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 1,400 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.

**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.

**AmazonSmile**
You shop. Amazon gives.
AmazonSmile is a 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:
- 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.

**FHCSD Pilots New Mental Health Program for Teens at SDHS**

Family Health Centers of San Diego (FHCSD) is demonstrating its commitment to expanding mental health services in San Diego County through a unique partnership with the San Diego Unified School District to provide comprehensive counseling services to students at San Diego High School, the largest public school in San Diego County.

The new program, being piloted in the fall semester at the high school of over 2,400 students, will allow those who suffer from mild to moderate mental illness, such as depression, anxiety and bipolar disorder, to receive care at the school without leaving campus. It is the culmination of a number of discussions between staff at the school, Unified School District officials and FHCSD management to address the needs of students.

“We’re proud to partner with the San Diego Unified School District and San Diego High School to address the growing mental health needs of students,” said Jeff Gering, Vice President of Planning and Development, noting that the school has a large portion of students who are homeless. “For many of these students, English is their second language, which can sometimes be an obstacle to accessing mental health services. We believe FHCSD is uniquely positioned to address many of the behavioral health issues that school officials have reported while also providing students with the coping skills they need to thrive in an academic setting.”

The grant-funded pilot program will begin with counselors meeting with students one day a week. From there, students may be referred to mental health services at FamilyHealth at City College, located just blocks from San Diego High School, for ongoing therapy and/or medication management with a psychiatrist who specializes in providing services to teens and young adults.

This pilot program follows the move of the FHCSD Teen Health Center, once located in Barrio Logan just blocks from Logan Heights Family Health Center. The new location, which opened on August 29th, adjacent to FamilyHealth at City College, allows FHCSD to expand its comprehensive health care services, including counseling, physicals, immunizations and STD screening and treatment, to teens at San Diego High School and other nearby schools.

The Teen Health Center is part of our Legacy Program, which allows donors to place their name, company name, family name or name of a loved one on a building’s exterior, clinical exam room or lobby area. If you’d like more information about this program, or to participate in it, please contact Chris Larkin, Director of Development, at (619) 515-2315 or christopherl@fhcsd.org.
CEO’S CORNER: an update from Fran

Do Patient “Thank Yous” Matter to Healthcare Providers?

Picture your industry growing 30% or more a year. Picture changing regulations heaped on you day after day, and colleagues trying to just keep up with an industry in overdrive for six straight years. Picture all your new customers don’t just need your service—they need to be educated about your service on a daily basis. Your customers are sick, most with chronic diseases, and after years of little or no care, they come to you. Many have mental or emotional challenges and you start each day hearing a litany of concerns for which there are no immediate solutions—no food, single parent challenges, kids with special needs, lost jobs, depression, and always, not enough money. It’s tough work, and every 20 minutes, or so, the process repeats itself.

But one particular morning, you open an envelope. That envelope holds a different day. It is a letter of appreciation. It talks about how your changed a life. How your caring touch helped facilitate a new direction and bring hope where there was none. It is your shot in the arm, the reason you chose medicine—the validation that your efforts are truly changing lives for the better.

The letter is not particularly well-written; it is full of grammar and punctuation errors. But it is heartfelt and meaningful. You put that letter in a special place, knowing it will remain with you for years to come. You have just experienced the power of a “Thank you.”

It is an electronic and fast-moving world, no time for composing letters, no time to express appreciation, no time for true personal interactions. Inter-personal interactions are categorized into objectives, agendas or barriers.

But this day was made different with the arrival of a patient’s thank you. This letter, in all its simplicity, gave a physician the strength to face others in need.

Yes, the power of a Thank You does matter. It changes lives, reaffirms decisions, helps motivate and most importantly, gives us that spark that comes from a deep human connection.

Jennifer Valleen—one of FHCSD’s most generous donors who doesn’t even live here. In fact, she’s not even in our state. Jennifer makes a “Thank you.”

Jennifer says, “It makes me feel good. I think it’s important to express appreciation, no time for true personal interactions. Inter-personal interactions are categorized into objectives, agendas or barriers. But this day was made different with the arrival of a patient’s thank you. This letter, in all its simplicity, gave a physician the strength to face others in need.”

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Family Health Centers of San Diego welcomes an expert panel to discuss the topics most relevant to the Millennial generation—from social media and technology to drugs, sexuality and online bullying. Our expert panel will feature:

- Bill Trumpfheller, President of Nuffer Smith Tucker
- David Folsom, MD & UCSD Director, Division of Clinical Psychiatry
- Eric R. Buhl, MPH/Ph.D. & SDSU Associate Director, Center for Human Dynamics in the Mobile Age
- Emceed by Jessica Chen, ABC 10News Reporter

If you have children (or grandchildren) between the ages of 12 and 28, you won’t want to miss this conversation. For more information or for sponsorship opportunities, please contact Chris Larkin at (619) 515-2315 or christopherl@fhcsd.org.

Join the Conversation

Millennials: A Guide to Understanding the Generation

Presented by UC San Diego Health System
Friday, Sept. 16, 2016
11:30am – 1:00pm
Logan Heights
Family Health Center
To purchase tickets and for more information, visit www.fhcsd.org/spirit-of-the-barrio.

Thank you to all of our Spirit of the Barrio Sponsors

Donor Spotlight: Minnesota Donor Gives to FHCSD’s Baby Boutique

In each issue of Adelante, we reserve this space to “acknowledge and celebrate” a Family Health Centers of San Diego (FHCSD) donor. Each hat she creates is placed in our Baby Boutique inventory and is matched up by our new moms and dads. Jennifer’s hats fly off our shelves for not only their functionality, but their relationship to the various times of year. In December, they are always combinations of red, green and white for the holidays. In March, they are variations of green for St. Patrick’s Day, and in July, Jennifer’s hats are red, white and blue.

“Just wanted to let you know that I’m working on some flag-themed hats for the baby boutique. They’re red, white and blue, all in one ball of yarn. I think they’ll be great for all the 4th of July babies. Hope you like them.”

Jennifer’s story may not be extraordinary, but it is unique, as are many donor stories—unique, but still the same because of an equalizing denominator, “the impact value of any philanthropic act is equal only to the value the individual doing the giving places on it.”

But when it comes to placing a value on a donation, the only value that matters is what the donor believes it to be and what it does for them. When asked why she does this, Jennifer said, “It makes me happy.” Who of us can put a value on another’s happiness?

Each hat she creates is placed in our Baby Boutique inventory and is matched up by our new moms and dads. Jennifer’s hats fly off our shelves for not only their functionality, but their relationship to the various times of year. In December, they are always combinations of red, green and white for the holidays. In March, they are variations of green for St. Patrick’s Day, and in July, Jennifer’s hats are red, white and blue.

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Whether you’re someone capable of writing checks big enough to make a regional impact, or someone who handcrafts something so simple yet beautiful, the gift itself is irrelevant. It’s the act of giving that is noble and thus holds the greatest value. Family Health Centers of San Diego is fortunate to be on the receiving end of such gifts and will always be honored by and grateful to those who give.