



ROOTED  
INTEGRATED  
INNOVATIVE

ANNUAL REPORT 2015



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# LA CLÍNICA DEL PUEBLO

Dear Friends,

You might have noticed that this past year our look changed a little. With the participation of our board, patients and stakeholders, we arrived at a bright new Logo that graphically represents all that we are. This was not an easy feat. We are rooted by the El Salvadorian refugee movement and continue to respond to the current issues facing the Latino immigrant populations. We are a clinic – with a broad scope of services who serves multi-generations. We are a safe space – an LGBTQ affirming organization, and champion of individuals who are often marginalized. We are moving across multiple sites and community venues leading with culturally competent and linguistically appropriate approaches to care. We are advocates for health equity, racial equity, and language access. The bright, fiery-sun, with swirly feathered serpent – seeks to honor our past while representing our stance to reach outward, often through innovative means, to bring health to all. And, this past year, we did just that!

In 2015, you joined us in responding to several key issues that propelled the launching of several new and innovative lines of service. You invested in our telemedicine program which provided more than **170** telemental consultations/encounters: you cared for the newly arrived youth through our new mental health services program *Mi Refugio*, at Northwestern High School which gave **96** young latino immigrants hope and plans for the future. Through your support and the commitment of staff we were the only Federally Qualified Health Center in the DC Metro area to be recognized as a “High Value Health Center” due to our cost efficiency while increasing quality care.

Connect with us online:

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

[info@lcdp.org](mailto:info@lcdp.org)

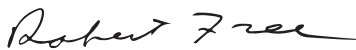


More than **227** new individual donors joined our diverse community of supporters in 2015, and more than **22** of our donors have regularly contributed since La Clínica took root. We are grateful for all that you have helped us accomplish this past year through volunteering, donations, and your expertise. As we look ahead, we are positioned and ready to build bridges, include those who are marginalized, organize for a more just society, and fight to make healthcare a human right. We are confident, together, we can do it!

With gratitude,



Alicia Wilson  
Executive Director



Robert Free  
Board President

**3307** Number of patients served in the DC area

**91%** Patients we served who speak limited English or English as a second language

**17,635** Interpretations conducted in the community

**22,400** Times we provided quality health education through health fairs, classes and outreach in the community



# Building a healthy community through

# INTEGRATION

When Judith moved to the U.S. from El Salvador 10 years ago she dreamed of being able to provide a better and safer life for her two children. To support her family, she worked several jobs including multiple shifts at a restaurant. This past year, however, Judith's ability to work was threatened by a robbery attack she withstood during one of her night shifts.

**Because Judith had fled from a violent and war-torn country, the attack triggered something in her.** For weeks, she faced perpetual stress and constantly felt like crying. A long-time patient of La Clínica, Judith finally confided in her medical provider about the incident and her inability to function normally. Minutes later she was speaking with one of our Mental Health Therapists. **The immediacy of the referral increased the likelihood that Judith would continue to seek La Clínica's professional support and to work through her emotional pain.**

On average, our Behavioral Health Therapist sees **20-25 patients per week.** Integrating behavioral health into our medical services is just one of the ways that La Clínica responded to the needs of its patients this past year.

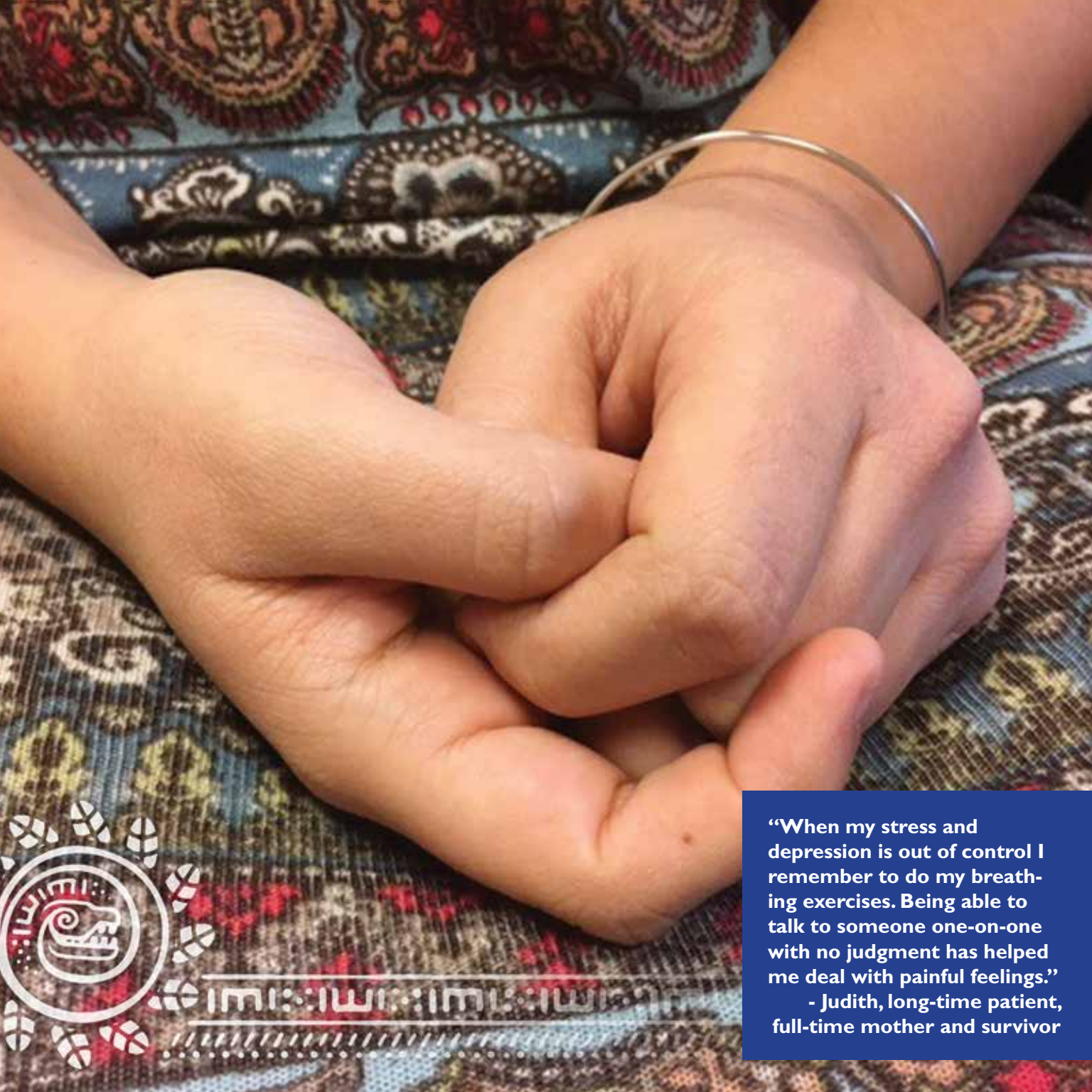
In 2015, behavioral health was further integrated into our primary care clinic. Although La Clínica has offered behavioral health services since 1985, the new model increases efficiency and makes the care we provide for our patients more holistic. A licensed and bilingual Mental Health Therapist now sits among the Medical Providers. Patients that come to the clinic to see their primary care physician have direct access to a therapist at the moment they need it most.

The 'warm hand-off' from the primary care provider is essential in providing truly holistic care. If patients are referred elsewhere they might not ever make that appointment due to stigma surrounding mental health and because there is not the same level of trust.

For the population we serve, access to mental health services is crucial. **Latino immigrants in the Washington, DC Metro Area suffer disproportionately from mental health conditions for a number of reasons – economic struggles, cultural and linguistic isolation, loss of social support systems, and the experience of violence and extreme poverty in their home countries.** The uninsured are twice as likely to have an anxiety disorder, and adults with family incomes less than \$20,000 are much more likely to suffer from major depression, generalized anxiety, and panic attacks.







“When my stress and depression is out of control I remember to do my breathing exercises. Being able to talk to someone one-on-one with no judgment has helped me deal with painful feelings.”

- Judith, long-time patient, full-time mother and survivor

# Building a healthy community through

# INNOVATION

“I never thought I would graduate. I am so thankful that I found the right people to help motivate me. I hope that every student realizes how much potential they have.” – Ana, student at Northwestern High School and participant in our *Mi Refugio* program

**Ana is one of thousands of unaccompanied youth who fled to the U.S. from Central America in 2014, due to heightened levels of violence, gang recruitment, poverty, and lack of opportunity to live a safe, dignified life.** These youngsters suffered not only from the trauma of their experiences abroad, but also from the isolation of being immigrants with language and cultural differences from the rest of the student body.

Ana was on the verge of dropping-out from school when she was connected to our newly launched mental health program, *Mi Refugio*, inside of Northwestern High School in Maryland. At home, tensions escalated and she found herself on the verge of moving out with her younger brother.

Fortunately, she began working with Pedro Sandoval, Youth Development Worker and alumnus of Northwestern High School, who understands what students like Ana are going through. The *Mi Refugio* team was able to mediate between family members and ensure both Ana and her brother had a place at home. With the stresses of family life diffused, Ana was able to put her attention towards graduation, prom, and her future.

*Mi Refugio* is based on *Mi Familia*, a proven curriculum that La Clínica created and has used with families for the past 15 years. ***Mi Refugio* was piloted to support Prince Georges’ County schools that were struggling to meet the needs of these recently arrived youth, who demonstrated high levels of anxiety, depression and truancy.**

Sandoval sees the impact of his work: “It’s really important that these students have a positive influence in their life. I have seen many lives transformed here in such a short time.”

*Mi Refugio’s* pilot cohort saw **6 teens** graduate in June.





“I never thought I would graduate. I am so thankful that I found the right people to help motivate me.”

- Ana, student at  
Northwestern High School  
and participant in our  
*Mi Refugio* program



# Building a healthy community through COMMITMENT

When Marilyn dropped out of the university in El Salvador to migrate to the United States, she had only one goal in mind: to earn **\$450 weekly to pay for her father's critical medical treatment back home.**

Moving abroad also presented an opportunity to be who she really was. As far as she remembers, Marilyn always felt like a woman trapped in a man's body. In El Salvador, her fear of family disapproval, the threat of gang violence, and lack of medical care forced Marilyn to live with the gender she was assigned at birth.

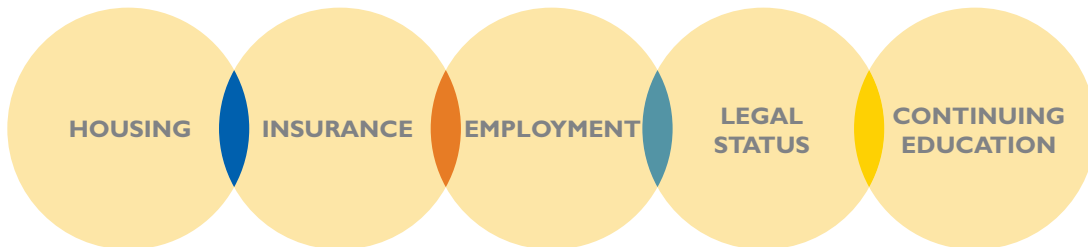
**"I left all the clothes I had behind. I did not want to dress like a man again."** In Washington, DC, Marilyn began her transition. Uninsured, Marilyn soon realized that she couldn't afford her dad's medical bills, her rent, groceries and hormone treatment with her full time job at a local fast food restaurant. Desperate and alone, Marilyn turned to drugs to deal with her stress and trauma.

In 2010, Marilyn heard about La Clínica's support group for transgender women and decided to join. "At one of our meetings, we were offered free HIV tests. That's how I discovered that I was HIV positive. I was scared and ashamed and I thought I was going to die."

La Clínica's case worker connected Marilyn to an attorney who helped her receive asylum\* in the United States. With her new immigration status, Marilyn was able to access support services and a job with better benefits.

In 2014, she became a health promotor and HIV Counselor at La Clínica, and was recently hired as Community Health Educator. **She continues her work inspiring others and advocating for better healthcare for transgender women in the Washington metro area.**

## Our Wrap Around Services Help Patients Obtain



Building a Healthier Community by Addressing Social Determinants of Health

\*Asylum can be granted towards those that have suffered persecution or fear that they will suffer persecution due to: race, religion, nationality, political opinion, etc.,





“I hit rock bottom, but La Clínica staff never gave up on me.”

- Marilyn, former patient and the 2015 Miss Empoderate, now a Community Health Educator at La Clínica

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87% of HIV+ patients at La Clínica achieved viral suppression, meaning the amount of HIV in their blood is very low



Building a healthy community through

# VOLUNTEERS

“Volunteering with La Clínica this year has reinforced my understanding for the importance of offering culturally and linguistically appropriate services to the Latino community.

As a first generation Mexican American, I have experienced firsthand the barriers that many Latinos face to receive basic health care and social services. **From a young age I served as my parents’ personal social worker and I have taken pride in helping my family but also in empowering my community as a whole.**

Offering health care services in Spanish and ac-

knowledging a patients culture not only makes a patient feel comfortable, it ensures that a patient will come back and be engaged in their health. In each patient that I have helped I have seen the story of my parents. This drives my commitment to help patients navigate the health system.

It is rewarding to know that through my volunteer year at La Clínica del Pueblo I have been able to empower patients through my role as case worker but also have developed many skills that will help me in my aspiring career.”

- Gina Haro, Case Worker,  
Lutheran Volunteer Corp

In 2015 more than **81 volunteers** and **70 Promotores de Salud** (Health Promoters) dedicate their time and energy to help us continue to meet the needs of the immigrant and Latino community in the DC area. Volunteers contributed more than **4,500 hours** ensuring we continue our quality services.

You can help contribute to our mission through volunteering too! Learn how by visiting [www.lcdp.org/get-involved/volunteer](http://www.lcdp.org/get-involved/volunteer)







Building a healthy community through

# YOUR SUPPORT

**As an Amig@ you can know that you are making a difference every month! Become an Amig@ today**

**Call:  
202-464-0148  
Or sign up online:  
[www.lcdp.org](http://www.lcdp.org)**



In 2015, La Clinica launched its first monthly giving program, Amig@s del Pueblo. Your monthly donations are vital to the financial health of our organization. With your secure monthly donations we can count on your support each month to provide essential services and programs not covered by insurance, grants or contracts. Twenty-three special donors joined as Amig@s del Pueblo in 2015.

Thank you Amig@s for your commitment, generosity, and for being there no matter what.

## AMIG@S DEL PUEBLO

Abel Nunez  
Aldo Hueramo  
Alicia Santana  
Alicia Wilson  
Alina Camacho  
Brandy Bauer  
Cheryl Aguilar  
David Ryner

Donald Babb  
Duncan McHale  
Ericka Taylor  
Ilana Nagib  
Isabel Van Isschot  
Jose Manel Lacorte  
Linda Kolko  
Lisa Wise

Lucia Fort  
Maria Walsh  
Matias Morales  
Miranda Blue  
Noel McCaman  
Rachel Ugarte  
Rosa Martinez

## WE THANK ALL OF OUR SUPPORTERS

### INDIVIDUALS

#### \$1000+

Aida Farrell  
Alice Rivlin  
Allan & Wendy Williams  
Benjamin Gitterman  
Carlos O'Bryan &  
Maria J. Arizmendi  
Catherine Carney  
Catherine Pino  
Charlotte Jones-Carroll  
Christopher Godlove  
Daniela Gressani  
Darian Tucker  
Helen Burstin &  
Mark Blumenthal

James Haley  
Katherine Malloy &  
Heather Burns  
Lisa Wise  
Lois England  
Martine Guerguil  
Madeline Wilks  
Mauricio Silva &  
Maria Renata Claros  
Neil Starkey  
Nelson Marban  
Paul Frick  
Peter Hammond  
Prakash Gavri  
Robert Free  
Sarah Coviello

Stanley & Elizabeth Salett  
**\$500+**  
Aaron Knight &  
Kimberly Adler  
Alexandra Knop  
Allan Kelly  
Alicia Wilson  
Avery Andrews  
Carlos & Sandra Rivas Chavez  
Carolyn Andrews  
David Attwood  
Deborah Bombard  
Evelyn & Bob Wrin  
Hordur & Maria Karlsson  
Irma Cuoto  
Isabel Friedenzohn

Janet Lowenthal  
Krystyna Dollison  
Marc Sobel  
Margaret Mooney  
Mateo Cummings  
Pablo Conrad  
Pedro & Joanna Vides  
Rosalind Cohen  
Samuel Ortiz Vargas  
Thomas Thompson &  
Judy Alba  
Todd Harrison  
William Weber



**\$100+**

Alejandrina Lara  
Alice Kirkman  
Alix Ganga  
Amy Madigan  
Andrea Kline  
Andrea Ploeg  
Andrew Stocking  
Andrew Velthaus &  
Wayne Shields  
Ann Carper &  
Beth McKinnon  
Ann Hawthorne  
Anne Haber  
Anne Stephansky  
Ariane Gauchat  
Beatriz Otero-Lemos  
Brandon Yoder & Erin Scheick  
Brita Standberg  
Burton & Louise Wides  
Carl Thompson  
Carol Wolchok  
Carolina Valle  
Caroline Ramsey Merriam  
Catherine Mooney  
Cathy Hurwit  
Christian Yoder  
Christine Cohen  
Christopher Hartmann  
Christopher Klose &  
Inga Smulkstys  
Cristina Montes  
Dalila Rivera-Sempertegui  
Damon Fodge  
David Feltman  
Deborah Horowitz  
Diane Baker &  
Francis S. Collins  
Douglas Smith  
Eduardo Suarez &  
Mehdi Penrose  
Edward & Mary Levy  
Edwin Zhao

Eliza Barclay  
Eliseo J. Perez-Stable &  
Claudia Husni  
Elizabeth Hilder  
Elizabeth Jenkins-Joffe  
Elizabeth Quilligan  
Elizabeth Ransom  
Ellen Block  
Emily & Jack McKay  
Franklin Winston  
Fred Solowey  
Frederick Hill  
Gloria Umaña  
Gordon Harrison  
Grace Langham  
Hanaa Rifaey  
Heather Foote  
Heather Shaner  
Ildemaro Castellon  
Ira Hersh  
Irwin Deutscher  
James O'Leary  
Javier Diaz  
Javier Miyares  
Jay Haddock & Hector Torres  
Jay Josephs  
Jean-Marie Simon  
Jessie Harris  
Joan Steiber  
Joelle Tessler  
John Cavanagh  
John & Eliza Meyn  
John Richardson  
Jonathan & Karen Zuckerman  
Jorge Porta  
Jose Abeid  
Jose Chavez  
Jose Delgado  
Joseph Eldridge & Maria Otero  
Joseph Schmitz  
Joseph Mooney  
Juan Ariel Cuadrado  
Juan Carlos Kechian

Juanita Rogers  
Julie Meyer  
Karen Staha  
Katherine Browne  
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Krzysztof Laski &  
Claire Mooney  
Laura Trejo  
Letitia Gomez  
Lisa Ayala  
Lita Trejo  
Lora Ann Sullivan  
Lucciola Lambruschini  
Lynn Kanter  
Maggie Roffee  
Manuel Angulo  
Manuel Fernandez  
Marco Andrei  
Margaret Siegel  
Maria Cecilia Zea &  
Irani Escolano  
Marie Schaub  
Mark Weber  
Martin Gaviola  
Mary Louise Mitchell  
Mary Mitchelson  
Mary Small  
Matias Morales  
Mathew Jenkins  
Meredith Josephs  
Michael Marietta  
Michael McClain  
Michael West  
Minette Blandon  
Nancy Peavy  
Naomi Greenwood  
Natasha Bonhomme  
Nathaniel Hedman  
Oscar Gonzalez  
Ottmar & Ann Kistner  
Pam Lotke  
Patrice Fletcher

Patricia Froyo  
Patrick Blake  
Patrick Sullivan  
Peter Templeton  
Philippe Villers  
Ray & Lucinda Wilson  
Ricardo Mendez  
Richard Koretz  
Richard Schmitt  
Robert Soliz  
Roberto Zamora  
Robin Katcher  
Robin Strongin  
Ruben Gonzalez  
Ruben Melendez  
Samuel Shaffer &  
Maribel Martinez  
Sander Mendelson  
Sandra Gartrell  
Sarah McMeans  
Sheila Teimourian  
Silveria Guel  
Stefan Alber-Glanstaetten  
Stephanie Plith  
Stephen Eccles  
Steven Hillyard  
Susan Hester  
Susanna Place  
Terri Shaw  
Thespina Yamanis  
Thomas Lopez  
Tomas Melli  
Vera Mayer  
Veronica Guereca Rodriguez  
Vic Basile  
Virginia Schofield  
Wallace Meissner  
William & Maura Gartland  
William Arnold & Elizabeth  
Wheaton  
William Freeman  
William Schwartz  
Yasmina Mudarres-Lien



Sally Hanlon (left) with Sonia Umanzor

More than 474 private funders contributed in extraordinary ways in 2015, making new programs a reality, and opening doors to community members who have gone without health care for too long.

“The Split Rock Foundation is honored to support the vital work of La Clínica del Pueblo. Our beloved aunt, Sally Hanlon, volunteered and worked at La Clínica and with the Latino population in DC for many years. Through her tireless advocacy our family came to know and respect how much La Clínica means to this underserved community. When our family foundation was established, we knew immediately that we wanted to support La Clínica’s work by providing seed money for a much-needed expansion into Prince George’s County. We are truly excited about this next step in La Clínica’s mission and proud to be part of their continued growth and success in bringing culturally sensitive health care to uninsured minorities in the DC area.”

Sincerely,  
Susan Poisson-Dollar

## **INSTITUTIONAL**

AARP

Alderman, Devorsetz & Hora, PLLC

All Souls Church Unitarian

All Saints Church

American Association of Medical Colleges

Amerihealth Caritas DC

Arcus Foundation

Avon Foundation

CareFirst BlueCross BlueShield Foundation

Chevy Chase Executive Services

Clark Construction Group, LLC

Community of Christ

Consumer Health Foundation

Crowell & Moring, LLP

CVS Health

DC Dept. of Behavioral Health

DC Dept. of Health - Community Health  
Administration

DC Dept. of Health - HIV/AIDS, Hepatitis,  
STD and TB Administration

DC Health Benefits Exchange

DC Mayor’s Office of Latino Affairs

DC Office of Victim Services

DC Pre-Trial Services Agency

DC Primary Care Association

DC Share Fund

El Centro DF

El Tio Tex-Mex Grill

Fusion D&Q, LLC

Futures Without Violence

Inter-American Developmental Bank

JM Zell Partners, Ltd

Kaiser Permanente Fund for Community Benefit

MARPAT Foundation

Mars Foundation

Matthews Media Group, Inc.

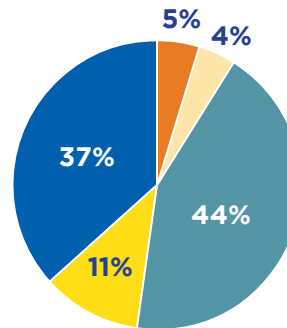
Maximus Foundation

National Council of La Raza

National Institutes of Health  
 Nest DC, LLC  
 Prince Charitable Trusts  
 Prince George's County Councilwoman  
 Dannielle M. Glaros  
 Prince George's County Councilwoman  
 Deni L. Taveras  
 Prince George's County Public Schools  
 Prince George's County Department of  
 Social Services  
 River Road Unitarian Universalist Congregation  
 Rotary Foundation of Greater Washington  
 Sharp Painter Corp  
 Split Rock Charitable Foundation  
 State Farm  
 The Alexander and Margaret Stewart Trust  
 The Charles and Mary Latham Fund  
 The City Fund  
 The Leonard and Helen R. Stulman Foundation  
 The Live to Give Foundation  
 The McCottry Foundation  
 The Meyer Foundation  
 The Miller & Chevalier Charitable Foundation  
 The Morningstar Foundation  
 The Morris and Gwendolyn Cafritz Foundation  
 The SunTrust Foundation  
 The Theodore Barth Foundation  
 US Dept. of Health and Human Services -  
 Centers for Disease Control and  
 Prevention (CDC)  
 US Dept. of Health and Human Services -  
 Health Resources and Services  
 Administration (HRSA)  
 US Dept. of Health and Human Services -  
 Office of Population Affairs (OPA)  
 US Dept. of Health and Human Services -  
 Substance Abuse and Mental Health  
 Services Administration (SAMHSA)  
 Washington AIDS Partnership

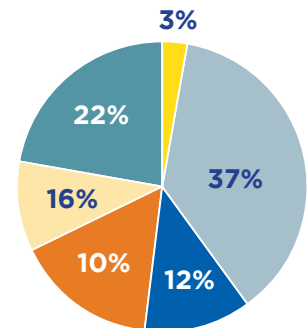
# 2015 Financial Highlights

## 2015 Revenue Distribution



- Individual Contributions
- Foundations and Corporate
- In-Kind
- Government Grants
- Earned Income

## 2015 Expenses



- CHA
- Fundraising
- Behavioral Health
- Management & Operations
- Language Access
- Medical

Total	FY13	FY14	FY15
<b>Revenue</b>	\$7,373,944	\$7,760,943	\$10,115,178
<b>Expenses</b>	\$7,610,010	\$7,700,444	\$9,662,404

"To review our complete Financial Statement and IRS 990, audited annually by CBM of Washington DC visit [www.lcdp.org/news-resources/publications/annual-reports](http://www.lcdp.org/news-resources/publications/annual-reports)"



# LA CLÍNICA DEL PUEBLO

## THANK YOU!

La Clínica del Pueblo's mission is to build a healthy Latino community through culturally appropriate health services, focusing on those most in need.



How will you make  
health for all possible?

- Visit Us
- Volunteer
- Partner With Us
  - Give

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