Message from Dr. Turkal

Dear Friends,

As a physician, helping people stay healthy is what I try to do. Things like diet and exercise are frequent areas of focus. However, you just don’t hear as much about behavioral health issues. These topics are not necessarily part of our mainstream conversation. In fact many people think they are the only ones who face these kinds of challenges.

The reality is that one in four people in the U.S. suffers from a diagnosable mental disorder. These issues affect more than just the person with the condition. They affect family members, colleagues and loved ones. And what’s more alarming is that many health systems are getting out of the business of dedicating resources to help people who suffer from behavioral health conditions, including anxiety disorders, post-traumatic stress, depression and addiction.

So, even if all of the right things are being done to help people stay physically healthy, if they suffer from unaddressed behavioral health issues, it is difficult to live well.

As a leader in behavioral health for 130 years, Aurora Psychiatric Hospital, located in Wauwatosa, Wis., serves individuals coping with mental health and substance abuse problems across all social and economic backgrounds. Aurora’s full continuum of care includes inpatient, residential, partial home, intensive outpatient and outpatient services. Dedicated physicians, caregivers, community members and the generous donors make it possible to care for and address the needs of so many in our community.

Sincerely,

Nick W. Turkal, MD
President and CEO, Aurora Health Care
Letter from Cristy

Dear Friends,

When you think about light, you often think of a new opportunity, a time of rebirth and restoration. When I’ve talked to people who’ve overcome addiction, this is the sensation they often share; that they have a new sense of purpose that gives them strength to overcome their illness. And they wouldn’t have been able to do this journey alone.

This issue is dedicated to Aurora Behavioral Health Services, and in it we recognize several milestones. Each personal accomplishment needs to be celebrated: whether it’s a year of sobriety or simply making the decision to seek treatment for an eating disorder.

This year, we are honoring a very important milestone: the 130th anniversary of Aurora Psychiatric Hospital. Located on a beautiful, 30-acre wooded campus in Wauwatosa, Wis., Aurora Psychiatric Hospital and its partnering outpatient programs – the Dewey Center, Kradwell School and Lighthouse on Dewey – have the privilege to deliver hope and healing for individuals struggling with mental illness or substance abuse. Our caregivers include some of the area’s leading psychiatrists, therapists and clinical nurses – all dedicated to delivering evidence-based treatments in a caring, confidential environment.

In the following pages, you’ll read stories of hope from individuals, caregivers and families who had nowhere else to turn, but due to the expertise and care they received from our unique programing, they’ve been given a second chance. It is these stories of inspiration that we should cherish as we celebrate 130 years of transforming lives in our community.

Always,

Cristy Garcia-Thomas
Executive Vice President, Aurora Health Care and President, Aurora Health Care Foundation

For more information, visit: Aurora.org/Foundation
The changing landscape of care for mental illness

Through community and donor investment, Aurora Behavioral Health Services continues to support mental health and addiction care to meet the growing needs in each of our communities.

“We help individuals in their darkest moments in making that critical turn to recovery,” said Pete Carlson, president of Aurora Psychiatric Hospital and Aurora Behavioral Health Services. “To watch people regain their strength, begin to recover from their illness or addiction and turn their lives around – it is truly humbling and empowering.”

At the center of Aurora’s statewide behavioral health programing is Aurora Psychiatric Hospital. The campus continues a 130-year legacy in addressing the needs of those facing mental health issues and has historically embraced the novel concepts of care of its time and positioned the campus as a trusted place to address mental health needs across the country. It offers unique outpatient programing on campus and via Aurora’s 30 outpatient centers located throughout the state. Last year, Aurora’s outpatient services provided care for more than 25,400 patient admissions.

“When you look at the history of this campus, you can see the changes in the perceptions and treatment of mental health and addiction issues, and this campus has been a part of that evolution,” said Carlson. “I am proud to know that the same dedication of service and commitment our physicians and caregivers provided more than 130 years ago continues today.”

130 years of Aurora behavioral health services

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1884</td>
<td>The Milwaukee Sanitarium is founded as a private, for-profit facility in Wauwatosa, Wis.</td>
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<td>1895</td>
<td>Dr. Richard Dewey appointed as second medical superintendent.</td>
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<td>1905</td>
<td>Dr. William T. Kradwell served as an assistant physician and was an agent for change.</td>
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<td>1919</td>
<td>Treatment of patients in this time shifts to an expectation that patients can be cured.</td>
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<td>1952</td>
<td>Mrs. Sophie Yoerg (Schroeder) serves as hospital president.</td>
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<td>1954</td>
<td>Milwaukee Sanitarium becomes a nonprofit hospital.</td>
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<td>1957</td>
<td>Outpatient clinic was established. Common treatments included lithium, psychotropic medications and a variety of therapies (occupational, family and recreational) that engaged patients in their treatment.</td>
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<td>1964</td>
<td>Milwaukee Sanitarium changes its name to the Milwaukee Psychiatric Hospital. Kradwell School opens for adolescent patients.</td>
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<tr>
<td>1990</td>
<td>Dr. Anthony Meyer appointed medical director. Common treatments of this time include intensive inpatient and outpatient treatments and an increase in adolescent services.</td>
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<td>1993</td>
<td>Milwaukee Psychiatric Hospital affiliates with Aurora Health Care.</td>
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<td>2001</td>
<td>Mr. Pete Carlson appointed vice president and chief administrative officer. Milwaukee Psychiatric Hospital changes its name to the Aurora Psychiatric Hospital.</td>
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<tr>
<td>2010</td>
<td>Learning Gardens opened on the hospital grounds.</td>
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<td>2013</td>
<td>Lighthouse on Dewey dedicated and $2.1 million fundraising campaign completed.</td>
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Lighthouse on Dewey serves as a beacon

Since opening its doors in January 2014, Lighthouse on Dewey has become a beacon for those recovering from addiction by serving as a safe and welcoming space for recovery support groups and community activities that promote healthy relationships, recovery and continued sobriety. And it was here where Mark experienced a pivotal shift in his journey to sobriety.

“One of the biggest things was just listening to other people come in and speak with multiple years of sobriety and seeing how they could do it. That really made a difference in my recovery,” said Mark.

Mark started abusing alcohol and drugs when he was 13 years old. After treatment at the Dewey Center, he was inspired by others who shared their journey to sobriety at Lighthouse on Dewey. Mark has been sober since June 2013.

“Staying sober isn’t easy. That’s where Lighthouse on Dewey comes in,” said Mark. “I attend one or two meetings each week at the Lighthouse. I love going back there and being around other people who share the same experiences.”

Lighthouse on Dewey is used seven days a week by an average of 15 to 20 support groups, helping roughly 500 individuals weekly. Today, Mark shares his recovery story with others at the Lighthouse.

“I want to give others hope and help them know they can do this,” said Mark.

Learn more about Lighthouse on Dewey, visit aurora.org/lighthouse.

Eating Disorder Services impacts lives

“I never thought a full recovery was possible,” said Stephanie. “My eating disorder took over my life, and I couldn’t remember what life was like before.” Stephanie, now in her mid-20s, received inpatient and partial hospitalization care at Aurora Psychiatric Hospital campus two years ago.

“My eating disorder was my identity, it became who I was,” said Stephanie.

Eating Disorder Services at Aurora Psychiatric Hospital offers a multidisciplinary program designed to reduce and ultimately eliminate eating disorder symptoms and behaviors. Comprehensive program options for both adolescents and adults include inpatient care and a partial hospital program, as well as an intensive outpatient program. The person’s total well-being is cared for, including the body, mind and spirit.

Stephanie came for help after she reached a turning point and realized she had to get better or she could lose everything. “I had been through treatments before. But this time was different. I wanted to get better,” said Stephanie. “My motivation comes from within now. I look forward to and know that I deserve a happy future.”

To support the Eating Disorder Services at Aurora Psychiatric Hospital, please contact Judi Strout at Judi.Strout@aurora.org or 414-615-5935.

“My eating disorder took over my life, and I couldn’t remember what life was like before…”

—Stephanie, former patient, Aurora Psychiatric Hospital’s Eating Disorder Services
Helping people launch their recovery journey at the Dewey Center

When you hear the word “addict,” what do you envision?

Misperceptions about individuals addicted to alcohol or drugs, or those in recovery, perpetuate the stigma around behavioral health and can even delay people from seeking treatment.

“These are not the characterized addicts you see in movies,” said Lance Longo, MD, medical director of addiction psychiatry at Aurora Behavioral Health Services. “They are lawyers, teachers, preachers, moms and dads. And once in recovery, not only do they get well, but their family gets well, and their co-workers get well, their neighborhood heals. It radiates out. That’s why this work is so important.”

Michael Johnson has served as a counselor for thousands seeking recovery at the Dewey Center in his 30-year career with the program. “The people I work with see and feel things more profoundly,” he said. “They turned to drugs or alcohol to tone down what the world throws at us. So many of us have unhealthy coping skills, theirs happens to be life-threatening.”

The Dewey Center of Aurora Psychiatric Hospital is known for its holistic and evidence-based approach to drug and alcohol rehabilitation and recovery. Caregivers support each individual as he or she addresses the physical, spiritual and emotional effects of drug and alcohol addiction to build the foundation for life-long recovery.

What makes the Dewey Center unique is that the program also treats individuals with dual diagnoses. Dr. Longo explained, “Oftentimes, as we support a person in recovery for addiction, other underlying issues surface – post-traumatic stress, depression, anxiety, bipolar, among others. We help to manage mental health throughout recovery. Not all addiction care services do that.”

Dr. Longo and Johnson know recovery is supported one conversation at a time. “So many of the individuals I have met have learned to trust no one, not even themselves,” said Johnson. “The relationship he builds with his clients is a two-way street. They learn from one another.

“One of the greatest lessons they have taught me is to be truly authentic in every interaction, because they can read a person from a mile away,” Johnson said. “Our patients at the Dewey Center tell us they feel accepted and welcome here, that they don’t have to put on masks or be a chameleon. And I feel the same way – it is a privilege to walk alongside them.”

“I was feeling helpless and hopeless and I knew I needed to stop, but there was no way physically I could do that by myself. The people here helped me understand how I was worth something and helped me become sober and stay sober.”

– Mark G., Dewey Center Alum
Kradwell students encouraged to dream big

Many families are grateful to those who support Kradwell School for giving their children a second chance. Many parents who find their way to Kradwell share they often see it as a last resort: they've lost sight of the child's future and are struggling to save their child. After dropping out of high school in 1994, Liz clearly recalls how she felt when she enrolled at Kradwell.

“I had an attitude that I was too broken to be fixed and that I wouldn't amount to anything. My self-esteem was low, and I had a difficult time trusting people,” said Liz. “Over time, my attitude began to change, and I learned to trust the staff.”

Kradwell is the only school in Wisconsin dedicated to serving students in grades 5–12 who, because of emotional, behavioral or developmental difficulties, fail to succeed in a traditional educational environment. For more than 50 years, Kradwell's educational model has encouraged small class sizes, creating a teacher-student bond that promotes learning and emotional stability. That close environment made a profound impact on Liz.

“One day, my teacher asked me where I wanted to be in 10 years. I remember laughing because I didn't know where I wanted to be in 10 days, let alone 10 years,” Liz recalled. “She told me to think big and that if I wanted it bad enough, I could accomplish my goals. Her faith in me gave me the motivation and determination to try harder and focus on succeeding. I started to see the potential that others saw in me.”

After completing her sophomore year at Kradwell, Liz went on to Wisconsin Lutheran High School where she graduated with a 3.67 GPA. She later graduated from Edgewood College in Madison and is now a second-grade teacher. She is married, has a family and completed her master's degree.

“As a teacher, I hope to make a difference in a child’s life and motivate them to dream big and achieve their dreams, just as the staff at Kradwell did for me,” said Liz.

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62% of Kradwell School graduates went on to college or technical school.
(Jan. 2011–June 2014)

In 2014, Kradwell experienced its highest enrollment rate for students in its 50-year history.

For more information, visit: Aurora.org/Foundation
Calendar of events

Sat., Sept. 13 .......  There Is Light Gala. This event is sold out. To make a gift in support of Aurora Psychiatric Hospital’s 130th anniversary, please call 877-460-8730 or visit give.aurora.org/light.

Sat., Sept. 20 .......  Vince Lombardi Cancer Foundation Leather & Legends, House of Harley-Davidson, Milwaukee. For more information, contact Erin Hareng at Erin.Hareng@aurora.org or visit LombardiFoundation.org.

Thurs., Oct. 2 ......  Evening of Promise, Summit Place, West Allis. For more information, contact Elaine Maly at Elaine.Maly@aurora.org or visit give.aurora.org/Promise.

Sat., Oct. 18 ........  Infinity Ball, The Club at Strawberry Creek, Kenosha. For more information, contact Michelle Weber at Michelle.Weber@aurora.org or visit give.aurora.org/InfinityBall.

Sat., Nov. 15 ........  Lake Country Gala, The Delafield Hotel, Delafield. For more information, contact Karlyn Agnew at Karlyn.Agnew@aurora.org or visit give.aurora.org/LakeCountryGala.

November 7–8, 2014
The Lombardi Food & Wine Experience will celebrate its 11th year as one of Milwaukee’s premier culinary events. Guests will enjoy exquisite wine tasting, decadent culinary samples, a luxurious dinner and much more. This event supports the Vince Lombardi Cancer Foundation’s effort to connect more people facing cancer in our communities with the best cancer-fighting tools and resources available through Aurora Cancer Care.

• Food & Wine Tasting Gala at The Pfister Hotel, Fri., Nov. 7, where guests can taste gourmet cuisine and wine.
• Celebrity Chef & Wine Dinner at the Milwaukee Athletic Club, Sat., Nov. 8, with featured chef and vintners.

Join us and raise a glass to fight cancer! For tickets or more information, visit LombardiFoundation.org.

Proceeds benefit the Vince Lombardi Cancer Foundation, a nonprofit organization dedicated to supporting cancer services at Vince Lombardi Cancer Clinics at Aurora Health Care facilities in eastern Wisconsin.

Aurora Sheboygan Memorial Medical Center will launch a fundraising campaign this fall to build a new Behavioral Health Wellness Center in Sheboygan County, which will open in 2015. Learn more about how you can support this effort by visiting give.aurora.org/lighththeway.