

# 2020 YEAR-END REPORT

Thriving in the Age of COVID 19



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**YEAR IN REVIEW**



## Carmen's Corner

*Carmen Ibarra, CEO*

As this challenging year has underscored, The Achievable Foundation's aim to change the face of healthcare for our most vulnerable community members is more critical than ever. With the continuing pandemic and resulting economic conditions that disproportionately impact already underserved communities, never before has the need for specialized, quality healthcare been more important.

Despite all the challenges that COVID 19 has created, Achievable's doors have remained open to our patients through the worst of the pandemic. Even in the bleakest days, we've been able to meet the battle head-on with expanded services – from Telehealth to extended weekend hours to mental health resources – and are continuing fundraising with the end goal of making an even greater impact. The Achievable Health Center has

seen exponential growth since opening its doors as a community health center in 2013. We welcomed around 350 patients that first year, and now, are serving more than four times that on an annual basis. Importantly, we've nurtured our integrated care model to address comprehensive health and well-being, and now offer a full department dedicated to mental health on-site.

Although originally established to serve those with an intellectual or developmental disability (I/DD), over the years Achievable has become intimately familiar with the healthcare disparities that exist within other medically, and socio-economically vulnerable populations. As a result, Achievable is committed to healthcare integration, and being the medical home of choice for our patients of all abilities throughout their lifespans regardless of their financial or insurance status. A majority of patients we serve

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come from low-income households, insured by Medi-Cal or Medicare, and reside in areas with some of the poorest health indicators in LA County.

As such, we know firsthand that there is still so much more that must be done to serve even more people who need it most.

As is typical at the end of the year, you'll see statistics in this issue about who we are, who we serve and how we're growing. I ask that you look beyond those numbers – remember each represents a real person with health needs that Achievable is uniquely qualified to address.

And together, we can make a very real difference.

We are ready and up to the task as we look ahead to 2021 as an established leader in quality specialized healthcare.

Thank you for your support as we double down and continue providing mission-driven quality healthcare for all. Here's to a happy and healthy 2021.

With gratitude,



Carmen Ibarra, CEO

YEAR IN REVIEW  
*Patients Served: 2,050*  
*Patient Visits: 5,150*



## BOARD OF DIRECTORS

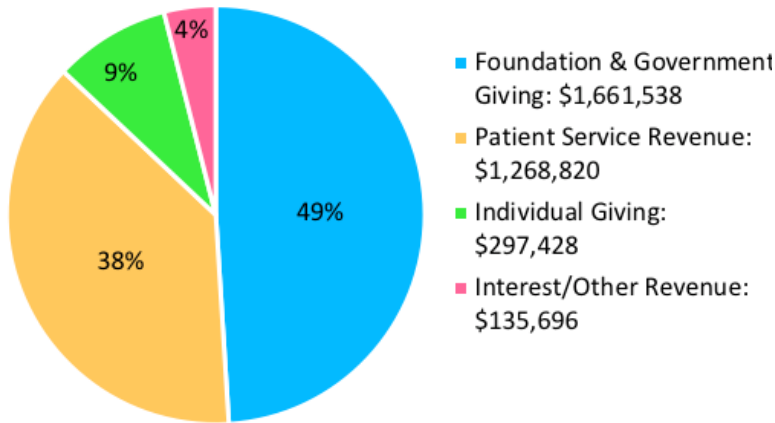
Kent V. Graham, President  
Ted Tannenbaum, VP  
Eric Carr, Treasurer  
Nancy Leonardo, Secretary  
John F. Chavez, Assistant Secretary  
Geraldine Clarke-Flowers, Director  
Anika Duncan, Director  
Michael Galper, Director  
Lou Spitz, Director  
Francis Yee, Director  
Sally Hughes, Director  
Jacqueline Jean-Baptiste, Director

## BOARD EMERITUS

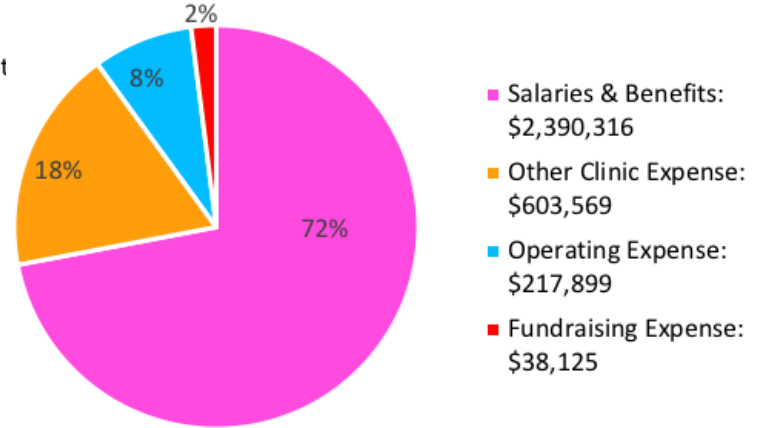
Mike Danneker  
Bob Steiner

# THE ACHIEVABLE FOUNDATION FISCAL YEAR ENDED JUNE 30, 2020

Revenues  
\$3,363,482



Expenses  
\$3,345,553



## GRATITUDE

We are so grateful for your generosity,  
commitment and ongoing support!

L.A. Care Health Plan	\$245,000	The Sawchuk Family Foundation	\$10,000	Mr. Mark B. & Mrs. Pearle Rae Levey	\$2,000
JL Foundation	\$150,000	Mr. Bob Steiner	\$9,080	Mr. Lawrence Lunt	\$2,000
Cedars-Sinai Medical Center	\$128,708	Ms. Marla Wolkowitz	\$8,487	Schwab Charitable Fund	\$2,000
Weingart Foundation	\$100,000	Mr. Lou & Mrs. Melinda Spitz	\$7,000	Swanton Foundation	\$2,000
Los Angeles Initiatives Support Corp.	\$75,000	Mr. Ted Tannenbaum & Ms. Danise Lehrer	\$6,550	Mr. Jerry & Mrs. Karen West	\$2,000
John Gogian Family Foundation	\$65,000	Mr. & Mrs. Graham	\$6,475	Ms. Olivia Harrison	\$1,925
The Ahmanson Foundation	\$59,200	SoCalGas	\$5,000	Mr. Alan C Kenney	\$1,816
Direct Relief	\$50,000	The Wende Museum	\$5,000	Ms. Beverley Kruskol	\$1,525
Good Hope Medical Foundation	\$50,000	Dr. Pam Wiley	\$5,000	Aloha Drugs	\$1,500
The Material World Foundation	\$44,050	Mr. Amir Desai	\$4,038	Mr. Michael Berman	\$1,500
Kaiser Permanente Southern California	\$40,000	Mr. Ira Goldberg	\$3,500	Mr. David & Ms. Joyce Mark	\$1,500
The Ralph M. Parsons Foundation	\$40,000	Mr. Jack Darakjian	\$3,500	Mr. Leonard & Mrs. Annette Shapiro	\$1,500
California Community Foundation	\$25,000	Manufacturers Bank	\$3,200	Mrs. Carmen & Mr. Leonel Ibarra	\$1,400
Los Angeles Lakers Inc.	\$25,000	Ms. Barbara H. Dancy	\$3,000	Network For Good	\$1,400
Annenberg Foundation	\$20,000	Mr. & Mrs. Jerry Doren	\$3,000	Mr. Mark Potter	\$1,300
George Hoag Family Foundation	\$20,000	The Sheri & Les Biller Family Foundation	\$3,000	Ms. Stephanie Schaffer	\$1,250
The Rose Hills Foundation	\$20,000	West Basin Municipal Water District	\$3,000	Mr. Steven Aaron	\$1,000
Crail-Johnson Foundation	\$15,000	Mike Galper	\$2,650	Ben B. & Joyce E. Eisenberg Foundation	\$1,000
Mr. John & Mrs. Patty Nickoll	\$15,000	Mr. and Mrs. Mike Danneker	\$2,620	Breslow Family Foundation	\$1,000
The Rosalinde & Arthur Gilbert Foundation	\$15,000	Options For Life	\$2,550	Mr. Eric Carr	\$1,000
Supervisor Mark Ridley-Thomas	\$12,500	Albert Vera	\$2,500	Fidelity Investments	\$1,000
Lucille Packard Foundation for Children's Health	\$11,250	Mr. Chuck & Ms. Diane Hill	\$2,500	Golden State Water Company	\$1,000
Carl W. Johnson Foundation	\$10,000	Ms. Meghan Sahli-Wells	\$2,500	Mr. Larry & Mrs. Nancy Levitt	\$1,000
Mr. James & Dr. Anahita Lovelace	\$10,000	Special Needs Dental Associates (Timothy Lekavich, DDS)	\$2,500	Dr. James & Mrs. Marianne Mertz	\$1,000
The Chicago School of Professional Psychology	\$10,000	Sportsman's Warehouse	\$2,500	Mr. Johnathan & Ms. Royal Kennedy Rodgers	\$1,000
		Ms. Claudia Kunin	\$2,350	Mr. Ken Sleeper & Ms. Diane Ladine Manke	\$1,000
		Mr. Harry Horowitz	\$2,000	The Gurwin Family Foundation	\$1,000
				Mr. and Mrs. Werner Wolfen	\$1,000

7/2019 - 12/2020



## INCREASING CAPACITY &amp; ACCESS TO CARE

mental alternative dignity PLAN  
 research diagnosis SAFE preventative  
 trust insurance clinic community  
 education choice quality  
 HOLISTIC healthcare  
 responsibility treatment orthodox support therapy  
 professional long term complementary



COVID 19 has illuminated the vast health disparities that exist within communities of color. The need for casting a wider net to serve more people has never been more urgent. Thanks to the generosity of L.A. Care Health Plan, Cedars-Sinai, Kaiser Permanente, The Good Hope Hospital, and Health Resources Services and Administration (HRSA), The Achievable Foundation has now been able to increase its programs capacity threefold in the following areas.

With a start-up grant from L.A. Care Health

Plan, Achievable has expanded its services to underserved Latinx communities.

According to Achievable's community health needs assessment, Latinx residents in Achievable service area, especially those living in poverty, experience higher rates of chronic disease disparities which includes high prevalence of diabetes, certain cancers and obesity. Additionally, a great number of community members do not seek care because of language and cultural barriers.

Our goal is to expand access to, and provide,

high quality healthcare services to community members who reside within Achievable's service area. We hope to provide healthcare services to at least 350 new patients from this hardly reached community by the end of the 2-year grant period. Moreover, we will make available a bilingual provider and other staff members who are culturally competent, to increase the chances of developing stronger and trusting patient-provider relationships. We will also help patients navigate the health insurance system and provide enrollment assistance.

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With access to our health center, patients will be offered comprehensive, culturally competent, integrated, whole person quality healthcare.

#### **Integrated Healthcare**

Key to wellbeing is addressing mental alongside physical health. It is imperative these resources are available to people with an intellectual or developmental disability (I/DD), who compared to the general population, are disproportionately more likely to have mental health needs alongside the physical health challenges they face.

What began as a partnership with The Chicago School of Professional Psychology (TCSPP) has blossomed over the past year into a full-time department

dedicated to serving the mental health needs of Achievable patients.

We have delivered on our goal to create a fully integrated primary and mental health care system that is accessible to all patients.

#### **ACEs Screening**

To curb the lasting impact of childhood trauma, which can carry implications throughout a person's entire life, Achievable now offers Adverse Childhood Experiences (ACEs) screening. ACEs are potentially traumatic events that occur in childhood (0-17 years), and can include a child experiencing violence; abuse; neglect; witnessing violence in the home or community; or having a family member attempt or die by suicide.



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Moreover, growing up in a household where there is substance misuse, mental health problems, and instability due to parental separation or household members being in jail or prison can undermine a child's sense of safety, stability, and bonding. ACEs are also linked to many chronic health problems, mental illness, substance misuse, and can negatively impact education and job opportunities in adulthood. However, ACEs can be prevented.

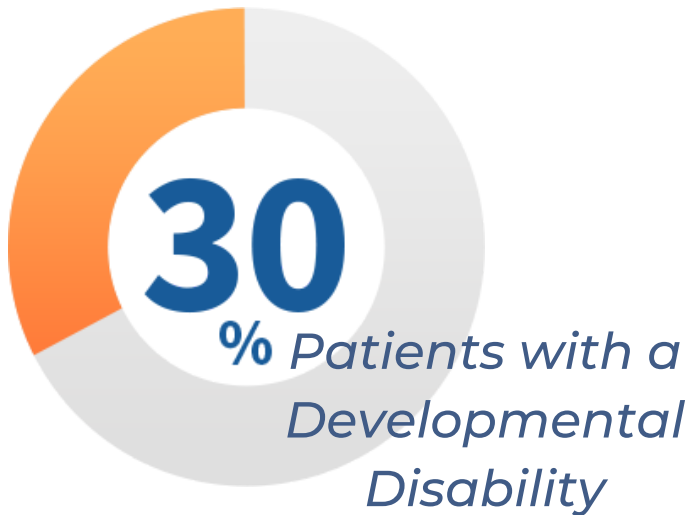
Some of our goals are to improve screening and early identification of behavioral health issues in patients, improve access to - and provide - specialty psychiatric therapy and other mental health services to patients within an integrated model of care, and contribute to the workforce of providers specializing in serving individuals with mental illness, especially those with an intellectual or developmental disability (I/DD) and their families.



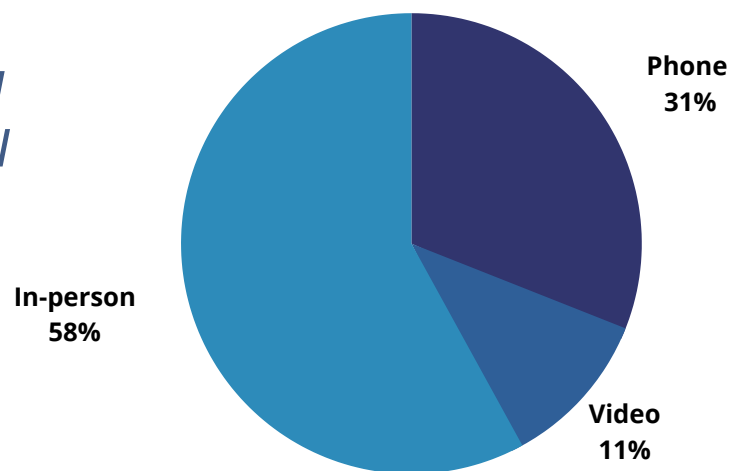
*The new year stands before us, like a chapter in a book, waiting to be written. - Melody Beattie*



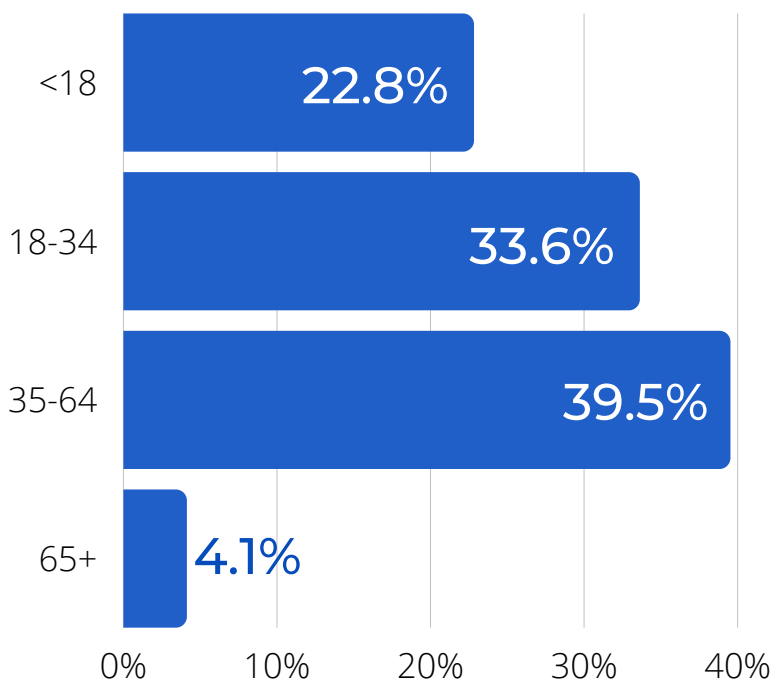
# achievable Patient Demographics



## Health Clinic Visits by Type



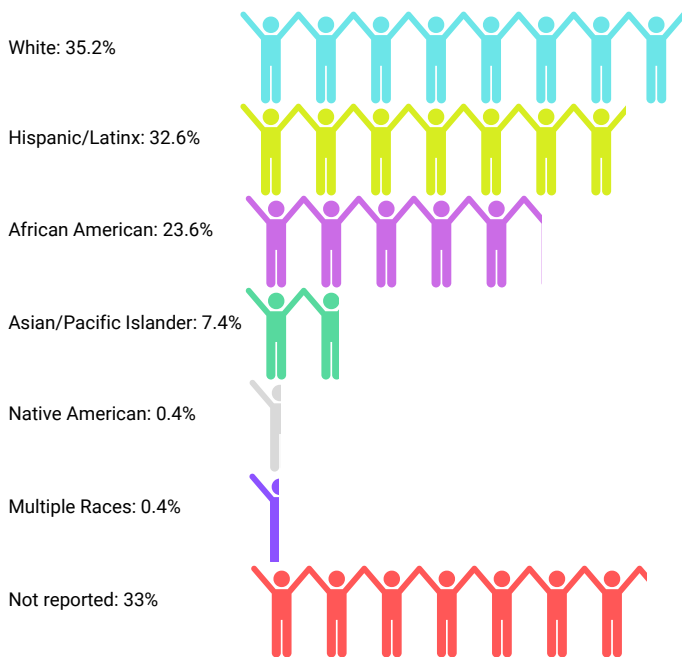
## Patient Age



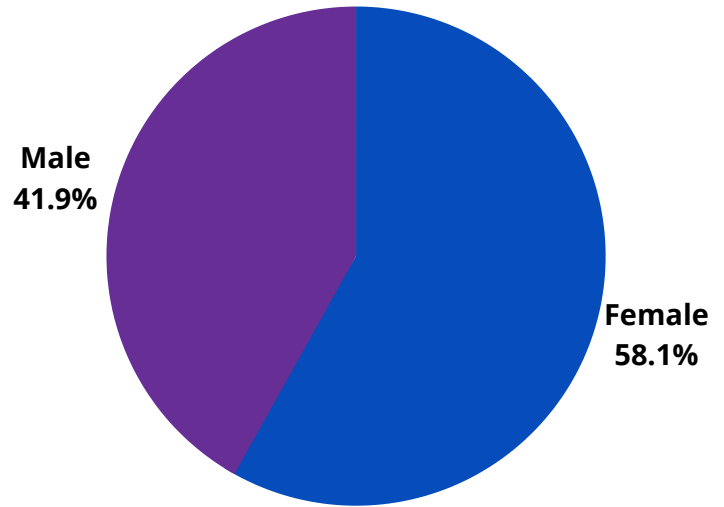
94%

of 5 year-olds have received their immunizations and are school-ready

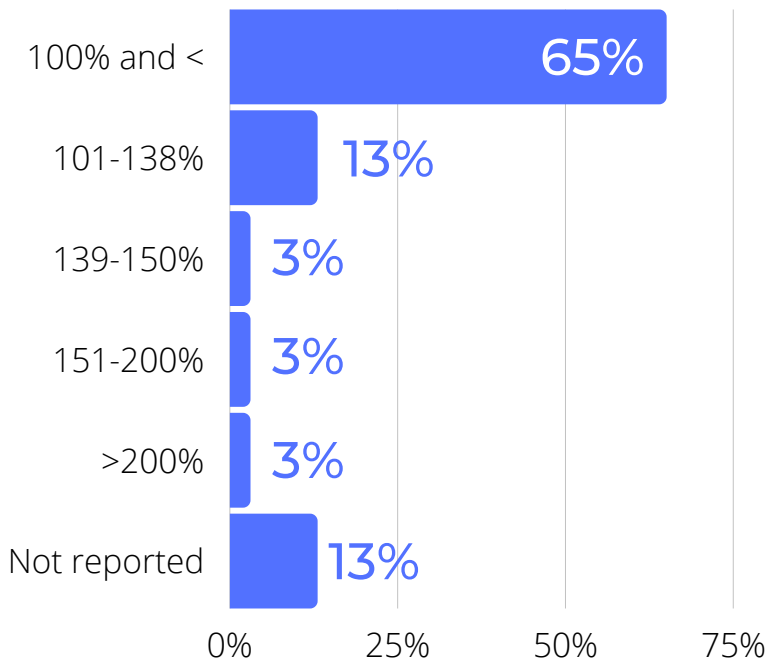
## Patient Race & Ethnicity



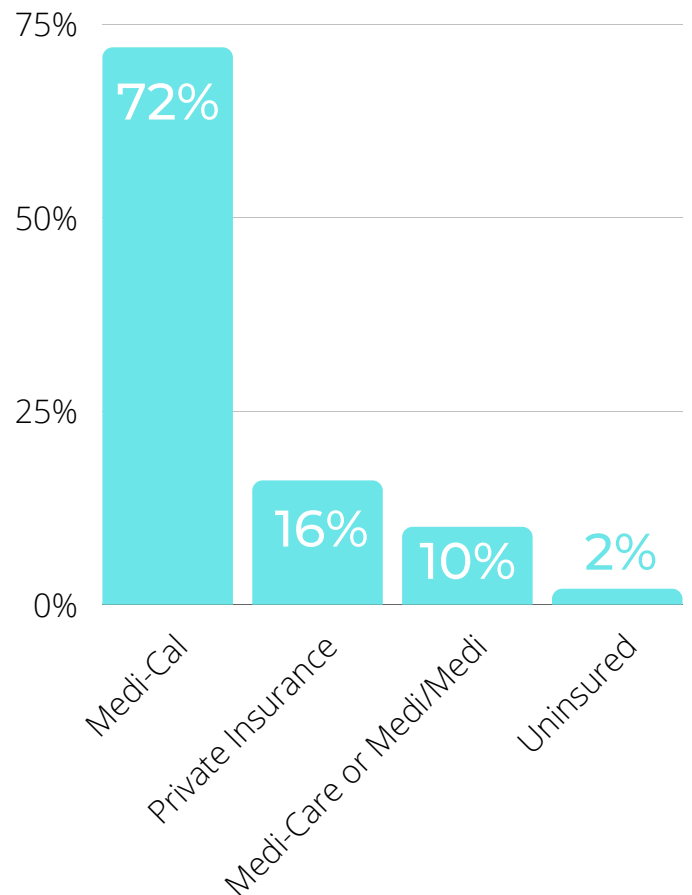
## Patient Gender



## Household Income % Below Federal Poverty Line



## Type of Insurance



## Board Notes: Welcome Jacqueline Jean Baptiste

*We are thrilled to welcome our newest board member and Achievable patient Jacqueline Jean Baptiste. Having grown to adulthood with undiagnosed learning disabilities that profoundly impacted every part of her life, Jacqueline intimately understands how important finding answers and intervention at a young age are. Her story in her own words underscores how pivotal a role access to quality, specialized resources can play in preventing anyone from slipping through the cracks.*

I was born in Haiti on July 24, 1969, and learned to speak Creole and some French. I never knew my parents. I was raised as an orphan, and lived with various relatives and strangers throughout my adolescence. I started going to school in the sixth grade but I could not read or write. My teachers passed me in my classes so I did not know I had a learning disability. No one was around to help me.

I was sent to live in Los Angeles with a family I did not know when I was 20. Even then, I did not know I had a learning disability. I was frustrated, angry, and looking for answers. I started working as a housekeeper when I should have been going to school. I needed the money to survive. Every night, I went to South Gate school and studied to become a Certified Nurses Assistant, even though I didn't know how to read.

My first job in the medical industry was at a convalescent hospital where I cared for 16 patients. From there, I transferred through multiple facilities and departments. I was having trouble with my assignments due to my learning disability. Ultimately a series of work injuries forced me to resign.

I took various classes at different schools and was tested at West LA College, but they said I did not have a learning disability. My life was spinning without me knowing what to do. I could not read, write, or spell. I knew I had a problem, but didn't know what the problem was. I was in Los Angeles on my own with no direction. I was depressed. I was alone. I was a lost sheep in the world. I couldn't pass any exams.

I did not discover I had a learning disability until 2012 when I was in my early forties, and finally a psychiatrist referred me to the Regional Center, which is where I first learned that I had multiple disabilities. That's when my life started making sense to me, and I started seeing a change. I started getting assigned caseworkers, and people started helping me

To this day, I am still challenged by living with my disability but I am better today than where I used to be. I've come a long way in my journey.



Jacqueline Jean Baptiste

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*"Surviving is important. Thriving is elegant." - Maya Angelou*



## We Welcome Blanca Saffold, Operations Manager

Achievable welcomes Blanca Saffold to manage Health Center Operations. Blanca graduated from Columbia College in Chicago and holds an MBA from the University of Scranton in Pennsylvania.

Before joining the Achievable team this fall, Blanca spent 10 years in healthcare leadership, most recently as a Clinic Administrator at the Northeast Valley Health Corporation in the San Fernando Valley. She had oversight of more than 150 full-time employees in a multispecialty clinic where the staffing model included physicians,

managers, supervisors, nurses, medical assistants, administrative interns and volunteers. She also was responsible for clinic compliance with policies, protocols, procedures, and other regulatory mandates.



Blanca Saffold

Blanca also gained experience at UCLA's department of neurology and has been involved in numerous community outreach projects including meeting with political figures and civil rights activist Dolores Huerta.

Blanca was motivated to join Achievable's cause to eliminate the barriers individuals with I/DD face in accessing quality healthcare services. The Achievable team welcomes her wealth of knowledge and professional skills in healthcare administration and management.

## Board Notes continued from page 10...

Every day, I can see my growth, and I have an amazing team of people working with me from On My Own and Network 1. I get tutoring for my GED from FACTS. They are committed and have helped me grow. I am very fortunate and grateful for the Regional Center. I also am thankful for Achievable. Everyone knows what to do, especially for someone like me who has a background in the medical field. I know what great service is, and the staff at Achievable are amazing. Dr. Catanzarite is warm, friendly, kind, compassionate, listens, and knows her job.

I am a single individual so I don't know how I would manage living during this pandemic without this support.

My schedule is very busy, and I exercise a lot. I am a spin teacher and practice yoga. I live a healthy lifestyle. Journaling has also helped me a lot. I read self-help books that encourage me and lift me up. I have a vision board. I give gratitude every single day for everything I have. I don't have everything I want, but I am grateful for what I have.

Never stop saying thank you for the little things. I'm growing and learning. I can't wait to see what 2021 has in store for me. I am on a mission to overcome my learning disability, and I know I will.

- Jacqueline Jean Baptiste



## CONTACT US

The Achievable Foundation Health Center  
5901 Green Valley Circle, Suite 405  
Culver City, CA 90230

Appointments, Patients and Health Center Inquiries:

(424) 266-7474

General Organizational Information:

(424) 266-7480