



# 2022 ANNUAL REPORT

Clinica Esperanza/Hope Clinic

# A NOTE FROM DR. ANNIE

Dear Friends and Supporters of Clínica Esperanza/Hope Clinic,

We'd like to showcase highlights of 2022 in this report and spotlight key moments of the year in this letter. But first, let us thank our volunteers and funders for your support. Clínica Esperanza/Hope Clinic (CEHC) is beginning its 15th year (stay tuned for the "Quinceañera!") of providing neighbor-to-neighbor healthcare to those in need, and we could not do it without you!

## **Neighborhood Health Station:**

- CEHC's Neighborhood Health Station at 85 Eagle Street has provided more than 17,000 COVID vaccines and 6,600 COVID tests to our neighborhood and patients since opening in 2021. BlueCross BlueShield RI, Centreville Bank, the Hispanic Federation, and CharterCARE are great supporters of the NHS. Thank you!
- In addition, the NHS has become a training site for new healthcare workers while we continue to provide free COVID-19 testing as well as other healthcare screens at no cost.
- CEHC became the first federally funded COVID-19 Test to Treat site in the United States in May 2022! This type of COVID-19 treatment can cost upwards of \$500 per course, for the uninsured. The opening of T2T @ CEHC was made possible by the office of the Governor of RI, the Biden Administration, RIDOH, and the RI EMA.

## **Volunteer updates:**

- Volunteer providers are returning post-pandemic, making it possible to expand primary care appointments and introduce specialty clinics during 2022.
- Dr. Mike Brabek and Dr. Chris Campanile joined our "regularly scheduled" active volunteer group, which also includes Dr. Pam Harrop (since 2012!) and co-founder Dr. Fadi Mansourati (since 2008!) and so many others. Thank you, healthcare volunteers!
- Volunteer and co-founder Sandy Urban-Lynch, NP, recently filmed a short "PSA" on cervical cancer for the clinic. You can see it on our Facebook page!
- Dr. Jay Schachne, expert cardiologist, secured a stress test machine for the clinic, in addition to being one of our biggest supporters.
- The med students are back in person with preceptors, and cofounder Dr. Joe Diaz!

## **Food is medicine!**

- In addition to providing nutrition education with the support of RI DOH (Vida Sana, DPP), we were able to establish a bodega with the Elishia Project. Improving access to healthy food for our neighborhood and patients is a key part of our mission.
- Amenity Aid has also been providing hygiene supplies to the bodega, which is located at the Neighborhood Health Station (NHS).
- South Side Community Land Trust provided over 100 families with bags full of fresh, local produce throughout the spring and summer.



# A NOTE FROM DR. ANNIE

## **Navegante Training:**

- Early on, we identified a fundamental need to train the next generation of healthcare workers: BlueCross BlueShield of Rhode Island helped us start the 'Navegante' (healthcare navigator) training program back in 2009.
- Department of Labor and Training and Textron Foundation provided support to train two cohorts in the CEHC Advanced Navegante Training Program (ANTP), which graduated 60 new CHWs!

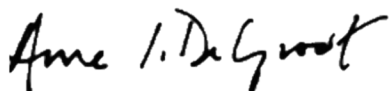
## **CHEER Clinic:**

- CEHC continues to provide walk-in care at the CHEER clinic and continuity of care at our Main Clinic located on Valley Street.
- In 2022, we saw over 3,100 patients and had over 6,000 visits – more than 450 of those patients were new.
- Our CHEER volunteers provided thousands of hours of care to clinic patients, interpreting, documenting, and serving in many different roles.
- CHEER provides continuity of care for chronic diseases, pre-employment physicals, critical vaccinations, specialized and primary health care, and more - all free of charge.

CEHC's patient population is comprised predominantly of Spanish-speaking immigrants from Central and South America who reside in nearby low-income neighborhoods of Olneyville, Smith Hill, Valley, and Silver Lake as well as other neighborhoods in the nearby Providence and Cranston area. Over 80% of patients speak Spanish as their primary or only language, and over 75% have household incomes of less than \$15k per year. All patients are uninsured, many because their immigration status makes them ineligible for public or subsidized insurance. Most have less than a high-school education, and some are unable to read. All our patients can benefit from the culturally and linguistically tailored services and educational programs offered at CEHC.

I am so proud of our clinic, and I am even more proud to say that this is possible thanks to the work of hundreds of volunteers and a dedicated group of clinic staff. Working together, neighbors are helping neighbors. With hard work, altruism, and your support, we can meet the healthcare needs of our community. We are truly "a place to be healthy."

We are SO grateful for your support! Thank you!



Annie De Groot MD  
Volunteer Executive Director



Dr. Anne "Annie" De Groot (Volunteer Executive Director, far left) with some of the CEHC team at the 2022 Run for Hope 5K

# 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 and events, including women's health and other specialty clinics, healthy lifestyle intervention programs, mental health screenings and programs, and health fairs.

## Our Vision

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





# 2022 HIGHLIGHTS

**Over 6,100** visits & **3,100** patients seen  
across *all* clinics

- **450+** *new* patients seen
- **1,100+** CHEER visits
- **700+** telemedicine visits
- **1,900** patients seen in Continuity of Care (CCC) clinics
- **20+** PA clinics ran this year
- **65+** women seen in Women's Clinic for specialty care
- **50+** patients enrolled in lifestyle intervention programs

Named the **first**  
federally-funded  
**COVID-19 test to  
treat site** in the  
**nation!**



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

Published **2**  
manuscripts!

**Meeting Gynecologic Needs and Assuring Adherence  
to Screening Guidelines at a Student-Run Free Clinic  
for Uninsured, Low-Income Women**

JOHANNA A. SUSKIN; KATHERINE BARRY; ELLA SATISH; MORGAN LEONARD; ANNE S. DE GROOT, MD

Coronavirus – Brief Report

**Expanding access to COVID-19 testing, vaccination  
and treatment at a free clinic for uninsured  
Spanish-speaking adults in Providence, RI**

Katherine Barry, Johanna A. Suskin, Julia Testa, Morgan Leonard & Anne S. De Groot ✉

Article: 2144604 | Received 21 Jul 2022, Accepted 27 Oct 2022, Published online: 14 Nov 2022

Download citation

<https://doi.org/10.1080/21645515.2022.2144604>

Check for updates

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# CLINICS

## CHEER

CHEER provides non-emergent primary care to uninsured adults. This clinic helps to tackle a major problem and unnecessary cost in the American healthcare system: the overuse of the emergency department for non-emergent medical needs due to underinsurance. Instead of going to the emergency room for back pain or the flu and overpaying for care, community members can come to the clinic and be seen by a medical provider for free. Many patients that come to the clinic through CHEER return for follow-up visits and build long-term relationships with our medical providers through the Continuity of Care Clinic (CCC) which can include chronic disease support, specialist visits, and more.

## 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, follow-up visits for chronic disease management, vaccinations, HIV testing, cancer screenings, mental health checks, and other various services. CCC is supported by a robust network of volunteer medical providers who volunteer their time to see patients. CCC has morning, evening, and telemedicine hours based on volunteer providers' schedules.

## Physician's Assistant (PA) Clinic

The PA clinic began as a specialty diabetes clinic but has expanded to include patients with other chronic illnesses. The PA clinic is run by Bryant University PA students and overseen by CEHC's board chair. PA Clinic is held on select Saturdays each month. Over 100 patients are seen each year at PA Clinic.

## Medical Student Clinics

Medical students from Brown University's Alpert Medical School come to the clinic on a weekly basis to provide free clinical care and gain experience in culturally sensitive care to an underserved community. Medical students are overseen by preceptors and provide primary and specialty care.

# SPECIALTY CLINICS

## Mental Health

The Mental Health 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. CEHC has partnered with Brown University's Warren Alpert Medical School to establish student-run clinics once a month.

## Gynecology

The Gynecology Clinic treats uninsured women with specialty healthcare 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 clinics twice a month.

## Cardiology

The Cardiology Clinic treats uninsured patients with and who are at risk of developing cardiological conditions including high blood pressure, heart disease, arrhythmia, and valve disease. The Cardiology Clinic also does stress tests for patients who need them. The Cardiology Clinic is supported by a volunteer cardiologist who comes to the clinic twice a month.

## Neurology

The Neurology Clinic supports patients who have various neurological concerns including epilepsy, migraines, and neuromuscular disorders. Neurology Clinics run twice each month. One clinic is supported by a volunteer neurologist and the other is a student-run clinic that is a partnership with Brown University's Warren Alpert Medical School.



# HEALTHY LIFESTYLE PROGRAMS

## Vida Sana

Vida Sana is an award-winning, fan-favorite 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 led by Navegantes once a week for 8 weeks. Classes center around nutrition, making healthy choices, and, most importantly, self-management of diabetes. In 2022, CEHC graduated 3 Vida Sana classes, including a class of new Navegantes!

## Diabetes Prevention Program (DPP)

CEHC is a CDC-recognized provider for the National Diabetes Prevention Program (DPP). DPP is a year-long healthy lifestyle program for prediabetic individuals and those who are at risk of developing type 2 diabetes. Participants learn how to manage their diet, exercise, and lifestyle to prevent the onset of type 2 diabetes. Classes are taught completely in Spanish by our Navegantes who certified DPP Lifestyle Coaches.

## Vida Pura

Vida Pura helps patients and community members who are dealing with alcohol and substance use disorders. Participants meet weekly over 8 weeks and discuss the medical and social effects of substances, making healthy choices, and the many aspects of self-care. Vida Pura is similar to Vida Sana, but with a special focus on the effect substance use has on physical and mental health. It is led by a senior Navegante that is a peer recovery specialist and has over 20 years of experience. In 2022, 3 Vida Pura classes graduated! Many participants return to Vida Pura after graduation to support new participants.

# OTHER CEHC PROGRAMS

## Advanced Navegante Training Program (ANTP)

The ANTP is a 10-week on-site job-training program in which participants are trained to be certified community health workers in the state of Rhode Island and certified medical interpreters. Classroom learning is supplemented by at least 80 hours of experiential learning under the mentorship of the CEHC Navegante team. In 2022, 2 classes of Navegantes graduated the program and are moving on to be CHWs in the community.



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

All new patients are screened for chronic diseases during their first visit at CEHC and enrolled in the BTG program if they fit certain criteria. 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 has continued to advocate for a "pay-for-success" initiative in the state of Rhode Island. There are currently over 450 individuals enrolled in the BTG program. CEHC has published articles in reputable academic journals about the success of the BTG program and the team is currently working on another paper that will be published soon!



# COVID-19

## 2022 was a big year for COVID-19 activities at CEHC!

In May, CEHC became the ***first federally-funded COVID-19 test to treat site in the nation***. Test to treat is a federal program which gives patients access to life-saving treatments for COVID-19, such as Paxlovid. Patients who tested positive at the Neighborhood Health Station were able to receive Paxlovid *completely free* of charge, if eligible. Our staff followed up with those patients during their treatment to address any concerns or questions they may have had.

For patients who tested negative, they were able to access COVID-19 vaccines, if eligible, PPE, and at-home testing kits.

CEHC also [published a paper](#) in the Human Vaccines & Immunotherapeutics journal about COVID-19 efforts including testing, vaccines, and test to treat.

Coronavirus – Brief Report

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Check for updates

## COVID-19 by the numbers

- Performed over **1,450** COVID-19 tests
- **21%** overall positivity rate at CEHC in 2022
- Distributed Paxlovid to over **170** individuals
- Administered over **1,800** vaccines - including bivalent boosters!

# NEIGHBORHOOD HEALTH STATION

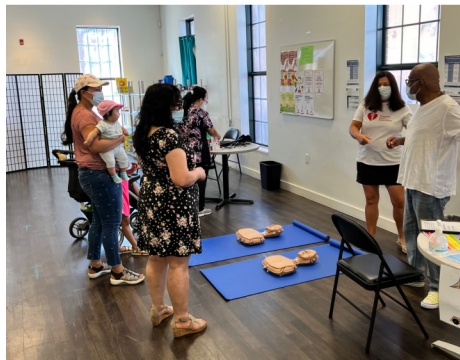
The 85 Eagle St. Neighborhood Health Station (NHS) was originally opened as a COVID-19 testing site in 2021. Since opening, the NHS has continued to offer COVID-19 testing, vaccines, and treatment in addition to hosting Health Fairs, events, and housing CEHC's Bodega.

## Health Fairs

The NHS continued to host Health Fairs 3 days each week in addition to COVID-19 testing. During Health Fairs, anyone can walk-in and get basic health screenings and pick up food and personal hygiene items from the Bodega, if they needed it. Everything at the NHS is provided completely free of charge.

Navegantes also hosted a walking club every Wednesday morning during Health Fairs!

***The NHS is also home to Zumba classes, events, clinic programming, and so much more!***



*Thank you to the Elisha Project & Amenity Aid for helping to keep the Bodega stocked and to SouthSide Community Land Trust for helping us bring fresh produce to our patients!*



the  
**ELISHA**  
project  
Give. Love. Live.



**amenityaid**



**SOUTHSIDE COMMUNITY LAND TRUST**  
*we help people grow food*

# VOLUNTEERS

*Volunteers make it all happen!*

In 2022, between the Main Clinic, Neighborhood Health Station, and outreach events, volunteers completed a total of over **10,100** hours of service!



A special **THANK YOU** to all of our volunteer providers!

Dr. Andrea Arena

Dr. Michael Brabeck

Dr. Cheryl Brodsky

Britny Brown, Pharm.D.

Dr. Tina Burton

Dr. Christopher Campanile

Maggie Charpentier,  
Pharm.D.

Dr. Anne DeGroot

Jeff Del Ricci, Pharm.D.

Dr. Joseph Diaz

Dr. Fadya El Rayess

Chris Federico, Pharm.D.

Dr. Joseph Garland

Dr. Pamela Harrop

Joseph Honig, Pharm.D.

Dr. Eric Kerns

Dr. Gina La Prova

Ginger Lemay, Pharm.D.

Dr. Fadi Mansourati

Nicholas Pelletier, PA-C

Dr. Jessica Pineda

Dr. Prarthana Prakash

Dr. Pablo Rodriguez

Kevin Santilli, PA-C

Dr. Jay Schachne

Dr. Jamie Schaefer

Sandra Urban-Lynch, NP

Audrey Whalen, Pharm.D.

Alishia Zyer, PA-C





# CEHC IN ACTION!





# BY THE NUMBERS

## Grants & Community Partners

BankRI	Hispanic Federation
BlueCross BlueShield of Rhode Island	June Rockwell Levy Foundation
Bryant University Physician Assistant Society	Merck Company Foundation
Carter Family Foundation	National Association of Free and Charitable Clinics
Centreville Bank	Rhode Island Foundation
City of Providence	Rhode Island Department of Health
CharterCare Foundation	Rising Sun Mills
Direct Relief	Southside Community Land Trust
Department of Labor and Training	Textron
Real Jobs RI Program	Tufts Foundation
Episcopal Charities	United Way of Rhode Island
EpiVax	Warren Alpert School of Medicine at Brown University

## Volunteers & In-Kind Gifts

Over **10,100** volunteer hours completed which equals over **\$159,000** in in-kind giving!

***Thank you to DirectRelief for providing over \$500,000 in additional in-kind giving!***

## Donors

***A special thank you to***

Dr. Daniel S. and Dorothy J. Harrop Fund  
the Schachne Family

## THANK YOU

***to all who donated during 401Gives, GivingTuesday, and beyond!***



# FUNDRAISING EVENTS

Thank you to the Bryant University Physician Assistant Student Association and the Maddie Potts Foundation for hosting two wonderful fundraising events this year! Between the Hope Gala and the Run for Hope 5K, over **\$40,000** was raised to support patient care at CEHC.



*Thank you to the event sponsors: the Schachne family, Boston Sports and Shoulder Center, Alexander's Uniforms, Case Facilities Management, Garden Grille, Wildflour, Hungry Ghost Press, Bank 5, Blount Clam Shack & Market, and all who donated raffle prizes.*

# THANK YOU TO OUR COMMUNITY PARTNERS & SPONSORS!





# THANK YOU TO OUR BOARD

## Chair

Joseph Desrosiers II, PA-C  
*Stillwater Primary Care*

## Vice Chair

Pablo Rodriguez, MD  
*Clinical Associate Professor, Warren  
Alpert Medical School at Brown  
University*

## Treasurer

Cathy Curtain Miller, BA, MBA  
*COP Pharmaceutical Development  
Institute*

## Secretary

Susana Torres  
*Massachusetts Childs Court*

## Legal Advice

Chrissy Hobbs, J.D

## Student Representative

Victoria Koenigsberger  
*Undergraduate Student, Brown University*

## PA Representative

Amy Benenson, PA-S  
*Bryant University*

## General Members

Ed Quinlan

Manuela Raposo

Alishia Zyer, PA-C

Sandra Urban-Lynch NP

Rich Henry Schabowsky  
Ph.D, JD



*Some of our board members & staff at  
2022's holiday gift giving event!*



# THANK YOU TO OUR STAFF

## Navegantes & Medical Assistants

Alison Arevalo, **Navegante**

Luz Betancur, **Navegante**

Maria De Sousa, **Navegante**

Silvia Lopez, **Navegante**

Jackie Medrano, **WiseWoman**

**Patient Navigator**

Nardy Rodriguez, **Navegante**

Rosa Roman, **Navegante**

Madelyn Almonte Vargas,  
**Navegante**

## Staff

Joe Derosiers II, PA-C, **Director of Clinical Services**

Michael Blakeslee, PA-C, **CHEER Clinic Provider, Director  
of Quality Assurance**

Morgan Leonard, **Director of Clinic Operations**

Sharon Farrar, RN, **Associate Director of Clinical Services**

Virgilio Lopez, **Navegante/Program Coordinator**

Megan Spinney, **Project Manager & Volunteer  
Coordinator**

Julia Testa, **Project Manager**

Lindsey Cepeda, RN, **Registered Nurse**

Zineb Benistou, RN, **Quality Assurance Assistant**



# GET INVOLVED & SUPPORT OUR WORK

## Donate

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

## Volunteer

Information for prospective volunteers:

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

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

## Visit

### Main Clinic

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

### Neighborhood Health Station

85 Eagle St., Providence, RI  
(401) 408-0238

## Follow

Facebook: [Clínica Esperanza/Hope Clinic](https://www.facebook.com/ClinicaEsperanzaHopeClinic)

Instagram [@ClinicaEsperanzaHopeClinic](https://www.instagram.com/ClinicaEsperanzaHopeClinic)

