

OUR SERVICE SITES

La Clinica health centers:  
Birch Grove Health Center  
Central Point Health Center  
East Medford Dental Clinic  
Mobile Health Center  
Phoenix Health Center  
Wellness Center  
West Medford Health Center  
Women’s Health Center

School-based centers:  
Central Point, Jackson, Jewett,  
Kids Unlimited, Oak Grove, Mae  
Richardson, Patrick, Phoenix, Sams  
Valley, and Washington elementary  
schools; Hanby and Scenic middle  
schools; Crater High School

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DECEMBER 2018  
**LA CLINICA**  
AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

Comparing our county

	COUNTY	STATE
Opioid overdose hospitalizations per 100,000	14.5	10.5
Opioid overdose deaths per 100,000	7.5	6.6
Adults reporting they binge drink	17.6%	18%

Source: Oregon Public Health Division

Opioid crisis  
Addictions care grows to meet need

When David came to La Clinica for treatment for opioid addiction, he’d already relapsed twice. This time, he had clear goals in mind: to reclaim his work, his children, and his life.

Two years after he started treatment for the third time, David is a success story, a Jackson County man who climbed out of the hole of addiction with the help of a once-unlikely partner—his primary care doctor’s office.

David, whose name is changed here, is among nearly 200 patients who have received treatment for their addictions through La Clinica as the county—and nation—deal with an opioid crisis that is putting unprecedented demand on community services. In response this winter, La Clinica is building an even stronger structure to help. By the end of January, La Clinica’s Birch

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New community education series  
Lunch & Learn offers ideas, insight

What makes La Clinica work? CEO Brenda Johnson will talk about her views on the organization’s success in the first of a new series of free quarterly talks in February.

Lunch & Learn with La Clinica will offer behind-the-scenes insight into work of the nonprofit organization, which will celebrate its 30th year in the community in 2019. La Clinica expects to bring a variety of topics to light in the public sessions, focusing on innovation and community need.

The first Lunch & Learn with La Clinica is scheduled from noon to 1 p.m. Thursday, Feb. 28, at Inn at the Commons, 200 N. Riverside Ave., Medford.

Admission is free, and attendees are asked to register at [www.laclinica-health.org/learn](http://www.laclinica-health.org/learn) so lunch can be planned.



Brenda Johnson

“The reason to do this work at La Clinica is that this is often the health home for patients. They feel safe here.”  
—Kim Oveson, integrated behavioral health program manager

La Clinica through the years  
Longtime patient watches change

La Clinica’s commitment to caring for agricultural workers like him has kept Ignacio Ramirez connected to the organization throughout its 30-year history.

Ramirez, 64 and now retired after working more than three decades in Rogue Valley orchards, got care for his whole family at La Clinica’s original home near the railroad tracks in Phoenix. Now he is a patient at the Wellness Center and has taken healthy-eating classes there.

“A lot has changed,” he said through an interpreter. “I still know a lot of people here, lots of good people.”

He remembers how in the early years, La Clinica teams would go to camps and housing deep in the orchards to drive pregnant women to doctor appointments and test for tuberculosis.

“At that time, it was a big help for the low-income workers as it was hard for them to get time off,” he said. Through the years, he watched with pride as La Clinica added centers, services, and patients.

“I’m excited that La Clinica is growing to provide so many services, not just for the Latino community, but for the whole community,” he said.



Ignacio Ramirez started care at La Clinica shortly after the organization's launch and served as a board member in the late 1990s. Today, as La Clinica reaches its 30th year, he's a patient at the Wellness Center, where he takes cooking classes with Community Health Worker Ana Maria Salaverry. (Photo by Jim Craven)

From our staff to you, happiest of holidays!



Near airport  
Building will  
clear space for  
centers' growth

La Clinica has purchased a 44,000-square-foot building near the Medford airport that will serve as a support hub for all its health centers while making room for an estimated 5,500 patients at existing health centers.

The Center for Learning and Innovation at 931 Chevy Way will include teams responsible for ensuring that La Clinica meets clinical quality measures and coordinates care well with other community organizations. It will also house administrative support staff and provide training space for La Clinica's 400 employees.

The consolidation of these employees from prime space in La Clinica's primary centers will allow the organization to expand to serve 5,500 new patients over the next several years.

"We spend an incredible amount of time behind the scenes innovating so that our patients receive exceptional care and so we are able to stay financially viable," said CEO Brenda Johnson. "Right now, these staff members are spread across several buildings. This will make efficient use of our time and addresses the need we see to be able to serve more patients as well."



The Center for Learning and Innovation is at 931 Chevy Way in Medford. It will free up health center space for new patients.

Addictions  
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Grove Health Center, where La Clinica and a handful of partner organizations serve mostly patients with addictions and mental health issues, will move to a location with a lot more space (see details below).

Throughout its health centers, La Clinica will increase staff certified to educate and coach patients about drug and alcohol use, train staff in working with patients to prevent relapses, and add more capacity for medication-assisted treatment, the program that helped David. La Clinica and many other organizations help patients overcome addiction by using the medication buprenorphine in combination with therapy and other support services. This drug helps with withdrawals, cravings, and relapse prevention.

Most of the organization-wide expansion of addictions services comes thanks to a \$320,000 federal grant designated to address substance use disorder in patients right where they're already showing up for care.

"The reason to do this work at La Clinica is that this is often the health home for patients," said Kim Oveson, La Clinica's integrated behavioral health program manager. "They feel safe here, and it's a starting point for them to get help from us or from another community treatment provider."



Family Nurse Practitioner Leah Schindler talks with a patient in the medication-assisted treatment program.

Birch Grove Health Center is operated by La Clinica and these community partners that care for low-income people and those with substance use disorder and mental health challenges: Addictions Recovery Center, AllCare, Columbia Care, Jackson Care Connect, Jackson County Mental Health, OnTrack, and Options of Southern Oregon.



La Clinica's specialty women's center is moving to a new home this month, a change that will also allow expansion of Birch Grove Health Center. The Women's Health Center will open at 221 W. Stewart Ave., Suite 101, on Tuesday, Dec. 18. Birch Grove, now located in the county health services building, will move into the newly vacated women's space at 910 S. Central Ave. near the end of January.



Raise Your Heart for Health is moving to a new day of the week and a new spot on the calendar in its 10th year.

The 2019 event is set for Saturday, May 4, at the historic Ashland Springs Hotel. Returning for another year will be all the games, food and wine, and entertainment fans of the event have come to expect, said Maria Ramos Underwood, chief development officer.

"We recognize it may have been difficult for guests to have a relaxing time on a Sunday, which many reserve to prepare for the week ahead," she said. "Our event is known for its games, entertainment, and dancing, and we believe moving to a Saturday will make the evening more enjoyable."

Raise Your Heart for Health  
Fundraiser lifts outreach services



La Clinica's annual party held at the Ashland Hills Hotel and Suites on Oct. 7 raised more than \$100,000 to fund outreach services. These resources will help support La Clinica's Mobile Health Center, school-based health centers, and Happy Smiles, a cavity prevention program.

Many, many thanks to all who made La Clinica's Raise Your Heart for Health such a success. La Clinica is especially grateful to event sponsors, whose support covered all event expenses. We applaud your dedication to our community and your support of our mission. Thank you!

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Thank you for your generous support.

Your gifts have enabled La Clinica to grow to meet our community's need. Today, we are the medical and dental home for 30,000 mostly low-income patients. By supporting our vision to provide affordable health care to all, regardless of income or insurance status, you're not only caring for our community, but your investment helps reduce overall healthcare costs.

Did you know that if you are 70½ or older, you can give up to \$100,000 from your IRA directly to a qualified charity, such as La Clinica, without having to pay income taxes on the gift? For more information on this or other donations, contact Chief Development Officer Maria Ramos Underwood at 541-512-3152 or at munderwood@laclinicahealth.org. You can also donate to us securely through our website at <http://laclinicahealth.org/donate>. La Clinica is a 501c3, private non-profit organization, and gift are tax deductible.

