



**LA MAESTRA**  
**COMMUNITY HEALTH CENTERS**  
City Heights · El Cajon · National City · Lemon Grove

## NEWS RELEASE

### FOR IMMEDIATE RELEASE

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## **La Maestra Community Health Centers opens a new site in El Cajon**

**April 1, 2024 (SAN DIEGO)** – La Maestra will hold a Ribbon Cutting Ceremony on Thursday, April 4, from 10 a.m. to noon at 181 Rea Avenue, El Cajon, for the organization's new 6,145 square-foot building. The new clinic will expand access to high-quality, culturally and linguistically competent behavioral and mental health services and substance use disorder services, including medication-assisted treatment (MAT), as well as integrated primary care with a focus on low-income, uninsured, underinsured, immigrant, and refugee populations, unhoused individuals and their families and re-entry populations. For all patients, La Maestra aims to address the social determinants of health by providing onsite social services, including health education, public program enrollment assistance, transportation, translation, and interpretation services.

The project includes a lab, pharmacy, exam rooms, behavioral health consultation rooms, a nurses' station, a server room, a large behavioral and mental health group therapy room, and additional rooms for health education, case management, and outreach services. All services are provided using a mindfulness and trauma-informed approach to care, which is especially needed among the large immigrant and refugee population served in this community. According to 2023 clinic data, 77% of patients identify as a racial or ethnic minority, and 59% prefer to be provided care in a language other than English.

To address the needs of special populations, La Maestra delivers culturally and linguistically competent care in over 60 languages and dialects. Counselors come from the community served and provide peer-to-peer support for all patients, including immigrant, refugee, and re-entry populations.

Dr. Zara Marselian, La Maestra President and Chief Executive Officer, said, "We are proud to open yet another site that welcomes all patients, including unhoused individuals and families, and re-entry populations with staff who have shared life experiences. We want to thank Congresswoman Sara Jacobs, Congressman Scott Peters, and the late Senator Diane Feinstein for their shared vision and support in expanding primary care, specialty care, and social services in El Cajon. We know that this clinic and these services are an immense need for this community, and La Maestra's 181 Rea Clinic will improve access and quality of care for all patients for generations."

The new site was made possible by partial support from the Department of Health and Human Services, Health Resources and Services Administration, Congressionally Directed Spending,

and the Honorable Sara Jacobs, Scott Peters, and the late Diane Feinstein. La Maestra is thankful for this generous support to improve quality and access to care for all individuals.

Congresswoman Sara Jacobs and other elected officials will be in attendance. Please RSVP by email at [events@lamaestra.org](mailto:events@lamaestra.org) or call Gloria Sosa at 619.584.1612 or Corinne Hanson at 619.269.1267.

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**About La Maestra Community Health Centers:** La Maestra is a nonprofit, 501(c)(3), and a Federally Qualified Health Center (FQHC). For more than 34 years, the organization has served immigrant, refugee, uninsured, and underinsured populations living in the underserved communities of central, east, and south San Diego County, California. La Maestra holds designations as a Public Housing Primary Care (PHPC) program and a Health Care for the Homeless (HCH) medical home. Today, La Maestra operates 25 licensed clinics, including medical, behavioral, and mental health, dental suites, school-based sites, mobile medical and dental units, and a mobile mammography coach. Since its founding, La Maestra has been committed to its mission to provide quality health care and education to improve the overall well-being of the family, bringing the underserved, ethnically diverse communities into the mainstream of our society through a caring, effective, culturally and linguistically competent manner, respecting the dignity of all patients.

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