



Community Commitment

New Options program reaches out to soldiers

As the war against terror trudges onward in Iraq and Afghanistan, growing numbers of battle-tested soldiers settle in our surrounding communities by way of Fort Riley – home of the U.S. Army's 1st Infantry Division.

Salina Regional Health Center's behavioral health services have expanded to meet increased area needs by adapting its New Options intensive day treatment program to meet the specialized care required for soldiers afflicted with severe anxiety, depression and post-traumatic stress disorder (PTSD).

Intensive day treatment programs are utilized for patients who are stable enough to not need inpatient hospitalization. Today, most inpatient psychiatric hospitalizations last less than a week and services like New Options allow patients a smoother transition from inpatient care.

Initially soldiers seeking New Options care were transported to Salina for treatment. In 2009 Salina Regional began offering New Options services at a new clinic in Junction City – much closer to

the base.

"With the help of New Options, we have created a firm foundation for a 'band of brothers' with a common tie to seek treatment for relative concerns on neutral turf," said Col.

Jeffrey Johnson, Irwin Army Community Hospital commander.

At New Options soldiers participate in group therapy, receive individual psychotherapy and have medications managed by professionals who have sought specialized training to care for psychologi-



Retired 1st Sgt. Barry Flannagin (middle) stands with Susan Farmer, M.D., and Phillip Flanders, clinical psychologist, after successful completion of the New Options intensive day treatment program.

cally injured warriors.

"These soldiers aren't unlike other high functioning people we might see in our traditional day treatment programs," said Susan Farmer, M.D., a Salina

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Salina Regional Health Center

Confidence for the Good Life

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Regional psychiatrist. “They’re physically very healthy, but like some highly-intense business men or firefighters, the circumstances of their occupational exposure have harmed them psychologically. These closed head wounds can be hard to recognize.”

Fighting for freedom

1st Sgt. Barry Flannagin has made a career serving our country. The combat engineer had been in harm’s way in Somalia, Kosovo, Iraq in 2003 and again in Iraq in 2006. The second tour in Iraq proved to be the most dangerous as his primary duty was to lead a platoon of combat engineers clearing roadways around Balad of improvised explosive devices (IEDs). His heavily armored truck had hit several IEDs while carrying out missions, but his equipment protected him from injury. Then, on one mission an IED inflicted greater damage. The four inch thick glass windshield of his truck was blown out and the vehicle was disabled. He sustained minor wounds from fragments to the leg and face. It was the first time he’d been physically touched by enemy fire.

“You could taste the dirt, glass and smoke from the explosion,” Flannagin said. “All of us in the truck were momentarily stunned, but our injuries were pretty minor. It’s from that point on that the reality of my own mortality began to sink in and my fear and anxiety levels got just a little higher each day.”

While the incident earned Flannagin a purple heart, his missions continued

and his platoon was hit at least two additional times by IEDs. Then after returning from a mission during some downtime he experienced symptoms similar to a heart attack.

“I felt like I had an anvil on my chest and I had shooting pain running through my shoulders,” Flannagin said.

Tests run in field hospitals couldn’t determine the cause for Flannagin’s pain so he was flown to Germany where doctors found no sign of improper heart function. They eventually determined his symptoms were stress related.

Flannagin returned stateside for treatment and eventually back to home base at Fort Riley. Once home, he continued to decline psychologically, to the point where he was almost non-verbal and he displayed many classic symptoms of PTSD.

Therapy prevents long-term illness

Flannagin was reassigned to the Warrior Transition Battalion and began receiving treatment through New Options. Over the course of months of therapy he made great strides and eventually began feeling more like himself again.

“This therapy is amazing,” Flannagin said. “It’s tailored to each individual’s needs. I participated in group therapy, got one-on-one care and had sessions with my family involved. I wouldn’t be



New Options staff in Junction City have soldiers place a pin in the a globe to mark where they’ve served. Soldiers participating in the program have served all around the world.

where I am now without the care of the entire New Options staff. It’s been great for me and I’ve seen lots of others make a lot of improvement through this program too.”

After 20 years in the Army Flannagin received a medical retirement in March. Now he plans to go back to his home state of Arkansas to find a civilian job and be near family.

“I didn’t plan to leave the Army this way, but I’m proud of my service,” Flannagin said. “I never lost a soldier from my platoon and I’m proud of that. One of my soldiers told my wife after I got home that I’d left behind a platoon of leaders. I take a lot of pride in that too.”

There’s strong evidence that proper treatment for PTSD, anxiety and depression can prevent long term illness. Some who enter treatment through New Options are even able to be rejoin their units and continue their service in the Army.

“The stigmas in the Army towards mental illness are changing,” said Phillip Flanders, a clinical psychologist at Salina Regional. “It used to be that if you had a psychological illness you were out. Now, as some soldiers are able to rejoin their units after treatment, the perceptions are changing.”

Recruiting physicians vital to future health of north central Kansas

Salina Regional's most recent physician needs assessment approved in 2009 shows a need to hire 58 physicians over the next seven years. Of these positions, 24 are considered immediate openings while the rest will be required to meet growth for future hospital services and fulfill succession needs for current physicians nearing retirement.

Since January 2009 Salina Regional has signed 28 physicians representing 13 specialties. The hospital provides recruitment assistance to physicians who join clinics in the community in the form of forgivable loans. In this same time period Salina Regional has given more than \$2 million in forgivable loans to new physicians to meet community needs.

The Salina Regional Health Foundation also assists recruitment efforts by providing a physician stipend program that allows qualifying physicians to receive a \$1,000 stipend each month during the last two years of their training, which is also forgiven once a service agreement is

met.

While finding the proper fit in a community to begin practice is more than about money, young professionals have been drawn to what Salina has to offer.

"I'm convinced most places don't have the fiscal support and the level of staffing Salina has," said Keir Swisher, D.O., a Salina emergency physician who participated in the stipend program and received a forgivable loan. "I looked other places and I know many of my classmates didn't have access to the types of incentives I found in Salina. What's in place here shows a strong commitment from the board and administration. It's a commitment to succeed."

Salina Regional physician recruiters also have a contract to assist hospitals in the Sunflower Health Network with their recruitment needs. This has proven to be a valuable asset to hospitals in the region.

"We've tried to hire physicians on



Board certified emergency medicine physicians Tim Breedlove, M.D., Keir Swisher, D.O., and Lori Failes, D.O., came to Salina as a result of Salina Regional's physician recruitment efforts.

our own using headhunters and other resources, but Salina's recruitment team dug deeper through lists of candidates to find us a match," said Kiley Floyd, administrator at Osborne County Memorial Hospital, which recently signed a family physician sourced by Salina Regional recruiters. "They took the time to come to our facility and got to know our needs before they presented us a candidate."

Sexual assault victims in region come to Salina for specialized care

Salina Regional's Sexual Assault Nurse Examiner/Sexual Assault Response Team provides 24/7 care to 29 counties in north central and north western Kansas. Nurses on staff are accredited by the International Association of Forensic Nurses to provide care for adult, adolescent and pediatric victims.

While it's estimated that only 12 percent of victims of sex crime ever report themselves to authorities, getting specialized care from SANE/SART and patient advocate agencies improves chances for overcoming a sexual assault. Without this assistance victims have been shown to be at an increased risk to suffer from post-traumatic stress disorder, excessive alcohol and drug use and other illnesses.

"People who are victimized and don't receive help tend to become victims again and again because they make bad choices in their life again and again," said Susan Reinert, R.N., SANE-A, SANE-P, co-coordinator of Salina Regional's SANE/SART program.

SANE/SART nurses provide forensic examinations, counseling and information to assist a victim's healing process. The evidence they col-

lect may also prove vital to law enforcement's conviction of a criminal.

"In cases where one side says nothing happened or one claims consent, then having DNA evidence or physical evidence contrary to consent can be damaging to a defense," said Tom

Drees, Ellis County Attorney in Hays. "In today's world juries expect to see forensic and physical evidence if they're going to give a conviction. Having a trained, qualified person able to testify to this type of evidence adds a lot of value towards these types of cases."



SANE/SART co-coordinators Karen Groot and Susan Reinert.

CHIP supports initiatives to improve youth development

Each year Salina Regional Health Center tithes a portion of its operating margin to the Salina Regional Health Foundation's Community Health Investment Program (CHIP). The Foundation in turn offers grants to a wide range of initiatives that impact youth development.

In 2009 Salina Regional tithed 10 percent of its operating margin to CHIP, which awarded 24 grants for a total of \$1,477,982.

One major gift awarded \$60,000 to the Ashby House to develop healthy pregnancy programming to go along with its new Legacy House service for women who are homeless, pregnant or recently postpartum and require treatment for a substance abuse addiction.

"I don't think I would have made it as far as I have without this assistance," said Misty Adams who was participating in the healthy pregnancy programming with her two year-old and newborn sons. "I feel like I've learned a lot about being more dependent on myself and not as dependent on others."

Another grant gave \$56,000 to "The City" teen center to establish an Apple computer lab for students in the XCEL after school program for sixth and seventh graders who have been identified by teachers to be at risk of dropping out of school. XCEL programming teaches healthy life lessons and offers additional assistance with school work. Students can use the computers for their homework or sign up for a track that teaches them to use software to record music and video to DVD.

"This computer technology allows us to provide kids a 21st Century experience with 21st Century technology," said Tina Bulleigh, XCEL director. "We just recently video chatted

with a guy at Harvard and he took us on a tour of the campus. Sometimes experiences like these help kids aspire to go out and do great things."

CHIP also gave \$1 million to the capital campaign for the Donna L. Vanier Children's Center, which will

become home for the Salina Child Care Association, Child Advocacy and Parenting Services (CAPS) and Salina Regional Health Center's Infant-Child Development Program.

Salina Child Care provides quality child care for children ages 2 weeks to 5 years, many of whom live at or near poverty levels. CAPS provides a variety of education programs and services designed to strengthen families and improve the quality of life for children. Infant-Child Development serves children from birth to 3 years of age who have developmental delays or disabilities.



(Top Left) Misty Adams gets assistance caring for her two sons at Ashby House. (Bottom Left) A student learns how to record music as part of The City's XCEL program. (Right) Donna Vanier assists with the ground breaking ceremony for the new Donna L. Vanier Children's Center.

Hospice of Salina offers not-for-profit care to terminally ill patients

When disease progresses to the point where no viable treatment options remain, many turn to Salina Regional's Hospice of Salina program to receive end of life care.

Hospice provides services to address all symptoms of a disease, with a special emphasis on controlling patient pain and discomfort while addressing psychological and spiritual needs, which are just as significant.

Most patients are able to live out the end of their days at home with assistance from hospice nurses who assist families and provide 24/7 on-call assistance. When care needs can't be met in the home setting, the Kaye Pogue Hospice Center is available to meet the needs of inpatients and their families.

In order for any business to remain profitable, certain volumes must be achieved. Due to the nature of inpatient

hospice care it's hard to maintain consistent numbers of patients receiving services. No one is ever denied services based on ability to pay. In light of this the service operates at a financial loss.

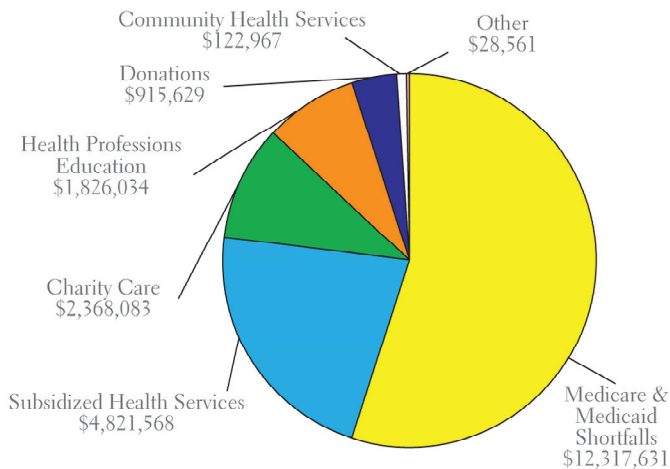
"It's an essential service needed in the community," said Bennie Salkil, interim director. "Hospitals aren't appropriate settings for patients and family members to spend their remaining time together."



The Kaye Pogue Hospice Center provides inpatient care for terminally ill patients.

2009 Unreimbursed Community Benefit:

\$22,400,473



Providing not-for-profit care

As a 501(c)(3) not-for-profit organization Salina Regional Health Center is held in trust to benefit the community. Salina Regional has an obligation to provide vital services to the north central Kansas region. Our focus is on increasing access to quality health care services and adding value to the area.

Providing the region with the latest in technology

Salina Regional is committed to providing the latest in technology and treatment for north central Kansas. With the bed tower construction project, which provides all patients private rooms, now complete, work efforts have shifted to renovating older portions of the main hospital facility on Santa Fe Avenue. To date nearly \$73 million has been invested in the current new construction/renovation project.

The latest in minimally invasive surgery became available in 2009 with the addition of the \$1.8 million da Vinci Robotic Surgical System. The da Vinci affords surgeons superior visualization and accuracy, which translates to shorter hospital stays and quicker recoveries for

patients.

Cancer radiation treatment has been recently enhanced with the addition of the Trilogy system at Salina Regional's Tammy Walker Cancer Center. The \$2.9 million investment allows treatment of tumors that are inoperable.

Salina Regional's heart catheterization lab and radiology service will also receive \$3.4 million in upgrades that will be brought into service in the coming weeks. The cath lab will receive new cardiac catheterization imaging technology and equipment. Two

Mission

Entrusted with people's lives, we are privileged to provide quality health care service in a healing and spiritual environment.

Vision

To always focus on the patient in a culture of health care excellence.

Goals

Achieve quality patient care with outstanding people consistently using best practices.

Deliver a patient and family experience that surpasses expectations.

Simplify access to comprehensive health care services through unified effort with health care professionals and hospitals in the Sunflower Health Network.



(Above) The da Vinci surgical system was added in 2009 to offer the latest in minimally invasive surgery.

new CT scanners, one for trauma care in the emergency department and one featuring 128 slice technology for advanced diagnostics will also be installed.

Advancing health care education

Students seeking many specialized career paths in health care receive training at Salina Regional

Students in physical, occupational and speech therapy, nursing, radiology, respiratory care, emergency medical technician training, pharmacy, medical school and family medicine residents complete a portion of their training at Salina Regional Health Center. The hospital also offers many career shadowing opportunities to students in high school and college who are considering a future career in the medical field.

Students working toward a practical certificate, associate's degree and bachelor's degree in nursing from colleges and technical schools around the state can choose to complete their clinical training at Salina Regional. The experience allows nursing students the opportunity to gain hands-on patient care experience in providing treatment, monitoring patient progress and charting medical records under the supervision of clinical instructors and staff at the hospital.

Nursing students also have access to Salina Regional's high-fidelity patient simulation lab which provides a controlled environment where students can more easily ask questions and learn patient management skills without the pressure of having life at stake.

"Nursing students get the opportunity to see first-hand the multidisciplinary action that takes place in the hospital," said LaVeda Montgomery, ARNP-CNS, assistant professor of nursing at Kansas Wesleyan. "Physicians, nurses, physical therapists, care managers and pharmacists all must communicate with each other to bring about the best possible results for patients, and they include our students in the processes so they can learn everything about what's taking place.

The hospital's staff members have a passion for teaching nurses because they realize once they complete their training there's a good possibility they may one day join the team caring for Salina Regional's patients."

Salina Regional is a host site for a distance learning respiratory therapy program through Washburn University. The two-year associate's degree program accepts up to two students per year and allows them to link to Topeka by the internet through a virtual classroom at the hospital. Most of the clinical training is provided at Salina Regional under the direction of its respiratory care staff.

Pharmacy students working toward a doctor of pharmacy degree also make clinical rotations at Salina Regional. The hospital announced plans in 2009 to add a two-year postgraduate pharmacy residency program to its educational offering, which will make it one of seven residency programs in Kansas to further expand pharmacy training opportunities.

"If pharmacists leave the state to complete their training, then they may never come back," says Linda Radke, PharmD, Salina Regional's pharmacy clinical coordinator. "Residents who train in a rural area are much more likely to stay in a rural area when they go into practice."

Salina is also a host site for the University of Kansas School of Medicine's Rural Track Program for third and fourth year medical students who want to complete their clinical training in a rural setting.



(Above) Third-year KU medical student Megan Brown works with an obstetrics patient after the birth of her newborn. (Left) Madison Resley, Salina South High senior, participates in the Medical Internship Rotation program gaining simulated IV mixing experience in the hospital Pharmacy.



"I chose to come here to get more hands-on experience than students in Kansas City or Wichita get," said Megan Brown, a third-year medical student. "Salina's program allows more one-on-one opportunities with physicians who are very willing to teach."

In part, due to the success of the Rural Track Program, KU has announced plans to establish a four-year program in Salina that will accept its first class of eight students in 2011 or 2012. The Salina Regional Health Foundation awarded a \$225,000 grant over four years to help get the school established and the hospital has committed to providing space for the program.

"The smaller class size will begin to teach how important teamwork is at an earlier stage than we're able to provide in Kansas City," said Heidi Chumley, M.D., senior associate dean for medical education at KU. "It will also be much easier to monitor each student's progress in their education."