



IMPACT

YOUR GIFT MAKES A DIFFERENCE | SPRING 2022

Solarium Reopens at Memorial Epworth Center

A new light shines throughout the healing spaces at Memorial Epworth Center. Thanks to a generous donation from a grateful family of a patient at Epworth, the center completed a \$100,000 renovation of the adolescent solarium in 2021. The family gave an additional \$50,000 gift to help support art therapy at the center.

“It’s an uplifting and beautiful space for patients to get away from their unit,” said Steve Spurrier, Director of Patient Care Services.

The glass-enclosed space expands activity areas for group therapy, creative expression, and even exercise. Patients can watch educational videos on TVs mounted in the solarium. A chalkboard wall gives them a chance to share thoughts, drawings, and messages. In addition, the area serves as an indoor activity zone for bean bag toss, inflatable bowling and other friendly competitions among patients.

Future possibilities for the space include ways for staff and patients to take advantage of the bright, airy environment on the center’s second floor. One day, visitors also may be able to spend time with loved ones in the light-filled space.

Epworth serves as the region’s only inpatient psychiatric hospital. It provides behavioral health services for more than 10,000 adults, teenagers, and adolescents a year. Yet with 88 beds, the center cannot care for all the community members who seek mental health care close to home.

Your generosity helps fund important work at Epworth Center. For information about patient care programs and other areas needing your financial support, please get in touch with Beacon Health Foundation.



Magnetic Stimulator Offers Drug-free Treatment for Depression and More

Mental health providers at Epworth Center now have a new non-invasive option to treat symptoms of major depression. A donation from Beacon Health Foundation funded the purchase of a neuro-navigation system, making Beacon the first in the state to offer this innovative treatment.

Several years ago, Beacon began using TMS Navigation to treat patients with mental health disorders. The procedure uses magnetic fields to stimulate nerve cells in the brain that control mood. Neuro-navigation is used with the TMS Navigation device to allow clinicians to treat complex patients with psychiatric and neurological disorders. Patients who respond to the treatment feel better and function usually in everyday activities.

Dr. Ahmed Elmaadawi, Vice-Chair of the Department of Psychiatry and Director of the Interventional

Psychiatry Program at Beacon Health System and Assistant Professor at Indiana University School of Medicine-South Bend, explains, one of the most significant benefits of this new technology is that he can treat patients in a specific localized area successfully. “We could not do such treatment before, and we did not have a way to find the exact location to apply the TMS. So it does surgery without ever using a scalpel, and going to the targeted location and precisely delivering the treatment with the TMS device.”

Patients who benefit include those with intractable obsessive-compulsive disorder, complex resistant depression, autism, and ischemic stroke. In the future, expanded usage may include patients with PTSD and patients who experienced TBI.



SHINE Program Supports Associates' Mental Health

Clinical and spiritual leaders recognized a need to reinforce Beacon Health System's SHINE program – Supporting Health In Negative Events – in 2021. The COVID-19 pandemic placed greater demands on the volunteer program to help healthcare workers cope with unanticipated incidences in the hospital or outside the workplace.

A \$6,000 grant from the Physician Philanthropy Council allowed 40 associates to receive critical incident stress management training in 2021. As a result, they now serve as peer support volunteers in the intervention program.

SHINE helps minimize symptoms of traumatic stress, depression and anxiety. Individual and group debriefings allow associates to express feelings and concerns after an isolated traumatic event.

The support helps staff members manage stress symptoms ranging from fatigue and numbness to feelings of guilt, loneliness and isolation. As a result, they regain work-life balance and can function better as they care for patients and in their personal lives.

"We want people to leave here and have good marriages, be good to their kids, take care of themselves better, and enjoy the good things in life more," said Sarah Samson, M.Div., BCC, manager of support services at Memorial Hospital.

All associates at Beacon entities have access to the SHINE Program. On average, one to two debriefings are held each month.

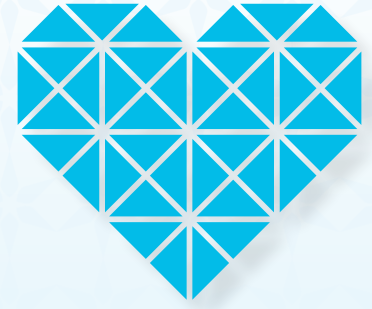
Reports from debriefings are captured in the HITS system to track referrals and outcomes. Fewer call-offs from shifts give a clear signal of the program's success.

Thanks to SHINE, not only do associates return to their jobs, they function normally with a capacity to truly care for patients, co-workers, families and themselves.

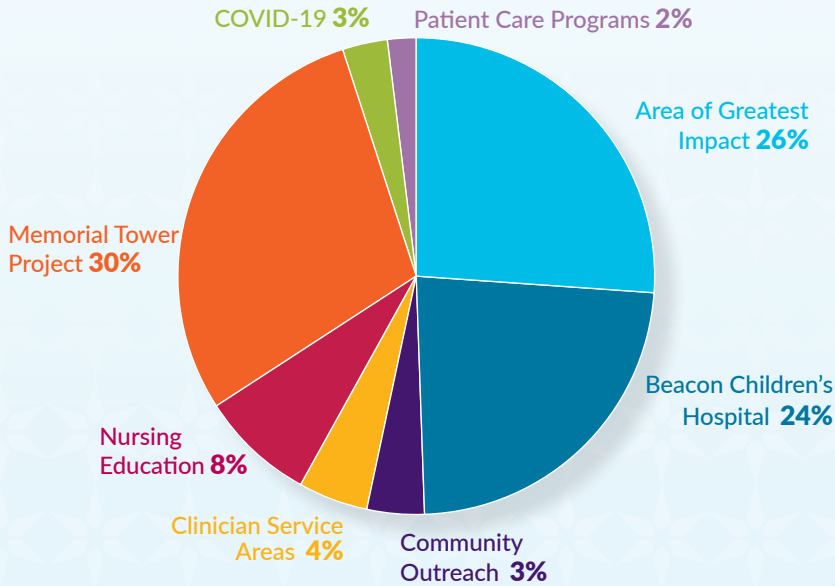
**"Healing doesn't mean the damage never existed. It means the damage no longer controls your life."
–Akshay Dubey**



2021 Financial Summary



Gifts Received by Area Total \$3,325,867



4,927

Donors Support Beacon Health Foundation in 2021

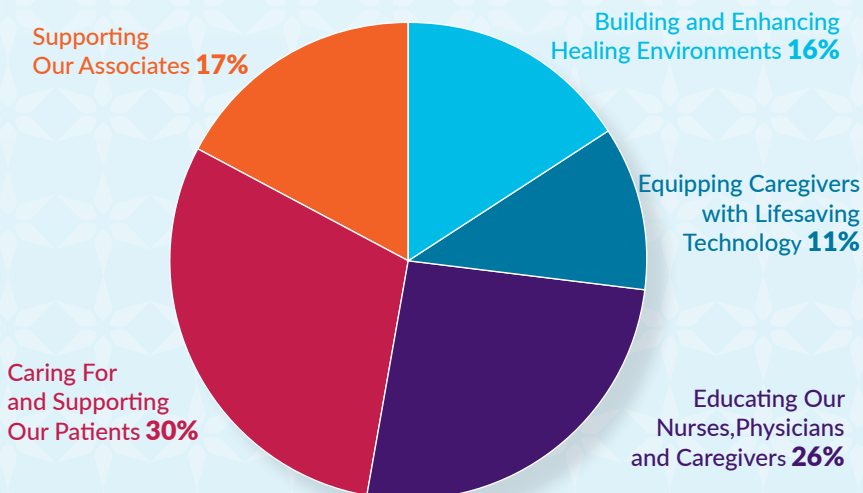
238

New Donors Supported Beacon Health Foundation in 2021

Over 45%

of Beacon Health System Associates made a gift to Beacon in 2021

2021 Distribution Total \$1,631,686



2021 Federal and State Grants Received by Beacon to Support Community Health and Our Community

Rural Opioid Implement Grant	\$1,000,000
Safety Pin Grant to Support Infant Mortality	\$699,980
Broad-Scope Sickle Cell	\$244,720
Indiana State Opioid Response Grant	\$873,779
Vaccine Access Grant	\$999,576
Community-Based Workforce to Increase COVID-19 Vaccinations in Underserved Communities	\$3,789,528

Total **\$7,607,583**



Angel Eyes Cameras Keep Watch Over NICU Babies

Your generosity makes a big difference for parents who can't be with their newborn in the NICU. This past year, donations allowed for additional Angel Eye cameras. Now this technology is available for every family who has a newborn in the NICU. Although parents are encouraged to visit in person as often as possible, this technology helps families feel more connected and provides comfort.

This technology includes live-stream technology which allows parents to check on their newborns from anywhere, at any time. In addition, parents can receive secure communication, photos and videos of their newborn from the care team. Educational materials sent through the system can help parents prepare to care for their newborn at home.

Mental Health Care for Parents With Babies in NICU

Therapeutic mental health services are now part of care program in the Neonatal Intensive Care Unit at Beacon Children's Hospital.

Donations to Beacon Children's Hospital made possible a part-time position for a licensed social worker to help at-risk mothers function and cope with life in the NICU and at home. Hatti Miller, LMSW, serves as an advocate for families to assess postpartum depression, develop coping strategies, and help form attachments with their baby.

Evidence shows the emotional wellbeing of parents and strong attachments with their baby can affect developmental outcomes for generations to come.

"The hospital is a trailblazer in its support for parents," Hatti said. "The program gives us a way to check in on mothers after delivery who may be at risk for mental health issues, provide preventive care, refer them to community resources, and follow up with them after they go home."

Caregivers in the NICU rely on Hatti to serve as a bridge between parents and the healthcare team. In addition, the team approach helps identify families that may benefit from social work intervention or parenting support program referrals.

As the program evolves, Hatti sees opportunities to advance continuous care for families in the NICU. She wants to build the team approach that shepherds parents and babies through an entire care network, including physical, emotional and mental health.

Every year, generous donations from the community to Beacon Children's Hospital make possible critical programs and services that help our smallest patients and families cope with hospitalization and treatment. Unfortunately, these programs are not paid for by insurance, so we rely on the support of individuals, organizations and others in the community to help us provide this valuable and important service for patients and families.



**We believe small acts
have big impacts.**

**Please help us continue
to provide vital care
for children and families
in our region when
they need it most.**

Visit our website to learn more:

foundation.beaconhealthsystem.org

or call 574.524.GIVE

