

RUGTA GOOBAHA CAAFIMAADKA U ADEEGA FASALADA 6-12

Cleveland School-Based Health Center

3400 SE 26th Avenue
Portland, Oregon 97202
(503) 988-3350 Telefoon (503) 988-4892 Fagas

Grant School-Based Health Center

2245 NE 36th Avenue
Portland, Oregon 97212
(503) 988-3372 Telefoon (503) 988-6918 Fagas

Jefferson School-Based Health Center

5210 N Kerby Street
Portland, Oregon 97217
(503) 988-3360 Telefoon (503) 988-5780 Fagas

Madison School-Based Health Center

2735 NE 82nd Avenue
Portland, Oregon 97220
(503) 988-3382 Telefoon (503) 988-3167 Fagas

Roosevelt School-Based Health Center

6941 N Central Street
Portland, Oregon 97203
(503) 988-3909 Telefoon (503) 988-5907 Fagas

KU XIDHAN DUGSIGA U ADEEGA FASALADA 6-12

Eastside School-Linked Health Center

600 NE 8th Street, Rm. 170
Gresham, Oregon 97030
(503) 988-5488 Telefoon (503) 988-5484 Fagas

RUGTA GOOBAHA CAAFIMAADKA U ADEEGA FASALKA 12

David Douglas School-Based Health center

1034 SE 130th Avenue
Portland, Oregon 97233
(503) 988-3554 Telefoon (503) 988-4225 Fagas

Franklin School-Based Health Center

5405 SE Woodward Street
Portland, Oregon 97233
(503) 988-3370 Telefoon (503) 988-6120 Fagas

Parkrose School-Based Health Center

12003 NE Shaver Street
Portland, Oregon 97220
(503) 988-3392 Telefoon (503) 988-3580 Fagas

U ADEEGA FASALKA 8

César Chávez School-Based Health Center

5103 N Willis Boulevard
Portland, Oregon 97203
(503) 988-3815 Telefoon (503) 988-6261 Fagas

George School-Based Health Center

10000 N Burr Avenue
Portland, Oregon 97203
(503) 988-3829 Telefoon (503) 988-5500 Fagas

Harrison Park School-Based Health Center

2225 SE 87th Avenue
Portland, Oregon 97216
(503) 988-4577 Telefoon (503) 988-4588 Fagas

Lane School-Based Health Center

7200 SE 60th Avenue
Portland, Oregon 97206
(503) 988-5640 Telefoon (503) 988-5690 Fagas

Mashruuca Saldhiga Caafimaadka Dugsiga

*Midaynta Caafimaadka
iyo waxbarashada si loogu aflaxo
iskuulka iyo nolosh!*





ARAGTIDA

Aragtida Mashruuca Saldhiga-Caafimaadka Dugsiga ee Waaxda Multnomah waa sidii loo fududeyn lahaa in la helo ka hortag balaadhan, asaasiga, iyo daryeelka caafimaadka jirooyinka maskaxda ee Degmada Multnomah dhalinyarta da'da-dugsiyaga dhigata si loo ilaaliyo caafimaadkooda oo ay diyaar ugu noqdaan waxbarashada.

UJEEEDADA

Iskaashiga dugsiyada, qoysaska, daryeelayaasha caafimaadka iyo laamaha bulshada, Saldhiga-Caafimaadka Dugsiga ee Degmada Multnomah:

- Bixiyaan daryeel caafimaad oo dhowraya kuna haboon dhaqanka iyo da'da dhalinyarta, waxbarasho, wacyigalin, iyo gudbinta dhalinyarta dugsiyada;
- Fududeynta sida ugu dhaqsaha badan in loo ogaado dabeecadaha khatarta ah iyo arimaha caafimaadka si waqti hore lowga hortagi karo ama loo daaweyn karo;
- Dhimista caqabadaha daryeelka caafimaadka iyada oo la fududeeyey sidii iyo meelaha laga heli lahaa ee ku yaala dugsiyada iyo iyada oo si dahsoon oon cid kale lala wadaageynin warbixinta laguna daryeelayo degaan amaan ah iyada oon loo eegeynin caymiska iyo awooda bixinta;
- Taageeraya doorashada habka nololaha ee caafimaadka leh kuna dhiirigalinaya in dhalinyartu ay mas'uul ka noqdaan caafimaadkooda iyo daryeelka caafimaadkooda;
- Ku dhiirigaliya waalidka ama qofka ka mus'uulka ah inuu ka qeybqaato taageerada iyo adkeynta guusha natiijada caafimaadka.

CIDDA AYNU U ADEEGNO

Saldhigyada-Caafimaadka Dugsiga waxay u adeegaan dhallinyarada ku jira dugsiyada hoose, dhexe, iyo sare ee Degmada Multnomah.



ADEEGYADA DARYEELKA HORE

- Baadhitaan caafimaad oo joogto ah, marka lagu daro kuwa ciyaaraha
- Hore oo loo ogaado, helitaanka cudurada, iyo daaweynta jirooyinka iyo dhaawacyada
- Aragga, ilkaha, iyo baadhitaanka dhiig karka
- Talaalada
- Adeegyada jirooyinka madaxa
- Caafimaadka dhiska taranka iyada oo loo eegayo da'da
- Baadhitaanka sheybaarka oo joogto ah
- Qoritaanka daawooyinka
- Waxbarashada caafimaadka, la talinta, iyo hore u marinta caafimaadka
- Waxbarashada caafimaadka jidhka iyo nafaqada iyo la talinta
- Gudbinta daryeelayaasha caafimaadka aan ahayn kuwa lagu bixiyo goobta caafimaadka

KHARASHKA

Goobaha caafimaadka ku salaysan waxa kharashkooda lagu bixiyaa xubin saddexaad oo caymisa ,taakulaynta caafimaadka, deeqaha, iyo lacagaha dadwaynaha. Marka aad-na siiso macluumaadka camayskaaga bixiya waxay noo suurto galinaysaa inaanu caymiskaaga ka codsano inay bixiyaan taasi oo yaraynaysa baahidayada in lagu bixiyo lacagta dadwaynaha si aanu u siino adeeg gaadhi kara ardayda intii suurto gasha.

Qoysaska aan lahayd caymis caafimaad ama aan keenin macluumaadka caafimaadka waxa loo gudbiyaa in la eego si loo ogaado inay u qalmaan Qorshaha Caafimaadka Oregon/Caafimaadka caruurta ama barnaamijyo kale oo caymisa. Kharash bixinta caafimaadku waxa laga yaabaa inay bixiso gabi ahaanba ilmahaaga caafimaadkiisa, ilkaha, iyo adeegyada deg dega ah. Waxaanu si adag kuugu dhiiri galinaynaa inaad dalbatid kharash bixinta caafimaadkani qiimaha badan.

Haddii aanu caymiskaagu bixin dhammaantood ama qayb ahaan kharashka adigu masuul kama tihid wax alla wixii aad adigu jeebka ka bixisid.



SHAQAALAHA

Shaqaalaha caafimaadka ku salaysan dugsiyada waxaa ka mida:

- Kalkaaliyaha Xafiiska
- Kaaliye Caafimaad (Nurse Practitioner)
- Kalkaaliye Caafimaad oo shahaado tababara haysta (Certified Medical Assistant) ama Kaaliye Caafimaad oo Liisan Haysta (Licensed Practical Nurse)
- Kalkaaliye Caafimaad oo Bulshada ah (RN)
- La taliyaha Caafimaadka Dhimirka (Mental Health Consultant) (Goobaha Badankooda)
- Shaqaale Wacyi galinta Qaabilsan