

Midwives Boast Impressive Outcomes



Personalized, quality care has always been at the heart of Neighborcare Health's midwifery practice. The midwives pride themselves on doing whatever they can to serve the community, and in 2017 took on an expanded scope of work to better-care for their patients.

Today all Neighborcare midwives are trained to perform basic ultrasounds in-clinic, rather than referring patients to Swedish, so expecting mothers don't have to struggle with Seattle traffic. In addition the midwives now manage care not just for the mothers but also for the babies they deliver until they're discharged from the hospital, ensuring a seamless transition during those critical first few days.

In 2017, Neighborcare's midwives assisted with 454 births, and as a result of their tireless efforts continue to have some of the best healthy-birth outcomes in the country.

These include:

- An overall cesarean rate of 21%, below the national average of 32%
- An NTSV cesarean rate (first time moms with a low-risk pregnancy) of only 18%, well below both the national average of 27% and Swedish Hospital's rate of 24%
- Expected 15% increase in the number of babies delivered in 2018

As experts in their field, Neighborcare's midwives take an active role in training the newest generation of caregivers, working with midwifery students from the University of Washington, Seattle University, and Frontier Nursing University.

With the expansion of Neighborcare's midwifery practice in our Columbia City clinic in 2018 the midwives are excited to build on all they've accomplished so far, and look forward to helping even more expecting parents in our community.

A Safe Space - Neighborcare Health School-based Health Centers



Sabrina is a recent high school graduate, and a former patient at a Neighborcare Health school-based health center. The clinic had a huge impact on her life. This is her story, in her own words.

"I always had trouble with school and with my family. So having someone to talk to, especially going to a therapist, definitely helped me. I could talk about going through my day and everything I could have done, or could do, differently."

I found my school therapist when a group of friends invited me to join one of their sessions and I immediately felt comfortable. A couple of weeks went by and I started to see the therapist individually. I started talking about what problems I face and it just rolled on from my freshman year all the way until now, as a senior.

I truly believe that my life would have gone a different way if I didn't have a therapist at school. It would have been a lot more depressing. I definitely would have caved in to all the things that came at me, from school, and from work, and from friends. I probably wouldn't have the same friends I do now. Sometimes in our group, miscommunications happen and having a place where we can all tell our story and figure out the loose ends has definitely helped our group, and helped me personally.

I recommend the school-based health center to everybody, and it doesn't have to be with mental health. You can get birth control or STI testing. Even if you don't have mental health issues, you can go there to be safe or to find out that you're clean.

I believe that I am going to graduate because of the help that I got from the staff members who believed in me. I was ready to quit. In the beginning of the year I thought that graduating was impossible because I was way too behind and every time that I thought about catching up the weight of doing all this missing work overwhelmed me. But I had Neighborcare Health staff members who believed in me, who thought that I could do it. And it really pushed me to try not to disappoint these staff members that have been with me for four years. *"They gave me that drive and that confidence that I can do it."*

Celebrating 50 Years of Neighborcare Health



Neighborcare Health is celebrating 50 years of providing a health care home to our most vulnerable neighbors. What started as a cluster of volunteer-run clinics operated in converted apartments, taverns, and fire stations has now become the largest provider of primary health care to low-income and uninsured families and individuals in Seattle. During this time, we've seen many changes to health care, from the first chicken pox vaccine to the passage of the Affordable Care Act.

The community health center model was first brought state-side in 1966 by civil rights activists Dr. H. Jack Geiger and Dr. Count Gibson, who opened the first American community health centers in Boston and rural Mississippi.

As the 60's progressed, and the civil rights movement raged on, Seattle's own leaders in community health emerged, including two young medical students from the University of Washington, Dr. Meredith Matthews and Dr. John Naiden. The doctors' research revealed disturbing findings about health disparities and access issues in Seattle. For example, someone living in low-income housing in West Seattle would need to take at least two buses and spend more than two hours to get to their nearest source of care.

As a result of that work, one of Neighborcare Health's first clinics, the High Point Medical Clinic was opened in a two bedroom housing unit in July, 1969. By the end of the 1960's, Seattle was home to four community health centers. Three of those clinics, the Open Door Clinic, Joe Whiting Dental Clinic, and High Point Medical Clinic would go on to be part of Neighborcare Health.

From a small group of volunteers, to an organization employing more than 800 individuals with 27 medical, dental, and school based clinics, Neighborcare Health continues to look for new ways to meet the growing needs in our community.

neighborcare | health

50 YEARS



Ijeoma Oluo is a Seattle-based writer, speaker, and Internet Yeller, focusing primarily on issues of race and identity, feminism, social and mental health, and social justice. Her writing has been featured in *The Washington Post*, NBC News, *Elle Magazine*, and *TIME*, and her new book, *So You Want to Talk about Race*, is a *New York Times* Best-Seller.

Join us for a special celebration of our 50th anniversary!

With keynote speaker Ijeoma Oluo

Wednesday, April 25

5:30 pm Social Hour, 6:30 pm Dinner & Program

Fisher Pavilion

305 Harrison St, Seattle, WA 98109

To register, go to neighborcare.org

In honor of our 50th anniversary there will be no ticket fee

A donation to patient care will be requested at the event

For more information contact:

Ashleym@neighborcare.org or call 206-548-3049

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West Seattle High School

TWO great ways to support Neighborcare Health this spring!

The Spring Dinner on April 25th – *see inside*
and GiveBIG on May 9th

give
BIG



The Seattle Foundation's **GiveBIG** is a one-day, online charitable giving event to inspire people to give generously to nonprofit organizations who make our region a healthier and vibrant place to live.

Last year we raised more than \$30,000 on this day of giving, and this year we hope to break that record!

To make your GiveBIG donation on Wednesday, May 9th go to www.neighborcare.org and click the GiveBIG link, or search for Neighborcare Health at www.seattlefoundation.org.

See inside to learn about our fabulous Spring Dinner on April 25th with keynote speaker, Ijeoma Oluo!