

JUNE 2023

UCSD STUDENT-RUN FREE CLINIC PROJECT

INSIDE THIS ISSUE

- Annual Celebration Recap
- Congratulations Graduates
- Highlighting Legacy Award recipient, Dr. Celia Falicov
- Mental health services at UCSD Student-Run Free Clinics
- Thank you for your support!



UCSD Student-Run Free Clinic Project Annual Celebration

Thank you to all who contributed and joined us at our Annual Celebration. Your continual support of UCSD's Student-Run Free Clinic Project is essential for our work and we loved celebrating with you!



Congratulations to the Class of 2023 Graduates!

Thank you for all you have done for the UCSD Student-Run Free Clinic Project. We wish you well on your journey and in your future endeavors. We know you will continue to make a positive and powerful impact wherever you go. We are so proud of you!



CONGRATULATIONS!

DR. CELIA FALICOV RECIPIENT OF THE 2023 LEGACY AWARD



"As the Founding Director of Mental Health Services, Dr. Celia Falicov transformed the mental health resources available to patients and students of the UCSD Student-Run Free Clinic Project. She created and led a team of volunteer bilingual, bicultural mental health providers who provide therapy and support to patients of the clinic. She worked tirelessly to build a sense of community, develop procedures and processes for mental health care, educate and mentor medical students and volunteers, and create novel programs, like the Free Clinic Fireside Chats. She has left an enduring legacy on the clinic and we are forever grateful."

-Dr. Michelle Johnson, Director of the UCSD Student-Run Free Clinic Project

"UCSD Free Clinic is blessed to have Dr. Celia with her work that demonstrates a beautiful legacy of community building and service. Her leadership of kindness and patience has empowered me and others to become a part of change makers."

-Esperanza Quinones, Pre-health volunteer coordinator for fireside chats



Dr. Falicov and colleagues at the Annual UCSD Student-Run Free Clinic Project Celebration



Dr. Falicov with her daughters celebrating her Legacy Award at the Annual UCSD Student-Run Free Clinic Project Celebration

"With her departure from her role as director of mental health of the UCSD Student-Run Free Clinic, Celia leaves behind a lasting legacy of compassion and dedication. Her unwavering commitment to mental health was evident throughout her career as she consistently went above and beyond to help those in need. Her impact on individuals' lives was significant, providing guidance, support, and expertise to patients, colleagues, and future generations. Her kindness, empathy, and generosity are emblematic of the type of person and mentor she is. Celia's devotion to helping others will not be forgotten and will continue to have a positive influence on our work at the Clinic for years to come."

-Dr. Mariela Shibley, Director of the Free Clinic Mental Health Services Program

"I have had the honor of working with Dr. Falicov through Fireside Chats, a program that she, with the support from the Directors, has devoted countless hours to create. This program is a place for students, interpreters, and providers to come together to discuss the nuances of providing culturally-aware care to Free Clinic's primarily Latinx immigrant patient population. It is a space of authenticity, open-mindedness, and respect for all individuals. This space and all that it is represents the aspects of Dr. Falicov that I admire the most. Free Clinic is a special place for many reasons, but in my eyes, one of the most extraordinary reasons is that its success is truly only possible because of the genuine time and heart that individuals devote to creating a system and community that is not only motivated, but fully equipped to provide quality care to members of the San Diego community. Dr. Falicov has and always will be a very important individual that has helped make Free Clinic what it is today."

-Kiley Rucker, MS4

UCSD STUDENT-RUN FREE CLINIC PROJECT MENTAL HEALTH SERVICES



Timeline of Mental Health Services at UCSD Free Clinic

1999-2023

2007-2013

2014-2017

2018-2023

2020-2023

Support Group with *promotora* in a trailer classroom. One psychiatrist in a separate location.

Bilingual, bicultural individual and family therapy weekly in the same location as Support Group. One monthly child psychiatrist on site.

Expanded team to: Three bilingual, bicultural therapists, one monolingual English therapist, and three psychiatrists.

Five bilingual psychotherapists, seven monolingual psychiatrists with interpreters in three sites.

Psychiatry and psychotherapy offered via telehealth and Fireside chats.

Summary and Schedule of Mental Health Services

MONDAY
Downtown

Psychiatry:
6-9:30pm, monthly

Psychology:
weekly or bi-monthly

TUESDAY
Normal Heights

Support Group:
9-10:30am, weekly

Psychiatry:
1-5pm, 2nd & 4th week

Psychology:
weekly or
bi-monthly

WEDNESDAY
Pacific Beach

Psychiatry:
6-9:30pm, 1st week monthly

Psychology:
weekly

THURSDAY
Online

Fireside Chat:
5-6:15pm monthly.
Discussions with medical students, mental health providers, and interpreters on culture, language, and social stressors.

Our bilingual, bicultural mental health providers specialize in bereavement, isolation, anxiety, depression, PTSD, complex trauma, family and couples therapy, domestic violence, and psychopharmacology.

Thank you for your support!

Thank you for partnering with us to continue to provide robust, patient-centered services for San Diego. This work would not be possible without your steadfast support which empowers us every day to be more compassionate, well-rounded, and innovative healthcare providers. Thank you for being our foundation.

If you would like to learn more or donate to UCSD's Student-Run Free Clinic Project, please email us at ucsdsrc@health.ucsd.edu or connect with us on Instagram @ucsdrc

