

# ELLIS INSIGHT

Ellis  
MEDICINE

## Ellis Expands Mental Health Services

For the past 40 years, Ellis has helped thousands of individuals recover from mental illnesses and go on to lead happy, productive and rewarding lives.

As awareness and acceptance have changed the perspective of mental illness, the demand for these services has increased, far exceeding Ellis' capacity. Waiting lists for appointments can be months away – time that families in crisis cannot afford.

Ellis Medicine has long believed we can do better. This summer, with philanthropic support from the community in conjunction with funding from the NYS Office of Mental Health, Ellis will open the first phase of a new outpatient mental health clinic. This expansion will give our highly trained therapeutic team of psychiatrists, social workers, nurses, and therapy aides the environment and space specifically designed to address this unmet need, and to provide care in close proximity to other essential medical services.

John and Sandra Reschovsky of Niskayuna, were initial donors to this project. "When we learned what Ellis is doing with this innovative mental health clinic, we chose to be part of it. We want to help people in our community overcome the challenges and stigma that mental illness can bring. Ellis is now among our top charities."

Ellis' mental health services expansion is a multi-phase project that addresses the greater needs of the region. In June, Ellis will relocate its outpatient adult mental health clinic from downtown Schenectady to a larger facility at State Street and Brandywine Avenue. The new space allows for two additional treatment teams to serve more patients and reduce/eliminate the waiting list.

The new facility also provides expanded therapy space for the Personalized Recovery Oriented Services (PROS). Through PROS, participants work with staff to identify their own individual

goals for relationships, employment, housing, education, spiritual and leisure time activities, and the obstacles that must be overcome in order to achieve these goals.

“We want to help others overcome the challenges and stigma that mental illness can bring, so we are pleased to help support this important project.”

JOHN & SANDRA RESCHOVSKY  
*Niskayuna*

Additional plans for the facility include a behavioral health urgent care center, expanded hours and on-site primary care providers. In the coming years, Ellis intends to move the outpatient child and adolescent clinic to the facility, combining all resources under one roof.

The Wright Family Foundation, whose mission includes, "transforming distressed areas into neighborhoods of opportunity by leveraging private, public and community resources," saw a greater opportunity and invested \$300,000 in the project.

At one of the city's busiest intersections, the building has been vacant for six years and, over that period, has contributed to the decline of the neighborhood. The building is receiving a major renovation including a new façade, windows, and lights. Additionally, for a population who

finds transportation to be a barrier to care, the move creates a medical hub for vital services including primary, Ob/Gyn, urgent, and dental care, all within a defined quarter on a major bus route. With several projects in the area already completed including a new library branch, Family Dollar, and a drug store, the Ellis clinic helps spur the neighborhood revitalization, and continues to help build momentum and potential for other projects in that neighborhood.

The expansion of Ellis' mental health services will help patients and their families improve their lives through practical and necessary recovery programs. Ellis is determined to meet the need of the mental health crisis in the community with quality and effective care.

As John and Sandra see it, "We felt our gift could help stop the cycle of mental illness. This new center will help more people get the treatment they need to get better, allowing them to live a healthier life. The turmoil that sometimes occurs in a household dealing with mental illness can be avoided. It gives people in need a chance to have a happy, healthy life with a bright future."

*For more information about Ellis' mental health services or to support the project, please call The Foundation at 518.243.4600. ●*



Donors John and Sandra Reschovsky

## Invested in Our Nurses

Nurses are the largest segment of the nation’s healthcare workforce. In 2010, the National Academies Institute of Medicine introduced new standards to the nursing field: 80% of all nurses are to hold bachelor’s degrees by 2020. The reason for the push is simple: studies have shown that nurses with more education provide better care.

In addition to compassionate bedside skills, today’s nurses need competencies in public health and policy, community health, disease management, prevention and health promotion, and an understanding of the complex factors that can influence patients’ health. Daily, nurses must collaborate with a variety of health professionals, including physicians, social workers, physical therapists, and pharmacists — most of whom hold master’s or doctoral degrees.

Nurses with bachelor’s degrees are known for their skills in critical thinking, leadership, case management and health promotion, and for their ability to practice across a variety of inpatient and outpatient settings.

At present, approximately 25% of Ellis’ 700+ clinical nurses have advanced degrees – either bachelor’s or master’s degrees. For the remaining 75% - talented, dedicated, experienced,



and valued workers - the number one obstacle for pursuing a BSN is the cost. With the support of The Foundation for Ellis Medicine, the **Ellis Medicine Nursing Education Award Program** will be launched in 2018. These awards will enable a number of Ellis RNs to earn their BSNs. In return, each will commit to continue to work at Ellis for at least five years after earning a BSN.

According to the U.S. Department of Labor statistics, more than 1 million new registered nurses will be needed by the year 2022. With the Nursing Education Award program, Ellis is demonstrating that, in addition to competing with other healthcare organizations to hire nurses with BSNs, we are committed to investing in our own and keeping them part of the Ellis Medicine team. ●



## Bringing Baby Home

New parents Steve Badala and Giana Mazzatta were the first to receive a new car seat from Bellevue Woman’s Center to take their baby, Rixin Salvatore Badala, home safely. The car seats are part of the Bellevue’s Bringing Baby Home initiative.

With a generous grant of \$2,500 from the tax and business consulting firm UHY LLP, Ellis was able to purchase 33 new infant car seats, which will be made available to new parents who demonstrate a strong need through a collaborative assessment conducted by Ellis Medicine nursing and social work staff. The equipment will also be available for mothers of premature babies who may not be prepared for an infant’s early arrival.

Bringing Baby Home, run through The Foundation for Ellis Medicine’s Corporate Partners Program, is a resource to help parents safely transport their newborns into early childhood. ●



Suzann Smart

## Farewell to a Friend

After serving Ellis and the community for 25 years, Suzann Smart, the Executive Director of The Foundation for Ellis Medicine, is retiring in June.

When Suzann was hired in 1992, The Foundation was still in its infancy. During Suzann's tenure, she raised nearly \$74 million dollars, conducted three capital campaigns, grew the staff from one person to nine, and professionalized the entire organization. Throughout her Ellis career, Suzann kept philanthropy, fund raising, and stewardship at the forefront of the day-to-day operations of an ever-changing healthcare network.

Mostly, though, Suzann has been a friend, healthcare navigator, advocate, and surrogate family member to a host of donors throughout the community. She has built bridges and restored trust within the community following several challenges, including a period in her earliest days when the livelihood of the hospital itself was in jeopardy, and, in more recent years, when the Berger Commission recommended the "rightsizing" of healthcare in the community by closing two beloved hospitals – St. Clare's and Bellevue. Despite the community's initial resistance to these imposed changes, Suzann was able to create consensus and develop a vision that led a team of community volunteers and staff to conduct a hugely successful capital campaign. Suzann gathered some of Schenectady's most committed leaders

who helped her to mend fences and raise the funds necessary to strengthen Schenectady's new healthcare system.

“As CEOs, Board members, and physician leaders have come and gone over the past 25 years Suzann has been the consistent link to the greater community.”

**HUGH MURPHY**  
GE Retiree and Philanthropist

To identify Suzann's replacement, Ellis has hired a national search firm. Suzann is the first to say that she is excited over the opportunities that a new set of eyes and skills will bring to the organization. "Healthcare is changing incredibly rapidly, as are the tools we use to support those changes. Someone with a new and different perspective will be terrific for this organization as we continue to meet the healthcare needs of this community." Suzann will continue to serve as a consultant on an as-needed basis while the search for the Foundation's new executive director continues.

*Bon voyage, Suzann, and thank you!* ●

## Save the Date!

**Ellis Pro-Am Golf Tournament**  
MONDAY, JULY 10  
Saratoga National Golf Course

**Women's Night Out**  
THURSDAY, OCTOBER 26  
Rivers Casino and Resort

**Cardiac Classic**  
THURSDAY, NOVEMBER 23  
Central Park, Schenectady

For more information, call  
**Rob Schmitz at 518.243.4600** or  
visit [ellismedicine.org/foundation](http://ellismedicine.org/foundation)



## Carlton Rule, MD Named Ellis Vice President

Earlier this year, Carlton Rule, MD was named Vice President/Executive Medical Director of the Ellis Medical Group (EMG). The EMG is a multi-specialty practice of more than 170 clinicians, including 150 physicians who are employed by Ellis. The group provides a full spectrum of healthcare, including primary care and specialty services.

Trained as a Family Medicine Physician, Dr. Rule is excited about his new role as a leader. "The influence I could have with patients would be limited to a few thousand if I stayed in primary care. Moving into a leadership role has allowed me to positively impact the life of any person who walks into the hospital or an outpatient facility. My reach of helping people is now potentially tens of thousands. It's a wonderful feeling." ●

## ELLIS INSIGHT

2017 | ellismedicine.org | 4

### IRAs Can Make Charitable Giving Easier

Are you required to take a required minimum distribution from your IRA but do not need the income? You can contribute directly from your IRA to Ellis and avoid paying extra income tax while knowing that you are supporting an excellent charity. Discuss this with your financial advisor or call The Foundation to find how simple this mutually beneficial strategy can be.

For more information, contact **Beth Frear** at **518.243.3434**.

### No Time Like the “Present”

Jack and his wife, Gloria, have been supporting Ellis Medicine for decades, and even after they are gone, their giving will continue through a gift to Ellis in their Wills. “Ellis is our hospital! Our physicians are like old friends and we have always received great care.”

Join Jack and Gloria in leaving a gift to The Foundation for Ellis Medicine in your Will. Known as a bequest intention, your gift will contribute to the future of outstanding healthcare in our community.

For more information about this and other ways to give, contact **Beth Frear** at **518.243.3434** or visit: [ellismedicine.plannedgiving.org](http://ellismedicine.plannedgiving.org)

#### STAYING CONNECTED



Jack, shown here celebrating his 92nd birthday