirst and hunger, frequent urination, fatigue, blurred vision, slow-healing sores, and frequent infections.

**HYPERGLYCEMIA**

High blood sugar levels can lead to complications.

**SYMPTOMS**

- Excessive thirst
- Frequent urination
- Fatigue
- Blurred vision
- Slow-healing sores
- Frequent infections

**See for Yourself**

How Your Doctor's Choice Can Save Your Life

Diabetes can lead to heart disease, stroke, and kidney failure. Your doctor's choice of medication can make a difference in your health.

**The Consequences of Diabetes**

**HEART DISEASE**

Diabetes increases the risk of heart disease and stroke.

**ATHEROSCLEROSIS**

Diabetes can lead to atherosclerosis, a condition where plaque builds up in the arteries.

**STROKE**

Diabetes increases the risk of stroke.

**BIRTH DEFECTS**

Diabetes during pregnancy can lead to birth defects in the baby.



**Miami Dade College**

**Medical Campus School of Nursing**



HEALTH FAIR  
**UNIVERSITY OF MIAMI**  
HEALTH RIGHTS CLINIC

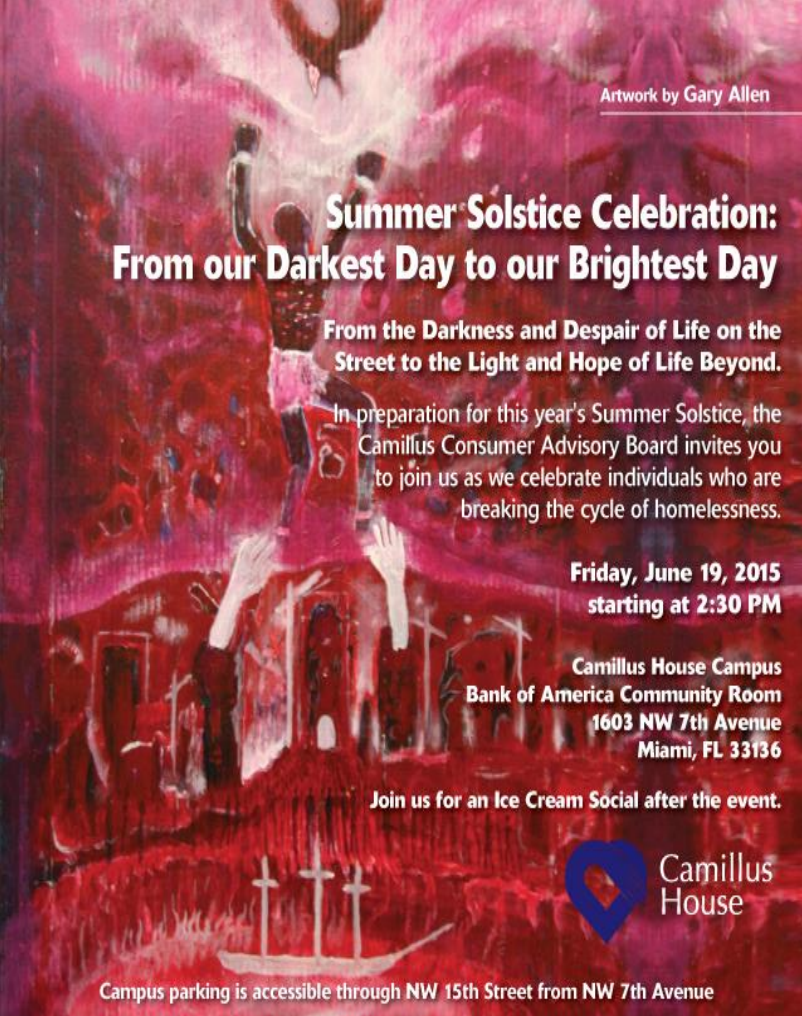
**MIAMILAW**  
UNIVERSITY OF MIAMI SCHOOL OF LAW  
**Clinics**

**AVMED**  
HEALTH PLANS

480905



# Summer Solstice Celebration



Artwork by Gary Allen

**Summer Solstice Celebration:  
From our Darkest Day to our Brightest Day**


**From the Darkness and Despair of Life on the  
Street to the Light and Hope of Life Beyond.**

In preparation for this year's Summer Solstice, the  
Camillus Consumer Advisory Board invites you  
to join us as we celebrate individuals who are  
breaking the cycle of homelessness.

**Friday, June 19, 2015  
starting at 2:30 PM**

**Camillus House Campus  
Bank of America Community Room  
1603 NW 7th Avenue  
Miami, FL 33136**

Join us for an Ice Cream Social after the event.



Camillus  
House

Campus parking is accessible through NW 15th Street from NW 7th Avenue











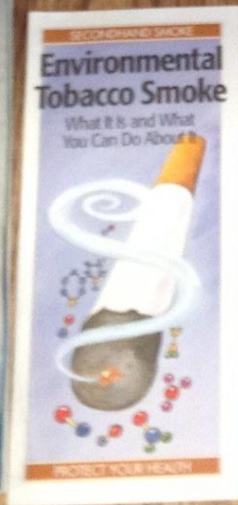
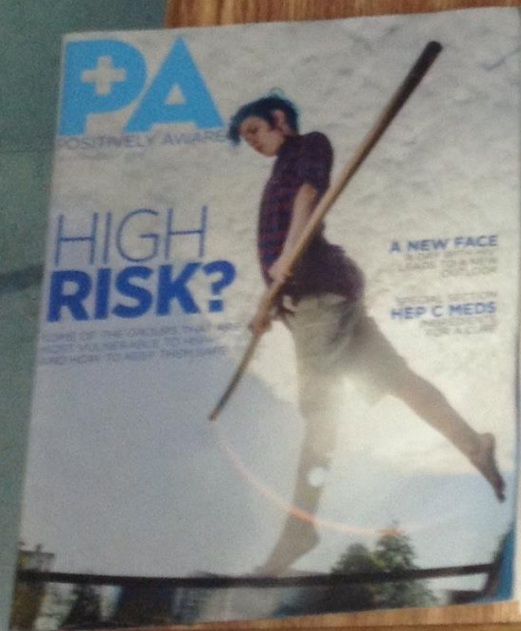
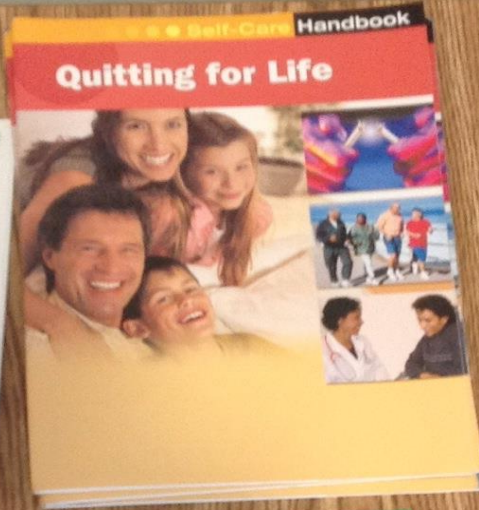
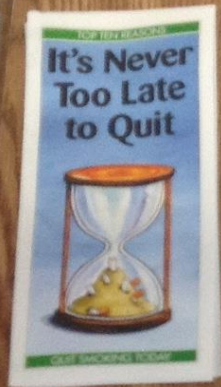






# Health Education







Camillus Health Concern  
Consumer Advisory Board

New to diabetes?  
Enroll in the FREE  
Living With Type 2  
Diabetes program.

¿Nuevo a la diabetes?  
Inscríbese en el programa GRATUITO  
Viviendo con  
Diabetes tipo 2.

Create Your Plate!

Soul Food

# Homeless Persons Memorial Day









# Camillus Homeless Persons Memorial Day

# Camillus Homeless Persons' Memorial Day Spoken Word Tribute

December 21, 2015  
Starting at 2 PM

Wells Fargo Courtyard  
Camillus House NCL Campus  
(Refreshments at 3 PM)

On the first day  
of winter



On the longest  
night of the year

**We Remember.**

Presented by the Camillus Health Consumer Advisory Board













# Where are we going?

- ▶ Legislative Advocacy
- ▶ Community Engagement
- ▶ Peer to Peer Support