InChangingTimes,FHCSDRemainsaSteadfastSafetyNetforSanDiegans

In the last decade, the health care industry and San Diego have experienced significant changes and political shifts. For example, adoption of technological advancements, such as electronic health records and patient portals, by health care systems was only 20% in 2009. Today, 80% of health care systems, including Family Health Centers of San Diego (FHCSD), utilize these tools. After being implemented in 2010, the Affordable Care Act (ACA) began providing access to insurance for millions of Americans who previously could not, or were not eligible, to receive coverage. Peppered with political opposition from the start, the ACA recently survived an intense political battle and, for now, remains “law of the land.” San Diego has also seen its share of change–from the Chargers relocating to Los Angeles to new business and residential growth in communities like the East Village and Barrio Logan.

In the midst of these changes, FHCSD remains a steadfast safety net for San Diegans, providing affordable, high-quality health care and support services to them and their family members. In the last decade, FHCSD has experienced tremendous growth, nearly doubling the number of our health center locations and reaching 190,000 patients through more than 800,000 health and medical encounters annually. In addition to sites that have expanded access to primary and mental health care, FHCSD has introduced many new services, such as chiropractic care, physical therapy, sports medicine and cardiology. The addition of these services allows patients to receive convenient, efficient and comprehensive care at FHCSD clinics across San Diego County, and alternatives to the little-available orthopedic specialists.

“Now, more than ever among the evolving health care industry and shifts in political rumblings from Washington D.C., it is essential that FHCSD continues to serve as the safety net for San Diegans,” said CEO Fran Butler-Cohen. “This can only continue if all individuals, regardless of background or socioeconomic status, have access to health care. And this growth and future planning can only become a reality if our donors continue to support our mission.”

If you are a current FHCSD donor, we thank you for your continued support of our shared mission. If you are not a donor, we ask that you consider becoming a part of an effort that affects countless families who are struggling to obtain the care they need. Your support directly contributes to improved health and wellness for your community.

This year, every donation you make can go even further through the David C. Copley Foundation Match Challenge, which matches every donation made to our dental department, up to $227,000. This opportunity is just one of the many ways donors can contribute during FHCSD’s “Year of Impact.”

To learn more about how you can help continue FHCSD’s almost 50-year legacy of caring for the most vulnerable and underserved individuals across San Diego County, visit www.fhcsd.org/how-to-help-us or contact Katie Gomez, Development & Special Events Manager, at (619) 515-2306 or katieg@fhcsd.org.
Inaugural Class Graduates Contribute to Addressing National Physician Shortage

On June 29, 2017, FHCSD will graduate our inaugural class of Family Medicine physicians, and in so doing, move one step closer to providing a solution for our organization to the national physician shortage.

According to the Association of American Medical Colleges, “Under every combination of scenarios modeled, the United States will face a shortage of physicians over the next decade, ranging between 61,700 and 94,700.”

Four years ago, when faced with studies that showed the U.S. would have a physician shortage of 45,000 to 150,000 physicians by the mid-2020s, Family Health Centers of San Diego made a strategic decision to develop a Family Medicine Residency with our hospital partners, Scripps Mercy and Rady Children’s. We received our first Resident Match in March 2014.

Now that our inaugural class is only weeks away from graduating, we are excited that three of our six residents will continue their association with FHCSD, working in our clinics. Another resident will return to FHCSD after a year’s fellowship at UCLA. That represents a retention rate of 66%, as opposed to the national retention rate of only 42% from other Teaching Health Center programs, and 4% retention from traditional residency programs. Not bad for our first inaugural class!

In the meantime, FHCSD matched with another outstanding group of six physicians who will become the new PGY-1 class, and commence their residency training in two months. We are proud to welcome three from UCSD, one from USC, one from UCLA and one from Touro University. All of these outstanding physicians have one commonality—they are passionate about the importance of community medicine with underserved communities.

Financially subsidizing the residency training program was not in the plans of FHCSD. The federal Health Resources and Services Administration (HRSA) determined that the cost to train each physician through a 3-year program is $157,000 per year. FHCSD, and other Teaching Health Center programs, only receive $116,000 per year to support residency training.

A logical next step is to develop an endowment for the residency program to ensure its long-term survivability. Family Health Centers of San Diego welcomes discussions with any donor interested in preserving a critical pipeline of physicians for the underserved communities’ care by our organization.

Donor Spotlight

Medical Center Pharmacy Fosters Relationships through Innovation

Whether it’s providing exceptional services to patients, giving back to the community, or using cutting-edge technology to ensure accuracy and efficiency, Medical Center Pharmacy (MCP) leads the way for pharmacies around California. With one of the locations established in 1924, Medical Center Pharmacy has become the largest, longest-standing and most innovative independent pharmacy chain in San Diego County.

MCP provides a variety of programs and services to meet the varying needs of each patient and goes above and beyond by providing free home delivery. MCP also utilizes an innovative filling robot, enabling them to provide accurate and efficient service while giving their pharmacists the opportunity to form more personal relationships with patients.

Along with providing individualized and innovative care to patients, MCP also prides themselves on supporting and giving back to their community health clinic partners. “Great things can be accomplished when health care entities work together for a common goal, and we believe that our relationship has greatly improved the health and well-being of the patients we serve,” said Michelle Darnelle, MCP Business Development/Hospital & Clinic Director. Together, Medical Center Pharmacy and FHCSD have worked to care for all patients and we thank MCP for their continued support and commitment to helping those in need!

To learn more about support opportunities and how to make an impact, contact Katie Gomez, Development & Special Events Manager, at (619) 515-2306 or katieg@fhcsd.org.
FHCSD’s First Spirit of the Barrio of 2017 Sparks Important Conversation

Family Health Centers of San Diego hosted its first Spirit of the Barrio luncheon of 2017 on March 17th, where an engaging panel discussed the issues faced by refugees, the importance of refugees and the value they add to our city and society.

Attendees heard compelling stories from refugees about the struggles they faced in their home country and the difficulty of coming to a new country with little-to-no support or financial resources. Panelist Mohammed Tuama, from Newcomers Support & Development, noted, “When I arrived, I was encouraged to change my name because it would be difficult to have the name Mohammed here.”

While the process of finding your way in a new country has many challenges, refugees add value and diversity to our region. Panelist Dale Fleming, from County of San Diego’s Health and Human Services Agency, shared, “I feel proud to be a part of this process to help people who are coming to our region to create a better life.”

Panelist Erica Bouris, from the International Rescue Committee, spoke about the anxiety and chaos created by the travel ban, and Kathi Anderson, from Survivors of Torture, stressed the need for “conversations with lawmakers to demonstrate the importance of the issue.” Thank you to everyone who made our first 2017 Spirit of the Barrio one of the best ever!

Looking ahead, Spirit of the Barrio will host a variety of topics, including expansive regional construction projects, changes in our environmental health and wellness, local artists, authors and more! The event is a great way to get involved within your community, be informed on current issues and have your voice heard! It also provides an opportunity to network with community leaders and elected officials, enjoy a delicious tamale lunch, and most importantly, support over 190,000 patients in need of health care services.

For information, or to sponsor the event, please contact Katie Gomez, Development & Events Manager at (619) 515-2306 or katieg@fhcsd.org.

Thank you to our Spirit of the Barrio Sponsors!

Mark your calendars for the next Spirit of the Barrio!

Friday, May 19, 2017
11:30am – 1:00pm
Logan Heights
Family Health Center

To purchase tickets, visit www.fhcsd.org/spirit-of-the-barrio.

For information, or to sponsor the event, please contact Katie Gomez, Development & Events Manager at (619) 515-2306.
Ways to Give

Spirit of the Barrio
Called the “Best use of a lunch hour” by San Diego Magazine, Spirit of the Barrio is Family Health Centers of San Diego’s signature fundraising event. Held five times throughout the year at our Logan Heights Family Health Center, this fun-filled luncheon promises to entertain, inform and educate attendees with relevant panel presentations and a delicious tamale lunch! Table sponsorships and individual tickets available.

Mobile Medical Units
Since 1998, our Mobile Medical Units (MMUs) have provided health care to uninsured and medically underserved children, teens and adults in collaboration with elementary schools, community centers, social service agencies, rehabilitation facilities, battered women’s shelters, public housing complexes and homeless shelters. By breaking down transportation barriers for individuals and families in need of health care, our three units serve 3,443 children, women and men through 4,628 individual health care encounters annually. Each donation helps keep these units on the road and providing care for San Diego’s underserved communities.

- Individual - Commit to support FHCSD with an annual pledge or one-time donation, and in turn your name/family name will be displayed on the back of an MMU for three years.
- Corporate - FHCSD offers three levels of corporate sponsorship, and in turn your logo will be prominently displayed on the side of an MMU for three years.

Residency Program
In 2014, Family Health Centers of San Diego (FHCSD) created the Family Medicine Residency Training Program. The mission of the program is to train physicians from diverse backgrounds who are interested in providing care to the underserved communities of San Diego, while providing high-quality, broad-based clinical education and experience. With limited funding and continual budget cuts, Family Health Centers of San Diego needs your help in ensuring this program continues!

Naming Opportunities
FHCSD offers donors exclusive opportunities to name exam rooms, waiting areas, labs and more!

Baby Boutique
Our Baby Boutique program was founded to encourage new and expecting moms to follow through with important wellness checkups and attend classes to learn the basics of infant care, including breastfeeding and nutrition. For every pre- and postnatal appointment or class they complete, parents can redeem “Baby Buck Points” at Baby Boutique locations for baby clothes, supplies, children’s books and toys. This innovative program was founded in 2010 as an initiative to encourage new moms to complete their postpartum care, while providing them with items to meet their baby’s needs.

Reach Out and Read
Do you have children’s books lying around collecting dust? FHCSD’s Reach Out and Read program can give those books a new home and ensure a deserving child starts school ready to learn! Throughout 2016, we distributed over 9,000 books to children, promoting literacy and language skills.

Vehicle Donation Program
You can support Family Health Centers of San Diego by donating your used car, motorcycle, RV or boat! We will even take care of the details so you do not have to. We provide you with a hassle-free pick up and can get the most value from your donated vehicle, and it’s tax-deductible!

Programs & Services
Family Health Centers of San Diego provides many vital services to our patients. You can designate your donation to ensure we are able to continue providing these critically needed services.

- Healthcare for the Homeless
- Pediatrics
- Women’s Services
- Mental Health Services
- Vision Services
- LGBT Services