

# Alaska Free Clinics 2023

## Social Action Report

Patrick Campaign, OD  
Mountain View Lions Club Foundation  
Remote Area Medical®



### IMPACT

#### Three challenging years of planning – to success!

Two weekends of no-barrier care — an investment of three years of planning, venue negotiations, and faith in leadership working with Remote Area Medical, a new-to-Alaska (though internationally recognized) charity.

This trailblazing event for the Mountain View Lions Club Foundation brought together dozens of local organizations, hundreds of volunteers, thousands of hours of networking, and the immeasurable kindness of pioneer-minded local clinicians to create the largest charitable multidisciplinary pop-up health clinics ever delivered in Alaska.

A tiny team of local Lions Club volunteers contributed more than 3,500 hours to bring this care to fellow Alaskans. Our tangible and meaningful results cement a strong foundation for the success of future clinics.

#### Inspired by Alaska's urgent need for accessible care

Despite Alaska having an expanded Medicaid program, nationwide we are still the:

- 7th least-insured state
- Highest for mental health disorders and diabetes
- Worst in access to specialty healthcare
- Most costly state for health care
- State with least access to healthy food

For many immigrant, homeless, poor, and middle class Alaskans, healthcare costs are prohibitive. This results in thousands of dollars of state-financed emergency room coverage and, all too often, family financial ruin.

The turnout for these initial clinics indisputably shows fellow neighbors, politicians, and clinicians that care in our state is not secure, and that more help is desperately needed.

### IMPACT SNAPSHOT

528

Total Unique Patients Seen

\$22

In-Kind Value Match for Every Dollar Raised

\$250k

Minimum Value of Free Health Care Given



# Clinic Overviews



Remote Area Medical® (RAM) is an internationally acclaimed 501c3 nonprofit that, for more than three decades, has run the logistical side for more than 1,250 free pop-up health clinic "Expeditions" specializing in medical, vision, and dental care.

RAM provides smoothly integrated planning, clinical and follow-up care processes, staff to direct volunteers, all clinical equipment and supplies, a portable power source, and its stellar reputation.

Each clinical day is \$30,000 to run, plus \$27,000 shipping charge for the RAM T1 truck, and flights for 32 personnel. **RAM seeks no reimbursement for its expenses** and freely gave this huge infusion of its own donor funds to our state to help Alaskans in need of care.

Local collaborators customized the event for each community — providing helpers, volunteer clinicians, food, permitting, licensing assistance, and involvement of local organizations who wished to make a difference in the community.

**All donated funds were used and spent locally.**

**Every \$1 donation brought \$5 in free healthcare**



## Next Steps Station

### Behavioral Health, Multicultural Support, Community Connections

Beyond immediate critical health care, an Alaskan-created area outside of RAM triage offered behavioral and mental health support services, scheduling for immediate follow-up care, housing and family support, and multicultural resource navigators. We are especially grateful for the Indigenous healers who gifted on-site energy work sessions to relieve emotional stress and chronic and trauma-related health issues for more than 50 patients, healthcare providers, and community volunteers.

In **Anchorage**, we served **167 patients through this compassionate offering**, while in **Fairbanks we provided support for 84, including many children who enjoyed the creative art area**. Everyone left with a gift bag of tasty treats as well as choosing from a gift table designed to help adults feel cared for and special.

### Increased Food Security

Beans Cafe had a huge impact at both clinics — with donations of 2,600 pantry packs (shelf-stable meals for four) for everyone who needed food safety after their care and a food truck offering hot meals for all.

### Free Vaccinations, STI Testing, & Breast Exams

We are deeply grateful to the Anchorage and Fairbanks Health Departments for offering free vaccinations and Providence Mammogram Coach staff for providing on-site services free of charge.

### Follow-Up Care

Patients who received dental, vision, or medical referrals (20% in Anchorage | 11% in Fairbanks) are being connected now with local providers for follow-up care.



# Patient Details (Both Clinics)

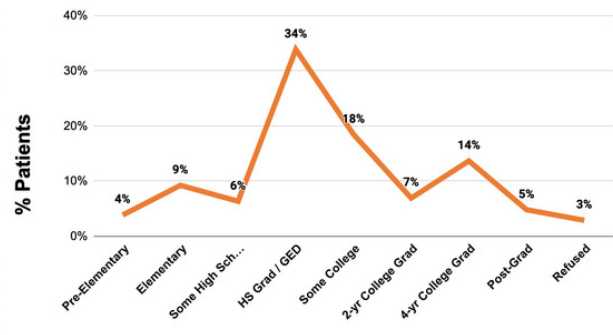
## Education

The bell curve is the same for both clinics, where half of the patients have a diploma/GED, and 30% have some level of college education.

Most startling were the 5% of post-graduate attendees who needed care.

These numbers correspond with the notion that more education leads to a higher awareness of the value in proactive/early healthcare.

## Education Level — Combined Clinics



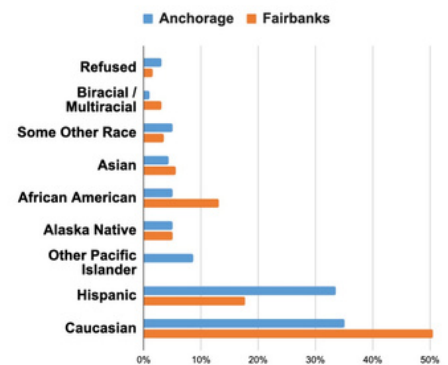
## Patient Demographics

The largest group was Caucasian at both clinics, while the Hispanic community was a close second in Anchorage.

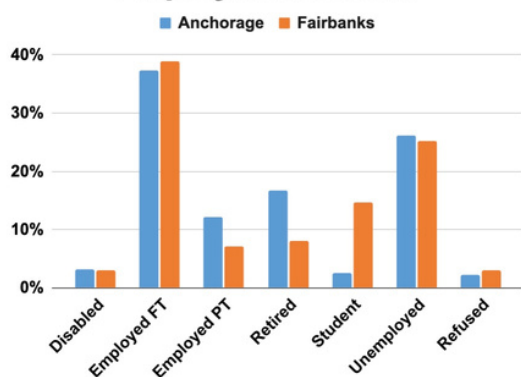
Fairbanks exhibited much higher diversity, including an almost 15% African American turnout, while Anchorage had a large participation by Pacific Islanders.

Alaska Natives and Asians were equivalent at both clinics, each accounting for approximately 5% of patients.

## Racial Demographics



## Employment Status



## Employment

It is clear from the data that neither full-time employment nor being unemployed and qualifying for state assistance guarantees healthcare in Alaska.

Almost 40% of patients at both clinics had full-time employment. About 25% were completely unemployed.

Since Medicaid required re-application for the first time this year since the 2020 onset of COVID-19, many people were surprised to be bumped off coverage.

## An Interesting Note

In almost all fields of work, 30% of patients had medical/dental/vision exams the previous year. The next most common answer...

**20% of patients "never had an exam before"**



# Anchorage Clinic April 15-16

Located at O'Malley Sports Complex in South Anchorage, this clinic was supported by partnerships with Chugach Physical Therapy to host the Next Steps Station and Alaska Club for volunteer parking.



## PROJECTION

## ACTUAL

150 unique patients total

153 vision exams  
172 dental exams  
190 medical exams  
324 unique patients seen  
167 behavioral health | resource contacts

200 volunteers

280 volunteers

Estimated cost to Alaska: \$80,000

Actual cost: \$37,000 (raised by local team)

## Insights

Entire clinic staffs volunteered to deliver this event, as well as the Military Youth Academy and many active-duty military personnel.

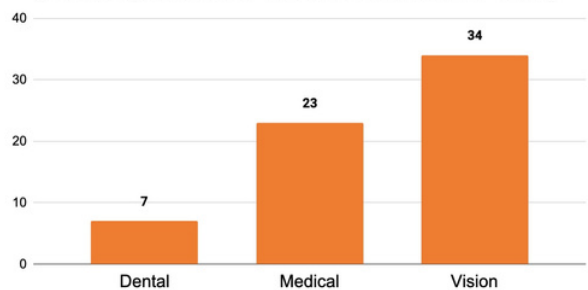
Fliers were translated into Spanish, Samoan, and Tongan. Local groups did pre-clinic outreach for 14 languages and volunteers supported patients with 20 languages at the clinic.

The most severe cases appear to be vision-based; they comprised half of all referrals at this clinic.

While we far surpassed projections, we did face three significant obstacles:

1. Next Steps Station was in a separate location, and (initially) clinicians were not well informed about it, making it underutilized early in the clinic.
2. A competing health trade show at Alaska Airlines Center forced some providers to choose between priorities.
3. Due to miscommunication, supplies were unavailable to offer free bloodwork in Anchorage.

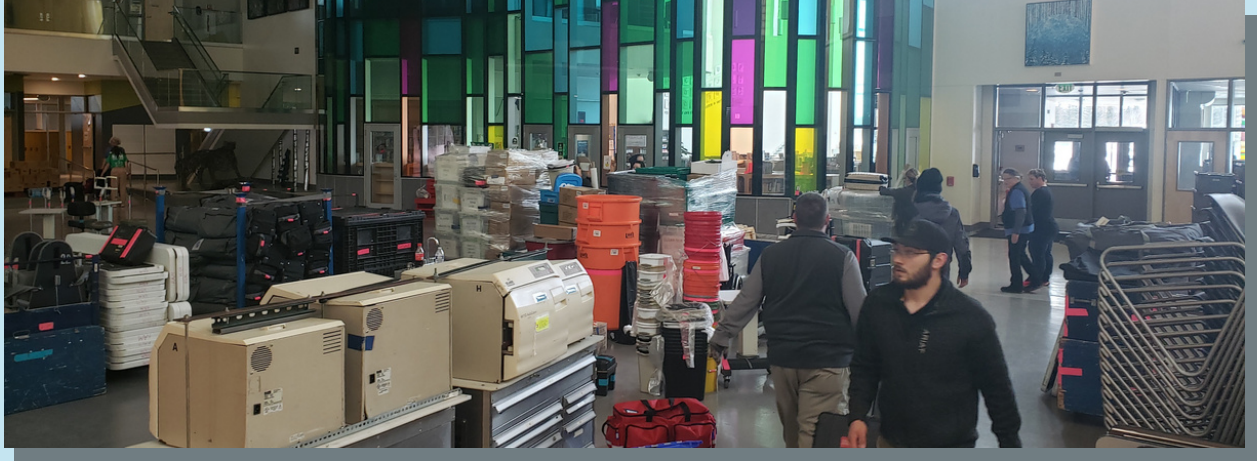
**Anchorage Referrals**  
[of 324 patients, 20% needed extra care]





# Fairbanks Clinic April 22-23

Ryan Middle School was delighted to learn about this event – and agreed to serve as our hosting venue within a week of learning about it!



## PROJECTION

## ACTUAL

100 unique patients total

78 vision exams  
113 dental exams  
105 medical exams  
204 unique patients seen  
84 behavioral health | resource contacts

200 volunteers

168 volunteers

Estimated cost to Alaska: \$80,000

Actual cost: \$35,000 (raised by local team)

## Insights

Per population base, this was projected to be a smaller clinic – despite being in a venue that was twice as large as the Anchorage location.

Volunteers supported patients with 15 languages at the event.

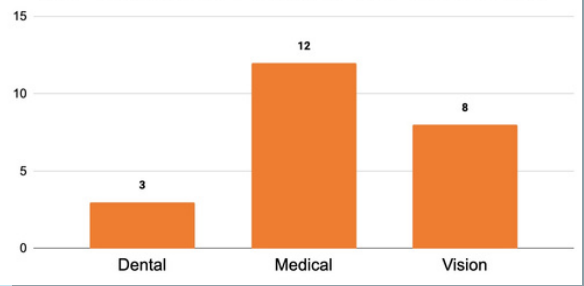
In Fairbanks, general medical was the most needed area for follow up care — and comprised half of all referrals.

We compensated for the shortage of dental hygienists and vision support in Interior Alaska by bringing 11 University of Alaska Anchorage senior-level dental hygiene students, two expert dental hygiene faculty, and two vision techs from Anchorage.

Ways to improve this clinic location include:

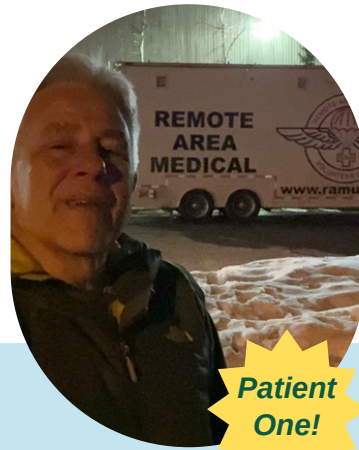
1. Arrange hardwiring 50-amp connection for truck to cut spectacles. The docking bay/generator location was directly below the school's air intake ports (which polluted the venue) so it was used only sparingly.
2. Improve collaboration with military personnel for volunteer clinicians. Difficult to get traction on base without local military advocates.

**Fairbanks Referrals**  
[of 206 patients, 11% needed extra care]





# We did this together with many generous supporters



**Patient One!**

- Airport Equipment Rentals
- Alaska Airlines
- Alaska Behavioral Health
- Alaska Chip Company
- Alaska Division of Corporations, Business, & Professional Licensing
- Alaska Family Medicine Residency
- Alaska Health Fair
- Alaska Institute for Justice
- Alaska Literacy Program
- Alaska Mental Health Trust Authority
- Alaska Military Youth Academy
- Alaska Native Justice Center
- Alaska Native Medical Center
- Alaska Nurses Association
- Alaska Public Interest Research Group
- Alaska Regional Hospital
- Alzheimer's Resource of Alaska
- Anchorage Assembly
- Anchorage Coalition to End Homelessness
- Anchorage School District Healthcare Services
- Anchorage & Fairbanks Health Departments
- Anchorage Neighborhood Health Center
- Anchorage Peer Leader Navigators
- APTA Alaska
- Assets, Inc.
- AWAIC
- Bean's Cafe
- Big Brothers Big Sisters of Alaska
- Caring Children who wrote "Neighbor Notes" for Patient Gift Bags
- Catholic Social Services
- Chugach Physical Therapy
- Community Pregnancy Center
- Covenant House
- Credit Union 1
- Downtown Hope Center
- Fairbanks Emblem Club 109
- Fairbanks Food Bank
- Fairbanks Host Lions Club
- Fairbanks Veterans Center
- Fairbanks Rescue Mission
- Southcentral Foundation Family Wellness Warriors
- Federation of Community Councils
- Frontier Eye Care
- Girl Scouts of Alaska
- Helping Alaska
- Help Me Grow Alaska
- Hillside O'Malley Seventh Day Adventist Church
- Ian Keen
- Identity Health Clinic

- Interior Alaska Center for Non-Violent Living
- Interior Community Health Center
- Joint Base Elmendorf-Richardson
  - Kaladi Brothers Coffee
  - Kraken Shirt Company
  - Literacy Council of Alaska
- Mobile Crisis Teams of Anchorage & Fairbanks
  - Moms Matter Now
  - Mountain View Urgent Care
  - Mt. McKinley State Bank
    - Neuroversion
    - O'Malley Sports Center
  - Pacific Cataract & Laser Institute
    - Pacific Community of Alaska
    - Peppercini's Deli and Catering
  - Polynesian Association of Alaska
  - Providence Alaska Foundation
    - Providence Imaging
    - Providence Population Health
      - Raven Moonlight
  - Restorative & Reentry Services
    - RurAL CAP
    - Ryan Middle School
    - SALA Medical
    - STAR Alaska
  - State of Alaska Department of Health
    - Sunrisers Rotary Club
      - The Alaska Club
      - The Salvation Army
        - thread
        - True Value
    - Turnagain Social Club
  - UAA Culinary Arts & Hospitality Administration Division
  - UAA Dental Hygiene Program
  - United Way | Alaska 211
    - Weaver Brothers
  - 907 Pro Wrestling Academy

## Contact

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