

2008 HEALTHY COMMUNITIES/HEALTHY AMERICA GRANT RECIPIENTS

Community Health-In-Partnership Services St. Louis, Mo.

Grant Amount: \$24,641

<http://www.chipsstl.org>



Incorporated in 1991, the Community Health-In-Partnership Services (CHIPS) provides healthcare and social services to the underserved and uninsured people of St. Louis. With approximately 290 volunteers and 12 physician volunteers, CHIPS had 2,821 patient visits last year. Less than 1% of CHIPS patients are hospitalized or seek treatment at an Emergency Room each year, which saves the St. Louis community \$6,000,000 per year in charity care.

Greater than 90% of CHIPS patients lack any form of health insurance, including Medicare or Medicaid. According to the St. Louis Department of Health, residents of zip code 63106, where CHIPS is located, have the highest diabetes mortality rate in St. Louis, and the CHIPS service area also ranked number one for cerebrovascular disease and number two for overall mortality.

CHIPS was awarded a \$24,641 grant for their Living Lean Program that will target low-income, uninsured African American adults and teens living in zip codes 63106, 63107, 63113, 63115, the surrounding areas of North St. Louis City, and portions of North St. Louis County. Using the American Board of Family Medicine's recommended best practices in the treatment of obesity, the Living Lean Program will be a physician-directed program consisting of (1) a comprehensive medical assessment, (2) intensive dietary counseling by a registered dietician, (3) personalized exercise program led by an exercise/physical therapist, and (4) peer support group led by nursing and social work staff. CHIPS expects to refer 600 patients to the program in year one. Grant funds will be used to cover ten hours per week for the registered dietician, ten hours per week for the physical therapist, and program books and food diaries.

Community Volunteers in Medicine West Chester, Pa.

Grant Amount: \$25,000

www.cvim.org

Founded in 1997, Community Volunteers in Medicine (CVIM) was the first community-based volunteer organization of its kind in southeastern Pennsylvania. To be financially eligible, clients must be working, their incomes may not exceed 300% of the federal poverty level guidelines, nor may they be eligible for Medical Assistance, CHIP, VA Benefits, or Medicare. Last year, 200 volunteers, including 33 physicians, provided 10,500 patient visits. In addition, the in-house drug dispensary filled 15,000 prescriptions totaling more than \$750,000, largely with drugs donated from 43 pharmaceutical companies.



CVIM received a grant of \$25,000 for their Women's Health Care Program. They are targeting low-income, uninsured women, primarily of child-bearing age, most of whom are working and many of whom are single, heads of households with dependent children. Sixty-eight percent are Latina for whom Spanish is their primary language and more than half of these women are recent immigrants.

The Women's Health Care Program aims to provide pap smears to these women (approximately 300 women per year), encourage annual pap smears for all women patients, provide HPV vaccines (for women between 19 and 26 years of age) and tests for those with suspected problems and enable health care providers to refer patients for tests as necessary, rather than delaying referrals until funds are raised. Other goals include reinforcing the climate of their women's health care center to encourage health, prevention, and health maintenance with female patients, volunteer and paid practitioners, and providing bone density scans to women over 50 every 2-3 years.

DuPage Community Clinic Wheaton, Ill.

Grant Amount: \$25,000

www.dupagecommunityclinic.org



The DuPage Community Clinic, which was established in 1990, serves low-income, medically uninsured adults who reside in DuPage County, Illinois, have incomes up to 200% of the federal poverty level, and are ineligible for any governmental health insurance programs. Last year, the clinic provided over 14,000 patient contacts and treated over 4,000 unduplicated patients. There are over 200 volunteers on-site, including 56 physicians.

Despite the fact that most of the uninsured residents of DuPage County are employed, purchasing health insurance out of pocket is not feasible. For less than \$350 per year, the DuPage Community Clinic is able to provide comprehensive health care, including dental care and mental health services, for one patient for a year.

The clinic will receive a grant of \$25,000 for their chronic disease management program that targets their patients aged 18 to 64 who have a diagnosis of diabetes, hypertension, or both. Results are measured against the national benchmarks developed by the U.S. Health Resources and Services Administration. The total cost of this chronic disease management program is \$94,500; funding from the AMA Foundation will specifically help cover one full-time nurse coordinator, patient education materials, and shoe vouchers.

Ebenezer Medical Outreach, Inc. Huntington, W.Va.

Grant Amount: \$25,000

www.emohealth.org

Incorporated in 1996, Ebenezer Medical Outreach (EMO) provides medical services to the uninsured and underinsured of the tri-state region of West Virginia, Kentucky, and Ohio. EMO services approximately 1,500 patients who are over the age of 18 and are at or below 150% of the federal poverty guidelines. About 23 medical providers donate 325 hours per month to treat these patients.



EMO was awarded a grant of \$25,000 for a coordinator of their Healthy Lifestyle – Healthy Life program. EMO will pay half of the coordinator's salary while the majority of the AMA Foundation's grant will cover the rest of the salary, in addition to HgbA1C reagents. The coordinator will be a registered nurse who will oversee all components of the Healthy Lifestyle – Healthy Life program which includes identifying and enrolling diabetic patients between the ages of 19 and 64, preparing a six-week diabetes management education course, working with an exercise physiologist, and organizing monthly support groups, nutrition planning, and counseling sessions for those patients that complete the diabetes management education course.

To evaluate the effects of the program's various interventions, staff will enter the following data into a statistical software program: HgbA1C every four months, weight and blood pressure weekly, results of a quality of life survey yearly, and results of a knowledge of diabetes survey yearly. Currently, EMO's diabetes management program is fragmented into multiple components; the Healthy Lifestyle – Healthy Life program will allow all the volunteers and clinicians who provide health care to diabetic patients to better communicate under the direction of the new coordinator.

Free Medical Clinic of Greater Cleveland Cleveland, Ohio

Grant Amount: \$25,000

www.thefreeclinic.org



Established in 1969, the Free Medical Clinic of Greater Cleveland (“The Free Clinic”) is one of the oldest free clinics in the U.S. and the largest in Ohio. Currently, they have 57 full and part-time staff and approximately 300 medical and lay volunteers. There is no charge or sliding scale fee for any of their services; the primary qualifying criteria is lack of health insurance. Last year, The Free Clinic provided more than 40,000 services to over 11,000 individuals.

Their patients are predominately minority (75%), living in poverty (97% at or below federal poverty level), and have no insurance of any kind (93%). Only 58% of their patients are unemployed.

The Free Clinic will receive a \$25,000 grant to provide culturally and linguistically appropriate, free medical and dental care to immigrants and other minority groups. They will establish specialty clinics for these targeted populations, possibly on weekends and by adjusting their hours of operation, and recruit more volunteers with specialized language skills through the Case Western Reserve University Schools of Medicine and Dental Medicine and local chapters of the AMA and American Dental Association. Half of the project costs will be covered by the Mt. Sinai Health Care Foundation of Cleveland, while grant funds from the AMA Foundation will be used specifically for items such as salary, pharmaceuticals, and program supplies.

Health Care Access, Inc. Lawrence, Kan.

Grant Amount: \$20,737

www.healthcareaccess.org

Health Care Access, Inc., established in 1988, provides health care services to any Douglas County, Kansas resident with limited financial resources and without access to a regular source of care. When new patients are screened for eligibility, the clinic refers them to appropriate programs when available, such as HealthWave and Kansas’s SCHIP, and provides on-site assistance to complete those programs’ applications if needed.



Patients must earn less than 185% of the federal poverty guidelines to be eligible; while the clinic requests a \$10 clinic fee, no patient is denied care due to an inability to pay. With in-kind and volunteer support in excess of \$3 million, the clinic served 1,589 patients through 3,758 visits last year – a record in its 20-year history.

A grant of \$20,737 will be awarded to the clinic for its Full Access through Services and Technology (FAST) Track to ending Health Disparities project. The FAST project uses technology to facilitate more productive interactions between patients and providers, supports key changes in work flow and the use of clinic space, and sets the foundation to implement an Electronic Medical Record by deploying new computer work stations and health IT.

Specifically, funds will be used to support one year of dictation and transcription services, six Thin Client System work stations at all points of care throughout the clinic, one year of managed care services for the Thin Client System, six refurbished laser printers, and hardware for three exam rooms due to the shifting of staff offices to a centralized location.

Hope Medical Clinic, Inc. Ypsilanti, Mich.

Grant Amount: \$12,000

www.thehopeclinic.org



Incorporated in 1987, Hope Medical Clinic serves the “working poor,” those with low-paying part-time or temporary jobs that do not offer health insurance, as well as the self-employed, the homeless, and recent immigrants. Last year, 130 volunteer medical professionals donated more than 3,600 hours of clinical services. The value of these services, plus donated goods exceeded \$1.6 million. Another \$1.4 million worth of prescription medications were provided to patients through pharmaceutical companies’ medicine assistance programs. Overall, for every dollar spent, approximately \$3.70 worth of services are provided.

While Hope Medical Clinic is located in Washtenaw County, Michigan, about one-third of their patients over the past three years have been Wayne County residents. Many of these patients are not eligible for free x-ray and laboratory services at the clinic’s partner hospital, St. Joseph Mercy Health System in Ann Arbor, because they are outside of the hospital’s area. In addition, there is no public transportation to Ypsilanti from Wayne County; many patients are forced to cancel appointments because they have no transportation or cannot afford gasoline. To meet this need, Hope Medical Clinic decided to open a satellite clinic in western Wayne County last year.

The AMA Foundation is providing Hope Medical Clinic with a \$12,000 grant to further develop and expand this Wayne satellite clinic. Funds will be used to support the salaries of a clinic coordinator and office manager, and program supplies. Their goals for the Wayne clinic are to add two additional clinic sessions, formalize a partnership with St. Mary Mercy Hospital to provide x-ray and laboratory services, recruit six local volunteer specialists who will see patients at no charge, and provide 750 patient visits this year.

Hope Within Community Health Center Elizabethtown, Pa.

Grant Amount: \$24,937.87

www.hopewithin.org

The Hope Within Community Health Center (HWCHC) provides free primary health care to the medically uninsured residents of Dauphin and Lancaster Counties, Pennsylvania. All of their patients have incomes under 250% of the federal poverty level.

Starting on January 5, 2006 with 10 clinical hours per week, HWCHC saw 956 patient visits that year. Last year, they added two additional evenings per month and saw 1,377 patient visits. By the end of this year, they plan to increase their clinical hours to 15-20 hours per week and anticipate 1,650 patient visits.



HWCHC tracks the assistance they provide to patients in applying for and being accepted to health coverage programs when eligible. They actively work with employers and case workers to assist their patients in becoming insured and finding a long-term medical home. With a goal of having their patients leave as they establish coverage, HWCHC has successfully discharged 25% of their patients since opening their doors two years ago.

The clinic will receive a grant of \$24,937.87 to support “Project: Core Pharmaceutical & Chronic Disease Management for the Uninsured.” This includes broadening their core formulary pharmaceuticals available for patients, obtaining hardware and software for medication tracking, and enhancing their on-site laboratory services.

Kansas City Free Health Clinic Kansas City, Mo.

Grant Amount: \$25,000

www.kcfree.org



Incorporated in 1971, the Kansas City Free Health Clinic is one of the oldest and largest free clinics in the country. With two locations and 900 volunteers who donated more than 32,000 hours of service last year, the clinic served 5,665 unduplicated patients, for a total of 45,650 encounters, with 23,794 prescriptions dispensed.

The majority of their patients live in urban Jackson County, Missouri, but the clinic sees clients from throughout the metropolitan area and beyond, including more than 20 counties across both Missouri and Kansas. Ninety-two percent of their patients have incomes at or below 100% of the federal poverty level. The need for accessible, quality health care is so high that the clinic turns away 150-200 patients each week because their appointment slots fill up so quickly.

Because the clinic is the largest provider of free medical care in the Kansas City metropolitan area, they fill a unique niche. While other free clinics in the area have more limited hours, offer fewer services, charge clients on a sliding scale, and/or accept patients with public or private insurance, the Kansas City Free Health Clinic will refer individuals with Medicare, Medicaid, or private insurance to these other safety net providers when possible, to preserve their resources for people who have no other place to go. This is crucial as they avoid duplicating efforts of other safety net providers.

Kansas City Free Health Clinic will receive a \$25,000 grant for their Chronic Care Project. Funds will support a nurse practitioner, medical supplies, and pharmaceuticals. The nurse practitioner will schedule chronic care patients to meet with providers, refer them to education clinics such as diabetes clinics, dietary counseling, and medication instruction, and regularly collect data to assess their progress. The project's goal is for the nurse practitioner to provide at least 500 chronic care visits.

Martin Luther King Health Center Shreveport, La.

Grant Amount: \$22,400

Founded in 1986, the Martin Luther King Health Center (MLKHC) provides services to uninsured and underinsured patients in northwest Louisiana; they are the oldest free clinic and pharmacy in the state. They currently have 50 volunteers, 7 of whom are physicians, who helped the clinic conduct over 1,800 visits and dispense 24,000 medications to 400 patients.

The typical MLKHC patient is uninsured, a member of a minority population or ethnic group, has low literacy skills, an annual income less than 200% of the federal poverty guidelines, presents with one or more chronic conditions, has limited transportation, and may be periodically homeless or moves frequently.



MLKHC was awarded a grant of \$22,400 to extend their Diabetes Control Program to 30 additional patients. Using Motivational Interviewing techniques, the Self Determination Theory, and the Stages of Change Theory, the program aims to elicit better patient self-efficacy. Patients in the program will utilize the Louisiana State University Health Sciences Center's Health-E-Links tutorials and will be provided with coaching and awareness on healthy lifestyles and disease self-management.

In turn, providers will use Motivational Interviewing when assessing and implementing treatment regimes, monitor health indicators, and administer questionnaires that will track patients' motivation to change, perception of their own health status, knowledge of nutrition/food groups, increases in physical activity, and perception of symptom control and self-management. Grant funds will cover laboratory testing, diabetic testing supplies, insulin syringes, and behavioral health assessments.

Milan Puskar Health Right Morgantown, W.Va.

Grant Amount: \$22,902

www.mphealthright.org



Incorporated in 1984, the Milan Puskar Health Right (MPHR) provides medical care, medication assistance, mental health services, counseling, dental care, and health education at no charge to the low-income, uninsured and underinsured residents of North Central West Virginia. Last year, the clinic saw 3,800 patients and had 22,173 visits. They currently have 142 volunteers, 21 of whom are physicians.

While MPHR has been successful in addressing many of their patients' medical needs, the clinic now wants to place more emphasis on the development of their patients' lifestyle choices and how to overcome environmental constraints. The clinic will receive a \$22,902 grant to hire a health educator who has skills in participatory planning, stage-of-change counseling regarding smoking cessation, stress management, dietary change, and physical activity.

The health educator will play a larger role in MPHR's six-phase intervention. S/he will serve on a Steering Committee comprised of the clinic's medical director, clinical care coordinator, and two patients to identify 10-25 individuals to take part in a ten-week Health Education Participatory Planning (HEPP) process. These individuals will ideally include key MPHR stakeholders, board members, elected government officials, churches, and lower-income patients.

HEPP participants will be asked to live a healthy lifestyle for ten weeks, although no exercise classes or other special sessions will be held. The process is predicated on participants learning about and reflecting on the community health education environment while experiencing the challenges of living a healthy lifestyle in Morgantown. Following the participatory planning process, suggestions will be made on how to link patients with existing local programs and implementing recommended policy and environmental changes. Emphasis will be placed on transitioning health education toward community ownership and sustainability.

Mountain View RotaCare Free Clinic Mountain View, Calif.

Grant Amount: \$25,000

www.elcaminohospital.org

Established in 1996 as a collaboration between the El Camino Hospital Foundation, local physicians, and the Rotary Clubs of Mountain View and Los Altos, the Mountain View RotaCare Free Clinic is the primary free clinic in northern Santa Clara County, California. The clinic handled 6,195 visits for 2,200 unduplicated patients last year.

Eighty-four physicians and 19 nurse practitioner and physician assistant volunteers are supported by a volunteer pool of over 100 other health care professionals (medical assistants, nurses, pharmacists, pharmacy technicians, registered dietitians, and medical technicians) along with 48 lay volunteers such as skilled translators.



The clinic was awarded a \$25,000 grant to expand their Women's Gynecological Services Program which is in its fourth year. The program will provide an estimated 920 free gynecological services to 325 new low-income, uninsured women this year, up from 295 new patients last year. They will do this by expanding their capacity to handle 27 women per month and to provide referrals to other services within the clinic and outside. The clinic will also continue to document and share its methods with other free clinics, providing a model on how to design and operate medical specialty services like the Women's Gynecological Services Program. Funds will specifically cover salaries for the program's medical assistant and clinical nurse supervisor, as well as medical supplies and pharmaceuticals.

Open Door Health Center Homestead, Fla.

Grant Amount: \$25,000

www.opendoorhc.org



Located in the Homestead/Florida City area of Miami-Dade County, Florida, the Open Door Health Center (ODHC) serves this rural community whose population is almost half Hispanic, a quarter African-American, and the remaining are immigrants from Haiti, the Caribbean, and indigenous peoples from Guatemala and Mexico. The clinic provides free comprehensive medical services to the uninsured poor who fall below 200% of the federal poverty guidelines.

Last year, ODHC treated 2,558 patients over 11,078 visits. The clinic has 235 volunteers, 105 of whom are physicians.

ODHC was awarded a grant of \$25,000 to add 50 patients to their Prescription for Health Diabetes Program. The program will provide hands-on education via both individual appointments, support/group appointments, cooking classes, and supermarket tours. One Community Health Worker and one Outreach Worker will be recruited to provide peer support to the patients through phone calls, clinic visits, and home visits. A Program Coordinator will conduct the weekly support/group appointments, multi-ethnic cooking classes, and supermarket tours. Lastly, the Clinic Director and other providers will oversee the patient assessments upon enrollment, and schedule alternating monthly provider and support/group appointments.

San José Clinic Houston, Texas

Grant Amount: \$25,000

www.sanjoseclinic.org

Started in 1922, then later incorporated in 1992, the San José Clinic is the oldest charity clinic still in operation in the U.S. Their patient population comes from more than 200 zip codes across Harris County, Texas and surrounding counties including Austin, Brazoria, Fort Bend, Galveston, Liberty, Montgomery, Polk, Waller, and Wharton. They serve only those who have no form of health insurance and whose income is 200% of or below the federal poverty guidelines. Using these guidelines, they take into account an individual's family size and income to determine patient fees through an eligibility process; fees range from \$15 to \$35 per visit.



Last year, the clinic served 4,654 patients through 29,983 visits, representing a 10% increase from the previous year. They also received \$788,627 worth of prescriptions from pharmaceutical assistance programs.

One-third of the Houston area population, where San José Clinic is located, lacks health insurance. This translates to approximately 1.3 million uninsured locals. In addition, 90% of the clinic's patient population is Hispanic. Statistics show that 10% of Hispanics aged 20+ have been diagnosed with diabetes; moreover, Mexican Americans are almost twice as likely to have diabetes as non-Hispanic whites in the same age group.

San José Clinic will receive a \$25,000 grant to standardized their diabetes education program to better manage all of their diabetic patients. Last year, the clinic's R.N. Health Educator saw 279 diabetic patients through the program, yet during that same time period, the clinic had 624 diabetic patients – meaning that the R.N. Health Educator was able to only see close to half of the clinic's diabetic patients. Grant funds will be used mainly to boost the R.N. Health Educator from a part-time to full-time position. A care plan for each diabetic patient will be managed by a worksheet that measure all of the quality indicators for diabetes. The R.N. Health Educator will train all of the clinic's medical staff on the use of the worksheet, which will be included in the patient's medical record, and on the protocols for ensuring patient compliance with the recommendations. A chart audit will be completed to evaluate whether the medical staff complies with the standardized program.

Social Welfare Board St. Joseph, Mo.

Grant Amount: \$25,000

www.socialwelfareboard.org



The Social Welfare Board (SWB) provides medical services to uninsured adult residents of Buchanan County, Missouri living at or below 100% of the federal poverty level and who do not qualify for Medicare, Medicaid or Veteran's Benefits. Last year, SWB treated 4,378 patients over 24,009 visits.

Due to state and local funding, the SWB comprehensively screens, educates, and treats eligible women for chronic diseases; however, a comparable program does not exist for the clinic's male population. SWB will receive a grant of \$25,000 for a "Wise Men Program." This program will focus clinician screening for the most common chronic diseases that affect their male patients aged 17 to 65 years old.

While most of these patients work part or full time, SWB also sees a large group who are paroled from prison, have drug and/or alcohol addictions, or who are homeless. For many of the targeted male patients, it will be the first time they are screened for common diseases, rather than just treated urgently.

Each participant of the Wise Men Program will complete a brief health risk appraisal form, at which time age and risk appropriate screening tests will be ordered and/or performed by a nurse practitioner. Positive screens will then be followed up with patient education, medical treatment, and referrals as needed. SWB will also use a behavioral approach to risk reduction and health optimization to stage readiness for change and action. Grant funds will help support personnel, medical supplies, computer support, and specialized patient care services.

The Clinic Phoenixville, Pa.

Grant Amount: \$25,000

www.theclinicpa.org

The Clinic, which opened in 2002, provides primary health care to those who do not qualify for Medicare or Medicaid, and often their income is just over the requirement based upon 150% or 200% of the federal poverty guidelines. Their patients come from the five-county Philadelphia area as well as the states of New Jersey and Delaware. The Clinic does not have a sliding fee scale based on income or geography; patients are simply asked to pay what they feel they can afford. It costs The Clinic approximately \$59.55 per office visit with a physician; the average patient contribution is \$16.50.



The Clinic has over 120 volunteers who regularly provide over 15,600 hours of medical and clerical services each year. For this past year, the clinic saw 1,579 new patients and, overall had 9,951 visits.

A grant of \$25,000 will be awarded for their Diabetes Management Program. The Clinic currently sees 400-500 diabetic patients per year, 100 of whom are insulin-dependent. All of the patient require glucose-testing machines and test strips so they can monitor their blood sugar levels twice a day. While pharmaceutical companies will often provide the testing machines for free to the patients, The Clinic must still purchase the test strips, at a cost of \$100 per month, per patient. Grant funds will help support purchasing test strips, insulin, and informational pamphlets in English and Spanish.