

A NEW START

Our *Entre Amigas* (Among Friends) support group allows survivors to share experiences in a safe space and gain knowledge and tools to apply to their unique circumstances. One of our *Entre Amigas* participants recently immigrated to the U.S. from a low income, marginalized neighborhood in El Salvador. Seeking a violence-free environment and a fresh new start, the 17-year-old fled from her violent father, and settled with her mother and younger sister in McAllen, Texas. After a rough time in that area, they eventually settled in Washington, D.C. with her aunt and cousin, who recommended La Clínica's *Entre Amigas* program. While she has been a part of our program, she has been navigated to health insurance in DC, is currently working towards her GED, as well as taking English classes. She has found support, camaraderie, and a sense of community among other women who were in similar situations.



LANGUAGE ACCESS

La Clínica has identified language services as a priority in order to address issues of health equity and health access. When referred to specialists outside of La Clínica, LEP (Limited English proficiency) patients describe difficulty scheduling appointments, and often wait longer before their providers can see them. In 2018, nearly 18,000 interpretations were provided! La Clínica wishes to expand its Language Access program by increasing the number of medical interpretations provided to low-income and uninsured LEP individuals.



ADVOCACY

In the current political environment, where so many policies and issues affecting immigrants, women, and the LGBTQ community are in flux, La Clínica has made it a priority to advocate strategically as part of our work. One example of our efforts this past year, was seen through our participation with our Washington Interfaith network (WIN) partners to

ask DC's mayor to increase funding for the Immigrant Justice Legal Services grant. Our ask was for \$2.5 million to be committed to the grant program (a \$1.6 million increase), which won. This important funding provides legal services for the immigrant community and to further extend legal services to immigrants detained by federal immigration agencies.

THANK YOU FOR MAKING A DIFFERENCE!

YOUR DONATIONS PUT TO WORK IN 2019

Already in 2019, your generous donations have fueled our work and have given hope, wholeness, and new beginnings to our thousands of patients and program participants. When our community is healthy, we see it thrive. Enjoy some of our favorite highlights and stories from the year; those that keep us wanting to do more!

SPOTLIGHT ON MENTAL HEALTH

Mental Health supports have been critical this year as patients and clients have contended with new policy and rulings that have had dire effects on their stability and sense of place.

One patient story that brings your giving to life is that of Marta

Marta, a 13-year old girl from El Salvador, recently arrived to the U.S. to be reunited with her parents after an eight-year separation. Upon her arrival, her depression took a toll on her, and she was referred to our Mi Familia program after her mother observed that she was withdrawn from her friends and family members. We invited Marta's mother into our psycho-educational group where she gained the strength and assistance in dealing with Marta's psychological well-being. In addition to group therapy, Marta received individual therapy to air her frustrations and feelings in an open, receptive space.

Today, Marta uses therapy to learn better communication skills and coping mechanisms. She has come to accept the past and has been able to verbalize her feelings to her family.

When we see success stories like Marta's, it motivates us to do even more, especially to reach those families in our community, during this time, who are living in fear due to immigration raids and separations from their families. We are motivated to advocate for expanded safety-nets and policies, to be inclusive of those who are otherwise excluded, and to enhance our model to be most responsive to the biggest challenges we face today.



MI FAMILIA

Our Mi Familia program includes culturally and linguistically accessible mental health screening, individual and group therapy, and a unique family counseling program with a 14-week psycho-educational curriculum that teaches family members about stress management, coping with trauma, parental support, positive discipline, and effective communication.




MI REFUGIO

Over the 2018-2019 school year, La Clínica served 175 students through Mi Refugio (a 45% increase of students from last school year). One hundred percent of the senior students we served successfully graduated and two of our students were selected to be student leaders for a National Institute of Health (NIH) community outreach program, which targets youth interested in exploring STEM careers. 19-year-old Jese Granados, shared already, in his first semester,

at Northwestern High School, "I have been able to get my schedule changed, complete my community service hours, finish my senior testing, and receive my senior package information. With Mi Refugio's help, I have been able to get on the right track and make sure I am taking the right classes and tests to graduate." Like Jese, many of our Mi Refugio participants are catching up to school requirements here in the US, and our staff work hard to guide them through a brighter future.



3,938 
PATIENTS SERVED

**YOUR SUPPORT
 MAKES AN IMPACT**

 **10,019 MEDICAL
 INTERPRETATIONS**



5,118 **STREET-OUTREACH
 ENCOUNTERS**
 PEOPLE REACHED THROUGH FAIRS, FLYERS
 DISTRIBUTION AND COMMUNITY FORUMS



 **132 WOMEN
 ATTENDING HEALTH
 EDUCATIONAL SESSIONS**

100%
**HIV POSITIVE
 CLIENTS
 CONNECTED
 TO HIV NAVIGATION
 SYSTEMS WITHIN
 24 HOURS**



**120 PLAYERS
 IN SOCCER TOURNAMENT**

54 
**PARTICIPANTS
 IN MI FAMILIA
 PROGRAM**