

April 4, 2019th

Dear County Board of Supervisors,

It is with great honor that I have this opportunity to share with you what we here at Adapt Functional Movement Center are doing in alignment with the *Live Well San Diego* vision throughout the San Diego County.

Adapt Functional Movement Center is a new non-profit 501c3 with 6 employees. Adapt's organizational mission is to enable anyone with a disabling condition to live a more filled and capable life. Through the programs we provide it is our goal to create a safe and empowering community focused on adapting beyond one's current condition or limitations such that anyone can realize the full potential of their life experience. Adapt actively works with local non-profits, businesses and organizations towards efforts in giving access to information, resources and services that support physical, mental and social health for individuals with disabling conditions. In alignment with *Live Well San Diego's* vision to Build Better Health we are passionate in supporting opportunities for all people in building a better quality of life.

Adapt's main focus is to serve the local populations of San Diego County. In addition, we also serve national and international clients from around the world. While most rehabilitation and recovery practices focus on traditional methods of physical therapy, Adapt's facility aims to blend modalities and disciplines in order to provide a personalized and integrative approach for overcoming the challenges of disability. Through these efforts in order to minimize the impact disabilities have on a person's life we tailor individualized protocols and member experiences through a whole system approach towards health and wellness behavior change.

Our organization and members are fighting not to cure to a chronic neurological condition or diagnosis but rather to increase the longevity and quality life through wellness. It is clear that Adapt Functional Movement Center is completely in alignment with *Live Well San Diego's* vision of building better health, living safely and thriving. As a non-profit we believe it is more impactful working together with strategic partnerships as a unified front towards a shared cause, rather than alone.

Our organization's programs and services help improve the quality of life for those affected by spinal cord injury, Multiple Sclerosis, Amyotrophic lateral sclerosis, Parkinson's, Stroke and Traumatic Brain Injury to name a few. Some of our current local community partnerships include:

- The **Multiple Sclerosis Program at UCSD** works as a multidisciplinary team with physical therapists, psychiatrists, mobility experts and others to provide complete care for people with MS.
- The **Southern California Chapter of the United Spinal Association** mission is to provide pathways for success connecting individuals with spinal cord injury or spinal disorders with resources for employment training, accessible affordable housing, accessible public transportation, peer support and socialization, and issues related to health and wellness.
- **Pushing for Independence** is on a mission is to restore hope and freedom for men and women with physical handicaps.
- The main goal for the **Stoke for Life Foundation** is to bring awareness to the rehabilitative benefits of adaptive water sports through clinics and education.
- **Paws'itive Teams** help train and place fantastic dogs to individuals who have particular challenges in their daily lives, they also train Therapy Dogs and Facility Dogs.
- **Roll With It Team** provides team building exercises that use diversity training for a day, to empower your business or academic group beyond perceived limitations
- **National Multiple Sclerosis** society's vision is a world free of MS. People affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.
- **Triumph Foundation** provides resources, hope and security to people living with paralysis – not just initially when the injury occurs, but as a lifelong support network
- As a local non-profit operating 24 hours a day, 365 days each year, **211 San Diego** is the region's trusted source for access to community, health, social and disaster services. By simply dialing 211 the call is free, confidential and available in more than 200 languages. 211 provides access to 6,000 services, resources and programs through our online database

Adapt also hosts fundraising events throughout the year to raise funds to support our own scholarship program. We believe in paying it forward and in supporting our local community. In our first year of operation, we awarded a total \$80k in scholarships and continue to strive to reach more individuals impacted by disability.

Adapt Functional Movement Center Carlsbad would be honored to share our mission and continue to make our services available with other like-minded partners who share a similar vision. We are excited to contribute to the *Live Well San Diego* vision and provide the community with access, resources, and information.