

St. Luke's House MATTERS

Fall/Winter

October 2009

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Transitioning into a New Era ... A New CEO, A New Board Chair, A New Clinic Director

Introducing the new President/CEO

Upon the retirement of Pam Cudahy in December of 2008, a new era began at St. Luke's House. After conducting a nationwide search, the Search Committee recommended and the Board of Directors approved Cindy Ostrowski the new President/CEO of St. Luke's House.

Cindy has served as Director of the Outpatient Mental Health Clinic, the Life Skills Program, the Montgomery County Case Management Program and as co-Director of the Mental Health Treatment Study at St. Luke's House since 2001.

She has over 30 years of experience in clinical management and is also a private practitioner of psychotherapy.

Ms. Ostrowski has been board certified as an Ad-



Cindy E. Ostrowski

vanced Practice Nurse in Psychiatric-Mental Health by the American Nurses Association since 1992. She is licensed in Maryland, D.C., and Virginia. She received a B.S. in Nursing from St. Louis University and an M.S. from the University of Maryland. Ms. Ostrowski is currently on the Board of Community Behavioral Health (CBH) and Chair of the CBH Committee on

Integrated Care. She is also a member of the Bethesda-Chevy Chase Rotary and has been selected for the Leadership Montgomery Class of 2010.

In addition to her professional accomplishments, Ms. Ostrowski and her husband, Robert, Advisor, Scientific Resources, Office of the Director at NIH, have raised three sons and three daughters and have two granddaughters and a grandson.

In this year of tight budget concerns and, as it embarks on Strategic Planning for the next three years, St. Luke's House is fortunate to be in good hands under the direction of this accomplished professional.



A WORD FROM THE PRESIDENT/CEO

Friends,

As I sat and prepared to greet you, I found myself astounded to realize that St. Luke's House is now marking three-quarters of a year during which I have been privileged to serve as President/CEO. These months have flown in a flurry of introductions and activities, both within and outside of St. Luke's House. I am pleased to take the time to gratefully acknowledge the past year's accomplishments. That acknowledgement is well deserved and will serve as a stepping stone to facing the challenges ahead.

In the past year St. Luke's House has moved strongly forward toward successful completion of two very major projects.

The Electronic Health Records (E H R) team ably implemented core functions of the system and is now engaged in the development of the more customized systems components. St. Luke's House was recognized for our work on E H R and its role in supporting better integrated mental and physical health care for our clients. We presented the work at the Maryland Community Health Resources Commission Reception during the legislative session in Annapolis.

The Career Transition Program staff working on the Youth Transition Demonstration (YTD) Project, provide educational and vocational guidance and counseling to high school juniors and seniors, and recent graduates who have serious emotional disabilities. The YTD project, and its partnerships with families, employers, DORS, and Montgomery County Public Schools, was highlighted for Dr. Nancy Grasmick, State Superintendent of Schools, at Governor O'Malley's Capital For a Day program this summer. By the project's end, over 400 youth will receive services and the research data can be used to impact national policy.

In other areas, SLH staff, consumers, volunteers, and many community partners also continue to excel, to support one another, and to develop new opportunities.

St. Luke's House Evidence Based Practices, both Family Psycho-education Multifamily groups and Supported Employment practices, were honored with Mental Hygiene Administration awards for exemplary practice and assistance to other agencies in the state of Maryland.

Studio In-Sight expanded both participation in creative expression as well as exhibitions and community artistic partnerships. Consumers' recently exhibited their art at a juried exhibition with Art Enables.

St. Luke's Church grew a beautiful and bountiful community garden this summer, the L.O V.E. garden, in which our Life Skills Program and consumers were encouraged to participate. The garden has yielded wonderful vegetables for many of our cooking classes, one of which was recently filmed on PBS.

These are a few of the more public examples of the spirit, dedication, and commitment of our organization. Other examples, less public, more quiet, abound and continue every day. All are essential and all come together to make SLH a beacon of light and hope, even in the tough economic times we are experiencing. The entire St. Luke's House community is now embarking on a several months long project of Strategic Plan development. We believe this is a critical juncture at which to assess where we are and where we would like to be over the next few years. I wish offer my sincere appreciation for our staff, consumers, and volunteers, and for the deep community support we receive. I truly believe this is our strength and it will enable us to meet the challenges ahead. I welcome the opportunity to hear from you as we work on strategic planning and will keep you updated as that plan takes shape by next Spring. I also look forward to personally meeting all of you.

Cindy E. Ostrowski



In Memoriam – Alan F. Brenner

It is with great sadness that we announce the passing of former St. Luke’s House Board Chair and Treasurer, Alan F. Brenner on October 22, 2009. Mr. Brenner became a member of the St. Luke’s House Board of Directors in January 2003, was Treasurer for four years and Chair for one. Alan’s intelligence and positive attitude steered the Board to many successful decisions. He supported every event and participated in every fund raiser. He was a beautiful gift to us for almost 6 years. We will miss him always.

Mr. Brenner was a CPA and a Vice President of Dataprise, Inc. He is survived by his wife, Andrea, and three children. Donations to help pay future educational expenses for Alan's three children can be made to a web site Dataprise has established at <http://www.dataprise.com/brenner> .



Meet the Chair of the Board

I am delighted to play a role in furthering the mission and vision of St. Luke’s House, an organization whose work is critical to the well being of our community. The toll that chronic and severe mental illness takes on our consumers and their families, on our economy and on our neighborhoods is difficult to measure yet clearly discernible to all who wish to see. I am proud to work on St. Luke’s behalf and be part of an organization that, first and foremost, is dedicated to providing the highest standard of comprehensive mental health care and to improving the lives of all with a need for its services.

I have been part of the Montgomery County community since 1983 but have lived much of that time overseas as a Foreign Service Officer with the Department of State. My postings around the world have given me an opportunity to learn from other cultures and appreciate my own. I have come to believe that an important measure of a civilization is the level of support and respect it gives to the most vulnerable members of its society. St. Luke’s House is dedicated to enhancing the lives of its consumers but to continue to flourish it needs a broad base of support from our community. Speaking for the entire St. Luke’s House Board, I encourage all of you to do your part to help us continue in this important mission.

Margaret C. Pearson
Chair

THE CLINIC DIRECTOR SPEAKS

Greetings! I am the newest addition to the ranks of the Executive Management Team at St. Luke’s House. I have been here full time since April and I LOVE my job! I have worked in the mental health field in Montgomery County since I was a graduate counseling intern in the mid ‘90’s and have always had a strong commitment to serving those in the public mental health system. The way public mental health services are funded means that it is very difficult for outpatient clinics to survive. Those that do survive need to attract and keep good clinical staff. That is why being at St. Luke’s House is such a joy and an honor! It is wonderful to work amongst colleagues who share my passion for making sure that the people in the public mental health system get consistently excellent service. We have superb psychiatrists and therapists. They are dedicated, smart, caring individuals. Our administrative support from the front office staff to the medical records clerk, are also committed to the well being of our consumers. We are surrounded, stimulated and supported by the other programs of St. Luke’s House, with whom we work very closely and whose personnel impress me daily with their hard work and skill. I would love to say that my hope is to increase the size of the outpatient center, but in the current economic climate that may not be possible. What I do want to do is to carry on the tradition of the excellent leadership of my predecessor in this position, Cindy Ostrowski, and make sure that we maintain our reputation for providing outstanding clinical services. I look forward to working with the clinic staff to find ways of enhancing our skills and improving the services we offer our consumers in ways that will best support the Mission of St. Luke’s House.



Deborah Hinton, MA, LCPC

CTP featured at Governor O'Malley's Capital for a Day



AWARDS

- *Maryland Works Workforce Professional of the Year Award to Larry Abramson*
- *University of Maryland/ Department of Health and Mental Hygiene to Supported Employment Evidence Based Practice Technical Assistance Service Award to Vocational Department*
- *Department of Health and Mental Hygiene award for exemplary Services to Family Psycho-Ed Group*
- *NAMI Annual Service to the Community Award Annual Schizophrenia Service Award to Pam Cudaby.*



PLATINUM SPONSORS:

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One of the Capital for a Day events was a riveting description by 17 year old Philip Hickey about how the Career Transition Program (CTP) at St. Luke's House has changed his life. He told those in attendance including Nancy Grasmick, State Superintendent of Schools, described how he was \once an angry transitioned from frustrated 10th grader with plans to drop out of school to a high school graduate with a part-time job at Giant Food, an acceptance letter from Montgomy

College and plans for the future. CTP, working with the Department of Rehabilitation Service and the Montgomery County Public Schools, focuses on combining mental health, education and career services, including real work experiences.

Philip is currently a bagger at Giant Food and his supervisor praised his work ethic and his willingness and ability to take on new tasks. With the guidance of his job coach, he has learned more job skills and enhanced his

already-strong work habits. Philip now has a sense of



LaDonna Taylor (Giant Food), Dr Nancy Grasmick, State Superintendent of schools), and Phillip Hickey

direction and is headed for success in Montgomery College.

Veggies from L.O.V.E.



St. Luke's Episcopal Church decided that this was a good year to plant a vegetable garden to help feed those in need. They called it Luke's Organic Vegetable Enterprise. A group of 30 people worked on the garden planting, weeding, watering and harvesting the produce. Then they gave it all away to St. Luke's House, where it was prepared in the Life Skills cooking classes and

enjoyed by the consumers of St. Luke's House. There were radishes, basil, beans, lettuce, tomatoes, peppers, carrots, squash and zucchini. Wonderful tasting, nutritious meals were prepared and enjoyed by many consumers. The Washington Post and the Gazette both featured the garden and its enriching produce in articles and PBS featured it as part of the Religion and Ethics pro-

gram on October 4. What a marvelous project... Exercise and hard work for the St. Luke's Church parishioners and the base of St. Luke's House Life skills clients learning nutrition, food preparation and community giving and having the experience of enjoying eating this produce all summer long.



St. Luke's House Board Sponsors Annual Theatre Event, Silent Auction and Reception



On June 17, the Board of Directors, led by Spring Event Chair John Bowis, sponsored an evening of exceptional food and wine prepared and donated by Sam Weaver, great company, lots of wonderful Silent Auction items and an evening at the Bethesda Theater for opening night of "3 Blonde Moms". A good time was had by regular supporters and new additions alike. Special guests included: Delegates Bronrott, Carr and Rice; Chuck Short, Special Asst to County Executive, Councilwoman Duchy Trachtenberg; Scott Greene, Howard Pumphrey, Ken Weston from Core Service Agency ; and Gwen Mason from MCPS; President/CEO Cindy Ostrowski welcomed everyone and introduced the new Board Chair, Maggie Pearson, who expressed appreciation for all for the support given to St. Luke's House to help make it possible for the agency to provide the services to the mental health community. A special vote of appreciation is due to John Bowis and Sam Weaver of Chevy Chase Cars, who hosted the event.

Strategic Planning for 2011-2014 has begun

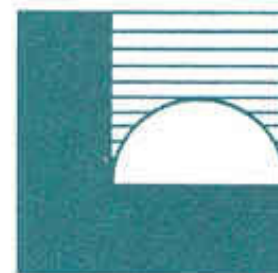
St. Luke's House is has begun the process of Strategic Planning for the years 2011-2014. Colleen Luzier of HR Solutions and Ellyn McKay, private consultant, have been hired to lead St. Luke's House in developing a Strategic Plan for 2011-2014. The Board Executive Committee will serve, along with Cindy Ostrowski and the consultants, as a steering committee for the process. Seven Focus Groups made

up of Board members, Executive Management Team, Program Managers, Supervisors and Specialists, Direct



service and administrative staff, family members, and consumers are now being

formed to review the progress of the current plan, identifying our strengths and weaknesses and develop a plan for the 2011-2014. The process will be going on from October until April. Before finalizing the plan, there will be a retreat for the entire Board, the Management Team, and other invited stakeholders set initiatives, how they will be implemented, by which staff and within what timeframe.



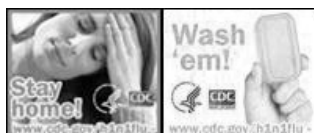
The outcome will be given to the Executive Committee, The President/CEO and the consultants for finalization.



SLH 2011-2014

Swine Flu Prevention Measures

St. Luke's House has been implementing a plan for prevention of a Swine Flu outbreak in the agency. Eighty hand sanitizer dispensers have been purchased and installed in all of the houses and offices. Staff has been working with clients to Cover their cough, Wash their hands, stay home when they are sick.. Posters have been hung around in the offices and houses reminding consumers and staff alike to follow these procedures. We are also having all door handles, switches, remotes, etc. wiped down with sanitizer at least once a day. Each team has develop a plan for dealing with being short staffed and the Human Resource Department has reviewed the sick leave procedures to encourage staff to stay home when they are sick. Dr. James Schmitt from NIH visited St. Luke's House to advise staff of the best procedures of prevention and treatment..



Important Visitors to St. Luke's House

The first visit this year was when on May 29, Ray Thorn, Legislative Aide from Representative Chris Van Hollen's Office visited St. Luke's House for an information briefing and tour. Mr. Thorn was obviously aware of SLH and expressed the Congressman's appreciation for our work.

Board Chair Maggie Pearson joined some of the Executive

Staff on June 5 for a lunch roundtable and program tour for Dr. Richard Nakamura, Scientific Director at NIMH and Dr. Thomas Insel, Director of NIMH. Dr. Insel and Dr. Nakamura knew a great deal about St. Luke's House and were eager to learn even more. It was a pleasure and honor to further inform them about our agency.



BACK TO THE HILL

Cindy Ostrowski, Maggie Pearson, Barrie Friedman and Jackie Shipp participated in the Annual National Council on Community Behavioral Health "Hill Day" on June 9-10 on Capitol Hill. We met with Sen. Ben Cardin and with staff from the offices of Sen. Mikulski, Congressman Van Hollen, and Congressman Hoyer to rally support of several specific tenets of health care reform: parity, healthcare IT appropriations.



STUDIO IN-SIGHT

The Studio In-Sight aims to bring space and inspiration to artists who may be outside the mainstream. Artists of the Studio In-Sight are clients at St. Luke's House, a psychiatric rehabilitation facility in Montgomery County Maryland that serves those living with a chronic and persistent mental illness. The studio is a part of the Life Skills Program whose mission is to guide, train, and empower the clients in a social and supportive atmosphere. The studio is dedicated to artists who want to work as artists. The Studio staff allows art to happen in a safe and nurturing environment and finds ways to share what is created for the benefit of the artists and for the community which we all share. Specially trained staff support and provide guidance .



Studio In-Sight is proud to be the home of local artists such as Paul Spratlin, who fuses physics, interstellar phenomena, and design in intricate complex drawings, Vicki Perraut who develops large delicate paintings of colorful flowers and geometric shapes, and Robb Williams who blends sculptural elements and lyrical wordplay into painting and drawing. Studio-In-Sight has held numerous show in the Washington area this year with excellent response.

These exhibits provide an opportunity for these artists and others to showcase their strongest work from past and present. *Next Show: December 5, 1 pm—4 pm at St. Luke' House, 6040 Southport Drive, Bethesda.* For more information about Studio In-Sight visit:

www.studioin-sight.blogspot.com/



November 21, 2009



Holiday Wish List

Items needed: Linens: Washable, Water-proof, but not Vinyl Covers for Full and Single Mattresses and Pillows.

Full or Single Size Sheets , Pillow Cases, Blankets Curtains (Living Room, Dining Room, Bedrooms).

Toiletries: Toothpaste, Tooth brushes, Soap, Shampoo, Shaving Cream, Deodorant.

Bathroom items: Rug Sets (dark colors), Shower Curtains, Towels and Wash cloths, Plungers, Plastic cups.

Kitchen items: Coffee Makers, Drinking Glasses, Drinking cups, Large Serving Bowls/ Casserole Dishes, Pots/ Pans sets, Non Metal Cooking utensils.

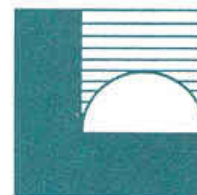
And...Especially Donations to Sponsor St. Luke's House for the

Help the Homeless Walk on November 21st. Small donations can be combined to create a sponsor or an individual can become a sponsor by making a donation of at least \$1,500. Call Carol Shreve, 301 896-4266 for further information.



Welcome to St. Luke's House's Newest Staff Members

| | | | |
|-------------------|----------------------|---------------------|--------------------|
| Cristina Astrada | Alexander Dudley | Kari Jones | Julia Ruane |
| Danielle, Blymer | Lori Eaton | Jennifer Malsbary | Miriam Schwartz |
| Jasmine Boukouss | Adrian Marc Elezarof | Crystal May | Farhad Shafa |
| Mandi Browning | Toni Forcino | Stephanie Minnock | Ashley Sinclair |
| Watta Bundor | Camrell Gholsto | Maureen O'Keefe | Dominique Thompson |
| Kenneth Bussi | Daniel Greene | Esther Ortlund | Heather Tidman |
| Cindy Bustillo | Elizabeth Hall | Jerrel Peterson | Monica Tigert |
| Fredy Bustillo | Whitney Hammers | Michael Puhl | Jamie Toran |
| Caryl Cabrera | John Hart | Janette Quintanilla | Adam Travepiece |
| John Dayton Caddy | Nicole, Hester | Christopher Radley | Al'monique Vaughn |
| Claudia Camargo | Deborah Hinton | Annette Rauh | Leah Vogel |
| Jacqueline Connor | Meagan Hobgood | Jennifer Reese | Jessica Watkins' |
| Carly Conrad | Erin Holland | Whitney Reigel | Adrian Wicker |
| Elizabeth Cooper | Aaron Holleman | Catherine Riskie | Phaedra Winston |
| Hien Dang | Sweta Jadeja | Kevin Roberts | |
| Colette DeCastro | Christopher Johnson | Lacey Rosenbaum | |



Wedding Bells

Iris Gonzalez, LSP, married Matthew Schauerman in August.

Candace Hocker, Residential Supervisor, married Joseph Hopper, Supported Employment Supervisor, in October.

SLH is delighted to Welcome Back Mark Foraker as Grants Manager



Staff Promotions—

To President/CEO

Cindy Ostrowski

To Program Manager

Jeff Bracken—Fenton/McAuliffe

To Supervisor

Jessica Hobgood—Back to Work

Melissa Jacob—Peppertree Res.

Michael Ostrowki—Billing

Stacey Teig—Germantown Res

Kristen Wright—MHTS

Vanessa Zarou—YTD/CTP

Gina Armitage — Southport Res.

To Counselor II

Priya Arokiaswamy — Emp Focus I

Chelsea Aston—EFCII

Jacqueline Connor—Bethington Community

Steve Griebner—Horizon Run Community

Jesslyn Harding— EFC II

Berdina Henry—Fenton/McAuliffe

Crystal May—MHTS

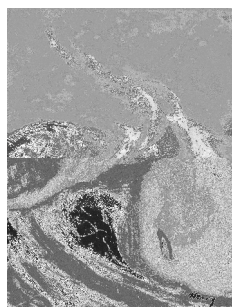
Amy Taylor—Waterside

To Specialist

Martin Koenig—Anasazi

Whitney Reigel—CTP

St. Luke's House 2010 Calendar



Order your 2010 Calendar today. Illustrated with original art by Studio In-Sight Artists, it will enhance your home, office or make a great gift. These high quality, handsome calendars can be ordered by calling Eric Gordon, 301 493-4200, Ext 160 or by email at gordone@stlukeshouse.com leaving your name, phone number, how many calendars you want and your address if they are to be mailed or sending in the coupon below with your check.

Please send me _____ number of St. Luke's House Calendars @ \$12.00 each plus \$1 for shipping. Total \$ _____

Check should be made out to: St. Luke's House, Inc., 6040 Southport Drive, N. Bethesda, MD 20814

Name _____

Address _____ State _____

Zip _____

Save on shipping, pick up your calendar(s) at the St. Luke's House Office circle one:

Bethesda—Silver Spring

YOUR CONTINUED SUPPORT IS THE REASON FOR OUR CONTINUED SUCCESS!

Please send donations to:

St. Luke's House, Inc.
Attention Development
6040 Southport Drive
N. Bethesda, MD 20814

I would prefer to use a credit card. (circle one)

Visa Master Card Discover American Express

Card# _____

Exp. Date _____ Signature _____

Your contributions enable St. Luke's House to provide the highest quality community-based mental health care Available. Thank you for your support!

Enclosed is my tax-deductible Contribution of ___\$25 ___\$50 ___\$100 ___\$200 ___\$250 ___\$500 ___ Other ___

Name: _____ **Street** _____

State: _____ **Zip** _____ **Phone:** _____

Email: _____

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Director of Development
Carol Shreve

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