

MHSF

METHODIST HEALTH SYSTEM
FOUNDATION, INC.

Annual Report
July 1, 2016 - June 30, 2017

MISSION

The Methodist Health System Foundation, Inc. is dedicated to the support, development and management of health related programs and services for the benefit of the citizens of East New Orleans and beyond. The programs expressly target health status improvement of the referenced population by addressing the key determinants of health including lifestyles, access to healthcare services, social, and environmental factors. This is accomplished through operational management fiduciary responsibility, and exploring other business ventures that relate to healthcare.

VALUES

In keeping with the Christian spirit, Methodist Health System Foundation, Inc. promotes health, wellness and wholeness through offering, supporting or advocating programs and services to the Greater New Orleans community and beyond. Methodist Health System Foundation, Inc. is committed to:

- Providing programs and services in a cost-effective and ethical manner.
- Being close to the community and responsive to their needs without regard to race, ethnicity, gender, creed, age or disability.
- The wellbeing of the Foundation family of the employees and constituents... emotionally, financially and spiritually.

VISION

Though the United States spends more per capita on healthcare than any nation in the world, health status lags that of other industrialized nations. Population-based programs and personal health services that target the physical, mental and spiritual development of individuals and communities will improve health status. Our vision is for the Methodist Health System Foundation, Inc. to be a conduit for a healthy community that provides grants and health care services in addition to social, lifestyle, environmental and public policy programs that promote health and wellness.

Message to the Community

Helping people to do the most good in our community is what Methodist Health System Foundation (MHSF) does best. It begins by understanding the needs of the community, the areas where the most impact can be achieved, what nonprofit resources are available and when additional resources can be brought to bear, to make a difference.

MHSF remains focused on making a positive difference in the communities we serve and we see no better measure of the effectiveness of our healing mission. This is why MHSF does all it can to connect and assist with the organizations, individuals, partners and groups that can positively touch the lives communities of East New Orleans and beyond.

Earlier this year, The Daughters of Charity and The University of Holy Cross recognized MHSF's contribution and dedication to the community. As a faith-based organization, it is our privilege to serve the community where we can, by any means we can, in any way we can. We are humbled by the commendations.

Through responsible stewardship as a legacy foundation, MHSF strives to commit valuable resources year after year to a variety of programs and services that ensures sustainability of services well into our future.

In the following pages, you will find examples of the impactful ways our partners are contributing to improving the quality of lives through quality health care, education, prevention and accessibility to services. We hope you enjoy reading about our programs and services, and the efforts our partnerships have made this past year.

In the spirit of gratitude, coupled with increasing opportunities to impact change, we look to the future filled with excitement and hope for all that can be accomplished through collaboration and like-minded partnerships. Thank you for your prayers and continued support in our shared vision for the physical, mental and spiritual development of individuals, communities and our world.

Sincerest Regards,

Mr. Patrick M. Gibbs
Chairman

Mr. Frederick C. Young, Jr.
President

BOARD OF DIRECTORS



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Member Since 2004



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MHSF TEAM



Richard Henault
Executive Vice President
Since 1984



Patrick Moltram
Medical Director
Since 2008



Paul Page, Jr.
Vice President of Finance
Since 1997



Frederick C. Young, Jr.
President
Since 1980



Dana Biagas
Medical Assistant
Since 2014



Janice Brink
MSO Analyst
Since 1993



Pam Cutlip
Adm. & Logistical Generalist
Since 2016



Audra Degan
Nurse Practitioner
Since 2014



Giselle Diecidue
Executive Secretary
Since 1990



Barbara Henderson
Accountant
Since 1975



Pattie Jarrell
Nurse Practitioner
Since 2008



Mae Juan
Registered Nurse
Since 2007



Steve Juan
Registered Nurse
Since 2013



Cheryl Landry
MSO Analyst
Since 2006



Glenda London
Nurse Practitioner
Since 2007



Leslie Mathews
Center Coordinator
Since 2014



Bonnie Miller
Director of Hypnotherapy
Since 2005



Carol Roger
Center Coordinator
Since 2007



Katherine Stasny
Social Worker
Since 2010



Heather Surcouf
Nurse Practitioner / Manager
Since 2007



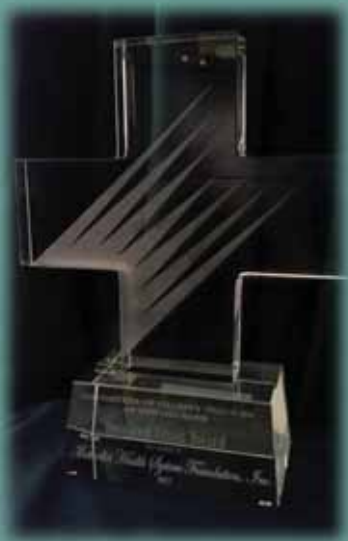
Mary Trupiano
Executive Secretary
Since 2016



Strelsa Young
Exec. Asst. to the President
Since 1997

Daughters of Charity

2017
Inspired Cross Award
Recipient



In recognition of Methodist Health System Foundation's dedication to sustaining healthcare and social services in New Orleans East. It is the community's recognition of the commitment to the community and we appreciate what you have done.



From Left to Right: Dr. Patrick Mottram, MHSF Board Member; Mrs. Wendy Beron, MHSF Board Member; Mr. Frederick C. Young, Jr., MHSF President; Mrs. Richard Henault; Michael G. Griffin, President/CEO, DOC; Sr. Bonnie Hoffman, Vice President of Mission Integration, DOC; Paul Page, MHSF Vice President of Finance.

University of Holy Cross

2017
Spes Unica Award
Recipient



In grateful appreciation for your faithfulness to the University of Holy Cross through qualities of loyalty, leadership, commitment and service. The President and the Board of Trustees of the University of Holy Cross hereby bestow the Spes Unica Award to Methodist Health System Foundation, Inc.



From Left to Right: Paul Page, MHSF Vice President of Finance; Mrs. Richard Henault; Dr. Patrick Mottram, MHSF Board Member; Mrs. Wendy Beron, MHSF Board Member; Patrick M. Gibbs, MHSF Board Chairman; Mr. David M. Landry, University of Holy Cross President; Mr. Frederick C. Young, Jr., MHSF President.

Strelsa Young
Executive Assistant to the President
19 Years of Service

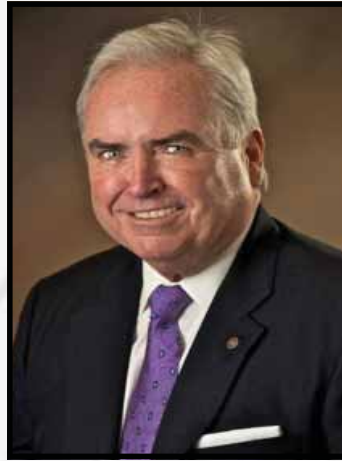


Janice Brink
MSO Analyst
23 Years of Service



Sarah Compagno
MSO Analyst
34 Years of Service





Richard Alan Henault
1948 - 2016

MHSF honors the life and legacy of Richard Alan Henault; devoted husband, father, friend and philanthropist. Rick joined MHSF in 1982 as Executive Vice President and worked tirelessly until his passing, overseeing its Philanthropic and Strategic Grant-making initiatives. He helped bring the non-profit community together at a critical moment in time to establish the cohesive network that exists today.

Rick was a friend to all he met, and we will recall with great appreciation his gregarious nature, his selflessness, his philanthropic expertise, his special humor, and his love for his family, friends and his community. He was a gift to the community he served and beloved by colleagues and friends. We will miss him.

In honor of his lifetime of service to the community, the University of Holy Cross created a scholarship in his name: "*MHSFI Richard A. Henault's First Generation Endowed Scholarship in Nursing.*"

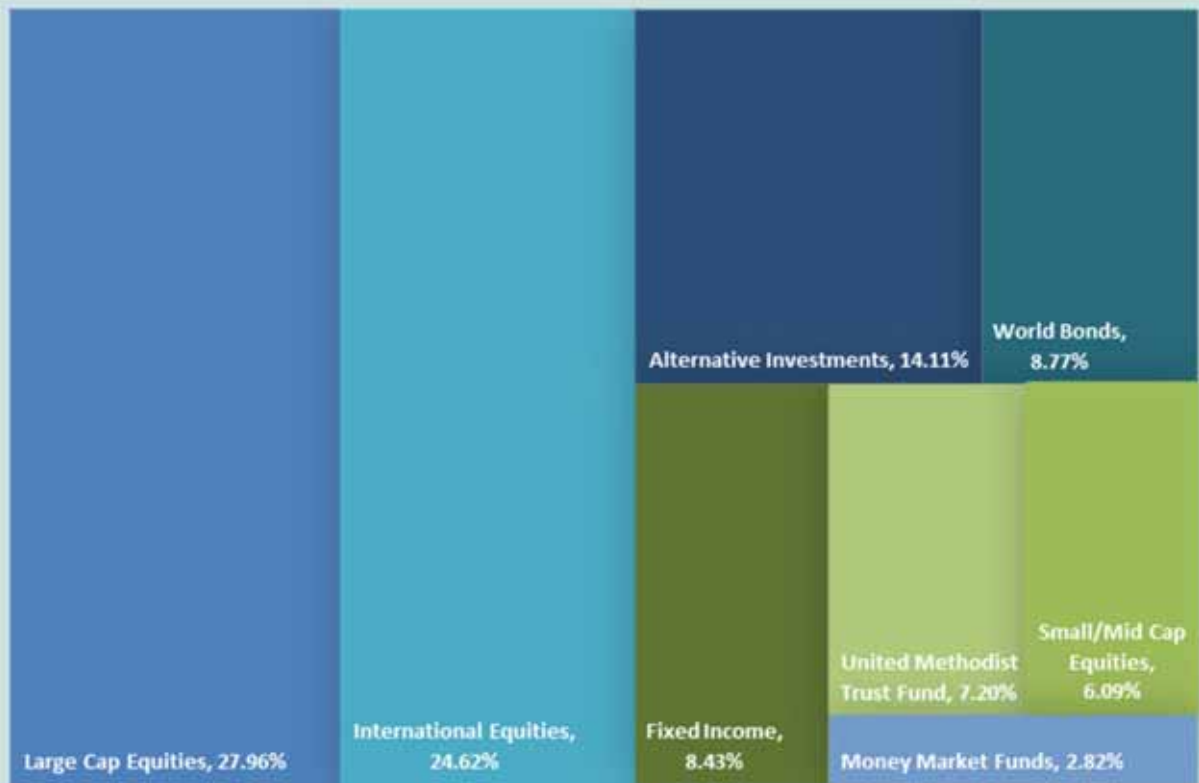
The American College of Healthcare Executives Regent created a Distinguished Service Award in his name; "*Rick Henault's Mentor and Spirit of Servitude Award.*" This award will be presented to a Fellow who reflects generosity in enriching others through mentorship and service to the chapter and ACHE.

As is our tradition, MHSF's grant-making activities are grounded in the principles of: integrity, transparency, disclosure, performance, and accountability.

1. Improve the physical, emotional and mental health status of the citizens of the metropolitan New Orleans area with an emphasis on the communities of New Orleans East, Gentilly, St. Bernard and beyond.
2. Increase access to healthcare for the citizens of the metropolitan New Orleans area with an emphasis on the communities of New Orleans East, Gentilly, St. Bernard and beyond.
3. Promote healthy lifestyles and disease prevention for the citizens of the metropolitan New Orleans area with an emphasis on the communities of New Orleans East, Gentilly, St. Bernard and beyond.
4. Assist, where applicable, in the recovery and reestablishment of healthcare services in New Orleans East.
5. Provide MHSF staff assistance to other non-profit entities in subject areas of our internal expertise. This assistance would be directed towards non-profit entities within the New Orleans area with an emphasis on the communities of New Orleans East, Gentilly, St. Bernard and beyond.

Our history suggests that when we think about grantmaking there exists a range of models that describe different approaches. These models include everything from being "charitable bankers", to being totally strategic organizations, trying to create value and population driven healthcare related service improvement. At one end of the range, money is "given out", hoping that it will do good at the individual or group level. At the other end, which is where we see MHSF, we're investors and collaborators in creating healthier communities setting our sights on identifying and solving systemic healthcare related problems. We are able to use our unique set of resources... people, dollars, reputation, data, and intellect...to create transformative change and to do it in a way that builds on evidence and lessons learned from our efforts to improve the quality of people's lives.

PORTFOLIO TOTAL: \$69.84 MILLION



INVESTMENT POSITION	% TOTAL	AMOUNT	
Large Cap Equities	27.96%	\$ 19,529,485.67	
Small/Mid Cap Equities	6.09%	4,251,407.41	
International Equities	24.62%	17,193,436.00	(Includes Emerging Market Eq.)
Alternative Investments	14.11%	9,857,234.67	(REITS and Hedge Funds)
Fixed Income	8.43%	5,891,050.44	(Includes Floating Rate Mortgages)
World Bonds	8.77%	6,124,776.06	
Money Market Funds	2.82%	1,968,775.28	
United Methodist Trust Fund	7.20%	5,027,079.16	
Total Investments	100.00%	\$ 69,843,244.69	

KEY FINANCIAL INFORMATION	CURRENT YEAR	5 YEAR TOTALS
Net Investment Income	\$ 6,964,719	\$ 21,353,493
Change in Fair Market Value of Investments	\$ 3,399,286	\$ 2,703,864
Net Operating Expenses	\$ 3,953,947	\$ 21,089,264
Increase in Net Assets	\$ 3,440,558	\$ 3,366,007

Organization	Project Title	Terms (months)	Grant Amount
The Blood Center	Life Saver Program / Heart 2 Heart Program	60	\$497,696
Covenant House	Rights of Passage Program	72	\$483,000
Daughters of Charity Service of New Orleans	Desire Community Square CHC	24	\$133,095
Delgado Community College	LPN Scholarship Program	49	\$ 30,000
Greater New Orleans Immunization Network	School Kids Immunization Program (SKIP)	72	\$778,016
Kingsley House	Mental Health Counseling and Outreach Program	36	\$416,410
LCMC	Diabetes Clinic and Education Center	25	\$233,304
Liberty's Kitchen	Healthy Future Initiative	32	\$290,949
Louisiana Center for Children's Rights	Children's Defense Fund	36	\$249,451
Love In Action Outreach	Food Pantry Program	36	\$109,040
Marillac Community Health Centers	FQHC/School Behavior Health Pilot	24	\$31,224
Mary Queen of Vietnam CDC	Diabetes Care Management	24	\$121,160
New Schools for New Orleans	Creating Excellent Schools for Students with Disabilities	36	\$224,000
Nonprofit Knowledge Works (The Data Center)	Disseminate Essential Planning Data	36	\$ 75,000
Southeastern Louisiana Nursing Foundation	Nursing Scholarship Program	36	\$ 30,000
St. Thomas Community Health Center	Columbia Parc CHC: Primary Care	50	\$341,291
University of Holy Cross	Endowment Scholarship for Nursing Students	ongoing	\$100,000
	First Generation Endowed Scholarship for Nursing Students	ongoing	\$ 60,000
VIA Link, Inc.	2-1-1 Crisis Intervention Call Center Volunteer Program	30	\$109,337
Volunteers of America	Fresh & Healthy Food Production	61	\$350,000
Xavier University	Pharmacy Scholarship Program	36	\$ 48,000
Strategic Grants - Total			\$4,710,973
School Based Health Centers	Health Centers at Chalmette High School & Nunez Community College (inception to date)	ongoing	\$4,179,899
Active Grants			\$8,890,872

New Schools for New Orleans



New Schools for New Orleans

Supporting Students with Special Needs to Reach Their Highest Potential

Carrying a cup of coffee across campus is as much a part of college life as studying for exams. These days, the campus coffee shop is the most popular place to meet friends, to study or to relax between classes. Toasty's Coffee Shop is more than just the right place to be. It's the right place to learn employment and independent living skills.

Toasty's is one of several innovative Opportunities Academy programs at Collegiate Academies' schools offering professional, real-world experience for students with moderate to significant disabilities. Supported by a grant from New Schools for New Orleans (NSNO) Collegiate Academies provides a variety of educational options to serve diverse learners. Methodist Health System Foundation partially funds Opportunities Academy as well as several other NSNO initiatives to provide students with a wide range of needed academic, behavioral health, and counseling services. The Foundation has also supported two NSNO planning grants focusing on students with autism and students with emotional health needs.

NSNO Senior Director of Development, Mandy Folse explains that New Schools for New Orleans is the nation's first public education system comprised of predominately charter schools. "Our mission is to ensure excellent public schools for every child in New Orleans through investing in great schools, helping schools become more effective and working to coordinate solutions to citywide challenges," she says.

"We believe and invest in schools that are about developing children in every way," says NSNO Vice President of Schools Tom Shepley. "Our partnership with public charter schools all across New Orleans help to prepare children for any post-secondary option they choose. We deeply believe in school models that are preparing students to be successful in college and career in the 21st century; schools that foster students to make strong choices for themselves as they grow up.

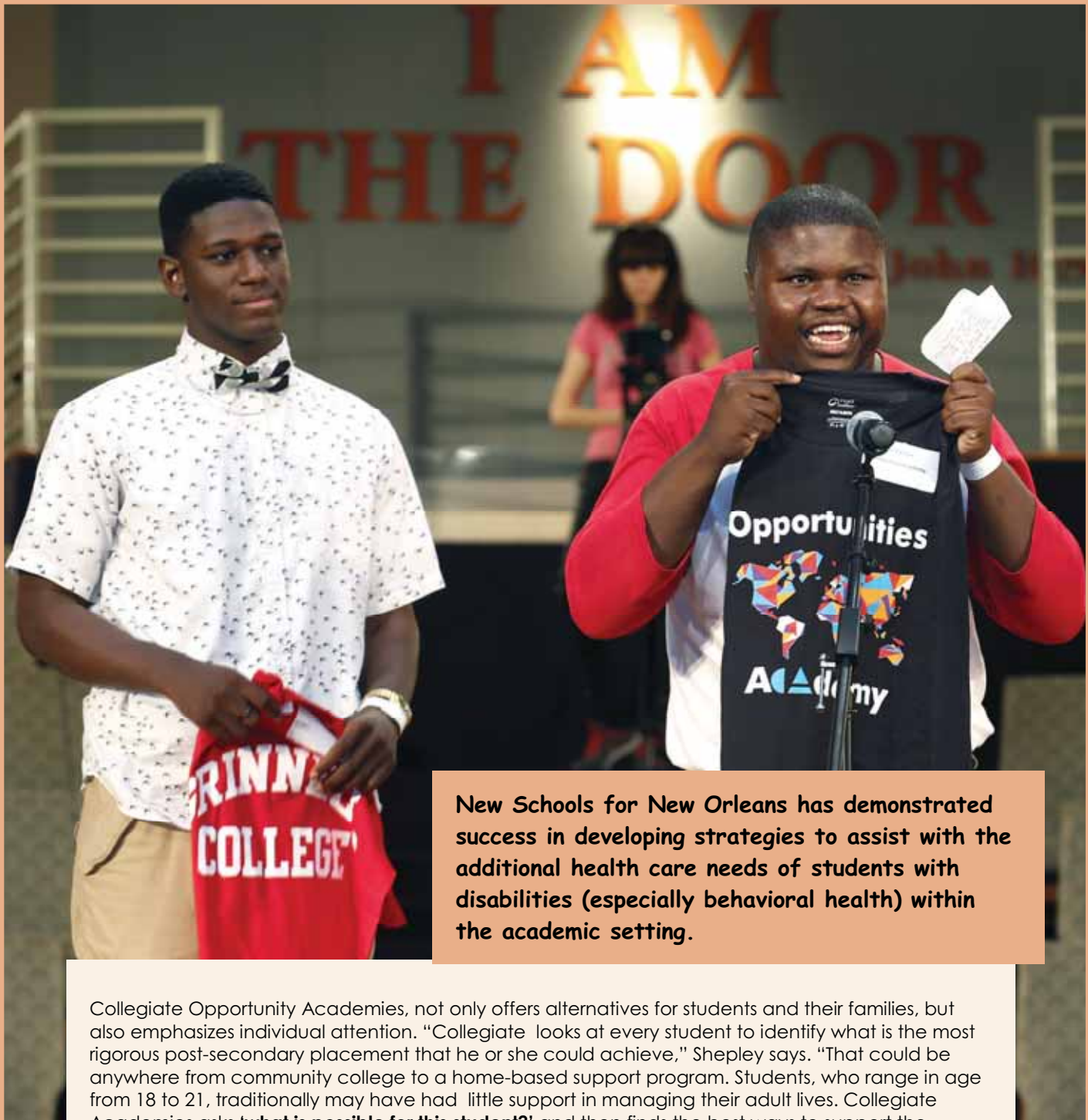
Targeted partnerships lead to more high-needs students having access to programs than incorporate behavioral health and counseling programs into an academic climate that matches their needs and supports their individual growth.

"We want students to have access to the limitless opportunities, to be successful in their personal lives, their academics lives, and ultimately in their professional lives," he continues. "It is about access and choice in quality education."

Although each of the schools are slightly different in focus, each addresses a wide range of disabilities including cognitive, physical, and mental health impairments. "These are the most fragile students who need the most support in achieving as they transition into adulthood," Shepley says. "They deserve a high quality education in a great school and their parents deserve the opportunity to choose that school."

GRANTS IN ACTION

Goal #1 - Improve Physical, Emotional & Mental Health



New Schools for New Orleans has demonstrated success in developing strategies to assist with the additional health care needs of students with disabilities (especially behavioral health) within the academic setting.

Collegiate Opportunity Academies, not only offers alternatives for students and their families, but also emphasizes individual attention. “Collegiate looks at every student to identify what is the most rigorous post-secondary placement that he or she could achieve,” Shepley says. “That could be anywhere from community college to a home-based support program. Students, who range in age from 18 to 21, traditionally may have had little support in managing their adult lives. Collegiate Academies asks **‘what is possible for this student?’** and then finds the best ways to support the highest quality life outcome for the student.”

“In the past, New Orleans has struggled to provide adequate educational opportunities for students with disabilities,” Folse says. “We are beginning to see progress. Thanks to the Methodist Health System Foundation for investing in the success of all children.”

Greater N.O. Immunization Network (SKIP) - Kingsley House - LCMC - Liberty's Kitchen
Marillac Community Health Centers - Mary Queen of Vietnam CDC - VIA LINK, Inc.
St Thomas Community Health Center

Kingsley House



It's Not as Simple as Child's Play

Kingsley House's Community Counseling Center speaks the language of children for therapeutic benefits

Yes, those are giggles you hear as you walk down the hall in the Kingsley House Community Counseling Center (CCC) in New Orleans East. Take a quick peek in the art/play therapy room to see a few grins.

The child-focused space is filled with toys, games, dolls, crayons and lots of paper for drawing. It is an area for children to play and interact as specially trained play therapists help the youngsters prevent or resolve psychosocial difficulties to achieve optimal growth and development.



With financial assistance and support from the Methodist Health System Foundation, Kingsley House expanded its outreach to educate children, strengthen families and build community. With the opening of a Community Counseling Center in New Orleans East shortly after Hurricane Katrina, the 121-year-old New Orleans-based community center filled a distinct need.

Recently re-locating to larger facilities, The New Orleans East CCC sits in a comforting, quiet space that was purpose-built to offer outpatient counseling sessions in a professional medical office building.

"The location is ideal to facilitate reciprocal referrals to the bustling new medical corridor anchored by New Orleans East Hospital and Daughters of Charity," says Kingsley House Program Officer Karen Chustz. "Just one floor up from our office, you'll find the City of New Orleans Healthy Start program, which regularly refers youngsters to the center's innovative play therapy program which provides counseling for children as young as three-years-old.

"We have honed our play therapy program over the years through our support of Kingsley House's Early Learning programs, working with our Head Start and Educate students," Chustz continues. "The opportunity to design a state-of-the-art space specifically to engage with children was a priority."

Research suggests Play Therapy is an effective mental health approach, regardless of age, gender, or the nature of the problem, and works best when a parent, family member, or caretaker is actively involved in the treatment process.

GRANTS IN ACTION

Goal #2 - Increase Access to Healthcare



Recognized as a highly effective method to work with young children, child play therapy is a way of being with the child that honors his or her unique developmental level and looks for ways of helping in the "language" of the child – play.

CCC counselors use play therapy to work with children around a number of behavioral disorders including anxiety, depression, attention deficit hyperactivity (ADHD), and conduct disorders.

Kingsley House's CCC in New Orleans East works with individuals and families to help them learn the skills needed to become their own best problem solvers, communicate more effectively, and improve their overall quality of life.



In addition to play therapy for children, professional social workers and counselors are available to address a range of issues such as depression, anxiety, grief, and anger management. Marriage and family counseling are also offered.



LCMC - Louisiana Center for Children's Rights - New Schools for New Orleans
Southeastern Louisiana University Foundation - St Thomas Community Health Ctr.
University of Holy Cross RAH 1st Gen. Endowment Nursing Scholarship

Liberty's Kitchen

Liberty's Kitchen Nourishes Body and Soul

Nadja Sampson has her own apartment. She has traveled to Washington, DC for business. She was recently promoted to a manager position at the Good Karma Café in New Orleans. If she invites you into her home, you will see a very special award – the 2017 Liberty's Kitchen Youth Achievement Award for resilience and commitment.

Not too long ago she was living in Convent House, a residential shelter, struggling to find a job. With a referral to Liberty's Kitchen for education, training and experience, she found direction in life. Most importantly, Nadja learned how to be a leader through the program's Youth Leadership Council.



"The Methodist Foundation has provided not only critical capacity-building funds, but also thought partnership, as we grow and improve our Healthy Futures Initiative," says Executive Director David Emond. "Expansion allows us to offer the comprehensive programming our young people deserve. Working with The Center for Young Leadership, we will have additional classroom space, a technology lab, private counseling space, office space for our growing staff, and a large flex-space that will be utilized for a variety of program and community events."

Emond explains that Liberty's Kitchen success has facilitated an increased focus on young leadership. "It's good to get a job; it's great to keep a job; but what we're increasingly pursuing is real career advancement and leadership in each young person's chosen field," he emphasizes. "We seek to be youth-centered in our organizational culture, and have recently shifted our tagline from 'Teach, Nourish, Empower' – the things we do to youth to '**Learn, Grow, Lead**' - the things young people do with our support and encouragement. We believe this is an important distinction that recognizes the dignity, value, and potential of every young person who walks through our doors.

In its redesign and expansion efforts, Liberty's Kitchen is going far beyond its hands-on workforce development program. Addressing a young person's needs wherever they are in life's journey, the program connects youth to supports for such things as housing, childcare, medical care, and transportation before they even begin the program. Diners enjoy red beans and rice on Mondays at Liberty's Kitchen Poydras Street location or a black bean burger on Broad Street. Even better, they will appreciate a unique opportunity to meet the area's future leaders in training.

"The Foundation's expertise in health and wellness has been useful in helping us shape practices that will best serve our young people," Emond continues.

GRANTS IN ACTION

Goal #3 - Promote Healthy Lifestyles and Disease Prevention



A Methodist Health System Foundation grant recipient, Liberty's Kitchen is a two-location café, a catering business and youth development program providing hands-on food service training to vulnerable New Orleans youth along with leadership development and healthy lifestyles support. Established in 2008, the program has continued to grow, expanding its focus to include a school nutrition program for undernourished children and a Fresh Food Hub emphasizing social impact through food.



Greater N.O. Immunization Network (SKIP) - Louisiana Center for Children's Rights
New Schools for New Orleans - Non Profit Knowledge Works (The Data Center) - LCMC
Liberty's Kitchen - Volunteers of America

Daughters of Charity



Daughters of Charity Health Centers Extends Outreach

Louisa Center Relocates and Expands in New Facilities

Your two-year-old is feverish, constantly crying and nothing seems to soothe him. The over-the-counter pain reliever the doctor recommended for a high temperature is not effective. It looks like an in-office visit is your only alternative.

Now comes more problems. Your only means of transportation right now is by bus. It will take two hours travel time to the nearest health center. Who will be there when your other child arrives home from school? How much money will the doctor's visit cost? Your stress level is increasing as concern for your child builds.

Access to healthcare, including availability, transportation and cost, is a major factor in the delay or lack of treatment for many individuals in the New Orleans area community. According to the U.S. Department of Health and Human Services, impediments to healthcare access contributes to serious situations that may have been prevented with early detection and treatment.

With assistance from the Methodist Health System Foundation, the Daughters of Charity Services of New Orleans is responding to healthcare access for the New Orleans East community with the relocation of its Louisa Health Center to the newly developed Desire Community Square Complex. "The new, larger space offers greater access to primary and preventive care for the entire family – **children, adults and seniors – under one roof,**" says President and CEO of Daughters of Charity Services of New Orleans, Michael Griffin.

A Federally Qualified Health Center (FQHC), the state-of-the-art contemporary facility, Daughters of Charity Health Center – Desire represents a significant expansion of the former Louisa Street site. The center specializes in pediatrics and general medicine with assistance in Medicare and Medicaid enrollment.



GRANTS IN ACTION

Goal #4 - Assist in Recovery and Reestablishment of Healthcare Services in NOE



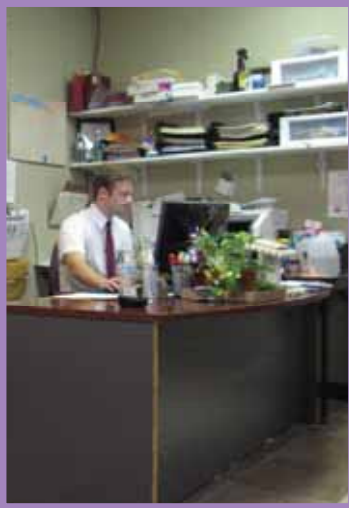
Daughters of Charity Health Center - Desire is open to all members of the community whether there is financial need or not. The facility is open Monday through Friday, from 8 a.m. to 5 p.m., offering same-day, walk-in, or scheduled care services.

The new facility, opened in the summer of 2016, is part of the Desire Community Square project which also includes a community center and an early childhood center for area residents. The Desire Health Center is serving an average of 270 patients monthly with services that are close to home and affordable.

"Daughters of Charity is committed to providing compassionate health care in New Orleans," Griffin states. "Our mission, at the Desire location and all our facilities, is to improve the health and well-being of our community and to be a presence of the Love of Jesus in the lives of all we serve and with whom we partner. Thanks to the support of the Methodist Health System Foundation and others concerned with the health of our area, we can continue to grow and serve."

Greater N.O. Immunization Network (SKIP) - Kingsley House
Mary Queen of Vietnam CDC

Love In Action Outreach



Controlled chaos may best describe the atmosphere at LIAO on any given day. Founder and Executive Director, Mrs. Gail Womack- Murray, praises the volunteers of this bustling pantry as they stock shelves, register clients, assist shoppers with limited mobility, sweeping the floor and helping in any way they can. MHSF supports this growing pantry with office management and clerical staff to help streamline the process for families and volunteers.

It is all about the community, here at the Love In Action Outreach, Self-Serve Food Pantry. A variety of foods arrive daily from area wide partners. Shelves and coolers are continuously being stocked by enthusiastic volunteers. LIAO helps to meet a food disparity in over 2400 households monthly. With the help of partnerships such as; Second Harvest, Walmart, Winn Dixie, Save A Lot, Folgers Coffee, Bunny Bread, LA Coffee and others. LIAO can offer the community of East New Orleans a variety of fresh, frozen, bottled, canned and boxed food to help those in need.



Some may think, it is quite a drive from Kenner to New Orleans East to volunteer. Pictured left off-loading a pallet of water and fresh vegetables is Jerry Barrington. He is an Army vet and a member of the Venture Church in Kenner, LA. Jerry is a soft-spoken guy with a contagious smile. He asked his pastor for ways he could help others, and his pastor suggested LIAO. He has been a volunteer there for over 3 years, now. "It is a warm, family feeling here and all of the volunteers truly want to help" Jerry says. He spends much of his time picking up food donations, loading, unloading the trucks. It is a labor of love here and all the volunteers work really hard helping individuals and families get food for their tables.

GRANTS IN ACTION

Goal #5 - Provide MHSF Staff Assistance to Non-Profit Entities



Kingsley House - Love In Action Outreach

PROGRAMS & SERVICES

In fulfillment of its Mission, Methodist Health System Foundation, Inc. engages in services organized within three domains:

- Grantmaking
- Management of Programs and Services
- Oversight of Pendleton Memorial Methodist Hospital Run Out



CHERYL LANDRY
MSO ANALYST



JANICE BRINK
MSO ANALYST

Medical Services Organization

MSO's customized services are designed to alleviate the burden of accounts receivable management from the busy physician's practice. Some of the services offered are: the access and usage of a proven practice management system, daily billing and collections efforts, patient registration and charge entry, guidance in identifying and rectifying coding issues and the assignment of a personal customer service representative to each practice.

The MSO employs a dedicated and highly experienced team who work effectively and efficiently to assist our clients in building financially successful medical practices while the physician's practice is able to focus on providing quality healthcare.



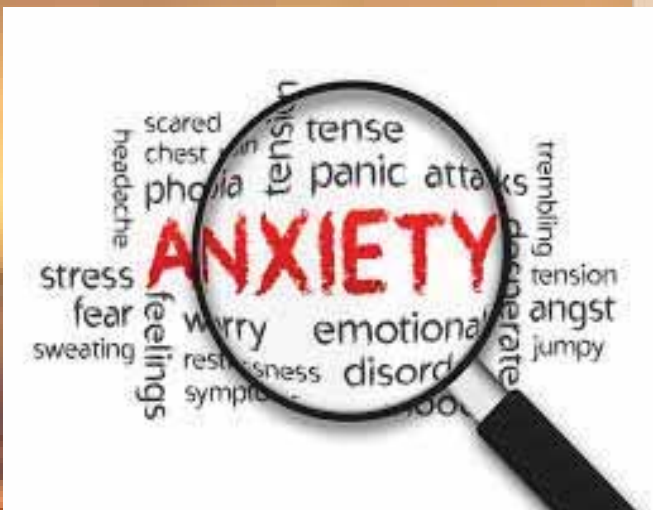
BONNIE MILLER
DIRECTOR OF
HYPNOTHERAPY SERVICES

Hypnotherapy Services

Anxiety stems from a feeling of being out of control. No one is immune from anxiety in this hectic, fast paced world; nor do you have to become a victims to it. Even though coping strategies for life are seldom taught in school, we all play a huge role in teaching one another how to be strong and resilient or teaching others to be fearful and victims.

Responding to stressors in a healthy, positive way is a learned behavior that builds resilience against the slings and arrows of life. Encouragement, in the smallest things, can have huge impact on the recipient. A smile, a hug or a reassuring nod can triple the sense of self-confidence in another person, thereby reducing their fear.

We all have the power to feel good about ourselves and feel in control of our lives. Use your strength to help others become stronger and more resilient - together we can serve the world.



School Based Health Centers



Benefits of a School Based Health Center

A healthy student is a better learner. That is more than common sense, it is a fact. According to the School Based Health Alliance, providing adolescents and teens with access to health care during the school day enhances learning.

Statistics show that students who utilize a health center on campus spend more quality time in the classroom. They tend to be sick less frequently and don't have to take time off from academics to see a healthcare provider.

Teens are also more likely to get help for problems such as depression or anorexia and other weight issues at a School Based Health Center (SBHC). Manager and Nurse Practitioner at Chalmette High School, School Based Health Center Heather Surcouf, DNP, points to the availability of social

workers, and the partnership with Kingsley House Community Counseling Center as a significant benefit to address the stress and psychological needs of today's teen. "We do a basic depression screening on each student who comes to the SBHC," she adds. "If we detect a need, the student is referred to a counselor for further evaluation. Because we are there every day, students recognize us as part of the school family," Dr. Surcouf notes.

Social Worker, Kate Stastny notes, "the SBHC identifies students and provides them or links them with necessary mental health services. These services would likely not have been accessed by the student or family."

"We make sure that we are easy to talk to, letting teens know that everything they share with us is confidential, whether they are seeking treatment for a headache or something more serious. This makes it more likely that a teen who needs counseling will utilize the SBHC. No one knows what they are discussing," adds Dr. Surcouf.

In 2016, the Chalmette High School, School Based Health Center received re-certification from the Louisiana Department of Health and Hospitals (DHH). The certification, issued every three years, follows an extensive audit of all aspects of services the SBHC provides. Additionally, the SBHC was recognized by DHH, Office of Public Health - Adolescent School Health Program, for maintaining compliance and outstanding achievements in the areas of registrations, immunizations and comprehensive physicals.



Making a Difference

School Based Health Center focuses on students every day.

"I love working with students." That's how Chalmette High School, School Based Health Center Manager Heather Surcouf, DNP, describes her ten years experience on the school campus. Working with adolescents and teens is a challenge, but Dr. Surcouf and the SBHC staff are finding that every day brings rewards.

"We are making a difference in students' lives that extends beyond health," Dr. Surcouf explains. "We are often role models for career choices and we also guide teens to be better consumers for their own healthcare. I think one of our biggest rewards is seeing a student who comes in just to visit, thanks us and lets us know how we have enhanced his or her life." Glenda London, DNP, who has been with the School Based Health Center (SBHC) from the beginning notes, "Because the SBHC is located on school premises and is easily accessible, it not only keeps the student healthy but also keeps them in school for a better learning experience.

Sometimes the medical team does save a life. "What if we weren't there?" Dr. Surcouf asks, relating a recent life-saving experience.



Referred to the SBHC by an alert teacher, a young student entered the SBHC feeling dizzy. "Our nurse immediately went into action, recognizing that he was showing signs of a serious cardiac problem," Dr. Surcouf explains. Mae Juan, RN, notes, "We tried to keep the student calm, although we recognized his condition was serious. This was important, given his condition." Within minutes, he was placed on oxygen and a heart rate monitor, 911 and his parents were called and he was transported to the hospital. Today, he is back at school and doing well. If he didn't have access to healthcare a few steps away from his classroom, who knows how long vital treatment would have been delayed?

Not every student has a life-saving moment but every visit to the SBHC is life-changing.



Health Center Earns A+ Outside the Classroom

Chalmette High School, School Based Health Center Celebrates Tenth Anniversary

St. Bernard Parish understands hurricanes. Baby boomers vividly remember the high water and fierce wind of Hurricane Betsy in the mid-sixties. And no one can forget the devastation caused by Hurricane Katrina in 2005. With almost every structure destroyed in the parish and surrounding areas, it was a start-all-over situation with little resources to rebuild lives.

“After Katrina, there wasn’t much of anything in St. Bernard Parish and much of New Orleans East,” recalls Heather Surcouf, DNP, Chalmette High School, School Based Health Center and Nunez Community College Health Center Manager. “Access to healthcare was challenging and concerning for those who were re-establishing their homes and businesses. When Chalmette High School re-opened its doors, the Methodist Health System Foundation defined needs, and stepped up its commitment to the area with a School Based Health Center (SBHC). It was the right thing to do at that time and the right thing to provide for a healthy upcoming generation.”

The Chalmette High School, School Based Health Center (CHS, SBHC) celebrated its tenth anniversary in 2017. Now seeing an average of 50 students a day, the SBHC is recognized as an integral part of the campus. Under the medical direction of Patrick Mottram, MD, the SBHC offers a full complement of healthcare services for adolescents and teens including acute and chronic illness management, mental health evaluation and treatment, nutrition counseling, and sports physicals for school athletes. According to Audra Degan, NP, “In addition to all it does for the students, the SBHC fills a need for parents. Since healthcare is provided while students are at school, parents do not have to miss work.”

“Students come to the SBHC with anything from colds and headaches to a broken wrist or extreme fatigue,” Dr. Surcouf reports. “It is not unusual for a teacher to refer a student who is showing signs of depression or other problems as well”, notes Steve Juan, RN.

Expanding services over the years, the facility’s medical team includes a medical director, manager, three nurse practitioners, two registered nurses, a social worker, medical assistant and coordinator. Originally operating in a modified trailer, healthcare is now delivered in a state-of-the-art health center on campus. In its ten-year history, CHS,SBHC has provided services to more than 13,000 students and recorded more than 68,560 visits. Last year, the facility recorded 6,616 visits; social workers saw 356 students and the dietician worked with 241 students. According to Carol Rogers, Center Coordinator, “More than 1,830 students were enrolled in the school in the 2016-2017 academic year and 1,540 were registered at the SBHC.

Dana Biagas, MA, notes, “Although the work is sometimes challenging, I, as well as my team members, are always willing to go above and beyond to make a difference and improve the lives of students wherever possible.

“The SBHC was ahead of its time,” Dr. Surcouf says. “We filled a need in St. Bernard Parish, but also set standards for School Based Health Centers in our region. The ten-year anniversary was indeed a time for celebration.”

Chalmette High School, School Based Health Center operated in a facility sponsored by St. Bernard Parish Schools. The center’s funding is a collaborative effort through MHSF, the State of Louisiana’s Office of Public Health’s Adolescent School Health Program and partially funded by grants from the Lions Club International Foundation and W. K. Kellogg Foundation administered by School Health Connection of Louisiana. DHH/OPH/ASHP contribute as monitor and technical assistance provider for the program.



Flu season means immunization time. The Nunez Community College Health Center makes it **“no excuses”** time. The Health Center sponsors a campus-wide flu immunization drive. With a majority of under-insured

students and several healthcare career track curriculums, the drive ensures the well-being of the college community. Last year, more than 100 patients received flu shots from Health Center staff.

OTHER ORGANIZATIONS SUPPORTED



The Blood Center



Bureau of Governmental Research



Chalmette High School Alumni Association

Community Christian Concern of Slidell



Covenant House of New Orleans



Daughters of Charity Services of New Orleans



The Data Center



The Food Bank of Covington, LA. Inc.

Foundation of the American College of Healthcare Executives



Hope the Premiere Way

Junior Auxiliary of Slidell



Leukemia and Lymphoma Society - Louisiana Chapter



Louisiana Methodist Children's Home



Poydras Home



Second Harvest Food Bank

Sisters of the Holy Family



Slidell Memorial Hospital Foundation

St. Bernard Parish School Board Employees Lion Club



Sunbelt Conference



The Links, Incorporated Foundation, Crescent City Chapter



Volunteers of America





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