



Cheyenne Regional
Foundation

SUMMER 2022

Advancing Premier Regional Community Healthcare

advancement

pg. 7

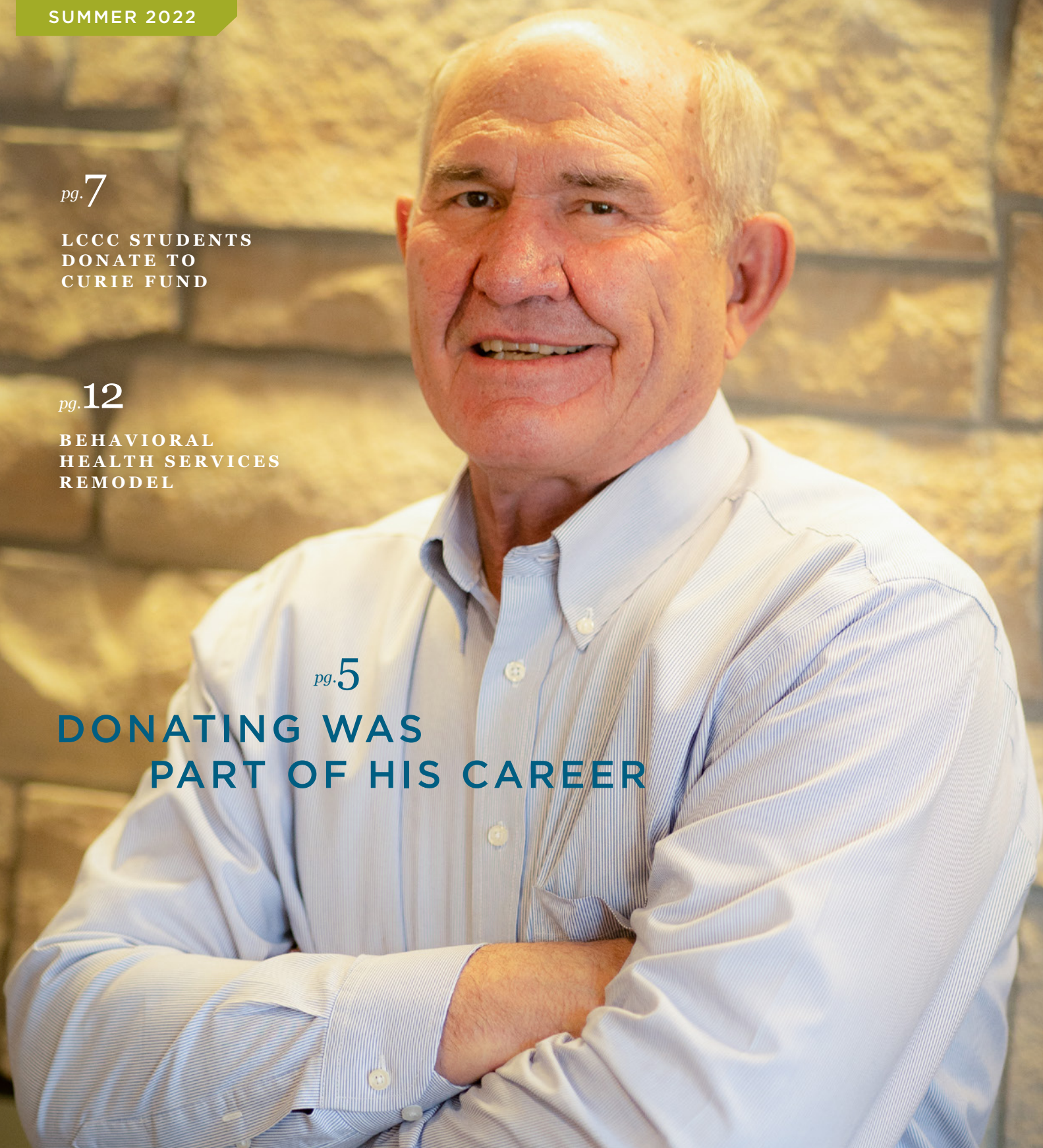
LCCC STUDENTS
DONATE TO
CURIE FUND

pg. 12

BEHAVIORAL
HEALTH SERVICES
REMODEL

pg. 5

**DONATING WAS
PART OF HIS CAREER**



2021 donor impact

BY THE NUMBERS

BOTTOM LINE

\$1.1
million
TOTAL REVENUE
(DONATIONS & GRANTS)

\$1.2
million
TOTAL PROGRAM SERVICES
PROVIDED TO CRMC

STEWARDING
\$25.9
million
IN FUNDS

GRANTS

\$690
thousand
AWARDED IN 112 GRANTS TO
CRMC DEPARTMENTS

\$424.8
thousand
SPRING - 71 GRANTS

\$265.2
thousand
FALL - 41 GRANTS

\$5.8
million
IN 814 GRANTS
(2009-2021)

HOSPICE ENDOWMENT

\$93
thousand
TRANSFERRED TO CRMC FROM
HOSPICE ENDOWMENT FOR
OPERATING EXPENSES



\$428
thousand
(2017-2021)

DENIM & DIAMONDS

\$478
thousand
COMMITTED TO 2021 DENIM
& DIAMONDS PROJECT SUPPORTING
ICU RENOVATION

\$378
thousand
COMMUNITY DONATIONS

\$100
thousand
DESIGNATED BY BOARD FROM UNRESTRICTED FUNDS

\$6.8
million
(1990-2021)

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Cheyenne Regional Foundation

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Foundation Executive Director

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The Cheyenne Regional Foundation is a nonprofit 501(3)(c) organization committed to enhancing the health of individuals and the overall quality of life for our community. The Foundation informs, develops and stewards resources to enable the Cheyenne Regional Health System to provide the best possible health care.



Tim N. Thornell

PRESIDENT & CHIEF EXECUTIVE OFFICER, CHEYENNE REGIONAL HEALTH SYSTEM



This issue of Advancement is packed with great news!

To start, longtime Foundation donors Robert and Ellyn Phillips are funding a scholarship program for students studying in Wyoming to become nurses or paramedics. This gift couldn't come at a better time, given the tremendous need for healthcare professionals in our community and throughout Wyoming.

Radiography students at Laramie County Community College also have a long history of donating to our Cancer Center's Curie Fund. The Curie Fund was established in 1978 to provide financial assistance to patients undergoing radiation treatments at CRMC. Funds are used to purchase gas cards, pay for utility bills and defray the costs of overnight stays in Cheyenne for out-of-town patients. Thanks so much to the students for all that they've done to support this fund.

I encourage you to look through the photo display of the 2021 Denim & Diamonds (D&D) gala. Our Foundation does a tremendous job of planning and hosting this annual event! Including the amount raised

in 2020, the D&D fundraising total for our Intensive Care Unit (ICU) renovation has topped \$900,000. Thanks so much to our Foundation and the many wonderful donors who have contributed to this campaign. While our ICU has served our community extremely

well through the years, we need to expand and upgrade this space to ensure we can continue to provide patients with the highest quality critical care, close to home.

Looking ahead, funds from next year's D&D campaign will be used to help renovate our Behavioral Health Services space. The need for behavioral healthcare far outpaces the demand throughout Wyoming and the nation, and it's extremely important that we do all that we can to enhance this service.

This issue of Advancement also highlights our Transport Services,

which is vital for patients who need help getting to and from their medical appointments, a vital role in addressing access barriers and promoting health equity. And, it features Leonard Geringer in the "Donor Spotlight" for his routine and steadfast giving, which has had an impressive cumulative impact. Leonard worked in our Radiation Oncology Department for many years and retired in May. (I'm told he and his wife, Gale, plan to travel!) Thanks to Leonard for his dedicated service to Cheyenne Regional and for his generous financial support of our Cancer Center.

Finally, I want to recognize our employees and providers for all they've done over the past two years—they are extraordinary! While it may have been personally safer and easier to take another path, they chose to stay the course, providing exceptional patient care through some very difficult circumstances.

Please take care and have a great summer!

Including the amount raised in 2020, the D&D fundraising total for our Intensive Care Unit (ICU) renovation has topped \$900,000.

DID YOU KNOW?

DENIM & DIAMONDS 2022

Join us for "a tropical adventure" on Friday, November 18, 2022, at Little America.

Sue Mecca

BOARD CHAIR
CHEYENNE REGIONAL FOUNDATION



Scott Fox

EXECUTIVE DIRECTOR
CHEYENNE REGIONAL FOUNDATION



Cheyenne Regional, as part of their mission statement, talks about “inspiring great health.” Here at the CRMC Foundation, we find that inspiration in the support provided by you – a very giving, generous community. Hardly a day passes where we don’t see evidence of that generosity, and 45 years after the Foundation was founded, it is clear to us (and we hope to you too) that philanthropic support and advocacy really does enhance the quality of life in our community!

Even though 2021 was yet another tumultuous year, the impact made through community donations to support our regional healthcare system was huge. Events throughout the year, culminated by our Denim & Diamonds gala in November, raised \$378,000 for the creation of a new Intensive Care Unit at CRMC. When you combine that amount with the funds raised in 2021 and the extra \$100,000 approved by our Foundation Board, the ICU project contribution totaled \$908,000 ... more than any other Denim & Diamonds project to date!

We are so grateful to everyone who participates in our Foundation activities and want to especially recognize our staff and volunteer Board members for their tireless efforts. As four of our Board members complete their time with us, we want to thank them. Without volunteers like Alexandra Farkas, Carol Moench, Carmalee Rose and Adam Waddell, we couldn’t support Cheyenne Regional the way we do, and we are grateful for their dedication of time and talent. We’d especially like to thank Carmalee for her leadership and dedication as Board chair for two years, 2015-2016. Thank you so much!

For 2022 and 2023, we are excited to announce our support for Cheyenne Regional will focus on their Behavioral Health Services (BHS) unit and specifically the renovation and creation of a new in- and out-patient unit! The services provided by CRMC’s BHS team are invaluable in our community and region, and they are vital to addressing the unprecedented mental health crisis that affects people not just across the country, but right here in our own community.

Finally, we’d like to thank all of you. Community healthcare isn’t created by one specific action. It’s not just a hospital, nor is it just a doctor or a nurse caring for a patient. Community healthcare is a “team sport” and takes everyone’s participation. Through your support and advocacy, we are excited to see the quality of that care continue to increase. Thank you very much for supporting Cheyenne Regional and the amazing team who cares for our friends and neighbors when they need care the most!

OUTGOING BOARD MEMBERS

We are so thankful for all the time and talent shared by these amazing board members. Thank you for your selfless service and contributions to the Foundation and Cheyenne Regional!



ALEXANDRA FARKAS



CAROL MOENCH



CARMALEE ROSE



ADAM WADDELL



DENIM & DIAMONDS

2022

A TROPICAL
Adventure

FRIDAY, NOVEMBER 18

LITTLE AMERICA

CHEYENNE

HONORARY CHAIRS

DR. ART & CAROL MERRELL

The Denim & Diamonds gala is one of the most popular community events and has raised almost \$7 million for CRMC since its debut in 1990. We hope you'll join us for this special event to support Cheyenne Regional's Behavioral Health Services and specifically the creation of their new in- and out-patient units!

Retired Hospital Employee Found Job Rewarding: Donated to Foundation Most of His Career

Leonard Geringer found a new career at the hospital later in life and became a dedicated donor to the foundation.

He retired in May 2022 as manager of the radiology oncology department and a radiation therapist after nearly 22 years of work he found rewarding.



PHOTO BY MICHAEL SMITH

Retired CRMC employee Leonard Geringer attended Laramie County Community College after a career assessment indicated he might excel in the healthcare field.

“You meet people at some of the worst times of their lives,” Geringer said. “They need reassurance it’s going to be all right, and truly, for most of them, it will be just fine. The satisfaction of helping people is rewarding.”

Raised in Wheatland, he spent many years of his adult life as a farmer, but when leased land was sold to create a subdivision, Geringer decided to find new work. With the encouragement of his wife, they moved to Cheyenne. He took a career assessment which indicated healthcare might suit him, so he registered for a program at Laramie County Community College in radiographic technology. In October of 2000, he began working at Cheyenne Regional Medical Center.

In addition to his work, primarily at the Cancer Center, Geringer was a faithful contributor to the foundation. He served on a committee to help raise funds for the hospice center and started the 1-2-3 program – employees gave one hour of their paycheck every two weeks for three years. He continued that level of contribution during the cancer center’s construction.

“

By making the conscious decision to give every pay period to the Cancer Center, [Leonard] made a tremendous and inspiring impact.

“You know, we were fine without that money and it was satisfying to be helping, so I thought, ‘Why not keep the momentum going?’” he said.

He did.

“The hospital has been very good to me. It’s provided me a great income and gave us the opportunity to raise a family and maintain a good lifestyle, maintain a good job,” he said.

“A lot of equipment and other things to help our patients at the cancer center were donated by the Foundation,” he added.

“They’re very generous with grants.”

“I have had the honor of working with Leonard for over eight years, [and] I have found him to be a man of integrity,” said Victoria Fry, the Foundation’s major gifts and planned giving director. “By making the conscious decision to give every pay period to the Cancer Center, he has made a tremendous and inspiring impact.”

Geringer said after retirement he will most miss the people, and that people have been the highlight of his career.

“I’ll miss the great people I’ve gotten to work with; they are so committed to their jobs,” he said. “I’ll also miss the patients. You get to know them after eight weeks of treatment. You know their family, you know their birthday – it’s so gratifying to be a part of their lives – to really feel like you’re making a difference.” ✨



Scholarship Supports Nursing and Paramedic Students

A new needs-based scholarship for nursing and paramedic students is now available thanks to a trust created by a local couple in the 1990s. The Robert and Ellyn Phillips Medical Scholarship is for students at Laramie County Community College or any institution of higher learning in the state of Wyoming.



Robert L. Phillips & Ellyn Anderson Phillips

This year, up to \$9,000 worth of scholarships will be awarded. Going forward, the number of scholarships given each year will vary based on need and the number of applications received, and will be managed by the CRMC Foundation.

Robert (Bob) Phillips owned and operated the ambulance company that served Cheyenne before American Medical Response (AMR) and was a Foundation Board member. Ellyn was the executive director of the Foundation in the 1990s and established the annual Denim & Diamonds fundraising event. Bob established the trust that will provide these scholarship funds in order to help students who plan to make a career of helping others through healthcare.

“This illustrates just how giving and caring our community is,” said Scott Fox, executive director of the CRMC

Foundation. “People like Bob Phillips who think ahead and want to make a lasting impact really can, and we’re here to help them do that.” Fox added that Bob Phillips was passionate about giving a hand to people who will go on to help others.

“This kind of scholarship helps people who are going to turn around and help more people,” Fox said. “Not only does it help the student in that moment, but those students will go into career fields in healthcare and will hopefully spend a lifetime taking care of people.”

This new scholarship joins two other scholarships managed by the CRMC Foundation, including the Walter Scott Nursing Endowment which was established in 2001, and the Fran Cadez Memorial Scholarship which was established in 2019. ✨



Students who wish to apply for any of these scholarships are invited to contact the CRMC Foundation at 307-633-7667 or by email at foundation@crmcwy.org.

NEW BOARD MEMBER



ARLENE TURNER PRESIDENT, CRMC VOLUNTEERS

It is amazing to be a part of an organization that supports the hospital in so many ways. I’m hoping to be able to contribute to the cause!

LCCC STUDENTS DONATE TO CURIE FUND

Radiation oncology patients often receive treatment five days a week, and for patients who have to travel to Cheyenne for care, the cost of gas can become one more burden they have to face.

Fortunately, the Curie Fund exists to help patients who need help with things like groceries, housing or gas, and each year the Laramie County Community College (LCCC) Radiography Club raises money to support the Curie Fund. This year the club donated \$2,500, all of which will go to directly helping patients who need it most.

Since 2010, the club has donated more than \$35,000 to the Curie Fund, an endowment now managed by the Foundation.

Ashleigh Ralls, LCCC Radiography Program Director and club advisor, said typically they raise money by holding a raffle with donated items, but the pandemic forced them to rethink some of their fundraising strategies.

Ralls said the students designed and sold radiography t-shirts at their national conference. People at the conference liked the shirts so much that they sold out and had to order a second printing. The club also hosted a bake sale on campus, and Ralls said it was the most successful bake sale they have ever held.

ANNUAL FINANCIAL SUPPORT

Our caring and generous community makes it possible for the Foundation to provide about \$1,000,000 support to Cheyenne Regional annually.

DID YOU KNOW?

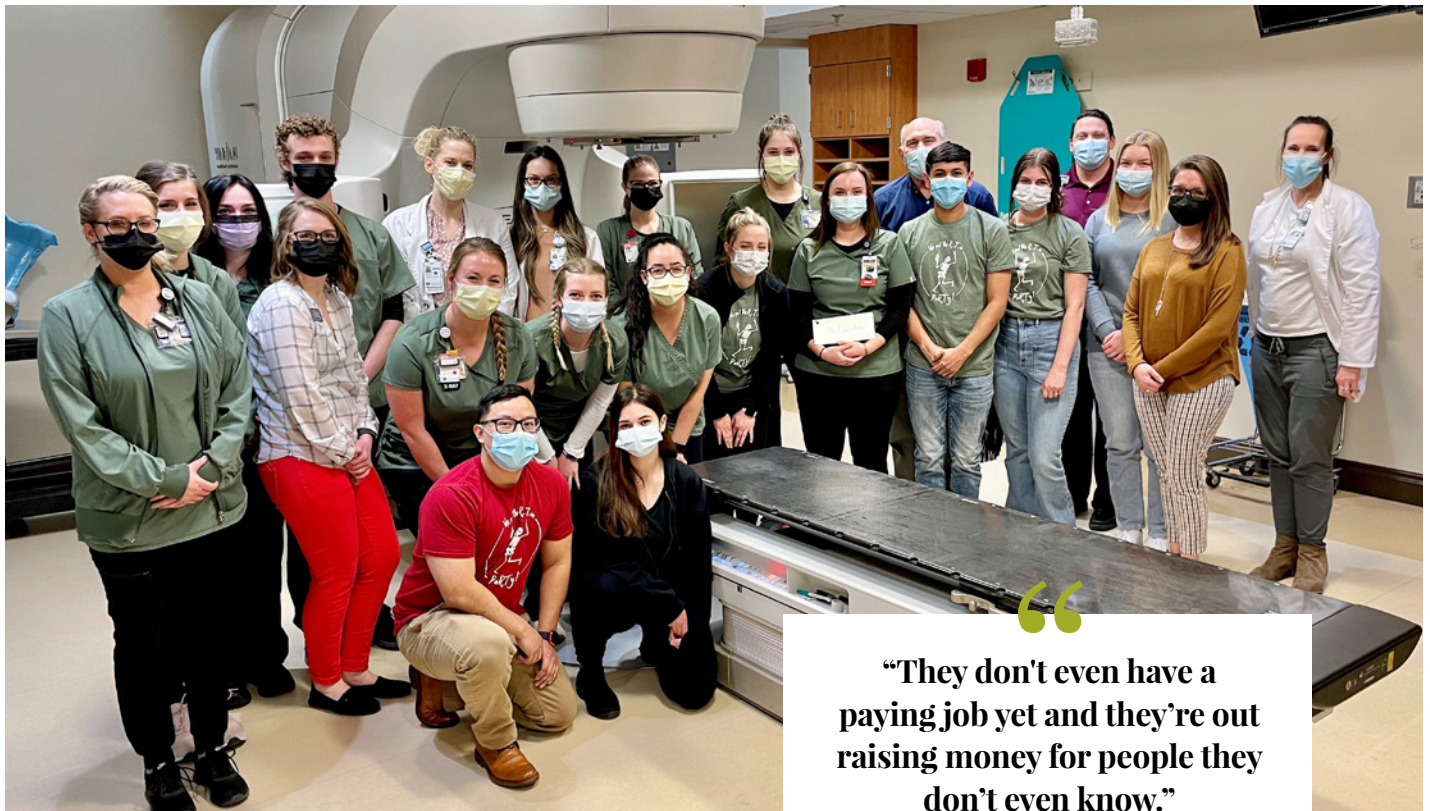
“We’re finding success this year because people really want to help,” Ralls said. “This is an important cause for these students.”

She said asking the students to volunteer in the community is important for the service learning aspect of the radiography program.

“It’s just a different style of learning we find really important to the program,” Ralls said.

Many of the students in the radiography program will go on to work with radiation oncology patients in their future careers, and Leonard Geringer, recently retired manager of the Cheyenne Regional Medical Center radiation oncology department, thinks their dedication to these patients is commendable.

“They don’t even have a paying job yet and they’re out raising money for people they don’t even know,” Geringer said. “That does make a difference to our people. Cancer is not only a devastating diagnosis, it’s also financially draining. It’s very expensive, so we try to help as much as we can.” *



“They don’t even have a paying job yet and they’re out raising money for people they don’t even know.”

PHOTO BY SCOTT FOX

LCCC Radiography Club visiting Cheyenne Regional Medical Center in April.

100% of your donation to the CRMC Foundation goes to the area you identify. Cheyenne Regional covers the Foundation's administrative costs so your gift will have maximum impact!

DID
YOU
KNOW?

2



ULTRASOUND FOR AMBULATORY INFUSION CLINIC CREATES POSITIVE EXPERIENCE

An ultrasound purchased with a grant from the Cheyenne Regional Hospital Foundation allows staff at the ambulatory infusion clinic in the Cancer Center to provide better experiences for patients.

1



"It's considered a vein-finder, and it definitely improves accuracy of the line placement because you're able to see ... which veins are more stable," said Dana Pate, clinical director. "We were relying on the Vascular Access Team because they had the machine [first] ... and our patients, unfortunately, were having to wait for them to come, which was delaying their treatments."

The ability for staff to "identify vessels that are better ... which means one stick for the patient versus two or three," is another big benefit, said charge nurse Jessica Glaze.

For many patients who come into the infusion clinic, staff "cannot see or feel their veins," often because of the patient's illness, said Glaze. The ultrasound makes a difference because it "allows us to see veins that you can't visualize with the naked eye."

Staff use the ultrasound daily with an average of five patients.

Sylvia Hackl receives infusions every two months for rheumatoid arthritis. She said she is considered "a tough stick." Since staff began using the ultrasound, her experiences are more positive.

"It's a faster, less painful process for me, and since I'm going to be doing this for the foreseeable future, it's nice to know that this option is available right there on the floor," she said.

PAPRS ALLOW STAFF TO KEEP PROVIDING EXCELLENT CARE

"During the height of COVID-19 the viral exposure to our staff was widespread," CRMC clinical manager Belit Tolluoglu said. "If these devices were not available, our staff would be at a greater risk and increase the chances of them being ill and missing work."

Powered Air Purifying Respirators, or PAPRS, and the newer version known as CAPRS, are reusable battery-operated personal respirators. Tolluoglu said that with proper care and cleaning, the systems have a long life span and are used for a wide variety of situations, including decontamination of a patient that has been exposed to chemicals, insecticides or herbicides, or during a hazmat emergency in the community.

These three units will be used solely for decontamination purposes and will replace older models so the Emergency Department is using the same equipment as the local hazmat team in the event of a crisis.

"Respirators have been available in various forms since their invention in the 1800s, and have been crucial in protecting our firefighters, police officers and military personnel, but its greatest presence in healthcare has been during COVID-19," said Tolluoglu. "PAPRS helped our staff stay safe and allowed them to come to work every day, so they could continue to provide excellent care day in and day out."

3



GRANTS TO HOME HEALTH HELP PATIENTS OF ALL AGES

Eight grants received by the Home Health Department from the Cheyenne Regional Medical Center Foundation allow nurses and therapists who conduct home health care to assist their patients, from babies to the elderly, in a variety of ways.

Newborns with bilirubin who need a special light therapy can now be treated at home.

“The blue light helps the baby’s liver develop properly,” said Marion Kershaw, director of home health. “This will be a huge advantage for our families and moms to not have to go back to the hospital but to have the service in their home.”

A tool for cognitive assessment “will help the speech therapists diagnose dementia and what stage patients are at,” said Michelle Anderson, clinic rehabilitation manager and occupational therapist. That knowledge helps staff “adjust their scope of practice,” she said.

Other grants given purchased equipment for patients who need to strengthen their hands and their legs, as well as for patients who talk softly after surgery, and for those who experience hearing loss. Other items purchased included blood pressure cuffs and IV poles, Kershaw said.

Home health tripled in 2020 due to COVID-19, she said, and they used to have to borrow equipment from other departments, especially after demand rose.

About 90 staff serve Goshen, Platte and Laramie counties. “We see about 650 patients a day in the three counties,” Kershaw said. “The home health world – that is the future.”

2021 GRANTS

The Foundation board granted the following 112 requests from the listed departments at Cheyenne Regional in 2021. The Endowment Committee meets biannually to review and approve grant requests.

Acute Rehab Unit: Therapeutic Equipment	\$3,500	Home Health IV. Blood Pressure Equipment	\$500
Ambulatory Infusion Clinic: Supply Organizers for Infusion Stations	\$300	Hospice: Lawn Care and Grounds Maintenance	\$59,000
Behavioral health: Exercise Equipment	\$2,600	Visa Gift Cards – for Last Wishes	\$6,000
Safety Restraint Chairs	\$4,600	Veteran Flags	\$1,400
Cancer Center: Infusion Chairs	\$5,000	Protocols in Hospice Care	\$7,000
Gas Cards	\$10,000	Intensive Care Unit: Stryker Transport Chair	\$3,200
GE Venue Ultrasound	\$39,000	Inpatient Nursing Tower Units: Seated Positioning System	\$5,000
Waiting Room Chairs	\$2,700	Laboratory: CBC Machine - Cancer Center	\$49,550
Waiting Room Tinting	\$2,000	Medical Imaging: Vascular Tilt Table	\$7,700
Patient Education Materials	\$600	Two Heated Empath Recliners	\$9,800
Waiting Room Floor Repair	\$3,800	Philips MRI Coil Cart	\$5,300
Lab Draw Stations	\$2,900	Medical Specialty Clinic: Vscan Handheld Ultrasound	\$3,000
Cancer Center Boutique and Education Materials	\$10,000	Language Line iPad and Cisco Phones	\$1,500
Cardiac Rehab: Treadmill	\$13,800	Medical Staff Services: Paperless Initiative - Scanner	\$1,000
Cardiac Surgery: Armstrong Premier 30" Cart	\$2,400	Training and Video Conferencing TV	\$400
Cardiopulmonary: NomoLine	\$30,000	Oncology: Hospice Final Journey Booklet	\$600
Medfusion Syringe Pump	\$9,200	Aromatabs	\$500
Care Management: Five Sets of Sweatpants and Sweatshirts	\$500	Operating Room: Semi Rigid Scopes	\$7,400
Alzheimer Disease/Dementia Patient Education	\$900	Precision HD Bariatric Laparoscope	\$4,500
Pill Organizers	\$200	Bard Safety Blade Handle	\$7,500
Durable Medical Equipment	\$2,000	Outpatient Behavioral Health: EMDR Training and Buzzer	\$3,000
Cheyenne Cardiology Associates: Blood Pressure Machines and Scales for Patients	\$3,600	Fujitsu Duplex Scanner	\$1,200
Clinical Education: Nursing Education and Ethics Materials	\$2,500	Training Courses for Therapists	\$11,800
Consultants in Surgery: Breast Cancer Treatment Handbooks	\$1,200	Outpatient Physical Rehab: Smartcuffs Pro Blood Flow Restriction Unit	\$1,000
CRHP Endocrinology: Sample Medication Refrigerator	\$4,200	Outpatient Rehab Services: Day of Giving - Compression Garments	\$1,500
CRMC Heart and Vascular Institute and Podiatry: Podiatry Program Support	\$3,000	Compression Garment Support	\$8,000
Patient Room Chairs	\$13,100	Post-Anesthesia Care Unit (PACU): PACU Hardwired Monitor	\$12,400
Davis Hospice Center: Hospice Marketing Assistance	\$5,000	PACU Critical Care Transport Monitor	\$12,000
Hospice Chair Cover Replacement	\$7,000	Pastoral Care: Pastoral Care Education Reimbursement	\$1,000
Child, Teen, Adult Bereavement Education Materials	\$4,000	Performance Improvement: Lean Transformation Visual Wall	\$10,000
King Soopers Gift Cards	\$6,000	Pharmacy: Syringe Labeling System	\$17,200
Lobby and Fireside Furniture Replacement	\$29,000	Refrigerator for AIC Pharmacy	\$5,600
Emergency Department: Three New Decon PAPRs	\$5,300	Physical Therapy: Bariatric Recliners for Tower	\$9,700
Smartboard	\$2,800	Population Health: Nicotine Cessation	\$5,000
Intraosseous Power Drill	\$1,900	Grab and Go Cancer Survivor Picnic	\$4,600
Power Air Purifying Respirator (PAPR) for Decontamination	\$3,500	Radiology: Omnicell Metal Locking Drawer	\$3,200
Nitrous Oxide Delivery Machine	\$12,200	Radiology Care Unit: Spacelab Display Monitor	\$500
Spacelab Portable Monitor	\$12,800	Pharmacy Medication Fridge - Interventional Radiology	\$6,900
Emergency Department and Transport: Emergency Medical Technician-Basic (EMT-B) Scholarship	\$8,000	Phlebotomy Cart	\$1,500
Enroll Wyoming: Promotional Materials and Advertising	\$7,000	Specialty Certification Programs: Formal Patient Education Materials - Hip and Knee	\$1,200
Food and Nutrition Services: Stand-up Freezer	\$4,600	Formal Patient Education Materials - Sepsis	\$1,200
Emergency Meal, Ready-to-Eat (MRE) Rations	\$9,500	Staffing and Scheduling: Two oversized monitors	\$1,700
Food and Nutrition Services - Clinical Nutrition: Kangaroo IRIS Feeding System	\$8,900	Stroke Program: Automatic Blood Pressure Cuffs	\$2,500
Forensic Nursing: Trauma Patient Area Upgrades	\$800	Telemetry: Heart Night Out	\$750
Heart and Vascular Institute: Wake-up Heart Health	\$2,500	Telestroke: Stroke Symposium	\$3,000
Home Health Care: Bili Blankets	\$5,000	Trauma Services: Advance Trauma Life Support Course Equipment	\$2,500
Home Health Care Essential Equipment	\$1,200	Vascular Access Team: Relocation of Electric and Equipment Plugs	\$400
Occupational Therapy Items	\$200	Sonosite Unit with Dual Probe Ports	\$18,800
Locking Medication Planners and Pill Boxes	\$600	Womens and Children Services: GE Giraffe Warmer	\$23,000
LVST Big and Loud	\$500	Code Blue Cart Dividers	\$2,100
Speech Therapy Items	\$300	Label Printer for Labor & Delivery	\$5,000
Physical Therapy Items	\$500	Label Printer for Pediatrics	\$1,900
Cognitive Tests and Assessments	\$900	Lactation Pump Short Term Loaner Program	\$1,400
Home Health/Occupational Therapy: Home Health Exercise Equipment	\$800	Implicit Bias Training	\$1,600
Home Health Exercise Equipment (two)	\$600	Wound Care: Vital Signs Monitor	\$2,200
Pocket Talkers - Communication	\$500	Wyoming Orthopedics and Sports Medicine: MedBridge Subscription for Patient and Staff Education	\$8,300

112 GRANTS TOTALING \$690,000



DENIM & DIAMONDS 2021

*Celebrating the Wild, Wild West
presented by Ron & Sandy Thiel*



This sold-out event brought 600 people together for a western fundraiser for a very good cause – Cheyenne Regional’s new Intensive Care Unit. With the help of all our silent & live auction item donors, and all the community members in attendance, D&D 2021 raised \$378,000! Attendees also enjoyed country music from Cheyenne’s own Jim Wilkinson during the social hour and an amazing feature performance by Ned LeDoux.



DENIM & DIAMONDS







DENIM & DIAMONDS

Benefits Behavioral Health Services Remodel



Left: A lounge designated for patients will be one of the areas updated in the renovation that will start this fall.

Below: Dr. Jasper Chen is part of the Behavioral Health Services team and works with other doctors, nurses and social workers to provide mental health care.

Dr. Jasper Chen knows that 80 to 90 percent of his patients haven't come to see him voluntarily, but that doesn't stop him from wanting to do his job forever.

As a psychiatrist who works in Cheyenne Regional Medical Center's Behavioral Health Services (BHS) in-patient facility, Dr. Chen takes care of patients who are having a severe mental health crisis. He works with a team of other doctors, physician's assistants, nurses, clinical social workers, case managers, technicians, staff and medical students to help these patients recover.

People who are admitted to the in-patient facility are often suffering from one of three conditions, Chen said. They are either acutely suicidal, acutely homicidal or are not able to manage their own safety and wellness, or what is called "inability to care for self."

"A lot of our patients don't want to be here, and they are pretty vocal about letting us know," Chen said.

Helping his patients with their mental health care needs is kind of like football, Dr. Chen said, and he is on his patients' team. Each day he tries to get them further and further down the field until they are ready to make a touchdown and continue on their path to being well enough to leave his in-patient care.

"I want to try to help folks get better in a very short amount of time," he said. "Every day I am going to

try to throw you a pass. Over the next couple of days, I'm going to have you catch longer and longer passes, and one of these days I'm going to throw you a touchdown where you catch it in the end zone. Or I'm going to have you go for a Hail Mary and that works too."

That can mean making progress on the depression and anxiety ratings scale or fine-tuning medication until it is optimized for that patient.



"I think a lot of people don't even realize there are actual curative treatments for depression, anxiety, bi-polar disorder and schizophrenia," Dr. Chen said. "Just like if we need treatment for diabetes or cancer, mental health is no different. Some people just don't realize that what you are going through can be benefited considerably by a combination of one-on-one counseling and medications that are designed to help you feel better or to take away the symptoms that cause undue suffering. I've seen a lot of harm that can be prevented."

Mental health matters for everyone, and making sure people have access to good mental health care can truly be a matter of life and death. The Wyoming Department of Health reports 1,623 people died by suicide between 2010 and 2020, and the state often ranks in the top one or two for suicide deaths per capita.

BHS offers both in-patient and out-patient care in their East Campus facility in the former DePaul Hospital, and throughout the COVID-19 pandemic, BHS saw the need for mental health care



Natalie Villalobos left and Sabrina Glass, right, discuss some of the challenges of the current reception area during a tour of the facility.



Art created by patients sit on shelves in Behavioral Health Services.

increase. For their out-patient clients they pivoted to meeting that need with Telehealth appointments. Greg O’Barr, administrator for behavioral health and population health services for CRMC, said Telehealth appointments have helped some patients mitigate the perceived taboo of seeking mental health care.

“There is still a stigma and shame around seeking mental health treatment even in the healthcare community, and so any way we can make it easier for the patients, including remote access via telehealth options, will help us meet the demand we are seeing,” O’Barr said. “There is zero shame in reaching out for help.”

The increased demand for mental health care is one of the reasons the CRMC Foundation has designated the BHS department as the beneficiary of the Denim & Diamonds fundraiser for 2022 and 2023.

“There’s a mental health crisis across our nation and across the world,” said CRMC Foundation executive director Scott Fox. “It’s not somewhere else. It’s actually here—it’s in Wyoming, it’s in Cheyenne, and supporting the providers and the staff who take care of people who need help is a really important thing.”

Fox said raising funds for this department not only helps the hospital take the next step in improving their facilities, but it also shines a light on the valuable work BHS does and the critical need for their services in the community.

“Not a lot of people may be aware of them unless it touches them personally,” Fox said. “These are areas people don’t like to talk about, but talking about them and providing care is how we help solve this crisis. We do that by helping people. This project gives the community the opportunity to directly help as well.”

Mental health matters for everyone, and making sure people have access to good mental health care can truly be a matter of life and death.





Art created by patients sit on shelves in a multi-purpose room in Behavioral Health Services.

Mental health is important to everyone, including doctors. Dr. Jasper Chen recently offered ideas for supporting good mental health specifically for health care providers.

- 1 Take your own pulse first. Dedicate some time every day to yourself. Check in with your self-development and your own frame of mind. Doing so can help alleviate burnout.
- 2 Be receptive to learning new things. New medication and modalities arrive frequently, and Dr. Chen encourages doctors to keep up to date on the best way to treat their patients. Don't look at the world with a fixed mindset.
- 3 Do not sacrifice your family for the sake of your patients. Dr. Chen encourages doctors to remember their family members are as important as their patients. That can mean something as simple as making it a priority to make it home in time to share dinner with family members as often as possible.

Currently housed in the building's second floor, BHS will soon be moving into newly renovated facilities on the first floor. O'Barr said they expect the project to begin this October and be completed in the first quarter of 2024.

"It's an old building we've pieced together to make work for a really important service to the community, but it's really inefficient," O'Barr said.

When the renovations are complete, there will be improvements for patients from the moment they walk in the door. There will be a private entrance for BHS out-patient clients who are seeking counseling for issues such as marriage and family difficulties, parenting issues, anxiety and depression. An expanded waiting room will offer more privacy and a more welcoming front desk to the ever-expanding roster of out-patient clients the facility serves—up to 100 appointments a day with a waitlist of about 70 people.



A detail of the exterior of CRMC East building, or formerly DePaul Hospital.

Renovations to improve the in-patient experience will include having showers in every room and placing the nursing station where nurses can see all of the rooms at once. The new layout will move the seclusion room—used for very acute mental health emergencies—away from the room where other patients watch television or read books and play games.

"It will be nice not to have to renovate the building to fit the patients' needs," said Natalie Villalobos, BHS director of social work. "We're having the building made to meet our patients' needs." ✨



CRMC PATIENT TRANSPORT SERVICES

Two miles can seem an impossible amount of ground to cover when you can't get a ride.



From left to right, Tamera Sieben, Michelle Najarro, Charlee Houghton (in ambulance), Peggy Romero, Janda Casey, Kelly Lucero, Cindy Osborne, Hannah Miilu are members of CRMC's patient transport services. The service was created to transport patients between east and west campuses and to help patients lacking in transportation.

PHOTO BY MICHAEL SMITH

That's exactly what happened during the pandemic to CRMC patients who needed to get from the hospital's West Campus near the Capitol to specialists located on the CRMC East Campus—a 10-minute drive away.

"When COVID-19 came along and public transit and taxi cabs all shut down, CRMC identified the need to get patients back and forth for treatments at the Cancer Center," said CRMC Patient Transport program manager Cindy Osborne. "So we were asked to help."

CRMC Transport was created to transfer patients between the west and east campuses and to help patients lacking transportation. Transport does not do any emergency calls, but does have two ambulances, a wheelchair-lift bus, two wheelchair accessible vans, two large SUVs and a small van to transport patients who need radiation, infusion or wound care treatments, and any other patient services.

CRMC had the vehicles, but not enough EMT-trained drivers.

Then the CRMC Foundation stepped in. A grant for \$13,200, including funds raised during last year's Great Bison Shuffle, provided the means to hold EMT trainings.

"Drivers do everything the EMTs do with the exception of attending patients in the back of the ambulance," Osborne said, adding that drivers need to be at least 21 years old, have a clean driving record, a CPR certification and be able to assist in an emergency if one occurs while a patient is in transit.

A grant for \$13,200, including funds raised during last year's Bison Shuffle, provided the means to hold EMT trainings.

The EMT training costs about \$1,500 per person, an expense that some potential drivers cannot afford. That's where the grant comes in.

"The students pay for the initial course," Osborne said. "Once they complete the course, become certified and work for CRMC they will be reimbursed."

CRMC also provides continuing education for staff EMTs to maintain their certification.

Eleven people from the first two trainings have become EMT-certified employees for CRMC, said Osborne.

"This is our way of investing in our employees," Osborne said. "We are grateful for all of the things the Foundation has done to support Transport."



CRMC Transport Services employee Charlee Houghton wipes down the interior of an ambulance. Transport services do not respond to emergency calls; however their drivers attend EMT training and are CPR certified.

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For 2022 and 2023, we are focusing our annual *Denim & Diamonds* campaign on fundraising to support Cheyenne Regional's Behavioral Health Services and specifically the creation of their new in- and out-patient units!

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OILS: Use olive oil for sautéing and canola oil for stir-frying. Olive oil has a low smoke point, and will smoke with the high heat required for stir-frying.

VEGGIES: Drain and rinse canned vegetables in fresh water before cooking. Even better, use no-salt-added canned vegetables. The best way, however, is to use frozen vegetables when fresh are not available or are out of the budget.



OMEGA-3 FATTY ACIDS: these can reduce blood pressure, improve insulin resistance, reduce the tendency of the blood to clot, and reduce the risk of abnormal heart rhythms. These fatty acids are found in fish like salmon and tuna, and in plant sources including flax, avocado and walnuts, among others.

SOUR CREAM SUBSTITUTES: Use low-fat/non-fat greek yogurt or low-fat/non-fat sour cream as a substitute for regular sour cream.

FLAVOR: Use avocados, guacamole and olives as condiments to add flavor to foods, rather than using high-fat dressings, sauces and toppings.