Donate to FHCSD’s 2016 Capital Campaigns

Fund One Year of Training for a Resident:
Our Family Medicine Residency Training Program ensures the next generation of professionally trained, culturally competent physicians is available to handle the growing demand for health care services in our communities. Donations of any size help contribute to our goal of raising $150,000, which will fund the equivalent of one year of training for one resident. Learn more by visiting www.fhcsd.org/fund-a-resident.

Keep Our Mobile Medical Units Moving:
Since 1998, our Mobile Medical Units (MMUs) have provided health care to individuals at locations across San Diego County. Our three units serve over 3,000 men, women and children annually. Individuals or corporations can help sponsor these units by placing their name or logo on their sides. Learn more by visiting www.fhcsd.org/mmu-donations.

Contribute to Our Baby Boutique:
Our Baby Boutique lets new and expecting moms receive necessary baby supplies if they complete wellness checkups and educational classes. The easiest way to help us keep our Baby Boutique stocked is to make a financial contribution. In-kind donations are also accepted. Learn more by visiting www.fhcsd.org/baby-boutique.

AmazonSmile:
You shop. Amazon gives. AmazonSmile is an easy way to give back to FHCSD. Amazon will donate a portion of the purchase price of eligible items to our organization with all proceeds going towards funding our residency program. Simply follow these easy steps:
• Visit smile.amazon.com.
• Log into your Amazon account.
• Choose “Family Health Centers of San Diego” as the charitable organization to receive donations from your eligible purchases.
• Start shopping! Millions of Amazon products are marked “Eligible for AmazonSmile.”
• Spread the word to family and friends about this easy way to give back to FHCSD.

Double Your Impact:
Every dollar you give to FHCSD may be matched by your employer! Check with your human resources department to see if your employer has a qualified matching donation program. If so, simply follow these easy steps:
• Visit smile.amazon.com.
• Log into your Amazon account.
• Choose “Family Health Centers of San Diego” as the charitable organization to receive donations from your eligible purchases.
• Start shopping! Millions of Amazon products are marked “Eligible for AmazonSmile.”
• Spread the word to family and friends about this easy way to give back to FHCSD.

This new location is also a relief to longtime FHCSD patients who previously had to travel outside their neighborhood to receive medical care and services. Danielle, who was visiting Oak Park Family Health Center for back pain, remarked she used to go to another FHCSD location, which is farther from her Chollas Creek home. “This location is a lot more convenient for me and for my neighbors. The staff is professional and courteous. It’s been a great experience so far!”

As FHCSD continues to expand into neighborhoods across San Diego County, more people gain access to vital care that was previously unavailable to them. This is part of FHCSD’s mission to provide affordable, high-quality health care and support services to all people, with a special commitment to the uninsured, low-income and medically underserved.

Join the legacy! – FHCSD is extending our popular Legacy Program to Oak Park Family Health Center and HITEC Center. The Legacy Program allows donors to place their name, company’s name, the name of a loved one or family name on a clinical exam room, lobby or building exterior. For more information about this giving opportunity, please contact Director of Development Chris Larkin at (619) 515-2315 or christopherl@fhcsd.org.
Mental Health Care in Our Communities ... It’s Not Enough!

Concerns over the lack of access to treatment for mental health problems cannot be ignored, particularly in the context of rising drug abuse in our country. The California Hospital Association states almost 1 in 6 Californians has a mental health need, of which 60% do not receive any treatment. I seriously doubt there are many readers of this newsletter who have not been touched by substance abuse and/or mental health problems in their families or circle of friends. I don’t have to tell them about the heartbreaking stories of our patients. The Family Health Centers of San Diego (FHCSD) already provides over 200 mental health treatment visits each day and our medical team refers 25 to 65 new mental health cases each day to our behavioral team for evaluation and care. Our staff is doing an outstanding job, but it is not enough.

Local hospital data shows thousands present to our emergency rooms each year with behavioral disorders as the chief complaint. Our hospitals do the best that they can, but it is not enough. These same patients return to the ER, when the sheer numbers of mental health patients cannot be accommodated in the health centers and mental health clinics across our county due to limited resources. Our community and public health professionals are facing a big problem. Mental health and drug abuse go hand-in-hand. It’s not enough to declare a “War on Drugs” or develop a slogan urging people to get screened for mental health.

To help address these challenges, FHCSD is committed to building major expansions in mental health treatment capacity in 2015. Additional expansion is planned in 2016 at our clinics in Chula Vista, Hillcrest, Mission Beach, Barrio Logan, Spring Valley, El Cajon, Diamond Neighborhoods, North Park and Downtown. Additionally, this month a cross-functional team will begin the early work needed to develop an FHCSD system-wide approach to screen, identify and treat every patient in our organization 12 years of age and over who is in need of mental health services. The problem is big and the challenge is daunting. But to do anything less is simply not enough.

Since the Family Health Centers of San Diego’s (FHCSD) Family Medicine Residency Training Program opened three years ago, its 12 medical residents have treated thousands of patients. One patient in particular stands out for Natasha Singh, M.D., one of the program’s first residents. He recalled a patient who lived on the streets of downtown San Diego and traveled several miles via public transportation to the City Heights Family Health Center regularly to seek care from Dr. Singh for his heart disease, despite knowing there were healthcare care facilities closer to his downtown location. “He knows that I care and that I’m doing what’s best for him,” Dr. Singh said, describing how the City Heights staff connected the homeless patient to other services that helped him enter transitional housing. “It’s truly a testament to what our program and organization does for people like him.”

Stories like this are common among the patients seen by the residents of this program, which was established by the Affordable Care Act as part of the Teaching Health Center (THC) Graduate Medical Education program. This program is designed to provide culturally competent doctors, including mental health professionals, to low-income patients to provide face to face barriers to quality health care. Unfortunately, funding for Teaching Health Centers was recently drastically cut by Congress, which means some programs may no longer be able to be sustained. Closure or reduction in THC programs will reduce the number of trained and culturally competent physicians in our communities.

FHCSD is working to help restore funding to these vital programs by joining the “Save Our Teaching Health Centers” social media campaign. Composed of the 60 national teaching health organizations, and their allies, the campaign’s goal is to encourage community members, patients, residents, and the public as a whole to lobby Congress to provide funding for these invaluable programs. We need your voice to help continue to build momentum for this important issue!

Ways You Can Help:
- Visit the Save Our Teaching Health Centers website (www.saveourteachinghealthcenters.org) to find key messages and images to share with your social media contacts and legislators.
- The website also provides information on how to contact congressional members about this important matter. FHCSD is actively tweeting and posting about this issue. We encourage you to “like” us on Facebook or “follow” us on Twitter (@FamilyHealthSD) and join the conversation by using #SaveOurDocs.
- The Save Our Teaching Health Centers campaign will also be the spotlight of the first Spirit of the Barrio luncheon in 2016, held on March 18 at Logan Heights Family Health Center. This luncheon will feature a panel of FHCSD medical residents, mentors and other leaders in this campaign. Buy a ticket today to support this cause and learn more.
- Financial support to the FHCSD residency program is also needed. Please visit www.fhcsd.org/fund-a-resident to help us meet our goal of raising $150,000, the equivalent of funding one resident for one year. For more information about the FHCSD Family Medicine Residency Training Program, please visit www.fhcsd.org/fmr residency.