

FOUNDATIONS

JOURNAL



Marcellis Dodson is becoming a psychiatric mental health nurse practitioner with the help of a donor-powered scholarship.

Dear friends,

Every May, we observe Mental Health Awareness Month, a time to raise awareness and provide support to people with mental illness. In 2020, 52.9 million individuals faced a mental and/or behavioral health challenge. And while the COVID-19 pandemic has impacted many of us, I believe it has also raised awareness about the importance of addressing and destigmatizing mental health treatment.

In this spirit, our spring Foundations Journal reflects on how, thanks to philanthropy, our family of Foundations provides access to these critical services, which remain essential to our community's collective health and well-being.

Throughout these pages, you'll meet Nera, Ryker and Oakley, all who've benefited from a personalized, whole-person approach to their mental health. During their journeys, the young woman and two kiddos were supported by MultiCare Inland Northwest, MultiCare Behavioral Health and Mary Bridge Children's Foundations, respectively.

You'll also find updates on the Substance Treatment and Recovery Training (START) Inpatient Unit — made possible by Good Samaritan Foundation donors — as well as the Senior Companion Program. The companion program, available through MultiCare Celebrate Seniority, is made possible by volunteers intent on helping older adults facing isolation in Pierce and South King Counties.

Finally, you'll read about one of our board members, Urban League of Metropolitan Seattle President and CEO Michelle Merriweather. Michelle's leadership helps ensure everyone receives the support they deserve, including mental health resources. Board members like Michelle work tirelessly to raise funds for all our MultiCare Foundations, and we deeply appreciate their support and partnership.

It's truly incredible how much we can accomplish with your great generosity and profound support of behavioral health treatment for children, youth and adults.

Thank you for helping move hearts and minds,



Dori Young, Vice President ~ MultiCare Foundations



MultiCare is partnering with OL Reign to promote healing and a healthy future and to remind everyone that good health includes mental health.



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Providing families *with a* fresh START

In Washington state, hundreds of pregnant parents struggle with Substance Use Disorders. These parents are often forced to go outside their communities and support network to receive adequate care, as many rehabilitation centers aren't equipped to help them.

To address this need, the Substance Treatment and Recovery Training (START) outpatient clinic housed at MultiCare East Pierce Family Medicine has been helping these expecting parents for years. The objective of this program is to provide a safe space where people can get the medical help they need for pregnancy and substance use in one place.

Thanks to generous donations through the Good Samaritan Foundation, the current START clinic will be adding an inpatient component — making it one of a small handful of programs of its kind in Washington.

“These donors are quite literally saving lives,” former START patient Rebecca Chambers says. “Women need to be able to have the resources and space to get better without shame.”

This spring, an 18-bed Obstetric Addiction Unit will be welcoming expecting parents who want to address their Substance Use Disorder head-on at MultiCare Good Samaritan Hospital. Services will include immediate access to prenatal and medical care, medical detoxification and stabilization and chemical dependency treatment, as well as social support and counseling.

REBECCA'S ROAD TO RECOVERY

When Rebecca was pregnant with her second child in 2015, she was taking the maintenance medication Suboxone to curb her opioid addiction. Her primary obstetrician referred

her to Abigail Plawman, MD, and the START outpatient clinic.

“Pregnant patients facing Substance Use Disorder are vulnerable,” Dr. Plawman says. “Without treatment and care programs that address both the realities of pregnancy and addiction, pregnant patients risk falling through the cracks of the health care system. We can't let that happen.”

For Rebecca, the highlights of her clinic experience include how quickly and efficiently the team connected her with outside resources like a domestic violence support group and individual counseling, as well as teaching her to celebrate her successes no matter how small.

“The doctors and staff there gave me another chance,” Rebecca says. “Because of this program, my kids have a mom who is able to function, is growing and fully focused on them.”

Her advice for other parents who are entering the new inpatient program — be honest and don't be ashamed.

Thanks to the START program, Rebecca is confident her path to recovery is bright and full of hope.

“I'm continuing to get my life back,” Rebecca says. “My goals would be to raise happy, healthy children who know they're loved and supported no matter what. As for me, I'm continuing to focus on growth. I always want to do better than I did the day before. It's not a race; it's a continuous process.”

You can help people like Rebecca and her children create a healthier future by supporting behavioral health programs like the START inpatient unit. »»



Finding *a* support system in Rockwood Clinic

The pandemic era has ushered in a loneliness epidemic. According to researchers at Making Caring Common, a project of the Harvard Graduate School of Education, 61 percent of young adults are currently feeling “serious loneliness.”

Nera Daugherty, who was 18 in 2020, could relate.

“I had moved into my own apartment, been broken up with and school shut down,” she explains. “The mall also shut down where I worked, so there was nothing new, and I was completely alone for the first time.”

Struggling with anxiety and depression, Nera reached out to a MultiCare primary care provider. After seeing how high Nera scored on two questionnaires, her doctor recommended therapy.

At MultiCare Rockwood Clinic — part of the MultiCare Behavioral Health Network — Nera met social worker Amy Hagins, LASWA, CMHS, and found her support system.

“Amy was a great listening ear who gave me lots of skills to help me work through depression and anxiety and how to handle them in daily life,” Nera says. “Instead of dwelling on emotions and the struggle I was going through, she taught me how to use meditation to relax. She also gave me the idea of a schedule so I had a normal sleep cycle, which helped a lot.”

Rockwood Clinic is supported by community members passionate about providing access to behavioral health care in the Inland Northwest. Last year, donors helped raise more than \$163,000 for local programs and services, paving the way for 10,664 behavioral health visits. Forty-one percent of these were conducted via telehealth.

Nera herself went to therapy for about six months. Today, she reports being on a good path thanks to all she learned from Amy.

“Depression and anxiety don't really go away, but I'm definitely in a better spot than I was then,” Nera shares. “I think I handle my emotions and life struggles better.”

And a little skateboarding as an outlet doesn't hurt either.



You can support youth like Nera navigating mental health challenges by donating at »»





Community support fuels *a continuum of* pediatric behavioral health services

Access to quality mental health care is critical for children in our communities. Last year, Mary Bridge Children's Emergency Department treated 1,375 children and teens who reported behavioral health as their chief complaint.

Expanding access to mental health services is a priority for Mary Bridge Children's and MultiCare, including breaking down barriers and stigma around this type of care.

In 2018, Mary Bridge Children's spearheaded the establishment of Kids' Mental Health Pierce County (KMHPC), an award-winning and donor-funded collaborative whose goal is to work with community organizations to collectively identify and address needs and gaps in pediatric mental health services across the county.

"One system alone is not going to be able to meet all the needs of our families and communities because they're varied and complex," says Ashley Mangum, MSW, program manager at KMHPC. "We believe in a collaborative, cross-system approach to addressing mental health needs, and we try to develop a structure where we offer different level responses and care for different acuties where and when youth may need them."

MEETING KIDS WHERE THEY'RE AT WITH YOUTH ENGAGEMENT SERVICES (YES)

KMHPC's YES program launched in the Tacoma Public Schools with the help of a grant from the Washington State Office of Superintendent of Public Instruction to support teens' transition from remote learning back to in-person schooling. YES follows a behavioral health intervention model with three tiers.

The first tier is behavioral health navigation, which connects students and their families to outpatient services like therapy in their community. Tier two involves a multidisciplinary team meeting with KMHPC, where experts meet to discuss a care plan for a child who may have more complex needs. The final tier provides brief therapeutic intervention for kids who need immediate assistance.

"The three-tier model is really helpful because a lot of the kids we interface with are a bit resistant to treatment," says Kianna Carter, MSW, behavioral health navigator at KMHPC. "The 90-day therapeutic intervention is a nice segue to show them what it's like to do therapy, meet some therapeutic goals and hopefully transition them on to a more long-term provider."

In 2021, the YES Tacoma program helped 400 students. Thanks to community funding and the success of YES Tacoma, the program recently expanded to Sumner-Bonney Lake and Puyallup school districts. This program utilizes existing community resources, creating a cross-system safety net to ensure no child gets overlooked.

"There's something so powerful about trying to dismantle barriers," Kianna says. "We're physically and emotionally meeting kids where they're at, whether that's at home or at a park. For me, this work fulfills a sense of purpose. I feel like I'm doing what I can to improve access to care for these teens, so they can grow up to be physically and mentally healthy adults."



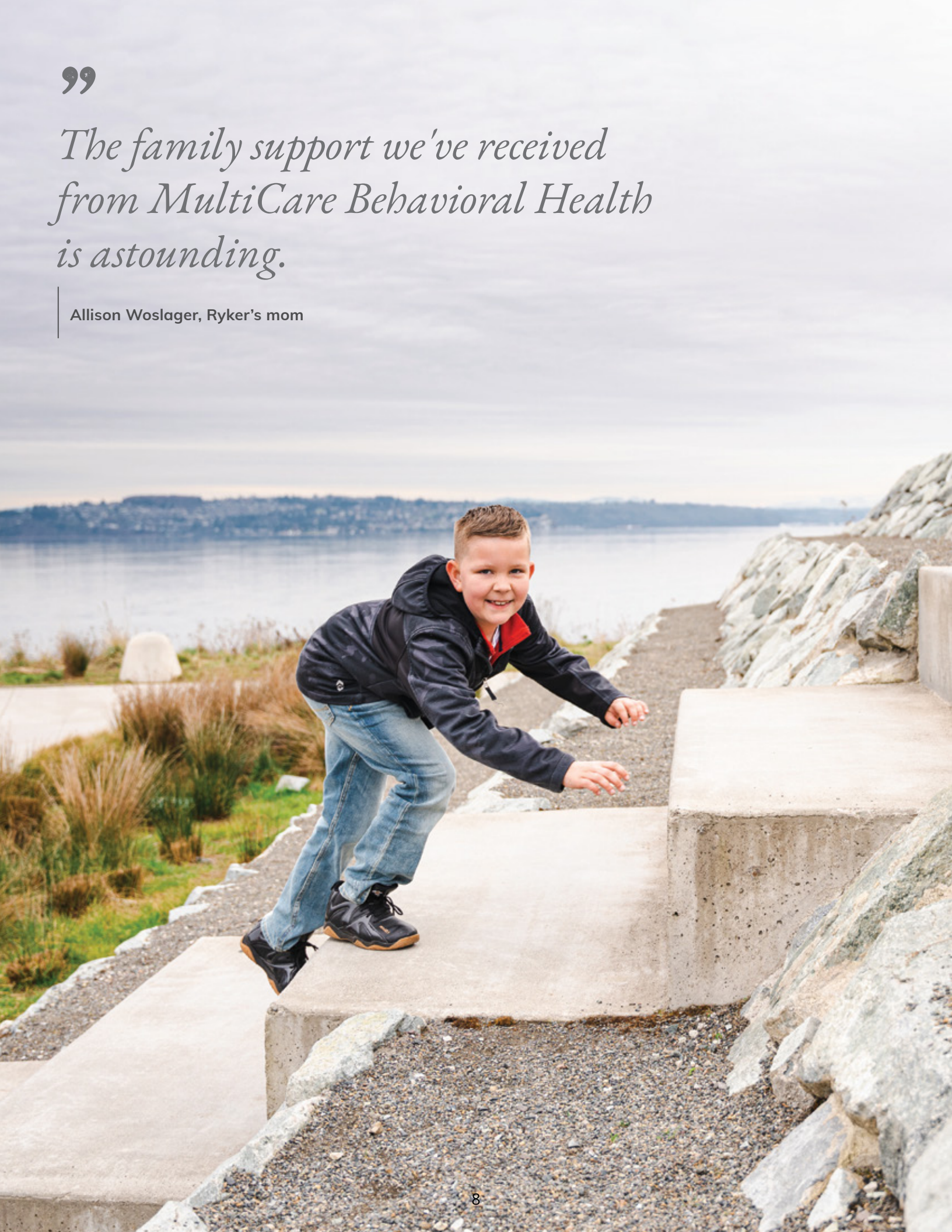
You can support Kids' Mental Health Pierce County programs with a gift at any time. »»



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The family support we've received from MultiCare Behavioral Health is astounding.

Allison Woslager, Ryker's mom



Ryker realizes *his* best self

Imagine a kindergartener full of energy and exuberance confined to laptop-based learning several hours a day. This was the reality then 5-year-old Ryker found himself in after the COVID-19 pandemic struck.

Since March 2020, there's been an alarming increase in children and youth suffering from mental and emotional health issues. This global event, and the fact that there was a death in the family, ended up catapulting Ryker into a rough spot.

"The pandemic had a pretty big, negative effect on Ryker's mental health, and it was around this time I noticed he was starting to act out," Ryker's mom Allison Woslager explains. "I was struggling with him being able to vocalize his emotions — it was difficult for us to communicate our needs to one another. So, I went to our primary care physician, and they recommended we reach out to MultiCare Behavioral Health and seek out their services."

At MultiCare Behavioral Health's — part of the MultiCare Behavioral Health Network — Child & Family Services program, Ryker and Allison worked with child and family clinician Catherine Filoteo to address Ryker's behavior at home and school. Mom also learned about using Triple P (evidence-based intervention) to respond differently to Ryker from family support specialist Mary Ohlsen.

"The family support we've received from MultiCare Behavioral Health is astounding," Allison shares. "From the start, the support has been fantastic — teaching me positive parenting, teaching him how to communicate with me, as well as others. He went from being a child who had maybe two or three friends to having classrooms full of friends."

After 18 months with Child & Family Services, Allison describes the 7-year-old as full of love, kindness and compassion. His behavior toward Allison, his friends and staff at school has come a long way, with his principal and teacher writing letters heralding Ryker's transformation.

To the donors who support programs like the one that helped Ryker and Allison, Allison says, "You're helping real people. You're helping single moms with young children. You're helping families who're in crisis and in need of support. Thank you to everyone who has touched our lives and been there to support us."

You can help children with mood, behavioral or other mental health issues and their parents find the help they need. >>>



Donor-funded scholarship *supports* Auburn mental health nurse

A decade into his health care career, Marcellis Dodson, RN, BSN, knows he's found his true calling — combining his passions of serving older adults and championing mental health. While rounding at Western State Hospital during his coursework, he recalls falling in love with taking care of patients all over again.

"I felt a connection to this group of people who have been severely underserved," Marcellis explains. "Being a Black male and growing up where my family and I grew up, we too were a subpopulation of people who were underserved. And I felt I was called upon to make a difference in this group, as well."

That experience inspired Marcellis to enroll in the Psychiatric and Mental Health Nurse Practitioner track within the University of Washington (UW) School of Nursing's Doctor of Nursing Practice (DNP) program.

Helping him along the way, Marcellis was awarded a scholarship through the Tacoma General Hospital School of Nursing (TGHSON) Education Endowment Fund in 2020. Made possible by donations from TGHSON alumnae and friends, the scholarship reminded Marcellis of the community supporting health care workers like him.

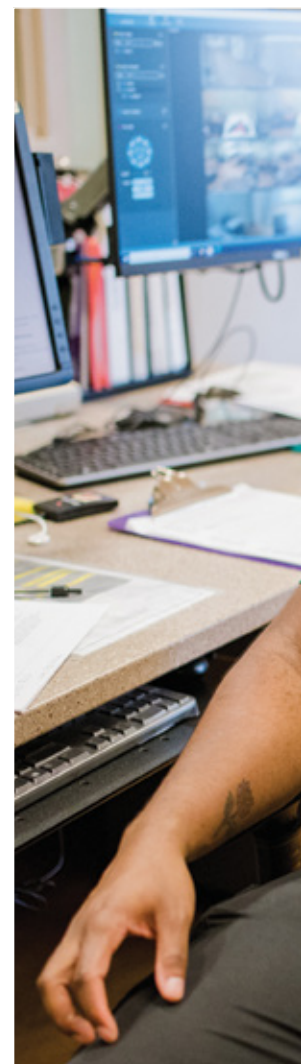
"It encouraged me — and I'm sure it encourages other nurses — to want to pursue higher education knowing there are people who want to help us get there," Marcellis says.

As Marcellis continues his fourth year serving patients in the Geropsychiatric Inpatient Unit at MultiCare Auburn Medical Center while balancing classes at UW, his daily interactions with patients emphasize the importance of giving back to his community.

"I've had several patients look at me and say, 'I want to turn my life around. I want to be where you are,'" he explains. "Hearing those comments throughout my career has inspired me."

With just over a year left in his graduate program, Marcellis is thankful for the many sacrifices of his parents Zena and Darrell; prayers from his grandmother Juanita and godparents; and the support of family, friends, colleagues and community members who've helped make his dreams possible.

"My heart is so happy knowing I'm doing something that isn't just for myself," Marcellis says. "I'm caring for people, sometimes in their lowest places and their lowest times. I'm grateful to be part of a collective effort to bring people out — or as close to out — of that funk as we can. Learning so much about other people from various backgrounds, while cementing them in my life and trying to give a piece of my life to them have been the biggest rewards."





Legacy Giving

Visit give.multicare.org/legacy for smart ways to support the future of care in your community.

Oakley *overcomes* medical trauma

From the moment 9-year-old Oakley was born, he's been a fighter. And according to his family, he now fights with a big smile on his face.

Unfortunately, this wasn't always the case. Oakley spent the first years of his life at another medical organization where he developed post-traumatic stress disorder (PTSD), resulting in panic, shaking and screaming during procedures.

LEARNING TOOLS TO OVERCOME TRAUMA

Several years ago, Oakley's parents switched his care to Mary Bridge Children's, where he connected with a new care team and could access behavioral health programs, along with care related to his spina bifida diagnosis.

"When Oakley first started at Mary Bridge, he was at the point he would scream just seeing an IV cart pushed by," Danielle explains. "It's been unbelievable seeing how the teams at Mary Bridge are willing to work with him — they know and remember him. It's been amazing watching him make the leaps he has."

For a kid that visits a doctor, therapist or specialist 10 to 20 times a month and has undergone more than 20 surgeries to date, this work has been essential to Oakley's health and well-being.

"When it comes to kids who have chronic illnesses, it becomes this thing of just doing, we're just surviving," Mary Bridge Children's Pediatric Psychologist, Becky DeWaay, PsyD says. "Sometimes, it can be a really helpful thing if you have somebody come in and slow things down a little bit and help you find ways to process what's happening."

Learning how to process his condition and adding coping techniques to his tool kit have done wonders for Oakley.

"I'm proud of how far he's come with his trauma," Danielle says. "I'm also beyond proud of how he's comprehending what's going on. He knows his body. Now, he can vocalize if he's in pain without crying or screaming, which is huge."

A NEW OAKLEY

Today, Oakley is much more comfortable with his treatment and is even calm about being admitted for surgeries, such as his recent procedure to place a shunt in his brain to help with his mobility and headaches.

"He marched into his last surgery explaining he was here to get his head cut open again and was a bit scared but doing well," Danielle says. "He rattled off his medical chart, allergies, diagnosis, everything perfectly."

His fear has been replaced with confidence, coping mechanisms and looking forward to playing Pokémon with his child life specialists.





Many aspects of Oakley's care are supported by community donations. You can make a difference in the lives of kids like Oakley with a gift today. »»



Board member *and* Seattle leader *joins* mental health conversation

When meeting MultiCare Behavioral Health Foundation board member and Urban League of Metropolitan Seattle President and CEO Michelle Merriweather, the words leader, advocate and changemaker come to mind.

The Southern California native first joined the Los Angeles Urban League as a volunteer, where she fell in love with the National Urban League affiliate's mission of helping "African Americans and others in underserved communities achieve their highest true social parity, economic self-reliance, power and civil rights."

Inspired by her dedication to ensuring those most vulnerable receive the economic support they need, Michelle applied for Urban League leadership positions. In August 2015, she landed in the Emerald City as Vice President. Three years later, Michelle became the thirteenth President and CEO of the Urban League of Metropolitan Seattle.

As leader of the second-oldest civil rights organization in Washington state, Michelle focuses on ways to partner with other local mission-driven organizations to better serve her community. In this vein, Michelle learned about the MultiCare Behavioral Health Foundation. When invited to join its board of directors, Michelle embraced the chance to become an active voice in the critical conversations surrounding mental health in the Black community.

"Being on the board aligns with the things I'm very passionate about — making sure folks have the opportunity to not only survive but thrive," she explains. "Making sure their mental health has the proper support has been so important, especially for the Black community and communities of color, where these resources and conversations didn't traditionally happen. It was important for me to be a part of the conversation advocating for behavioral health connections for our young people, women and our communities as a whole."

Michelle has also taken lessons learned from being on the board to heart, seeking to prioritize her own mental health and well-being. For her, finding resilience includes appreciating a quiet space, learning how to decompress and meditate and being intentional about making time for the things that bring her joy like visiting her large, extended family.

For those wanting to follow in Michelle's footsteps and empower the underserved in their communities, she has this advice: "It takes all of us to show up for our friends and neighbors who need a little extra support and to see folks who are in pain and suffering and acknowledge it. If you can't give your treasure, give your time. If you can't give your time, give a smile and a hug."

Your generosity helps everyone access behavioral health
treatment and services in their community. »»





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It takes all of us to show up for our friends and neighbors who need a little extra support and to see folks who are in pain and suffering and acknowledge it.

Michelle Merriweather,
MultiCare Behavioral Health
Foundation board member

Senior Companion Program volunteers *support* isolated adults

For homebound older adults in Pierce and South King Counties, the Senior Companion Program is a lifeline, providing healing through friendship.

The program, available through MultiCare Celebrate Seniority, is part of a network of national and community service programs called AmeriCorps Seniors that engage adults in service to meet critical needs in the community.

In partnership with Lutheran Community Services Northwest and Homage, MultiCare companion volunteers assist older adults weekly or biweekly with daily living tasks, including lending a listening ear during a visit, helping with transportation to an appointment or participating in a shared activity. These nonclinical, companionship-based services provide mental and emotional benefits to both the volunteer and the client.

“It makes people feel really good to be able to be a friend and make a difference,” Celebrate Seniority Manager Deborah Gurney says. “It’s the friendship piece that has the biggest impact when people are lonely and isolated. They don’t eat as well, their diet decreases and it can cause an increased potential for depression.”

As people age, their social dynamics can change dramatically and with that, their health. That’s why the program aims to improve the health of older adults staying in their homes by reducing isolation and increasing socialization.

“What this program does is it gives people encouragement that the world cares about you – you’re important, you matter,” Deborah explains. “We’re here to match you with a friend who cares. It’s important for people to know they matter.”

PROVIDING COMPANIONSHIP TO KOREAN SENIORS IN PIERCE AND SOUTH KING COUNTIES

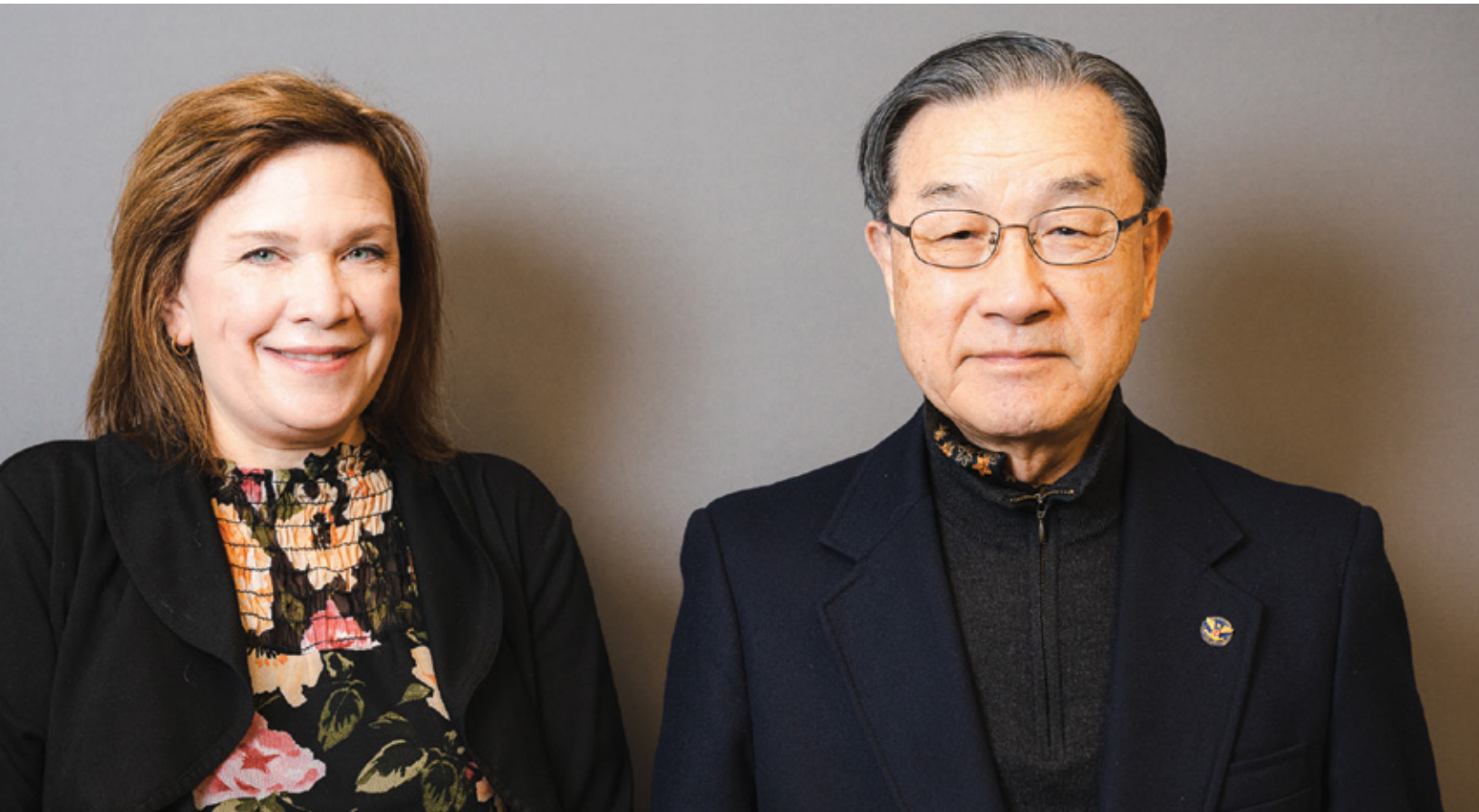
Last year, 14 senior companion volunteers donated more than 8,365 hours of their time, helping 47 clients through weekly visits and phone calls. One of those volunteers is David Chung.

David has been a MultiCare volunteer for the past three years, supporting Korean-speaking older adults in South King County. As a team leader, he works with five volunteers to bridge the communication gap by translating documents, assisting new client placements and onboarding new volunteers. His role is crucial to connecting Korean older adults to vital programs and services, while creating a sense of community and building trust.

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It's the friendship piece that has the biggest impact when people are lonely and isolated.

Deborah Gurney, Celebrate Seniority Manager



“It’s very important because seniors need help to go shopping or see a doctor,” David shares. “They’re (the team and the seniors) mostly monolingual, so they need some English-speaking people so that’s why they ask me.”

Passionate about the people and communities he serves as a senior companion volunteer, David sees himself volunteering for the long run.

“As long as I can walk and speak, I’ll do this,” he says.

Your time helps everyone in our community know they’re supported and valued. Get started volunteering at [»»](#)



MultiCare Foundations 2022 EVENTS

MultiCare 



Heart Strings

On April 29, friends and families gathered for MultiCare Inland Northwest Foundation's fourth annual Heart Strings event and raised more than \$700,000 for MultiCare Deaconess Hospital's Neonatal Intensive Care Unit. Hosted by Bryan White, the concert featured performing artists Joe Nichols, Cam, Andy Griggs and Frank Ray

Presented by: Radia
multicareheartstrings.org



Corks & Crush, May 21

An evening of wine tasting and fundraising at Washington State Fair and Events Center. Benefits: Mary Bridge Good Samaritan Children's Therapy Unit and inpatient rehab at MultiCare Good Samaritan Hospital
Sponsored by: Howard S. Wright, The Old Cannery Furniture Warehouse

corksandcrush.org



Mary Bridge Children's Courage, August 20-21

A family-friendly weekend cycling adventure in Leavenworth. Benefits: Child abuse prevention and treatment programs at Mary Bridge Children's

Presented by: Waste Connections
ridewithcourage.org

MultiCare 



Come Walk With Me, October 1

Pierce County's pinkest community breast health walk. Benefits: Breast health programs and services at MultiCare Good Samaritan Hospital
comewalkwithmenow.org



Changing Minds, May 4

Annual fundraising event featuring guest speaker Ben Danielson, MD, a powerful program success story and voices from around the MultiCare Behavioral Health Network. Benefits: Navos, Greater Lakes Mental Healthcare and MultiCare Behavioral Health programs and services for children and youth experiencing mental and emotional crises
Presented by: Wright Hotels Inc.

multicare.org/changing-minds



Sound to Narrows, June 11

The South Sound's favorite 12k, 5k and 2k race. Benefits: MultiCare Academy for Students in Healthcare (MASH) Camp

soundtonarrows.org



Rock The Foundation, September 10

An evening of music and fundraising supporting health and healing in our South Sound community. Benefits: MultiCare's cancer programs and services, supporting early diagnosis and treatment

rockthefoundation.org



Mary Bridge Children's Festival of Trees, December 2-3

South Sound's happiest holiday celebration supporting Mary Bridge Children's. Tinsel on the Town: December 2, Gala: Saturday, December 3. Benefits: Expanding access to care for children and families throughout Mary Bridge Children's Hospital and Health Network

Presented by: Tom and Meg Names Family Foundation and the Mary Bridge Brigade
festivaloftreestacoma.org

give.multicare.org

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Observe Mental Health Awareness Month through MultiCare Changing Minds

Though we're all impacted by the ongoing pandemic, an alarming number of children and youth are experiencing mental and emotional crises.

Throughout May, we'll share how the MultiCare Behavioral Health Network is responding with expanded treatment and support.

Learn how you can help provide access to critical behavioral health services through the MultiCare Behavioral Health Foundation at multicare.org/changing-minds/

