

# IMPACT REPORT 2021

**YOUTH BEHAVIORAL HEALTH CLINIC  
+ SCHOOL BLUE ENVELOPE PROGRAM**





**Subodh Jain, MD**

Division Chief, Psychiatry  
BHSB Spectrum Health West Michigan  
Helen DeVos Children's Hospital

*Thank You!*

Mental health is indelibly connected to our health and wellness. It doesn't discriminate with age, race, or socioeconomic status. What I've seen in the last two years during the pandemic, is a monumental shift in the demand and delivery method for mental health care at Spectrum Health and Helen DeVos Children's Hospital. For example, before 2019 the average number of patients with psychiatry needs who came through our emergency departments averaged 17,000-18,000 per year. **This past year, we saw 44,000 patients.**

While there are a number of crises in our midst when it comes to mental health, our biggest lies with the pediatric and youth population. Because of you, our Helen DeVos Children's Hospital Youth Behavioral Health Clinic will open on September 26, 2022. You will read more updates about the clinic later in this report.

The future of mental health care is creating multi-disciplinary teams that can alleviate workforce challenges and improve outcomes with whole person care. We must ensure that everyone has access to high-quality, affordable, and competent mental health care. I am thrilled to share that in addition to the outpatient clinic opening in September, we will soon begin transforming part of the "big blue building" into a much needed inpatient med/psych Unit. This unit will add 12 beds for medical and psychiatric services in a family-focused, healing, and safe environment.

Behavioral health crises have taken a toll on all of us; on our health care system, our patients, and their families. Our commitment is to empower youth and their families to recognize, manage, and learn from difficult emotions. We need to keep talking. We need to talk about emotions and emotional safety.

**You are playing a critical role in all of this work, and on behalf of our entire team, thank you from the bottom of our hearts.**

Gratefully,

*Subodh*



# Your Impact

## Youth Behavioral Health Clinic



**Natalia Szczygiel, MHA, CMPE**  
Director, Psychiatry Operations  
BSHS Spectrum Health West  
Michigan

### *With Gratitude...*

We are thrilled to be welcoming our first patients to the Youth Behavioral Health Clinic on September 26, 2022! It is my honor to share a few important updates and highlights with you in gratitude for your tremendous support.

- We anticipate around **13,000 visits within the first year**.
- To manage the anticipated patient roster, **three new clinicians** will join us in September:
  - **Dora Hillman, DO** will lead medication management for adolescents and young adults.
  - **Rebecca Hershman, LMSW** will provide virtual clinical outpatient psychotherapy for adolescents and young adults.
  - **Catherine (Katie) Miller, MSPAS, PA-C** is a physician assistant with experience in psychiatry whose clinical interests include addiction medicine and finding ways to pair holistic treatments and traditional western medicine.
- In addition to the forthcoming inpatient med/psych unit at HDVCH, the **Youth Behavioral Health Clinic will provide ease of access for those needing care**. In order to manage the projected growth in patients 16-25 years of age, the clinic will be housed at 1545 68th St. SE in Kentwood, Michigan.
- The Youth Behavioral Health Clinic will create **an additional referral option for physicians throughout West Michigan** when patients are exhibiting signs of mental illness, including suicide.

I'm looking forward to being able to share stories of success that will no doubt occur when the doors to this clinic open. On behalf of our entire team, thank you for making this dream a reality.

*Natalia*



*Dora Hillman, DO*



*Rebecca Hershman, LMSW*

# Your Philanthropy in Action

## School Blue Envelope/Zero Suicide Program



**Jody Sprague, LMSW**

Manager, Behavioral Health Programming  
BHS Spectrum Health West Michigan

*Because of you...*

Suicide prevention is everyone's responsibility, and this is especially true in our schools. School Blue Envelope (SBE), a suicide prevention and crisis response tool, provides clear and safe steps for school personnel when a student has thoughts of suicide. It has been a tremendously impactful year for SBE and so much of that is because of you!

In the last year, our SBE team has been bringing this lifesaving program to dozens of new schools. Following the training, 90% of the participants express knowledge and confidence in having these conversations. We also developed a "Train the Champion" toolkit for schools to provide their own annual refresher trainings, which is critical to making sure this program is sustainable. Individuals who receive refresher training report a 150% increase in their confidence, which demonstrates the importance of these refreshers.

Recently, our SBE Program was named one of the American Hospital Association's Dick Davidson NOVA Award recipients. This national recognition highlights hospitals and health systems for their collaborative efforts towards improving community health status. It is exciting to see mental health awareness expanding and no longer confined to the four walls of a clinic or hospital. **None of this would be possible without you, and on behalf of the SBE team, schools, and students you are helping, thank you.**

*Jody*

## In 2021...



In the last year, SBE was **implemented in 52 new schools in 20 school districts!**



School personnel reported **627 Blue Envelope Events\*** across 20 school districts.



Our SBE team presented at the **2022 Michigan Suicide Prevention Community Technical Assistance** and **2022 Michigan School Health Coordinators Association** meetings

*\*Blue Envelope Events are the preventative conversations with students who express suicidal thoughts, therefore potentially saving a life.*