



## PEDIATRICS

Keeping Little Ones  
Healthy at  
Marin Community  
Clinics

PEDIATRICIAN JESSICA HOLLMAN, MD, SHARES A FAVORITE CHILDREN'S BOOK WITH KARELI E. AND HER SON

## A Mother's Journey, Inspired by Compassionate Care

For pediatrician **Jessica Hollman, MD**, compassionate care extends beyond regularly scheduled medical visits or well-child exams. With 18 years of experience at Marin Community Clinics, Dr. Hollman's holistic approach involves serving as a sounding board for both patient and parents – earning their trust and offering helpful advice along the way. Her dedication doesn't go unnoticed. Like other pediatricians at the Clinics, she creates a bond with patients that often lasts for years to come and sometimes spans generations, such as with Kareli E.

### A Home Away From Home

Kareli's trust in Dr. Hollman and Marin Community Clinics runs deep – there's no place she would rather take her 16-month-old son Sebastian for care. *"Marin Community Clinics is the place we've always gone to because it's the place we've always felt safe,"* said Kareli, explaining that her mom took her and her two siblings to the Clinics back when they were infants and throughout their childhoods. She's known Dr. Hollman her entire life.

Having that bond and a trustworthy, positive influence to lean on when she needed it most was crucial for Kareli

in overcoming some of the complex challenges involved with teen pregnancy. *"I look up to her,"* Kareli said of Dr. Hollman, *"in everything she does."*

### Full-Circle Health Care

For Dr. Hollman, being there for Kareli and Sebastian relates back to why she chose the path of pediatrics in the first place. *"As a pediatrician, you can really make a difference and help shape a child's life,"* said Dr. Hollman, who's happy to share personal parenting tips and insight from her own life experiences if it helps guide her patients through a difficult situation.

Today, Kareli is studying at San Francisco State University and caring for Sebastian (also thriving) with the help of her family and loved ones. She plans to apply to the University's nursing program – inspired in no small part by Dr. Hollman.

Seeing Kareli thrive as a mother is reaffirming and inspiring for Dr. Hollman too: *"I wouldn't even describe her as a 'teen mother' – she's actually an amazing, model parent. One that happens to be young."*



## DENTAL SPOTLIGHT

# Expanded Orthodontics has Kids Smiling & Parents Saving Big

With our recently expanded orthodontics program – now operating 5 days a week – individuals aged 21 and under now have better access to orthodontic care. The program, operating within the Mobile Dental Clinic, is a convenient and more affordable option for families to receive orthodontic care – from braces to expanders and more.

Patients are referred to **Orthodontist Cristina Sola, DDS**, following a regular dental evaluation at Marin Community Clinics. Dr. Sola, who is bilingual in English and Spanish, conducts consultations, determines treatment plans, and reviews next steps with families. According to **Chief Dental Officer Connie Kadera, DDS**, it's a new opportunity for young patients to receive oral health care that was formerly cost-prohibitive or not accessible for many families. The Clinics is bridging the gap.

Many cases, including the consultations, are fully covered by Medi-Cal. When coverage is not available, our sliding scale fee system is an option, reducing the financial burden for families.

The treatment goes beyond improving the appearance of smiles. *"We're primarily treating non-cosmetic or 'functional' issues for patients,"* said Dr. Kadera, *"and we're intervening early enough so that we can prevent future dental problems, such as needing to pull teeth later on due to overcrowding."*

The results – which can include improved overall health, better speech, and improved self-esteem – have kids and parents smiling. The convenience is key. *"Everything is done on-site"* said Dr. Kadera, *"which makes receiving orthodontic care so much less complicated."*



ORTHODONTIST CRISTINA SOLA, DDS, WITH A CLINICS PATIENT FOLLOWING A CONSULTATION

## DONOR PROFILE

### Meet Joan Kelly, Ph.D.

CLINICAL PSYCHOLOGIST

WORLD TRAVELER

RESEARCHER

AUTHOR



Joan Kelly, Ph.D., and her husband, James Kelly, MD, are longtime supporters of Marin Community Clinics and members of our Legacy Circle. As a clinical child psychologist and renowned author and researcher, Dr. Kelly has traveled the world to present her work, sharing her findings and educating audiences in Canada, China, Ireland, and beyond.

Dr. Kelly spent the majority of her career focusing on the effects of divorce and separation on children. Her trailblazing research was centered around in-depth conversations with children that were experiencing separation-related depression.

*"We support a lot of charitable interests and Marin Community Clinics is front and center for us,"* says Dr. Kelly. *"The Clinics are helping people who are otherwise terribly underserved in our community."*

The Clinics' work in supporting children and families – including those that have experienced significant trauma and Adverse Childhood Experiences (ACEs) – remains near and dear to Dr. Kelly's heart and life's work.

*"I think what the Clinics are doing is important work,"* says Dr. Kelly. *"It's unique and it's a great fit for the community's needs."*

**Read more from our interview with Dr. Joan Kelly:**  
[marinclinic.org/meetjoankelly](https://marinclinic.org/meetjoankelly)

## EXPERT INSIGHTS: Q&A WITH TRACEY HESSEL, MD

Tracey Hessel, MD, Associate Medical Director, Pediatrics, has advocated and cared for children and families at Marin Community Clinics for 20 years.

From infancy to adulthood, she's there throughout a child's entire development. It's not just the children's health and wellness that Dr. Hessel nurtures, she's helped shape Marin Community Clinics' Pediatrics Department in the process.



**Connections:** You've been with the Clinics since September of 2003.

**What's changed since your early days and what continues to inspire you?**

**Dr. Hessel:** The biggest changes involve our care model and approach. Now, we have so many more resources that are fully integrated – from our innovative lactation training and support to nutrition education, and our integrated dental and behavioral health services. We're offering the type of care that everyone truly deserves. Working with our committed and capable staff, as well as the people we serve, continues to inspire me.

**Connections:** What's one piece of advice you regularly give to families to benefit their daily lives?

**Dr. Hessel:** There's growing evidence about the positive impact of time spent in nature and outdoors on both physical and mental health. Our local parks are a great, free (or almost free) resource that are easy to access. I'll often talk to families about how beneficial it is to take a walk outdoors together, and how that time together can really address a lot of things at once in an easy and affordable way.

**Connections:** What's a current Pediatrics program you're excited about?

**Dr. Hessel:** We're currently rolling out an exciting, evidence-based program called HealthySteps. The focus is on preventive behavioral health care *and* parenting support for our families who are experiencing significant challenges and stresses. Rather than referring patients to go see a behavioral health provider or meet with a social worker *after* a visit, which can be a barrier, we'll have a specialist check-in during a pediatric visit. It's all about building trusting relationships and proactively connecting families to resources immediately rather than waiting for an issue to get worse or become a crisis. We're getting ahead of potentially serious problems and we're seeing positive results!



## Come Join the Celebration

Live music, engaging entertainment, local food and great company!

Wednesday, June 21: 5:00 p.m. - 7:30 p.m.

Inn Marin, 250 Entrada Drive, Novato

### 2023 Community Health Champions

Each year we honor extraordinary individuals in the community who have contributed to the health and well-being of Marin.



**Grace Hughes**

Lifetime Achievement Community Health Champion



**Shirin Vakharia**

Community Health Champion

For more information & tickets visit: [www.marinclinic.org/2023-summer-solstice-celebration](http://www.marinclinic.org/2023-summer-solstice-celebration)





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 Marin Community Clinics

Marin Community Clinics  
is a not-for-profit,  
501(c)3 organization.

# Connections

## CEO MESSAGE

AN UPDATE FROM INTERIM CEO, LEIGHA ANDREWS

Spring is in full bloom! Many of us associate the warmer weather and longer daylight hours of the season with children playing outside, family gatherings, and Memorial Day weekend trips. At Marin Community Clinics, our care teams work hard to keep Marin's children (from newborns to adolescents) healthy and happy so that they too can get outdoors and make the most of the season.

If you've ever visited one of our clinics, you probably have an idea about the importance of our pediatric program and its impact on our community. If not, this newsletter – highlighting our wonderful pediatrics program – will help. On any given day, our lobbies are filled with children coloring, playing, or paging through illustrated books. They might be coming to us for a routine check-up or something far more complex.

Our clinics remain a safe space and a beacon of light for the families we serve. Due to the integrated nature of our comprehensive services, *everyone* plays a part in keeping our little ones healthy – including you, our valuable supporters. I thank you for that!

The summer is fast approaching, and I invite you to join us at our **Summer Solstice Celebration** on June 21st. We are eager to honor our 2023 Community Health Champions, Grace Hughes and Shirin Vakharia at Inn Marin in Novato. I hope to see you at the celebration.



Visit [marinclinic.org/2023-summer-solstice-celebration](https://marinclinic.org/2023-summer-solstice-celebration) for tickets or scan the QR code: