



# LA CLINICA

AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

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## OUR SERVICE SITES

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

## School-based centers:

Central Point, Jackson, Jewett,  
 Oak Grove, Mae Richardson,  
 Phoenix, and Washington  
 elementary schools; Scenic Middle  
 School; Crater High School

## CHILDREN WITHOUT INSURANCE



### New state money provides support for La Clinica's outreach to uninsured kids

When he first walked into a La Clinica health center last year, Ethan was a strong reader with an impressive vocabulary and great critical thinking skills. He was also failing his middle school classes, struggling with mental health issues, and worried about his family's food and shelter.

Ethan, whose name has been changed for this story, stood out in one other way: Like more than 1,000 young La Clinica patients in 2015, he was uninsured, lacking medical coverage despite state and federal programs that aim to sign up every child possible.

La Clinica has always served these children, but now the Oregon Health Authority is providing the organization with new resources to reach out to uninsured kids and their families. This group includes children like Ethan whose parents have not signed them up for state-sponsored insurance and kids whose immigration status makes them ineligible for state and federal programs.

La Clinica will use the money to expand services at several elementary schools and make room for kids to be seen at other health centers when the schools are closed. It will also hire a bilingual mental health therapist and a community health worker and expand dental outreach in the community.

Ethan is back in school and doing well now thanks to the support he and his family received.

"We know there are lots of kids out there in that situation," said Ed Smith-Burns, La Clinica's outreach director. "This money will allow us to make a real difference."

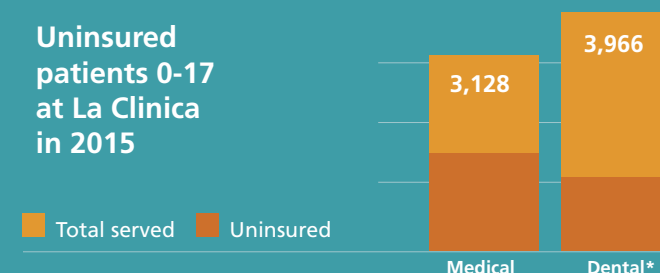
(Above left) Hygiene Coordinator Corrina Piercy works on a student at Jackson Elementary School in Medford. (Photo courtesy Jim Craven)

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The Oregon Health Authority safety net grant is a one-time, \$500,000 award that will allow La Clinica to build infrastructure to serve 500 new medical patients, 400 new dental patients, and 100 new behavioral health patients by 2018.

### Uninsured patients 0-17 at La Clinica in 2015



\*Does not include community outreach

### Longtime finance chief will leave for mission work

A cornerstone of La Clinica's leadership team for more than two decades is looking forward to the next chapter in her life.

Chief Financial Officer Angelica Ruppe started at La Clinica in 1994. She has provided financial guidance for more than two decades as La Clinica has transformed from a single tiny health center with a \$700,000 annual budget to a 17-center operation that manages \$31 million annually.

In 2015, she took a sabbatical and worked for a month with HIV patients and in an orphanage in Camaroon, Africa. She became interested in following that path more fully and will leave La Clinica at the end of July.

"It has been a true privilege to work for such a heartfelt organization," she said. "I love the mission, I love the people I work with, I love to serve those who need our services."

(Left) Shortly after she arrived at La Clinica, Angelica Ruppe helped open Phoenix Health Center. (Photo from La Clinica archives)



### INSIDE

- New direction on horizon for longtime CFO Angelica Ruppe, right
- Acupuncture service starts
- Fundraiser totals \$102,775



*Wishing you*  
**happiest**  
**of holidays**  
**from all of us**  
**at La Clinica**





“The majority of our patients would benefit from some level of behavioral health intervention, whether for insomnia or substance use or mental illness. It has been challenging to access this care in the community. This is helping us make behavioral health services much more available.”

—Dan Sengenberger, medical director for operations and outcomes

## Behavioral health clinicians join patient care teams



Doctors and dentists are at home with patients who need a physical exam or root canal. Bring them anxiety, depression, or serious mental illness, and they may need additional support.

Enter the behavioral health clinician, a master’s-level licensed mental-health provider who works as part of a medical or dental care team. La Clinica has hired three behavioral health clinicians who are seeing patients with needs that stretch beyond those of traditional medical or dental health care. In addition to working with mental illness, the clinicians address addiction, emotional issues, lack of housing or child care, and more. They see patients already receiving care from La Clinica—meaning those patients don’t have to wait for that care in a community system stressed by demand.

The approach is addressing a consistent need at La Clinica, said Dan Sengenberger, medical director for operations and outcomes.

“The majority of our patients would benefit from some level of behavioral health intervention, whether for insomnia or substance use or mental illness,” Dr. Sengenberger said. “It has been challenging to access this care in the community. This is helping us make behavioral health services much more available.”

The project was made possible in part by financial support from coordinated care organizations AllCare and Jackson Care Connect.

(Above) Heather Starbird listens to a patient during an appointment. She is one of a trio of La Clinica employees now working as behavioral health clinicians embedded in patient care teams.



RAISE YOUR



HEART FOR HEALTH LA CLINICA

2016

## Our 2016 fundraiser: \$102,775 is already serving patients

La Clinica’s annual party, held at Belle Fiore Winery in Ashland Oct. 2, raised \$102,775 to fund Wings Seminars and our other wellness projects. La Clinica is already putting this money to good use supporting patient participation in Wings and teaching children and their families how to cook healthy, nutritious meals.

Many, many thanks to all who made La Clinica’s eighth annual 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!

### Event sponsor

AllCare Health  
Pacific Medical  
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Banner Bank

### Harry & David

KDP Certified Public  
Accountants  
McKenzie SewOn  
Medical Eye Center

### Northwest Health Foundation

PacificSource  
Health Plans  
PrimeCare  
Procure Software  
Southern Oregon  
Cardiology  
United Healthcare

For more event photos, visit us on Facebook.



## Acupuncture service will be available at Wellness Center

A partnership between La Clinica and a holistic care organization will bring acupuncture services to La Clinica patients beginning next month.

Two licensed acupuncturists from Medford Holistic Health/Ashland Holistic Health will use Wellness Center space to welcome La Clinica patients into their practice.

Acupuncture, in which practitioners prick the skin with needles to allevi-

ate physical and emotional symptoms, is newly covered by the Oregon Health Plan. The acupuncturists also will accept private insurance and will offer an income-based sliding scale for uninsured patients.

Acupuncture was among the most-requested options for care when La Clinica conducted a patient survey before opening the Wellness Center in 2015.

## Classes’ popularity grows

La Clinica’s wellness service is growing. Since its launch in 2015, La Clinica has added dozens of nutrition and movement classes and educational groups for patients. Earlier this year it added the services of a physical therapist, who is available to patients as part of their regular visits to the doctor. La Clinica served 420 patients in 1,605 classes in 2015 as part of the program. It served 632 patients in 3,118 classes through September this year. The program is on track to double the number of patients served from 2015 to 2016.

## Wings soon available for low-income patients

La Clinica patients will have access to the Wings Seminars program at a reduced cost as of Jan. 1.

Wings has offered personal and professional development seminars to participants since 1986. La Clinica purchased the program in early 2016 and has been offering the seminars community-wide while exploring ways to give low-income patients access at a reduced cost. As of Jan. 1, low-income patients will be able to attend the series’ first seminar, the Personal Effectiveness Seminar, using an income-based sliding scale that is being developed by the organization.

“One of our goals is to create well-being in our community,” said CEO Brenda Johnson, and “we see adding this service for patients as an important piece of that work.”

Learn more about the seminars at <http://wings-seminars.com>.

## Give a lasting gift to the community

Happy holidays! And thank you for your generous support of La Clinica.

Your gifts have enabled La Clinica to grow to meet our community’s need for affordable health care services. Today, we are the medical and dental home for nearly 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. We need your help now more than ever.

There are many ways to give. Use the enclosed envelope, donate securely at <http://laclinicahealth.org/>, or call our development office, 541-512-3151, for other options. La Clinica is a 501c3, private nonprofit organization, and your gift is tax deductible.