



FOURTH STREET CLINIC
HEALTHCARE FOR THE HOMELESS

SPRING 2011



[If you want something
really bad, you've
got to try to
really work for it.]

Cassie, pharmacy tech student volunteer

2010 UTAH HOMELESS STATS

15,642 UTAHNS WERE HOMELESS



THE NUMBER OF CHRONICALLY HOMELESS UTAHNS
DECREASED 58% SINCE 2005



THE VAST MAJORITY OF HOMELESS UTAHNS WERE
HOMELESS FOR LESS THAN THREE WEEKS

From Patient to Provider

Editors Note: So often Fourth Street Clinic is defined by the services that are provided or the number of patients served. Below are two stories that fall outside the realm of any pre-designed program, nor will they ever be captured on any data output report. Nonetheless, they perfectly capture the spirit of Fourth Street Clinic and the power of when the will to survive meets an open heart.

When Cassie Martinez and Scott Kimberlin would show up for doctor's appointments with Fourth Street Clinic pediatrician Dr. Lesley Brodie, higher education and college seemed like faraway and unattainable dreams. The two didn't know each other at the time, nor did they know just how much they had in common.

Cassie was living with her mother after her parents divorced, but soon poor paying jobs and illness overcame Cassie's mom. Scott also lived with his mom, and she too fell ill. Bills started piling up, and Scott was left to pick up the pieces. Just finishing high school, Cassie and Scott found themselves unsupported and without secure housing in a day-to-day struggle with life. Scott slept wherever he could and eventually a friend let him stay in her basement. "I was so frustrated," said Scott, "it was a great motivation for change." Scott took a chance and enrolled in Everest College's medical assistant program. Everest also ended up to be Cassie's educational 'out,' as she enrolled in the pharmacy technician program. "If you want something really bad," Cassie said, "you've got to try to really work for it."



Still coming to Fourth Street Clinic for health care and medications both Scott and Cassie mentioned to Dr. Brodie that their programs required externships to graduate. "What better place for them to do their externships than at Fourth Street Clinic?" suggested Dr. Brodie, who encouraged the two to speak with Fourth Street Clinic's Clinical Manager Cathy Gibbs and Lead Pharmacist Lisa Miller. Since both Cathy and Lisa had known Scott and Cassie as patients, they saw it as a win-win. "They were the right people for the right job," remembers Lisa Miller, PharmD. Cassie and Scott have since finished their externships and graduated. Scott now works full time at Fourth Street Clinic, and he and his new wife recently moved into a new apartment. Cassie lives with her father, continues to volunteer in the pharmacy, and is studying for her PCTE board certification. When asked what she is most proud of, Cassie replied, "My brother. He had it hard too and was starting to get into trouble, making bad decisions. But he saw how I turned it around, and it helped him do the same."



[Fourth Street Clinic truly transforms lives and provides hope. I'm excited to be a part of such a great organization.]

Tanya Williams, MD, medical provider

OUR 2010 SUCCESSES & CHALLENGES

A TOTAL OF 5,286 PATIENTS WERE SERVED WITH 26,600 VISITS



FOURTH STREET CLINIC PROVIDED 113% MORE BEHAVIORAL HEALTH SERVICES



FOURTH STREET PHARMACY FILLED 11% MORE PRESCRIPTIONS



ONLY 17% OF PATIENTS HAVE ACCESS TO HEALTH INSURANCE



54 UTAHNS DIED WHILE HOMELESS IN 2010



44% OF PATIENTS LIVE IN THE EMERGENCY SHELTER

FROM THE MEDICAL DIRECTOR

Fourth Street Clinic is welcoming a new medical provider to the team. Our beloved nurse practitioner Amy Whipple has left Fourth Street Clinic for a position that was closer to home and allows for more time with the kids: Our loss is a mother's gain. Staff and patients are sad to see Amy go; but, our sadness is equaled by our excitement to introduce Tanya Williams, MD.

Tanya holds a medical degree from Yeshiva University in Bronx, NY and completed her Family Practice Residency at the University of Arizona. She spent years working with low-income and medically underserved populations in Australia, Sri Lanka, and most recently in West Berkeley, California at a community health center. Tanya sought out Fourth Street Clinic as her partner was taking a position in Salt Lake City. During the interview, she unveiled her passion for providing the absolute best care to whoever needed it. When asked about why she has worked in underserved populations, her response was that she didn't see it as separate medicine. It is just a part of the community that needs medical care too.

For Fourth Street Clinic, this means that we now have additional pediatric coverage. Previously, when our pediatrician was on vacation or at continuing education classes, we needed to reduce the schedule. With a family practice trained physician on board, Tanya brings more access and expertise to our littlest patients and their families.

Welcome, Tanya!

Christina Gallop, MD
Medical Director

fourthstreetclinic.org

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A Smile Tells a 1,000 stories

When Catalina was growing up, her family always told her what a pretty little smile she had. “It became who I was,” remembers Catalina. “Then I began telling my mom that it was hard to eat and talk sometimes, and doctors told me that I needed cranial reconstruction surgery.” For 16 months her mouth was wired shut, and without a voice or smile, Catalina shut away the world. “I became an introvert,” says Catalina. Drugs became a way to

[I feel good again.
I feel like doing something.]

Catalina, Fourth Street Clinic patient

cope in a world with shaky self-confidence. “I didn’t do drugs for that long, but long enough to destroy the enamel on my teeth. My teeth started breaking.” At the same time, Catalina’s mom died and she lost the house they were living in. “I lost my best friend and became homeless all at once.”

Catalina moved from place to place, eventually moving in with her sister in a rented house. “Then one day the landlord stopped by and told us that we had one month to vacate because he had rented the place to someone else. We were kicked out.” Catalina moved into The Road Home, Utah’s emergency shelter because she heard they had some housing programs. “Then my front tooth broke and I had an abscess in my mouth, so I went to Fourth Street Clinic.” At the primary care visit, Catalina was treated for the abscess, linked into care coordination for dental extractions, and referred to the behavioral health program for further evaluation and treatment.

“As a little girl, I was so proud of my pretty little smile. I didn’t realize how much it affected me now that it was gone.”

Through a United Way of Salt Lake grant, Fourth Street Clinic receives \$25,000 to operate its dental referral and partnership program. Fourth Street Clinic partners with Donated Dental and recruits several dentists in the community to treat Fourth Street Clinic patients at their offices. They donate their services, and Fourth Street Clinic uses the United Way funding to pay for the medications and supplies associated with the visit. \$25,000 is not a lot of money to spread throughout Fourth Street Clinic’s 5,200 patients, so the program is mostly reserved for dental extractions. However, in Catalina’s case, she received a new set of dentures. “Providing a new set of teeth is better than any behavioral health treatment or prescription that I could give,” says Fourth Street Clinic Medical Director Christina Gallop. “The health care team knew that with teeth Catalina had a chance, so we pooled some additional funds from The Rotary Club of Salt Lake and approved the \$600 to pay for all her extractions, medications and dentures.”

These are difficult decisions. With limited funding and large demand, saying “yes” to one patient means saying “wait” or “no” to another. Catalina is now in a housing program and currently interviewing for jobs. “Without teeth, I stopped looking for a job. Now, I have a job coach at Vocational Rehabilitation and have gone on several interviews. I feel good again. I feel like doing something.”



Saving on Energy, Providing More Care

With a \$58,000 cash infusion from Rocky Mountain Power's Blue Sky program, one half of Fourth Street Clinic's heating and air-conditioning is now powered by a rooftop solar array. The annual energy savings from these solar panels is the equivalent of providing 20 additional office visits. A special thanks to Sarah Sabiston Architecture who volunteered to direct the program and Utah Solar and Alternative Energy who installed the project.



A Toast to Good Health

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

2011 EVENTS

A Toast to Good Health: Thursday, July 14, 2011, Log Haven Restaurant

Join us at Log Haven for *A Toast To Good Health* and enjoy five delicious wines selected by Sheral Schowe with the Wasatch Academy of Wine that are perfectly paired with premium hors d'oeuvres prepared by Log Haven Chef Dave Jones. Each \$150.00 ticket directly funds one medical visit complete with medical supplies, lab tests and pharmaceuticals.

IThinkCanyons: Saturday, July 16, 2011

THINK you CAN help? Test your endurance with Friends of Fourth Street Clinic on July 16, 2011 for Utah's most intense road cycling ride that symbolizes the CLIMB many face when battling homelessness. 100% of the ride's proceeds go to Fourth Street Clinic to provide direct services. The full ride consists of 110 miles of 12,000 vertical feet of climbing. Visit fourthstreetclinic.org for route and registration information.

Spreading Good Health Campaign

Between October and December 2011, 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, ticket sales and sponsorship opportunities can all be found at fourthstreetclinic.org. Partner today and change a life!

[The time spent
building and sustaining
a relationship with
Jackie worked.]

Joel Hunt, PA-C, medical provider



Going Beyond the Clinic Walls

Jackie became homeless eight years ago. When a bacterial infection struck, he came to Fourth Street Clinic for treatment. However, Jackie's anxiety surrounding community agencies and continuous difficulty in getting an appointment stopped him from coming back. Fourth Street Clinic's service demand far exceeds capacity, and it can take patients two or three attempts to get an appointment.

A few years later, Fourth Street Clinic's Medical Outreach Team reunited with Jackie on the steps of the Crossroads Urban Center where he and his wife slept. With Jackie's reluctance to come to the clinic, Joel Hunt, PA-C became his lifeline and made sure that Jackie's colds, flus and injuries didn't turn into emergency room visits.

Medical outreach is done in partnership with Volunteers of America and extends medical and social service beyond brick and mortar agencies. Common medical diagnoses include dental infections, seizure disorders, hypertension, and mental health concerns like PTSD or depression. The team also provides social services to help coordinate benefits and housing opportunities, and serves as a gateway into other services like The Road Home, Valley Mental Health, and Community Action Program for roughly 200 homeless Utahns a month.

The Utahns served by this program are either living on the streets and camps (not in the emergency shelter or other temporary housing facility) or have moved into publicly supported permanent housing units. Both groups are at higher risk for injury and disease due to the environmental stresses and poverty associated with long-term homelessness. Without medical outreach, people can quickly slip through the cracks and become cut off from health care and social services.

"The time spent building and sustaining a relationship with Jackie worked," says Joel. "We just moved him into housing." Jackie now volunteers at Crossroads Urban Center, the same place he met the medical outreach team years ago. "I'm so grateful for the hard work of the doctors and staff at Fourth Street," Jackie says, "they've helped me a lot over the years."

Funding for the medical outreach program is provided by The City of Salt Lake, Pamela Atkinson Homeless Trust Fund and United Way of Salt Lake.

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Book Donations for Pediatric Patients

Fourth Street Clinic Board Treasurer Dana Williamson and her daughter Sage put together a community project for her class to build awareness around homelessness and volunteerism. Sage rallied her classmates to donate new and gently used children's books to be distributed to homeless youth and ended up collecting dozens of books. During well-child exams, pediatrician Lesley Brodie, MD hands out age specific books to children to promote early literacy and encourage families to read together. The Fourth Street Pediatric Clinic also partners with "Reach Out and Read" to further this goal. "Every child deserves to have a book of their own and get a good education like me," said Sage. Our littlest patients will be delighted for the gift, Sage. Thanks!!

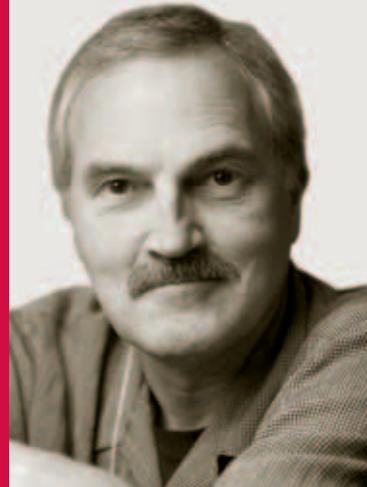
Referral Services Provided by Volunteer Physicians

A special thanks to all of our volunteer physicians who see Fourth Street Clinic referral patients. Fourth Street Clinic provides the care coordination and patient support, the physicians provide the examinations and perform specialty procedures, and health care systems such as Intermountain Healthcare and The University of Utah Hospital provide the equipment and facilities. What this means for patients like Linda Bernice Bonds is a chance at life beyond disabilities and pain. "I've been beaten, raped, and more," says Bonds, "I don't know what I would have done if it wasn't for Fourth Street Clinic reaching out." Through Fourth Street Clinic's referral services, Bonds had a neck fusion at LDS Hospital and a major index finger repair by Dr. Gowasky at The Orthopedic Specialty Hospital. Fourth Street Clinic continues to provide follow up care and treat her high blood pressure. "After 20 years of living on the street, at 55 I'm getting to know who Linda is."



[Thank you for believing that the condition of homelessness can be reversed through strong community efforts and hard work .]

Allan Ainsworth, Executive Director



FROM THE EXECUTIVE DIRECTOR

Nothing has made me more proud or has been more fulfilling than my work at Fourth Street Clinic. **For 23 years, Fourth Street Clinic has made Salt Lake City a stronger and healthier community by making comprehensive health care services available to the most vulnerable people in our communities.** I have always firmly believed that housing cannot be successful without good health. Good health is not possible without a home. And only access to on-going health care makes either a possibility. For decades, Fourth Street Clinic has provided this possibility for Utahns whose devastating misfortunes displaced them from their homes, leaving them vulnerable to disease and hopelessness. At Fourth Street Clinic, homelessness doesn't mean hopelessness, and disease doesn't have to mean pain and suffering. Instead, Fourth Street Clinic is a place where both those who witness and those who experience homelessness come together and find relief and solutions.

Now entering 2011, Fourth Street Clinic offers stronger organizational programming than ever before. More homeless Utahns are being served with a larger array of services, supported by the most diverse and comprehensive partnerships in its history. All of this makes 2011 a good time to start a new chapter for both me and the clinic, as I have announced my retirement effective August 1. I have full confidence that our Board of Directors will ensure a smooth and successful transition to new leadership. They have formed a Search Committee comprised of board members and staff. The next printing of this newsletter will have a new author of "From the Executive Director," who will perhaps have a new and different vision for making health care a means to end homelessness. That said, you can be assured that this new person will have the experience to direct and grow a \$6.5 million health care operation and make it even stronger. Even though this is my last letter as Executive Director, it does not mean that I will stray far. Thank you for being my supporters, my partners, and my friends for 23 years. Thank you for believing in me and the vision of Fourth Street Clinic. Thank you for believing that the condition of homelessness can be reversed through strong community efforts and hard work.

Allan D. Ainsworth, PhD
Executive Director

In-Kind Donation Wish List

Razors

Travel-sized shampoos, soaps, shaving cream

Feminine hygiene products

Mini sunscreens

Mosquito wipes

Baseball hats

Knee braces

Thermometers

New microscope

Small fridge for medicine storage



FOURTH STREET CLINIC
HEALTHCARE FOR THE HOMELESS

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[I'm so grateful for the hard work of the doctors and staff at Fourth Street Clinic.]

Jackie, Fourth Street Clinic Patient

The Gift of Endowments

Michael Weland opened his morning paper and found his answer on how to help homeless Utahns. "I would always see people suffering on the streets and wanted to give them money," says Michael. "But a personal family experience told me that this help ultimately harms." So on learning that Fourth Street Clinic launched an endowment with the Community Foundation of Utah, his help will now make sure that physical and mental health care services will be available to homeless Utahns for years and years to come. **Visit utahcf.org for more information.**

In 2011, Fourth Street Clinic needs to raise \$3.4 million to prevent the spread of disease, save injuries from becoming disabilities, and work towards ending homelessness. By creating good health in one, we achieve better health for us all.

What A Gift Can Do

- Prevent injuries from becoming disabilities with \$10,000.
- Provide medical supplies for our volunteer doctors with \$5,000.
- Keep an entire family healthy for one year with \$1,000.
- Fund one medical visit including supplies, tests, lab services and pharmaceuticals with \$150.
- Fill prescriptions with \$25.

Donations of any amount are welcome.

Log on to fourthstreetclinic.org and make a secure donation today or use the enclosed remittance form.