



**FOURTH STREET CLINIC**  
HEALTHCARE FOR THE HOMELESS

SPRING 2009

[ In 2008, 42 percent  
more prescriptions were  
filled over 2007 ]

#### CLINIC FACTS

FOURTH STREET CLINIC PROVIDES COORDINATED,  
ON-SITE PRIMARY CARE, BEHAVIORAL HEALTH AND  
PHARMACY SERVICES.



6,000 PEOPLE ARE TREATED ANNUALLY THROUGH  
26,000 OFFICE VISITS.



25% OF REVENUE IS GENERATED FROM IN-KIND  
GIFTS AND VOLUNTEER SERVICES.



IT COSTS FOURTH STREET CLINIC \$150 FOR EACH  
OFFICE VISIT AND \$500 TO SERVE ONE PATIENT  
FOR ONE YEAR.



MORE THAN 300 PHYSICIANS VOLUNTEER  
WITH FOURTH STREET CLINIC.



FOURTH STREET CLINIC PHARMACY GREW  
BY 42% IN 2008.



FOURTH STREET CLINIC TURNS AWAY 10-15  
PATIENTS EACH DAY DUE TO CAPACITY.



\$.92 OF EVERY \$1.00 RECEIVED GOES  
TO PROVIDE DIRECT SERVICES.



EVERY \$1 SPENT ON FUNDRAISING GENERATES  
\$10 IN REVENUE.



## Pharmacy Continues to Grow and Serve

Leo would not know what to do if his girlfriend Jane could not get her behavioral health medications filled at Fourth Street Pharmacy. Jane has been through some terrible experiences which ultimately manifested into chronic anxiety and depression; spiraling her into homelessness. Now Jane finds relief through Fourth Street Clinic's behavioral health program and gets her prescribed medications free of charge at Fourth Street Pharmacy. "She is a different person," says Leo. "I have hope."

Fourth Street Clinic opened its on-site pharmacy for uninsured, homeless Utahns in 2002, and it is now the fastest growing service. In 2008, 42 percent more prescriptions were filled over 2007; the average number of prescriptions filled per patient increased by 36 percent.

Much of this growth is due to the commitment of Andrew Draper, PharmD, his technician team and 24 rotating volunteers who diligently counsel patients on drug side-effects and interactions and fill out drug manufacturer patient assistance forms to have medications individually shipped. Fourth Street Clinic then purchases medications at deeply discounted rates to start pharmacotherapy as patients wait for their full prescriptions to arrive. "When we begin planning for growth on the clinic side, we need to first think of how we are going to simultaneously grow the pharmacy side," says Medical Director Christina Gallop, MD. "They are now operating above capacity just like the rest of the clinic."





FROM THE MEDICAL DIRECTOR

It has been wonderful to see volunteers, community members and students expand our services

When times get tough, you get to work, and that is what we did during the first quarter of the year. Many funders and private donors indicated that grants and giving levels would be lower than previous years, so Fourth Street Clinic quickly began to implement revenue generation plans and made a few budget cuts.

The two areas affected are Fourth Street Clinic's recuperative nursing home care program, which pays for nursing home stays for homeless patients discharging from hospitals and the behavioral health psychotherapy program. Both are suspended until sustainable funding can be secured. This decision was difficult, but I thank the Board of Directors and Leadership Team for their support in ensuring that as few patients as possible are affected.

On the up side, it has been wonderful to see volunteers, community members and students expand other services. We are distributing hygiene kits donated by **JC Penny** and ramping up our oral health pediatric services thanks to **Ronald McDonald House Charities**. In addition, **UPS** contributed money and manpower to our Triathlon & 5k fundraiser, the Universities of Southern Nevada and Utah are placing PharmD students at our pharmacy and many social work students are expanding behavioral health services. Thank you all for supporting our work and helping us provide great programs that really do help people heal.

Christina Gallop, MD, MPH  
Medical Director



## The Gift of Quitting Smoking

10 days. 36 days. 5 days without smoking. Sarah was tired of combing through ashtrays for left over cigarette butts. Steve was diagnosed with lung cancer and advised the Fourth Street Clinic Smoking Cessation Group newcomers, "Just don't wait as long as I did." Everyone who attends this weekly therapy group knows someone who smokes and admits they want to quit but doesn't know how.

Every Thursday, Fourth Street Clinic patients have a resource to gain the skills and support to stop. Each group member gets a \$5 gift card for attending the smoking cessation group therapy, and many use it as a reward system for not smoking. To donate money so Fourth Street Clinic can purchase more cards and help people quit, visit [www.fourthstreetclinic.org](http://www.fourthstreetclinic.org).



## Pediatric Care Improves Young Lives

Three year old Erica, who lives at The Road Home Emergency shelter, now has more services to diagnose and prevent disease. Under the direction of Fourth Street Clinic Pediatrician and Child Psychiatrist Dr. Lesley Brodie, MD, both audiology services and comprehensive oral health assessments are now available to all 700 homeless children who use Fourth Street Clinic as their comprehensive health home.

The audiology services were brought on by a group of University of Utah pre-medical students who called Fourth Street Clinic asking how they could help. Teah Caine and six other students were directed to Dr. Brodie who saw audiology as a huge service gap. "Even if I suspected ear infections or hearing loss, I did not have any definitive means of diagnosis and nowhere to refer the kids for specialty care," says Dr. Brodie. Untreated infections can cause extreme hearing loss resulting in ongoing behavioral issues and delayed learning, so the American Academy of Pediatrics recommends routine hearing screenings.

Quickly the students formed an audiology committee to research and develop a screening policy, as well as a list of audiologists who will see Fourth Street Clinic patients should a

referral be needed. The students also successfully solicited Don and Yolanda Atchinson to donate the needed screening equipment, valued at \$5,000, and a comprehensive training program to administer the tests. The university volunteers Teah Cain, Jason Lesser, Bryce Hill, and Jake Bowman work with Pediatric RN Jeff Daniel to provide hearing screenings for all well-child exams. "The students heard the call and just ran with it," says Dr. Brodie. "They far exceeded my hopes and expectations."

Simultaneously, Dr. Brodie worked on how to improve access to oral health as almost 100 percent of pediatric clinic patients have some kind of dental or gum problem. Dental disease is the most common and chronic early childhood disease and can have significant health and social consequences. Armed with a \$2,400 grant from Ronald McDonald House Charities to fund fluoride varnish, tooth brushes, toothpaste, floss, and tongue cleaners, Dr. Brodie is able to provide better care at every visit. If you would like to help sponsor the oral health program, please contact Joseph Dane at 801-205-9696.

# Become an Annual Sponsor

Fourth Street Clinic's Annual Sponsorship Program brings together those who can fund and those who are in desperate need of health care services. This program sponsors direct services with leveled recognition at our annual events, encouraging others to follow your lead. Fourth Street Clinic can restore dignity to homeless individuals, help them heal and find permanent housing, but we need your help. Please consider an ongoing annual partnership—there is room at every level.

## Leadership Sponsors \$25,000

**Morgan Stanley Bank, N.A.**

## Supporting Sponsors \$5,000

**The Episcopal Church**

**American Express**

## Contributing Sponsors \$2,500

**Far West Bank**

**Howa Construction**

**InterNet Properties**

## Friends of Fourth Street \$1,000

**UPS**



## A Toast to Good Health:

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

## 2009 EVENTS

### **Fourth Street Clinic Sprint Triathlon & 5K Run/Walk**

Held on Saturday, April 25, 2009, hosting a record number of athletes. If you missed this year's event, mark your calendar and begin training for 2010. Thank you to event sponsors Morgan Stanley Bank, N.A., American Medical Student Association, REI, ASUU, Hammer Nutrition, UPS, Reflection Press and SLC Bicycle Co.

### **A Toast to Good Health: Thursday, July 16, 2009, Log Haven Restaurant**

An evening of spectacular wine and food pairings while making health care a reality for homeless Utahns. Go online to purchase tickets for \$150.00 and directly fund one office visit for a patient. We are also in need of \$5,000 sponsors to reach our goal of funding services for 100 homeless Utahns for an entire year. A special thank you to Morgan Stanley Bank, N.A., Far West Bank, InterNet Properties Inc. and Howa Construction for already leading the way and inspiring us all.

### **7th Annual Fall Fundraiser: October 2009, Squatter's Pub Brewery**

This event restores good health to 250 uninsured homeless Utahns annually. Thank you to Morgan Stanley Bank, N.A. and American Express once again for leading the way in community support.

**Event information, tickets sales and sponsorship needs can all be found at [www.fourthstreetclinic.org](http://www.fourthstreetclinic.org). Partner today and change a life!**

## Fourth Street Clinic Looking for Fans

Fourth Street Clinic just made it easier to get involved by offering a one-stop, on-line information center at [www.fourthstreetclinic.org](http://www.fourthstreetclinic.org). Sign up for clinic tours, community luncheons and mailing lists or research stats on health care and homelessness and—of course—give. We'd also love to hear your stories and comments on our group Facebook site. Become a "fan" and engage in active discussions and give feedback. See you there!



## Thanks to Our Volunteers

Fourth Street Clinic celebrated National Volunteer Week April 19-25, 2009, by honoring our 60 on-site and more than 200 off-site volunteers. Our volunteers program is one of the largest and most comprehensive of all the community health centers and health care for homeless sites across the country and it is due to the long-term and tireless commitments of many in the community. Hands down, it is our volunteers who allow Fourth Street Clinic to deliver the high-quality and comprehensive services that changes lives everyday.

### Welcome New Volunteers

Fourth Street Clinic welcomes our newest volunteer, Gastroenterologist **Robert Neilson, MD**, who was recruited by longtime volunteer **Dr. Hal Cole, MD**. Dr. Cole will be launching a monthly Hepatitis C clinic to offer patients specialized disease management and drug therapy options for this chronic and potentially fatal disease. Dr. Neilson will then take over managing patient care of the weekly Gastroenterology Clinic.

A special thanks to optometry referral specialist **Dr. Scott Barnes, OD**, clinical director for TLC Laser Eye Centers. Thanks for taking great care of our patients' eye health needs and securing much needed medicines for our pharmacy.

### STAFF ARRIVALS

**Joel Hunt PA-C**, physician assistant  
**Randal Serr**, client services  
**Cephas Mujuruki, MD**, medical assistant  
**Kristiina Hart**, medical assistant  
**Ashley Henderson**, pharmacy technician  
**Molly Stahler**, medical record scanner  
**Kristi Bermingham**, MSW intern  
**Melanie Taylor**, chief financial officer

### BOARD COMINGS AND GOINGS

#### New Board Volunteers

**Dana Williamson**, American Express  
**Chet Loftis**, The Regence Group

#### New Appointments

**Nichole Sherman**, Far West Bank, Development Chair  
**John Parrish**, Midwest Floor Coverings, Inc., Treasurer

#### Emertis

**Kristy Chambers**, CPA, Planned Parenthood Association of Utah  
**Robin Roberts**, PhD, clinical psychologist  
**John Neville**, Equitable Life and Casualty

Thank you all for your service and dedication!

# Board of Directors

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American Express



## Generating Business, Giving Back to the Community

Trillium Realty Group Managing Partner Chris Browne is now extending a community giving program to supporters of Fourth Street Clinic. With every residential or investment property bought or sold, Trillium Realty Group will donate \$1,000 to Fourth Street Clinic. List your home with Trillium and purchase a new home and Trillium will donate \$2,000! Visit [www.trilliumrealtygroup.com](http://www.trilliumrealtygroup.com) today.

## Support That Goes Beyond Patients

Cephas Mujuruki came to Utah with his wife to find relief from Zimbabwe's growing recession and to try to get into a family practice residency program. Mujuruki graduated from Zimbabwe's medical school and did a two-year medical internship with four, six-month rotations in obstetrics and gynecology, pediatrics, internal medicine and surgery. What he did not have was medical experience in the U.S.—an essential component to his applications. Mujuruki called every Utah medical facility and practice from hospitals to the Utah State Prison with no luck. "I wasn't even looking to get paid," remembers Mujuruki. "I just wanted to volunteer." In dire straights and ready to move for a possible volunteer position in Maryland, Mujuruki called Fourth Street Clinic.

Clinic Manager Carol Oldshield, RN, answered the call and set up an interview with Medical Director Christina Gallop, MD. It didn't take long for Dr. Gallop to find a place for Mujuruki to help out in the clinic. "He was extremely adaptable and ready to learn new systems and practices," Dr. Gallop said. Soon, Mujuruki was checking in patients, administering vaccinations, drawing labs and staffing outreach clinics. Dr. Gallop also helped Mujuruki through his residency applications and wrote letters of support. It all paid off with an acceptance letter to Texas Tech's residency program at Baptist St. Anthony Hospital in Amarillo. After the three year program, Mujuruki plans to gain some work experience in the United States and then return to Zimbabwe where he knows his skills are needed.

"It is more than just our homeless patients whose lives are changed at Fourth Street Clinic," says Dr. Gallop. "We are all affected by this place and the people we meet. Careers are started here. We learn, and we teach."

Despite our success and growth, we have never been sufficiently funded or staffed to the level needed



The question we are being asked is if the current economic crisis is bringing new patients to Fourth Street Clinic and will we find relief from the federal stimulus packages. The answer is that for its 20-year history, Fourth Street Clinic has always been an extremely busy health care center, treating and coordinating the health care needs of 100 patients each day and 6,000 patients annually. In 2007 and 2008, we strategically planned and executed a health care expansion plan that brought our revenue from \$2.2 million to \$4.5 million. We hired seven new direct-service positions, served 200 more patients with 30 percent more office visits and increased our pharmacy output by 42 percent. We also added pediatric urgent care, several outreach programs, remodeled our facilities, improved the quality and scope of our behavioral health services and became one of the first community health centers in the county to fully integrate all services and providers into electronic health records.

However despite our success and growth, we have never been sufficiently funded or staffed to the level needed to ensure that all 15,500 uninsured, homeless Utahns have access to health care. Even before October 2008, our front desk staff estimated that they turned away 5 patients a day. Today, we turn away as many as 15. So the answer is yes: the economic slump, the perpetual rise in health insurance premiums and foreclosures are forcing more Utahns out of their homes and onto the rolls of the uninsured, but few are able to access health care services at Fourth Street Clinic because we have long been running above capacity. There is a lot of work to be done.

For us, the federal stimulus packages were a lifeline. They directly prevented layoffs and minimized our program cuts during this tough economic slow-down. They also brought three service expansion grant opportunities potentially funding more behavioral health diagnosis and therapy appointments; a program to educate behavioral health patients on the proper use, drug interactions and side effects of their prescriptions; and to expand health care coordination and case management services making the clinic more efficient and creating room for more appointments. Now more than ever, it is essential to reach out to the local community and build on these funding opportunities. Thank you to organizations such as Morgan Stanley, N.A., Zions Bank, The City of Salt Lake, The Church of Jesus Christ of Latter Day Saints and The Episcopal Church for stepping forward and pledging support so far this year. Public and private partnerships do work to ensure good health and break the cycle of homelessness—one patient at a time.

Allan D. Ainsworth, PhD  
*Executive Director*

## In-Kind Donation Wish List

Razors

Toothbrushes

Sample size shampoos, soaps  
and toothpastes

Diabetic testing strips



**FOURTH STREET CLINIC**  
HEALTHCARE FOR THE HOMELESS

404 SOUTH 400 WEST SLC UT 84101

801.364.0058

[www.fourthstreetclinic.org](http://www.fourthstreetclinic.org)

Non-Profit Org.  
U.S. POSTAGE

**PAID**

Salt Lake City, UT  
Permit 3280



YOUR TAX-DEDUCTIBLE CONTRIBUTION

[ Ongoing monthly and annual pledges of support are the most effective ]

## 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 2008. Your help facilitated primary medical care; purchased prescriptions, medical supplies and equipment; and funded our volunteer on-site specialty clinics.

Fourth Street Clinic provides specialized and high-quality health care services for our patients, and the donation that goes the furthest is a financial contribution.

**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 health care office visit

\$10 will fill one prescription

**Donations of any amount are welcome.**

**Use the enclosed remittance envelope or log on to [www.fourthstreetclinic.org](http://www.fourthstreetclinic.org) to give today.**