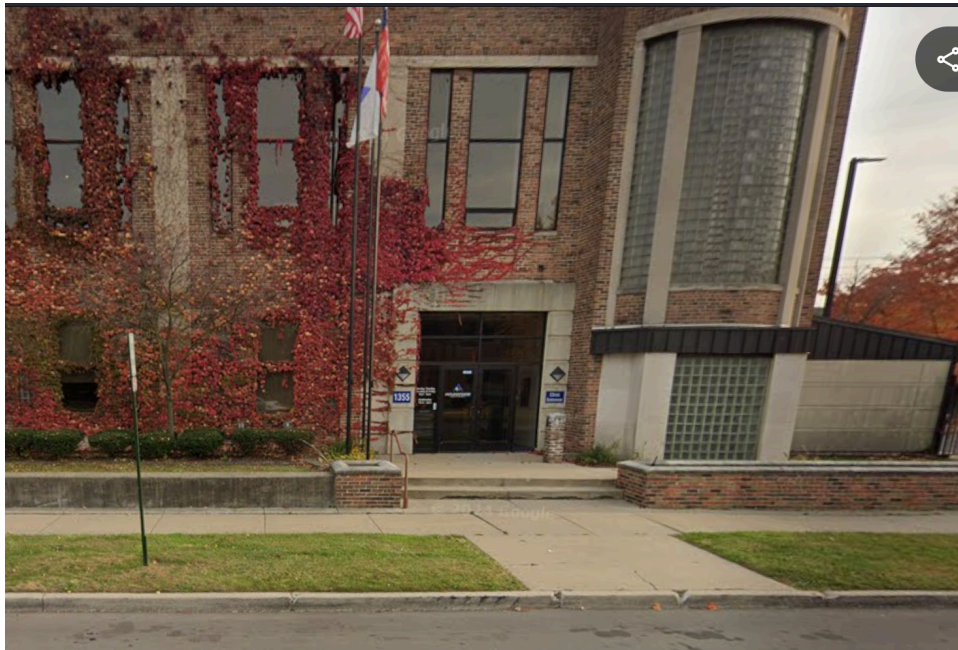


SAY Detroit Clinic Is Here!

A Spotlight on SAY Detroit Family Health Clinic in Hope Village

Access to healthcare should never feel out of reach, whether it be due to cost, insurance status, transportation, or life's unexpected turns. At SAY Detroit Family Health Clinic, which opened in 2025 in the Hope Village neighborhood, that belief isn't just a statement, it's the foundation of the organization and the mission the clinic serves.

Located at 1355 Oakman Boulevard in a beautifully renovated building and easily accessible to Hope Village residents, SAY Detroit clinic was originally founded by author and journalist Mitch Albom. The acronym "SAY" or *Super All Year*, reflects the organization's year-round commitment to serving patients 6-days of the week, all year round. When the clinic first opened in 2008, its mission was to provide a safe, trusted space where homeless mothers could seek care for their children without fear. Over time that mission has expanded greatly. Today, SAY Detroit Family Health Clinic serves **all adults** - both insured and uninsured, with plans to begin seeing children in the near future.



The front of the recently renovated SAY Detroit Health Clinic.

Since 2021 Physician Practice Manager Chantell Stainback, has continued the growth of the clinic, shaping it into a vital medical option for patients across Detroit, Highland Park, and for anyone who needs care. With pride and empathy, Chantell has helped strengthen daily operations, expanded partnerships with universities and hospitals, and ensured that patients are met not just with treatment but with friendly faces and warm welcomes.

Inside the clinic, care goes far beyond routine check-ups. Patients have access to primary care services, monthly gynecology clinics, dermatology appointments, mental health services each Wednesday afternoon, nutrition and health coaching, and dental services supported through university partnerships.

For uninsured patients, services provided in-office come at no cost. The clinic even operates an on-site dispensary, allowing patients to receive prescribed medications free of charge, removing yet another barrier that too often stands between individuals and their health.

But accessibility at SAY Detroit means more than affordability.

Extended evening hours on Tuesdays and Thursdays (until 7:30 PM) help accommodate work schedules and family responsibilities. For uninsured patients living in Detroit or Highland Park, transportation is available with 24-hour notice after an initial visit, ensuring that getting to an appointment doesn't become another obstacle.

“We try to eliminate as many barriers as possible,” Chantell shared.

That commitment continues beyond the exam room. Community Health Workers help patients navigate next steps after their appointments, whether that means coordinating specialty referrals, identifying low-or no-cost additional services, or assisting with Medicaid enrollment.

Through a strong network of partnerships, the clinic is able to extend care far beyond what happens inside its own walls. With operational support from Trinity Health Michigan, SAY Detroit Family Health Clinic maintains vital connections to specialty providers and broader healthcare systems. The clinic partners with local institutions including the University of Detroit Mercy School of Dentistry and Wayne State University's resident-run clinic for physical therapy referrals. Dermatology and psychiatry residents from Henry Ford volunteer their expertise, and physicians connected to Corewell Health also partner with the clinic to provide specialty care. These are just a few of the many collaborations that allow SAY Detroit to remain nimble, connected, and deeply responsive to patient needs.

One of the clinic's most impactful initiatives is the First Year Program, a holistic support system for expectant mothers and families with infants. Led by Community Health Worker Alexis Harvey, the program goes far beyond a single appointment. Mothers receive ongoing education and personalized guidance on everything from safe sleep practices to car seat installation, along with tangible support such as diapers, car seats, and access to fresh produce. But the heart of the program is connection. In addition to annual baby showers, the clinic hosts a summer gathering affectionately known as “Baby-Q.” This is a relaxed, welcoming event where mothers can share a meal, build friendships, access community resources, and simply take a moment to breathe. With wellness activities, supportive partners, and space to connect with other moms, Baby-Q reflects the program's deeper purpose: nurturing not only healthy babies, but confident, supported mothers.

As Chantell puts it, “We're here to serve as a medical safety net to those who are in need, both insured and uninsured.” In a city where healthcare access can often feel complicated, that steady presence makes all the difference.

For more information or to book an appointment, use the brochure below to contact SAY Detroit



STRENGTHENING YOUR BABY'S *First Year*

A free program that offers counseling and resources for new and expectant parents of infants up to age one. To enroll, contact Alexis Harvey at (313) 758-6100 ext 10003 or Alexis.Harvey001@trinity-health.org.

Wellness Wednesdays

A monthly support group for Detroit women to connect and grow! Visit saydetroitclinic.com for program info.

Being healthy is more than just accessing the free and affordable preventive medical care that SAY Clinic provides to families in Detroit; a whole-health approach also prioritizes mental wellness, education, support groups, and other resources that empower healthy lifestyles.

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helps move whole communities FORWARD >>>

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