

**Clinica  
Esperanza/  
Hope Clinic**

**ANNUAL  
REPORT**

**2020**



# A NOTE FROM OUR VOLUNTEER MEDICAL DIRECTOR

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Dear Neighbor,

2020 has been a year unlike any other for our community and clinic. We have continued to navigate through the COVID-19 pandemic since the very beginning; the clinic never closed and became a COVID-19 testing site in April. Since then, we have performed over 3,000 COVID-19 tests and an overwhelming majority of patients tested are Hispanic/Latinx and most of them live right here in Providence. We have continued to provide our services, though some of them look a little different. We have used telemedicine more than ever before and moved almost all of our healthy lifestyle programs and other community programs to virtual platforms.

The need for our services is more important than ever before. Many people have lost their health insurance due to COVID-19 and are unable to see their primary care provider or have lost access to affordable healthcare. The clinic has seen over 500 new patients this year across our various clinic offerings. The need for these services will only increase as the pandemic continues.

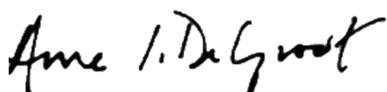
In 2020, we saw 25% more patients over 45% more visits than 2019, continuing an upward trend that we began to observe in 2014. With volunteer help, we provided COVID-19 testing, HIV testing, pre-employment physicals, vaccinations, healthy lifestyle classes, specialized and primary health care, and did outreach in our community - all free of charge. These activities are only possible thanks to the support of the Rhode Island Department of Health, the City of Providence, other state agencies, and the generosity of donors, local foundations, and local hospitals.

I am so proud of our clinic. Every day, I hear patients tell us how getting access to healthcare services at the clinic has changed their lives. I am even more proud to say that this is possible thanks to the work of hundreds of volunteers and dedicated group of clinic staff. Together, we improve our neighbors' health.

We work hard, but when we go home at night, we know that we have done something really extraordinary. With hard work, altruism, and your support, we are able to meet the healthcare needs of our community. We are truly "a place to be healthy."

Help is what our patients need, and help is what our volunteers are glad to give. Please read on to find out how much we accomplished this past year and learn about our plans for 2021.

Thank you for your support!



Dr. Anne "Annie" De Groot

# WHO ARE WE?

Clínica Esperanza/Hope Clinic (CEHC) was founded in 2007 as a place for patients, volunteers, community partners and donors to be healthy. Our community health care model ensures that quality care comes from caregivers who are fully integrated in the community.

CEHC offers primary medical care to uninsured Rhode Islanders, with an emphasis on culturally accustomed and linguistically appropriate care.

CEHC works with community members to empower others through a variety of health education and outreach programs, including women's health and other specialty clinics, a healthy lifestyle intervention program, domestic violence support groups, and health screenings.

## Our Vision

The clinic's vision is threefold: to reduce health disparities; to engage in healthcare workforce development; and to improve health self-efficacy.



# COVID-19

CEHC provides **free**, walk-up/drive-thru COVID-19 testing to all uninsured Rhode Islanders. A vast majority of our community members are Hispanic/Latinx and many of them have lost their jobs due to the pandemic or are employed in high-risk professions, do not qualify for health insurance because of immigration status or income, or live in close proximity to others. The positivity rate has dramatically increased since Rhode Island has reopened and more people have gone back to work.

**3,000+** tests administered since April

**27%** overall positivity rate at CEHC

**80%** of patients tested are Hispanic/Latinx

**55%** of patients tested are uninsured

**10%** of patients tested are **food insecure**. CEHC connected them with over **1,600** meals and boxes of food. CEHC continues to distribute gift cards to grocery stores to patients who need it.



CEHC staff at a pop-up COVID-19 test site at Iglesia Comunitaria Cristiana



COVID-19 testing at CEHC

# 2020 HIGHLIGHTS

**5,600+** visits & **3,100+** patients seen  
across *all* clinics

**500+** *new* patients were seen

**4,700+** CHEER visits

**750+** telemedicine visits

**1,000+** CCC patients seen

**24** PA clinics ran this year

**228** patients enrolled in BTG

**50+** patients enrolled in other lifestyle  
intervention programs  
(Vida Pura, Vida Sana, DPP, etc.)



CEHC earned the National Association of Free and Charitable Clinic's Gold Standard of Care

**91%** of CEHC patients completed the 2020 Census

# CLINICS

## **CHEER**

CHEER is a free walk-in clinic that provides non-emergent primary care to uninsured adults. CHEER is offered 6 days a week with morning and evening hours. In 2020, we increased our CHEER hours to accommodate a 30% increase in patient visits.

## **Psych Clinic**

The Psych Clinic provides full psychiatric history, diagnosis, medication, and treatment recommendations for patients dealing with mental health issues. Psychotherapy is not currently offered by the providers at CEHC, but we work to connect patients with community resources that can provide psychotherapy.

## **Physician's Assistant (PA) Clinic**

The PA clinic is a specialty diabetes clinic and its focus is treating CEHC's diabetic patients. The PA clinic is run by PA students and overseen by CEHC's board chair. PA clinic is offered every other Saturday.

## **Continuity of Care Clinic (CCC)**

The CCC provides no-cost, linguistically appropriate, and culturally competent preventive health services to patients. These services include annual check-ups, vaccinations, HIV testing, cancer screenings, mental health checks, and other various services.

## **Women's Clinic**

The Women's Clinic treats uninsured, predominantly Hispanic immigrant women with specialty health care including pap smears, birth control education, HPV vaccinations and education, and breast exams. CEHC has partnered with Brown University's Warren Alpert Medical School to establish student-run monthly clinics.

# PROGRAMS

## **Bridging the [Health Equity] Gap (BTG)**

New patients are screened for chronic diseases at our CHEER and PA clinics and enrolled in the BTG program if they screen positively. Once enrolled, patients will meet with a Navegante, attend quarterly visits with one of CEHC's providers, and enroll in one of CEHC's healthy lifestyle programs. CEHC is currently analyzing the data of our 3-year study and will publish our findings. Additionally, CEHC will continue to meet with local stakeholders to advocate for a "pay-for-success" initiative in the state of Rhode Island.

## **Vida Sana**

Vida Sana is an award-winning interactive 8-week community health education program that supports patients with metabolic syndrome and those who are at risk of developing diabetes. Participants meet together in groups and Navegantes lead discussions and demonstrations about nutrition, making healthy choices, and, most importantly, self-management of diabetes. Participants also have 1-on-1 meetings with Navegantes to better understand patient needs and personalize the program.

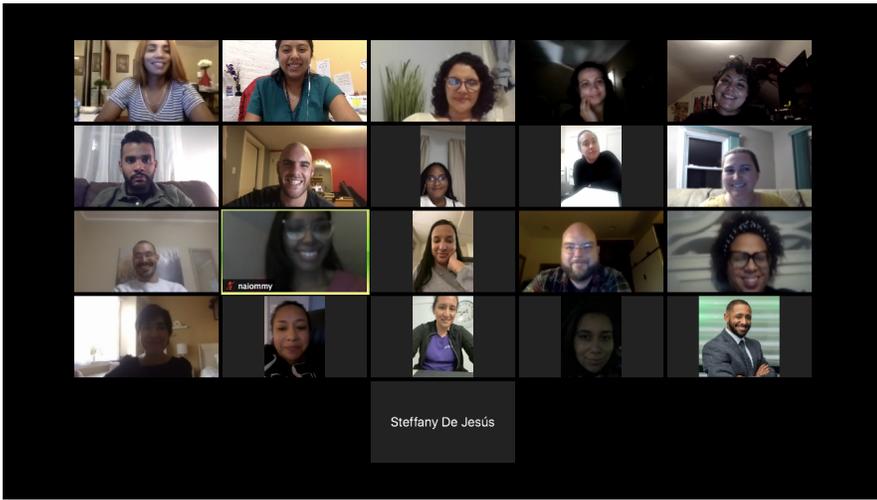
***Due to COVID-19, Vida Sana has transitioned to an online platform. Classes now take place on Zoom.***

## **Advanced Navegante Training Program (ANTP)**

The ANTP is a 10-week on-site job-training program in which participants are trained to be community health workers. Classroom learning is supplemented by at least 100 hours of clinic-based and experiential learning under the mentorship of the CEHC Navegante team. Since its inception, more than 100 community members have graduated from the program.

## **Vida Pura**

Vida Pura helps community members who are dealing with alcohol and drug use disorder. Vida Pura is modeled after Vida Sana where patients meet weekly over 8 weeks and discuss the medical and social effects of substances, making healthy choices, and the many aspects of self-care. It is led by a senior Navegante that is a peer recovery specialist and has over 20 years of experience.



ANTP goes virtual!

# CEHC IN ACTION



Food distribution  
(thank you, Rhode Island Food Bank!)



Bryant PA Clinic



weR1 enrollment, food distribution, & census information



Finding fun in COVID-19 testing!

# BY THE NUMBERS

## Grants

Census Grant (Rhode Island Foundation):

\$15,000

Carter Fund (Rhode Island Foundation):

\$35,000

June Rockwell Levy Foundation Grant: \$15,000

Rhode Island Foundation Grant: \$70,000

Department of Labor and Training: \$165,000

Integra: \$50,000

Episcopal Charities: \$10,000

WiseWoman: \$16,000

Diabetes Prevention Program: \$14,900

Ryan White - Year 3

Rhode Island Senate Legislative Grant: \$3,000

Behavioral Health Grant: \$100,000

Blue Cross Blue Shield of RI: \$70,000

Bank RI: \$10,000

City of Providence Emergency Funding:

\$10,000

Tufts Health Plan Foundation: \$20,000

DLT PITCH \$152,450

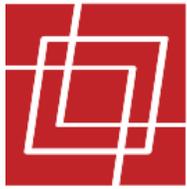
## Volunteers & In-Kind Gifts

1,025 volunteer hours completed  
(since 12/30/19; \$25,183.11\* in in-kind giving)



*\*In-kind data based on 2020 financial figures from the US Bureau of Labor Statistics. Formula from Independent Sector*

# THANK YOU TO OUR DONORS, SPONSORS, AND PARTNERS!



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Department of Labor and Training  
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# Get Involved!

## Donate

<https://www.aplacetobehealthy.org/>

## Volunteer

Email: [vcoordinator@aplacetobehealthy.org](mailto:vcoordinator@aplacetobehealthy.org)

## Visit

60 Valley Street, Suite 104, Providence, RI  
(401) 347-9093



*CLÍNICA ESPERANZA*

*HOPE CLINIC*