



# Touchette Opens the Doors to *New* Behavioral Health Center

**M**ental illness touches all walks of life, and everyone – regardless of financial or social status – deserves quality, compassionate care as they battle their disease. With the Jan. 13 opening of our newly expanded Behavioral Health Center, more area residents have access to high-quality care in a welcoming and open environment.

A collaboration between Touchette and HSHS St. Elizabeth's Hospital (SEB), the Behavioral Health Center serves clients with a variety of conditions, including **anxiety, depression, schizophrenia, mood disorders**, and other mental illness.



The new Center includes a 13,534-square-foot expansion which increases inpatient bed capacity from 12 to 30 beds.

### **Focused on each patient's needs**

**The Center's open concept and client-centered recovery model are breaking down the stigma of mental health facilities as places only focused on confinement and isolation.** Once stabilized, inpatient

clients experience an increased level of socialization and engagement with fellow patients and healthcare providers alike through recreational therapy, support groups and activity therapy – all proven to enhance patient outcomes.

“By combining an open environment with an excellent clinical staff and evidence-based best practices, we’ve changed the dynamics of mental health treatment,” said **Dr. Desarie Holmes, Director of the Behavioral Health Center.** “Isolation is one of the most detrimental aspects to recovery. **By building trust and engaging our clients, they become more comfortable and more focused on their recovery** so that they reintegrate into life sooner with a stronger sense of self.”

She added, “We’re not just stabilizing a patient facing a crisis. **We’re helping our clients change their entire life moving forward.**”



Dr. Desarie Holmes prepares to cut the ribbon on the expanded unit.

The new Center also features home-like client rooms with natural light to ease the symptoms of depression, plus self-service refreshments and private phone areas to give clients a sense of autonomy. The Center's enhanced security features protect the safety of clients, staff and visitors, too.

The Center also treats patients on an outpatient basis through medication management, group therapy sessions, and individual and family therapy. Furthermore, we offer an intensive outpatient program for adolescents ages 12 to 17 every afternoon where professional therapists work closely with clients, schools and other healthcare providers to develop a comprehensive treatment plan individually tailored to each teen's mental health needs.



### **Feel Better!**

Visit [www.touchette.org](http://www.touchette.org) or call our Behavioral Health services at 618-332-5265.

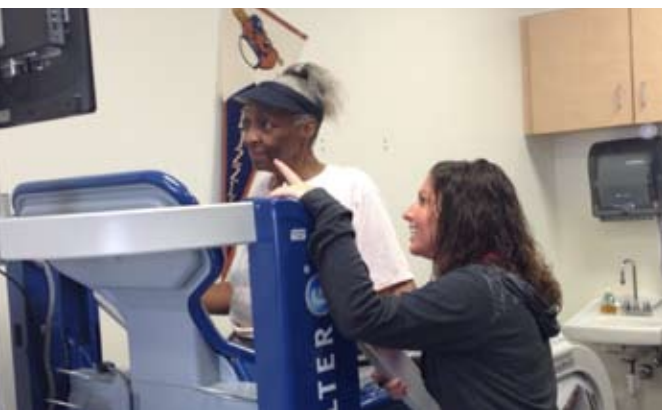


# Reduce Pain. Increase Movement. IMPROVE YOUR LIFE.

with **Touchette Physical Therapy**

**P**hysical therapy does more than help a patient get back on their feet following an accident or sports injury. **It can be life-changing.**

With one-on-one treatment from caring physical therapists at Touchette, patients can manage their pain and enhance their functionality to improve their quality of life.



## 2 Locations

Touchette offers cutting-edge therapy on-site and at **Archview Medical Center, 2071 Goose Lake Road in Sauget.** We treat patients with sudden injuries, neurological disorders, post-surgery

issues, and chronic conditions – **with a special focus on arthritis, low back pain and weight management.**

Said Director **Mike Riley**, “You’re going to get treatment from a group of people that cares about the whole person, not just the diagnosis. We look at the big picture and deliver an individualized treatment plan to help you achieve your goals.”

For Angelline Perry of East St. Louis who suffers from knee pain, the Touchette team has helped her significantly.

“I’ve had trouble walking and standing, and getting out of chairs was extremely difficult,” she said. “Since starting here three weeks ago, I’m already feeling less pain. The staff has been great – **they’re wonderful, fun, and caring, but most of all, they’re informative.**”

## Get a **JUMP START** on Exercise!

-- 6-week program --

**Jump Start** is a six-week exercise program to promote healthy living and control the chronic conditions that lead to joint pain, such as weight gain, high cholesterol and high blood pressure. **Jump Start** helps patients learn to exercise safely and find the plan that works best for them.

Participants meet three times a week for an hour in a group setting that enhances camaraderie and accountability. **Jump Start** is covered by most health insurances and Medicaid.

**Jump Start** lays it out and shows participants the best exercises for them to start on the road to better health.



**Jump Into It!** Call us at 618-332-5450 or our Archview location at 618-337-9641.

## A HEALTHY **YOU** STARTS WITH A **HEALTHY HEART**



**A**lthough more people today know the risks of heart disease, it remains the top cause of death for Americans.

At Touchette, our Cardiopulmonary Department is dedicated to helping prevent, diagnose and manage heart disease in our patients. Through extensive testing, we address the signs of **heart failure, angina, heart arrhythmias**, and other conditions, and work one-on-one with each patient on a comprehensive treatment plan.

### **Be Heart Smart**

While we specialize in treatment, educating our community about heart care is a major focus of the Touchette staff.

“Although there are some risks a person can’t control, taking control of those he or she can makes a major impact on overall health,” said Cardiologist **Dr. Randy Johnson**.

**“Simply making an effort to be conscious of heart health in our day-to-day living and realizing the power of prevention are key to avoiding the ER.”**



**Get Answers Today!** Call 618-332-3060 for questions regarding care or to schedule diagnostic testing.

## **HELPFUL TIPS** from Dr. Johnson:

- 1. CHANGE YOUR DIET.** Eat smaller meals instead of loading your plate. A good option is the **Mediterranean Diet** – flavorful meals packed with fruits, vegetables, fish, and whole grains.
- 2. LACE UP YOUR SNEAKERS.** Aim for 20 minutes of aerobic exercise, 3 to 5 times a week. A brisk walk around the neighborhood is free and does wonders for your heart.
- 3. STOP SMOKING.** Smoking is one of the leading causes of heart disease. Talk to your healthcare provider about ways to break the habit.
- 4. REDUCE EMOTIONAL STRESS.** Taking care of your mental health is important to your physical health. Make time to relax, get outdoors and talk to a therapist if needed.
- 5. SEEK PREVENTATIVE CARE.** Your healthcare provider can keep you informed about your blood pressure, cholesterol levels and possible risk factors.

**Most important,** know the signs of a heart attack, such as trouble breathing, fatigue and chest pain. If you believe you are having a heart attack, call 911 immediately.

**“The likelihood a person will have a mental illness is the same as having a physical illness.” - Dr. Randy Jung**



Q & A with

## DR. RANDY JUNG BEHAVIORAL HEALTH



**28 years of experience in psychiatric care**

**Board-certified by the American Board of Psychiatry and Neurology**

**Doctor of Medicine, Southern Illinois University School of Medicine**

**Q:** You transferred from HSHS St. Elizabeth's Belleville when the two hospitals merged their Behavioral Health units. Why were you so interested in coming to Touchette?

**Dr. Jung:** This is really the premier inpatient psychiatric center in the St. Louis area. We have such a strong staff – well-educated and exceedingly professional. They're really one of the hospital's greatest strengths.

**Q:** What is your philosophy on Behavioral Health care?

**Dr. Jung:** I have a psychoanalytic approach to mental health, with less emphasis on medication and more emphasis on helping patients better understand themselves to bring about the change they want to see. So many people just want a pill to help them feel better, but that doesn't help in the long run.

**Q:** There's still a stigma associated with Behavioral Health. What do you want people to understand about seeking treatment?

**Dr. Jung:** The stigma is gradually lifting as more and more people become aware that the likelihood a person will have a mental illness is the same as having a physical illness. Hopefully as that goes forward and people get better through the use of therapy and medication, people will understand that the issues of mental health fall into the wellness/disease spectrum of life.

**Q:** What kind of response have you gotten from patients and their families about the Center?

**Dr. Jung:** They find the Center to be an amazing place in its design and openness. It has a diverse service line that helps clients who have medical issues related to aging, those who have problems coping with the day-to-day stresses of life, and those who have a major mental illness that's intruding into their lives. By treating a full spectrum of patients through both inpatient and outpatient services, we deliver care that benefits the entire region.



### Call for an Appointment!

To contact Dr. Jung's team or to learn more about Behavioral Health, call **618-332-5265**.



## Volunteers Wanted!

**Like helping people?**

Join our team to assist patients, help with activities, and enjoy fellowship with other volunteers.

Contact **Annette McIntyre**, Volunteer Services Manager,  
**618-332-5289**.

## CONGRATULATIONS TO START NOW BREAST HEALTH SERVICES

The Avon Breast Health Outreach Program has awarded a \$38,000 one-year grant to START NOW to help increase awareness of the life-saving benefits of early breast cancer detection and increase breast health services to uninsured and underserved women in St. Clair, Madison and Clinton Counties.

Since April 2008, START NOW has reached more than 6,210 women with information about prevention and detection and has referred almost 2,900 women for mammograms and clinical breast exams.

For more information on START NOW services for you or a loved one, call **618-332-6133**.

*Spring*  
INTO ACTION

AND SAVE A LIFE

**Register** for our  
**SPRING BLOOD DRIVE**

**Friday, March 25**

**11:30 am - 3:30 pm**

Touchette Elderly Apts Comm. Room  
5900 Bond Ave., Centreville

Refreshments served. Gift card raffle!

SAVE YOUR SPOT!  
**call 618-332-6123**  
or visit [bloodcenter.org](http://bloodcenter.org)



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# WAYS TO TRANSFORM YOUR DINNER TABLE



Eating healthy doesn't sound appetizing to most of us. We love our comfort foods, snacks and sweets. But with some minor changes and a little creativity, you can bring a healthy spin to your family's favorite go-to dishes.

In recognition of **NATIONAL NUTRITION MONTH** in March – *Touchette's Chief Dietitian, Hilary Campbell*, spotlights six simple ways to keep the flavor and lose the fat.

**1. PUT AWAY THE SALT SHAKER.** Lowering your salt intake can significantly reduce your risk of heart disease. Season meals with herbs and spices instead of salt, and for an extra kick, substitute with lemon juice, vinegar or garlic.

**2. SAY GOOD-BYE TO FRYING.** Steam, broil or boil your dishes instead of frying or sautéing them. If you do need a fat for cooking, choose olive or canola oil instead of animal-based fats, like lard and butter, which increase cholesterol levels.

**3. PUT FRUIT ON DISPLAY.** When you want something sweet, fruit is the perfect option. Keep apples, citrus fruits and bananas on the counter for a quick snack instead of storing them in the fridge where they can be forgotten. Try to eat berries the same day you buy them for optimal flavor and nutrition.

**4. GO FOR COLOR.** The more colorful your plate is, the more nutrients you'll get. Increase the peppers and reduce the beef in your fajitas. Steam some greens to go along with your entrée. Chop up a variety of veggies and throw them in your sauces and casseroles.

**5. RETHINK DAIRY.** Lately, people have started to stay away from dairy, but it's not always a smart option for most individuals. 1% and skim milk as well as low-fat cheeses and yogurts offer the calcium and Vitamin D we all need at every age for healthy bones and a stronger immune system.

**6. CHOOSE LEAN PROTEIN.** Fish and boneless, skinless chicken are good options, but when you want beef, go for low-fat cuts like tenderloin, sirloin or 90% lean ground beef. Although more expensive, you actually get more bang for your buck with leaner options since you're paying for meat instead of the fat that cooks away.



For information on healthy eating or to learn more about Touchette's nutrition program, call **618-332-5458**.

## CUT THE FAT **by 80%!**

### Oven Fried Chicken Breast

**Traditional fried chicken:**  
238 calories, **14.2 grams of fat**

**VS.**

**Oven fried chicken:**  
**3 grams of fat,** 179 calories

10, 4 oz Boneless Skinless Chicken Breast	3 1/8 ounce Cornflake Crumbs	1/3 tsp Salt
1 1/8 tsp Ground Thyme	2 3/8 tsp Ground Black Pepper	2 3/8 tsp Smoked Paprika
2 3/8 tsp Garlic Powder	2 3/8 tsp Onion Powder	1 5/8 cup All Purpose Flour
1 5/8 cup Egg White Substitute	3/4 cup Skim Milk	Nonstick Cooking Spray

1. Thaw chicken overnight in fridge. Preheat oven to 350°F.
2. Combine cornflake crumbs, salt and spices. Mix well and save for next step.
3. In three separate containers place the flour, egg whites and cornflakes mixture. Dip the chicken breasts in the flour until well coated, shaking off the excess. Followed by the egg whites and lastly into the crushed seasoned cornflakes. Place the breaded chicken on a sheet pan lightly misted with the cooking spray.
4. Place into oven for 12-17 minutes until chicken reaches an internal temperature of 165°F. Allow to rest for 2-3 minutes before serving. Makes 10 servings.



**Nutrition Information** (1-3 ounce Chicken Breast): 179 Calories, 3 grams Fat, 1 gram Saturated Fat, 7 grams Carbohydrates (1/2 CHO serving), 29 grams Protein, and 132 mgs Sodium.

Recipe from: Morrison Healthcare

