



ALONG THE ROAD

FALL 2019



**CHI St. Joseph
Children's Health**

The CHI St. Joseph Children's Health Journey
to a Healthier Lancaster Community

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During his 1968 Presidential campaign, Robert Kennedy's campaign distributed a flyer throughout the state of Indiana proclaiming that "The youth of our nation are the clearest mirror of our performance." That campaign flyer hangs in my office as a constant reminder of our driving purpose at CHI St. Joseph Children's Health – to improve the health of children and families in our community.

How? While a single word, "how" remains the most difficult of questions. It is a question with a million responses, or more, yet at the same time has the amazing ability to cripple an effort instantly and wither the confidence of the determined and ambitious. It is the "big" question.

Here is the reality: despite all of the beauty and advantages that the Lancaster Community provides us; our children are suffering, our families are struggling and our communities are more isolated. Our towns, boroughs and cities face tough choices and shifting priorities. Our schools – already strapped financially – spend as much time grappling with how to keep our children safe from violence as they do envisioning ways to foster their endless curiosity and grow their amazing intellects.

Each day new challenges emerge, new twitter wars erupt, the burdens we face feel heavier and the pace at which we live quickens. When we do take a moment, if we are lucky or for some reason purposely pause, the image reflecting back at us in Kennedy's "mirror" resembles a picture of ourselves that we wish was different – that we wish was so very different.

So we start again but now in a panic. But what we likely need to do is STOP and take a Breath.

Maybe it's time for a reset.

What if at the heart of it, in the midst of crisis, we're not asking the right question or questions? In today's rapid response world, we're quick to make and suggest all kinds of small changes. We'll make alterations to how something might be packaged and hope the slight shift in colors or new shine might encourage someone's buy in and the results will be different. But at its core, nothing

is different, the results are the same and the cycle repeats endlessly. All the while our children, our families and our communities continue to struggle.

When do we realize that working around the edges isn't enough? That it's no longer about the packaging or the latest gimmick? When will we have the courage to not just tweak the system but to completely reimagine it?

What do I mean by this? Our communities, our families, our children are all facing some pretty tough situations – not just poor families, not just middle class families but all families. There are an infinite number of factors and obstacles influencing success and failure for each as they make their way. In the midst of the chaos we have been conditioned to think small to believe that the "system" will succeed if we just make a few small changes to what we have in place – that these minor alterations will finally make the system more fair, easier to navigate, and more capable of unlocking the potential of each kid. What if we've always been wrong in our approach? What if the system is working and is working exactly how it was intended regardless of how it's packaged or presented? Do we have the courage to change?

That's the challenge I have posed to the team at CHI St. Joseph Children's Health. The time for thinking small has passed. While access to education, access to healthcare, access to food and more all remain significant challenges to children, families and communities, solving the challenges before us require boldness and big ideas. Changing the "reflection" of our success as Kennedy said so many years ago – the state of youth in our community – requires bold thinking, big ideas and heavy lifting. Repackaging isn't going to cut it anymore.

Our journey to reimagine health for children and families began in behavioral health – having created a family-focused approach to care unlike anywhere else in the Community – and the results have been astounding. Now, with the construction of the St. John Neumann School for Children and Families, we turn our attention to early childhood experience.

These are the big issues and this is the work of creating healthier communities. This is our calling and we're up to the challenge. With the support of the community, we are providing excellent care and services while re-imagining community, educational and behavioral systems and structures so that the system we create and leave behind can truly unlock opportunity for every child and family.

Phil Goropoulos

President, CHI St. Joseph Children's Health

NEWS FROM ALONG THE ROAD

St. John Neumann School for Children and Families Breaks Ground



May 22, 2019 – Representatives from the offices of US Senator Robert Casey and Patrick Toomey, State Senator Ryan Aument, County Commissioner Craig Lehman and Columbia Borough Mayor Leo Lutz joined CHI St. Joseph Children's Health President Phil Goropoulos and Board Chair Tom Regan in celebrating the ground breaking of the new St. John Neumann School. The morning ceremony included over 75 participants from the community to mark the start of construction on St. Joseph Children's Health long anticipated childcare center. Construction will conclude in the spring of 2020 allowing teachers and staff to get settled into their new space before the School officially opens in June 2020.



Kelsey Miller Recognized for Progress of Healthy Columbia

June 27, 2019 – Kelsey Miller, Program Manager for the Healthy Columbia Project, was named the 2019 Employee of the Year at CHI St. Joseph Children's Health. Kelsey joined the organization in May 2017 tasked with

launching an ambitious project to transform the health outcomes and outlook of Columbia Borough. Under her leadership the project as established services, programs, partnerships and initiatives dedicated to making the community Lead-Safe, providing every baby born in the Borough with a safe place to sleep, assuring all infants have access to needed Formula and first-stage baby foods, engaging residents in community building social activities and developing innovative ways to increase access to fresh fruits and vegetables. Kelsey's leadership has been an essential ingredient in the project's continued growth and success in the Borough. We look forward to seeing the revitalization of the Columbia Market House come to life in 2020.



New Members Join the Board of Directors

July 2019 – The local board of directors is composed of fifteen members, thirteen members of the local community, the President of CHI St. Joseph Children's Health and the Chief Mission Officer of CommonSpirit Health. The direction and local strategy to improve the health of children and families in the Lancaster Community is established by this representative body.

Each June new members are elected to the board to begin their service to the organization in July – at the start of our fiscal year. This year the following members of the local community joined the board of directors at CHI St. Joseph Children's Health:

- » Katherine Coleman of Lancaster
- » Erin Dragann of Lancaster
- » Christina Hartman of Lancaster
- » Daniel Keefer of Millersville
- » Claudia Madrigal of Leola

In addition to the five new members, Sr. Mary Kennedy, OSF was elected to her third term and Joseph Mayberry, DO was elected to his second term on the board of directors.

Board officers for Fiscal year 2019 – 2020 include Board Chair Thomas Regan, DDS; Vice Chair Sr. Mary Kennedy, OSF and Secretary Elaine UgoInik.



ST. JOHN NEUMANN
SCHOOL
for Children & Families

Childcare Reimagined

Enrollment Starts Winter 2020 | First Day of School June 2020 | www.stjohnneumannschool.net

Behavioral Health Expansion

July 8, 2019 – Almost two years after the launch of behavioral health services at CHI St. Joseph Children's Health, the program entered a period of expansion as the new fiscal year started in July. Pleased with the community response, patient satisfaction and the positive impact our program has been able to provide to children and families, the local board of directors adopted a program expansion plan last spring. Fully embracing the family-focused team-based approach to care that is a hallmark of our program the expansion plan maps out a path to increasing CHI St. Joseph Children's Health's capacity to provide therapy, family wellness coaching and case management services to families engaged in our psychiatric care.

Phase one of the plan included the creation of seven new counseling rooms at the behavioral health center on Lincoln Hwy E. As with our original therapy rooms, all of the new spaces are named after United States cities who have hosted the World's Fair. With the completion of the renovation of our former Lancaster dental center – the Miami, Charleston, San Antonio, Louisville, New Orleans, Nashville, and Omaha rooms joined the destinations to which children can travel while receiving care at our behavioral health center.

The new counseling rooms increase our current facility's capacity to 11 counseling rooms that are used by therapist and psychiatric staff as well as a dedicated play therapy room in our administrative and program center just across the parking lot. Additional therapists, coaches and case managers are being added and incorporated into the program throughout the fiscal year more than doubling our therapy and family wellness coaching capacity.



Imagine Better Health

www.ChiStJosephChildrensHealth.org/donate

Together We're Creating a Healthier Lancaster Community

Sesame Place Connection

August 13, 2019 - Introduced in 2017 as an element of our behavioral health services, Family Wellness Coaching Services have traditionally worked one-on-one with families of children accessing psychiatric and counseling services at CHI St. Joseph Children's Health. While the primary focus of the program is on improving family functioning and assisting individual families in identifying and implementing strategies to enhance their child's wellbeing and development, the program has also been intently working to create opportunities and experiences for families and children to engage with, and both learn from and with each other.

“working to create opportunities and experiences for families and children”

Our August trip to Sesame Place offered twenty-four children with autism enrolled in our program and a care giver (usually a parent or grandparent) the opportunity to spend the day together in a new way and what – for some – was a completely new environment. The Amusement Park has been certified as an Autism-Friendly Destination and an official autism center.

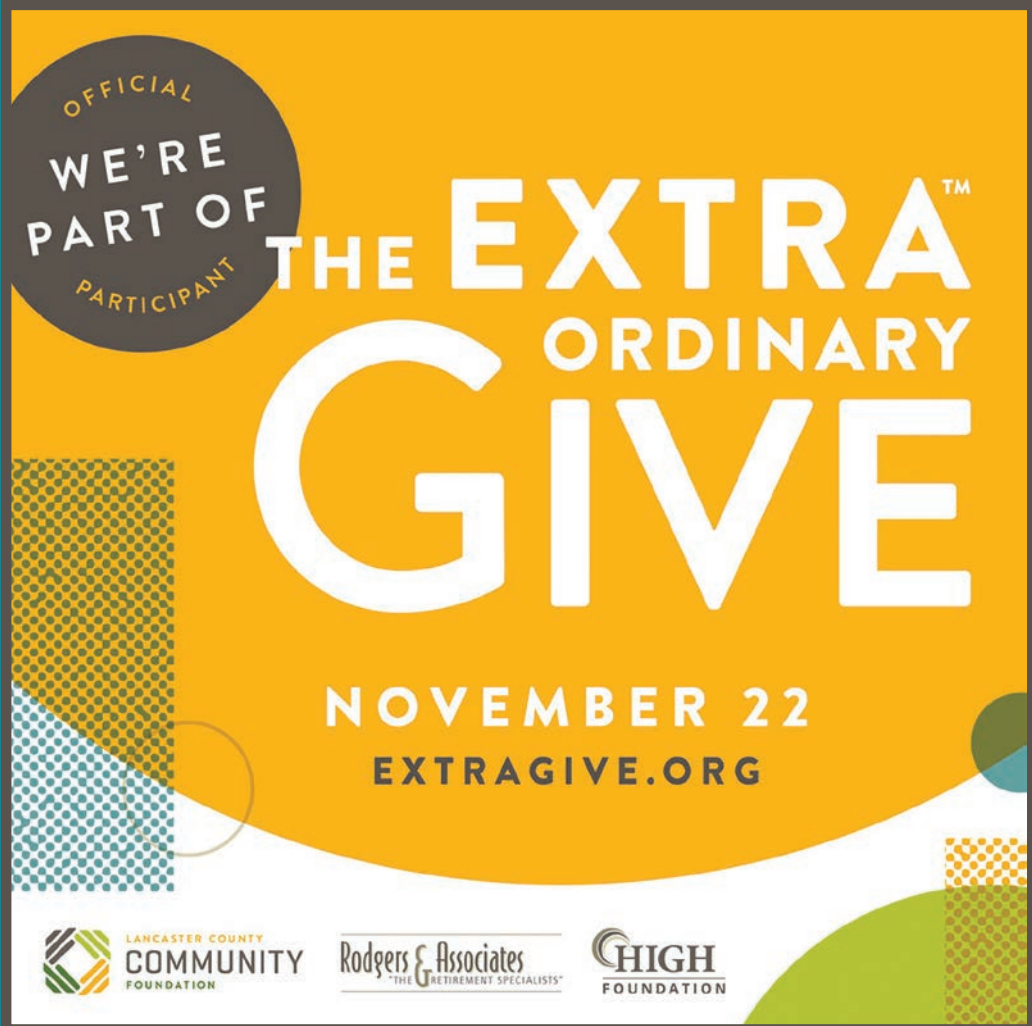
While some might question why a healthcare provider would create such an opportunity, we believed it essential to our treatment model. The children got to spend time with their loved ones and build upon or re-kindle relationships that can often be strained. They also got to experience the day with children from their local community who are also overcoming challenges and barriers created by their autism.

What we did not anticipate was the almost immediate sense of community, support and compassion that developed between the parents and grandparents we were fortunate enough to have join us for the day.

While the Sisters of St. Francis of Philadelphia, who founded us so many years ago, understood the power and wonder of community and built the call to create healthy communities at the heart of our mission, we sometimes forget.

Being a part of a community – knowing that we are not alone, that people understand us and will support us – can be of tremendous power. Being a part of a community lifts us higher and allows us to overcome tremendous obstacles. Thank you to the families who joined us for trusting us and for teaching us. We love having you as part of our community and are committed to creating the supporting, loving and compassionate community in which all of us can thrive.








OFFICIAL
WE'RE
PART OF
PARTICIPANT

THE EXTRATM ORDINARY GIVE

NOVEMBER 22
EXTRAGIVE.ORG

 LANCASTER COUNTY
COMMUNITY
FOUNDATION

 Rodgers & Associates
"THE RETIREMENT SPECIALISTS"

 HIGH
FOUNDATION