



FOURTH STREET CLINIC
HEALTHCARE FOR THE HOMELESS

SPRING 2010



[Fourth Street Clinic embodies many of the values that we stand for as students, intellectuals, future leaders, caregivers, service-oriented Americans and, most of all, compassionate human beings.]

Jake, pediatric student volunteer

2010 UTAH HOMELESS STATS

15,642 UTAHNS WERE HOMELESS AT SOME POINT DURING 2009



UTAH'S UNEMPLOYMENT RATE IS **INCREASING AND** UTAH IS NOW #1 IN THE NATION FOR HOME FORECLOSURES.



DUE TO A STATEWIDE HOUSING INITIATIVE, THE NUMBER OF CHRONICALLY HOMELESS UTAHNS HAS DECREASED 58% SINCE 2005



WOMEN AND CHILDREN ARE THE TWO FASTEST GROWING SEGMENTS OF UTAH'S HOMELESS POPULATION.



THE VAST MAJORITY OF HOMELESS UTAHNS ARE HOMELESS FOR LESS THAN THREE WEEKS.



Health Care to Housing: Dignity, Freedom and Respect

Ruby (age 55), Marian (63) and Carol (62) found friendship in the least likely place—Salt Lake City's emergency shelter. The rules of the shelter are that they and their belongings have to be packed up and out of the shelter between the hours of 7:15am and 3:00pm everyday. The friendships developed as they supported each other trying to stay warm, dry and occupied while constantly on the move to avoid police interactions. Fourth Street Clinic was also a part of this routine as they sought help to control diabetes, ADHD, anxiety and depression. During one visit, Marian came in for a sinus infection, but her doctor was more concerned about a facial mole. Within a week, Marian was diagnosed with basal cell carcinoma and scheduled for surgery. Ruby and Carol supported Marian through her surgery and got her ice packs to keep the post-surgical swelling down. Today, Marian is cancer free.

It was Fourth Street Clinic Care Coordinator Kim Russo's job to help the women coordinate their health care needs and fill out various support program applications. When the Salt Lake County Housing Authority announced that they were taking applicants for a newly constructed apartment complex aimed at housing chronically homeless Utahns over the age of 55, Kim quickly helped the women gather the needed information and apply. All three were approved. No more waiting in line. No more metal detectors. No more packing up and moving. Ruby replied, "I can't wait to just carry a purse." For all three, housing not only meant better health, but also dignity, freedom and respect.



So far, Fourth Street Clinic has helped 15 patients get apartments at Kelly Benson and 14 more applications are pending. **"Seeing patients as people and not just as homeless, you get better information and are able to identify what services would really help them,"** says Kim. "You work with them, not just for them. It makes a real difference." Fourth Street Clinic will also incorporate Kelly Benson Apartments into its existing medical outreach program that brings home visits to the county's three other permanent-supportive housing sites for chronically homeless Utahns. This program is vital to ensuring residents' success in housing and is currently funded by Goldman Sachs and The City of Salt Lake.



[If it wasn't for Fourth Street, my health would have killed me.]

Anonymous patient

FROM THE MEDICAL DIRECTOR

OUR 2009 SUCCESS

A TOTAL OF 6,500 PATIENTS WERE SERVED WITH 28,500 VISITS.



10% MORE PATIENTS WERE SERVED WITH 12% MORE HEALTH CARE SERVICES.



1,000 KIDS GOT VACCINATED, SCREENED FOR DEVELOPMENTAL DELAYS AND HEARING LOSS, AND RECEIVED FLUORIDE TREATMENTS AND MEDICATIONS.



2,500 HOMELESS MEN, WOMEN & CHILDREN WERE VACCINATED AGAINST THE 2010 NOVEL H1N1 FLU.



FOURTH STREET PHARMACY TURNED A \$90,000 BUDGET INTO \$1.5 MILLION WORTH OF DISPENSED MEDICATIONS DUE TO LEVERAGING IN-KIND DONATIONS.



THE RESPITE CARE PROGRAM GAVE 550 HOMELESS UTAHNS A WARM, SAFE PLACE TO RECOVER FROM INJURIES AND ILLNESSES—PREVENTING COUNTLESS NUMBERS LIFE-THREATENING EMERGENCIES.



Fourth Street Clinic always aims to provide the very best and most comprehensive health care services possible. So as the demographics of Utah's homeless population change, so must our services. In 2009, we saw a significant increase in the number of women and children. Our pediatric program served 34 percent more kids and provided 89 percent more pediatric services. Today, more than 1,000 kids make Fourth Street Clinic their health care home. **Female patients also grew by 22 percent, solidifying women and children as the two fastest growing segments of our patient population.** Other homeless agency providers are reporting the same statistics, giving us a clear picture of where we need to do more work.

Part of this work has already been done, as our pediatrician Dr. Lesley Brodie has successfully incorporated audiology services, oral health assessments and fluoride treatments into every well child visit. Now she is working to offer spirometry testing to better test pulmonary function in our asthmatics and is also looking for financial support to launch a greatly needed pediatric obesity and nutrition program since, at Fourth Street Clinic, childhood obesity is epidemic.

For women, we have always made sure that a full array of screening tests is available including access to pap smears and coloscopies that help prevent cervical cancer. However, these homeless women struggle with very complicated, chaotic lives that often prevent them from reaching out and accessing health care. To overcome this hurdle, we started a women's outreach program to go where the women are temporarily living. In addition to doing health care need assessments, our outreach nurse gives presentations on basic health and safety information and books clinic appointments on the spot. Our hope is that we will open our services to a whole new group of women who have never been to the clinic before.

Christina Gallop, MD
Medical Director

fourthstreetclinic.org

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Film Therapy

The sobering result of housing people who have lived a lifetime on the streets is . . . the high mortality rate. With the statewide push to house chronically homeless Utahns, the new close-knit living arrangements all too often bring the tragedies of hard life and the realities of their own fate into full view.

Fourth Street Clinic providers began to see evidence of hopelessness and depression in the residents who were losing

[We have always known that homelessness is bad for your health, but now our clinical tests definitively show that homelessness is causing levels of behavioral health distress in our patients that are usually seen at in-patient hospital settings.]

Same Vincent, APRN, Behavioral Health Specialist

neighbors and friends, and began facilitating a social support group to help them identify where they can make a difference in their health and in their life. Little did anyone know that they were going to make a film out of it. In fact—two films.

During one group, Fourth Street Clinic Case Manager Rene Zepeda asked if the residents would be interested in putting their thoughts on camera. Seven people signed up for the project, and two ended up completing short films that will be screened at this year’s National Health Care for Homeless Conference. One film is a mockumentary on an alien abduction and the other is a documentary entitled, “American Dream or Nightmare.” In total, Rene has spent \$1,500 of his own money and at least 30 hours a month of his own time on the project. Next Rene is planning to put together a homeless film crew to compete at the Salt Lake City 48-Hour Film project. Together, they will script, cast, shoot and edit a film in 48-hours for a chance at a cash prize. As one filmmaker said, “I have severe ADHD. The meds don’t help. So now I’m just going with what I have and releasing my creative brain.”



2010 Silver Bowl Award

Congratulations to Dr. Dave Smith for winning the Salt Lake County 2010 Silver Bowl Award for volunteerism.

Dr. Smith has volunteered his neurology services at Fourth Street Clinic for 19 years and treats everything from ALS, epilepsy, muscle weakness, Parkinson's, strokes, migraines and traumatic brain injuries.



Toast to Good Health:

[Purchase tickets for \$150 and directly fund one medical office visit]

2010 EVENTS

Toast to Good Health: Thursday, July 16, 2010, Log Haven Restaurant

Join us at Toast To Good Health and enjoy five, delicious French wines perfectly paired with premium hors d'ouvers prepared by Log Haven Chef Dave Jones. Each ~~\$150.00~~ ticket directly funds one medical visit complete with supplies, lab tests and pharmaceuticals. Thanks to this year's event sponsors—Ames Construction, Fourth Street Clinic Board of Directors, Zions Bank, Howa Construction, Global Medical, Parson, Behle and Latimer, Log Haven and Wasatch Academy of Wine.

Bike and Helmet Drive

Got an old bike that is taking up garage space? Bring it into Fisher's Cyclery at 2175 South 900 East (along with any helmets and bike locks), and they will tune it up and get it into the hands of a homeless ~~Utahns~~.

IThinkICanyons

THINK you CAN help? Test your endurance with Friends of Fourth Street Clinic on July 31, 2010 for Utah's most intense road cycling ride that symbolizes the CLIMB that many face when battling homelessness. All of the ride's proceeds go to Fourth Street Clinic and provide direct services. The full ride consists of 110 miles with 12,000 vertical feet of climbing. A two-canyon ride is also an event option.

Spreading Good Health Campaign

Between October and December 2010, Fourth Street Clinic will launch a viral, online fundraising campaign to spread good health among homeless Utahns and our community. Make sure to join our mailing list to receive upcoming details.

Event information, tickets sales and sponsorship opportunities can all be found at fourthstreetclinic.org. Partner today and change a life!

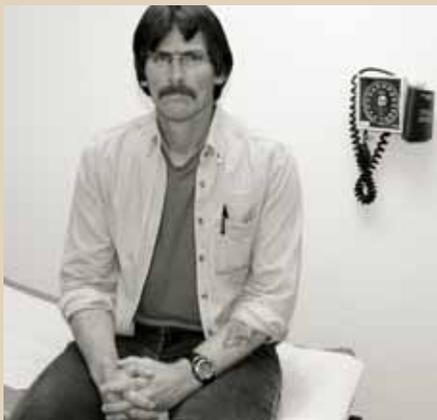
A Mural of Community Pride

Drive by Fourth Street Clinic and you will see a new mural hanging outside the clinic's main door. It is the culmination of months of work by several local youths who painted the mural as part of a NeighborWorks program that brings life skills, positive influences and pre-employment training to at-risk youth. Mestizo Institute of Culture and Arts provided art mentoring and helped the teens bring their ideas to life.



Putting "Back to Primary Care" to Work

Ask Mark Liton how long he has been homeless and his response is telling, "Longtime. Who wants to hire an epileptic?" Mark suffers from chronic seizures that started when he was one year old due to a cranial cyst that fills with fluid. His seizures became more severe and frequent in his teens after



a cabinet he was installing fell on his head. Then substance abuse and life on the streets took over. "I used to get calls all the time from the emergency rooms that Mark was admitted for one reason or another," says his doctor and

Medical Director Christina Gallop, MD. That meant not only was Mark very sick and not getting healthier, he was relying on the emergency system to treat his chronic conditions—a costly and often ineffective process.

"I basically set up a medical concierge service for Mark," says Dr. Gallop. "I gave Mark my cell phone and told him to call me anytime he felt like he had to go to the ER." When Mark

would call, together the two talked through his symptoms and determined a course of action. Most of the time Mark's issues could be treated over the phone, and Dr. Gallop worked him into her schedule the next day. Two years later, Mark is a regular patient at Fourth Street Clinic, no longer uses the emergency room system, and has been substance free for one year.

This is all part of Fourth Street Clinic's Back to Primary Care Initiative aimed at helping homeless Utahns come to Fourth Street Clinic for health care services rather than going directly to the emergency room. "We communicate with the emergency responders to identify who needs help," says Dr. Gallop, "then we find ways to make our services more accessible and help patients understand what conditions constitute an emergency." The next step in this initiative is to make Fourth Street Clinic's electronic health records available to local hospitals. This step would give ER physicians a powerful information tool, allowing them to view patient medication lists, histories and health care plans. "If physicians can see that the patient is already being treated at Fourth Street Clinic and already has an MRI scheduled through us," says Dr. Gallop. "Then they can forgo the emergency MRI and refer the patient back to us."

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Pharmacy Remodel Creates a More Efficient Clinic



With help from NJRA Architects and Big-D Construction, Fourth Street Clinic recently **completed an extensive pharmacy and clinic remodel that will allow Fourth Street Clinic to serve more patients with more services without adding additional staff.** The total cost of the project was \$250,000 and was funded through the federal American Reinvestment and Recovery Act. To tour the new facilities, contact joseph@fourthstreetclinic.org.

Changing Perceptions of Behavioral Health Care

Behavioral Health Specialist Sam Vincent, APRN, is responsible for the behavioral health care of 300 Fourth Street Clinic patients. Sam consults with the patients' medical providers, diagnoses mental illness and monitors prescription treatments. He also offers a coping skills group workshop to give patients access to information on how mindfulness and changing personal perceptions can be powerful tools in managing stress. "It is a wonderful addition to pharmacotherapy that is bringing relief," says Sam. "I hope to expand the groups to include workshops specifically geared toward anger management, anxiety and depression."

[The loss of patients is very difficult and so far I have not gotten use to it, but I have accepted that in this line of work it comes with the territory.]

Lorrinda, Case Manager



FROM THE EXECUTIVE DIRECTOR

Fourth Street Clinic started 2009 facing drastic cuts in public funding sources. With more newly homeless Utahns coming to us as their only source of ongoing health care services, doing less with less was not an option. To meet this challenge, Fourth Street Clinic quickly employed two strategies: 1) invest in new technologies (converting to Electronic Health Records) to improve efficiencies and make room for new clients and 2) build new, long-term community partnerships to fund the additional costs of providing more medical care.

By the end of 2009, Fourth Street Clinic exceeded expectations by serving ten percent more patients with 12 percent more health care services. As we move forward, we will continue these strategies, as the **lessons of the recent** years have brought home the vital importance of having the proper infrastructure to respond to challenging times as well as having a diverse funding mix that includes maximizing health insurance reimbursements, taking advantage of public funding opportunities and building partnerships with community members who have a direct stake in reducing the footprint of Utah's homeless population.

Allan D. Ainsworth, PhD
Executive Director



In-Kind Donation Wish List

Razors

Travel-sized shampoos,
soaps, shaving cream

Feminine hygiene products

Bike helmets and locks

Like-new children's books

Mini sunscreens

Mosquito wipes

Chapstick with SPF

\$5 grocery gift cards
used for group therapy incentives



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YOUR TAX-DEDUCTIBLE CONTRIBUTION

[Once I stopped believing that I wasn't
worth it, everything changed.]

Joe, Fourth Street Clinic Patient

Thanks to Our Donors!

Without donations, Fourth Street Clinic simply could not operate. We would like to thank all of those who gave generously to the clinic in 2009. Your help facilitated primary medical care; purchased prescriptions, medical supplies and equipment; and funded our volunteer on-site specialty clinics.

Each year, Fourth Street Clinic turns the \$1 million raised from local companies and individuals into efforts that prevent the spread of disease, save injuries from becoming disabilities, and give our neighbors a way out of homelessness.

By creating good health in one, we can achieve better health for us all.

Your tax-deductible contribution of

\$30,000 will fund the eye surgery clinic for one year

\$5,000 will supply a specialty clinic for one year

\$1,000 will provide for a month's worth of diabetic test strips

\$500 will fund health care for one patient for one year

\$150 will fund one medical office office visit

\$10 will fill one prescription

Donations of any amount are welcome.

Use the enclosed remittance envelope or log on to fourthstreetclinic.org to give today.