

# The Institute Quarterly

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INSTITUTE FOR FAMILY MEDICINE

## Mission

The Institute for Family Medicine is an independent, non-profit organization of physicians and health care professionals dedicated to traditional family medicine, comprehensive community-based services and public health, and innovative community partnerships to provide health care and promote wellness for the underserved.

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## THIRD ANNUAL COMMUNITY CHAMPION AWARDS PRESENTED

**O**n September 20, The Institute for Family Medicine hosted the third annual Salute to Community Champions event. By honoring seven individuals and organizations, IFM was able to bring recognition to those in the community who have given selflessly in the area of healthcare to the underserved in the past year.

There were two awards given in the category of Not-for-Profit/Faith Based Organization. The first went to **Evangelical Children's Home. Mike Brennan**, the home's Executive Director, accepted



the award on behalf of his organization. ECH is a residential facility for children, many of whom have suffered from severe abuse and neglect. The organization works at helping these children heal and move forward towards a fulfilling life.

The second award in this same category was given to the **Fathers' Support Center. CEO Halbert Sullivan** was present to accept this award and spoke briefly on the organization's work to help fathers become financially and emotionally involved in the lives of their children. The



Fathers' Support Center also supports a health initiative for the fathers, a demographic that is difficult to reach with healthcare information.

**Richelle Clark** received an award in the category of Individual Community Champion. Richelle is the head of student health services for the St. Louis Public School System. She has been described as a steady force, always keeping the children's best interest in mind, regardless of the changes in the public school system.



Also receiving an award in the Individual category, **Rochelle Dean** was honored for her work as manager of the St. Louis Fetal Infant Mortality Review program. This program exists to examine environmental factors linked to fetal and infant mortality.



**Norma Stern** was recognized in a Special Category for Life Time Achievement. Norma formed a support group with Barnes Hospital for recovering burn victims and families. She went on to establish a program that offered free smoke detectors to low income homes and took part in creating a city ordinance that required all city homes to have smoke alarms. She currently sits on the board of directors for the Siteman Cancer



*(continued on back page. . .)*



# Director's Column

## Collaboration – Illusion and Reality - Part II

It has been just over a year since our last newsletter, and therefore quite a while since I sat down to write a Director's Column. Typically my topic is something that reflects a timely and important issue for the organization. I also look back over previous newsletters at topics previously covered. As I did, I realized that the forefront issue for IFM, and a commitment that I believe makes the organization strong and unique, is collaboration. As it turns out – the last column I wrote was on the same topic.

Collaboration, especially in healthcare in this community, seems to be like Forrest Gump described life – a box of chocolates, you don't know what you are going to get until you bite into one.

Over the past year, we have maintained and strengthened most of our community partnerships, and developed some new ones. Elsewhere in this newsletter we feature one of our strong mutually beneficial partnerships with the St. Louis Crisis Nursery (Collaborator's Corner). Also, you will find an article about a new program developed to help the International Institute, and the St. Louis community, address an important public health need through an adult immunization program for refugees.

Sometimes collaborative partnerships are impacted by changing economics. An unfortunate decrease in federal funding to Area Health Education Centers made it necessary for the East Central Missouri AHEC to pull back from our joint Leadership Forums. Those things happen. You have to re-group and look for alternative ways to accomplish your goals. The East Central

Missouri AHEC remains an important friend for IFM in the community.

Within the last couple months, we saw an end to what had been envisioned as a strong collaboration. In April of 2006, IFM offered to establish a relationship with La Clinica – Latino Community Health Center whereby IFM assumed administrative and medical management of La Clinica. Through that relationship, I assumed the role of Executive and Medical Director of La Clinica, and Brenda Patterson served as Associate Director. I strongly supported the development of this relationship because I felt the mission of La Clinica was worth saving and philosophically similar to IFM. Just as important, I felt the relationship could serve as a community model for how two not-for-profits with similar or overlapping missions, could work together for economy of scale and a sharing of connections and resources that would benefit both organizations and the community as a whole.

From April 2006 until December 2008, IFM organizationally, and I personally, made an enormous commitment to the survival of La Clinica. The quality of the medical care provided improved dramatically, as did the image of La Clinica as a good community partner for others. Financially it remained a struggle, particularly over the last year or so with the combined pressure of a sagging economy and the fallout of the significant negative political attention on immigration. Whether La Clinica could have remained financially viable, even under IFM's leadership, we'll never know. The La Clinica board of directors terminated the relationship in mid-December 2008.

Despite the ups and downs, IFM remains absolutely committed to collaboration. Cooperative partnerships are critical to finding creative ways to provide cost effective healthcare for the medically underserved. Organizations that share the vision, and those that put mission first, will find a strong friend and ally in the Institute for Family Medicine.

*“Cooperative partnerships are critical to finding creative ways to provide cost effective healthcare for the medically underserved”*

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David C. Campbell, M.D.  
President/CEO

## New Faces and New Roles

IFM welcomes **Ken Kotiza** to the board of directors. Ken joins the Institute board of directors with a background in business and banking, having served as the president and director of UMB Bank. Ken is currently the Vice President of Welsch, Flatness & Lutz, a provider of insurance, financial, and risk management services.

**The Reverend Richard Ellerbrake**, who has served as a board member since IFM's inception in 2000, accepted the role of board chairman in August 2008. IFM is grateful for Reverend Ellerbrake's long term commitment to the organization and its mission. He is an ordained minister in the United Church of Christ, and prior to his retirement was a respected hospital administrator with Deaconess Hospital in St. Louis.

**Dr. Jamal Makhoul** returns to the Institute as an internal medicine physician specializing in geriatrics. Dr. Makhoul left in 2007 to pursue work with SLU hospital through the Veterans Administration. He was eager to return to his patient base at the John C. Murphy Health Center, and his colleagues at the Institute are pleased to have him return.

**Brooke Southerland**, a volunteer through AmeriCorps and Gateway Vincentian Volunteers, has been with the Institute since August of 2008. After being drawn to IFM's work in under-served health care, she made a year-long commitment to serve as a full time volunteer. Her hard work and willingness to take on any challenge has made her an integral member of the IFM team. Brooke will be starting her Masters in Physician Assistant in August of 2009 at Le Moyne College of Health Sciences in Syracuse, New York.

**Dr. Kyra Cass** joined IFM in February of 2008 and serves as a family medicine physician seeing patients at South County Health Department, Parkview Place, and the Hancock School District. Dr. Cass graduated from Tufts University School of Medicine and completed her family medicine residency at the Maine Dartmouth program. Prior to moving to St. Louis, she served at the Northern Maine Medical Center. Prior to medical school, she was a community health volunteer in Central African Republic through the Peace Corps.

**Dr. John Lautenschlager** has returned to IFM on a part time basis. Dr Lautenschlager retired from IFM over a year ago to pursue travel. He and his wife Bobbie traveled through the United States, as well as Europe and Vietnam. Once he unpacked his luggage, he found himself missing patient care. He has returned to his patients at North Central Health Department.

There is also a new face at the medical practice office at 4590 South Lindbergh. **Laura McKinney** has joined the practice as a medical assistant.

## Institute Leaders

**Covenant House**, an organization providing services for runaway and homeless teens, hosted their first annual Stan Musial "Hall of Fame" Gala in September. Several community awards were given including one to the Institute's own **Dr. Fred Rottnek**, who was named "Volunteer of the Year". The Institute has assisted Covenant House in providing medical services for its clients since early 2000. The event raised money for the organization's work and recognized Stan and Lillian Musial whose support and help assisted in getting the Covenant House established in St. Louis.



Suzanne Wagener, Executive Director of CHMO, presents Dr. Fred Rottnek with the Volunteer of the Year award.



Dr. William Feldner (second from the right) along with the coaching staff of the US Junior National team. (L-R, Kim Jagd, Assist. Coach; John Corbelli, Assist. Coach, Paula Weisoff, Head Coach; Dr. Feldner; Denise Corlett, Team Manager.

**Dr. William Feldner** participated as a team physician to the USA Women's Junior Volleyball team this past summer at the North and Central America and Caribbean Volleyball Continental Championships. He accompanied the team to Saltillo, Mexico for the competition. The team, including Dr. Feldner, walked away with a gold medal. The team now qualifies for the World Championship in summer 2009. He took care of team illnesses, injuries, and some administrative duties.

**Brenda Patterson, MSN, RN, FNP**, and **David Campbell, MD** are contributing authors to a newly published textbook entitled Leadership in Interprofessional Health Education

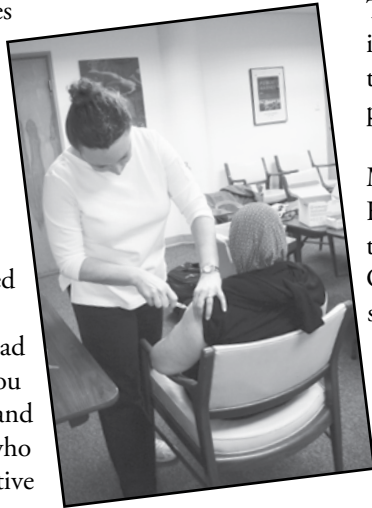
and Practice. The book, published by Jones and Bartlett Publishers, 2009, is deemed a 'first of its kind' directed at young health professionals moving into clinical practice and preparing to work in interprofessional teams. The chapter to which they contributed is entitled "Community Organization Principles and Sustainable Interprofessional Health Care Practices." The collaboration between IFM, Saint Louis University School of Nursing, and the St. Louis City Housing Authority is highlighted, and Dr. Mary Ann Lavin of the SLU School of Nursing is the lead author of the chapter.

Board member **Lynn Abernathy, M.S.W.**, was recognized this past fall in the Post Dispatch and STLToday.com for her multiple talents in an article entitled "Pastry chef-turned-social worker donates her time – and desserts." Lynn is a social worker for Effort for AIDS. She entered a career in social work after having graduated from culinary school, so as writer Pat Eby said in the article, "baking is now her hobby . . . social work is her profession, helping people her mantra." IFM is honored to have such a dedicated and multitalented individual on the board of directors.

## IFM Steps Up to aid International Institute with Immunization Program

So here is a health care delivery dilemma for each of our readers to solve:

There are a large number of refugees lawfully entering our country, and many are settling in the St. Louis area. These refugees are from a number of different countries, and therefore speak a number of different languages (not English) when they arrive. As a matter of public health, these individuals need to receive the immunizations given in this country to prevent widespread disease. **The problem?** How do you administer the necessary vaccines, and communicate with these patients who primarily understand only their native tongue. **Here's a clue!** All of these individuals gather in one place, and translators for all of the languages gather at the same place and at the same time.



Seems obvious, doesn't it? Send a health care provider to that centralized place, at that time, when everyone who needs

the vaccine and everyone who can assist in translation and communication are all present.

This is exactly the dilemma that faced the International Institute in dealing with the refugees whom they assist in resettlement in this area. They contacted the Institute for Family Medicine – problem solved.

Most every Tuesday morning, IFM family nurse practitioner Karen Nichols, accompanied by volunteer Brooke Southerland, travel to the International Institute on South Grand near Gravois. There, with the assistance of the International Institute staff, they administer an average of 100 vaccines per week to the adult refugees new to the St. Louis area. It should be noted that the pediatric refugees receive their vaccines at the International Institute once a month through the Healthy Kids Express program of Children's Hospital, another group that responded to this community need with the best solution.

“Working with the Institute for Family Medicine has been a very beneficial experience”, according to Ariel Burgess, MSW, Director of Client Services for the International Institute. “Both the International Institute and Institute for Family Medicine work together to make the process very efficient and smooth.”

## IFM Leads Tobacco Prevention Program for Teens

By Brooke Southerland

Recently, while in an elevator, I overheard a woman talking about how her son came home one day and told her that there is animal urine in cigarettes! I smiled to myself because I knew that her son learned that fun fact at a Teens Against Tobacco Use (TATU) training. TATU is a peer education, tobacco prevention program in which middle school and high school students are trained to teach about the hazards of tobacco use to elementary students. **The goal of the program is to empower teens to stay smoke free and to serve as role models for younger children.** Teens that decide to participate in TATU do so for many reasons, but most choose to become a teen teacher because of the way that family and friends who smoke have impacted their lives. Each teen has a unique experience with tobacco and through this program, they are able to share those experiences and be positive examples to



elementary students.

In the three years that IFM has implemented the program, 138 students have been trained as teen teachers at St. Louis Charter and many St. Louis Public Schools. These teen teachers have reached over 2,000 of their younger peers through creative presentations. Younger students have learned about the harmful effects of smoking and second hand smoke, the truth that not everyone smokes (only 21.9% of high school students smoke in the nation), and ways to say no to tobacco. TATU is a successful program because it gives teens an opportunity to affect younger kids in a way that could have a huge impact on their future. (Pictured above, the teen participants are rehearsing the filming of a Public Service Announcement)

## Dental Program serves uninsured children

by Hannah Gilk, M.P.H.

A number of years ago, when the Institute for Family Medicine was just initiating our school health programming, school nurses would tell us, **“We love what you do for us. But how can you help us with dental and mental health?”** In 2005, the Institute accepted those challenges as part of its strategic plan. The initial effort toward mental health services involved a pilot project taking advantage of some pro bono services from two area mental health providers. It was hoped that the success of this program would lead to funding opportunities to grow that program. Unfortunately, funding for school based mental health services did not materialize, and that program had to be halted.



Staff from Reachout America does school based dental exam.

There was better news on the dental front. In the summer of 2006, the Institute for Family Medicine received a four year, \$400,000 grant from Missouri Foundation for Health. The purpose of this significant grant is to provide preventive dental services to uninsured students in seven St. Louis area school districts. Under this grant, students who are not covered by any dental insurance can receive an exam, x-rays, sealants, a follow up exam in 1 year, and education on how to care for teeth. (Sealants are a fluoride

product that is painlessly placed on select teeth to help prevent cavities.) The Institute coordinates and facilitates this program, and contracts with Reachout America for the dental services.

While this was an outstanding beginning to addressing an unmet need in the community, there was a hole in this program. As noted above, the MFH grant covered dental exams, including x-rays, but it did not cover restorative services (dental fillings and extractions when indicated). This is where the Daughters of Charity Foundation of St. Louis became involved. They had recently included dental services in their funding priorities, and were seeking to fund programs that addressed needs such as the one we had identified. Their funding allowed us to provide fillings and other dental treatments for these same uninsured children in six of the seven districts.

The program expanded again in the fall of 2008, when the Institute formed a partnership with the Dental Hygiene Department at Forest Park Community College. The purpose of this partnership is to offer varnish and dental education to the students of the schools in the program. (Varnish is also a fluoride product that is used to help prevent cavities. Unlike sealants, varnish is brushed on all teeth.) The varnish is supplied through the Missouri State Department of Health and Senior Services, and Forest Park Community College provides the personnel and expertise to apply it.

Jane Sykes, RN, school nurse at Dewey Elementary School in the St. Louis Public School District believes that these services have enhanced the health of her students and decreased sick time. **“Four years ago, I saw an average of 12 tooth aches per month. This year, I see an average of 2 per month.”**

The Institute for Family Medicine is extremely proud of the dental program. Not only is it providing a much needed service to the children of our community, but it also represents an example of IFM serving as an advocate and facilitator, networking with multiple funders and providers to creatively weave together a comprehensive, quality program.

### Special School District joins IFM School Health program

The Special School District of St. Louis County (SSD) has become the newest district to become part of the Institute's school health program. SSD is a leader in providing special education services to students with disabilities. The district, with an enrollment of over 27,000, also operates two technical high schools that provide a wide range of career and technical education programs to area students.



# Collaborator's Corner

## Crisis Nursery of St. Louis

The St. Louis Crisis Nursery, founded in 1986, serves as a safe haven for children whose families are going through crisis. The Nursery accepts children, birth through age 12 for short-term care. The organization's goal is to prevent child abuse by offering parents a safe haven when the family has an emergency or is in crisis. There is no charge to families for the services provided and children are given 24-hour exceptional care in facilities equipped with bedrooms, kitchens, and play areas. St. Louis Crisis Nursery



Physician Assistant Abby Borgmeyer examines a child at the Crisis Nursery.

has 5 facilities in and around the metro area that offer care to 5,000 children each year. In addition to providing a safe environment for the children, the Crisis Nursery operates a 24-hour helpline for families, as well as parent education and empowerment groups as part of their follow up support services.

The Institute for Family Medicine became involved in 2007 as a result of an emergent need for medical care at the main location in Forest Park Hospital. DiAnne Mueller, Executive Director of the nursery, sought out IFM with the hope of developing a relationship which would provide primary care medical services to the children served by the Crisis Nursery. Dr. Campbell was very familiar with the services of Crisis Nursery through his past relationship with the Deaconess Family Medicine residency, which had provided similar services to the Crisis Nursery since 1987. Within a few days of receiving the call from Ms. Mueller, the Institute began services, and is now responsible for providing physicals at all 5 Crisis Nursery locations.

Abby Borgmeyer, IFM physician assistant, sees children 3 times a week at the Forest Park Hospital location; Dr. Kathleen Bernhard and Pediatric Nurse Practitioner Joan Birchler share that responsibility at the St. Charles location; Dr. Doris Tribune-Brown covers the north county location; and Dr. Nancy Noel sees children at the Crisis Nursery's newest facility in Wentzville. Often during the routine physical exams undiagnosed illnesses are discovered that can then be treated while the child is in the nursery's care. Some of its young visitors haven't seen a doctor since they were born. The Institute and the Crisis Nursery staff work together to assist parents in finding a primary care home for their children. By continuing a relationship with IFM, the Crisis Nursery can not only guarantee parents that their children will be cared for but also that their health and well-being is a priority to the staff and the community.

### Crisis Nursery Locations

South (at Forest Park Community Hospital) 314-768-3201

North (near Christian Hospital) 314-953-8030

St. Charles (near St. Joseph's Hospital in St. Charles) 636-947-0600

West (330 S. Fourth Street in St. Charles) 636-940-2504

Wentzville (700 Medical Drive in Wentzville) 636-887-3070

Web address: [www.crisisnurserykids.com/](http://www.crisisnurserykids.com/)

# Gifts & Grants

As a 501 (c)(3) not-for-profit organization providing medical care to the under-served, we remain dependent on the generosity of individuals, corporations, and foundations. We are grateful to all who have contributed. Included below is a list recognizing those who have supported the Institute's mission financially since our last newsletter.

Lynn Abernathy  
Betty & Bob Ackermann  
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## Thank you to our 2008 event sponsors:

St. Louis University  
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Anheuser Busch  
Emerson Charitable Trust  
Deaconess Foundation

## Special gratitude to the 2008 Community Champions event planning committee:

Lynn Abernathy  
Lisa Bauer  
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Collette Monahan  
Platinum Group  
Jeanie Ridings  
Michelle Schmitt  
Brooke Southerland

# Thank You



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## Community Champion Awards. . . *(continued from page 1)*

Center, Goldfarb School of Nursing, and Barnes-Jewish Hospital Foundation.



In the category of Health Care Organization the **Maternal, Family and Child Coalition** was recognized for their work in examining and addressing issues related to the effectiveness of maternal and child health care in St. Louis. **Kendra Kopanas**, the Executive Director, accepted the award on the organization's behalf.

**Mary Jo Feldstein**, former writer for the Post-Dispatch, was the award recipient in the area of Media. Mary Jo was the feature writer for the Money and Medicine series. Her articles dealt with a broad range of issues that helped her readers better understand the challenges in the



Mary Jo Feldstein with her parents

health care system. Several of her features focused on healthcare issues for the uninsured.

After receiving her award, Ms. Feldstein stepped to the podium as the keynote speaker of the event, reminding the attendees of both the statistical, and very personal issues facing those without adequate healthcare coverage. KMOX-AM radio news anchor and KMOV-TV personality Carol Daniel served as emcee of the Salute event. Following the dinner and awards presentation, everyone enjoyed the Big Band sound of the Blue Knights.

Plans are already underway for the 4th Annual Salute to Community Champions, which will be held **Saturday, October 10, 2009** at the Hyatt Regency-St. Louis Riverfront. Be sure to check for details on the Institute's web site, [www.ifm-stl.org](http://www.ifm-stl.org).

*4th Annual  
Salute to Community Champions  
Saturday, October 10, 2009  
Hyatt Regency-St. Louis Riverfront*