

The Achievable Foundation

It's **achievable**

Summer 2018

From the CEO's Desk: Carmen Ibarra



The Achievable Health Center's Five Year Anniversary - Looking Forward: Part 2

As we celebrate the five-year anniversary of the Achievable Health Center, I have reflected back on our beginnings and looked into our future, especially some of the strategic partnerships and job training programs we hope to create here at Achievable in partnership with medical schools and community colleges around Los Angeles. I wanted to take an opportunity in this newsletter to talk about how our health center can keep up with the demand for our services over the next five years.

It is no secret that Achievable has been a huge success. Since our doors opened we've grown from serving just over three-hundred patients in our first full year to almost two-thousand this last year. To keep up with that growth we have increased the number of providers on staff from three in 2013 to seven currently, and we are still hiring! Our total staff has grown from about half a dozen to twenty-five total. However, no matter how much we would like to increase the number of patients we see at our Culver City site, eventually we will be limited by the physical space in our health center and unfortunately there is no option for Achievable to acquire more space in our current location. Co-location with the Westside Regional Center is critical to one aspect of our successful model—a health center located in the same building as a Regional Center, thus creating a sense of familiarity for our patients with developmental disabilities who are too often scared to see medical providers.

If Achievable is going to continue to grow to serve more patients with intellectual and developmental disabilities (I/DD) and other vulnerable populations, we must begin looking beyond our current location, and that is exactly what we will be doing. Over the course of the next few years, Achievable will begin the process of creating a second location. This is the only way for us to expand the number of patients we see beyond a certain level and continue impacting the health care field for the populations we serve.

Ideally we would like to co-locate with another regional center where the need for physicians is great, especially within the community with I/DD. This would allow us to create another health center in a space where individuals with I/DD are already comfortable. However, like many changes in life, expansion for Achievable will not be easy and the path is still unknown. And like many changes in life, expansion holds all sorts of exciting potential for Achievable. I hope that you, our community of supporters, will join us in this exciting next step for our very special organization. Together we can do great things for Achievable!

Achievable is hiring medical providers!!

If you are interested in being part of a team innovating a new model of care for vulnerable populations, especially individuals with developmental disabilities, go to our website to apply:

<https://achievable.org/contact-us/join-our-team/>

Patient Interview: Meet the Cubias Family



For Julia Cubias and husband Edwin, their family's road has not been easy since their first son Edwin Jr. was diagnosed with autism at 2 ½. Now 26, he is nonverbal with severe OCD tendencies and characteristics that can cause heads to turn in public. With a 7-year-old little brother now in the clan, normal family dynamics and sibling rivalry are compounded.

Having gone to school until age 22 and with a past employment history, Edwin's family is currently seeking a volunteer opportunity for him. Though they've not yet had luck locally, they

hope eventually he'll be able to find a part-time job that will suit his organizational prowess. Anything that can smooth everyday life is a big win. After having visited the health center last summer, they feel very fortunate to have found Achievable.

"It was hard before, going to the general health center," Julia remembers. "The doctors did the best they could, but had no background treating patients with autism. It didn't feel comfortable, and it was confusing to them how to care for him. He's nonverbal, so it's very much a guessing game. I do the best I can, but sometimes it's hard to tell what's wrong."

The family immediately felt the difference at Achievable, which they landed upon last year after scouring for a primary care doctor with background in treating individuals with autism. They say the doctors' approach sets it apart from anything they'd experienced before. Enough so that they find it well worth the commute from the San Fernando Valley. "They actually care. We talk openly. They listen and hear us out," says Julia.

She recalls an "extraordinary" example in care that made all the difference to their family. Edwin had been actively sick for two weeks. He was dropping weight and looked weak. He couldn't do his usual hour-long morning hike. When they called the health center, Edwin was granted an appointment right away. Because his usual doctor was out, they were asked if they'd be comfortable seeing a different doctor. They still found themselves in excellent hands with Dr. Wu, who referred Edwin to the ER to monitor for dehydration.

Julia says "Dr. Wu went the extra mile. She called St. Joseph's to let them know we were on the way so they wouldn't make him wait. When we arrived, sure enough, they said 'Come on in...' We were amazed. That follow-through makes so much difference."

The family credits Achievable with helping transfer Edwin to a dentist near the health center who has a background treating patients with autism. There are other things to address, but for now, they are feeling grateful and on the right track. "You look at the positive," says Julia. "We're very grateful his healthcare is there now."

Friends of Achievable

Do you want to help Achievable make a difference in the lives of individuals with developmental disabilities and underserved populations? Do you have experience with marketing, event planning, fundraising or other areas? Please join our "Friends of Achievable" Advisory Council today! Contact Josh Kruskol at jkruskol@achievable.org or 424-266-7483 for more information.

New Legislative Alert

A new bill being presented to Congress could aid in the funding, staffing and creation of health care centers like Achievable, across the country geared to serve people with I/DD.

The Healthcare Extension and Accessibility for Developmentally disabled and Underserved Population Act of 2018, or HEADs UP Act, would designate people with Intellectual and Developmental Disabilities (I/DD) as a Medically Underserved Population (MUP) under the Health Services and Resources Administration (HRSA).

Legislators have long advocated that this designation would help to close some of the healthcare gaps for people with I/DD. From addressing the current lack of experienced physicians to physical locations geared to these patients, the MUP designation would open up new possibilities in treating individuals with I/DD through access to new federal funding streams. This funding could be used to build and operate specialized health centers like Achievable which incentivize physicians to treat individuals with I/DD through programs like increased reimbursement rates and loan forgiveness.

MUP designations are based on criteria like ratio of primary care physicians to population; infant mortality rate; poverty level and age of the population. The one current criteria for MUP designation the I/DD population does not meet is that the population be living in one geographic area, which has been the bump in the road historically. Those who support the bill believe it's time to modify that criteria for the I/DD population.

“The best way to celebrate the 28th anniversary of the signing of the Americans with Disabilities Act and the 50th Anniversary of the Special Olympics is to take the next step toward ensuring that those living with intellectual and developmental disabilities can live full and happy lives,” said Massachusetts Congressman Seth Moulton, who authored the bill. “Every person with intellectual and developmental disabilities should be fully integrated into our communities. But right now, we’re failing to give them basic healthcare. This needs to stop. We have the opportunity to create a turning point in the way we care for some of the most medically underserved people in our country. Access to healthcare is a human right, and we have an obligation to make sure that those most in need are getting the care they deserve.”

Readers are encouraged to contact their Congressional representatives and ask them to support this bill. Find your representative and contact information at <https://www.house.gov/representatives/find-your-representative>.

THANK YOU to the Supporters Who Make a Difference

S. Mark Taper Foundation	\$75,000	Mr. and Mrs. Kent Graham	\$1,000
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Options for Life	\$1,500		



The Achievable Foundation's mission is to provide high quality, integrated health care to individuals with intellectual and developmental disabilities, their families, and other vulnerable populations.

5901 Green Valley Circle, Suite 405
Culver City, CA 90230-6953

Wine Tasting with Achievable



On June 10, The Achievable Foundation hosted an exclusive wine tasting fundraiser in partnership with Chateau Ste. Michelle winery, serving up a wine-country inspired afternoon at the bustling Westwood eatery Napa Valley Grille. More than 80 guests were treated to a five-course tasting menu, expertly paired with Chateau Ste. Michelle's award-winning wines and discussion with their National Wine Educator Paul Asikainen. Guests also heard from

Achievable parent and patient Cornelia Hewitt, and enjoyed a special performance by Scott Seigel and Jenny Pierre Seigel.

The afternoon raised approximately \$20,000 to help fill the gap between insurance reimbursement rates received by Achievable and the cost per visit due to our specially trained staff, extended appointment times and specialized patient care coordination.



Chateau Ste Michelle

*Achievable would like to thank
Chateau Ste Michelle for its 2018 wine partnership.
We are grateful for your support.*