

## You make our community stronger

when you support Country Doctor and Carolyn Downs clinics



People sometimes ask, “With Obamacare, Medicaid and other government programs, why do you need my support?” I sum up my response in these words: **innovation**, **community** and **empowerment**.

**Innovation:** Your gifts don’t cover a patient’s flu shot, allergy treatment or stitched-up cut. You improve the care we provide to vulnerable, often marginalized people in our community by making it possible for Country Doctor and Carolyn Downs clinics to respond to emerging needs with innovative approaches not funded by other sources.

We are proud to highlight two examples of such innovation in this newsletter: our prison re-entry and opioid treatment programs. Your support for these advances in health care — and social justice — allows us to seek additional funding for proven programs.

**Community:** Many private clinics refuse to accept Medicaid patients, citing low reimbursement rates. We welcome patients who rely on Medicaid — and every patient — with open arms.

With your help, we can put an end to unjust disparities in access to and quality of health care. We can create a world in which sickness and health do not depend on how much money you have, where you come from, what language you speak or who you love.

**Empowerment:** We empower you to be part of something bigger than yourself, to make a difference for others, and to create a stronger community that cares for everyone.

*Thank you for your support. We deeply appreciate your commitment to the work we do to make life healthy, welcoming and just for all.*

Sincerely,

Raleigh Watts, Executive Director

## Welcome to The Pulse!

We’ve launched The Pulse to show you what a profound difference you make when you support our clinics. The newsletter will be published quarterly, exclusively for the people, families, companies and foundations whose gifts support high-quality health care. We hope you enjoy learning how you make life healthier, happier, and more just for people who might otherwise go without the compassionate health care every human deserves.



# Your generosity builds a new dental clinic for our community

Wide-eyed with excitement, soon-to-be-healthier smiles beaming, the Country Doctor and Carolyn Downs community celebrated the opening of our new dental clinic in February — a landmark achievement funded in part by generous gifts from people like you.

Right next door to Country Doctor, the new clinic has seven open bay chairs and one private exam room, all outfitted with leading-edge equipment like digital radiography. A comfortable lobby and airy atrium help make a visit to the dentist a pleasant experience for people of all ages.

The building also houses offices to serve pregnant women, HIV/AIDS management, diabetes education and more.

"This dental clinic is state-of-the-art," proclaims Dental Director Jeanne Chan, DDS. "It will be great for our patients to have their medical and dental care in the same place so dentists and primary care physicians can easily communicate."

Your generous gifts made this extraordinary clinic a reality. And the people who rely on Country Doctor for comprehensive, high-quality medical care are on their way to leading healthier lives because of it.

Thank you to supporting our vision, expanding access to vital health care, and improving the overall health and well-being of our patients for years to come.

We are still welcoming gifts to complete the dental clinic fundraising campaign.

Make your gift at  
[CDCHC.org/DONATE](https://CDCHC.org/DONATE).

## Dental Director sets her sights on improving patients' overall health

Dental care isn't just about your teeth. A healthy mouth = better overall health, too.

Yet many people living in poverty go years without seeing a dentist. Oftentimes, the resulting tooth decay and gum disease elevates the risk of heart disease, diabetes and other life-threatening health problems.

"At our clinic, we believe that health care is a right, not a privilege that only certain people can afford," says Dr. Jeanne Chan, DDS, who directs our new dental program.

After emigrating to the U.S. from Hong Kong when she was 16, Jeanne lived in South Seattle and relied on community health clinics for her own medical and dental care. She went on to graduate from Whitman College and the University of Washington School of Dentistry, and later serve in the Peace Corps.

Dr. Chan's previous experience includes serving her residency at a VA hospital in Dallas and working in other community clinics in Iowa and Seattle before joining us last fall.

"I'm excited that we can provide our patients with high-quality dental care," Dr. Chan says. "It's an absolutely integral part of their overall health."



## Innovative Programs to Treat Opioid Use Disorder and Prevent Overdose Deaths

Overdose is the leading cause of accidental death for adults in Washington. Most of these deaths are caused by opioids like heroin and pain pills. Recently the very potent opioid fentanyl has become more available. Besides the risk of death, opioid use disorder destroys people's health and wellbeing.

Our Office-Based Opioid Treatment (OBOT) program integrates opioid treatment with primary care, reducing stigma and empowering providers to care for the whole person. A new Low-Barrier program, in partnership with Community Psychiatric Clinic and Hepatitis Education Project, offers walk-in appointments during Needle Exchange hours. This approach meets people where they are and allows rapid access to treatment for those who face barriers to scheduled appointments.

"We're seeing a large segment of the population we weren't reaching, and that inspired us to find new ways to offer treatment, especially as the need is growing and the

"THAT INSPIRED US TO FIND NEW WAYS TO OFFER TREATMENT"

availability of treatment is shrinking," explains Jen Arthur, program manager.

Funded by grants and private gifts, the Low-Barrier program provides medications that treat withdrawal symptoms and control cravings, as well as offering access to mental health and substance use disorder counseling. Patient navigators are available to coordinate care, while nurses offer Hepatitis C and HIV testing. Everyday a patient takes their opioid use disorder medications they cut their risk of overdose death in half. Medications also stabilize them to participate in life and other beneficial services.

## 'You saved my life'

### Belinda expresses gratitude for transformative reentry program

Sometimes, all it takes is a little help to make you believe in yourself again.

That's how it happened for Belinda, who suffered abuse, addiction and financial struggles and served 10 years in prison before she found fresh hope thanks to Country Doctor.

"They came to the work release program and offered help with addiction, mental health, housing, rehabilitation for getting back in society after being in prison — just everything," recalls Belinda. "At first, I thought they were lying because I never had anyone look out for me. But at every corner, they were there for me."

Our Seattle Reentry Program addresses medical issues neglected during incarceration as well as social, emotional and behavioral health needs.

Belinda's care encompassed chronic intestinal issues, mental health and family counseling, treatment for opioid addiction, and help finding housing, transportation and employment. A peer mentor helped make sure she was "always on the right path."

"The staff wants you to know you are special, that you are important just like everyone else," Belinda says. "They make me feel good about myself."

Newly sober with a stable job, Belinda reconnected with her two grown sons and 10-year-old grandson. She hopes to become a peer mentor who can show others that "you don't have to be the product of addiction, that you can be strong and make it with the help of Country Doctor."

Belinda beams with gratitude for the donors who support the program.

"Oh, my goodness, I'm so thankful. It's such a blessing that there are people who don't even know me but are willing to donate to help me."

Imagining how she'd express that gratitude to you and other donors who support Country Doctor, Belinda put it simply and powerfully:

"YOU SAVED MY LIFE."





# Country Doctor Dental Clinic Open House



Photos: Andy Shepherd



**COUNTRY DOCTOR**  
COMMUNITY CLINIC



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