



ROBERT YOUNG CENTER

IOWA HEALTH SYSTEM

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Board & Staff Update

EAP Update

Bryan Cook has been invited to conduct a 2-hour Stress Management program for the senior management team at Carl Sandburg College in Galesburg, IL this month. Carl Sandburg College contracts with Precedence for its EAP services including short-term counseling, management consultation & training.



Precedence Expands

As of 1/1/2012, Precedence began managing the Iowa Health Des Moines enrollees, and North Iowa Community Mental Healthcare which expanded Precedence to managing over 30,000 + lives.

CSP Annual Holiday Party

The Community Support Program had another successful Holiday Party thanks in large part to a gift from the Trinity Health Foundation – Quad Cities. This year 129 members of the program attended the event at the Rock Island Holiday Inn. Attendees were treated to a lasagna dinner, dancing to the music of DJ Swift, a visit from Mr. & Mrs. Claus, and wishing each other good cheer!



St. Matthew Lutheran Church Supports CSP

The congregation at St. Matthew Lutheran Church in Davenport, Iowa has adopted the Robert Young Center Community Support Program (CSP). One of St. Matthew's members, Jeanette Roman is also an employee at Riverside. When she learned about the CSP, she organized the church members to come and see the program in action. Since then, the congregation has donated clothing, items for personal grooming and hygiene, electronics, Christmas items, and much more. For Christmas, members of the church also raised \$640 to purchase gift cards for deserving CSP clients. In addition, some members of St. Matthew's have decided to give back by volunteering to tutor clients within the program.

Gift to CSP

Diane V. was involved with the Robert Young Center for many years, especially the Community Support Program (CSP). Over the years, she volunteered countless hours to the Center and to Trinity Medical Center. Diane shared her story and her journey of recovery with many people and gave back many hours of service and support to others. Diane passed away a few years ago but her generosity and concern for her community is still present. In December, CSP received a letter and a check from the Executor of Diane's Estate stating that Diane kindly bequeathed a full twenty percent of her estate to the Community Support Program, a total of \$39,823. Diane always felt at home at CSP & thanks to her, many others will experience the same support!



The Spirit of Community Support

One of the key tenants of Recovery is to establish a meaningful role for oneself. Recently, the Community Support Program honored fifteen members of District 22 for their commitment to volunteering both at CSP and in the community. The honorees gave a total of 784 volunteer hours - some at District 22 and others through NAMI Scott County. These individuals exemplify Recovery through their commitment to serving others and giving back to the community.

Breaking The Stigma One Tour At A Time



(Stacy Roth, BSN, RN – RYC Charge Nurse)

During the fall RYC Inpatient Leadership retreat, the team focused on the mental health stigma impact on patient transfers and the patient experience in other areas of the medical center. One strategy implemented to eliminate the stigma is building tighter collaboration with members of the medical center. Nursing leaders from the medical center inpatient units are given private tours on the RYC inpatient units to help foster teamwork and breakdown the barriers to effective communication. The tour includes meeting key RYC staff, understanding patient flow, explaining the legal admission criteria, overview of community services available and making a personal connection with leadership members. The tours have been very successful to showcase both the similarities in nursing practice as well as the specialized care that is delivered to behavioral health patients at RYC. Tour participant feedback has been overwhelmingly positive.

Behavioral & Primary Care Integration Research Study

Robert Young Center was approved by the Trinity Institutional Review Board to conduct research related to the co-location and integration of primary care and behavioral health care. The Center is partnering with Trinity Health Partners on this study. The purpose of the study is to investigate the impact of primary care and behavioral health service integration related to decreased health care utilization. Health care utilization outcomes to be measured include emergency room visits, hospital admissions / re-admissions, prescription costs and physician office visits. The study is also focused on tracking clinical outcomes for patients with depression, and comorbidities including diabetes, hypertension, and chronic pain.

Friends of RYC

Through the support of Friends of Trinity Medical Center, a check for \$22,700.00 was presented to Robert Young Center's Douglas Park Place on November 7, 2011. Funds will be used to support women and their children during the addiction recovery process.



IPS Program

Robert Young Center's competitive employment program showed good improvements over the last six quarters (April 2010 – September 2011). There are nearly 30 individuals currently participating in the employment program. 100% of the persons in competitive employment are also registered to the Department of Rehabilitation Services, which allows RYC to receive milestone payments for assisting with job placements; a full 39% of the individuals are actually working. Job Starts have declined due to some clients having ended seasonal employment. Robert Young Center's performance is very consistent with the overall statewide outcomes.

RYC Welcomes New Psychiatrists

The Robert Young Center welcomes two new psychiatrists, Drs. Cezary Dudzinski and Tanveer Shan both providing inpatient & outpatient services. Dr. Dudzinski is a general adult psychiatrist and Dr. Shan, an adult and adolescent psychiatrist serving children ages twelve and older.



*Pictured left to right:
Dr. Dudzinski & Dr. Shan*