

## DBC PSYCHIATRIC SERVICES:

- Opened the state's first community-based inpatient psychiatric ward in 1961
- Has operated a freestanding inpatient psychiatric center in the Billings medical corridor since 1989
- Operates one of only two Montana facilities that treat youth for psychiatric disorders on an inpatient basis
- Maintains a staff of psychiatrists, psychologists, and psychiatric nurses through the DBC Behavioral Health Clinic for outpatient treatment
- Serves more than 10,000 outpatients and more than 2,000 inpatients (including 300-400 children) annually
- Offers Montana's most extensive psychiatric services, with specialists available in both pediatric and geriatric counseling
- Is committed to preserving currently offered psychiatric services



DEACONESS BILLINGS CLINIC  
FOUNDATION

2917 Tenth Avenue North  
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*I have heard a 10-year-old boy say, "I want to die."*

*I have seen a little girl repeatedly bang her head against the wall.*

*I have watched parents weep after their child's attempted suicide.*

*I have counseled a child intent on self-mutilation.*

*I have seen toddlers suffering from post-traumatic stress.*

*But it doesn't have to be this way.*



*On other days, I have helped a teenager feeling hopeless and helpless to find courage.*

*I have felt the power of a mother's first-ever "I love you" to her teen daughter.*

*I have seen a troubled child learn the skills he needs to complete a full day of school.*

*I have seen the power of a kind word from parent to child.*

*I have heard a young lady say, "I want to live."*

*- Based on the remarks of Jan Woolston, LCSW, Youth Partial Hospitalization Program Therapist, Deaconess Billings Clinic (DBC) Psychiatric Services*

Your 2002 Holiday Glow gift to the DBC Psychiatric Services Endowment will allow troubled kids and adults in our community to live productively. And to live, period. With hard times here in mental health services, and sure to worsen, lives are out there that need saving.

## SHATTERED LIVES

No one chooses a psychiatric disorder. Disorders strike without regard to social status or family background. Some have environmental causes. Others are organic in nature. Many are not fully understood. They include diagnoses such as

*The costs of psychiatric disorders are enormous — financially, socially, personally.*

depression, psychoses, and anxiety and attention disorders.

For all involved, the financial, social, and personal costs of

psychiatric disorders are enormous. Ill persons may have trouble making friends, holding a job, paying attention at school, and maintaining relationships. They sometimes become violent or suicidal. Families can be destroyed by the high cost of purchasing prescription drugs, or by the instability of an ill parent. Families may not understand the illness of a loved one, and may be unable to cope. Afflicted persons struggle not only with their illness but also with the associated stigma.

The hopelessness and helplessness can be devastating, especially for children.



## SHATTERING REALITIES

Psychiatric disorders are as real and debilitating as heart attacks and broken bones. But those who suffer from them are increasingly unable to find and afford needed care.

For decades in Montana, the mental health system has been crumbling. Cuts in state funding, with more on the way, have slashed mental health services to low-income populations. Government reimbursements to providers of short- and long-term mental health services have fallen

far below the cost of care. Private psychiatric hospitals have closed their doors, and the Warm Springs State Hospital has reduced its services and inpatient capacity. Mental health workers — long in short supply in Montana — are leaving their professions out of frustration.

*In recent years, DBC Psychiatric Services has operated at a loss of \$3-4 million due to unreimbursed costs.*

# PIECING TOGETHER HOPE

DBC Psychiatric Services is leading the way to keep psychiatric care available in our community. For more than 40 years, this department has met the challenge of providing crisis intervention and short- and long-term counseling for tens of thousands of Montanans and their families.

The challenge ahead is to maintain services without the operating deficits of the past. To do this, the department is taking bold action — including

shortening patient stays, reassigning staff, and reducing beds at the DBC inpatient center, working with the Montana Legislature to achieve parity

for mental health services, and collaborating with community groups to develop lower cost interventions. And it has recognized that philanthropy is a necessary part of sustaining the care our community needs. To that end, the DBC Psychiatric Services Endowment has been created.

*Philanthropy is a necessary part of sustaining care.*

## Children that don't get the psychiatric care they need may:

- Become physically or verbally abusive to themselves and others
- Become deeply depressed
- Disrupt their school classrooms
- Disrupt their families, causing difficulties for their siblings
- Drop out of school
- Run away from home
- Be unable to form and sustain friendships, resulting in lifelong isolation
- Be erroneously perceived as lazy or stupid
- Be at greater risk for alcohol and substance abuse
- Frequent the juvenile justice system
- Need expensive emergency care
- Become homicidal or suicidal

## Adults that don't get the psychiatric care they need may (in addition to most of the above):

- Have difficulty holding down a job
- Be unable to support or care for their families
- Commit crimes and be imprisoned
- Become permanently disabled and unable to work
- Have to be permanently hospitalized
- Mistreat their children, perpetuating the cycle

The Psychiatric Services Endowment was founded in 2001 with a gift of \$275,000 from the Charles M. Bair Memorial Trust. The balance grew to more than \$675,000 by the end of 2002, through private donations and a second gift from the Bair trust. The goal is to reach an endowed total of \$5 million.

All endowment gifts will be held for perpetuity and professionally managed consistent with sound and safe investment practices. Investment earnings will be distributed by the Foundation as needed to cover the unreimbursed costs of providing care through DBC Psychiatric Services.

With thoughtful financial and estate planning, you can simultaneously provide for your loved ones and fulfill your goals and desires for charitable giving. Further, your gift to the DBC Psychiatric Services Endowment will help shape our community and world for generations to come. What better investment could you make?

Your donation will be added to your lifetime giving history with the DBC Foundation.

*Endowment gifts live forever. A gift made today combines with future gifts to make life better for generations of people, with impacts far beyond what you might imagine. The principal of an endowed gift remains intact, earning funds time and again to go to work in the community.*

## Honor your loved one at our Annual Luminaria Prayer Service:

December 18, 2002  
Deaconess Hospital Atrium  
5:30 pm – Cookies and cider  
6 pm – Prayer service

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## Lighting the Way to a Healthy Community

### 2002 Season of Luminaria Holiday Glow Campaign

**YES!** I want to help shed some light on the dark and often misunderstood world of psychiatric disorders — especially disorders affecting children. Here's my Holiday Glow gift to build the DBC Psychiatric Services Endowment:

- \$1,000    \$500    \$250  
 \$100    \$50    \$25    Other: \$ \_\_\_\_\_

Please direct my Holiday Glow gift of \$ \_\_\_\_\_ to other priority needs of Deaconess Billings Clinic.

With my donation, I wish to honor the person I have named on the enclosed Holiday Glow luminaria. I understand that the luminaria will be displayed in the Deaconess Hospital atrium during the holiday season, and lighted for the annual luminaria prayer service (open to the public) on December 18.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

#### Method of payment:

Check is enclosed (*made payable to the DBC Foundation*)

Please bill me

Charge my credit card:

Visa    MasterCard    American Express

Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

*Mail your pledge card, payment, and completed luminaria to the DBC Foundation in the return envelope provided.*

*Your donation to the not-for-profit DBC Foundation is tax-deductible to the extent allowed by law.*

 **DEACONESS BILLINGS CLINIC FOUNDATION**

*Please use the attached pledge card and return envelope to make your 2002 Holiday Glow gift to the DBC Psychiatric Services Endowment. Your donation will help close the costly and dangerous gap between needed psychiatric services and available funding, improving the quality of life for us all.*