



THE ALEXIAN WAY

## ABHS unveils expansion plans

**A**lexian Brothers Health System (ABHS) has unveiled major expansion plans for Alexian Brothers Sherbrooke Village in St. Louis and St. Alexis Medical Center in Hoffman Estates, Ill. The plans aim to meet growing demand for private rooms and outpatient services and to address other community needs.

Sherbrooke plans to construct a building with private rooms divided into resident-centered, homelike "neighborhoods" serving people with different needs, including short-term rehabilitation and skilled nursing, hospice care and assisted living for couples. The facility also will feature a wellness center housing outpatient therapy services and Club Alexian, Sherbrooke's rapidly growing wellness program for seniors.

St. Alexis recently submitted a certificate of need to the State of Illinois' Health Facilities and Services Review Board that calls for phased construction of a six-story tower over an eight-year period. Construction of the tower is part of a larger strategy to modernize the entire hospital, making about 90 percent of its rooms private, and to expand its pediatric and mother/baby services significantly.

Ground-breaking for the \$13.5 million Sherbrooke project is expected to occur in May 2010, with a projected completion date of June 2011, says Mike Roth, Sherbrooke's President and Chief Executive Officer. The facility will be built on property that Sherbrooke



An architect's rendering shows a courtyard area of a building that Alexian Brothers Sherbrooke Village plans to build on property next to its current site in St. Louis. The building will feature private rooms divided into "neighborhoods" for people with different needs.

has owned for 10 years adjacent to its current skilled-nursing and assisted-living site.

The project will position Sherbrooke for future growth "because the trend is toward private rooms in small neighborhoods and moving away from large institutional environments," Roth says. The project also will allow Sherbrooke to address increased demand for specialized services requiring shorter stays, says John Turongian, Vice President of Alexian Brothers Senior Ministries. "This allows us to support individuals in a private, non-traditional setting," Turongian says. "It's also an innovative concept for couples requiring various levels of assistance to reside together."

The new facility will feature a mixture of studio

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### OUR MISSION

Alexian Brothers Health System carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health and housing needs of those we are called to serve.

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ABHN expands use of induced hypothermia

# Stroke-care partnership benefits rural residents of northwest Illinois

**G**reg and Anne Lindsay are homebodies. The retired couple lives in Lanark, a town of 1,500 people in rural northwest Illinois. They enjoy spending time with their family, including their two married sons and two granddaughters, ages 16 and 12. The Lindsays also love the outdoors. Greg Lindsay, 65, especially likes gar-

him to FHN Memorial Hospital in Freeport, Ill., about 30 minutes from Lanark. A helicopter later airlifted him to Alexian Brothers Medical Center (ABMC) in Elk Grove Village, Ill., where an interventional neuroradiology team used leading-edge technology to clear two blood clots from his brain. After two months of rehabilitation, he came home Oct.

24, two days before his 47th wedding anniversary, with doctors confident that he eventually would regain full use of his left side, which was disabled by the stroke.

His transfer to ABMC resulted from a partnership between Alexian Brothers Hospital Network (ABHN) and FHN, the healthcare system that operates FHN Memorial Hospital. Established in 2008, the partnership enables FHN to offer advanced care to stroke patients who have moved past the three-hour period in which an

provided by ABHN is relatively rare. ABHN was the first healthcare system in Illinois to receive Joint Commission certification as a primary stroke center, with both ABMC and St. Alexius Medical Center in Hoffman Estates, Ill., earning the certification, says Wende Fedder, ABHN Clinical Director for Neuroscience. Using a 24-hour, toll-free transfer hotline, FHN can take advantage of ABHN technology that enables doctors, using catheters, to inject the clot-dissolving drug directly into a clot or to remove clots with a mechanical device. These techniques can be used effectively from up to six hours to up to 12 hours after a stroke, depending on which part of the brain is affected, Reilly says. "The goal is to act fast, because the faster you can open the blood vessel, the better the outcome," she says.

About 15 suburban Chicago hospitals also use the transfer hotline to send stroke patients to ABHN. But the FHN partnership is notable because of the distance between FHN and ABHN, and because the partnership entails extensive collaboration, including conference calls to review the status of cases and to evaluate the program, and educational events that ABHN experts conduct at FHN for FHN staff members.

"What's so impressive about Alexian is they're so passionate about this whole thing," says Denise Book, FHN Nursing Director of Emergency Services. "It's like a mission with them."

Greg and Anne Lindsay are very grateful for the partnership and the care he received at ABHN, which included a three-week stay at Alexian Rehabilitation Hospital in Elk Grove Village. "Out here, we don't have everything that's offered in there," Anne Lindsay says. The partnership, she adds, has given her husband "a chance to come back and have his old life back."



**Greg and Anne Lindsay are grateful for the stroke-care partnership between ABHN and FHN, a healthcare system in Freeport, Ill. The partnership has given her husband "a chance to come back and have his old life back," she says.**

dening, cutting lawns and tinkering in his workshop. "He doesn't like to go beyond a 55-mile radius of home," Anne Lindsay says.

Last Aug. 15, he had just finished fixing his lawn mower when he suffered a stroke. "He had never been sick a day in his life," his wife says. He insisted he was OK, but his speech was slurred and one eye was open wider than usual. An ambulance took

intravenous clot-dissolving drug can be effective after a stroke. "Most people don't recognize stroke symptoms and end up at the hospital after that three-hour window," says Ginger Reilly, Nurse Practitioner for Interventional Radiology at ABMC. "This transfer service focuses on these patients."

While hospitals commonly offer the clot-dissolving drug, the advanced stroke care

## Dear Alexian Friends:

**A**s Alexian Brothers Health System (ABHS) charts its course for the future, we constantly are seeking to identify healthcare and housing needs and to address them with strategies that reflect the fundamental values of the Alexian Brothers.

This issue of *The Alexian Way* spotlights a variety of initiatives that represent two of our values – dignity of the person and partnership – particularly well.

At Alexian Brothers Sherbrooke Village in St. Louis and St. Alexius Medical Center in Hoffman Estates, Ill., expansion plans are in the works that will address growing demand for private rooms. (See article on pages 1 and 11.) Sherbrooke's plan for a new building accommodates couples with assisted-living needs, enabling them to continue to live together. It also addresses the unique needs of hospice patients and their families, giving them the privacy, space and support they require during a very difficult time. St. Alexius' plan eventually will make about 90 percent of the hospital's rooms private, while expanding its pediatric and mother/baby services significantly.

**On behalf of the Alexian Brothers, I salute and thank all the people – inside and outside ABHS – who have dedicated themselves to the values of partnership and dignity of the person.**

In rural northwest Illinois, a partnership between Alexian Brothers Hospital Network (ABHN) and FHN, a Freeport, Ill., healthcare system, is giving access to ABHN's advanced stroke treatments to FHN stroke patients, enhancing their chances of survival and recovery. (See article on page 2.) FHN

and ABHN collaborate closely, tracking and evaluating each patient's treatment and progress. "There's huge concern for the patient's well-being and dignity, their right to the best care, and their right to return home where their family is," says Ginger Reilly, Nurse Practitioner for Interventional Radiology at Alexian Brothers Medical Center (ABMC) in Elk Grove Village, Ill. The partnership also includes educational events that ABHN experts conduct at FHN to help FHN staff members expand their stroke-care capabilities.

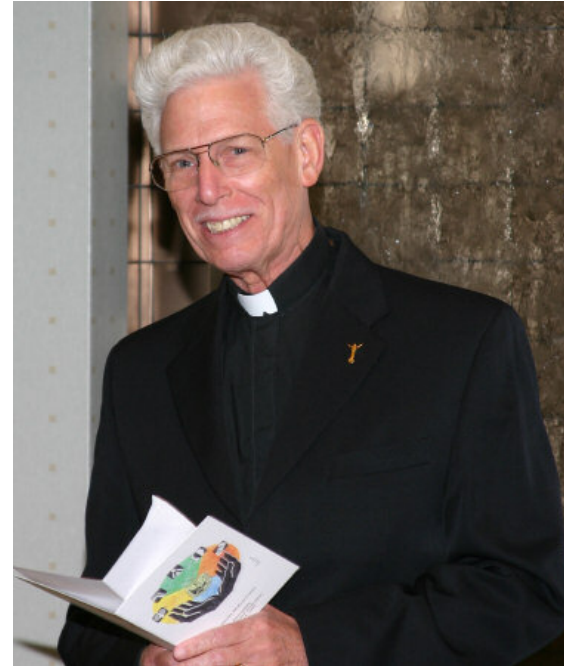
Across ABHN, hospital administrators, infection prevention and control experts, and emergency preparedness personnel have partnered with each other, government healthcare authorities, and other healthcare providers to fight swine flu. (See article on page 4.)

At ABMC, a huge collaborative effort is enabling doctors to pioneer new applications for induced hypothermia, saving lives and/or minimizing disabilities in the process. (See article on page 7.) Also at ABMC, an expanded veterans center recently opened, the

result of a partnership among ABMC, the Veterans Administration and the Illinois Department of Veterans Affairs. (See article on page 8.) The center is part of a larger ABHN initiative that respects the dignity of returning veterans and

their families by offering educational events and support services to help them cope with the issues they face.

Dignity of the person also is central to initiatives launched by the Alexian Brothers Center for Mental Health to help people avoid inpatient hospital stays by offering



a day-hospitalization program in a community setting, and to care for nursing-home residents who are struggling with mental illnesses. (See article on page 9.)

On behalf of the Alexian Brothers, I salute and thank all the people – inside and outside ABHS – who have dedicated themselves to the values of partnership and dignity of the person. Your ongoing efforts transform the Alexian Brothers' values from concept to reality, enabling ABHS to deliver multiple benefits to the communities we serve.

May God Bless You and Your Family,

Brother Thomas Keusenkothen, C.F.A.  
President and Chief Executive Officer  
Alexian Brothers Health System

## Months of planning prepare ABHN for battle against swine flu

**W**hen swine-flu cases began to increase again during the fall, Alexian Brothers Hospital Network (ABHN) was prepared to handle the influx of flu patients because of months of planning after the initial outbreak of the illness last spring.

"In the spring, it caught everybody off guard," says Georgene Fabsits, Emergency Preparedness Coordinator at Alexian Brothers Medical Center (ABMC) in Elk Grove Village, Ill. "There were lots of things people didn't know about it, and it seemed like the information and guidelines were constantly changing. Now, there's a better handle on what we can expect.... There's still concern, but people are better educated and more aware of the disease, what to look for, and how to prevent it."

After the initial outbreak, ABHN hospital administrators, infection prevention and control experts, and emergency preparedness personnel met multiple times to discuss networkwide and facility-specific plans for preventing and treating swine flu, also known as H1N1, and for communicating swine-flu information to employees and the public.

"We also met with other hospitals in our EMS (Emergency Medical Services) region to make sure everybody was being consistent with the messages they were sending out and in treating patients and stockpiling supplies according to the latest CDC (Centers for Disease Control) and IDPH (Illinois Department of Public Health) guidelines," Fabsits says.

A key focus for ABHN facilities was the development of "surge plans" that could be activated if swine-flu cases suddenly soared. The plans focused on staffing strategies and other ways to assess and treat swine-flu patients efficiently without impeding emergency departments' efforts



Debbie Rudd, R.N., a staff nurse in the employee health department at St. Alexius Medical Center in Hoffman Estates, Ill., administers a swine-flu shot to Keith Duncan, a tech aide in the hospital's diagnostic imaging department.

to treat other patients.

As part of its surge plan, St. Alexius Medical Center in Hoffman Estates, Ill., set up a rented mobile unit in its parking lot to serve as an annex for handling emergency-room overflow, says Kay O'Connor, an infection preventionist at St. Alexius. ABMC's surge plan called for using space formerly occupied by its intensive care unit (ICU) as an emergency-room overflow area, says Jen Daniel, an infection control practitioner at the hospital. ABMC's new ICU is located in the hospital's new east tower, which opened last June.

St. Alexius and ABMC also set up respiratory hygiene stations at entrances and other locations within the hospitals to provide tissue, alcohol-based hand sanitizer and surgical masks to visitors and patients. Signs encouraged people with a cough to use the masks and advised everyone to clean their hands frequently and to cover their nose and mouth when sneezing. Volunteers and staff members were asked to deliver the same

messages when appropriate.

Swine-flu vaccinations for hospital employees began as soon as the first shipments of the vaccine arrived during the fall. "The CEOs at all ABHN facilities have encouraged employees to get not only the H1N1 vaccine, but also the seasonal flu vaccine," Fabsits says. For weeks during the fall at St. Alexius, Ed Goldberg, the hospital's President and Chief Executive Officer, left a series of creative voice-mail messages for employees, urging them to get their vaccinations. ABHN employees also were urged not to come to work if they were sick.

People calling ABMC and St. Alexius immediately received a recorded message with instructions for receiving information about H1N1, and the home page of ABHN's Web site, [www.alexianbrothershealth.org](http://www.alexianbrothershealth.org), featured a link to a separate page with swine-flu information, including the State of Illinois' swine-flu hotline (1-866-331-9191) and links to the CDC and IDPH Web sites.

## By asking right questions, strategic thinker offers guidance, perspective to ABHN board

**Editor's note:** *This is the latest in a continuing series of profiles of Alexian Brothers board members.*

**F**or Kathy Martin, a management veteran at McDonald's Corp., joining the Alexian Brothers Hospital Network (ABHN) Board of Directors was a bit overwhelming initially.

"It was like learning another industry," says Martin, U.S. Finance Officer and Controller at Oak Brook, Ill.-based McDonald's. "I probably was as familiar with healthcare as any lay person."

But ABHN wasn't looking for healthcare expertise when it asked Martin to join the board in 2008. ABHN wanted a strategic thinker who would bring strong business instincts and an outside perspective to the board.

On those counts, Martin was an ideal fit. With a background in finance and accounting, she was working then as Senior Director of U.S. Strategy for McDonald's. She also had assisted the Alexian Brothers Foundation Board with fund-raising efforts.

Although she was unfamiliar with the business of healthcare, Martin quickly discerned commonalities with the food business, including the need to control expenses to achieve success. Unlike McDonald's, ABHN is a not-for-profit enterprise, but "we

through to do what we're doing and to survive." Like business leaders, healthcare executives not only must understand today's marketplace and competitive forces, but also must think strategically about where they want their organizations to be in five, 10 or 15 years – and about what type of strategies must be implemented to get there, Martin says.

She and other board members from outside ABHN can play a valuable role in strategic development, because they bring different disciplines, experiences, perspectives and resources to the board, Martin says. "When you come from a different world, you see things differently," she says. "By asking an innocent question, you can get people thinking in a whole different direction. Ultimately, it's about having the best possible solutions, and as board members, we are there to offer guidance and perspective and to ask the right questions."

Martin says she has been "incredibly impressed" with the business instincts of ABHN's leadership team. "They rival people I know in the business world," she says. "They're really strong, impressive people with an amazing sense of mission in terms of what the Alexian Brothers have been trying to do for hundreds of years."

A breast-cancer survivor who lives in west-suburban Chicago, Martin also has

**"I'm amazed, in all my conversations with Alexian people, how much they care about patients, the community and what they're giving back."**

still need to cover our expenses if we want to stay in business to help people, including the unfortunate who are unable to access healthcare," Martin says. "There is a lot of business strategy that needs to be threaded

been impressed by the advanced care that ABHN provides to cancer patients and others – and by the calm, compassionate way in which that care is delivered. "I never realized Alexian was such a high-caliber



**Kathy Martin has been impressed by the advanced care that ABHN provides — and by the calm, compassionate way in which that care is delivered.**

health system," she says. "Recently, they've been doing an outstanding job of marketing, so hopefully more people will be recognizing it. I'm amazed, in all my conversations with Alexian people, how much they care about patients, the community and what they're giving back."

Ensuring the continued delivery of high-quality care while increasing operating efficiencies and helping ABHN's leadership team deal with the impact of possible healthcare reform will be the board's top challenges as it moves ahead, Martin says. She also envisions the board playing a key role in the establishment of an ABHN leadership training and development program. "Having an appropriate leadership program where folks coming up through the ranks can get the right training to become better leaders is really critical," she says.

# ABHN promotes transparency of healthcare data

**A**lexian Brothers Hospital Network (ABHN) is participating actively in a growing number of private and public initiatives to make healthcare performance data more transparent to consumers and to enhance healthcare quality across the nation.

“Healthcare data should be transparent,” says Diana Woytko, ABHN Vice President of Patient Safety and Quality. “There shouldn’t be any secrets.”

This philosophy has caused ABHN to participate voluntarily in The Leapfrog Group’s annual hospital survey, which assesses hospital performance based on four quality and safety practices proven to reduce preventable medical mistakes and endorsed by the National Quality Forum.

The survey is designed to encourage hospitals to adopt safety practices that can save lives and reduce healthcare costs, and to promote transparency by providing consumers and purchasers of healthcare with the information they need to make informed healthcare choices. Survey results are available at [www.leapfroggroup.org](http://www.leapfroggroup.org) in a format that enables visitors to compare hospitals based on overall patient-safety ratings and the safety of selected procedures.

Founded by the Business Roundtable, The Leapfrog Group aims to use its employer members’ collective leverage to initiate breakthrough improvements in the safety, quality and affordability of healthcare for Americans and to provide incentives and rewards to best-performing hospitals.

ABHN also participates voluntarily with other hospitals in a variety of national and Illinois-based collaborative efforts to enhance patient safety and to foster continuous quality improvement. For example, ABHN submits monthly data to the Institute for Healthcare Improvement on processes and outcomes for a collaborative effort

The screenshot shows the Illinois Hospital Report Card website. At the top, it says "Illinois Department of Public Health" and "Pat Quinn, Governor • Damon T. Arnold, M.D., M.P.H., Director". The main heading is "Illinois Hospital Report Card and consumer guide to health care". Below that, it says "Return to IDPH Online Home About Glossary Contact Methodology Help". The profile is for "Alexian Brothers Medical Center" in Elk Grove Village, IL, with ownership as "Non-Government Church-related" and 387 beds. The site has tabs for Overview, Quality, Safety, Satisfaction, Services, and Staffing / Beds. The Overview tab is active, showing the hospital's name, license (0002238), address (800 W Blesterfield Rd, Elk Grove Village, IL 60007), and phone ((847) 437-5500). It also lists state designations: Perinatal - Level II+ and Trauma Center - Level II. A "Jump to" section lists links for Process of Care and Inpatient Quality, Safety Measures, Satisfaction Survey Responses, Services, and Beds - Nursing Staffing. On the right, there is a "My facilities" section with a search by ZIP code and a radius selector set to 5 miles.

Information about ABHN facilities and other hospitals is available to the public on a new Illinois Department of Public Health Web site designed to help people make more informed healthcare decisions.

focusing on perinatal safety. ABHN also participates in the Premier healthcare alliance’s QUEST: High Performing Hospital project, in which hospitals share best practices and lessons learned related to key objectives within QUEST, such as harm avoidance, surviving sepsis and patient-centered care.

“We’re doing more of these collaboratives,” Woytko says. “We’re also doing them with the Illinois Hospital Association and the Medicare quality improvement organization. It’s an opportunity to learn from one another.”

In addition, ABHN is participating in mandatory State of Illinois reporting initiatives, including the Hospital Report Card Act and the Consumer Guide to Health Care. The Hospital Report Card Act requires hospitals to provide data about nurse staffing levels, infection prevention measures and hospital-acquired infections. Based on discharge data from hospitals and ambulatory surgical treatment centers, the Consumer Guide to Health Care will report data on at least 60 conditions and procedures, focusing on vol-

ume of cases, average charges, risk-adjusted mortality rates, complications and hospital-acquired infections.

Data from these two initiatives is available to the public on a new Illinois Department of Public Health (IDPH) Web site, [www.healthcarereportcard.illinois.gov](http://www.healthcarereportcard.illinois.gov), that IDPH launched in November.

ABHN also is participating in an Illinois Hospital Association (IHA) initiative to launch a Web site that will provide the public with patient-safety, patient-satisfaction and quality performance data and other information about individual hospitals.

The IDPH and IHA sites will build upon hospital performance data available at the Hospital Compare Web site of the Centers for Medicare & Medicaid Services. The new sites will feature additional quality and safety data from the federal Agency for Healthcare Research and Quality, which conducts research to help improve healthcare quality and help people make more informed healthcare decisions.

# Cooling therapy helps patients sidestep death, disability

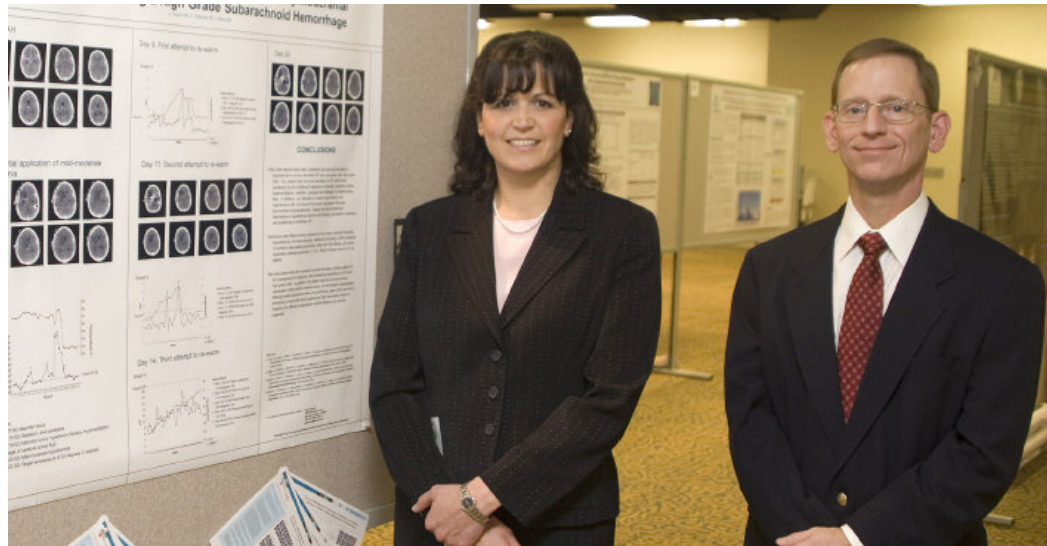
**M**edical teams at Alexian Brothers Medical Center (ABMC) in Elk Grove Village, Ill., are saving patients from death and disability by using an innovative treatment that cools the body and prevents brain damage.

ABMC started using the treatment, known as induced hypothermia, about two years ago in cases involving ventricular fibrillation, a lethal arrhythmia that can cause cardiac arrest and sudden cardiac death. But ABMC since has expanded its use of induced hypothermia to include a variety of other cases, says Patty Gessner, A.P.N., C.N.P., an ABMC critical-care nurse practitioner.

In one case, a 16-year-old boy recovered fully after a drug overdose stopped his heart for 43 minutes. In another case, a 22-year-old man survived a life-threatening brain hemorrhage. He also is expected to recover completely. Gessner and Guy Dugan, M.D., an ABMC neurocritical care intensivist, presented the brain-hemorrhage case at the annual meeting of the Neurocritical Care Society in New Orleans in November.

Gessner emphasizes that using induced hypothermia successfully “takes a village” of healthcare professionals, including paramedics, emergency department personnel, neurosurgeons, critical-care personnel and rehabilitation experts. “Neither of these cases would have had a good outcome without a dedicated neurocritical care team,” she says.

Before induced hypothermia can be used in cases in which a patient’s heart has stopped, medical teams first must restore a pulse through advanced cardiac life support. Induced hypothermia involves covering 30 percent to 40 percent of the patient’s body with pads through which cool water flows, and controlling the water temperature mechanically to hold the patient’s body temperature at 91.4°F for 12 hours. After



ABMC’s Patty Gessner, A.P.N., C.N.P., and Guy Dugan, M.D., present an exhibit at the Neurocritical Care Society’s annual meeting that details how induced hypothermia helped to save the life of a 22-year-old man after he had suffered a brain hemorrhage.

the 12-hour cooling period, a medical team gradually returns the patient’s body temperature to 98.6°F over eight hours.

“When a patient’s heart has stopped, the lack of oxygen can cause the brain to swell and release free radicals that can perpetuate brain damage,” Gessner says. “By cooling the patient, we can take down the intracranial pressure and slow the release of free radicals, preventing or reducing brain damage.”

In the overdose case, the patient “wouldn’t have had a neurological recovery without induced hypothermia,” she says. The case was especially notable because the patient flat-lined in the field, and not in a medical environment. Medical literature indicates that overdose patients have a 2 percent chance of survival in such cases.

In the brain-hemorrhage case, the patient had suffered a high-grade subarachnoid hemorrhage caused by the rupture of a cerebral artery. Such patients usually have a 40 percent to 60 percent chance of dying within 21 days. Neurosurgeon Samuel Rosenblatt, M.D., performed a complex

surgery to stop the bleeding in the patient’s brain. But after a few days, the patient’s intracranial pressure soared far past the danger point, despite attempts to control it through multiple therapies. In a last-ditch effort to save the man, doctors tried induced hypothermia, and within a few hours, the treatment lowered his intracranial pressure dramatically. The patient, a student who wants to become a psychiatrist, received the treatment for 10 days before his medical team could return his body temperature to normal without an increase in intracranial pressure. Four days later, he no longer needed life-support systems. He spent a couple of more weeks at ABMC and about three weeks in rehabilitation. He intends to resume his medical studies in January 2010.

“We plan to use induced hypothermia in more neurological cases like his, where we need time to allow complications to settle down, and possibly in cases of ischemic stroke, where patients have brain swelling,” Gessner says.

# ABHN unveils expanded veterans center, works to boost awareness of vets' issues

**A**lexian Brothers Hospital Network's (ABHN's) veterans initiative continues to grow and evolve, with the opening of an expanded veterans center at Alexian Brothers Medical Center (ABMC), and the presentation of a symposium to help law-enforcement personnel respond appropriately when they encounter traumatized veterans behaving erratically.

The expansion of The Vet Center doubled the space allotted to the center at ABMC's Roncoli Center in Elk Grove Village, Ill. The new space features a private waiting room where veterans can "talk, share and network among their peers," a conference room for private counseling, and work stations, says Kathleen Prunty, ABMC's Chief Workforce and Community Development Officer, who has spearheaded the veterans initiative.

The expanded veterans center also features new computers and special software designed to help veterans suffering from aphasia caused by traumatic brain injuries. The Heart of a Marine Foundation donated \$10,000 to equip the center with the computers and software.

The Veterans Administration and the Illinois Department of Veterans Affairs have operated the center in partnership with ABHN since November 2007, serving hundreds of veterans and their families. The center helps veterans with the paperwork necessary to receive veterans benefits, and offers counseling for a wide range of social and psychological issues.

Designed by Brother Valentino "Val" Bianco, C.F.A., the expanded center provides a welcoming and safe environment for veterans and their families, Prunty says. It is conducive not only to private counseling sessions, but also to support-group discussions. Plans call for the development of several military-family support groups in 2010.



Georgette Frank cuts the ribbon at the opening of the expanded veterans center at ABMC's Roncoli Center. Assisting Frank (from left to right) are Cynthia McKee, Veterans Service Officer at the center; Cyndi Frank; Roy Frank; Brother Valentino "Val" Bianco, C.F.A.; Alberto Velasco, Congressional Assistant, Constituent Services and Military Liaison; Kathleen Prunty; and Debbie Hall-Cole, a licensed clinical social worker at the center. Georgette and Roy Frank co-founded The Heart of a Marine Foundation to honor the memory of their son, U.S. Marine Phillip Frank, and to provide support for military personnel and veterans. Cyndi Frank is the Franks' daughter.

A dedication and blessing ceremony occurred Oct. 10 at the expanded center. Father William Veith, an ABMC chaplain, blessed the center, and Georgette Frank, co-founder of The Heart of a Marine Foundation, spoke. She also presented to Prunty a \$1,000 check from the foundation to continue a series of symposiums sponsored by the ABMC Workforce Development Learning Institute for veterans, their families, health-care providers and other community members who might interact with veterans.

The institute sponsored a Nov. 6 symposium, "Community Strategies for Returning Veterans," to educate police chiefs and deputy police chiefs about issues often faced by veterans of the Iraq and Afghanistan wars as they re-enter civilian life. Many veterans have suffered traumatic brain injuries and are experiencing post-traumatic stress syndrome (PTSD), Prunty says. Law-enforcement per-

sonnel "need to be aware of what the post-trauma vet might look like if they encounter each other during a traffic stop or a domestic violence call," she says.

The symposium highlighted a phenomenon known as "suicide by cop," in which veterans with PTSD may cause disturbances, seeking to attract – and to be killed by – the police. Linda Lewaniak, a licensed clinical social worker at Alexian Brothers Behavioral Health Hospital (ABBHH) in Hoffman Estates, Ill., discussed the phenomenon and recommended ways for police to recognize it and respond appropriately. Keynote speaker Patrick McGrath, Ph.D., of ABBHH, spotlighted innovative therapies offered by ABHN for veterans, including Virtual Iraq, a virtual reality simulator used to provide exposure therapy for Iraq and Afghanistan war veterans with PTSD.

# Community-based programs help mentally ill achieve stability, improve quality of life

**T**wo community-based initiatives launched by the Alexian Brothers Center for Mental Health (ABCMH) are helping people with mental illnesses enhance their relationships, improve their quality of life, and in some cases, reintegrate into the community.

The initiatives include an innovative day-hospitalization program that provides intensive psychiatric support and counseling five days a week in a community setting, and a unique partnership with nursing-home operators that offers ongoing medical psychotherapy for residents.

The day-hospitalization program treats people struggling with acute psychiatric symptoms, helping them avoid an inpatient hospital stay, says Scott Burgess, ABCMH Executive Director. Community mental health centers rarely offer such programs. The ABCMH program is the only one of its kind in Illinois, and one of only a handful nationwide.

Two psychiatrists provide psychiatric evaluations and medication management for clients, and two licensed clinical professional counselors provide individual, group and family counseling. Clients also take classes focusing on techniques for healthy living and preventing a relapse after treatment. In addition, the program offers spiritual care and roundtrip transportation for clients. Most clients stay in the program for two-to-four weeks. "The program has all the intensity of inpatient hospitalization, but clients get to go home and sleep in their own bed," Burgess says. "There also is a significant cost savings to the individual and other payors."

Launched in January 2009 in a building near ABCMH's headquarters in Arlington Heights, Ill., the program had treated 80 clients through October, and Burgess expected that number to rise to more than 100 by the end of 2009. Of the initial 80, 77



ABCMH's day-hospitalization program "has all the intensity of inpatient hospitalization, but clients get to go home and sleep in their own bed," says Scott Burgess (left). He is shown above outside the day-hospitalization facility with (left to right) Katherine Connolly and Joyce Hofbauer, counselors at the facility; Brother Bob Clark, C.F.A., who provides spiritual care at the facility; and Rick Germann.

had avoided inpatient hospitalization after leaving the program.

Rick Germann, ABCMH Director of Operations, cites the program's community-based setting as a key factor in its success. Most day-hospitalization programs, he says, are based at inpatient facilities, which are typically much larger and can be intimidating to some patients. Patients in these programs also can be reluctant to discuss their problems openly, because they fear they will be hospitalized if they do. "Our program offers a small, calming and intimate environment where people can feel comfortable sharing their struggles and can receive highly individualized care," Germann says.

Under the nursing-home partnership, an ABCMH psychiatrist and licensed clinical social worker collaborate as a team, visiting nursing homes to treat residents with mental illnesses. Services provided include comprehensive psychiatric evaluations, ongoing medication management and group counseling focused on coping with mental illness

and on healthy living habits.

The program seeks to help residents improve their quality of life and social abilities, and to identify and to stabilize residents capable of reintegrating into the community with high levels of support. "There are 18,000 mentally ill individuals in Illinois nursing homes, many of whom are there not because they medically need to be there, but because there simply is no other place for them to be," Burgess says.

Since the program began in January 2008, about 120 nursing-home residents have received care, and the program has grown to include nine Chicago-area nursing homes. Feedback from nursing-home operators and residents "has been exceptional," and 15 residents have transitioned successfully into either ABCMH's supported residential program, or government-subsidized apartments, with support from ABCMH.

More information about ABCMH, and an informational video entitled "Treatment Works," can be found at [www.alexiancenter.org](http://www.alexiancenter.org)

## AVM residents experience partnership firsthand during tour of ABHN facilities

**M**arjorie Mueller always will have a special place in her heart for the Alexian Brothers.

She moved into her apartment at Alexian Village of Milwaukee more than 32 years ago, when another provider operated the facility under a different name. After the provider defaulted on its debt, creating an uncertain future for Mueller and other residents, Alexian Brothers Health System (ABHS) came to the rescue, acquiring the facility in 1980 and setting it on a successful course.

"We were very happy when the Alexian Brothers decided to take us over," Mueller says. "That was a blessing, and it's been just wonderful. In my prayers, I thank God every night for helping me to decide to come here."

Mueller remembers fondly a trip that she and other residents later took to Alexian Brothers Medical Center (ABMC) in Elk Grove Village, Ill., to learn more about the Alexian Brothers and their ministries. The trip was so memorable that when Lina Granzin, AVM Social Coordinator, asked residents recently for activity ideas, Mueller suggested a similar trip so she and other residents could see firsthand the advances made by Alexian Brothers Hospital Network (ABHN) in recent years.

Working with Brother Ted Loucks, C.F.A., a member of the ABHS Board of Governors, Granzin arranged the trip, and on Oct. 6, she, Mueller and 14 other AVM residents boarded a bus bound for ABMC. When they arrived, Brother Ted and hospital officials greeted them, and they toured ABMC's new east tower and ambulatory-care mall, which opened last June. The east tower's glistening wood-tone floors immediately impressed the AVM residents, who also marveled at the facility's spacious private rooms.

The AVM group later visited the Illinois

Magnetoencephalography (MEG) Center, which features ABHN's advanced MEG system for non-invasive real-time mapping of brain activity. ABHN staff demonstrated the system and explained its applications, including how it helps doctors identify mild traumatic brain injury in military veterans and distinguish it from depression and post-traumatic stress syndrome (PTSD).

ABMC Chief Executive Officer John

at the ABHS corporate headquarters in Arlington Heights, Ill. At the archives, Mueller was fascinated by two binders of historical AVM photos that ABHS Archivist Donna Dahl had displayed for the group. Mueller "looked through all the pictures, pointed out a number of familiar faces, and enjoyed telling some stories," Granzin says.

For Mueller, the trip deepened her appreciation for the Alexian Brothers.



Speaking to a group of visitors from Alexian Village of Milwaukee, ABHS Archivist Donna Dahl describes some of the historical artifacts on display at the Alexian Brothers Provincial Archives in Arlington Heights, Ill.

Werrbach met with the AVM group during lunch at the hospital, updating them about the latest developments at ABMC and learning about the latest Village news. After lunch, the AVM group visited ABMC's chapel and stopped by the hospital's Niehoff Pavilion, where the group saw a demonstration of Virtual Iraq, a virtual reality simulator used to provide exposure therapy for Iraq and Afghanistan war veterans diagnosed with PTSD.

The group completed its visit with a tour of the Alexian Brothers Provincial Archives

ABHN's facilities are "so modern, and every detail seems to be covered," she says. "All those who took the trip agreed that it was excellent."

For the AVM group as a whole, the trip underscored the partnership among ABHS facilities and the history and scope of the Alexian Brothers' ministries, Granzin says. "It was really meaningful to see how they're reaching out to people in other ways at other facilities, the new advances in technology they're using, and their focus on providing such high-quality care," she says.

# ABHS unveils expansion plans

*continued from page 1*

apartments, one-bedroom apartments, two-bedroom suites, and pairs of adjoining private bedrooms with shared entrances. The neighborhoods also will include common areas for social activities. In addition to the facility's main entrance, each neighborhood will have its own entrance to enhance residents' privacy.

Plans call for 34 beds for short-term rehabilitation and skilled-nursing residents. These beds will be divided into two neighborhoods, including one for individuals rehabilitating from joint-replacement surgery and other elective surgeries, and the other for medically complex individuals, such as patients requiring wound care or intravenous therapy or recovering from general medical debilitation and complications.

A hospice neighborhood will have 13 private beds, and a separate neighborhood will offer 16 private beds for couples who need assisted-living services for one spouse or both spouses.

St. Alexius' plan for a new tower incorporates plans announced earlier for a significant expansion of the hospital's pediatric and mother/baby services. The tower will be dedicated largely to these services, and the space they currently occupy in the existing hospital will be converted into private medical/surgery rooms. The project also will enable St. Alexius to expand its day-surgery services and to group them conveniently on the ground level of the new tower, says Linda Gump, Vice President of Administration and Compliance Officer at St. Alexius. "Our goal is to privatize and modernize our entire facility," Gump says. "We want to give as many private rooms as possible to our patients."

The first phase of the project could begin as soon as 2010, pending state approval of St. Alexius' certificate of need. The first phase,

including construction of the tower's lower three levels, is expected to be completed in three years. The lower level would house the hospital's conference center; the ground level would feature day-surgery services and pediatric clinics; and the third level would include private rooms for pediatric inpatients and a pediatric intensive care unit. The second phase of the project would include construction of the tower's upper three levels, which would house all of the hospital's mother/baby services.

St. Alexius has been pursuing several other renovation and construction projects, including:

- The conversion of a second-floor labor/delivery/recovery waiting room into a triage area for women who are not in active labor but require screening. Completed this past fall, the triage area will free up more labor/delivery/recovery beds for women in active labor, Gump says.
- The conversion of a fifth-floor outpatient unit into an inpatient unit to accommodate a dramatic increase in emergency cases expected because of the relocation of Sherman Hospital in Elgin, Ill. The move has caused a change in St. Alexius' 911 coverage area, and "we expect another 1,200 ambulance runs per year," Gump says. Expected to be completed by the end of 2009, the conversion project includes the relocation of a fifth-floor recovery area for



Ed Goldberg, President and Chief Executive Officer of St. Alexius Medical Center, and Linda Gump, Vice President of Administration and Compliance Officer at St. Alexius, visit the hospital's new labor/delivery/recovery triage area.

cardiac-catheterization patients to a space next to the first-floor cardiac catheterization laboratory. The recovery area will offer 11 bays instead of its current three.

- The creation of an interim express admissions unit in a fifth-floor area previously occupied by electroencephalography (EEG) and electromyography (EMG) units, which have been moved temporarily to Doctors Office Building One. A permanent express admissions unit is planned for the hospital's first floor.
- The expansion and refurbishing of the hospital's existing day-surgery department to include 24 private bays for day-surgery patients. This project, which will include the relocation of the department's waiting room and pre-operative testing services to the front of the hospital from the back, is expected to be completed by the spring of 2010. Sixteen of the new bays are expected to open by February 2010, and the department will remain open during the project.

## THE ALEXIAN WAY

*The Alexian Way* is published by Alexian Brothers Health System to provide information about the Alexian Brothers system and facilities and to focus on issues facing healthcare providers and sponsors today.

For nearly 800 years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire healthcare team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the healthcare ministry.

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## People

# ABHN names Beth Tze to lead Alexian Brothers Ambulatory Group

**B**eth Tze has been appointed Chief Executive Officer of the Alexian Brothers Ambulatory Group.

In this role, she will provide senior leadership for the Alexian Brothers Medical Group, recently restructured to include the primary care, occupational health, immediate care and specialty physician service lines.

Ms. Tze joined Alexian Brothers Hospital Network (ABHN) in 2005 as the Chief Executive Officer of Bonaventure Medical Group, administering the practices of the group's primary care, specialty and sub-specialty physicians.

"Beth has demonstrated a strong track record of financial and strategic performance improvement," says Tracy Rogers, Corporate



**Beth Tze**

Vice President and Chief Operating Officer.

Ms. Tze's experience in physician management includes eight years as Director of Ambulatory Services at West Suburban Medical Center in Oak Park, Ill.

She holds a bachelor's degree in marketing from Northern Illinois University and a master's degree in management from the J.L. Kellogg School of Management at Northwestern University.