A LEGACY BUILT BY COMMUNITY.
A FUTURE DESTINED FOR IMPACT.

A report to our generous supporters
AUGUST 2018

COUNTRY DOCTOR COMMUNITY HEALTH CENTERS
THREE CLINICS. ONE ORGANIZATION. INFINITE IMPACT.

Founded five decades ago by visionary local leaders committed to social justice and a healthy community, Carolyn Downs Family Medical Center and Country Doctor Community Clinic have a treasured history of compassionate care for the most vulnerable people in Seattle. Today, together with our After-Hours Clinic and the generous donors and supporters who fuel our vision, we look to our next 50 years to create a future where everyone has access to high-quality, holistic health care — body and soul.

Our work is grounded in the values we have held dear throughout the five decades our clinics have served patients of all income levels, all races and ethnicities, all orientations and perspectives. We treat everyone with dignity and respect, and hold paramount the values of integrity, justice and honesty.

We count as critical partners in our mission our generous donors and volunteers whose contributions fuel innovative care, a dedicated Board of Directors that establishes community-centered policies, and the committed staff who serve our patients with compassion.

Every weekday, I walk to work down the same streets I’ve walked on since my youth. The Central Area and Capitol Hill have changed tremendously through the decades. Amid shifting demographics, rising economic disparity and increasingly complex health care needs, one thing remains constant:

Carolyn Downs and Country Doctor, together with our After-Hours Clinic, continue to innovate and lead as we serve a community that relies on us more than ever to live healthy lives — body and soul.

Responsive innovation and community-inspired leadership have been the hallmark of our clinics for some 50 years. The Black Panther Party founded what became Carolyn Downs Family Medical Center as a place to care holistically for the Central Area’s African-American residents, offering breakfast to kids along with primary care to families. Civic activists started Country Doctor Community Clinic, proudly welcoming diverse patients long before many others in Seattle embraced equity and tolerance.

If you’re a former patient or longtime supporter like me, you may know a lot about this storied history. In this report, we want you to learn about our vision for the future. From building our first-ever dental clinic, to pioneering programs to help stem Seattle’s homelessness crisis, to providing much-needed mental health services, there has never been a more exciting time in the life of our health care organization. And we’ve never been more grateful for your role in helping to shape our next 50 years.

I hope you enjoy reading about the impact you’ve made in the past year and about how our clinics — with your help — will continue to make a remarkable impact on our community for years to come.

Sincerely,

Raleigh Watts
EXECUTIVE DIRECTOR

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OUR MISSION is to improve the health of our community by providing high-quality, caring, culturally-appropriate primary health care that addresses the needs of people — regardless of their ability to pay.

Dear friends and supporters,
Recovering from loss and homelessness is all about teamwork for the Johnson family. And if they’re the star players, CDCHC’s Health Care for the Homeless nurse Bernie Creaven is their coach.

"Let me connect you with a mental health counselor," Nurse Bernie encourages matriarch Carmen Johnson, who lost her 19-year-old daughter, Destiny, early this year to a septic infection stemming from hospitalization for cold complicated by cerebral palsy. Carmen’s mother passed away a month after Destiny died.

Bernie also paved the way to post-partum care for 24-year-old daughter Chantier, who recently gave birth to baby Romeo, and to primary care for De’Aisane, Destiny’s twin.

Their conversations take place at one of three family homeless shelters where Bernie and nurse Laurie Dempsey address a myriad of health care needs while also guiding people to resources that can help lift them out of homelessness.

"These families are our heroes. We meet them where they are, building relationships, building trust, helping them find a medical home," Bernie explains. "We know that when we send them to Country Doctor or Carolyn Downs they will be welcomed and respected."

College-educated and hard-working, Carmen raised seven kids as a single mother, cared full-time for Destiny and first met Bernie when the family fell into homelessness years ago. Today, almost paralyzed by grief, Carmen’s role on the family team is to care for her grandson while Chantier focuses on a new job with Seattle Parks & Rec and De’Aisane works on her GED.

Chantier experienced homelessness as an adult, too, before moving back to Seattle from Texas where she’d worked at an alternative high school as an AmeriCorps volunteer.

“Homelessness is a disease,” states Chantier, who’s two years shy of her college degree. “Once you’ve been homeless, it’s easier to fall into it again. It can take over everything, even your dreams.”

When despair threatens to overwhelm the family, they know they can count on Nurse Bernie to lift their spirits and offer support.

“She’s a light in our life when we’ve had a dark week,” Chantier says. “She’ll knock on the door and we’ll breathe a little lighter because we know she’s there. At this point in our lives, we don’t know if people really care about us or if we’re just another number. Bernie shows up when we’ve needed her the most these last few months. She’s literally trying to orchestrate a way for us to heal.”

RESPONSIVE. INNOVATIVE. FUELED BY YOUR GIFTS.

With only about half its expenses covered by federal funding, Health Care for the Homeless relies on support from people like you for its unique outreach to people living in family shelters. It’s an example of staying true to our decades-old mission to serve all who need us and our forward-thinking approach to addressing emerging issues in our community.
THANKS TO YOU, WE’RE CHANGING COUNTLESS LIVES

>68K

OUR CLINICS SERVED ADULTS AND CHILDREN IN OUR COMMUNITY AT 68,333 APPOINTMENTS LAST YEAR.

More than four out of 10 of our families fell at or below federal poverty levels, e.g., $25,100 a year for a family of four.

43%

RESPECTING DIVERSITY

Patient racial make-up*:

- White: 58%
- Black: 21%
- Other: 13%
- Asian: 6%
- Native American: 1%
- Hawaiian/Pacific Islander: 1%

* of these, 20% identify as Hispanic/Latino

We helped mothers stay healthy & receive support during 532 pregnancy-related visits.

Nearly 90 percent of our patients live in Seattle, with the rest appreciating the care we provide so much that they travel from outside the city to see us.

WE HELPED MOTHERS STAY HEALTHY & RECEIVE SUPPORT DURING

532 PREGNANCY-RELATED VISITS.

Another 2,385 relied on us for assistance with the state’s Women Infants & Children (WIC) nutritional support program.

The majority of our patients have no private health insurance.

Sixty-nine percent are on Medicaid, Medicare or self-payment.

15% of our patients are best served by a language other than English.

Whole Family Care

Children and youth under the age of 20 make up 43% of our patients.

Those over the age of 65 make up 7% of our patients.

The largest age group at our clinics is people ages 20 to 44, with 36 different languages represented.
YOUR SUPPORT CREATES CDCHC’S FIRST-EVER DENTAL CLINIC

Rising high above our Capitol Hill clinic, a visionary new dental clinic funded in part by generous community donors will begin serving patients in early 2019. Sharing space with eight dental chairs will be services for pregnant women, HIV/AIDS management, diabetes education and more.

“This new building serves a critical need for our patients while also being symbolic of our commitment to the community,” says Executive Director Raleigh Watts. “It shows how much we’re invested in the community and what a long future we have ahead of us.”

Funding from government partners and donors supports the two-story dental clinic and offices for other services. CDCHC is relying on private funding for two additional stories of market-rate apartments, which will provide an ongoing revenue stream to support comprehensive care for patients.

YOU CAN PUT OUR FUNDRAISING CAMPAIGN OVER THE TOP!

With just a few months to go before our new dental clinic opens its doors, we’re still counting on you to raise the final funding to make this vision a reality. Donate online at www.CDCHC.org/donate.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

CAROLYN DOWNS
FAMILY MEDICAL CENTER

COUNTRY DOCTOR
COMMUNITY CLINIC
As a nonprofit charitable organization, Country Doctor/Carolyn Downs is committed to accountability in the use of funds entrusted to us from government partners, corporate sponsors and the generous individuals and families who support our mission. Thank you for your support!

Successful construction industry leader appreciates the safety net that once served her

As a single working woman rooming with friends in a Capitol Hill home in the 1970s, Linda Dupuis-Fricke lived on a razor-thin budget with no health insurance. So, she turned to the same Carolyn Downs/Country Doctor safety net that served other Seattle baby boomers.

“Money was tight, but I was a woman on a mission in my career,” recalls Linda. “Country Doctor was upstairs above a fire station. At the top of the banister, there was a donation box and you just paid whatever you could.”

Linda became a trailblazer for women in the construction industry, eventually launching her own HVAC company. When she sold Emerald Aire in 2000, it had 64 employees and $7 million a year in revenue. Throughout her professional success and her 40-year marriage to architect Wayne Fricke, Linda never forgot the role the clinic played in her younger years.

“They were there for me during a change of direction in my life, a time when I needed the cooperation of friends, family and the community,” explains Linda. “As my career progressed, I kept donating.”

Her contributions didn’t stop with her checkbook. Linda’s construction expertise was invaluable as we selected contractors for the new dental clinic. She also served on fundraising committees and hosted fundraising parties at her home.

“This organization is part of an essential community safety net,” she states. “Country Doctor and Carolyn Downs are helping people stay healthy, holistically. How can we be vibrant, productive citizens unless we’re healthy, inside and out?”
Join us for an evening of celebration to support Carolyn Downs, Country Doctor and the After-Hours Clinic. Registration is open now at cdchc.org/dinner.