

UCSD STUDENT-RUN FREE CLINIC PROJECT

Honoring the Impact of the Late Dr. Irvin Silverstein, Director of Student-Run Free Dental Clinic Project



Dr. Irvin Silverstein with his wife, Dr. Donna Silverstein, and two daughters, Dr. Sarah Silverstein Kontokanis and Sharona Silverstein Greene.

In October 2022, the Free Clinic Family lost a legendary leader, Dr. Irvin Silverstein, DDS, MsEd. He bravely battled Stage 4 pancreatic cancer for over six years while continuing to work tirelessly for the Free Dental Clinic patients and students. Dr. Silverstein once said, “I love teaching, and my students inspire me every day.”

Dr. Silverstein became the Director of the Free Dental Clinic in 2003 and the clinic flourished under his inspirational leadership. When he joined the project, dental care was only provided intermittently and the clinic lacked the structure to teach pre-dental students. Under Dr. Silverstein's leadership, the UCSD Student-Run Free Dental Clinic Project grew to three sites, including families without health care in Lemon Grove and underserved individuals in Pacific Beach and Downtown San Diego. With more than 150,000 occurring visits, the UCSD Student-Run Free Dental Clinic Project has become a national model of care. Both the Free Dental Clinic and Dr. Silverstein have published and presented at numerous conferences and have won multiple national awards for their work.

Founding Director, Dr. Ellen Beck noted, “Dr. Silverstein made it possible for us to serve all of our patients with outstanding dental care, as well as teaching generations of future physicians, dentists, and pharmacists about the integration of dental and medical health. He emphasized the importance of the health of the mouth to the health of the body. His passion is legendary and his commitment to social justice unsurpassed.”

A true humanitarian educator, Dr. Silverstein has restored dignity and health to patients seeking dental care while providing mentorship, guidance, and role modeling with true caring and professional behavior. The dental clinic project not only offers high quality care, but trains and inspires the students who provide the care.

Hundreds of pre-dental and other pre-health students benefited from his Special Speakers Series which invited Deans and faculty from dental schools around the country as well as political figures and other leaders in their fields to address the students about their career path and open their eyes to the access to care issues facing the underserved. Dr. Silverstein took a personal interest in all of his students and was always available to them. Over 1385 students have gone on to dental or other professional school; many have come back to volunteer in our clinics or those within their community.



Group photo taken at the Annual Meeting of the American Dental Association (ADA).



Drs. Donna and Irvin Silverstein presenting their research poster at the American Dental Educators Association Annual Meeting

Although they miss him, Dr. Donna and her daughters are heartened by the fact that although he was so sick, he was able to do so much good during his lifetime. He was able to see both daughters get married (Sarah to Andreas Kontokanis in 2020 and Sharona to Shawn Greene in 2022), and to meet his first grand children, twins Sam and Ben born to Sarah and Andreas last April.

We are forever grateful for the countless ways Dr. Silverstein made the dental clinic a truly unique experience for not only patients, but his students as well. His legacy will continue through the vision and care of Dr. Donna Silverstein, Dr. Sussi Yamaguchi, and the Pre-Dental Society.

Thank you for another great year!

Continued delivery of safe, multidisciplinary, high quality healthcare while inspiring and educating students

Free Clinic Accomplishments of 2022

Patient Care

- 3211 clinic visits across 4 sites
- Majority of visits in-person, with the remaining telemedicine
- > 15 new patients
- 98.7% of patients were, “very satisfied” with their overall visit
- 320 medical students involved
- 117 pre-health volunteers
- 114 volunteer physicians



Mental Health

- Retirement of Founding Director of Mental Health Services, Dr. Celia Falicov
- New Director of Mental Health Services, Dr. Mariela Shibley, PsyD
- 15 volunteer mental health professionals
- Over 600 hours of psychotherapy
- Weekly Empowerment Group
- Monthly Fireside Chats for medical students and interpreters



Dental

- 210 clinic sessions
- 3308 patient visits
- 972 hours volunteered by dentists
- Pre-dental students: 6263 hours
- Value of dental services provided is over \$500,000
- 1759 free dental screenings provided at 7 public schools in Lemon Grove School District



Food Prescription Project

- 56,000 pounds of food distributed
- 100 pounds of food per patient, per distribution (60 lbs of shelf stable food, 40lbs of fresh food)



Nutrition Kitchen Project

- Monthly medical student-run sessions in collaboration with health promoters
- Medical students and patients prepared healthy meals together while learning about nutrition and healthy eating



Home Deliveries of Food, Medication, and Supplies

- One out of three patients reported they relied on home delivery at least once in the past year (as reported on patient satisfaction survey)
- Main reasons were work conflicts and lack of transportation
- 102 deliveries by medical students and volunteers despite high gas prices



Pharmacy

- > 18,000 prescriptions filled this year
 - > 200 vaccines administered
 - 15 volunteer pharmacists
 - 150 pharmacy students
- Special Pharmacy Services led by pharmacy students:
- Special shoes for patients with diabetes
 - “Complex care team” for patients on multiple medications
 - “Tobacco Cessation Services” to help patients stop smoking

Street Outreach Team

- Dr. Elizabeth Sophy and Luke Barrett, LCSW co-led the team
- Weekly outreach to unhoused individuals in Pacific Beach
- 122 encounters
- 21 medical students involved
- Hundreds of supplies distributed
- Welcomed several new patients to Free Clinic from this outreach

Thank you for your support!

We could not provide our patient care and services without your help. This donor roll list is inclusive from January 1, 2022 to December 31, 2022. We are fortunate to have so many of you that we do not have enough space to list everyone individually. Student-Run Free Clinic Project donors from \$1-\$999 are the engine that collectively empowers us every day. We give our heartfelt thanks for being our foundation. Every \$1 is powerful and makes a huge impact

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**Save the Date! Our Annual
Free Clinic Gala is on
May 18, 2023**



Notations

* UC San Diego Student-Run Free Clinic Volunteers

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♥ Gift Made In Memory of Dr. Irvin Silverstein

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