

FALL 2017



CHI St. Joseph Children's Health

# Along the Road

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



# Building a Home: Creating a Healthy Community

**At CHI St. Joseph Children's Health,** we spend most of our planning time talking about creating homes and designing safe spaces. While sometimes we are talking about physical structures, often times our purpose is larger than a physical space or a single encounter but rather we are exploring the development of a culture and the cultivation of a spirit. Homes are not offices but I've always believed that some offices can be homes.

We talk about being a "home" for our patients so frequently that Father Allen Wolfe has blessed our facilities in such a manner - not as businesses, or health clinics, but as homes for the families we serve and the Lancaster Community.





have become our “comfort zones” - the areas in which we feel safe engaging with our patients. Yet, while it can be unnerving and a bit disorienting, so much that influences the health and wellbeing of the children, the families and the communities we serve happens

outside the walls of our facilities.

Building a home can be chaotic at times. I’ve learned this from first-hand experience. This past spring, Amy and I decided to uproot our family and move down Rt. 283 into Lancaster County knowing that we wanted our family to be a larger part of the community she has heard me talk about each night with such fondness. Since our decision, Amy, Elena, Maya and I have been preparing to move to Lancaster County. While I am returning “home” after years in the surrounding area, Lancaster is new to the rest of the family and the idea of leaving the familiar for something new caused its fair share of anxiety and stress for all of us but especially the girls as they changed schools and started to make new friends.

Starting a new program or providing a new service, much like moving, can cause anxiety in an organization. I’ve seen this through the years as I’ve worked with talented teams to transform organizations to meet the evolving needs of the community. At CHI St. Joseph Children’s Health, we’ve asked something more. We’ve been called to find a new way, to chart a new course and to change how healthcare engages families and children in the community. In some ways our quest has become to redefine healthcare.

For many of us working in health, the counseling rooms, the dental operatories and the exam rooms

To find success, to create a healthy community, we must find ways to influence, to shape and to inspire the community around us - changing the way all of us approach and even think about both health and health care. Our challenge becomes finding ways to not only provide exceptional care to those in our facilities but also to find positive ways in which we can influence the community around us allowing for the blossoming of health in every space (our homes, our schools, our markets, our neighborhoods, our towns and more).

With innovative approaches to behavioral health and programs designed to support both children and families along every aspect of their health journeys, CHI St. Joseph Children’s Health has started to create not just needed health care but the building blocks of a healthy community in the Lancaster Community. Our work is not done. But, just as Elena and Maya felt anxious walking into their new schools and discovering their new rooms this September, we, and the families we serve will find a world of wonder and fantastic partnerships in the days, weeks, months and years ahead as we build a healthy home together.

Phil Goropoulos, MNM

*President, CHI St. Joseph Children’s Health*



## Children's Behavioral Health

# Improving Mental Health Through Families



Mental health struggles for children is a major problem in communities across the United States. We know that over 10% of youth have a mental illness severe enough to impair daily life. Of these children, 80% do not receive treatment and studies indicate the average delay between first onset of symptoms and treatment is 8- 10 years. Research has shown that healthy diet, sleep patterns, physical activity levels, social engagement, and limiting screen-time all have a positive effect on the emotional and behavioral health of youth. Since we believe all health is tied to emotional health, we are delighted to present a new model of mental health care in Central Pennsylvania. CHI St. Joseph Children's Health is very excited to have opened the doors to our Behavioral Health Center and started seeing patients on August 7, 2017. Our aim is to promote wellness by providing preventative strategies for families by nurturing healthy development throughout childhood and adolescence.

In an effort to address the emotional and behavioral needs of children in the community, our team will be utilizing a model of care with a focus on environmental change (particularly at the family level) emphasizing both ongoing treatment and preventative strategies to address mental health needs. This model includes comprehensive family assessments, which will help us to better understand the needs of families and allows us to identify those at risk for mental illness. All families will be offered ongoing devel-

opmental guidance with our Wellness Counselors who provide education, support, and suggestions about the lifestyle choices that have been shown to have a positive impact on pediatric mental health. At this point, our Wellness Counselors are able to provide nutritional and behavioral consultations, complementing our health-focused approach to care. As part of the family assessments, recommendations are given to families and when appropriate, family therapy is offered at the Center with one of our psychotherapists. In addition, children who are in need of psychiatric care may receive this level of treatment.

Children are embedded in a family context and are dependent on their parents for nurturance, support, and assistance. Therefore, parental and family involvement in mental health treatment is a necessity. Over time, an increasing number of studies show that family based interventions for emotional and behavioral health are effective in treating our most vulnerable patients. For this reason, it is our hope that the Center provides the opportunity for our community to raise emotionally healthy children and adolescents. We hope to accomplish this through an evidence-based approach to mental health that focuses on healthy development for kids within the context of their families.

— Thomas Foley, MD — Psychiatrist





## Family Wellness Case Management

# Family Wellness Case Management: Along for the Journey

At CHI St. Joseph Children's Health, all patients and their families have the opportunity to walk alongside a Family Wellness Case Manager on their journey towards health. Our Case Managers accomplish this by building a personal relationship with patients and their families, listening intently to their dreams and desires for health, wellbeing and happiness, and walking alongside each family on their unique journey to reach those dreams.

Family Wellness Case Managers understand that the healthcare system can be confusing and challenging to navigate. Sometimes it is not clear where to start or where to turn next when an issue arises. Our desire is that families have access to the care that they need to be healthy in all areas of life, while also having someone to turn to when the path is not clear. Family Wellness Case Managers can help families navigate the healthcare system, think creatively about how to accomplish health goals, and advocate on behalf of the family.

Case Management services are built into the service model of each clinical program at CHI St. Joseph Children's Health and are available to any family with children in the Lancaster County Community.

Family Wellness Case Managers are happy to:

- Listen carefully to your family's needs and assist in developing your unique path to health and happiness.
- Answer questions about your current health insurance benefits or help to enroll your child(ren) in an insurance plan (Medicaid, CHIP, or Private).

- Determine health providers close to your home with whom you are comfortable such as a primary care physician and dental home for your child(ren).
- Assist in securing appropriate health services and preventative screenings for your child including:

- » **Well Child Checks and Annual Physicals**

- » **Regular Dental Check-ups**

- » **Vaccinations**

- » **Blood Lead Level Screenings for children younger than 7**

- Support children with elevated blood lead levels and their families to reduce their exposure risk.
- Provide referrals and information about community resources such as youth programs, parent support groups, financial assistance programs, etc.
- Advocate for you and your family to access needed services.

Our team of Family Wellness Case Managers would be privileged to join any family in the Lancaster Community on their health journey. Please call 717- 397-7625 for more information about Family Wellness Case Management services at CHI St. Joseph Children's Health.

– Aimee Clement, MSW – Social Services Manager



## Children's Oral Health

# The Tooth Fairy – Are we cheating her out of the job?



“It’s just a baby tooth, why can’t we just pull it out?” This is a question that is posed to our Dental Center’s staff on a regular basis. Why is it so important that we want our children to lose their baby teeth naturally? We can start with how it all begins...

Baby teeth normally start to arrive in the mouth from the age of four to six months. The baby teeth continue to erupt until about the age of 3. By the time the child has all of the primary teeth, they should have 20 teeth to be able to donate to the Tooth Fairy as they grow up. Around the age of five to seven the baby teeth are starting fall out in the order in which they arrived to make way for a new set of adult teeth.

Baby teeth (or primary teeth) are an essential part of development for our children as they grow and learn new skills such as speaking and eating solid foods. If you have a child that has decayed teeth you can expect to see some changes in their daily behavior, sleep patterns, speech and even physical development of the child if the teeth are so severely decayed that they cannot chew their food properly for good digestion. Untreated decayed teeth and the possible subsequent infections have been linked to underperforming in educational situations as the child may not be able to focus on the task at hand because of a toothache. The American Dental Association reports that dental disease causes children to miss more than 51 million school hours each year and, according to the Centers for Disease Control and Prevention, about one in five children age 5 to 11 years of age have at least one untreated, decayed tooth.

As parents and caregivers, we are responsible for taking care of our children’s teeth from the time that the baby arrives from the womb. Our clinicians teach the parents to make sure to wipe the baby’s gums after a feeding to help remove any milk or formula from the gums. Once the baby’s teeth start to arrive we educate our parents that tooth brushing is to begin at this stage. It may include a toothbrush, a finger-cot type brush, or simply a washcloth

***Untreated decayed teeth and the possible subsequent infections have been linked to underperforming in educational situations as the child may not be able to focus on the task at hand because of a toothache.***

to remove any plaque that may have built up on the teeth throughout the day or night. We always advocate brushing twice a day and, as they grow older, it’s twice a day for 2 minutes just like we are to be doing as adults. We need to be brushing and flossing for our children until the age of 8 at which time their dexterity has improved to the point of adequate self-care (Though it’s nice to check in there every once in a while for clean teeth and fresh breath!).



One of the most important parts of taking care of the baby teeth and keeping them in the mouth until they can fall out on their own is that the baby teeth serve as a place holder for the adult teeth to make their way through the bone and gums. When we remove a baby tooth before it is ready to be lost naturally we end up seeing shifting and drifting of the other teeth which, in turn, blocks the adult tooth from erupting in the right spot. If this happens the adult tooth can be stuck down in the bone or it may erupt in a place that is not functional for the child. This early loss and shifting all leads to

orthodontics, possible oral surgery and an unfortunate no show under the pillow for the Tooth Fairy.

The moral of the story is that the dental staff really enjoys seeing clean teeth that are brushed twice a day, flossed once a day and are healthy and happy. The Tooth Fairy, on the other hand, really likes to see healthy teeth under that pillow for her regularly scheduled pickup of those treasured pearls of donation into adulthood.

— Laura Myers, PHRDH — Director of Dental Services

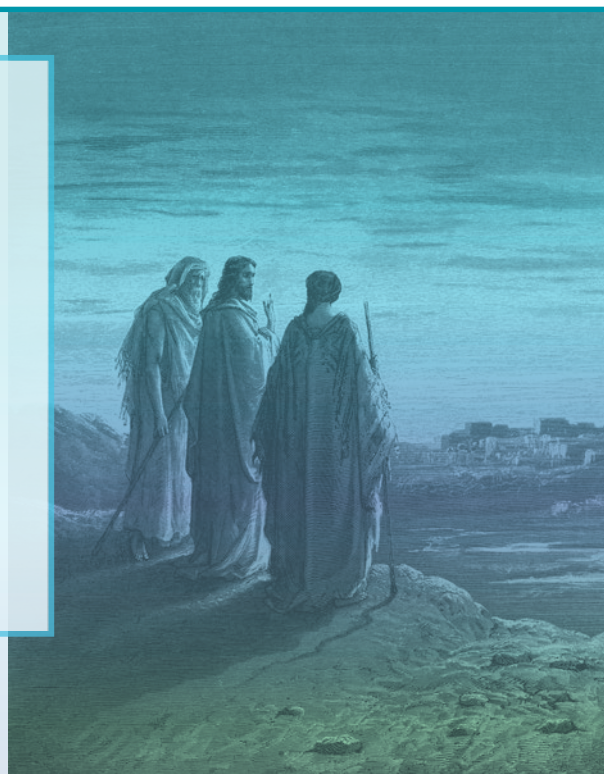


**CHI St. Joseph  
Children's Health**

## Why We Are Called: The Catholic Calling To Create Healthy Communities

Wednesday, October 18, 6:00PM

**The Booking House**  
210 South Penn Street, Manheim



**Almost 135 years ago**, two members of the Sisters of St. Francis of Philadelphia were sent from Philadelphia to Lancaster County with two apples and \$2.58 in order to minister to the health and wellbeing of the residents of Lancaster, Pennsylvania. Their amazing and courageous journey led to the development of the first hospital in the Lancaster Community — St. Joseph Hospital — and ultimately to the creation of CHI St. Joseph Children's Health as we continue their legacy of caring for the children and families of our community.

What inspired the Sisters to take such risks to care for the health and wellbeing of individuals and communities that were unknown to them? What calls us as members of the Catholic Faith and as Christians to care for the poor, to be a voice for the vulnerable, to create

healthier communities locally, around the country and throughout the world?

Join CHI St. Joseph Children's Health on **Wednesday, October 18, 2017 at 6:00 PM** to explore the roots of the Catholic healthcare tradition with Dr. Carl Middleton and to hear about the amazing legacy of the Sisters who continue to give so much to our local Lancaster Community as a part of an evening celebrating of the work of CHI St. Joseph Children's Health.

*This special evening at The Booking House includes dinner and fellowship. While there is no cost to attend, a suggested donation of \$25 per guest is greatly appreciated.*

To order tickets please visit [chistjosephchildrenshealth.eventbrite.com](http://chistjosephchildrenshealth.eventbrite.com) or call **717.397.7625**



## Children's Health Education

# Healthy Learners Make Healthy Choices



"Hit it! Watch it roll. Oh no, it's under the couch! It's in the lava!! Get a flashlight!" My boys are engaged in some imaginary world that involves Smurfs and marbles and lava again. They are playing. I have always known play to be the creative, noisy and messy work of pirates and princesses who craft impromptu fortresses with rocks and fallen sticks. It's a joy to watch and is the kind of play I recall from my own childhood. But I have to admit, I didn't appreciate why play was important for children's health – until recently.

*...we hope to improve the health of preschool children using early intervention strategies that promote healthy choices through play.*

CHI St Joseph Children's Health launched a three-year program called The Labyrinth Project. In collaboration with Millersville University and several early childhood centers in the Columbia community we hope to improve the health of preschool children using early intervention strategies that promote healthy choices through play.

"Play sharpens minds and boosts creativity. It helps people grow and keeps them healthy. When children play, they

learn to solve problems, make decisions, express ideas, and recognize boundaries. Children who play do better in school and become more successful adults." The Strong: National Museum of Play in Rochester, New York.

Play is fascinating and necessary for children to learn. Fred Rogers described play as "...serious learning...the work of childhood..." and his words are posted on the walls of preschools throughout Lancaster County. Most early childhood educators are already committed to play as an approach to learning outlined in the state learning standards for early childhood. Most schools offer "choice" time and see the value of scheduled "recess." As a community of learners and educators, what more can we do?

"With just a few guidelines in place, play should be a choice for kids,"





said Dr Marcia Nell of Millersville University, “it should be fun and meet the essential elements which include being attractive to kids, purposeless or without a definitive goal...it should be freeing and improvisational...” Dr. Nell is the Chair of the Department of Early, Middle & Exceptional Education at Millersville University. She is also the Principal Investigator for the Labyrinth Project.

In early September, Dr. Nell offered training for eleven early educators and pre-service teachers who will implement and observe the Power of Play intervention at partnering early learning centers. Among other things, Dr. Nell introduced our group to the benefits of Solo Play. She instructed each of us to choose one group of objects (blocks, buttons, beads, sticks, fabrics, etc) and play with them for 15 minutes while listening to soothing music – no talking. Most participants reported feeling some form of deep, focused fun or “being in the zone.” It was a departure from the cooperative play we typically see on the playground and the kind of “go play-together” mentality we often force on children.

One participant said, “Frankly, it was a relief. I was calm and not at all worried that someone else might come over and steal my cardboard tubes. Plus, no one told me what to build or how to build. I could just do whatever... be creative.”

And that’s when I finally understood that play - when done right - is mindful. During solo play, thoughts and emotions can come and go without distraction – providing children and adults with relief from their busy lives.

Could it be this simple? I think so. The Labyrinth Project will support early childhood educators with the guidance to make changes to their classroom schedules, creating a mindful environment and carving out the time children need to play. Using well-known assessment tactics, researchers will track changes in the social-emotional development of students - hoping to see a positive change in their abilities to problem-solve and self-regulate.

Healthy learners can make healthy choices. The real problem for children is that road to becoming a healthy learner is a winding path, too often littered with serious obstacles that prevent them from reaching their full potential. So, what if good quality play could help clear that path? In conjunction with comprehensive healthcare, a healthy dose of play is the prescription for a healthy preschooler.

– Lori Albert McCracken, MSS - Director of Education



## THE ★ LASTING ★ IMPACT of Early Childhood HUNGER



**Thursday, November 16<sup>th</sup>**

6:00 – 7:00pm Dessert Reception

7:00pm Presentation by Dr. Anna Johnson

**The Inn at Leola Village**

38 Deborah Drive, Leola, PA 17540

Learn about the devastating impact hunger can have on child development and strategies being implemented across the country that are showing progress in overcoming food insecurity for families.

**Registration required at:**

[chistjosephchildrenshealth.eventbrite.com](http://chistjosephchildrenshealth.eventbrite.com)



Healthy Columbia focuses its programming and investments in four key areas that we believe are essential to creating a healthy and thriving community:

- Safe Homes and Neighborhoods
- Health and Well-being
- Early Childhood Experience and Education
- Food Security and Nutrition



## Healthy Columbia Initiative

# Maximizing Impact: Changing Tactics to Build Healthy Communities

In 2015 CHI St. Joseph Children's Health launched a Community Initiative program designed to create positive change in the health and wellbeing of children and families in the Lancaster Community. The program invested in the programs and the services of other organizations, schools and religious institutions. During the three years of our Community Initiative Program, dozens of organizations received grants from CHI St. Joseph Children's Health. Each grant ranged from \$1,700 to \$20,000 and supported everything from lead screenings for children to vision tests and peer-based mental health programs.

While we were happy to support fellow organizations in the community and proud of the work that each program accomplished, the board of directors found itself asking if we could be having a larger and more lasting impact? If there was an investment strategy that could really change the dynamic and dramatically improve the health of families in our community? Being entrusted with the legacy of our Founding Sisters, we wondered how to get the most impact for our financial investments?

Inspired by a session on "High Impact Funding" presented by Tyler Norris of Kaiser Permanente at the 2016 Catholic Health Initiatives National Leadership Conference and some of the work CHI St. Joseph Children's Health had been engaged in with our sister organizations and hospitals across the CHI system that was exploring ways to create a total health road map which would change how healthcare organization and hospitals engaged the

community, the board adopted a new community investment strategy in April 2017. As a result of our planning process and numerous conversations with members of the community and our partners, the board authorized the creation of the Healthy Columbia Project.



Formally launched in May 2017, Healthy Columbia is a community-driven initiative under the fiscal sponsorship of CHI St. Joseph Children's Health. The project brings together individuals and organizations who are dedicated to providing and coordinating the services and the investments necessary to create a thriving community. We believe that a thriving community values, prioritizes and improves the health and well-being of its residents and this is the goal of Healthy Columbia. While CHI St. Joseph Children's Health is proud to be a primary fiscal sponsor for the project and provides staff on an in-kind basis to the initiative to implement the project's programs and services, within Healthy Columbia, we are only one voice at the table. All decisions about the project's programs, initiatives and investments are driven by a community-based advisory committee.

For more information on the Healthy Columbia Project please visit [www.healthycolumbiapa.org](http://www.healthycolumbiapa.org) or call 717.397.7625



# The Leadership and Staff of CHI St. Joseph Children's Health

## CHILDREN'S BEHAVIORAL HEALTH

Thomas Foley, MD – Psychiatrist  
Mary Jo Hanley, CRNP – Psychiatric Nurse Practitioner  
Lindsey Baker, MA – Therapist  
Kim Myer, LSW – Therapist  
Jillian Black, MEd – Family Wellness Counselor  
Rebecca Edwards, MEd – Family Wellness Counselor  
Now Hiring – Family Wellness Counselor  
Kim Nettleton, MSW – Program Manager

## CHILDREN'S DENTAL SERVICES

### *Columbia Dental Center*

Elizabeth Harrison, DMD – Dentist  
Sherri Hosler – PHRDH – Hygienist  
Kiauna VanHook – EFDA – Expanded Function Dental Assistant  
Now Hiring – Expanded Function Dental Assistant  
Brenda Ramos – Dental Assistant  
Sharon Rombalski – Program Manager  
Now Hiring – Program Assistant

### *Lancaster Dental Center*

Now Hiring – Dentist  
Mary Wubbolt, PHRDH – Hygienist  
Now Hiring – Expanded Function Dental Assistant  
Now Hiring – Dental Assistant  
Gerardo Diaz – Program Manager

## CHILDREN'S HEALTH EDUCATION

Heather Ha – Education Coordinator  
Lizzy Krajan – Education Associate  
Matt Martsof – Education Coordinator  
Katherine Huhn – Program Manager  
Hank – Health Hero

## FAMILY WELLNESS CASE MANAGEMENT

Angelique Gebhard – Case Manager  
Kerri Schaaf, MS – Case Manager  
Leah Yarnell – Case Manager  
Aimee Clement, MSW – Social Services Manager

## LEADERSHIP AND ADMINISTRATION

Ruth Fellabaum – Executive Assistant  
Philip K. Goropoulos, MNM – President  
Beth Grossmann – Vice President  
Lori Albert McCracken, MSS – Director of Education  
Kelsey Miller – Program Manager, Healthy Columbia  
Laura Myers – Director of Dental Services  
Now Hiring – Program Assistant

## 2016-2017 Board of Directors

Chris Ballentine – *Secretary*  
Phil Goropoulos  
Lorraine Gutierrez  
Mary Kennedy, OSF – *Vice Chair*  
Tom Kopfensteiner, STD  
Joe Mayberry, DO  
Lisa McCracken  
Sean Mooney, PHR, SHRM-CP  
Carol L. Powell, Ph.D.  
Michelle A. Reaser, RN, BSN, MBA  
Thomas L. Regan, DDS – *Chair*  
Jodie Reinhart – *Treasurer*  
Debra M. Scheidt  
Kathleen Troy Smyser  
Elaine G. UgoInik, JD

**NOW HIRING** – We are currently looking to fill several positions. Call 717.397.7625 or visit [StJosephChildrensHealth.org](http://StJosephChildrensHealth.org) for more information.





Please join CHI St. Joseph Children's Health, our staff, our volunteers, our patients and our families, for a Christmas Celebration Pancake Breakfast.



**SATURDAY, DECEMBER 9, 2017  
8 AM TO 11 AM**

*St. Philip the Apostle Church  
2111 Millersville Pike, Lancaster*

**FREE ADMISSION**

**Breakfast • Fellowship • Santa Claus • Fun**

*Please RSVP by December 4 by calling  
717.397.7625 or emailing  
[ruthfellabaum@catholichealth.net](mailto:ruthfellabaum@catholichealth.net)*