

What

The problem of fragmentation and the need for integrative solutions

There is a need to improve the lives of families with young children by helping them overcome a disempowering, fragmenting, and confusing system of medical, social and developmental services. Many existing programs and services are uncoordinated and fragmented. Solid Start is an innovative approach to health care delivery for pregnant individuals seeking to address these systemic deficiencies and remove barriers to accessing care.

"Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane."

—Rev. Dr. Martin Luther King Jr.



Every door is an open door.



Solid Start at Zuckerberg San Francisco General Hospital

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Solid Start at Zuckerberg San Francisco General Hospital and Trauma Center

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Why

Barriers to a healthy life start early in San Francisco

Many families who give birth at ZSFG face significant psychological and social stressors due to chronic exposure to poverty, trauma, violence and racism, which in turn impacts birth outcomes. Moreover, recent research has demonstrated clearly that adverse childhood experiences permanently change a child's body and brain, which can have serious, lifelong consequences. Investing in pregnant individuals and children when they are young pays dividends for their future wellbeing.

Launched in 2015, the Solid Start Initiative at ZSFG and Trauma Center is a multi-disciplinary collaboration aimed at improving the health and well-being of women, infants, children and their families through evidence-based practice and systemic change.



How

Promoting health and health equity through patient-centered whole person care

Working across community and hospital systems, Solid Start promotes patient-centered whole-person care, health equity, innovations in service delivery, integration of health and social services, multi-agency collaboration, and increased access to services and resources through integrated care coordination. By mobilizing Community Health Workers (CHW) and working with clinical partners and community based organizations, Solid Start is working to address health care disparities for a chronically underserved population.



SOLID START FAMILY CENTER
CONCEPTUAL FLOOR PLAN

Where

A single point of entry to an integrated provider system of care

Based at Zuckerberg San Francisco General Hospital and Trauma Center, the Solid Start Family Center is conceived of as a service delivery hub of integrated direct services, focused on prenatal and developmental years. Through collaboration with community based organizations and clinical partners, this efficient “one-stop shopping” for services is designed to provide a single portal of entry into the network of support services, which optimizes patient-centered whole person care.

