

**FOR IMMEDIATE RELEASE**

**Contact: Dr. Tom Bent  
Medical Director and COO  
949.494.0761 Ext. 131**

## **A Clinic that Welcomes Teens**

**Tuesday, September 14, 2010** – Laguna Beach – The Teen Clinic, part of the Laguna Beach Community Clinic, is open to young people ages 12-19 from 1:00 PM – 4:00 PM every Friday. “Although we set aside that time especially for teens, we do see them during our regular clinic hours as well, but during Teen Clinic hours we have an open door especially for them and their concerns,” said Karen Deck, Nurse Practitioner and Director of the Teen Clinic program.

According to Deck, the Clinic is staffed by teen-friendly health care providers. “We are passionate about promoting teen health and self-esteem,” she added. “We see between 50-75 teens a month,” Deck continued. “Most have insurance through their parents. But adolescents normally don’t access health care independently. We see them primarily for immunizations, coughs and colds, and for issues of sexual health.”

A majority of teens are from Laguna Beach, although some come from as far as San Clemente, Anaheim and Santa Ana, according to Deck. This program was established in 2001 in response to two teen pregnancies. One girl was just 12 and the other was 14. Alarmed by the age of these girls and discovering a glaring gap in adolescent services in south Orange County, Clinic staff decided to initiate a program for teens. Information, education and treatment when necessary would be available in a non-judgmental environment with staff trained to serve and counsel this specific population.

Kaiser Foundation and Cox Cable provided a grant to help launch the program, which had been in continuous existence ever since. The program also includes a website for teens, WOW or Wellness on the Web, which addresses developing healthy relationships, sexuality and sexual health, physical health, fitness and nutrition, drug and alcohol issues and emotional health.

For information, Deck may be contacted at 949.494.0761, but she especially wants teens to know they can just drop in on Fridays afternoons. “I’m happy to answer their questions, or even help their school health projects”. The Clinic is located at 362 Third Street, Laguna Beach.

###