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

Return Service Requested

Donate to FHCSD’s Giving Opportunities

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 3,400 men, women and children annually. Individuals or corporations can help sponsor these units by placing their name or logo on them. 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.

Thank you!

MAXIMUS Charitable Foundation and the Samuel H. & Katherine Weaver French Fund each donated $5,000 to FHCSD’s Mobile Medical Units. Thank you for helping keep these “health centers on wheels” moving!

Now Open: Chula Vista Family Counseling Center

Family Health Centers of San Diego (FHCSD) is doing its part to address the growing mental health crisis through the opening of a new facility serving San Diego’s South Bay community. Chula Vista Family Counseling Center, located at 248 Landis Avenue, provides comprehensive mental health services to individuals and families.

The new mental health facility is located directly across the street from Chula Vista Family Health Center as part of the Lofts on Landis mixed-use development project. This location also provides affordable housing units, FHCSD administrative offices, a community center, children’s play area and a bi-level parking structure with designated spaces for patients and staff.

According to the National Alliance on Mental Illness, the demand for mental health services across the country continues to grow, with one in five American adults experiencing mental illness in any given year. This crisis costs approximately $193.2 billion in lost earnings and impacts families of every race, ethnicity and socioeconomic status.

“Mental health is an important issue that impacts the lives of thousands of individuals and families across San Diego,” said FHCSD CEO Fran Butler-Cohen. “We are proud to be a leader in providing much-needed resources for those who need help in our community.”

Chula Vista Family Counseling Center is now open for patients! As part of FHCSD’s commitment to providing easy access to mental health services, no referral is needed. More information on FHCSD mental health services is available at www.fhcsd.org/mental-health-services.

In addition to this new facility, FHCSD is excited to announce the opening of El Cajon Family Health Center. Located at 525 East Main Street in El Cajon, the new primary care clinic offers health care services for adults and children, including sick visits, blood pressure check-ups, immunizations and diabetes screenings. In addition, the clinic offers comprehensive women’s services, such as prenatal and postnatal care, family planning and breast and cervical cancer screenings.

Join Our Legacy Program!
These new sites have been added to our Legacy Program. Through this program, donors may place their name, company name, family name or name of a loved one on a building’s exterior, clinical exam room or lobby area. Please contact Chris Larkin, Director of Development, at (619) 515-2315 or christopherl@fhcsd.org, for more information about this giving opportunity.
When it comes to Community Health Centers, it seems several branches of the government can reach an agreement. Both the Institute of Medicine (IOM) and the Government Accountability Office (GAO) have recognized health centers for their effective and efficient delivery of primary care services. Health Resources and Services Administration (HRSA) states, “Health Center quality of care equals and often surpasses that provided by other primary care providers.”

And if that isn’t enough, the Office of Management and Budget (OMB) has called health centers “the most cost efficient program supported by federal funding.”

It seems most government departments would agree the medical care received at health centers is ranked among the most cost-efficient anywhere. In fact, total care costs are almost 30% lower for patients seen in a community health center than for patients seen elsewhere. A George Washington University study (Ku et al., 2010) concluded that an $11 billion investment in additional federal grants for nonprofit community health centers from 2011 to 2015 will reduce total expected national medical costs by more than $22 billion over the next 5 years. This includes savings of more than $55 billion in federal Medicaid spending and more than $30 billion in reduced state Medicaid expenditures. It is a fact that Health Centers reduce use of more costly models of care, such as hospitals and emergency rooms.

The economic value to a community with a robust, thriving health center cannot be underestimated. Health Centers employ almost 200,000 individuals nationwide and over the last 5 years have added 38,000 jobs. Additionally, almost 12,000 physicians are employed by Health Centers. The span of Health Centers is vast; every state in the nation has a federally funded community health center, including those in the Pacific Basin, Puerto Rico, Districts of Columbia and U.S. Virgin Islands. Health centers nationwide deliver care at almost 10,000 service sites.

For every 14 people in the U.S., one receives their medical care in a community health center. From pediatrics to acute care, dental clinics to comprehensive mental health programs and more, health centers are at the forefront of making communities healthier. I invite you to come take a tour of Family Health Centers of San Diego and see one of the largest and cost-efficient health care systems in the country. Let us show you how 15,000 patients and clients efficiently pass through our organization each week while receiving outstanding care!

Family Health Centers of San Diego (FHCSD) is proud to host the San Diego State University (SDSU) Aztecs at this month’s Spirit of the Barrio on Friday, May 20, 2016. The dynamic panel will include SDSU Athletic Director Jim Sterk, Head Football Coach Rocky Long, as well as some surprise Aztec guests. Ted Leitner, Sportscaster and San Diego Padres, SDSU Men’s Basketball and Football Radio Announcer will emcees the action.

Though the panel will primarily focus on SDSU football, they will also field questions about all things Aztec-related. Guests will have an opportunity to meet SDSU cheerleaders and athletes and receive discounted tickets for the upcoming football season. In addition, our raffle at this Spirit of the Barrio will offer unique SDSU experiences and collectables, as well as tickets and passes to exciting Southern California attractions.

Help fill the seats with alumni and get “in the spirit” by wearing your red and black Aztec gear!

For more information, or to purchase tickets, visit www.fhcsd.org/spirit-of-the-barrio. For sponsorship inquiries, please contact Caroline Harrington, Development & Special Events Manager, at carolinh@fhcsd.org or (619) 515-2306.

Thank you to all of our Spirit of the Barrio Sponsors!