

# Health, Hope & Opportunity



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“It is only due to my comfortability and closeness of my care team that I was willing to open up about my trauma and work through it.”

## Traveling the road to complete health

Most days, Chrystal spends hours on the bus, transferring from route to route — hours to work and hours back. Sometimes, it is too much time alone with her thoughts.

She works two jobs to cover her living expenses. Between her work as a cashier at the drugstore and her second job offering samples at the members only discount warehouse, she is able to barely cover her rent, food, utilities, and bus passes to get back and forth to work.

She lives with several health challenges, including bipolar disorder, major depressive disorder and chronic pain, plus she is a domestic violence survivor. She has lived through many traumatic moments, only to pick herself up and get back to navigating her future.

For Chrystal, access to the right health care—Cherry Health’s Maple Health Home Sage Team—is invaluable.

“Without [my therapist] Barb and the Sage Team, I would not be able to function,” explains Chrystal. “The counseling I get, the medications I’m on—they keep me moving forward.”

A few years ago, fleeing her abusive relationship, she arrived in Grand Rapids seeking help for her mental health. She was referred to Cherry Health. The intake team thought she would be a good candidate for a new way Cherry Health was providing care—“a behavioral health home.”

By co-locating and directly connecting all aspects of a patient’s care—counseling, psychiatry, primary care and case management—a unified approach empowered a care team. This innovative concept intrigued Chrystal, who was open to trying anything that could help her feel and function better. She decided that she would join Maple Health Home’s care.

**It worked.** Now, she is routed by her team on the road to wellness.

“One of my biggest fears is not being able to afford this kind of care. It’s been the only way I could manage all the complicated parts of who I am. I’m better because Barb helps me deal with my pain inside and my doctor helps me with the physical pain. Having the team work with me on all that I am is what helped make me whole again.”

# Funding Comprehensive Health Care Solutions That Work

Recent funding support of \$64,000 from Cherry Health Foundation donors connects patients to fully integrated care at two Cherry Health clinics.

Maple Health Home and Durham Clinic are settings where a team of health professionals work together to provide behavioral health care treatment and medical treatment, all in one place. These mental health concerns may be depression, anxiety, bipolar,

...full integration of care reduces patient costs by 30% and ER visits

schizophrenia, and/or substance use disorders. While the medical treatment could include chronic pain, hypertension, or diabetes.

By co-locating,

connecting and coordinating care, patients are proven to make progress in their wellness. Additionally, this full integration of care reduces patient care costs by 30% and ER visits by up to 63%.

**Donors to Cherry Health Foundation were able to make this cutting edge care available to patients regardless of insurance and income, through support of Foundation initiatives.** For more ways to support access to innovative care, contact Anna Goddard Clifford, CFRM, Director of Development, at 616.965.8217.



Cherry Health Care Teams gather in a daily meeting called the "huddle" to determine the next best steps for patient care. This could include providing resources resolving "external" health pressures, such as housing, or focusing care on one health condition to better manage others.

## Be Immersed in Our Story

Have you or a loved one ever faced a health challenge that seemed overwhelming? Have you ever come up against wall after wall, only to feel like things could and should be different in health care? Now, imagine approaching these hurdles with limited resources (education, transportation, etc.) and under the stress of poverty.

**When you take part in a Cherry Health Tour**, you witness how integrated care breaks barriers and dramatically impacts patient wellness. Go behind the scenes to see how patients connect to care and hear how your help has the ability to positively change community health.

Tours are offered throughout the year from 12 p.m. to 1 p.m. at Heart of the City Health Center, 100 Cherry Street SE, Grand Rapids. Lunch is provided, and pre-registration is requested.

 616.965.8267

 [bit.ly/cherrytour](http://bit.ly/cherrytour)

 [foundation@cherryhealth.com](mailto:foundation@cherryhealth.com)

### CHERRY HEALTH FOUNDATION STAFF:

2 Anna Goddard Clifford, CFRM, *Director of Development*  
Kate Klemp, *Annual Giving & Donor Relations Manager*

## Cherry Health Mission

Cherry Health improves the health and wellness of individuals by providing comprehensive primary and behavioral health care while encouraging access by those who are underserved.

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If you do not wish to receive future fundraising requests to support Cherry Health Foundation, please e-mail [foundation@cherryhealth.com](mailto:foundation@cherryhealth.com) or call us at 616.965.8254 with a message identifying yourself, your address and that you do not want to receive future Foundation communications.

## Strong Solutions for Mental Health

A message of gratitude from Cherry Health CEO Tasha Blackmon



At our spring luncheon, *Prescription: Strength*, 225 friends of Cherry Health Foundation gathered to learn more about integration of mental health services into primary care. This is where many realized the striking impact the care team approach has on patients like Ralph Fowler. In response to Ralph's story of hope, over \$60,000 was donated to increase access to care and help underwrite healthcare integration. Thank you for amplifying hope and health for those we serve through your continued support!



**PRESCRIPTION:  
STRENGTH**

Presenting Sponsor  
**PriorityHealth**

*Tasha Blackmon*



## Save the Date

# CHERRY HEALTH CELEBRATION

Join us for this newsworthy event, as we 'scroll through our feed,' highlighting headlines celebrating success in serving under-resourced communities.

This evening will broadcast hope and health, with access for all, regardless of income or insurance. Proceeds from this annual fundraising event serve the 76,000 patients of Cherry Health through ensuring and expanding access to comprehensive, quality health care for populations in need, and creating innovative programs that increase health outcomes.

Thursday, November 7, 2019

6 – 8:30 p.m.

Frederik Meijer Gardens & Sculpture Park

1000 E Beltline Ave NE, Grand Rapids

Visit [bit.ly/cherryhealthheadlines](http://bit.ly/cherryhealthheadlines) for sponsorship and reservations or reach out to [foundation@cherryhealth.com](mailto:foundation@cherryhealth.com) or 616.965.8267.