When Danielle Stanford first encountered La Clinica Wellness Coach Luis Figueroa, she was fresh out of treatment for addiction to alcohol, methamphetamine, and heroin—and she’d just learned she had hepatitis C, a disease likely to kill her if left untreated.

“I was a pain,” she said. “I was a horrible patient, and he stuck with it. It was early in my recovery, and I didn’t have the ability to be self-reflective. He was so kind.”

The 42-year-old Medford woman is among thousands of patients every year who are helped through La Clinica’s integrated behavioral health program. Some require care for serious mental illnesses. Others, like Stanford, simply need persistence and consistent support to make the changes that will lead them back to health. La Clinica has launched a $3 million Caring for our Community campaign this year to pay for growth in these services and several others.

Today, Stanford remains free of the drugs that took over her life for a decade, has recovered fully from hepatitis, and has renewed oral
**Community education: La Clinica launches seminar on equity**

La Clinica will bring education about equity and cultural awareness to the community in 2020 in its new Equity and Agility seminar.

Offered through Wings Seminars, a personal and professional development program of La Clinica, the offering will explore bias, resilience, organizational rank awareness, and communication, among other topics. Participants will explore their own beliefs, thoughts, and feelings as they learn to navigate these topics with others in their communities and the larger world. The seminar runs 2.5 days and will be offered at La Clinica’s Center for Learning and Innovation in Medford.

“With Wings Seminars, we’re bringing personal and professional development opportunities to our staff, patients and the larger community,” said La Clinica CEO Brenda Johnson. “We believe our love-based approach to equity, diversity and inclusion makes us uniquely positioned to invite learning in a trauma-informed, heart-centered, and personally impactful way.”

Bryan Lambert, director of Equity and Inclusion at the Cross Cultural Health Care Program in Seattle, will lead the session along with Meg Mitchell, a Wing Seminars facilitator.

To learn more, visit www.wings-seminars.com/equity.

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**Caring for our Community campaign: Goal: $3 million**

**Timeline:** By the end of 2022

What you’ll be supporting by donating to our campaign

1. **An expanded behavioral health program**, including the services of psychiatric nurse practitioners. We will expand our substance use disorder program, including the use of medication assisted treatment to help combat the opioid crisis. New psychiatric nurse practitioners, licensed behavioral health clinicians, and wellness coaches will join our staff to support this.

2. **Capacity for 5,500 new medical patients**, with pharmacies at two health centers to help low-income patients afford prescription drugs and expanded same-day access to care. New family nurse practitioners, registered nurses, and community health workers will join our staff to serve these patients.

3. **A new dental health program in medical clinics** to prevent dental disease. This expansion will embed dental hygienists in medical centers to provide oral health education, screenings, cleanings, and application of dental sealants and fluoride varnish. The hygienists will refer patients with greater needs to full service care.

**Gifts** From Page 1 health thanks to the efforts of a La Clinica dentist, she works as a peer support specialist for local recovery service OnTrack Rogue Valley. It is a role that has her embedded at La Clinica’s Birch Grove Health Center, helping people struggling in the same way she once was.

She also volunteers for help groups Compassion Highway Project and Recovery Cafe.

“I share my experience, strength, and hope,” she said. “Nobody ever has to use again. I know my story can help somebody else.”

**Pharmacy costs compared**

La Clinica’s participation in a federal low-cost drug program allows it to offer patients unusually low pre-

<table>
<thead>
<tr>
<th>DRUG</th>
<th>USE</th>
<th>PATIENT PRICE</th>
<th>TYPICAL CO-PAY</th>
<th>MARKET PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Lantus pens (insulin)</td>
<td>Diabetes</td>
<td>$20</td>
<td>$37.50-$300</td>
<td>$360-$500</td>
</tr>
<tr>
<td>Albuterol inhaler</td>
<td>Asthma</td>
<td>$18</td>
<td>$25-$50</td>
<td>$25-$60</td>
</tr>
<tr>
<td>30 10mg Lisinopril</td>
<td>Blood pressure, heart</td>
<td>$4</td>
<td>Lowest-cost tier</td>
<td>$4-$20</td>
</tr>
</tbody>
</table>

**Access to low-cost medication**

In-house pharmacies will meet patient, community need

La Clinica has opened its first community pharmacy inside La Clinica Phoenix Health Center and will open a second one in January at the La Clinica Wellness Center.

La Clinica can buy prescription medication at federally negotiated low prices, then pass the savings along to patients who don’t have insurance that covers prescription drugs or who face high co-pays.

The first week La Clinica Community Pharmacy was open, a patient came in with a long list of medications she wanted to transfer from another pharmacy, hoping to see discounts.

“When we got through the list, she was crying because now she could afford to pay for all her medication,” pharmacist Karen Smith said. Patients also have mentioned the convenience of having a pharmacy at the same location as where they see their healthcare provider, she said.

The pharmacy is open to community members as well as to patients. Early support from generous Caring for our Community donors helped launch this new service.

**Thank you for your generosity in supporting La Clinica**

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 70 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 501(c)3, private nonprofit organization, and gift are tax deductible.