

2018

**GUIDE TO HEALTH CARE SERVICES
ON THE ROUTE 1 CORRIDOR**

**FOR LOW-INCOME AND
UNDERINSURED RESIDENTS**



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Mount Vernon–Lee Districts of Fairfax County, Virginia

*Prepared by the South County Task Force in cooperation with
Route 1 Corridor health care providers*

GUIDE TO HEALTH CARE SERVICES ON THE ROUTE 1 CORRIDOR FOR LOW-INCOME AND UNDERINSURED RESIDENTS

Where can low-income or underinsured residents turn for health care? This guide can help residents, their families, and service providers find the best starting place. The guide covers the Route 1 (Richmond Highway) Corridor in Fairfax County. See page *iv* for a map of the Route 1 Corridor.

The hotline at Fairfax County Community Services — **703-222-0880** — can also direct you to specific services for health care or other basic needs.

This guide covers six clinics available to residents in the Route 1 Corridor. You can find other Northern Virginia health care providers for low-income and underinsured residents at the website: <https://www.fairfaxcounty.gov/health/sites/health/files/assets/documents/pdf/nova-safety-net-providers.pdf>
For the most recent information, contact the clinics by phone.

Charts for the six clinics are listed alphabetically in this guide. Each chart gives the same type of information on each clinic.

Answer the three questions below to see which clinic you should start with.

1. Do I have adequate insurance to cover my needs?

- Yes.** You probably don't need this guide.
- No.** Call **Simplicity Health** (page 11).
- I don't know.** Make an appointment to check if you are eligible. Call **Neighborhood Health Services** (page 7), or the **Fairfax County Health Department** (page 3).

2. Is my income less than twice the federal poverty level? That level is about \$25,000 for one person or \$40,000 for a family of three.

- Yes.** You can go to most clinics in this guide.
- No.** Call **Simplicity Health** (page 11).
- I don't know.** Make an appointment to check if you are eligible. Call **Neighborhood Health** (page 7) or the **Fairfax County Health Department** (page 3).

3. What type of care do I need?

- Family care (pediatric, adolescent, or adult)**
Call **Community Health Care Network** (page 1), **Fairfax County Health Department** (page 3), or **Neighborhood Health** (page 7).
- Adult**
Call **Simplicity Health** (page 11), **Community Health Care Network** (page 1), **Fairfax County Health Department** (page 3), or **Neighborhood Health** (page 7).
- Mental Health/Substance Abuse**
Call **Fairfax-Falls Church Community Services Board** (page 5).
- Dental**
Call **Neighborhood Health** (page 7) or **Northern Virginia Dental Clinic** (page 9). **The Fairfax County Health Department** (page 3) also offers dental services for people aged 3-20. These patients must be on Medicaid or income-eligible.

The South County Task Force has worked for affordable housing, health care, and human services along the Route 1 Corridor in Fairfax County since 1975. The Task Force is an independent, nonpartisan group of people who live and work in South County that advocates through communication, collaboration, and action.

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Mary Paden, Task Force Convener

South County Task Force Steering Committee

Mary Paden, convener, Lainge Bailey, Alison DeCoursey, Ann Harbour, Francine Jupiter, Rev. Keary Kincannon, Bryan Krizek, David Levine, Pam Michell, Mattie Palmore, Linda Patterson, Faith Ruderfer, Christina Schoendorf, and Rev. Abraham Smith.

GUIDE TO HEALTH CARE SERVICES

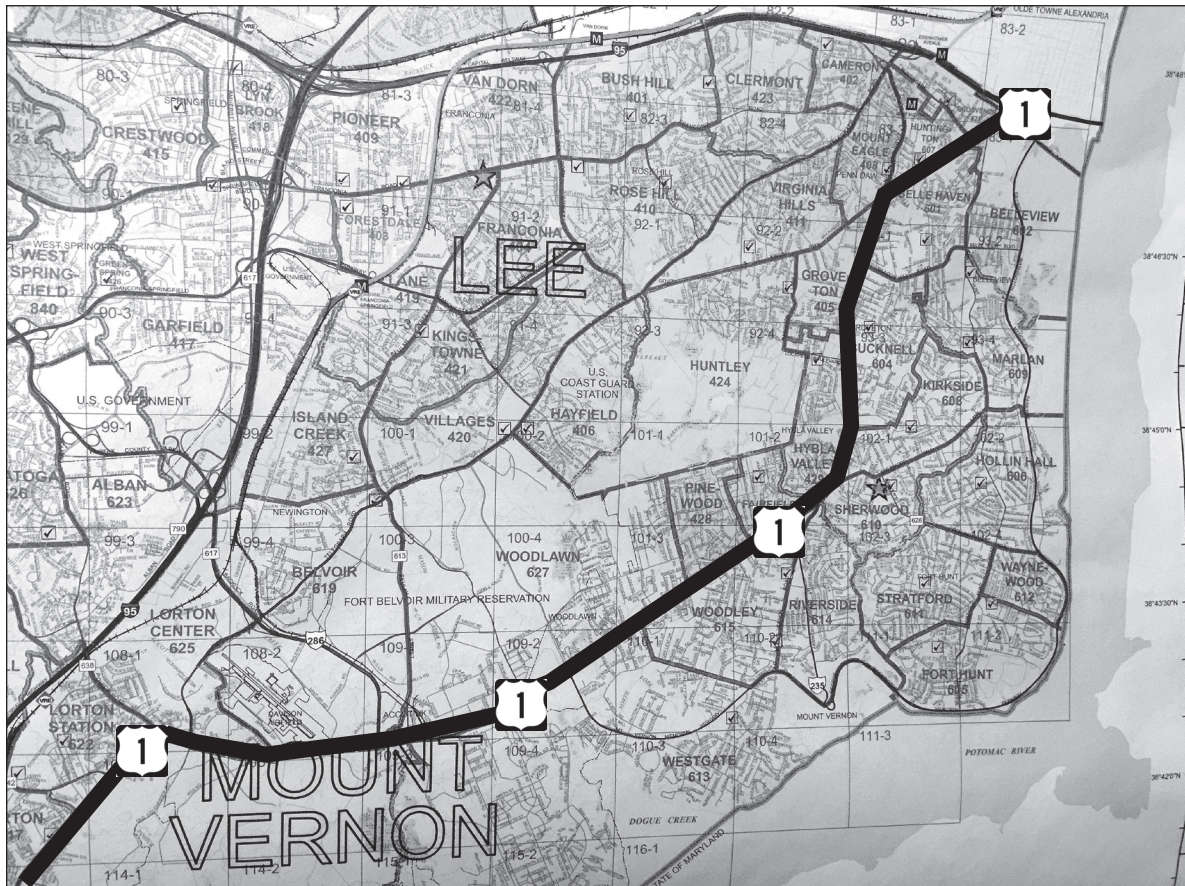
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Historic Route 1 Highway runs from Maine to Key West, Florida through many communities. The Fairfax County Route 1 Corridor runs from the City of Alexandria to the Prince William County border through the Fairfax magisterial districts of Mount Vernon and Lee.

The corridor transverses the neighborhoods of Huntington, Mount Eagle, Belle Haven, Groveton, Bucknell, Hybla Valley, Woodley, Woodlawn, Mount Vernon, Fort Belvoir, Mason Neck, and Lorton.



Fairfax County Government

COMMUNITY HEALTH CARE NETWORK (CHCN)

South County Location	South County Government Center, 8350 Richmond Highway, Suite 302 There are three CHCN clinics in Fairfax County.
Phone	703-704-5333
Website	www.fairfaxcounty.gov/health/ community-health-care-network
Who served	Primary health services for low-income, uninsured families who cannot afford primary medical care services.
Service area	Fairfax County, the City of Fairfax, and the City of Falls Church.

ELIGIBILITY

Financial eligibility	Patient must be uninsured and not eligible to receive health insurance. Family income must be at or below 200 percent of the federal poverty guidelines.
Insurance accepted	No.
Fees	Fees are on a sliding scale from \$15 to \$25 for primary care, based on family size and income. Other fees for some services.
Residential eligibility	You must be a resident of Fairfax County or the cities of Fairfax or Falls Church for at least nine months.

SERVICES

Adult	Yes.
Pediatric	No. Referrals made to Medicaid providers or the Medical Care for Children Partnership as appropriate.
Pre-natal care	No. Referrals made to Inova Cares Clinic for Women (ICCW).
Preventative care	Primary medical care includes: <ul style="list-style-type: none"> • Acute and chronic diseases. • Checkups. • Vaccinations, flu shots. • After-hours consultation. • Nutrition services.
Dental	No.
Eye care	No.
Behavioral care	Limited integrated behavioral health services.
Lab work	Yes.

COMMUNITY HEALTH CARE NETWORK (CHCN) (continued)

SERVICES (continued)

Medications at lower prices	On-site pharmacy with a \$6 or \$10 co-pay for each dispensed medication.
Specialists	Limited referrals to participating physicians.
Other	Walk-in women's health clinic one day a week.

GETTING IN

Point of entry	<p>Go to the Fairfax County website: www.fairfaxcounty.gov/health/.</p> <p>To get on the list to be enrolled, see the enrollment eligibility page. If you meet the requirements, you will be sent information through the mail and asked to come in for an interview.</p> <p>One day a week, each clinic holds walk-in women's health services. These are free to adolescents and \$25 for adults.</p>
Waiting list	Sometimes there is a short waiting list for services.
Languages	English, Spanish, and phone-interpreter service for other languages are available.

BACKGROUND

Profit/nonprofit	Nonprofit
Year established	1990
Funding/operation	CHCN is 100% funded by the Fairfax County Government. The county contracts with Inova Health System for the day-to-day operation of the CHCN sites.
Source of information	Glynis Laborde, Community Health Care Network; Javier Alarcon, Family Assistance Unit Supervisor, Community Health Care Network.

FAIRFAX COUNTY HEALTH DEPARTMENT

South County Location	South County Center, 8350 Richmond Highway, Suite 233 Four other clinics throughout Fairfax County.
Phone	703-704-5203
Website	www.fairfaxcounty.gov/health/clinics
Who served	Public health services such as vaccinations, TB testing, refugee health screening, and international travel health services. Pregnancy testing and comprehensive pre-natal care offered in partnership with Inova Cares Clinic for Women (ICCW). Federal nutrition program for women, infants and children.
Service area	Fairfax County, the City of Fairfax, and the City of Falls Church.

ELIGIBILITY

Financial eligibility	Fees and eligibility vary by program. Make an appointment with a family assistance worker to see if you qualify for particular programs.
Insurance accepted	Some. See family assistance worker when signing up.
Fees	Sliding scale for some services depending on your income.
Residential eligibility	You must be a resident of Fairfax County or the cities of Fairfax or Falls Church.

SERVICES

Adult	Yes.
Pediatric	The Infant Development Program provides services for infants from birth to age 2 who may have developmental issues. Services include evaluations, specialized teaching, referrals, and possible home visits by a public health nurse. The Women, Infants and Children (WIC) program is a federally funded supplemental food program for pregnant, postpartum, or nursing women, and infants, or children under age 5. Clients must be at nutritional risk and income eligible.
Pre-natal care	Home visiting services include pre-natal support; postpartum follow up; assessment and support for depression or intimate-partner violence; support for parenting skills and parent-child bonding; and checks for infant developmental delays.
Preventative care	Most childhood vaccines are free; payment plans can be set up for any charges.

FAIRFAX COUNTY HEALTH DEPARTMENT (continued)

SERVICES continued

Dental	Dental services for those aged 3–20 who are on Medicaid or income-eligible. Some dental services—exams, cleaning, topical fluoride, dental sealants, and restorative services—are offered to pre-natal women served by Inova Cares.
Eye care	Referrals to low-cost eye clinics.
Behavioral care	Referrals to Community Services Board.
Lab work	Limited.
Medications at lower prices	Yes, for certain communicable diseases. Referrals to CHCN (see page 5) or others.
Public Health Services	Fairfax County’s Communicable Disease Epidemiology program identifies illnesses, investigates causes, and recommends actions to prevent transmission and spread of disease. A tuberculosis control program provides evaluations, chest x-rays (Annandale and Fairfax locations), medication, treatment and follow-up. A sexually transmitted infections program provides testing, medications, counseling, oversight of treatment, and education. Services are confidential and payment is on a sliding scale based on income. Free to those under age 19. Clinics on Mondays and Fridays by appointment.
Other	Speech and hearing services for children and adults; Adult-Day Health Care center for older adults; public health nurses and school health aides that serve schools in the South County; child car safety seats.
Specialists	Infectious disease specialists for tuberculosis and sexually transmitted infections. Referrals to other specialists.

GETTING IN

Point of entry	Call 703-704-5203 Monday–Friday, 8 a.m. to 4:30 p.m.
Waiting list	Varies based on service.
Languages	English and Spanish spoken on site. Phone translation services for other languages.

BACKGROUND

Profit/nonprofit	County government program.
Year established	1917
Funding/operation	Funding through Fairfax County includes local, state, and federal dollars as well as some grant funding.
Source of information	Susan Fay, Nurse Manager at the Mount Vernon location of the Fairfax County Health Department.

FAIRFAX–FALLS CHURCH COMMUNITY SERVICES BOARD (CSB) BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITY SERVICES

South County Location	Gartlan Center, 8119 Holland Road, Alexandria, VA 22306 Other facilities throughout Fairfax County.
Phone	Entry/Referral Services: 703-383-8500; Gartlan Center: 703-360-6910
Website	http://www.fairfaxcounty.gov/csb/
Who served	People who have mental illness, substance-use disorders, and/or developmental disabilities. Early intervention services for infants and toddlers who have developmental delays. On-site primary care is available to CSB clients at the Gartlan Center through a partnership with Neighborhood Health.
Service area	Fairfax County, the City of Fairfax, and the City of Falls Church.

ELIGIBILITY

Financial eligibility	No specific income requirements—it depends on the service. Fees are based on the “Ability to Pay Scale” (see website). Fee depends on income and number of dependents as shown on your most recent tax return.
Insurance accepted	Public and some private insurance accepted. CSB can file claims and accept reimbursement with most health insurance plans for those eligible for services.
Fees	Yes. Fees help offset the cost of providing services.
Residential eligibility	Residents of Fairfax County and the cities of Fairfax and Falls Church.

SERVICES

Adult	All residents can access CSB emergency services; entry and referral services; and wellness, health promotion, and prevention services. Other nonemergency services are primarily for people whose conditions seriously impact their daily functioning. Priority is given to those with substance-use disorders, pregnant women and girls, intravenous drug users, and people asking for treatment for abuse of heroin and other opioid drugs. Contact CSB if you have concerns about mental health, substance use, or intellectual or developmental disability. It will offer you appropriate treatment and resources or refer you to other service providers in the community.
Pediatric	Contact the Infant and Toddler Connection services (see website) if you have children up to age 3 with developmental delays. You must meet certain eligibility requirements for treatment. Adolescent and youth services are provided at the South County Center.

FAIRFAX–FALLS CHURCH COMMUNITY SERVICES BOARD (CSB) BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITY SERVICES

SERVICES continued

Pre-natal care	No.
Preventative care	CSB Wellness, Health Promotion & Prevention Services engage the community in activities to strengthen emotional health. They also help community members handle complications related to substance use and mental illness.
Dental	Dental care is through Neighborhood Health at their clinic.
Eye care	No.
Behavioral care	Yes. Mental illness, substance abuse, and developmental disabilities.
Lab work	Labs are provided on site by LabCorps for CSB clients on scheduled days.
Medications at lower prices	Yes. QoL Pharmacy is located at Gartlan Center. The Patient Assistance Program provides some medications.
Specialists	Our staff and contract service providers include psychiatrists, psychologists, nurses, counselors, therapists, case managers, and peer specialists.
Point of entry	Call 703-383-8500 Monday–Friday, 9 a.m. to 5 p.m. Youth and adults can come directly to the Merrifield Center (address below) for screening Monday–Friday, 9 a.m. to 5 p.m.
Emergency services	For emergency mental health services 24/7, call 703-573-5679. Or go to Merrifield Center (address below), lower level, rear entrance, park on level P-2. Call 911 immediately if you are in a life-threatening situation and ask for a Crisis Intervention Trained officer.

GETTING IN

Entry point	Entry & Referral Services: 703-383-8500 Merrifield Center, 221 Willow Oaks Corporate Drive, Fairfax, VA 22031. 24/7 emergency services.
Waiting list	Varies depending on service.
Languages	Varies depending on service.

BACKGROUND

Profit/nonprofit	Government.
Year established	1969
Funding/operation	This CSB is one of 40 in the state. The CSB receives local, state, and federal funding in addition to fees and third-party payments.
Source of information	CSB staff

NEIGHBORHOOD HEALTH

South County Location	6677 Richmond Highway, in the Metrocall Building across from Beacon Mall. Ten sites in Alexandria, Arlington, and Fairfax.
Phone	703-535-5568
Website	www.neighborhoodhealthva.org
Who served	Low-income children and adults.
Service area	The Route 1 Corridor as well as Alexandria, Arlington, and much of Fairfax County.

ELIGIBILITY

Financial eligibility	Clients at less than 200 percent of the poverty level can receive services for a fee on a sliding scale.
Insurance accepted	Medicaid, Medicare, and private insurance from most insurance plans. Half of patients don't have any health insurance. Fees can be lowered on a sliding scale for low-income people who have insurance with high co-pays and deductibles. Also low-income Medicare patients without drug coverage can get cheaper drugs.
Insurance enrollment assistance?	Yes. Call 703-535-5568. We help sign people up for the Affordable Care Act, we help sign up children for Medicaid.
Fees	For those below 200 percent of the poverty level, sliding scale fee payments range from \$15 to \$58 for a visit. A lab fee is about \$19 to \$25. Higher fees apply for those with incomes over 200 percent of the poverty level.
Residential eligibility	None.

SERVICES

Adult	Yes. We are a primary care medical home. We offer services similar to those of any private family practice.
Pediatric	Yes.
Pre-natal care	Pregnant women are referred to the Fairfax County Health Department.
Preventative care	Yes. Includes preventative care, such as immunizations and cancer screenings.
Dental	Yes, basic care (cleaning, fillings, extractions); no root canals or dentures.

NEIGHBORHOOD HEALTH (continued)

SERVICES continued

Eye care	Basic eye screening.
Behavioral care	Yes. Behavioral health services are integrated with the medical care. We screen people for depression. If you screen positive, you can be seen by one of the counselors on-site. We also work with the Community Services Board at mental health care sites like the Gartlan Center.
Lab work	Yes
Medications at lower prices	Yes.
Specialists	Referrals.

GETTING IN

Point of entry	Call the main number 703-535-5568 to find out if you are eligible.
Waiting list	No.
Languages	English, Spanish, Amharic.

BACKGROUND

Profit/nonprofit	Nonprofit.
Year established	1997
Financing	Grants, self-pay, insurance (reimbursement), and donations.
Source of information	Dr. Basim Khan, Executive Director.

NORTHERN VIRGINIA DENTAL CLINIC

South County Location	Fairfax location: 8221 Willow Oaks Corporate Drive #450, Fairfax Va., 22031. A second clinic is in Sterling.
Phone	703-820-7170
Website	www.nvds.org
Who served	Low-income adults (over age 18) referred through a participating referral agency (see point of entry below).
Service area	Northern Virginia Counties: Arlington, Alexandria, Fairfax, Loudon, and Prince William (partial). City of Fairfax and City of Falls Church.

ELIGIBILITY

Financial eligibility	Must be at or below 200 percent of the federal poverty level.
Insurance accepted	No.
Fees	Clients are responsible for the cost of their treatment. Basic service fee is \$50 per visit. Additional fees for dentures, partial dentures, denture relines and repairs, night guards, crowns, biopsies, and prosthetics.
Residential eligibility	Must be a resident of the service area described above.

SERVICES

Adult	Yes.
Pediatric	No.
Pre-natal care	No.
Preventative care	No.
Dental	Yes.
Eye care	No.
Behavioral care	No.
Lab work	Yes. Through a third party.
Medications at lower prices	No.
Specialists	Yes.
Other	No.

NORTHERN VIRGINIA DENTAL CLINIC (continued)

GETTING IN

Point of entry	The Northern Virginia Dental Clinic requires a referral from a network of social service agencies. Agencies in our area are United Community Ministries at 703-768-7106 and Neighborhood Health at 703-535-5568. For other agencies, see www.nvds.org-northern-virginia-dental-clinic .
Waiting list	First come first served, based on availability.
Languages	English. Non-English speakers are required to bring an interpreter with them at the time of service.

BACKGROUND

Profit/nonprofit	The Northern Virginia Dental Clinic is a private nonprofit organization established by members of the Northern Virginia Dental Society who wanted to contribute a critically needed service to the community while preserving the dignity of the underserved.
Year established	1994
Funding/operation	A unique, public/private partnership between dental professionals, local governments, and social service agencies.
Source of information	www.nvds.org

South County Location	4700 King Street #100, Alexandria, Virginia 22302
Phone	571-665-6610 Monday–Friday, 8:30 a.m. to 5:00 p.m.
Website	www.inova.org/inova-in-the-community/access-to-care/simplicityhealth
Who served	Primary care services for adults who don't have health insurance, or have insurance with a very high deductible, and who don't qualify for Medicaid. No income requirements.
Service area	Simplicity Health has three clinics: one in Alexandria on King Street close to the Alexandria Health Department, one in Annandale, and one in Sterling.

ELIGIBILITY

Financial eligibility	No financial qualification process, no financial clearance.
Insurance accepted	No.
Fees	Pay a nominal subscription fee of \$40 a month. This covers access to a primary care provider and any labs needed as part of that service. Follow-up visits with that provider within four weeks are included in the \$40. You won't have copays or additional costs during those four weeks.
Residential eligibility	None.

SERVICES

Adult	Yes.
Pediatric	No.
Pre-natal care	No.
Preventative care	Yes.
Dental	No.
Eye care	No.
Behavioral care	No.
Lab work	Yes, when ordered by the Simplicity Health provider.

SIMPLICITY HEALTH (continued)

SERVICES continued

Medications at lower prices	Referrals to pharmacies offering \$4 formularies and others with discounts.
Specialists	Referrals to services in the community.
Other	Same-day sick visits, but we are not an urgent care facility. Educational group sessions.

GETTING IN

Point of entry	Call 571-665-6610 for an appointment or go to a clinic.
Waiting list	No.
Languages	English. Spanish in all three locations. Korean and Vietnamese in Annandale. Arabic in Sterling. Phone translations in all languages.

BACKGROUND

Profit/nonprofit	Nonprofit.
Year established	November 2016 in Alexandria and Annandale, April 2017 in Sterling.
Funding sources	Run by Inova.
Source of information	Fadi Saadeh, Director of Simplicity Health Clinics.

Question #1

Do I have adequate insurance to cover my needs?

YES ➡ You probably don't need this guide.

NO ➡ Call Simplicity Health (page 11).

I DON'T KNOW ➡ Make an appointment to check if you are eligible at Neighborhood Health (page 7) or Fairfax County Health Department (page 3).

Question #2

Is my income below twice the federal poverty level?

YES ➡ You can go to most clinics in this guide.

NO ➡ Call Simplicity Health (page 11).

I DON'T KNOW ➡ Make an appointment to check if you are eligible at Neighborhood Health (page 7) or Fairfax County Health Department (page 3).

Question #3

What type of care do I need?

FAMILY CARE (pediatric, adolescent, adult)

➡ Call Community Health Care Network (page 1), Fairfax County Health Department (page 3), or Neighborhood Health (page 7).

ADULT ➡ Call Simplicity Health (page 11), Community Health Care Network (page 1), Fairfax County Health Department (page 3), or Neighborhood Health (page 7).

MENTAL HEALTH / SUBSTANCE ABUSE

➡ Call Fairfax-Falls Church Community Services Board (page 5).

DENTAL ➡ Call Neighborhood Health (page 7) or Northern Virginia Dental Clinic (page 9). The Fairfax County Health Department (page 3) also offers dental services for people aged 3–20 who are on Medicaid or income-eligible.