

OUR SERVICE SITES

8 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

13 school-based centers:

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

REACH US

Phone: 541-535-6239

Mail: 931 Chevy Way, Medford

Website: laclinicahealth.org

Facebook:
[facebook.com/laclinicahealth](https://www.facebook.com/laclinicahealth)



931 Chevy Way
Medford, OR 97504

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DECEMBER 2019
LA CLINICA
AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

Caring for our Community campaign Support leads to a life renewed

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

See GIFTS, Page 2



Danielle Stanford was struggling with a multitude of health issues when a La Clinica wellness coach began working with her. Almost three years later, she is helping others to change their lives. (Photo by Jim Craven)

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Lunch & Learn series

Hear about La Clinica's future during January lunch event

As Jackson County's healthcare needs evolve, La Clinica is evolving, too. CEO Brenda Johnson will discuss key next steps La Clinica is taking to continue providing exceptional care that meets our community's most pressing needs.

Her presentation from noon to 1 p.m., Thursday, Jan. 23, at the Inn at the Commons, 200 N. Riverside Ave., Medford, is part of our Lunch & Learn with La Clinica series. The quarterly community education series debuted in February 2019. Over the year, around 300 attendees got a look at La Clinica programs and services.

Please join us for lunch and this talk about La Clinica's plans. Register in advance at laclinicahealth.org/learn to help us plan.



Brenda Johnson

How it works

La Clinica pairs medication-assisted treatment in a primary care setting with group visits focused on recovery and resiliency. Patients have access to wellness coaches, behavioral health clinicians, and psychiatric mental health nurse practitioners. Community partners provide additional support.



Medication-assisted treatment

La Clinica program largest in primary care

La Clinica has emerged as the community's largest primary care provider of medication-assisted treatment for people dependent on opioids. The organization now employs 14 healthcare providers who hold the federal waiver that allows them to prescribe the drug buprenorphine, a medication that can treat addiction by curbing withdrawal symptoms. La Clinica providers worked to help 180 patients using the drug in 2018, up from a couple dozen five years earlier, and have already served 191 this year.

The change comes as the nation struggles with an opioid crisis that claimed an estimated 47,000 lives in 2017, according to the US Centers for Disease Control. More than 350 people died of opioid overdoses in Oregon that year, and many more struggle with addiction.

"We are addressing a need we saw for patients in our community," said Chief Medical Officer Justin Adams. "This is one more way that we can provide the care that our patients' need to live their healthiest lives."

Happiest of holidays from our board of directors and employees to you!



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."

Bryon 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.



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.

How you can help Every contribution will bring us closer to our goal. Call our development office at 541-512-3114 or visit laclinicahealth.org/about/campaign/ to learn more.

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."

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.



Pharmacist Karen Smith and technician Domonique Valdez work at the Phoenix Health Center pharmacy. Another opens at the Wellness Center in January. Early support from generous Caring for our Community donors helped launch this new service.



Pharmacy costs compared

La Clinica's participation in a federal low-cost drug program allows it to offer patients unusually low prescription drug prices in many cases.

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

"When we got through the list, she was crying because now she could afford to pay for all her medication." —Pharmacist Karen Smith, on a patient who visited the first week



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 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 nonprofit organization, and gift are tax deductible.