



The Institute Quarterly

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INSTITUTE FOR FAMILY MEDICINE

Mission

To improve the health and quality of life for disadvantaged children and families by reducing access barriers and delivering quality health care services.

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2009 COMMUNITY CHAMPIONS RECOGNIZED

In the fall of 2006, the Institute for Family Medicine sponsored the first annual *Salute to Community Champions Dinner*. The concept was to have an organizational event to raise funds and increase awareness – but also an event that reached out to honor those individuals and organizations in the community who had made significant, unselfish, and unheralded contribution to the healthcare of the disadvantaged in the St. Louis community.

October 10, 2009 was the date of the Institute's 4th annual Salute to Community Champions Gala. The 180 attendees joined IFM in honoring seven individuals and organizations that have gone above and beyond the call of duty in the area of healthcare this year. Honorary Chairperson Larry Conners and Congressman Russ Carnahan assisted in the presentation of this year's awards.

William M. Fogarty, MD, was presented the award for "Individual" accomplishment. He was recognized for his volunteer service both locally and abroad. Dr. Fogarty, now retired, was a Senior Surgeon at the National Institutes



of Health and served as faculty at Saint Louis University. He served another 30 years practicing Internal Medicine and Endocrinology at Southwest Medical Center.

In the category of "Health Care/Health Education Organization", **Forest Park Community College Department of Dental Technolo-**

gies was recognized for their community outreach. The department participates in a program that provides varnish, screenings, referrals, and oral hygiene to Pre-K and Kindergarten children in several St. Louis



school districts free of charge. In addition they also are part of Give Kids a Smile; a program that provides free dental services to the community on select dates throughout the year.

Dr. Mario Conte accepted the award for the Dept. of Dental Technologies

Saint Louis Crisis Nursery was presented the award in the category of "Not-for-Profit or Faith-based organization." The Crisis Nursery provides a 24-hour safe haven for children, birth through age 12.



More than 90% of the children are underprivileged and underinsured. With 5 locations Saint Louis Crisis Nursery serves more than 6,000 children each year. **Mary Kay Kreider, MSW**, Program Coordinator at the Wentzville site accepted the award on behalf of the Crisis Nursery.

In the category of "Individual in Government", **Mimi Broderick** was honored for her contribution as a Pharmacy Technician with the St. Louis County Health Department.

(continued on back page. . .)



Director's Column

In twenty-five words or less....

Have you ever been asked to describe something in 25 words or less? It requires you to cut to the core of an issue, and the reality is that people may not read or listen beyond those first twenty-five words.

It is a particularly challenging task when dealing with something as complex as healthcare. (Note at this writing, Congress is at 2000 pages and counting). My task here, though, is not to define all of healthcare, but to capture the essence – the take home message – of the vital role that the Institute for Family Medicine plays in this community's health care. Primary care, including preventive services, is the foundation of the health care system. It is indisputable that it is preferable to make an early diagnosis of hypertension or diabetes and begin treatment. The lack of primary care services has an extremely high cost to both the individual patients, and to the entire community.

But it is not really a "lack" of those services, but a lack of "access." Many individuals in our community face significant barriers to obtaining that primary care. So here it is, in twenty-five words or less – ***IFM works to improve the health and quality of life for disadvantaged children and families by reducing access barriers and delivering quality health care services.***

So a legitimate question then is what are some of the barriers of which I am speaking, and how does IFM work to reduce those barriers.

Let's look at transportation. Most of you reading this newsletter enjoy ready access to transportation through your own automobile, but annually over 3 million people miss their medical appointments due to transportation issues. The poor, the elderly, and children are the most impacted by transportation challenges. Through partnerships with school districts, housing complexes, and social service organizations, IFM has developed over 50 points of service throughout the St. Louis area – making health care more accessible to disadvantaged individuals by reducing the barrier of transportation.

Language is another significant barrier in our community. Nationally, English is not the native language for over 50 million individuals, and for nearly half of those, their English skills are still limited. It requires a real command of the language to be able to adequately describe medical symptoms. By partnering with several other organizations, including the International Institute, Catholic Charities, Youth In Need, and the St. Louis Public School District International Welcome School, IFM has been able to set up several culturally sensitive points of service to reduce the barrier of language communication.

Finally, the 800 pound gorilla in the room – COST. There is no one single answer to medical costs, but through partnerships that reduce overhead, and negotiating with vendors, IFM has been able to make primary care health services VERY affordable for those without medical insurance. Boyce and Bynum Pathology Laboratories has been an excellent partner in helping us get reasonably priced laboratory testing for our patients. Everyone in the community should also appreciate the efforts of Schnucks, Walmart, and Target to make generic medications affordable.

So, once again, in 25 words or less - ***IFM works to improve the health and quality of life for disadvantaged children and families by reducing access barriers and delivering quality health care services.***

Dave Campbell, M.D.
CEO

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New Faces and New Roles

Cathy Koetting, Family Nurse Practitioner: Cathy Koetting joined the Institute for Family Medicine as a Nurse Practitioner in the spring of 2009. She holds certificates in Family Nursing Practice and Pediatric Nursing Practice. Cathy is part of the Institute's school health activity, serving the Bayless and Jennings School districts and several schools in the St. Louis Public School District. She also serves the Crisis Nursery site in St. Charles and the St. Louis County Department of Health John C. Murphy Health Center. Before joining the Institute she worked as a nursing instructor for Southern Illinois University-Edwardsville, and currently is adjunct faculty for the Saint Louis University School of Nursing. Congratulations are also in order, as Cathy recently completed her Doctoral degree in Nursing Practice through Case Western University. Cathy is married and has three sons.

Samantha Marquard, Family Nurse Practitioner: Samantha Marquard joined the Institute in March of 2009 as a nurse practitioner. She is a graduate of Saint Louis University, where she earned her Master's in Nursing, her family nurse practitioner certification, and her Master's in Public Health. Samantha previously worked as a community health nurse for the Family Care Health Center. Samantha provides services at the Institute's two school based health centers (Hancock Place and the International Welcome School) as well as the Vietnamese Clinic, Youth In Need, and the St. Louis County Department of Health John C. Murphy Health Center. Sam and her husband, Mike, were just blessed with their first child.

Jean Johnson-Strachan, MD, MPH: In August of 2009, Dr. Jean Johnson-Strachan joined the Institute as the Medical Director of John C. Murphy Health Center. She holds a BA in Economics from Washington University and received her Medical Doctorate Degree from Southern Illinois University School of Medicine in 1997. Dr. Johnson also completed a Master's in Public Health degree in 2007 through the University of Illinois in Springfield. Dr. Johnson's training and experience make her a great fit for the work of the Institute, as she previously worked with the homeless through the Southern Illinois Healthcare Foundation, and with the Duchesne Catholic Charities Clinic in Kansas City, Kansas.

Shannon Duffy, RN, BSN: Shannon joined us in July and will serve until June of 2010 as a volunteer with the Vincentian Volunteer Program. While the Institute has sponsored Vincentian Volunteers in the past, Shannon is the first registered nurse to join us through that program. Shannon holds a BS in Nursing from Xavier University with a minor in Gender and Diversity Studies and a concentration in Hispanic Health Care. Shannon is staying very busy assisting in several of our new programs, including the International Welcome School, Youth In Need, and Covenant House. Shannon also is working on our diabetes self-education grant through the Washington University Diabetes Center.

New Faces on the Board of Directors –

Nancy Sublette, BSN, MHA: Nancy joined the Institute's Board of Directors in the Spring of this 2009. She is the Senior Business Change Manager with Healthlink. She is a Mizzou Tiger fan, having completed her Bachelors of Nursing and her Master's in Health Administration from the University of Missouri in Columbia. Nancy was drawn to work with IFM because of the mission to address the health-care needs of the disadvantaged. She immediately became a 'working' board member, joining the volunteer planning committee for the 2009 Institute Salute to Community Champions event.

Coleman Sheehan, CPA, MSA: Coleman is the newest member of the IFM Board of Directors. He is a CPA, and earned his Master's in Accounting at Boston College Carroll School of Management. Coleman has previously worked as an auditor for PricewaterhouseCoopers, and now has returned to St. Louis to become a Professional Consultant with the Moneta Group. Coleman also volunteers for the MS Society and the Young Friends of Children's Hospital. On a personal note, Coleman enjoys travel and golf.

IFM Points of Service Update

Covenant House:

The Covenant House of Missouri is an organization that offers short term housing, educational and job training programs, and counseling to runaway and homeless teens. IFM has assisted Covenant House in meeting the medical needs of its clients since 2000. Covenant House's service sites were originally quite spread out with the walk-in education and counseling program in the Shaw neighborhood; the residential housing in the Soulard area; the administrative offices in the Central West End; and no facility for the much needed Crisis Center. In July 2008 Covenant House moved



Shannon Duffy, RN begins nursing assessment on Covenant House client)

into a newly renovated facility on North Kingshighway. In addition to space for the residential housing and educational programs, the new facility included a health clinic. IFM furnished the clinic with examination room equipment that had been donated, and beginning this year, Shannon Duffy, RN, has been on site at the new clinic weekly providing immunizations and health screenings.

Vietnamese Clinic:

With the closure of La Clinica, IFM was faced with the need to relocate the Vietnamese Clinic, a program that had begun in 2006 through a partnership with Catholic Charities South Side. After several months in a temporary location, IFM's Vietnamese Clinic relocated to its new home at 3001 Meramec.

This was made possible because of the collaboration with Youth In Need (see Collaborator's Corner) who is providing the space for the new clinic.



Sister Cecelia Pham of Catholic Charities assists Dr. Campbell in explaining treatment plan to patient)

"It was very important to get back into the 63116-63118 zip code area, since this is where the overwhelming majority of our Vietnamese patients live, and transportation is a significant barrier," explained Dr. David Campbell. Dr. Campbell and Family Nurse Practitioner Samantha Marquard operate this clinic, assisted by Sister Cecelia Pham of Catholic Charities South Side who serves both as translator and case manager.

International Welcome Center:

IFM has worked with the St. Louis Public Schools (SLPS) for several years. While providing medical consultation to the entire district, direct on-campus medical services have been focused at those schools with the highest concentration of



students who are new to this country. This year, the district opened the International Welcome School in the facility on Kingshighway and Arsenal streets. The school is focused on teaching and preparing children of refugees and new Americans for the St. Louis Public School System. Classes for grades K-12 are offered, with English and literacy programs also made available for parents. The district provided designated space within the school for a health clinic, and IFM Family Nurse Practitioner Samantha Marquard, along with registered nurse Shannon Duffy operate the clinic twice weekly. Most of the patients are children enrolled at the school, but the school also offers the students' families the option of utilizing the clinical services. The English skills of the students and their family members are limited, so most family members schedule their appointments through a bilingual caseworker who then accompanies the patient to the clinic. The International Welcome School currently has 177 students enrolled, representing 8 different native languages.

Institute Leaders

IFM Board Member **Danny Wedding, Ph.D.**, spent the past academic year as the Fulbright-Yonsei Distinguished Scholar at Yonsei University in Seoul, Korea, where he taught undergraduate and graduate classes in health psychology, abnormal psychology, and theories of counseling. In addition to his classes at Yonsei, Danny lectured in medical schools and psychology departments throughout Korea, and he presented workshops on positive psychology and the portrayal of psychopathology in contemporary cinema for the City University of Hong Kong and the University of the Ryukyus in Okinawa. Between semesters Danny was able to complete a lecture tour in Japan for the U. S. State Department focused on youth suicide prevention. This tour included multiple presentations in Tokyo, Osaka and Okinawa. Danny reports that the most memorable part of the year was his visit to the ancient temples of Angkor Wat in Cambodia. When he wasn't traveling or teaching, Danny spent his time working on the 9th edition of his book *Current Psychotherapies* and the 5th edition of a medical school textbook titled *Behavior and Medicine*.

The Institute for Family Medicine has always sought to make a contribution to the education of medical, nursing, and allied health professionals. This year two of IFM's family nurse practitioners, **Samantha Marquard, MSN, MPH**, and **Cathy Koetting, MSN**, have been selected as adjunct faculty to the Saint Louis University School of Nursing. Samantha and Cathy each have a group of eight nursing students each semester, that will go to one of IFM's community sites as part of their community nursing curriculum.

The Institute for Family Medicine organizationally stepped up to show its leadership during this year's H1N1 immunizations efforts. Doctors **Bernhard, Brown, Cass, deCastro, Feldner, Gala, Johnson, Kurian, Marshall**, and **Campbell** all assisted the St. Louis County Department of Health in their public immunization clinics. In addition, IFM assisted with the H1N1 immunization programs of ten area school districts and the Youth-In-Need Head Start program.

Hannah Gilk, MPH, IFM program manager, has been elected as a Board Member for the St. Louis Regional Asthma Consortium. On December 9, five new members were elected and notified during the Consortium's annual member election. The "at large position" was voted on by current members of the consortium and approved by Board of Directors. The board meets monthly and handles issues such as finances and organizational programs. With no Executive Director, the Board of Directors also takes the role of operational oversight. IFM partners with the Asthma Consortium on the school based asthma management program. In addition, Hannah is one of only 14 area women to be selected to the CORO program "Women in Leadership."

William Feldner, DO, has served as the primary care sports medicine physician to Lindenwood College for the past four years. Lindenwood's football team was this year's runner up to the NAIA National Championship. Earlier in the year, the Lindenwood women's hockey team repeated at NAIA National Champions.

2009 Points of Service Patient Visit Summary

Type of Service	Patients Served
School Health	1257
School Health (standing orders)	over 4000
Every Child's Hope	1245
Crisis Nursery	1698
Vietnamese Clinic	1884
Housing Authority	655
International Institute	788
Other clinic sites	4937

These numbers do not include patients seen by IFM providers through the locations of the St. Louis County Department of Health



Collaborator's Corner

The importance of collaboration cannot be overstated. Several of the Institute's programs involve other organizations as key collaborators. We intend to recognize a key collaborator in each issue of the Quarterly.

Youth In Need

Youth In Need opened 35 years ago as a response to the community's lack of services for runaway and homeless teens. Today, the agency operates 25 sites and has more than 300 employees working with more than 10,000 of Missouri's most vulnerable children. Youth In Need's services include emergency shelter, 24-hour help line, homeless outreach, counseling and support groups, teen parent services, foster care case management and before- and after-school programs.



Samantha Marquard treats patient at Youth In Need

Youth In Need also runs Head Start and Early Head Start programs for children, ages birth to 5, in South St. Louis

City and St. Charles, Lincoln, Warren and Montgomery Counties in Missouri. Head Start programs have a government obligation to assist their students in finding a health care home within 60 days of the child starting school. In June, IFM and Youth In Need formed a partnership that brings medical services directly to the children and family participants at the Head Start center in South City.

Youth In Need provided a clinical area in its administration building that allows the children and their families to be seen by an IFM

provider. Many of the patients are new Americans and require a caseworker to serve as translator during office exams. Youth In Need also makes this space

available for IFM's Vietnamese Clinic that operates in collaboration with Catholic Charities.

Samantha Marquard, FNP, has been seeing Youth In Need Patients since the partnership's inception.

"By having a fully functioning clinic in their school building, families and at-home teachers are able to bring their children in to a convenient and familiar location," Marquard said. "And because the services offered at the clinic are only for the children and families of the program, the barriers of scheduling and wait lists are significantly reduced. The clinic has had a full schedule since its opening in June, and continues to grow as more and more families find the benefits of IFM's services."



Youth In Need

Youth In Need has more than 25 locations throughout

St. Charles, Lincoln, Warren, and Montgomery Counties, and St. Louis City

Central Office: 636-946-5600

24-hour Help Line: 636-946-3771

www.youthinneed.org

Services include Early Head Start & Head Start programs, Counseling, Out-of-school time programs, Project Safe Place, Street Outreach Program, Emergency Shelter, Transitional Living Program, Teen Parent Program, and Foster Care & Adoption.

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.

Administaff
Lynn Abernathy
Mr. & Mrs. Bob Ackermann
Mr. & Mrs. Tom Ahrens
Kathleen Arink
Apex Oil Foundation
Balanced Body Rehab and Wellness
Patty and Steve Berry
Charles & Courtney Berg
Doctors Dennis Popp and Linda Bock
Boeing
Shirley Brethauer
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List of Current Grantors:

Missouri Foundation for Health
Daughters of Charity Foundation
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Thank you to our 2009 event sponsors:

HealthLink
Barnes Jewish Hospital
Missouri Foundation for Health
St. Louis University Hospital

Special Thanks to our 2008 event Honorary Chairperson

Larry Connors
and our Master of Ceremonies
John Bauer

Special gratitude to the 2009 Community Champions event planning committee:

Lynn Abernathy
Lisa Bauer
John Bauer
Abby Borgmeyer
Veronica Campbell
Becca Castañeda
Janet Connors
Hannah Gilk
Jeanie Ridings
Michelle Schmitt
Nancy Sublette
MOXI Events

Thank You



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Mark Your Calendars for the 2010 Community Champions Dinner November 13, 2010

Check the web site for details www.ifm-stl.org

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

Eleven years ago she was placed in charge of the program “Vaccines for Children” for the three St. Louis health centers. She goes above and beyond expectation to assure the community is protected by working with schools, hospitals, private providers, and organizations.



Saralou Hendrickson was also awarded in the category of “Individual in Government.” She currently works as an emergency response planner for the St. Louis County Department of Health. This year she has focused much of her time on the planning for prevention of H1N1.



This year, the award for “Media” went to **Al Wiman**. Al works for the St. Louis Science Center as Vice President of Public Understanding of Science. For 25 years he worked in broadcasting serving as medicine and science reporter for KSDK-TV and KMOV-TV. During his career in broadcasting he received three Emmy Awards from the



National Academy of Television Arts and Sciences and two Golden Globe Awards from the Southern California Radio/TV News Association.

Each year, IFM has presented one award in a “Special” category, when recognition fell outside of the other prescribed categories. This year the “Special” award was presented to

Boyce and Bynum Pathology Laboratory, PC. This company was founded by a family physician almost 50 years ago and works at providing comprehensive clinical, anatomic and molecular diagnostic services to



Dr. Michael Curry, Medical Director of BBPL, accepted the award. Larry Conners and Congressman Russ Carnahan participated in the presentations.

healthcare providers. This is the first year that a for-profit organization received a Community Champion award. Boyce and Bynum was selected for their outstanding efforts to assure reasonably priced laboratory services for patients, and their willingness to work with providers, like IFM, to assure access to laboratory services for patients without insurance.