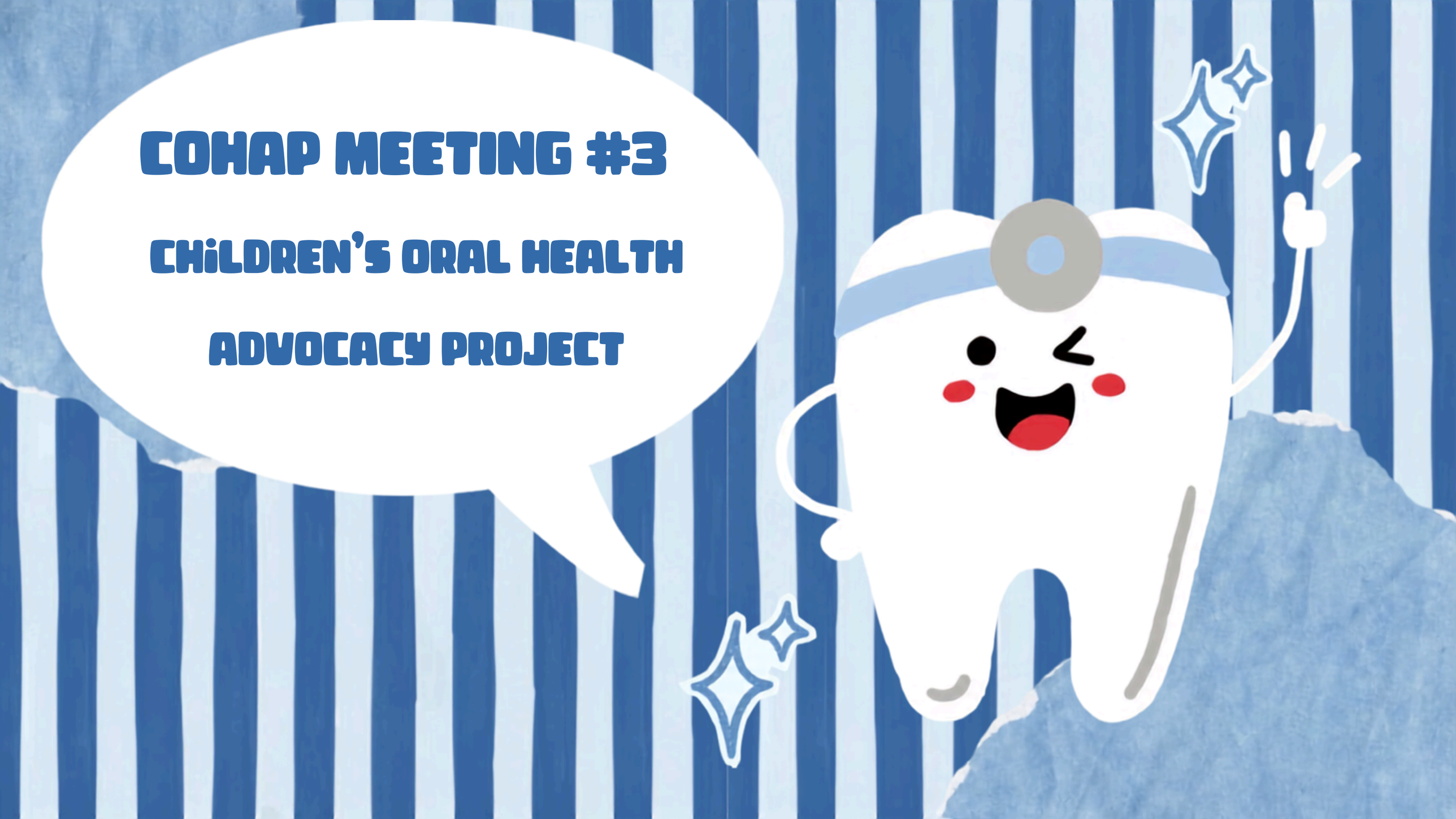
COHAP MEETING #3

CHILDREN'S ORAL HEALTH ADVOCACY PROJECT



MENTOR/MENTEE GROUPS & TODAY'S QUESTIONS

If you filled out the mentor mentee form please find the table with your name, otherwise, sit with anyone!

Activity:

In the next few minutes get to know you group. Then you will take turns presenting these facts about the other person.

- Name
- Hometown
- Year and Major
- Hot take



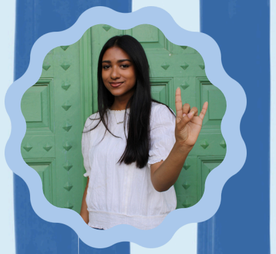
WHAT IS COHAP

Children's Oral Health Advocacy Project (COHAP) is a pre-dental organization that educates children about oral hygiene by traveling to schools around Austin. We help parents who cannot teach their children how to brush and care for their teeth properly.

MEET THE OFFICERS



Ashley Heyer
President



Nashita Kalam
Vice President



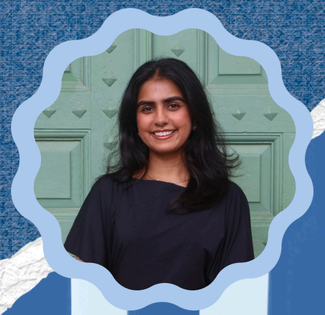
Jocelyn Nguyen
Treasurer



Satvika Parthasarathy
Public Relations



Aida Tomes
Webmaster



Dheeya Jivani
Philanthropy



Nikita Ram
Membership Coordinator



Gisselle Jimenez
Secretary



Elayna Nguyen
Social Director



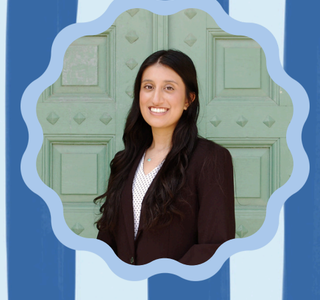
Saire Casares
Donation Coordinator



Vani Singh
Community Service



Barbara Koulikova
Product Coordinator



Ashmina Toor
Director of Outreach

OUR PHILANTHROPY: AUSTIN SMILES

Austin Smiles is a nonprofit organization that provides life-changing surgical care and comprehensive support to children and families of children born with cleft lip and palate in Central Texas and Latin America. Our partnership helps raise awareness and support for accessible cleft care, helping children improve their ability to eat, speak, and smile while building confidence and improving their quality of life through volunteering and fundraising

Wish Upon a Smile Interest!! -->

UNTREATED CARIES IN TX

Why does COHAP matter? How are you making a difference in Texas?

- Texas has a serious oral-health problem: In 2024, 21% of Texas children ages 1–17 experienced at least one oral-health problem—the highest reported rate among states.[1]

- It goes beyond cavities: These problems include toothaches, bleeding gums, and decayed teeth or cavities.[1]

- Why it matters: COHAP (you guys !!) brings oral-health education directly to children in classrooms, helping them develop healthy habits early instead of relying entirely on families to find educational resources. Education is such a crucial step in preventative oral health measures!

- The bigger goal: School-based education can help with prevention, but children also need access to dental services and treatment. Texas still remains a state with many provider shortage areas.



1. Texas Dentists for Medicaid Reform. Texas Children Have Highest Rate of Oral Health Problems in U.S. August 15, 2026. https://www.tdmr.org/texas-children-have-highest-rate-of-oral-health-problems-in-u-s/

FUTURE EVENTS:

School Trips

- Wooldridge (10/16)
- Kirby Hall (10/20)
- Blackshear (10/22)
- Joseph Gilbert (11/11)

Social Events

- Banana Sutures (10/21)
- Play-Doh Fillings (11/18)

Social Interest Form!



Profit Shares

- Noam's Gelato & Bean (10/15)
- Limegreen (11/5)

Austin Smiles Philanthropy

- Wish Upon a Smile Gala (11/7)
- Holiday Party (12/5)
- Shoot for a Smile (4/9)

Community Service

- Highland Park Elem Hoot Carnival (10/18)
- Rodriguez Elem Fall Carnival (10/23)
- The Girl's School of Austin Parade (10/30)

NEW PAMPHLET



Oral Health Pamphlet

- New design
- Now in English AND Spanish

It's important to be able to share these oral tips not only to students but also to their parents! We also made them in Spanish to expand our access as well!!

OCTOBER MOTM



Hifza Mazhar

Great answers during GM and active on slack!

Hifza was super sweet and amazing to talk to!

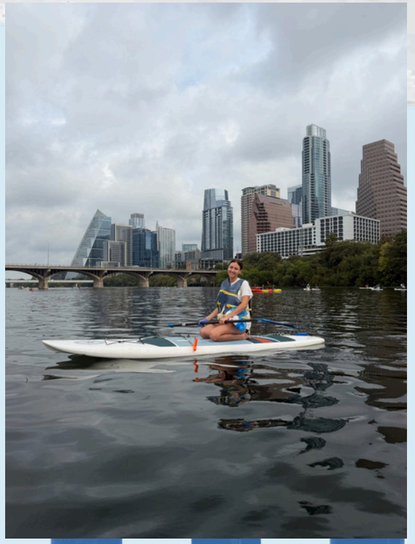
SOME COHAP MOMENTS





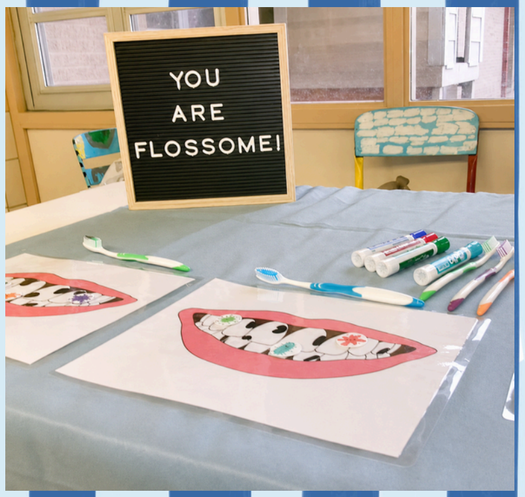














T-SHIRTS









Apologies for the Delay...

The shirts will be done by the end of this week, so we'll be able to distribute shirts at GM4!

Thank you for your patience!

LET'S HEAR FROM OUR GUEST SPEAKER!



ACTIVITY TIME!

CC4C: Cardmaking







ACTIVITY TIME!



CC4C
CHEYANNA'S CHAMPIONS 4 CHILDREN

Uplifting the Rare and Undiagnosed



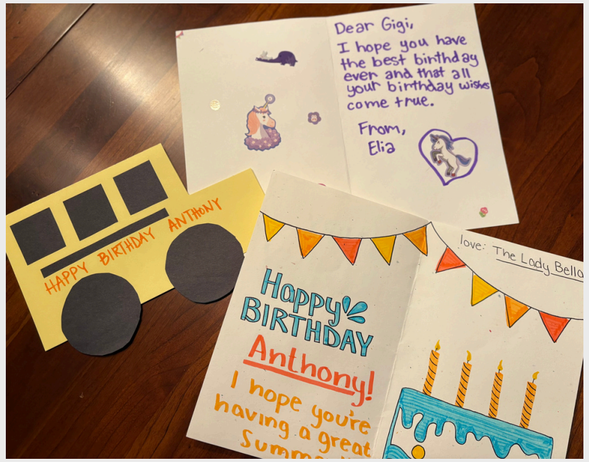
CC4C is a nonprofit organization dedicated to improving the quality of life for Texas children living with rare and undiagnosed medical conditions. Founded in 2012 by Talaya Frazier during her daughter Cheyanna's journey, CC4C walks with families from diagnosis through long-term care—transforming isolation into community.



ACTIVITY TIME!







- Use construction paper, markers, crayons, stickers, etc. Personalize with names and decorations. (No envelopes. No glitter.) Be creative!
- Do NOT mention the child's diagnosis or challenges.
  - Yes ✅: "Happy Birthday!" "I like mermaids, too!"
  - No ⛔: "You're so brave." "I hope you get healed."

ACTIVITY TIME!

Three kids (10 cards EACH):

1. **Evelyn (November 23) - turning 9**: Fave things: colors pink and purple, arts, crafts, pottery, drawing, painting, being outdoors, camping, fishing. Honorary member of: Leander HS Blue Belles dance team
2. **Adelaide (December 1) - turning 9**: Fave things: color pink, cooking, crafting, painting, reading, games, being outside. Honorary member of UT Dive team.
3. **Gray (December 1) - turning 9**: Fave things: color blue, music, drums, being outside, monster trucks, hot wheels cars, cooking. Honorary member of UT Dive team.

- Use construction paper, markers, crayons, stickers, etc. Personalize with names and decorations. (No envelopes. No glitter.) Be creative!
- Do NOT mention the child's diagnosis or challenges.
  - Yes ✅: "Happy Birthday!" "I like mermaids, too!"
  - No ⛔: "You're so brave." "I hope you get healed."

STAY CONNECTED

Instagram:
@texascohap

Website:
texascohap.com

GM #3 Sign In

Photocircle