

Menninger Update

January 2020

For board directors, employees, faculty & trainees of The Menninger Clinic

Spotlighting

- 2 Preparations underway for Sleep Medicine Program
- 3 Email news goes out nationally
- 4 Staff news & events calendar
- 5 Luncheon honoree chosen
- 6 Book by colleagues published
- 6 Year-end gifts add capstone to Philanthropy's 2019
- 8 President & CEO shares message for New Year

Support through pet therapy

Staff are welcome to spend time with our friends from Faithful Paws Wednesday, January 8, from 12:30-1 pm by the fireplace.

Seeking your input on strategic planning

The Executive Team will soon be distributing the Menninger 2025 Strategic Plan's draft of overarching five-year objectives. Your input on the five-year objectives will help guide the work group members who will be participating in the strategic planning retreat January 17.

Please watch for the draft and accompanying survey so you can share your thoughts and any areas that should be addressed.



Memorial service for Ashford set for Thursday

A celebration of life for CPAS Nurse Manager Philippa Ashford will begin at 3:30 pm Thursday, January 9, in our three classrooms. All staff are invited. Nursing colleagues from the community and former staff members are also anticipated to attend.

The service officiated by Chaplain Salvador Del Mundo Jr. will include memories shared by Phil's CPAS team and a number of other colleagues, a slide show and

music performed by Lisa Martin-Hornsby, Admissions, and Chris Webb, Rehabilitation Therapy.

All those attending are invited to wear a shawl (pashmina), which Phil typically wore as a signature accessory.

Lanyard pins with Phil's initials will be distributed as well to keep Phil and her values close to our hearts.

Members of The Gathering Place have requested a service

as well to remember Phil. The Rev. Del Mundo will officiate a shorter service Friday, January 10, at 11 am at The Gathering Place. Many times, she accompanied nursing students during their psychiatric rotation visits. Additionally, members and staff also got to know her through her volunteering at holiday gatherings and wellness presentations.

Phil, 61, died January 1 after being struck by a stray bullet.

Former patient publishes peer-support book

Simone DeAngelis spoke about her journey from the depths of substance use and depression to choosing to live and teach at the 2016 Menninger Annual Signature Luncheon. This month, her book will be available to order. It's titled *If You're Freaking Out, Read This: A Coping Workbook for Building Good Habits, Behaviors and Hope for the Future*.

Continued on page 2



Menninger[®]

Where healing comes to mind

Hope begins with a call. 713-275-5400

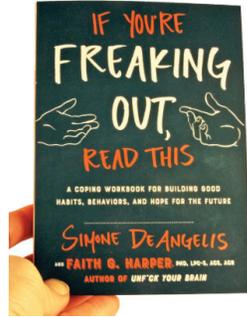
Exceptional service and referrals 24/7 | MenningerClinic.org

Menninger is a 501(c)(3) charitable organization & affiliated with Baylor College of Medicine.

Former patient's book – continued



DeAngelis



The content is based on the wellness planning DeAngelis developed as a Menninger inpatient and client at Pathfinder. She shares the vital

skills and affirmations that she has learned in managing her mental health and remembering her reasons to live.

Published by Microcosm, the book is available online and via DeAngelis' blog, [Things Get Weird](#).

DeAngelis started her wellness journey at Menninger on CPAS and continued at Pathfinder.

Training program for sheriff's office includes mental health

In the line of duty, Harris County Sheriff's Deputies may encounter mental health-related situations daily. To better prepare its new deputies and detention officers, the Sheriff's Department offers 40 hours of mental health crisis intervention training. Menninger is one of the chief training partners.

Each month, the crisis intervention training brings together three different groups of approximately 50 officers in each.



Menninger presents monthly on topics designed to help officers respond to people with potential mental illnesses and to become more aware about the value of self-care. Presenters include John O'Neill, EdD, LCSW, LCDC, CAS, who has experience working in the justice system early in his career, and Dalanna Burris, LCDC.

"The feedback on our workshops has been very positive and participatory," said O'Neill. "I believe law enforcement officers have one of the most difficult jobs due to the need to respond quickly to protect lives. The more they understand about mental health, the better equipped they are to respond effectively and to protect the safety of the community."

Menninger's partnership in training the Harris County Sheriff's Department puts the officers at the forefront of being adequately prepared to safely address matters involving local residents who are experiencing the effects of mental illness or substance use.

Sleep Medicine Program receives approval

Capitalizing on the sleep health expertise of Chester Wu, MD, Menninger will open a Sleep Medicine Program by the end of the current fiscal year.

The service will be located in the space currently occupied by the Brain Stimulation Center. The Brain Stimulation Center will relocate by the end of March to the newly remodeled Building 8.

Dr. Wu said there will be two private rooms with separate bathrooms for conducting overnight sleep studies. The staff will include a staff psychologist trained in cognitive behavior therapy for insomnia, a sleep technologist responsible for overseeing the testing and a mental health associate. Complete study reports will be available within 48 hours.



Chester Wu, MD

Having a sleep service with psychiatric expertise will be unique in Houston, Dr. Wu said. All ages, from small children through senior adults, will be eligible for services for nightmares, insomnia, sleep apnea, anxiety arising from a history of trauma, effects of medications and more.

Dr. Wu completed a fellowship in sleep medicine at Stanford University School of Medicine and the psychiatry residency at Baylor College of Medicine, including placements at Menninger. He earned his medical degree at the University of Texas Medical Branch and his undergraduate degree from Texas A&M University, where he graduated summa cum laude.

Building 8 investment set to pay off quickly

The relocation of the Brain Stimulation Center will facilitate growth of its services. In addition, Building 8's flexibility allows for additional expansion of patient care services, said Tony Gaglio, chief financial officer.

The remodeled facility with its modular walls and flexible-use furnishings will be home for:

- Menninger 360's addition of a team to care for children and adolescents while it builds a patient caseload
- Offices for the outpatient continuity clinic, relieving the shortage of office space on the first floor of the Commons
- Inpatient clinicians and trainees who are currently sharing offices on the units

As a result of relocating continuity clinic offices, the Commons will have more capacity for conducting outpatient assessments.

Newsletters showcase Menninger programs, faculty

Referral sources have lots of choices when it comes to recommending a treatment facility to a patient or client. That's why Marketing uses email marketing as one of many tactics to stay top-of-mind for this vital audience.

Twice each month, Marketing sends email newsletters to the thousands of referral sources in our database. These newsletters showcase Menninger's treatment programs – both inpatient and outpatient – as well as faculty, upcoming events, research, promotions, webinars and more. Sharing news about these aspects of Menninger helps referral sources expand their knowledge, enhance their practice and engage them with our brand. Consistent communications like these emails deepen their connection to Menninger. They also encourage them to think of The Clinic whenever they have a patient or client who needs the type of inpatient care, assessments or outpatient services we offer.

Through the efforts of the business development representatives, the database of referral sources grows each year. New contacts are also sent a series of emails outlining our patient outcomes, inpatient treatment programs and outpatient services. This gives them a solid introduction to all the services and programs that Menninger offers.

If you have ideas about topics to cover in our newsletters, email them to Anne Lupton at alupton@menninger.edu.



January 2020

Upcoming Events

Menninger®
Where healing comes to mind

Hope is a phone call away: 713-275-5400

Screenshot of January 7 e-newsletter

Mentalization-based Approach in Group Psychotherapy

In his lecture, **Peter Fonagy**, PhD, will look at the techniques associated with the mentalization-based therapy (MBT) approach for group psychotherapy.

He will focus on the aims of group therapy as well as specific techniques and processes used by MBT group therapists to enhance mentalizing in a range of patient groups.

The introduction to mentalizing groups (MBT-I), which is a structured approach usually taken before initiating individual

Former patient launches video radio show

Evelyn Traylor has worked tirelessly in the Fort Bend County and surrounding area to inform the community about mental health through her organization called Advocates of Healthy Minds. Recently, she added a web-based radio show with Dr. Cory Walker, CPAS medical and program director, as one of her first guests.

The program can be heard on the [organization's Facebook page](#). The format will expand Traylor's reach through social media.

Growing for a good cause

Thanks to a patient who is a master gardener, the CPAS outdoor terrace is feeding souls.

A recent patient, who had completed Master Gardner training, collaborated with the treatment team to remake the terrace for therapeutic use for herself and peers. The staff helped her assemble vegetable plants to refresh the terrace. Tall shubs have been removed and replaced with an array of cold-season vegetables. The project has been therapeutic for the entire CPAS community.

Thanks to Continuing Education's Michelle Taylor for taking the photo picturing Eileen Broeckelmann, staff nurse, and Jarvis Garrett, MHA.



Upcoming Events:

January 8: Dr. John Oldham will present "The Dimensions of Personality" for Psychiatry Grand Rounds at the University of Texas Health Science Center at Houston.

January 9: Dr. Neil Puri and Business Development Rep Tyler Burnett will be marketing at the Bexar County Psychiatric Society Monthly meeting in San Antonio. Dr. Puri's presentation is titled "ECT, TMS and Ketamine: When to Refer and What to Expect."

January 9: At Episcopal High School, approximately 150 sophomores will be attending one of three presentations followed by discussion on vaping and marijuana use by John O'Neill, EdD, LCSW, LCDC, CAS, clinical director of outpatient services at Bellaire.

January 15: For parents from Pasadena ISD, Angela Koreth, LPC-S, will discuss the stress of parenting.

January 20: Dr. Devi Bhuyan will review articles on how the therapeutic relationship and treatment method are critical to clinical outcomes at this month's Journal Club meeting. RSVP to [Michelle Patriquin](#), PhD, for pizza lunch, 11 am-noon.

January 21: For Houston ISD's Parents University, Menninger will present breakout sessions about adolescent mental health at four schools. Presenters will be John O'Neill, EdD, LCSW, LCDC, CAS, Angela Koreth, LPC-S, Mallory Minckberg, MEd, LPC, and Maliha Kahn, LPC-I.

January 24: Dealing with workplace burnout will be the discussion topic led by Angela Koreth, LPC-S, for the Sugar Land Animal Hospital.

January 24: Chris Webb, CRC, CPRP, MT-BC, will teach techniques to reduce stress through self-care, yoga, meditation and other practices at the Caregivers of Alzheimer's Retreat in Houston.

January 27: Leadership Team meeting, 3:30 pm, Classrooms

January 29: Quarterly Town Hall meeting, 3:30 pm, Classrooms

January 29: Dr. John Oldham will speak with managers in the U.S. and Canada about suicide and mental health signals that employers need to know in a webcast presented by Teledoc Health.

Transitions

Emily Pyle, LPC, has been promoted to manager of Menninger 360's adult program. She has been with Menninger 360 since April 2018 and has been a valuable member of the team, an instrumental leader for the Cerner launch and volunteer for leadership duties over the course of her work as a clinician. Congratulations on a well-deserved increase in responsibility.



Pyle



Middleton Colwell

Departures

Atoria Sykes left her position in the Care Coordination Center recently.

Kudos

Director of Pharmacy Juanice Middleton Colwell, PharmD, MBA, is now a board-certified psychiatric pharmacist. Dr. Middleton Colwell has led our Pharmacy since 2006, when she joined us after pharmacy leadership roles at The Woman's Hospital of Texas and Albertson's Supermarket. She brings more than 20 years of experience in the field to constantly improve and expand pharmacy services to all of our patients. Please join us in congratulating Dr. Middleton Colwell!

New Privacy & Security Committee to help boost patient privacy

The previous Protected Health Information Work Group (2018-2019) recently expanded into a new Privacy & Security Committee, co-chaired by Audrey Pyle Voss and Tina Baugh. The committee ensures comprehensive organizational HIPAA compliance, including privacy (e.g., policies, human factors) and security (e.g., information technology) considerations.

When HIPAA compliance issues occur, the committee members recommend and approve immediate actions to be undertaken. Additionally, the committee works to proactively identify areas of vulnerability within Menninger. The committee is comprised of a cross-functional team of 12 members. Stay tuned for regular updates and how you can take steps to elevate privacy for our patients.



From left, Darcey Philipp, MHA; Jeanette Anderson, charge nurse, and Steven Wachter, MHA, gathered in the conference room to wrap a table full of gifts for the Adolescent Treatment Program patients on the unit December 25. The unit staff utilized the funds raised from the wreath auction to ensure the kids had gifts to open.

Wreath auction brightens holidays for patients

Thanks to all of the wreath makers and bidders who successfully kicked off a new tradition for Menninger and its patients. The online auction of the 10 decorated wreaths raised \$810 that was divided between the five inpatient units.

Each unit upgraded its gifting and other holiday activities with the funds. Several units provided photos (see Link).

Wreath winners were Jonathan Moran, who won two; Mike Bennett, who won two; Nancy Trowbridge; Gail Bray; Armando Colombo; Angela Koreth; Audrey Voss; and Ed Poa.

State representative Four Price to be honored at May luncheon

Every year, Menninger's Annual Signature Luncheon honors a person or organization that has made an exceptional contribution to advancing mental health. The Office of Philanthropy is pleased to announce Texas House of Representatives member Walter Thomas Price, IV – who is known as “Four” Price – as

our 2020 luncheon honoree.

Rep. Price is a fourth-generation Texan from Amarillo and was first elected to the Texas House in 2010. For the past nine years, he has been a



Price

steadfast advocate for improving mental health in Texas. He has championed multiple bills into law aimed at strengthening mental health resources in Texas schools and universities, enhancing legal protections for people with mental illness and expanding community-based mental health programs. We are proud to honor

Rep. Price for his efforts to ensure the health and well-being of Texas communities.

The luncheon will be held Thursday, May 7, at the Hilton Houston Post Oak by The Galleria and will feature former Congressman and mental health advocate Patrick J. Kennedy as keynote speaker. Tables and tickets are available to

purchase online now at www.menninger-clinic.org/donate.

Discounted tickets for Menninger employees and faculty will be available in April.

For more information, contact Charlotte Fostey, special events manager, at 713-275-5617 or cfostey@menninger.edu.

Clinic's mentalizing work with young adults featured in new book

Congratulations to Rehabilitation Therapy's Kula Moore and Kate Marder on the release of their book *Mentalizing in Group Art Therapy: Interventions for Emerging Adults*, published by Jessica Kingsley Publishers. Both authors have worked closely with Dr. Peter Fonagy, Dr. Flynn O'Malley and other colleagues in the process.

The book signing originally planned for January 10 will be rescheduled in the near future. The authors will talk about their book and take questions.

A number of outstanding reviews of the book from clinicians in art therapy and mentalizing fields endorse the book's content. Past chair of the British Association of Art Therapies, Neil Springham, said, "I enthusiastically recommend this groundbreaking book. A sound foundation in mentalization principles is followed by details of practice innovations which coherently extend art therapy within the MBT model ... Much to value here."



Kate Marder, left, who worked on CPAS for six years, and Kula Moore, Compass, have collaborated to write a book on the mastery they have gained incorporating mentalizing in treating patients through art therapy.

Philanthropic gifts close out 2019 on high note

Thanks to dedicated donors, the Office of Philanthropy ended 2019 with a successful month of fundraising in December. Halfway through the 2020 fiscal year, more than \$1,491,029.97 has been raised in support of Menninger's mission, with \$403,585.97 donated in December alone.

The end-of-year giving season kicked off in November with the [Annual Report on Giving](#), which highlights the many ways donors made an impact at Menninger during the prior year. The report featured several staff members, including a personal story from Recovery Specialist Gordon Meltzer. Joliana, a 13-year-old BridgeUp student who received sponsored treatment at Menninger, also was featured and was excited to share her story as an example to others her age.

Giving Tuesday, a global day of giving held the Tuesday after Thanksgiving, offered another opportunity for donors to step forward. Nearly 30 donors, including a number of Menninger staff, helped to raise more than \$7,000 to support The Clinic's programs.

In the final weeks of 2019, the Office of Philanthropy processed 277 donations. Many heartwarming messages of gratitude were sent along with donations. Below are just a few examples:

- "Mental health is extremely important to the success of our family. We are thankful to have found such an amazing treatment center when we needed it the most. I'm blessed we learned so much, pushed through the difficult times and learned to be a healthy family again."
- "I have several family members who have had suicidal ideation, and one family member and a good friend complete suicide. This is tragic. I am grateful to be able to support the work that The Menninger Clinic does. It is very needed."
- "The Menninger Clinic was the place of the beginning on the road to recovery for our son. We are forever indebted."

Looking forward to what we will accomplish together



To all Menninger employees and faculty:

I hope you all had an opportunity to spend some time with family, friends and loved ones over the holidays. As we begin 2020, let's renew our focus and set our sights on expanding our services to help more people in their mental health journey and to support one another.

We are also starting the second half of the fiscal year, building upon the positive momentum generated over the last several months. There are some key areas to work on together, which I am extremely confident that we have the talent and dedicated teams to accomplish.

We have our strategic planning retreat on January 17. Menninger 2025 will provide the road map for all of us to focus on putting Menninger on a path to meet the needs of the community and those we serve.

Menninger 2025 will require collaboration from all areas of the organization, and 2020 will be the kickoff to demonstrate our commitment to the community and to each other that we are up to the task. As I have visited with many of you since arriving in September,

I know we can attain our initiatives by working together.

An important step concluding 2019

I am excited to share with you the news that leaders from our boards have endorsed moving ahead with constructing a new building to address our shortage of clinical and office space, as well as to upgrade our classrooms, and provide an opportunity for future growth. This month, we will be giving details to the donors who have contributed to this important project and also providing more information to all staff as well.

I hope you will join me in resolving that 2020 will be a fantastic year full of achievements, health and joy.

I am honored to serve The Menninger Clinic as President and CEO, and I want to personally thank each of you for all that you do each and every day to improve the lives of those we serve.

Happy New Year,