

FAMILY HEALTH CENTERS OF SAN DIEGO
823 GATEWAY CENTER WAY
SAN DIEGO, CA 92102-4541

Return Service Requested

Non-Profit Org.
U.S. Postage
PAID
San Diego, CA
Permit No. 1747



FAMILY HEALTH CENTERS OF SAN DIEGO'S
ADELANTE
A-DE-LAN-TE (ADV) -FORWARD, AHEAD

SEPTEMBER 2014

{ Because We Care } Federal Grant Expands Alcohol Dependency Screening at FHCS

Thanks to a new behavioral health integration grant funded by the U.S. Department of Health and Human Services and Health Resources Services Administration, Family Health Centers of San Diego will continue to be able to combat the harmful effects of alcohol use and dependency.

The grant expands FHCS's ability to screen patients in the primary care setting for alcohol abuse and dependency, something that is traditionally relegated to a dedicated mental health clinic. In this case, healthcare providers and staff at North Park Family Health Center and Downtown Family Health Centers at Connections Housing will be trained to deploy the Alcohol Use Disorder Identification Test to help identify concerning behaviors, provide a brief intervention, and refer the patient to a higher level of treatment within the FHCS system of care or with a trusted partner agency.

The two-year project will allow North Park Family Health Center and Downtown Family Health Center to expand staff hours for a Marriage and Family Therapist, Licensed Clinical Psychologist, and a Certified Substance Abuse Counselor. It will also provide FHCS the means to develop a replicable model that can be expanded to all the health centers within our system of care.

FHCS currently provides patient's with depression screening in the primary care setting and has found it to be highly effective by detecting "invisible wounds." Following a series of school shootings, FHCS has also initiated mental health screenings for adolescents.

For more information on this grant and how you can help support FHCS's mental health programs, please contact Anthony White, Associate Director of Resource Development, at anthonyw@fhcsd.org.



MyHealthRecord
Your Health in Your Hands

Sign up today for our patient portal—**MyHealthRecord**! Simply provide your name, date of birth and personal email address to the front desk receptionist at your next visit, by calling (619) 515-2300 or by emailing MyHealthRecord@fhcsd.org. You will then receive a link in your inbox to complete the registration process. To log in to MyHealthRecord, visit: <https://myhealthrecord.fhcsd.org>.



International acclaimed artist Gerrit Greve and one of his many pieces of artwork that line the walls at Family Health Centers of San Diego's clinics.

Bridging the Mind and Body & Bringing Beauty to FHCS

Art isn't the first word that comes to mind when one thinks of healthcare. But for internationally acclaimed artist Gerrit Greve, art is the bridge between body and mind. He applies this belief to his personal work, as well as to his charitable program, "Arts for Healing," which began at Scripps Hospital in 1993 and teaches art fundamentals to children in underserved San Diego communities.

"You can see the passion, determination and pride that these students put into the work they create," Greve said. "That passion naturally brightens your day and makes you feel better."

Art created by the students are auctioned off with proceeds benefitting local community programs. Buyers of the artwork are also encouraged to donate the pieces to local hospitals and community health clinics, including Family Health Centers of San Diego (FHCS). Greve, along with anonymous donors

and supporters of "Arts for Healing," have donated original works of art, many of which adorn the walls of FHCS clinics, including the new Diamond Neighborhoods Family Health Center.

In 2008, the program added "Art with a Heart" and "Healing Waters" projects. It has since expanded to hospitals and community medical clinics across San Diego. A resident of Cardiff by the Sea, CA, Greve's artwork has appeared in several nationally-recognized publications, including Time magazine, the book "1001 Paintings You Must See Before You Die," and the Emmy Award-winning documentary "Artists in Residence."

Contact Amber Zent, FHCS Development Manager, at amberz@fhcsd.org for more information about how to participate or contribute in the "Arts for Healing" program on behalf of FHCS.



CEO'S CORNER: an update from Fran

A Look to 2015... and the Impact of the Affordable Care Act (ACA)

Most studies agree the total number of uninsured Californians before the Affordable Care Act was around 7 million people under the age of 65 years old.

The California Healthcare Foundation predicts 2.6 million will be newly insured, with almost 1 million of those through the efforts of Covered California, our state's insurance exchange option. Close to a million will be covered by the Medi-Cal expansion, a program paid wholly by the federal government for the first few years of the expansion. However, it is interesting to note, only 173,000 will be paid by employer-sponsored health programs and almost 300,000 will go to the individual market for health coverage.

What about the rest? By 2015, when the ACA moves into more robust state of implementation, how many Californians will still be uninsured?

By the best projections, well over 3 million will remain uninsured with some studies suggesting closer to 4 million. With all the talk about "coverage for all," who are these uninsured?

- Almost 1 million are eligible for expanded Medi-cal but will choose not to enroll.
- Well over a million are eligible for Covered California, but will not enroll.
- Another half a million are eligible for subsidies, but will not take the subsidies.
- Almost a million are residents of California who are undocumented, and while they may need healthcare coverage and would pay premiums, they are not eligible under Covered California or expanded Medi-Cal.

Family Health Centers of San Diego projects the uninsured patient demand for care will still be high. As the first line of defense for public health, we will continue to grow and

attempt to meet that demand for care, regardless of a person's insurance status or ability to pay. A quick look at the current demand for care tells us our role will not diminish. Daily, between 35 to 55 mental health referrals are made to our counseling and psychiatry programs from our own in-house physicians. Our growth from last year to this year is in the double digits, ranging between 14-20%, and we are seeing record numbers of patients in need of chronic disease management. The number of families in crisis from the economic downturn, and their own inability to recover, continue to look to FHCS D for care.

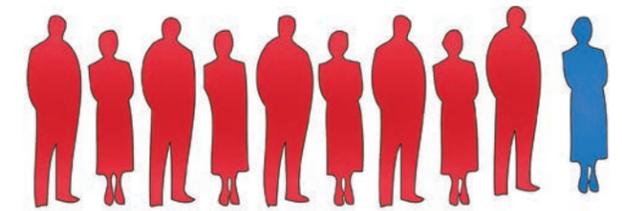
Even with the Affordable Care Act, the numbers demonstrate a vital, continuing role for Family Health Centers of San Diego as San Diego's largest community-based provider of care to those who are uninsured. We will be there.

Improved Metrics [Equal] Improved Wellbeing and Health for Patients

Family Health Centers of San Diego has identified a list of key clinical metrics that are important to our patients' overall wellbeing and health. These metrics are monitored against the national average, with the goals of continuous improvement and providing quality care to every patient we serve.

Through organizational initiatives and clinical team support, FHCS D has seen a dramatic increase in the following clinical outcomes!

- 72% of FHCS D patients with hypertension are currently meeting their target blood pressure goals, compared to 59% a year ago. That's an increase of 13% in just one year!
- Asthma is sufficiently being managed in 93% of our afflicted patients, a 4% increase from the previous year.
- A leading cause of death in the United States is colorectal cancer. This often overlooked cancer can easily be detected through recommended screening options. This year, FHCS D increased its screening numbers by 18%.



90% of new cases occur in people 50 or older

Colorectal cancer is the #3 cause of cancer-death in the United States. Following the recommended screening schedule helps protect patients and increases their chance of survival.

These increases are a team effort between clinical staff, administrative support and the patients themselves. FHCS D is committed to continuing to invest the necessary resources to ensure that our patients receive the highest quality of care across all clinical metrics, now, and in the future.

We Walk to Remember, We Walk to Support

TEAM FHCS D Participates in 25th Annual AIDS Walk & Run San Diego

Almost two dozen Family Health Centers of San Diego's staff, family and friends joined TEAM FHCS D for the 25th Annual AIDS Walk & Run San Diego. Held in beautiful Balboa Park on September 27, 2014, this annual 5K and 10K walk remembers those who are impacted by HIV/AIDS and is a fundraiser for dozens of organizations, including Family Health Centers of San Diego.

Family Health Centers of San Diego provides a variety of services to the community, including individual and group education, dental care, HIV testing and counseling, mental health and peer advocacy and the Tuesday and Thursday Night

Clinic (TNC) – a STD clinic for gay men and transgender individuals. As the largest provider of comprehensive HIV prevention, outreach, education, testing and support services in San Diego County, FHCS D is thankful for receiving a portion of the proceeds from the annual AIDS Walk & Run San Diego. However, to continue this important work, more contributions and support is needed!

To learn more about how to support FHCS D's HIV/AIDS programs, or donation opportunities, please contact Heather Summers at heathers@fhcsd.org.



TEAM FHCS D is proud to support the 25th Annual AIDS Walk & Run San Diego event.

Spirit of the Barrio

Local Comedian Entertains at Spirit of the Barrio

Guests at Family Health Centers of San Diego's Spirit of the Barrio event at the Logan Heights Family Health Center on September 19, 2014 were kept in high spirits as comedian, and native Barrio Logan resident, Rick Najera entertained the crowd with witty stories about his family, his experiences as a Latino and his journey through Hollywood.

Rick Najera is also regular commentator on National Public Radio and has received praise for his latest book, "Almost White: Forced Confessions of a Latino in Hollywood."

The event also provided guests a chance to mingle with other community members, enjoy delicious tamales and cupcakes and admire the recently unveiled Mobile Baby Boutique. FHCS D would like to again thank Friends of Children United Society (FOCUS) for their generous donation of the van to our Baby Boutique program!

Thank you to everyone who attended!



(Top): Guests enjoy delicious tamales during a festive afternoon. (Bottom Left): 10News Weathercast Pat Brown served as emcee of September's Spirit of the Barrio event. (Bottom Right): Comedian, author and screenwriter Rick Najera kept the crowd laughing and entertained.

2014 ANNUAL SPONSORS

As of September 2014

Corazón



Presenting Adelante



Fiesta Grande

- | | |
|-----------------------------|---|
| Albert Sharf, M.D., F.A.C.C | San Diego City Fire Fighters, Local 145 |
| BAE San Diego Ship Repair | San Diego Gas & Electric |
| CP Kelco | UC San Diego Health System |
| General Dynamics NASSCO | Union Bank |
| Medical Center Pharmacy | Walmart |
| San Diego Chargers | |

Clinic Benefactors

- | | |
|-----------------------------------|--------------------------------------|
| Care 1st Health Plan | Duhs Commercial |
| Coast Citrus Distributors | Molina Healthcare of California |
| Community Health Group | Wakeland Housing & Development Corp. |
| Continental Maritime of San Diego | Zeeto Media |

Health Center Patrons

- | | |
|----------------------------------|---|
| A.O. Reed & Co. | Jani-King of California |
| California Marine Cleaning, Inc. | Mulvaney Barry Beatty Linn & Mayers LLP |
| Correctional Alternatives | Office Depot |
| Donate Life San Diego | Randstad Technologies |
| Downtown San Diego Partnership | Suffolk Construction Company |
| Imaging Healthcare Specialists | WAXIE Sanitary Supply |

Media Sponsors

