



Caritas

Expansion of Behavioral Health provides new unit, new services for patients

Continuum of care provides better outcomes for mentally ill

One in five American adults has experienced a mental health issue. One in 20 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression. When a loved one is suffering from depression, dementia, anxiety, bipolar or other mental illnesses, St. Vincent Charity Medical Center offers complete and holistic care that is designed to help patients get back to achieving stability in their lives.

This Spring, those services greatly expanded with the opening of a 16-bed dedicated geriatric psychiatry unit and the expansion of the partial hospitalization and intensive outpatient programs. “St. Vincent Charity Medical Center has long been a leader in the care of those with mental illness,” said David F. Perse, MD, President and CEO. “These additional services will round out our offerings for those adults on any end of the behavioral health spectrum.”

A unit focused on older adults

St. Vincent Charity has cared for older adult patients (age 55 and over) on a unit that is combined with younger adults. However, the needs of those populations are distinct, according to Dr. Boris Royak, medical director of Geriatric Psychiatry.

“A large number of patients in this new unit will have some dementia, but they may also have underlying medical

Continued on next page



Geriatric Psychiatry Unit by the numbers

16 beds in semi-private rooms

Renovation was \$1.5 million with \$1 million raised through grants.

6400-square-foot secured unit

Treatment for adults age 55 and over.



Behavioral Health Expansion

Continued from front page

conditions,” said Dr. Royak. “Having a dedicated unit provides a safe level of care for those patients with a greater burden of medical conditions.”

According to the American Association of Geriatric Psychiatry, mental disorders that are highly prevalent in later life cause significant distress and suffering for patients and their families, increase medical morbidity, excess disability and mortality.

This expansion addresses a recognized



we provide recreational, physical and occupational therapies, we are able to return them home or back to the nursing home in a better state.”

ECT gives hope for treatment

A new offering for patient treatment at St. Vincent Charity is electroconvulsive therapy (ECT). There are many misconceptions about ECT. As far back as the early 1930s, it was discovered that an electric shock or a seizure had caused very psychotic patients to improve. In earlier times, patients were not sedated as they are today and consequently sustained fractures or injuries as a result of treatment.

Today, there is little to no movement by patients and it's performed in the surgical recovery room. An electrical current (much less than that of a heart defibrillator) is passed to the brain that causes patients to have a short seizure of 30-60 seconds in duration, which allows the brain chemicals to reorganize the brain. Each treatment only lasts about five to 10 minutes.

ECT is used for treatment of major depression, psychosis, mania, suicidal

thoughts, schizophrenia and catatonia. It may also be used as a first-line treatment for patients who are acutely depressed and suicidal to help stabilize them quickly.

Speed and efficacy are two things ECT provides as a treatment. Most medications take 6-8 weeks to begin working. “Medication treatment is often trial and error and is proven to be only 30 percent effective overall,” said Dr. Amit Mohan. “ECT has an efficacy rate of 80 percent to 90 percent.” Treatments are typically three times a week for 12 weeks and then monthly for maintenance thereafter. Treatment can begin as an inpatient.

New offering for outpatient care

Patients who have been discharged from inpatient care, but are still in need of intensive treatment can now take advantage of our Partial Hospitalization Program/Intensive Outpatient Program (PHP/IOP), located in Suite 110 of the Sisters of Charity Health System building.

Designed for the chronically, mentally ill adult, this program helps to increase the functioning and stability of men and women with serious mental illness by offering comprehensive services from 9 a.m. to 2 p.m. Monday through Saturday.

Clients establish and work on treatment goals such as improved

communication, independence, coping skills, social activity and support. Through group therapy, individualized treatment and enrichment activities clients build new levels of independence by participating in their own recovery.

Program curriculum for illness management and recovery includes:

- Diagnosis education
- Medication education
- Symptoms versus side effects
- Relaxation / stress management
- Anger management
- Healthy relationships
- Co-occurring disorders
- Life skills
- Psychiatric relapse
- Conflict management
- Confidence building

Staffed by a psychiatrist, psychiatric nurses and licensed therapists, the staff works as a treatment team to support clients' progress.

Transportation is provided to and from the program by behavioral health technicians and a Community Liaison Coordination meetings with case managers and social workers to better understand each client's needs.

“Having the spectrum of psychiatric services in one place leads to better patient compliance and better outcomes,” said Dr. Koblentz. ♦

24/7 INTAKE IS AVAILABLE BY
CALLING 216-592-2851.

In the Spirit of the Sisters of Charity of St. Augustine, the St. Vincent Charity Medical Center family is dedicated to the healing ministry of Jesus. As Caregivers we serve with a deep respect for the dignity and value of all persons, we are focused on quality care, dedicated to the poor and committed to continuing education.

CARE BEYOND MEDICINE

A MESSAGE FROM THE PRESIDENT AND CEO

Spring is finally upon us in Cleveland. The Indians are picked to win the World Series, the Cavaliers are in the NBA playoffs and Cleveland is gearing up to host the Republican National Convention in 2016. With the excitement that a new season and our city's Renaissance bring, we also have a great deal of excitement to share about St. Vincent Charity Medical Center. We're in the midst of our 150th anniversary year. While we've enjoyed taking a moment to reflect on what it means to have a legacy that long and that strong, we're more focused on how we build on that legacy moving forward. Here's a bit of what's new.

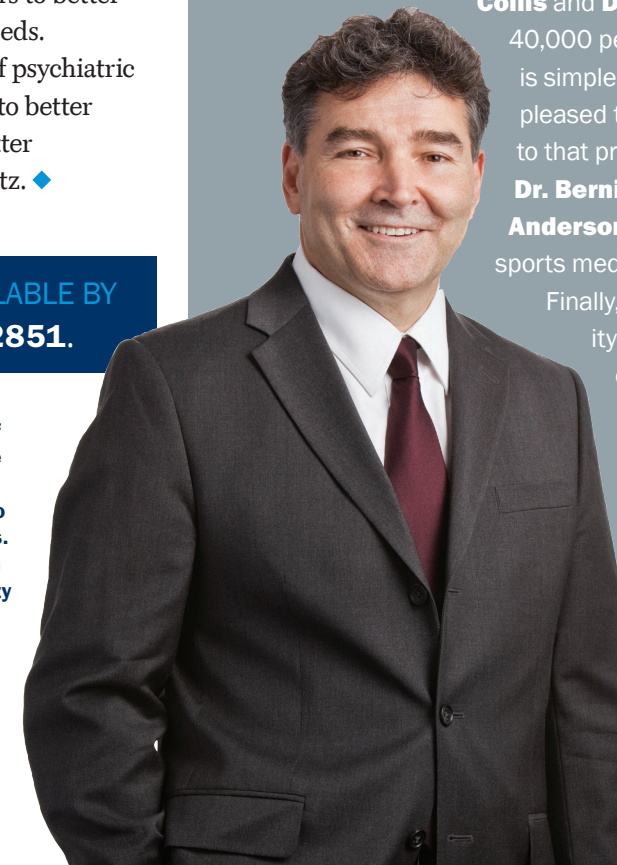
Patient care is at the heart of everything we do. Ensuring that we have patient needs met is something our team pushes toward every day. Our cover story is a great illustration of meeting those needs. From our beginning, behavioral health has been an area of strength for St. Vincent Charity Medical Center. This month marks the expansion of that service line to include: a 16-bed dedicated geriatric psychiatry unit; electroconvulsive therapy as a treatment for depression, bipolar, anxiety and other conditions; the addition of partial hospitalization and intensive outpatient for the severely and chronically mentally ill adult; addition of a 24/7 intake service; and expansion of our inpatient detox beds to address the expanding need for addiction services. These services give us the complete continuum of care from our Psychiatric Emergency Department (one of only 6 in the country) to our inpatient, outpatient and supportive programs. We are also pleased to welcome two more psychiatrists to our dedicated team: **Dr. Amit Mohan** and **Dr. Mark Frankel** just joined us from Lutheran Hospital.

As the 78 million Baby Boomers age, we know their bones and joints, backs and necks and feet and ankles will suffer wear and tear of age and our quest for perpetual youth. Our Spine and Orthopedic Institute is comprised of the area's most experienced orthopedic and neurosurgeons – 17 in total! Led by **Dr. John Collis** and **Dr. Lou Keppler**, they have helped more than 40,000 people recover their active lifestyles. Their goal is simple: to make you feel—and move—better! We are pleased to have the addition of four more physicians to that program: **Dr. Rob McLain**, orthopedic spine; **Dr. Bernie Stulberg**, revision orthopedics; **Dr. James Anderson**, neurosurgery; and **Dr. George Friedhoff**, sports medicine.

Finally, we have restructured the St. Vincent Charity Development Foundation to better position ourselves for a 150th campaign that emphasizes how St. Vincent Charity Medical Center provides, “Care beyond medicine.” Tim O'Callahan, our new chief development officer, tells you more on page 7.

As always, we thank you for your support.

David F. Perse, MD
President and CEO



The Comeback Kid

Sagamore Hills hockey player back on the ice with help of Dr. George Friedhoff

Armed in oversize jerseys covering hulking shoulder pads and with heads swiveling in shielded cages, they look like just like another hockey team. They look like high school boys at practice—smacking slap shots and charging into each other at high speed. That is until you catch a glimpse of long hair darting out of a helmet and a touch of eye shadow behind one set of face bars. While appearances may fool you to think that Christina Ferfolia is different—in reality, she’s just another spirited hockey player.

Like her teammates, she first laced up the skates and grabbed a stick at just 5 years old. While also excelling at softball and volleyball, hockey always held a special place in her heart.

“When I’m on the ice I never want to stop. Everything goes away and it’s just me.”

As her game progressed, many of her fellow hockey players left for club teams that were all girls. Christina chose to skate a different path and tried out for her high school hockey team. There are only two other young women in the program—both are goaltenders, so Christina is the only girl skating across the ice. Yet she crashes the boards and takes hits with the best of them. This grit served her well when her biggest challenge came not from an opponent—but from within.



Just as she was set to begin her high school career, Christina started to feel intense pain in her back. At first they suspected scoliosis but then skating became nearly impossible. It was discovered that the actual problem was a big word that could mean big trouble: spondylolisthesis.

One of her vertebrae had slid forward and over the bone beneath it. The intense pain was from nerves being squeezed and the condition meant long-term complications without surgery.

“I was speechless—other than crying. The idea of not playing was earth shattering. It felt like the end of my world.”

While surgery was the only option, her team of doctors began to compose a personalized plan to get Christina back on the team as soon as possible. Beyond the innovative approach, Christina and her mom, Chris, felt that it was their personal skills that made the difference.

“Dr. (George) Friedhoff had an amazing ability to connect with my daughter. I mean, by the time she saw him she was tired of the

whole process and tired of listening to doctors with bad news. But what happened is he really listened to her. She had a voice in the process and he won her trust,” Chris said.

Both Christina and her mother recognized that Dr. Friedhoff and his colleagues shared her goal of getting her back on the ice. While her lifelong mobility remained the priority, they sculpted the entire process, from surgery to rehab—all with Christina’s comeback at the top of their minds.

“The morning of the surgery Mom and I got into the car. For some reason I wasn’t scared until then. It just hit me. I thought,

“This whole experience made me realize how much I love everything about this game. I didn’t really realize how much it meant to me until I almost lost it.”

wow, this is actually happening. But I told myself, you have to do this. This is how you are going to get back on the ice.”

After a successful surgery, Christina was back in the hands of Dr. Friedhoff to begin her climb back.

“Throughout the recovery, the follow-up appointments and the rehab, he was amazing. He was setting goals for me and motivating me to get there. This guy knows the mentality of sports. He understood where I was coming from. He held me back when he needed to and pushed me when the time was right. He was very down-to-earth, just easy to talk to. He kept reminding me that if I did the work, I’d make this comeback.”

The trust Dr. Friedhoff had earned was paying off. Christina did the work—she truly believed she could return to hockey. She was cleared to skate again but she had more work to do once she was back with her teammates.

“I felt bad because my skills had degraded but I knew I could get them back and I’m happy with how much I have improved.”

She has done more than improved. Christina just completed her first full season of high school hockey and ponytail and makeup aside, she’s skating with the best of the boys.

“Girls club hockey is fine but I like the more intense edge of playing with men. They hit hard and with speed but so do I. My teammates have been wonderful throughout it all. These guys are like my family; it’s like having 30 brothers,” Christina laughs.

She feels that her unique experience in high school will help

her make a women’s college hockey team—which is an important goal for her. While she knows that skills on the ice are crucial, she admires her heroes more for what they do off the ice and her physical challenges have reminded her just how much this game means to her.

“I really look up to Sidney Crosby of the Pittsburgh Penguins—he’s my favorite. Of course he is an amazing player but he seems very approachable. He’s a leader on the ice but he does so much in the community and he just seems like a man of the people. This whole experience made me realize how much I love everything about this game. I didn’t really realize how much it meant to me until I almost lost it.” ♦

TO MAKE AN APPOINTMENT WITH THE SPINE AND ORTHOPEDIC INSTITUTE, CALL 888.709.9007.

HISTORICAL FACT

St. Vincent Charity Medical Center has thrived in the city of Cleveland and in the hearts of patients for nearly 150 years. As we celebrate our landmark 150th anniversary in 2015, we reflect on significant moments in the medical center’s history.

In July 1947, St. Vincent Charity announced a new plan to cope with the extreme shortage of nurses in the city of Cleveland. The School of Nursing would begin training women ages 18-45 from Ward Assistants to Registered Nurses. There was no tuition for the six-month training course and all meals were included. Students would receive a monthly salary starting at \$85 and increasing to \$115 by the end of the program.

The training course included one month of classroom instruction, followed by 5 months of supervised training in all hospital departments. Courses ran September - February of each year and could accommodate 40-50 future Registered Nurses. ♦



HEALTHY LIVING

HELP YOURSELF TO HEALTHY Connecting Patients and Visitors to Healthy Food Options

Reducing the number of overweight or obese adults is one of the three focus areas of St. Vincent Charity Medical Center’s Community Benefit Plan. Nonprofit hospitals are required by federal law as a condition of their tax-exempt status to assess community needs and design plans to address them based on the population they serve. These free services to the community are collectively known as Community Benefit.

After about six months of development, the hospital has unveiled an interactive nutritional kiosk in the cafeteria.

Using iPad technology, visitors, staff and patients can connect to local farmers’ markets and have the locations sent via



text to their smart phone, learn how to read a nutrition label, peruse the healthy offerings in the cafeteria, learn about healthy portions and explore the relationship between food and overall well-being.

Additionally, the kiosk features a literature rack for more information about healthy eating, exercise and health care. “The kiosk is designed to help our patients and visitors connect to the growing number of fresh and healthy food options in our area and to provide them with information to help them make better food choices,” said Leslie Andrews, BSN, project leader for the Community Benefit at St. Vincent Charity. ♦

Spine and Orthopedic Institute welcomes four new physicians

Spine and orthopedics have long been an area of excellence and expertise at St. Vincent Charity Medical Center. That experience just got deeper with the addition of four new physicians to the Spine and Orthopedic Institute. Joining in the past few months are James Anderson, M.D., neurosurgery; Bernard Stulberg, M.D., revision orthopedic surgery; Robert McLain, M.D., orthopedic spine surgery; and George Freidhoff, D.O., sports medicine.

Offering the minimally invasive procedures and the latest technology, our physicians provide the highest level of care in order to return patients back to their lives without pain. The addition of these physicians expands our Spine and Orthopedic Institute to 17 physicians and growing.

James Anderson, M.D.



“I came to St. Vincent Charity because the mission melded well with my beliefs that I should be able to give good quality health care to people, whether they have the right insurance or not.”

Dr. James Anderson has extensive experience in neurosurgery. A board-certified surgeon, Dr. Anderson has special interests in craniocervical junction, complex cervical spine and minimally invasive lumbar spine work. He joined St. Vincent Charity in September 2014 after 15 years at Metrohealth.

George Friedhoff, D.O.



“At the Spine and Orthopedic Institute, we have a comprehensive team approach with multiple specialists under the same roof, in the same office, which you don’t always see at other institutes.”

Dr. George Friedhoff is board-certified in internal medicine and sports medicine. He serves as a medical orthopedist with special interests in acute/chronic back pain management, osteoarthritis, joint injections under musculoskeletal ultrasound and osteopathic manipulative treatment.

Robert McLain, M.D.



“There is a family-like environment here that allows patients to sense that they are important, that they are people; they are individuals that we are taking care of, not just a number.”

Dr. Robert McLain is a fellowship-trained spine surgeon with 25 years of expertise in complex spine care. Previously, he served 16 years as a Cleveland Clinic staff surgeon and educator with appointments in the Departments of Orthopaedic Surgery and Neurosurgery, Professor of Surgery within the Lerner College of

Medicine, and remains Professor of Biomedical Engineering at Cleveland State University. Dr. McLain is a recognized expert in the treatment of degenerative conditions of the neck and back, spine trauma, and instability of the spinal column.

Bernard Stulberg, M.D.



“My goal is to do what is in the patient’s best interest and your whole team has to be organized that way—that’s what we are at the Spine and Orthopedic Institute. We all work together to make the patient experience positive and one that they appreciate.”

Dr. Stulberg joined the Spine and Orthopedic Institute in October 2014 from the Cleveland Clinic Orthopaedic and Rheumatologic Institute. He has extensive experience in orthopedic surgery, including total joint replacement and revision joint surgery. ♦

HEAR MORE FROM OUR SPINE AND ORTHOPEDIC PHYSICIANS AT www.stvincentcharity.com/spine-ortho BY CLICKING ON OUR MASTER SURGEONS.

Our 150th Celebration

What is a milestone anniversary without a party to celebrate? We’ve already had a few, but we’re not done yet. Upcoming events include a **Spring Clean Up** in the Campus District on **May 3**; author **Regina Brett** visits on **May 12**; we’re hosting a **Community Lunch on the Lawn** on **Aug. 28**; and celebrating a **closing Mass at the Cathedral** on **Sept. 27**.

Special Events

This Christmas our 18-foot spruce was generously donated by Boyles Evergreen Tree Farm. Nathan Zegura, of Browns Daily Radio, served as our host for the evening. A number of community musical groups kept the crowd of 200 entertained with holiday tunes before the lighting of the tree and a spectacular fireworks display right in the



heart of the city. Nearly 800 friends and family of St. Vincent Charity celebrated the hospital’s

150th with a Bash held Feb. 28 at the Cleveland Museum of Art Ames Family Atrium.

Telling our Story

In addition to our social media campaign #STV150 and our anniversary website www.stv150.org, we are also capturing 150 years of faith-based health care in a new history book under way. With the help of Sister Mary Denis Maher, CSA, certified archivist, the book will explore the hospital’s early days

to the present day. It will be published in September 2015.

Patient Appreciation

Each month throughout the anniversary year we are giving



our patients a small gift to show our appreciation for their support. ♦

VISIT STV150.ORG TO STAY UP ON ALL THE 150TH ANNIVERSARY EVENTS.

St. Vincent Charity Development Foundation springs forward with 150th anniversary

After another hard Cleveland winter, the long awaited spring has come and there is a palpable sense of renewal in the city and at St. Vincent Charity Medical Center. We are celebrating 150 years of care, of true medical innovation and commitment to this city and the patients we serve.

On April 13, we opened our new Geriatric Psychiatry Unit, a 16-bed unit in an expanding area where St. Vincent Charity has become the key provider of service in all of Greater Cleveland. This \$1 million project is an exciting addition for our hospital, but more so for the mental health community, made possible through the generous philanthropic support and partnership of; the **Walter W. Born Foundation**; **Eva L. and Joseph M. Bruening Foundation**; **Cuyahoga Community College**; **Eaton Corporation**; and **The Elisabeth Severance Prentiss Foundation**.

The Foundation received another \$1.5 million in gifts in 2014, which was used to renovate an old commercial building into a medical office at 2905 Lorain Ave. in Ohio City. The project is a joint venture between St. Vincent Charity Medical Center and Saint Ignatius High School. Staffed by four physicians, one each in family practice, podiatry, sports medicine and cardiology, the 3,600-square-foot building provides vital healthcare in an underserved area and greater visibility for the hospital’s programs. This project was funded through gifts from the following:


- John P. Murphy Foundation**
- Sisters of the Precious Blood**
- John A. Bastulli, M.D. and Lorene B. Bastulli**
- Richard and Joanne Clark**
- Albert J. DeGulis**
- Eaton Corporation**

- Nancy W. McCann**
- Patrick F. McCartan**
- Raymond and Katie Murphy**
- David F. Perse, M.D.**
- Richman Brothers Foundation**
- James and Sharon Rohr**
- William and Pamela Summers**

While anniversaries are a wonderful time to look back and acknowledge key milestones, the hospital’s leadership is using this 150-year celebration to chart the course for the decades ahead. It is as much about renewal as it is a recollection of past accomplishments.

In the months ahead, we will unveil a strategy that will help St. Vincent Charity grow and thrive and be an integral part of Cleveland’s renaissance in the Campus District. We will share with you our plan for “Care Beyond Medicine” and the campaign to support those initiatives. Everyone in this community will be invited to give to our campaign and we will ask for that support respectfully and compellingly.

There is a goodness and kindness in the caregivers here, a love that permeates through this community and embraces all. We have a wonderful story to tell about who we are at St. Vincent Charity, where we are headed and how we intend to get there. It is a mission well worth the investment we will make for and in it.


Timothy G. O'Callahan
Chief Development Officer ♦





ST. VINCENT CHARITY MEDICAL CENTER

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CLEVELAND, OHIO 44115
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A Ministry of the Sisters of Charity Health System

CALENDAR OF EVENTS

Visit www.stvincentcharity.com for the latest details on events or follow us on Facebook and Twitter.

- May 3** Spring Cleanup in Campus District, 10 a.m.–1 p.m., Marion-Sterling Elementary
- May 4** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- May 11** Bariatric Seminar 6 p.m., Middleburg Heights Recreation Center, Middleburg Heights
- May 12** Regina Brett, “God is Always Hiring,” 2 p.m. Holy Trinity Chapel, Tickets are \$15 at stv150.org
- May 12** Free Blood Pressure and Blood Sugar Screenings, 1:30–3 p.m., Stepstone Academy, Cleveland
- May 18** Bariatric Seminar 6 p.m., Center for Bariatric Surgery, 2322 East 22nd Street, Suite 207, Cleveland
- May 18** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- May 27** Pre- and Post-Op Bariatric Support Group, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- June 1** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- June 8** Bariatric Seminar 6 p.m., Center for Bariatric Surgery, 2322 East 22nd Street, Suite 207, Cleveland
- June 15** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- June 22** Bariatric Seminar 6 p.m., Lorain Community College—Spitzer Building, Elyria
- June 24** Pre- and Post-Op Bariatric Support Group, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- June 27** Free Blood Pressure and Blood Sugar Screenings, 10 a.m.–4 p.m., Ward 5 Community Family Festival at Friendly Inn Settlement, Cleveland
- July 6** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- July 13** Bariatric Seminar 6 p.m., Center for Bariatric Surgery, 2322 East 22nd Street, Suite 207, Cleveland
- July 20** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- July 22** Pre- and Post-Op Bariatric Support Group, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- July 23** Diabetes Support Group, 9:30 a.m., St. Vincent Charity Medical Center, Cleveland
- July 27** Bariatric Seminar 6 p.m., Holiday Inn, Canton
- Ongoing** Blood pressure and Blood Sugar Screenings are held regularly on the following days:
 - Second Saturday of every month, Noon, Ward 5 Community Meetings, Vocational Guidance Center, Cleveland
 - Fourth Wednesday of every month, 4:30–6 p.m., Cedar Extension Apartments, Cleveland
 - Second and fourth Friday of every month, 2–4 p.m., Marion Sterling School, Cleveland
 - Second and fourth Thursday of every month, 2:30–4p.m., Skyline Tower, Cleveland

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Caritas is produced three times a year by the Marketing and Communications Department at St. Vincent Charity Medical Center. You can receive Caritas directly to your email inbox. To subscribe to the electronic publication, visit: stvincentcharity.com/newsroom

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