



# The Institute Quarterly

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INSTITUTE FOR FAMILY MEDICINE

## Mission

The Institute for Family Medicine is an independent, non-profit organization of physicians and health care professionals dedicated to traditional family medicine, comprehensive community-based services and public health, and innovative community partnerships to provide health care and promote wellness for the underserved.

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## SECOND ANNUAL COMMUNITY CHAMPION AWARDS PRESENTED

This past September, the Institute hosted its second annual Institute Salute to Community Champions Award Banquet. There were seven recipients along with the recognition of the

honorary chairs, Baseball Hall of Famer Lou Brock and Reverend Jaqueline Brock.

Community Champion awards are given in five categories to individuals and organizations that selflessly contributed towards improving the health of the underserved in the St. Louis area. These five categories included individuals, a government or political figure, a healthcare/health education organization, an individual involved with the media and a not-for-profit or faith-based organization.

The award for a not-for-profit/faith based organization was presented to **The Wellness Community**. This agency, founded by Peggy Michelson, Marsha Wolff and Tina Borcert,

helps people affected by cancer to enhance their health and well-being through free support programs.

In the Individual category, **Matt German, M.D.** was recognized for his medical work with infectious diseases. He does extensive volunteer work with HIV patients and is currently putting together a program that will guarantee accessible care for rural, HIV positive African Americans.

**Wendell Williams, M.D.** was also awarded for being an Individual who offered selfless giving in the medical field. Dr. Williams serves as a volunteer leader for a wellness ministry at his church, the St. Louis Christian Center. He also serves patients in southern Illinois who would otherwise not receive care if he was not willing to make the frequent commute from St. Louis.

**Missouri Representative, Rachel Storch** was the recipient for her selfless contributions as a governmental figure in Missouri. Representing District 64, Ms. Storch opposed the Medicaid cuts of 2005 and has dedicated much of her time to helping healthcare programs find funding and advocating better care and coverage for low income Missourians.



Dr. Campbell, along with Lou and Jackie Brock present the Community Champion Awards to: Jay Simon, board member representing the Wellness Community (above); Dr. Matt German (right); and Dr. Wendell Williams (below).



(Continued on back page...)



## Director's Column

### Collaboration – Illusion and Reality

For the past two years, in each issue of the Quarterly, we have told you about another organization that works in partnership with the Institute to improve the health of the poor and uninsured in the St. Louis area. We call the feature “Collaborator’s Corner”, and we consider these organizations genuine partners in the mission of the Institute. But “collaboration” is not as common, or as easy to establish as you might imagine.

According to the internet encyclopedia Wikipedia, “Collaboration refers abstractly to all processes wherein people work together.” Similarly, the first definition in the Random House College Dictionary reads “Collaborate – to work with another or others.”

I was amused to read the second definition in the same reference – “to cooperate, usually willingly, with an enemy nation.” Amused, ironically, because that is how it sometimes feels when trying to establish partnerships or collaborations in underserved healthcare in this community. (Let me reiterate that this does not apply to any of the organizations we have featured in past, present, or future issues of the Quarterly where we have forged true partnerships.)

So why then, you might ask, is collaboration so difficult? Collaboration, in my opinion, starts with a mindset. You have to be willing to come to the table with the mindset that you are going to be partners toward a common goal or mission. It can't be about “who is in charge” – one should start with the idea that everyone around the table is a partner (dare I suggest “equal partner”) with some different service or skill set to bring to the mission or project. Eventually someone will need to be the lead, but that decision should come out of the evolution of the project, and should be a decision based on what is best for the mission. Credit for success of the mission should be shared by all participating. If everyone “collaborating” on the project is respected for their role, the rest should take care of itself.

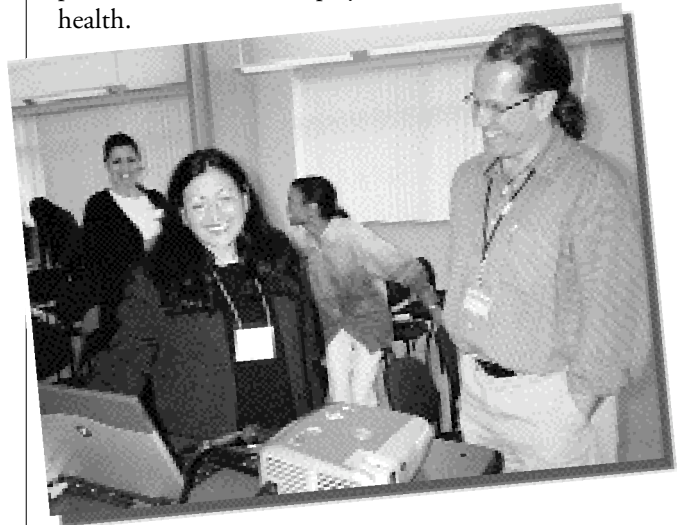
Dave Campbell, MD  
President/CEO

## Institute's Leadership Forum Expanded in 2007

Beginning in 2004, the Institute for Family Medicine sponsored an educational forum for the community focusing on Leadership in Underserved Healthcare. While the first year of the initiative was funded in part through a grant from the Signature Healthcare Foundation, the Institute recognized the value of the program, and has continued it annually. Beginning last year, the Institute partnered with the East Central Missouri Area Health Center, and provided continuing education credit for both physicians and nurses.

In 2007 the program was expanded to four sessions, occurring the first Thursday morning of the months of March, May, August, and October. Once again the focus was on issues relevant to leaders in underserved healthcare.

The first forum this year was held Thursday, March 1. The topic was Patient Empowerment with a focus on encouraging patients to be an active player in their own health.



Rosie Perez of San Antonio, Texas reviews her presentation with Dr. Rottnek.

*(Continued on page 3...)*

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# INSTITUTE LEADERS

In January 2007, program manager **Hannah Gilk, MPH**, and **Board Chair Mary Ann Cook, PhD** completed the Master Training for the Stanford Chronic Disease Self Management Program. The Master Training permits them to not only lead chronic disease management programs for individuals with illness, but also to teach additional leaders.

The Chronic Disease Self-Management Program, which will locally be referred to as the “Living a Healthy Life” program, was developed through Stanford University Department of Medicine and Kaiser Permanente in California. The program is led by a trained leader in sessions lasting two hours per week over a six week period and can include anyone with a chronic illness, for example diabetes or depression. The program teaches participants both the health and life skills essential for optimal day-to-day management and improvement of their health. The leader can be a health professional, a layperson, or even a peer who also has chronic illness themselves.

The Program has been adopted by diverse groups including the National Health Service of England, the Diabetes Society of British Columbia in Canada, and Group Health Cooperative of Puget Sound. It has been translated into Chinese, Vietnamese, Norwegian, and Italian, and a culturally sensitive program is available in Spanish. The program has been proven effective in research studies and through anecdotal reports of indi-

viduals who have improved their health and their lives after attending the 6 week program.

Ms. Gilk and Dr. Cook will cooperate with OASIS to lead workshops in the Housing Authority residences. Another program will be conducted at the CHIPS clinic, where Dr. Cook volunteers.

**Dr. David Campbell, Institute CEO** has been asked to serve on the Community Advisory Board for the Health Resource Center. HRC is the clinic run for the past 15 years by the medical students from Saint Louis University. The students manage the clinic operations, and the patient care is provided under the supervision of faculty from the School of Medicine. The clinic operates on Saturday mornings at St. Augustine’s Parish.

**Dr. Fred Rottneck, Director of Corrections Medicine**, has recently accepted a part-time position with St. Louis University School of Medicine as the Director of Missouri Area Health Education Center. This is a program that focuses on recruitment, clinical training, education, community resources, and collaboration in order to promote healthcare careers. In this position he will teach courses on medical ethics and health disparities as well as coordinate service-learning projects in the MD degree program. He will continue to be a major part of the Institute in the role of medical director of corrections medicine.

## Leadership Forum Expanded... *(continued from page 2)*

In May the forum continued with a two part offering focusing on Immigrant and Refugee Health Care in St. Louis. On May 2, there was a presentation on the History of Immigration in St. Louis followed by a panel discussion on the legal and moral obligations of health care for immigrants and refugees. The following morning the forum resumed with presentations on dealing with victims of war and torture, and best practices in refugee health care. One of the presenters was Rosario Perez of San Antonio, Texas. Ms. Perez is a registered nurse and vice president of Mission Integration and Outreach Services for CHRISTUS Santa Rosa Health Care. She was a founding member of the Hispanic Health Coalition of Houston and has been honored as the Humanitarian of the Year by the HCC Hispanic Education Leadership Committee.

The forum resumed on Thursday, August 2 with a focus on Mental Health Care for the Underserved in St. Louis. The

final session was held on October 4 at the North Central Health Center and focused on Obesity and Poverty.

### Upcoming 2008 Leadership Forum Schedule and Topics

**March 6:** Environmental Toxins & Poverty

**May 1:** Substance Abuse & Poverty

**August 7:** Sexually Transmitted Diseases

**October 2:** Health Effects of Neighborhood and School-based Violence

*All sessions will be held at the North Central Health Center-4000 Jennings Station Rd.*



# LA CLINICA



**Brenda Le, MSN,  
APRN, BC-FNP,  
Associate Director**

**Dave Campbell, MD,  
Executive Director**

## From the Directors

**“It was the best of times . . .  
It was the worst of times”**

As we pass the 20 month mark in our management affiliation with La Clinica, it can only be described as a roller coaster ride. The challenges have been enormous. Our nursing and medical backgrounds prepared us for dealing with clinic operations, improving quality of care for our patients, and even recruiting other providers to volunteer their services.

The challenges though, are not typically part of health professional training. The furnace was out for several weeks during the coldest part of last winter. The mechanical chart rack failed beyond repair and required several weeks of working out of boxes for the front office staff. The refrigerator failed and vaccine was destroyed. We are now in the middle of restructuring the prenatal program for the second time in a year due to community partners withdrawing because of their own staffing issues. We inherited several other unresolved issues, the existence of which were unknown to us, when we took over.

It is easy to list the frustrations and challenges, as they do seem to occupy more of our time and effort than we would have hoped. But that does beg the question, what is the “upside”? Where is the exhilaration in this roller coaster ride?

It is the mission. It is our patients. It is the dedication and commitment of the staff and volunteers. And finally, it is the positive feedback from those in the community that recognize that La Clinica is making a difference – that La Clinica is a very important resource for the people of the St. Louis community.

## New Staff to La Clinica

There are several new employees at La Clinica in clinic and management staff. It’s been a year of many changes as the organization continues to grow in its ability to offer quality care to its many patients.

**Rebecca Castañeda** serves as the Director of Development for both La Clinica and the Institute for Family Medicine. (See page 7.)

**Amanda Maust** has taken the position of Manager of Clinical Operations. She worked for Edgewood Children’s Home as the Nurse Manager. She holds a B.S. in nursing and is with La Clinica for a one year period while she serves with the Mennonite Voluntary Service

In the clinic we have a new Medical Assistant. **Alma Castillo** has her certification from Allied College. She is a native Spanish speaker, having been born and raised in Mexico.

**Linda Trevathan** also joined La Clinica as a Nurse Practitioner. She splits her time between La Clinica and the

## Dental Program Expands

Options for dental care for the underserved are extremely limited in the St. Louis Community. La Clinica has offered dental services for several years, but the demand continues to increase.

Thanks to the contributions of several individuals and organizations, we are moving toward expanded dental services at La Clinica. McCarthy Construction provided some much needed renovation services. In addition due to equipment donated by Patterson Dental, and Dr. Rebecca Siscel, we were able to equip a second room.

The facility is only part of the equation though. We are grateful to our volunteer dentists, Dr. Joseph Charleville, Dr. Stuart Waite, and Dr. Collin Elliot. Dr. Waite is the program director of the general dentistry residency at St. John’s Mercy Medical Center. Even with the generous volunteer efforts of these dentists, we would welcome other volunteers to help us increase the availability of dental services to our patients at La Clinica.



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# LATINO COMMUNITY HEALTH CENTERS

A MULTICULTURAL PROFICIENT HEALTH CARE CENTER

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Left to right: Alma Castillo, Becca Castañeda, Daniela Muñoz, Amanda Maust, and Jaclyn Noroño-Leon.

Institute for Family Medicine. (See page 7.)

There are two new Case Managers on staff as well. **Daniela Muñoz** is a social work student at Webster University and is from Ecuador. **Jaclyn Noroño-Leon** is from Venezuela and holds a B.A. in Business Administration from Drury University. She will be serving as not only a Case Manager but as the Volunteer Coordinator as well.

## Prematurity Awareness Campaign Comes to La Clinica



Governor Matt Blunt looks on as County Executive Charlie Dooley addresses the press conference standing in front of the "Every Baby a Story" bus.

ence was also held with local media, where the March of Dimes presented awards to several St. Louis radio station

The March of Dimes Foundation hosted their "Every Baby Has a Story" campaign at La Clinica in early November of this year. The foundation came equipped with a large informational bus to promote prematurity awareness and provided people with tours and educational literature. A press conference

## DONATIONS

La Clinica depends on the generosity of the community to be able to provide medical care to immigrants and refugees. We thank those listed below who have made contributions since the last newsletter listing.

Allen W. Ladage	Anheuser Busch-Jesus Rangel
Barbara and Gary Girshner	Christ Church Cathedral
Betty Burnett	City of Clayton
Donald and Carol Ann Sandholm	The Coca-Cola Bottling CO.
J.M. Koppert	Ladue Chapel Presbyterian Church
James and Barbara Willock	Mission Outreach Commission-Webster Groves
John and Susan Kirby	Presbyterian Parkway United Church of Christ
Joseph Connolly	Philpott Family Foundation
Lydia Allred	Pott Foundation
Nancy Paridy	Joyce Reese
Patricia Wyman	Linda and Michael Woods
Richard Buthod	
Stephen and Susan Novack	
The Spirit of St. Louis Women's Fund	
US Banks-Sigmond and Marie P. Baer Charitable Trust	

*Thank You!*

managers. Those that were presented awards were Clear Channel G.M. Dennis Lamme, Emmis G.M. John Beck, Bonneville G.M. John Kijowski, CBS G.M. Dave Ervin, CBS G.M. John Sheehan and Radio One G.M. Michael Douglass. Also awarded but not able to attend was KTRS G.M. Tim Dorsey. The St. Louis County Executive, Charles Dooley and Missouri Governor Matt Blunt were in attendance and spoke about the importance of prevention and awareness of prematurity. Alderwoman Jennifer Florida, who represents the 15th Ward of the city of St. Louis was also present.



# Collaborator's Corner

*The importance of collaboration cannot be overstated. Several of the Institute's programs involve other organizations as key collaborators. We intend to recognize a key collaborator in each issue of the Quarterly.*

## Covenant House Missouri

**C**ovenant House Missouri (CHMO) is an affiliate of Covenant House, Inc., headquartered in New York. Through its network of local alliances, Covenant House, Inc. is the single largest provider of food, shelter, emergency and support services to at-risk, homeless, throwaway and runaway youth in the country.

CHMO provided a comprehensive array of services to 2,186 at-risk or homeless youth in FY 2006. The focus is on the delivery of services to young women and men between the ages of 17 and 21, for whom protective services are not available. Too old for children's services, yet too young and inappropriate for the adult shelters, these youths too often slip between the cracks of the social service system and are left to fend for themselves.



Covenant House Missouri began providing Outreach services in December 1998 to homeless and at-risk youth in St. Louis. Services significantly expanded in August of 1999 with the opening of our Community Service Center in the Shaw neighborhood. In June 2001, Shelter the Children, a former non-profit operator of transitional living services for homeless girls, made a gift of two homes. This gift allowed Covenant House Missouri to open the Rights of Passage program, a transitional housing program offering shelter to homeless youth, both male and female.

In the design of CHMO programs, the agency has recognized that each youth presents with unique life circumstances and requires different services in order to achieve the stabilization necessary for adult success.

By the end of 2007, Covenant House Missouri hopes to complete the renovation of a new building that will allow consolidation of services and 36 additional beds for male and female youth, including 20 crisis beds. With the new building they will finally complete the "service circle",

and be able to provide a comprehensive array of services that have the potential to take kids from the hardships of the street to the satisfaction of adult independence.

CHMO and the Institute for Family Medicine have partnered since 2000. IFM provides medical services and

mental health support for the Rights of Passage residents. In fall 2006, IFM and CHMO began a new venture together. CHMO received a grant from the Daughters of Charity Healthcare Foundation that permitted IFM to teach a "Healthy Relationships" class to the Community Service Center teens. The class is currently using an evidence based curriculum to teach HIV prevention skills to at risk youth. To date, 28 youth have participated in the classes. IFM also recently agreed to partner with Covenant House in the staffing and care of the clinic in the new facility that will open in the spring of 2008.

# Gifts & Grants

**A**s a not-for-profit organization providing medical care to the under-served, we remain dependent on the generosity of individuals, corporations and foundations. We are grateful to all who have contributed. Included below is a list recognizing those who have supported the Institutes mission financially since our last newsletter.

Mr. William Rable  
Mrs. Frances C. Emerson  
Ms. Shirley C. Hilbert  
Audrey & Glen Smith  
Ms. Alma Baldwin  
The 1904 Charitable Foundation  
Ms. Pam Wallace  
Ms. Susan Van Patten  
The Carondelet UCC Benevolence Fund  
Anna and Betty Jean Meppiel  
Mr. Don Hudson  
Arthur and Ida Jane Iseli  
Mr. Arthur Keiling  
Ms. Joyce Reese  
Ms. Kellie Lobb  
Mrs. Marion Gauer  
Dr. Cusamano & Dr. Cook  
Betty and Bob Ackerman  
Laura & Tom Ahrens  
Sharon & Walter Barnes  
Mr. Paul Books  
Ms. Shirley Brethauer  
Lucille & Charles Campbell  
Ms. Sharon Coppay  
Ms. Marie Diel  
Gina & John Erdmann  
Ms. Harriet Forbes  
Ms. Juanita Grosse  
Ms. Alice Jockish  
Mr. & Mrs. Ron Patrick  
Shirley & Wes Rumer  
Mr. Elmer Spurr  
Mr. George Stealey  
Ms. Darlene Stewart  
Sue & Ron Wrinkle  
The Jacob G. Schmidlapp Foundation  
Fifth Third Bank Trustee  
Daughters of Charity Healthcare Foundation St. Louis  
Mr. John Schiffman

## New Faces for the Institute

**Becca Castañeda** is the new Director of Development. She holds a B.S. in Spanish and has both local and international experience with non-profits. She splits her time as the Director of Development between La Clinica and the IFM.



**Abby Borgmeyer** has joined IFM as the Physicians Assistant. She comes to the Institute with a Masters in Physicians Assistant Studies and a B.S. in Sports Medicine and Biology. She started her work in mid September of 2007 as the full time provider at the traditional office and at the Crisis Nursery site at Forest Park Hospital.



**Julie Ellison** also joined the Institute in 2007 and is working with reception and medical records.



The Institute has welcomed new physicians in 2007.

**Vaishali Gala, M.D.** who specializes in internal medicine is serving at the John C. Murphey Health Center.

**Neesha Kurian, M.D.** specializes in pediatrics and internal medicine and sees patients at the North County Health Center and serves as a medical consultant to the University of Missouri-St. Louis Student Health Center.

**Christine Jones, M.D.** practices adult medicine at the South County Health Center.



**Linda Trevathan, F.N.P.** splits her weeks at the South county Health Center and La Clinica. She has been with the Institute since April of 2007.



Another great addition to the Institute team is **Reginald Montgomery** who joined the board of directors in 2007. He operates his own business called Integrity Bookkeeping.



The Institute for Family Medicine said “goodbye” to several physicians and staff members. We appreciate the hard work and care they put into the organization and wish them all the best as they continue on to pursue other endeavors.





Institute for  
Family Medicine

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## Community Champion Awards... *(continued from page 1)*

**John Carlton** was recognized in the category of Media for his editorials work for the St. Louis Post-Dispatch. John often focuses his work on topics that advocate for comprehensive health insurance programs and better Medicaid coverage.

In the category of Health Care Organization, **The University of Missouri-St. Louis College of Optometry** was recognized for their work in promoting and providing eye care to the St. Louis community through their collaborations with clinics for the under-served.

The Institute gave out a seventh award for a



Dr. Campbell, along with Lou and Jackie Brock present the Community Champion Awards to (clockwise from upper left) Missouri Representative Rachel Storch; University of Missouri-St. Louis College of Optometry Dean Larry Davis; Girls Holla Back! Director Brendolyn Baily-Burch; and Post-Dispatch columnist John Carlton.

Special Program. This was presented to an HIV/Aids Mentoring program called **Girls Holla Back!** This program works with African American Girls ages 10-16 by teaching them about the dangers of alcohol, drug abuse and HIV/Aids. IFM offered its gratitude to the Brock's for agreeing to serve as honorary chairs for the event. After being presented with their own award, the Brock's spoke about the privilege of being involved with an organization that does such great work for the under-served and uninsured people in the St. Louis Community. They also offered a personal pledge to the Institute of \$5,000.00