



# JOSEPH'S JOURNEY

## Treating the Body and the Mind

### NEW BEHAVIORAL HEALTH DIRECTOR ELEVATES THE LEVEL OF INTEGRATED CARE



*Behavioral Health Director Michael Biscaro, PsyD*

**Holistic.** It's a word that can have different meanings to different people. For Joseph's Home new Behavioral Health Director Michael Biscaro, PsyD, holistic has just one meaning: treating both the body and mind to address issues that may have led to homelessness in the first place. Holistic care has always been the goal of Joseph's Home, but with the addition of Dr. Biscaro, consistently taking a holistic, integrated approach to the men served has become more feasible.

Dr. Biscaro has more than 15 years of experience providing direct clinical psychology service and consultation. As behavioral health director, Dr. Biscaro is at Joseph's

Home weekly to help identify and address mental health and substance abuse issues and connect residents with ongoing intensive care. He also helps train and oversee staff on evidence-based practices (such as trauma-informed care) and motivational approaches to care, as well as developing clinically efficient processes that lead to positive health outcomes. His position and that of the new medical director were made possible through a \$150,000 grant.

"I am responsible for developing and maintaining an integrated model of care where an individual's whole health needs are addressed. It's my role to work with staff to identify behavioral health concerns that might be impacting an individual's recovery in our medical respite care setting," said Dr. Biscaro.

With Dr. Biscaro on staff, Joseph's Home can better meet the complex physical, mental and social challenges residents face. Prior to having a clinical presence in house, staff relied on external providers for mental, emotional and substance abuse issues. Now that care is more integrated, clinical issues can be addressed in house and plans can be developed more seamlessly to address resident needs.

Dr. Biscaro said an additional benefit is that he and other staff members can now discuss creating a more outcome-driven model of care, and creating more data-driven strategies to assist residents over time.

*Continued on back page*

Your support of Joseph's Home will help men without resources recover their health and return to permanent housing. Please send your gift today or donate online at [josephshome.com](http://josephshome.com).

# Stepping Up Our Game...As a Team

## A MESSAGE FROM THE EXECUTIVE DIRECTOR



Over the past several months, Joseph's Home has been transforming. Because of generous supporters like you, we have been assembling a team of dedicated and compassionate people who are committed to our mission of healing those who have been outcast and forgotten.

In 2017, we hired a healthcare navigator, medical director and behavioral health director—all essential components of our medical respite model and our continuous goal of providing integrated health care to acutely ill homeless men.

While we have been strengthening our team, we have also been training to become even more equipped to address the needs of our residents. In 2017, we became a member of the National Health Care for the Homeless Council (NHCHC) to connect with similar programs throughout the nation and learn how to provide the best care possible.

We are happy to announce that in January 2018, we were chosen as one of only 10 programs across the country to participate in NHCHC's Learning Collaborative on the Adoption and Implementation of Trauma-Informed Health Care for the Homeless Projects. As a trauma-informed (TI) organization, we will be expanding our understanding of how trauma impacts a person's cognition, emotions, behaviors, relationships and overall health. With a deeper understanding of how trauma affects our men, we can adapt our program's culture, policies, procedures, interactions and relationships to more effectively engage men on their journey toward recovery.

This year, Joseph's Home will be taking advantage of existing research and best practices to tailor the care residents receive.

This effort will include implementing new staff training and policies, addressing trauma using best practices, prioritizing self-care for both staff and clients, and creating safe and welcoming spaces and interactions. The emphasis is on understanding the whole individual and appreciating the context in which that person is living his life.

Rather than asking, "How do I understand this problem or this symptom?" we will ask "How do I understand this person?" This approach shifts the focus to the individual and away from some particular and limited aspect of his functioning. We will be making key steps to meet our residents' needs in a safe, collaborative and compassionate manner. We will build on the strengths and resilience of the men we serve in the context of their environments and communities. This will also be an opportunity for our staff to learn and collaborate with TI organizations across the country.

As we up our game in the coming months, we hope you continue to champion and support our residents. To know that there are so many people cheering for them and wishing them success is a blessing to us, but most importantly to them. Thank you—your friendship means so much to all of us. We are lucky to have you on our team!

Your partner in service,

CHRISTINE HORNE, *Executive Director*

## THANK YOU GENEROUS SUPPORTERS

### 2017 DONOR HONOR ROLL

Hundreds of caring neighbors in and beyond Northeast Ohio gave generously to make healing possible for the men of Joseph's Home in 2017.

The annual Joseph's Home Donor Honor Roll is one of the ways we say "thank you." All supporters who made at least one financial contribution are listed, unless they requested to remain anonymous. Know that the residents, alumni, board and staff of Joseph's Home are deeply grateful for each and every gift and for your partnership with us. Please continue to keep Joseph's Home in your thoughts, prayers and charitable giving plans. Thank you!

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# Team Work Makes The Dream Work

## EL BARRIO HELPS RESIDENTS OVERCOME BARRIERS TO SECURE EMPLOYMENT



*Joseph's Home Executive Director Christine Horne and John Mytrysak*

**I've healed, I'm looking for housing, now I need to get back to work.**

This is the challenge that many residents of Joseph's Home face. Perhaps they have a negative work history or have no skills training. Maybe they just don't have the suit they need to wear to an interview. That's why

Joseph's Home has teamed up with El Barrio Centers for Workforce Development (El Barrio) to help residents conquer those barriers and more.

El Barrio has forged a path for residents who are willing and able to work to access the training and networking they need to secure employment. El Barrio provides an onsite workforce development program that allows residents to train and receive certifications in four or more weeks in one of several tracks: customer service, hospitality, construction, transportation, pharmacy and teacher assistance. El Barrio then provides case management to prepare candidates to enter the workforce ready and motivated. Once a client has graduated from the program, El Barrio matches candidates to companies looking for diversity in their organization.

Joseph's Home's own healthcare navigator, John Mytrysak, is a perfect example of how El Barrio training has made a big difference for residents. John fell ill in 2014. Due to his illness, his kidney function was slowly declining and his cognitive abilities were suffering as a result. The first big sign came when he lost his job due to a decline in his performance. Eight months later he was out of money. He sold his home and lived out of his car. Less than two years after he lost his job, he had also lost his car, was drowning in debt and was living in a homeless shelter. He was then referred to Joseph's Home. Within two months, he was receiving the medical care he needed and he was participating in the El Barrio workforce development program in the customer service training track.

After working with El Barrio staff who helped him review his resume, learn professional skills for his chosen field, attend a job fair and receive a National Retail Federation (NRF) certification, he got a job in retail. He then had the income to get and keep an apartment. Flash forward to today. John is now the healthcare navigator at Joseph's Home and is living the dream—an independent and successful life—all thanks to teamwork. ♦



# THE ART OF HEALING

New Wellness and Art Therapy Programs Allow Residents to Express Themselves

*A sample therapy project*



Lamont Cox has always been seen as a tough guy. As a former gang member with a seemingly hard exterior, he never backed down from a fight and was never one to discuss his feelings. After suffering from multiple strokes and a heart attack, Lamont's house was foreclosed and he was left with no place to go. He found himself vulnerable, distressed and looking for help. That's when he came to Joseph's Home.

Lamont has been attending the new wellness and art therapy programs offered by Joseph's Home in partnership with Ursuline College. This past fall, Executive Director Christine Horne attended an event hosted by Catholic Community Connection. Connecting catholic education and social services is one of Catholic Community Connection's core objectives, so they helped connect Christine with Ursuline College at the event. Ursuline College President Sister Christine DeVinne, OSU then recommended that Instructor and Clinical Director Melissa Hladek reach out to Joseph's Home in hopes of bringing wellness and art therapy programming to the acutely ill homeless men of Joseph's Home.

Accompanied by students of the Ursuline College Counseling and Art Therapy program, Melissa leads the residents in creative activities that are meant to encourage thoughtfulness and meditation, reflection on past experiences, healthy coping, and the creation of goals and aspirations as they

relate to mental health. This focus on listening and sharing has given some residents the freedom to open up and discuss the challenges and barriers they have faced.

These days, Lamont can be seen participating in yoga, meditation and art projects that provide relaxation and reduce anxiety. "You all have showed me something I have never seen before. When I was growing up, all I saw was drugs and guns. I never had time for this. But now, I've got time," said Lamont.

Lamont has been at Joseph's Home for just over a month and has enjoyed attending the wellness and art therapy programs because they have allowed him to be creative and regain a



*Melissa Hladek (left) and students Courtney Wilson and Clare Conway.*

sense of dignity. "I feel like I've been healed by art because it makes me feel good," he added.

Melissa said she hopes that Joseph's Home residents can tap into a side of themselves that is very rarely explored.

Whether it be sharing about a traumatic event from the past, meditating to relieve the stress of homelessness and illness, or expressing their emotions through an art project, men like Lamont are experiencing healing that goes beyond medicine. The wellness and art therapy programs are providing homeless men who have lived chaotic and, in some cases, traumatic lives a coping mechanism and a sense of worth they've never felt before. ♦

**"It's beautiful because it brings out the good in a person." –Lamont**





## YOU ARE AN MVP AT JOSEPH'S HOME. AND BECAUSE OF YOU, WE ARE ALL CHAMPIONS.

Champions for homeless men like John and Lamont. They regain their identity and sense of purpose in life. Achieve wellness and healing like never before. Some of them, such as John, even find employment helping others through the same journey of healing. If that's not special, what is? The prayers, advocacy and support of caring friends like you make it all possible. Thank you!

Please make your gift to the 2018 Joseph's Home Annual Fund today. Your gift of any amount will help an acutely ill homeless man recover his health and heal his life. He won't know your name, but you'll have a special place in his heart. Send your check or money order payable to Joseph's Home using the enclosed envelope. Give online at [josephshome.com](http://josephshome.com). Or call 216.987.9201. We can't do this without you!

Find us online: visit [josephshome.com](http://josephshome.com) to get news and updates, connect with Joseph's Home on Facebook, subscribe to our e-newsletter, make secure online donations, learn about additional volunteer opportunities and more.

## NEWS BRIEFS

### Celebrating the Feast of St. Joseph

Joseph's Home hosted its annual celebration of the Feast of St. Joseph March 19. More than 40 friends and supporters gathered at St. Vincent Charity Medical Center for a Mass and reception. Many thanks to Fr. Peter Kovacina, parochial vicar, St. Anthony of Padua (Parma) for officiating Mass, former Joseph's Home resident Andy Herbcha for his beautiful music, and everyone who attended. ♦



*Sr. Joan Gallagher, CSA, participating in the Feast of St. Joseph Mass.*



*From left: Sr. Allan Kenzig, CSA, Sr. Judith Ann Karam, CSA, Rev. Eileen Vizcaino, Sr. Evelyn Flowers, CSA, Heather Stoll (Board Member), and Sue Krey.*



*From left: Tom Monahan, Al Gibson, Marianne Monahan, Sim London (Alumni), Emily Monahan, and Andy Herbcha (Alumni).*

Save the date: June 21

## PERSEVERANCE IN HOPE: THE 2018 JOSEPH'S HOME BENEFIT LUNCHEON

**Perseverance in Hope:** The Annual Joseph's Home Benefit Luncheon is Thursday, June 21, at Windows on the River. Dan Moulthrop, CEO of The City Club of Cleveland, will serve as emcee and will be accompanied by keynote speaker, Judge Michael Ryan. The luncheon will celebrate the remarkable healing and achievements of the acutely ill homeless men who have stabilized their health and transformed their lives at Joseph's Home. Plus, there will be many other fun ways to participate. Funds raised will provide meals, shelter and other care for the residents of Joseph's Home.

Sponsorships and tickets are available. Visit [josephshome.com](http://josephshome.com) for more information or to reserve your place today. Contact Development Manager Madeline Wallace at 216.987.9201 or [mwallace@josephshome.com](mailto:mwallace@josephshome.com) if you or your company would like to receive sponsorship information.



JOSEPH'S HOME

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**IT IS OUR MISSION ::**

**Joseph's Home, a ministry of the Sisters of Charity Health System, provides a nurturing, caring environment for men without resources who have acute medical needs, helping them heal and achieve independence.**

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**JOSEPH'S HOME**

*A Ministry of the Sisters of Charity Health System*

*Joseph's Home has chosen to print responsibly on recycled paper.*

**BODY AND THE MIND** *Continued from page 1*

“By developing more efficient processes, training staff in more evidence-based practices and establishing a system of quality, we will be more effective in the long-run with the goal of having better health outcomes and maintaining wellness long after each man leaves Joseph's Home,” added Dr. Biscaro.

An additional duty Dr. Biscaro has is to supervise the peer recovery support staff and build capacity. A peer recovery supporter is someone who has similar lived experiences to Joseph's Home residents and will use their shared experiences to help residents and alumni attain their goals. ♦

**“With a behavioral health director on site, we continue to improve and strengthen our medical respite programming. Already, we are seeing tremendous progress in ramping up the level of integrated care we can provide the men we serve, both residents and alumni.”**

*– Executive Director, Christine Horne*