

ELLIS IMPACT



Ellis
MEDICINE

The Family Room

ELLIS MEDICINE'S NEWEST MENTAL HEALTH SERVICE DESIGNED TO REMOVE BARRIERS AND INCREASE ACCESS FOR ADOLESCENTS ON THE VERGE OF A MENTAL HEALTH CRISIS.



The Family Room opened in February at Ellis' Terri and Mark Little Health Center on State Street in Schenectady. The program was made possible with a generous grant from the Mother Cabrini Health Foundation and community support. The \$712,580 grant allowed for renovations to existing space within in the facility and salaries for staff—licensed social workers, a care manager, and a peer specialist—for two years.

A first-of-its kind, the Family Room is designed to emulate the Living Room, a groundbreaking emergency department (ED) crisis diversion program through which adults suffering a mental-health crisis can avoid the ED and connect with

trained providers in a calming, homelike environment. The Family Room will offer the same opportunity to youth aged 10 through 17 and their families.

“ The Family Room is a walk-in alternative to the ED for young people coping with emotional distress. We will be there for them and their families, with the right care at the right place at the right time. ”

PAUL MILTON
President & CEO of Ellis Medicine



continued on page 2

continued from page 1



Ellis leaders and community donors cut the ribbon to the Family Room.

"It is the mission of Ellis Medicine to be here whenever a member of our community needs our help," said Paul Milton, CEO of Ellis. "The sad reality is that over the past few years, we have seen a significant increase in demand for behavioral health services in our adolescent population and too many of these kids end up in the ED or hospital. The Family Room is a walk-in alternative to the ED for young people coping with emotional distress. We will be there for them and their families, with the right care, at the right place, at the right time."

The Family Room provides a comfortable space within a healthcare setting, as an alternative to the ED for adolescents who are not sure where to turn when feeling anxious, depressed, grief-stricken, hopeless and/or stressed; who are behaving aggressively toward

themselves or others; who are showing a significant change in mood or behavior; and/or are having difficulties with personal relationships, social isolation, sleeping or substance abuse. It is not necessary to be an Ellis patient, and families can walk in whenever a crisis arises, with or without a referral. There is no cost to the family, although insurance may be billed.

When a youth arrives at the Family Room, a clinician will assess the nature of the crisis, their level of distress, and identify any risks. If the adolescent is determined to be a danger to themselves or others, the clinician will issue a pickup order for transport to the ED for a crisis evaluation.

During the visit, the Family Room trained professionals are supportive and encouraging, and provide a space where the adolescent is comfortable to

talk freely about their feelings and the situation. This person-centered care approach aims to help the adolescent identify and understand the root of their distress and to help make their visit effective. Families are encouraged to be involved in the visit.

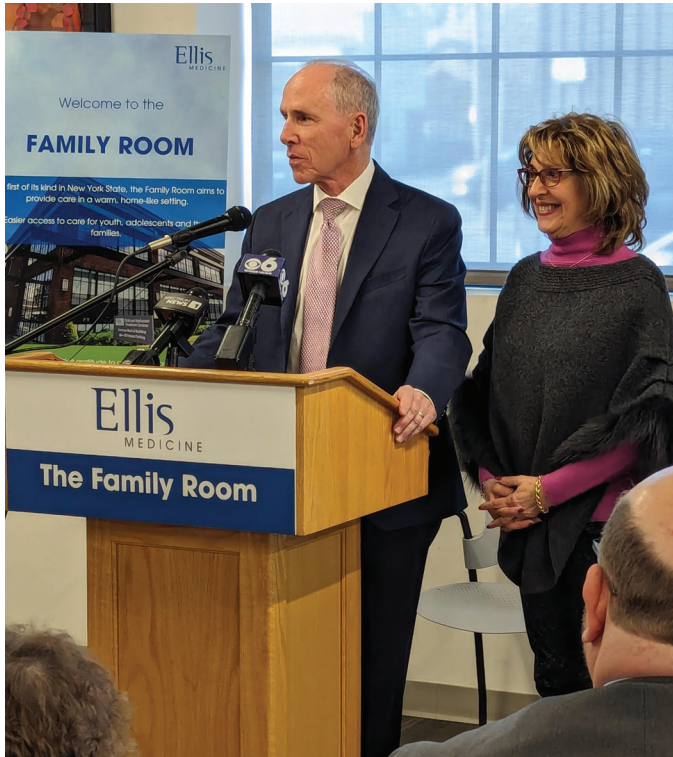
Staff are available to the guest throughout their visit to discuss their crisis in detail, including triggers that might cause anxiety, stress, etc., develop coping skills, and engage in activities to decrease their level of distress while visiting the Family Room. Clinicians will work with the youth (and their family) to facilitate linkages to resources in the community that are pertinent to their needs and/or the cause of the crisis. Staff will follow-up to assist the individual/family in accessing community services, and to provide additional referrals, if needed. Individuals are not limited to the number of visits to the Family Room; they are able to utilize the program on an as needed basis.

"Every year, more than 500 children and adolescents suffering from a mental health crisis present in our ED," said Ashley Norcross, Clinical Director of Mental Health Services and Social Services at Ellis Medicine. "We want to offer them and their family a safe, welcoming alternative. The Family Room will be a place where families can talk to a licensed therapist, receive peer counseling and work with a case manager who will connect them with community services they might need, regardless of their insurance status or ability to pay."

**The Family Room is open
Monday through Friday
from 10 AM to 6 PM at
1023 State Street, the entrance
is on Waldorf Place.**

For more information please call
518.831.8700 or scan the QR code
to make a donation to support the
Family Room.





Terri and Mark Little are active advocates and supporters of ensuring our community has access to mental health services.



Chris Spraragen, CEO of Schenectady Hardware and Electric, and his family, have been valuable partners to assure that our community has access to mental health services, close to home.

QUESTIONS & ANSWERS

Q: Who can go to the Family Room?

A: Youth ages 10-17 and their families can visit to the Family Room when experiencing a mental health crisis.

Q: How do I know if I need/my child needs to go to the emergency room?

A: The Family Room team will assess the youth upon arrival to determine if an emergency room visit is needed, and, if so, will arrange for transportation.

Q: Do my parents/guardian have to be with me for a Family Room visit?

A: The walk-in program is confidential and does not require a parent/guardian to be present. However, there are certain situations when staff are legally required to contact parents/guardians.

Q: I'm not a patient at Ellis, can I still use the Family Room?

A: YES! The Family Room is open to anyone who is feeling like they are in a mental health crisis.

Q: What if I already have a doctor or therapist but their office isn't open? Can I still visit the Family Room?

A: YES! The Family Room is here to help when your doctor is not.

Q: What if I don't have insurance or the money to pay for the visit?

A: Help will be provided regardless of a guest's ability to pay.

Q: I'm over age 18. Do you have similar services for adults?

A: Yes, the Family Room's companion program is called the Living Room. It's on the same campus at 1023 State St.





THE GALA FOR ELLIS MEDICINE HAS A RICH HISTORY OF HONORING MEMBERS OF THE COMMUNITY WHO HAVE HELPED TO MAKE US STRONGER, MORE RESILIENT, HEALTHIER, AND WHO HAVE MADE A TANGIBLE DIFFERENCE IN PEOPLE'S LIVES.

It is with great excitement that we recognize and thank Neil Golub and Dr. Nicholas and Lydia Kulbida this year at the Gala on April 27. These three individuals have been tireless in their support for Ellis Medicine and Bellevue Woman's Center, and the community at large for decades, and have given us so much to be grateful for.

Neil is chairman emeritus of The Golub Corp and for many, a household name. He is the man that taught our region how to carve a turkey each Thanksgiving and made sure that families who could not afford a holiday meal, were provided one through Equinox's annual dinner.

Neil is a hometown man. Born at Ellis, Neil grew up across the street from Bellevue. His father and uncle founded Price Chopper, one of the nation's earliest grocery stores, in 1932, and were pivotal in the growth of the industry. Neil himself has been involved in the family business for more than 70 years.

But the grocery business is one small part of who Neil Golub is. He is a visionary, a philanthropist, a marketer, and a driving force for the success Schenectady has experienced in the last half century. Together with his late wife, Jane, nonprofits from around Upstate New York, and the communities served, have benefitted from their philanthropy.



Neil Golub

One of Neil's most successful projects was "Schenectady 2000", the forerunner of something bigger: Schenectady Metroplex Development Authority the economic engine that fueled Schenectady's Renaissance. At the time, the City of Schenectady desperately needed a boost after the steady decline of a once thriving metropolis. Neil, together with Roger Hull, then President of Union College, conceptualized Schenectady 2000 in an effort to build civic pride and kick-start revitalization for the city. Its goal was to attract companies, create jobs and help revitalize the city. They brought a process of change—and subsequent success demonstrating what can be done when the community comes together. Today, Neil is leading the "New Schenectady" effort to rebrand the city.



Dr. Nick and Lydia Kulbida

"With the growth and revitalization that has happened here, we had to give our community members a feeling of pride and respect for where they live, work and raise their families," Neil said.

Ellis has been one of the greatest beneficiaries of Neil's time, talent and treasures. He began working with the Foundation in the late 1980s and has served as chair of every major campaign since that time. Yes, Neil has been generous through his charitable giving, but even more important is the leadership, vision, and advocacy he provides that inspires others to give so that our community has access to the very best in healthcare for all. His philanthropy is noted on the Neil & Jane Golub Center for Emergency Care, the Neil and Jane Golub Breast Center,



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NEIL GOLUB

which in 2012 was renamed to include their commitment to women’s heart health: the Neil and Jane Golub Breast & Heart Health Center.

In 2007, the State Commission on Healthcare Facilities, better known as the Berger Commission, announced the pending closure of Bellevue Woman’s Center. Anne Saile, then President of Bellevue, knew who she needed in her corner to advocate for access to women’s health services, and sought out Neil. The pair’s dedication and tenacity saved Bellevue from imminent shutdown, and resulted in its sale to Ellis instead.

“We put up one hell of a battle,” Neil said. As did Dr. Nick Kulbida, a highly respected OB/Gyn specialist and Medical Director for Women’s Services at Bellevue and his wife Lydia Kulbida, a well-known news reporter and anchor at News10 ABC and Fox 23.

Lydia noted that it is fitting that Neil and her husband, Nick, are being honored by Ellis in the same year because “both did so much to save Bellevue and to expand its services.”

Dr. Nick Kulbida did not grow up near Bellevue—in fact, he found it by accident when he and Lydia were moving to the area in 2000—but he was there when it mattered, fighting alongside Neil, Anne and others. It is a clarion call he had not stopped sounding.

“We need Bellevue,” he said. “Access to labor and delivery units is becoming smaller. We don’t want to be complacent and think it can’t happen here.”

We can thank Dr. Kulbida, in large part, for Bellevue’s sterling reputation. In 2010, with the hospital on more solid footing under Ellis, he started a laborist program to ensure that there would always be a highly-trained OB physician available to handle deliveries and emergencies, thus enhancing patient safety, improving the patient experience, and making it easier to recruit obstetricians to the area. Dr. Kulbida has served as Ellis’ Chief of Women’s Services and as a hospitalist, is often called to serve at other hospitals. His commitment to women’s health has no territorial boundaries.

His wife, meanwhile, has never let an opportunity pass to use her prominence and influence to help her community. Lydia’s advocacy on behalf of Ellis has included fundraising, emceeding events,

anchoring the Mammoth—a partnership between Bellevue and News10 with live broadcasts throughout the day sharing the stories of breast cancer survivors along with doctors’ advice—and much more. You will often see the entire Kulbida family starting each Thanksgiving running Ellis’ Cardiac Classic because heart disease runs in Lydia’s family.

Lydia also dedicates herself to several other causes related to health and well-being, including serving as the faithful host for the Center for Disability Services telethon, March of Dimes, The Alzheimer’s Association and Kelly’s Angels, helping to raise funding, while using her talents to raise awareness of causes that are personal to her and her family. She is pleased that the Gala will benefit Ellis’ Oncology program because “we have all had someone we love who has had to battle cancer. Nick and I are hopeful we can ease their fight.” In short, she added, “we see the good Ellis does in our community with our friends and family and that is why it is important for me to do what I can.”

For more information about the Gala, or to purchase tickets, visit our website at ellismedicinefoundation.org



“We need Bellevue. Access to labor and delivery units is becoming smaller. We don’t want to be complacent and think it can’t happen here.”

DR. NICK KULBIDA
Chief of Women’s Services

Investing in EP services to improve access to care

A STRATEGIC UPGRADE OF THE HOSPITAL'S ELECTROPHYSIOLOGY (EP) LAB WILL IMPROVE ACCESS TO CARE

The EP Lab is a specialized operating room with advanced technology to monitor and map the electrical systems of the heart as well as treat heart rhythm problems (arrhythmias).



Bonnie Keller is not one to mince words. Her advice, “You can’t let every ache, soreness or twinge worry you, but there are some signs that you should never ignore.”

Over the past couple of years, Bonnie has become a Trustee of The Foundation and a fervent advocate for the outstanding care provided by the physicians, nurses, and all staff at Ellis.

Having attended Ellis’ Women’s Day Out each year, Bonnie knew what signs to look out for, and one day in September 2020, she had a heart attack while driving to her office in Schenectady from her home in Fort Plain.

The Thruway (I-90) is a convenient road, but when experiencing a heart attack, the nearest exit can be miles away. Fortunately, Bonnie was approaching the Amsterdam exit and she drove directly to St. Mary’s Hospital emergency room (ER)—looking back, driving herself wasn’t the best decision, but really, the only decision. Bonnie was stabilized and transferred to Ellis Hospital, which has an outstanding cardiac team and the resources and treatment she needed.

As Bonnie sees it, Ellis and the physicians at Cardiology Associates of Schenectady, saved her life.

“I wouldn’t be here today without them!” she said. “I really believe that.”

“While at Ellis, I was diagnosed with atrial fibrillation (Afib),” said Bonnie.

From left to right: Dr. Steven Giovannone, Dr. Rob Joy, Dr. Leslie Parikh and Eric Santure of Boston Scientific



Bonnie is a dedicated supporter and volunteer who often helps plan and execute fundraising events to support Ellis Medicine.

"Since that time, I've had a number of procedures including cardiac catheterizations, ablations, a transcatheter aortic valve replacement (TAVR) and a pacemaker."

Since that day in 2020, Bonnie has shared her story and advocates for Ellis and the Wright Heart Center Cardiac Care program to all who will lend an ear. Now, she is encouraging support for an investment in the technology used in the hospital's electrophysiology (EP) Lab, to improve access to care and to meet the needs of others like herself.

The EP Lab is a specialized operating room with advanced technology and equipment used to monitor and map the electrical systems of the heart as well as treat heart rhythm problems (arrhythmias). Specialized cardiologists, trained electrophysiologists, perform both implants of cardiac devices and ablations, which address Afib and certain other abnormal heart rhythms. As a community ages, the demand for these types of procedures increase, and with more advanced procedures, patients are able to enjoy a better quality and long life.

Dr. Steven Giovannone of Cardiology Associates of Schenectady, oversees the EP Lab and serves as a Trustee of the Foundation, said the primary need is to replace outdated equipment, such as a fluoroscope, imaging technology



Bonnie Keller, grateful patient, The Foundation for Ellis Medicine Trustee

that uses x-rays to produce a "video" of the heart. While current equipment is functional, it does not provide details of the heart that more modern technology offers, and as it ages, parts have become obsolete.

Ellis EP providers treat more than 1,000 patients a year—people in need of pacemakers, defibrillators, a Watchman device, ablation and more.

"There is a growing need for arrhythmia treatment in our community," Dr. Giovannone said. "This is reflective of our aging population and also a decreased threshold to bring patients for these procedures. Ablations have become more effective and safer. Device implants have new techniques to improve heart function."

He expects demand for EP treatment to continue to rise through the next decade.

Among the growing number of patients is Bonnie's brother, Joe. He has also been diagnosed with Afib, has had a catheterization, ablation TAVR, and most recently a Watchman device implant—which prevents blood clots from forming in the left atrial appendage—all at Ellis. Bonnie and her brother stand by Ellis and the outstanding care they have received.

"None of these procedures would be possible for me and my brother without Ellis and the highly-skilled outstanding cardiac team," she said.

"On behalf of my family, I hope you join me in supporting this strategic initiative.

Thanks to Ellis and the educational panel discussions at Women's Day Out, I knew not to ignore my symptoms. What's more, I now know Ellis is the 'Best place to get better.' We need to assure that Ellis Medicine has the people, technology and services to care for this community—and for folks beyond Schenectady, and philanthropy makes a lot of this happen."

“ Every year, the community’s need for arrhythmia treatment grows. This is reflective of our aging population and also a decreased threshold to bring patients for these procedures. Ablations have become more effective and safer. Device implants have new techniques to improve heart function. ”

DR. STEVEN GIOVANNONE
Cardiology Associates of Schenectady



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What's your rate?



With a minimum gift of \$10,000, a charitable gift annuity through The Foundation for Ellis Medicine is a simple contract that:

- Offers attractive, fixed lifetime payments—which are not subject to stock market fluctuations—for up to two individuals
- May provide you with tax advantages.
- Provides crucial support—used as you direct—for the lifesaving work performed at Ellis Medicine

New Year—New Rate!

The American Council on Gift Annuities announced increase rates for 2024, which means the benefits of supporting your community's hospital are going up too!

Sample Charitable Gift Annuity Rates

ONE LIFE		TWO LIVES	
AGE	RATE	AGE	RATE
70	6.3%	70/75	5.8%
75	7.0%	75/80	6.5%
80	8.1%	80/85	7.3%
90	10.1%	85/90	9.9%

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FOR MORE INFORMATION about how your gift to The Foundation for Ellis Medicine can work for you, please contact: **Beth at 518.243.4600** or **freare@ellismedicine.org**

Discuss this with your financial advisor or call The Foundation for Ellis Medicine to find out how simple this mutually beneficial strategy can be.