

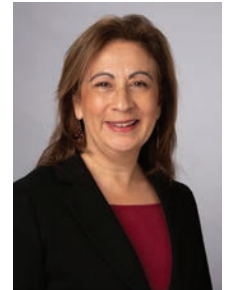
Inspiring Health. Improving Lives.

Message From The Chief Executive Officer

Dear Achievable Health Supporters,

On behalf of my colleagues, Achievable Health's Board of Directors and patients in our care, I wish to express our gratitude to the generous and engaged community who share the belief in our mission. Achievable Health is committed to providing high quality, integrated health care to individuals with intellectual and developmental disabilities (I/DD), their families and other vulnerable populations.

As we turn the page from 2023 to 2024, thank you for the year of celebration, growth and continued care provided to our patients and their families. I hope you too feel inspired and proud after reading the enclosed stories on the impact Achievable Health has on our community. The following are some highlights of the past year.



Carmen Ibarra (she/her)
Chief Executive Officer

We changed our name.

- In an effort to better communicate our mission and fulfill our belief that health care should be achievable to all, we changed our name. As we recently shared, The Achievable Foundation is now Achievable Health.

Achievable Health celebrated 10 years as a Federally Qualified Health Center (FQHC).

- Achievable Health was founded in 1996 as a charitable foundation that provided financial grants to individuals with I/DD and their families. In 2013, Achievable Health opened a first-of-its-kind nonprofit community health center focusing on the unmet health care needs of individuals with I/DD. That same year, Achievable Health was granted the FQHC designation by the Health Resources and Services Administration, becoming the first health center of its kind specializing in serving those with I/DD in California.

Alongside more than 175 friends and supporters, Achievable Health honored health care heroes at the 10th Anniversary It's Achievable Gala.

- Our 10th Anniversary It's Achievable Gala raised critical funds in support of Achievable Health and celebrated Kaiser Permanente, along with Achievable Health's Chief Medical Officer, Dr. Michelle Catanzarite.

Thanks to partnerships and support from Cedars-Sinai, Achievable Health expanded our commitment to Justice, Equity, Diversity, Inclusion + Belonging (JEDI+B).

- Achievable Health is committed to serving our workforce, patients, and community following the principles of JEDI+B. We lead with integrity and empathy in welcoming new beliefs and practices that may differ from our own. Ultimately, we invite our community to comfortably express their most authentic selves.

We expanded our team, including the hiring of Achievable Health's first Quality Improvement Coordinator. Our team continues to expand in response to the evolving needs of our community.

- The addition of a Quality Improvement Coordinator allows Achievable Health to evaluate our performance in surpassing higher levels of patient care performance and operational effectiveness.

Thank you for all you do to nurture and enrich the work we accomplish at Achievable Health.
All the best,

A handwritten signature in blue ink, appearing to read 'Carmen Ibarra'.

Carmen Ibarra
Chief Executive Officer

MEET CONNIE RIVERA

In sitting down with the vibrant Connie Rivera, her passion for Achievable Health is palpable. Connie, a first-generation Latina, has her BA from UC Berkeley and Masters from University of Southern California in Social Work. She is a program analyst in the City of Long Beach Department of Health and Human Services and has a love for hiking, boba, and Beyoncé.

Like many of our patients, she was referred to Achievable Health from Westside Regional Center. According to Connie, "The quality of care is noticeable because Achievable Health has an inclusive culture versus just a policy somewhere in a handbook. I always get all my questions answered and never felt silly for asking them."

Connie continues, "I believe that Achievable Health represents diversity, equity, and inclusion. For somebody like me that needs help but doesn't quite fit into the traditional disability box, it's nice to see that Achievable Health sees and creates a space keeping in mind the diversity of clients and their experiences. I just feel like I belong."

Dr. Michelle Catanzarite, Achievable Health's Chief Medical Officer, describes the importance of treating patients as individuals. "One important thing that I learned early on in my time at Achievable Health is the prevalence of something called 'diagnostic overshadowing.' For many patients with I/DD, doctors attribute new symptoms to their developmental disability and that's often not true."

Catanzarite continues, "A common example is a patient who's coming in with a change in their behavior. Maybe they're more irritable and angrier than they used to be. And if they present it to someone who is not really experienced in caring for people with disabilities or who doesn't know them well, often what will happen is the doctor will assume, 'that's just the autism, or they have a developmental disability, of course this is what's happening.' But often that change in behavior is a sign that an underlying health problem has arisen. And because we (at Achievable Health) have experience working with people with disabilities, we're careful to look for underlying causes for symptoms like behavioral changes."

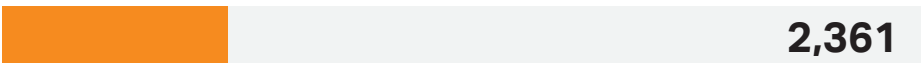


Connie shares how her own experience with this has shifted since becoming a patient at Achievable Health. "Sometimes my health needs are outside of my disabilities and it's good to have a safe space to share that. At Achievable Health, I feel like I'm getting answers and not micro aggressive questions or bombarded with health information that doesn't really pertain to me and is unhelpful but I get it because I'm a person with a disability."

Connie continues, "I really recommend Achievable Health to any person with a disability. These are professionals that know disability, know the struggle. And they create a safe space where you have genuine, caring people. For me, it takes a village for my success. I want Achievable Health to be a part of my village."

Fulfilling Our Mission: Achievable Health’s mission is to provide high quality, integrated health care to individuals with I/DD, their families, and other vulnerable populations. The metrics below provide a more in-depth look at the patients in our care.

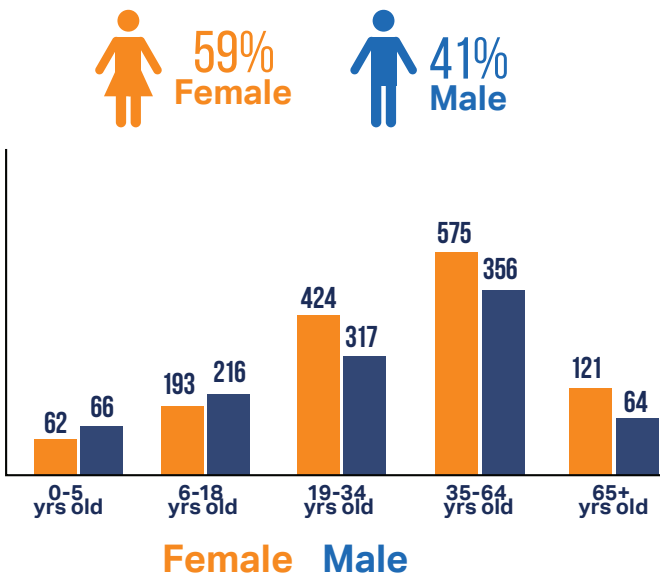
Unique Patients Seen



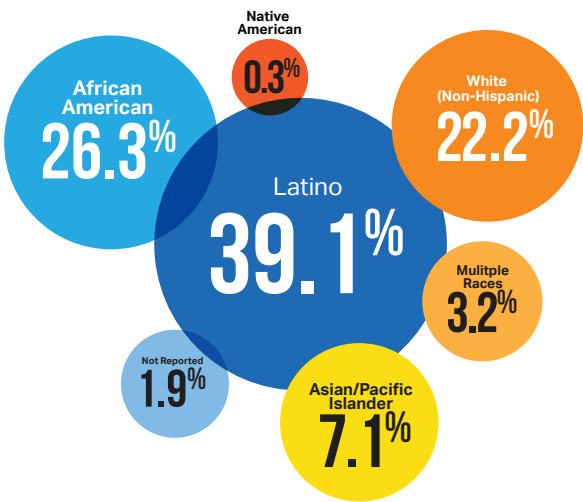
Patient Visits



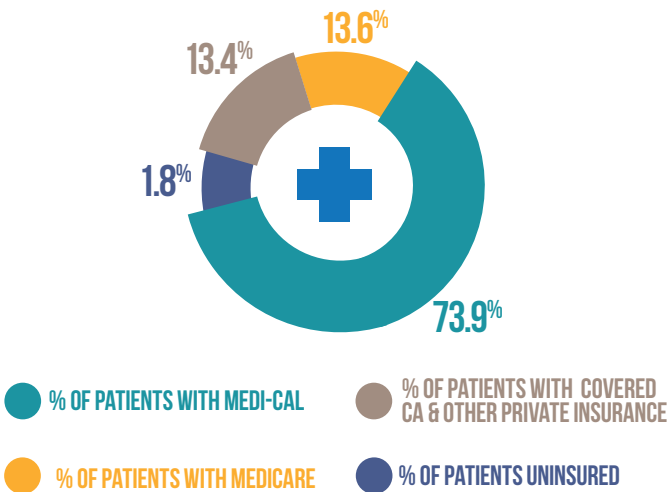
Gender



Race/Ethnicity



Type of Insurance



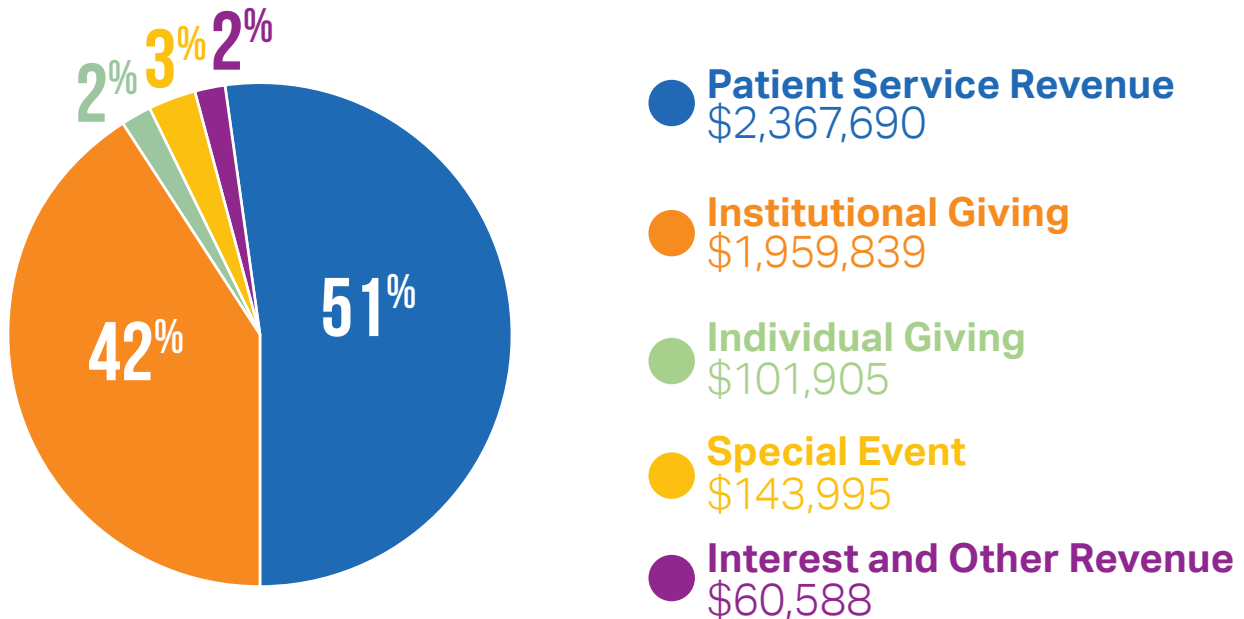
Household Income



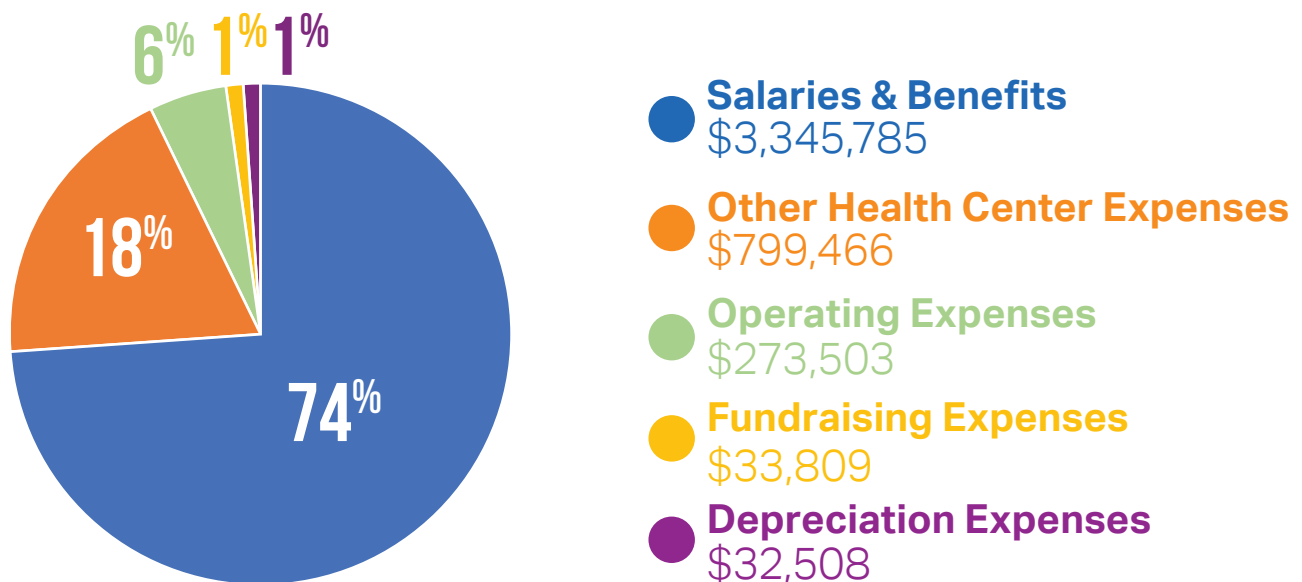
MORE THAN 75% OF ACHIEVABLE HEALTH PATIENTS HAVE A HOUSEHOLD INCOME OF LESS THAN \$41,400 FOR A FAMILY OF FOUR.

Fiscal Year 2023 Financials*

INCOME: \$4,634,016



EXPENSES: \$4,485,070



NET INCOME: \$148,946

* Unaudited
Once the audit is complete, it will be available upon request.

Thank You To Our Philanthropic Partners

Achievable Health is so appreciative of every contributor that supports our organization. Every gift – whether \$25 or \$25,000 – provides the funding needed to inspire health and improve lives. In this year's Annual Report, we would like to extend special appreciation to our donors that made cumulative cash contributions or pledge payments of \$1,000 or more from July 1, 2022 through June 30, 2023.

\$100,000 OR MORE

Cedars-Sinai
L.A. Care Health Plan

\$50,000-\$99,999

Good Hope Medical Foundation

\$25,000-\$49,999

Kaiser Permanente
Anahita & Jim Lovelace
Molina Healthcare, Inc.
The Ralph M. Parsons Foundation

\$10,000- \$24,999

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Sawchuk Family Foundation
Harold R. Swanton & Winifred R. Swanton
Foundation
Danise & Teddy Tannenbaum
In Memory of Lou Spitz

\$5,000- \$9,999

American Psychiatric Association Foundation
Amir & Gini Desai
The Dancy Dreibelbis Family Charitable Fund
Mike & Gayle Galper
The Material World Foundation
SoCalGas
Special Needs Dental Associates/Lekavich Dental
Corporation
L.A. Speech and Language Therapy Center
Mary Jane & Bob Steiner
Ed & Marla Wolkowitz
California Health Care Foundation

\$2,500- \$4,999

Eric Carr & Billy Tobin
Jeff Fang & Karen Cheng
Cunningham Family
Patricia & Adam Goldenberg
Kent & Pat Graham
Carmen & Leonel Ibarra
Manufacturers Bank
MedPoint Management
Special Children's League Inc, South Bay
Committee
Whole Foods Market

\$1,000 to \$2,499

Ben & Renee Adams
Haejin Baek
The Sheri & Les Biller Family Foundation
Breslow Family Foundation
Dr. Michelle Catanzarite
Ben B. & Joyce E. Eisenberg Foundation
Carolyn Elliot
The Gurwin Family Foundation
Judith Guzy
Harry Horowitz
Claudia Kunin
Ozzie & Sharon Levine
Larry & Nancy Levitt
Panudda Lohacharoen
Maria Nazario & Armando Castellvi
Pay It Forward Fund
Paloma Realty Partners, Inc.
Leonard & Annette Shapiro
Kenneth Sleeper & Dianne Manke
Lou & Melinda Spitz
West Basin Municipal Water District
Dylan Wiley
Dr. Pamela Wiley

“

Mine and Dylan's experience with Achievable Health was nothing short of life-changing.-- Barbara Dancy, Parent

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Sharing a Story of Impact: By Barbara Dancy

My son Dylan and I were first directed towards Achievable Health in 2017 by Dylan's California Children's Services physical therapist. I had been needing a new doctor for Dylan, as he had aged out of seeing his pediatrician. We had tried a doctor that had been referred by the pediatrician and had a horrible experience with his first appointment. The doctor showed minimal knowledge of working with individuals with disabilities and their patient rooms were not suited for someone in a wheelchair.

Mine and Dylan's experience with Achievable Health was nothing short of life-changing. As an organization founded by parents of individuals with disabilities, they recognized the difficulties of finding quality and compassionate health care for this population. At the heart of the clinic is his doctor, Michelle Catanzarite, who serves as their Chief Medical Officer. Upon our first visit with Dr. Catanzarite, there was an immediate connection of an "understanding" of Dylan and all his complexities.

Dr. Catanzarite is a problem solver and an incredibly intelligent and compassionate medical partner for whom I am extremely grateful. I used the word life-changing because Achievable Health and Dr. Catanzarite offered support and a place to turn when we went through an extended period of panic and depression, making that time less difficult.



One of the most valuable gifts she has given is that she offers telehealth support, allowing us to avoid unnecessary trips to her office. Dr. Catanzarite recognizes the difficulty of the trip for an individual with disabilities.

In addition to Dr. Catanzarite's leadership, the entire staff is always friendly, supportive and responsive. Their offices have large hallways and multiple methods for weighing individuals in wheelchairs, not often found in many doctor's offices. The entire Achievable Health team offered a transformational set of resources to mine and Dylan's lives for which we are truly grateful!

Achievable Health



Achievable Health Board of Directors celebrates the 10th Anniversary It's Achievable Gala in May 2023.

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Franchise Owner
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**Carmen Ibarra
Chief Executive Officer**

**Michelle Catanzarite, MD
Chief Medical Officer**

**Achievable Health
The Health Center Site**

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

**Achievable Health
The Health Center Support Site**

100 Corporate Pointe, Suite 270
Culver City, CA 90230

www.achievable.org