

Choose Your Own Adventure: From Community Clinics, to Academia, to the Street

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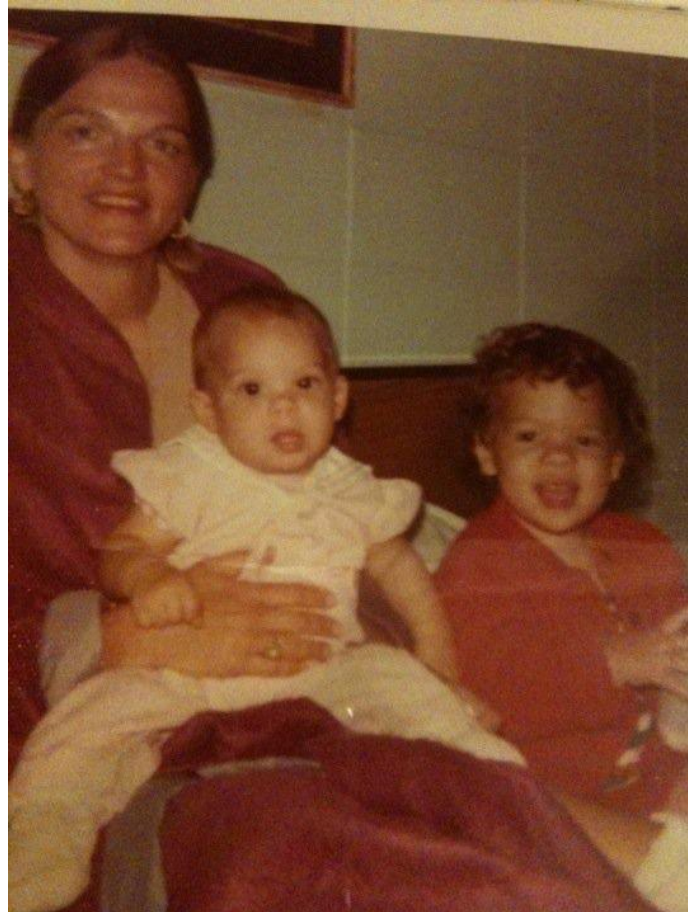
President, Association of Departments of Family Medicine

Objectives

- Share one example of an impactful career path in Family Medicine
- Share 3 strategies for making transitions mid-career
- Illustrate importance of value alignment in sustaining joy in work



Early Years Shape Deep Convictions



Experiences Shape Convictions

You are more than
what others see

Think outside the
box

Make a difference



Strategy One: Identify your core values

- **What do you value and why?**
- **Where do these values come from?**
- **Take time to reflect/journal**

Educational Journey



Minneapolis South High



Stanford University



Morehouse School of Medicine



Harbor UCLA Family
Medicine Residency and
Chief Residency

Education Beyond the Curriculum

- Failure is part of the journey
- Value of different experiences/perspectives (Stanford vs Morehouse)
- Importance of shared beliefs/values- Harbor UCLA

Key Decision- First Job



Becoming Chief Medical Officer



Balancing Work and Family



After 11 years at The Free Clinic



Strategy Two: Take time to Transition

- Transforming Primary Care Fellowship, Harbor UCLA
- Interim Clinical Director of CCALAC
- Practicing medicine at CHAP- Community Health Alliance of Pasadena
- California Healthcare Foundation(CHCF) Leadership Fellowship
- Monterey Hills Elementary School Wellness Committee

Reflect: What are the constants, what have you learned about yourself?

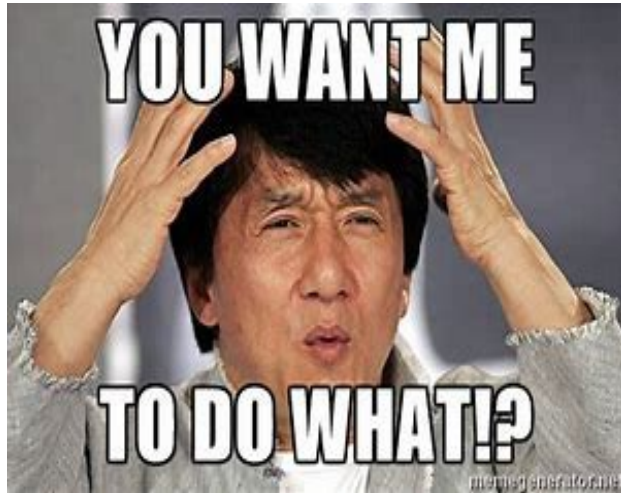
Academic Medicine



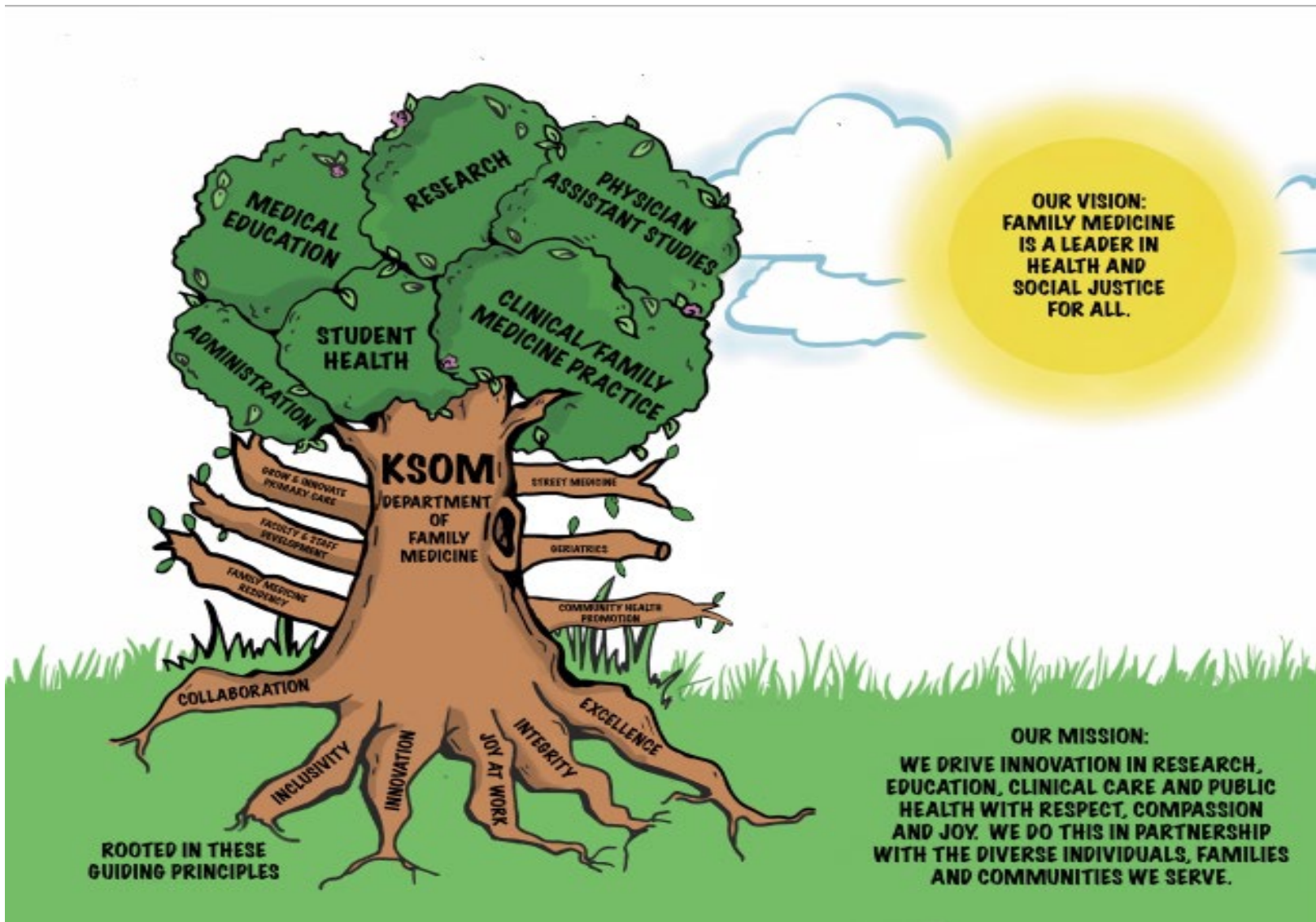
Teaching?
Research?
Private Practice?
Super subspecialized care?
Promotion? Tenure?



Becoming Department Chair



- Ready or not
- Battling Imposter Syndrome
- Calling on cumulative leadership experiences
- Embracing the adventure



Strategy Three: What is the impact you want to have in your community?

- What is your vision?
- What vision do others have?
- Where is there alignment and what does this look like?
- Who else is already doing this work?



Go to the People

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Keck School of Medicine of **USC**
Department of Family Medicine

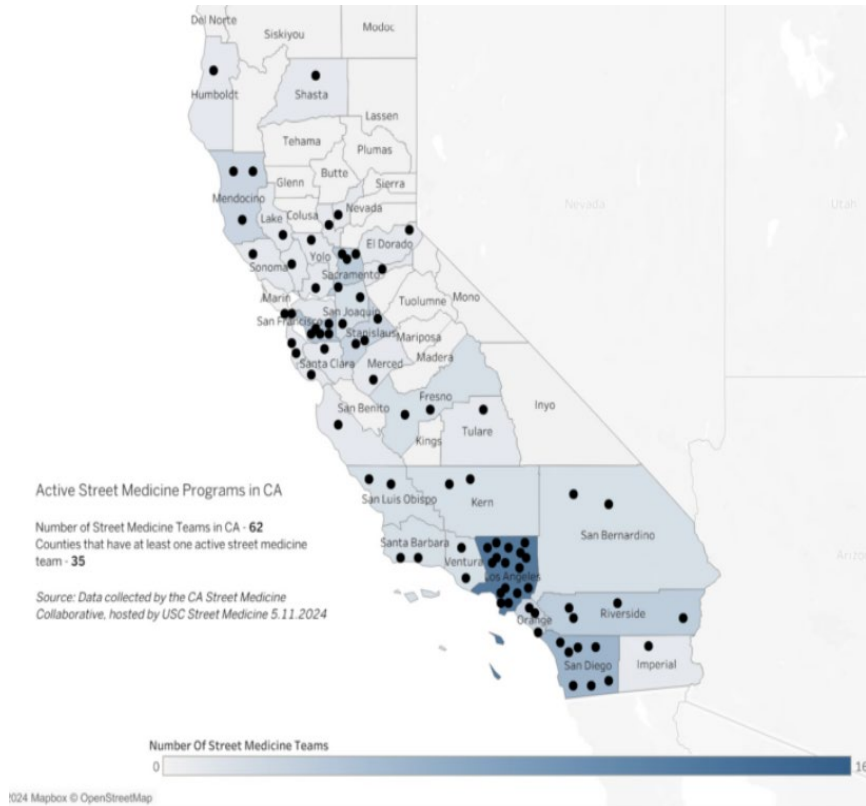
Family Medicine is a leader in health and social justice.
Collaboration • Inclusivity • Innovation • Joy at Work • Integrity • Excellence

Street Medicine

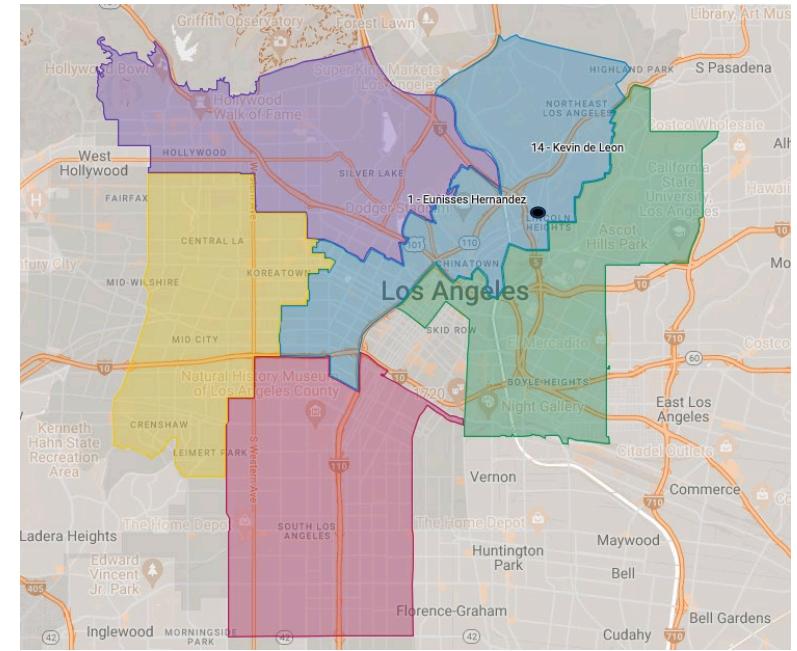
- Direct delivery of healthcare to the rough sleeping population (unhoused people)
- Care performed wherever patients are
- Distinct from Mobile Medicine
- Connected to the health system
- Done through walking rounds
- Mantra is “Go to the People”
- <https://www.streetmedicine.org/>



Growth in Street Medicine Teams Across California



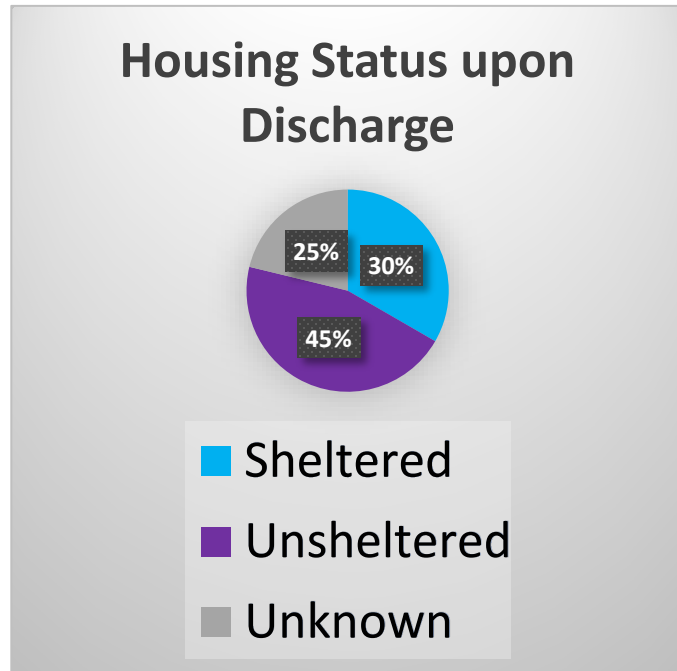
USC Street Medicine



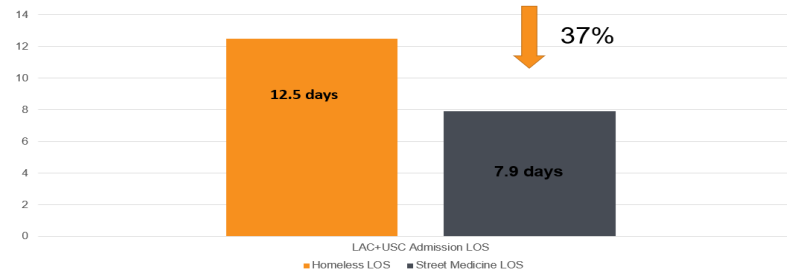
- Eastside Team
- South LA Team
- Hollywood Team
- CD-1 Team
- Mid-City Team
- Los Angeles General Medical Center

Added psychiatry, MAT, case management, prenatal care...

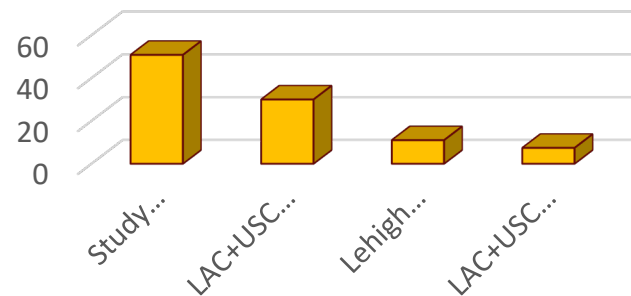
Improved Outcomes for People and Systems



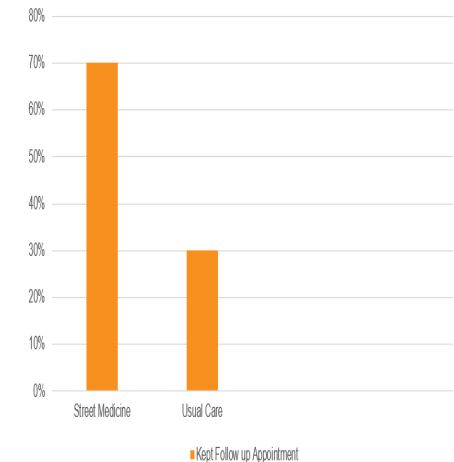
37% Reduction in Length of Stay



75% Reduction in Readmissions



133% Improvement in Follow up Care



Feldman BJ, Kim JS, Mosqueda L, Vongsachang H, Banerjee J, Coffey CE Jr, Spellberg B, Hochman M, Robinson J. From the hospital to the streets: Bringing care to the unsheltered homeless in Los Angeles. *Healthc (Amst)*. 2021 Sep;9(3):100557. doi: 10.1016/j.hjdsi.2021.100557. Epub 2021 May 27. PMID: 34052622.

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USC Street Medicine



Vision: All Unhoused People Have Access to Primary Care

Conclusions- 3 Strategies

- Identify your core values
- Take time to Transition and to Reflect on what you have learned
- Consider how to have collective impact