

Lifeline



Staying healthy through better or worse

From new babies to devastating illnesses, Robert and Janice Beecham have been through many of life's ups and downs over more than four decades of marriage. And Parkland has been with them every step of the way, providing the care they need to keep the high school sweethearts young at heart.

(continued inside)

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Visit with Robert and Janice Beecham, and you can't help but notice they have something special. The teasing, smiles and spark in their eyes reveal a love that is committed for better or worse. Their "for better" started in high school when Robert was a basketball player and Janice was a cheerleader.

"Someone dared me to kiss him, and I said, 'Robert Beecham, come over here.' I stood up on a chair because he was so tall and I did it," she said with a laugh. "And then I couldn't get rid of him."

Married almost 47 years with three sons and six grandkids, the Beechams have stayed strong through their better and worse. Parkland has been at the heart of navigating some of the worst.

"I've been rushed to Parkland three times and wasn't sure I was going to make it back home. God found a way to use the genius of the staff to patch me back together again."

"Parkland has been so, so good to us," said Robert, putting his arm around Janice.

From primary care at community health centers to more acute care at the hospital, Parkland has taken care of the Beechams for decades. Robert's history with Parkland goes back 67 years: he was born at Parkland hospital in 1954.

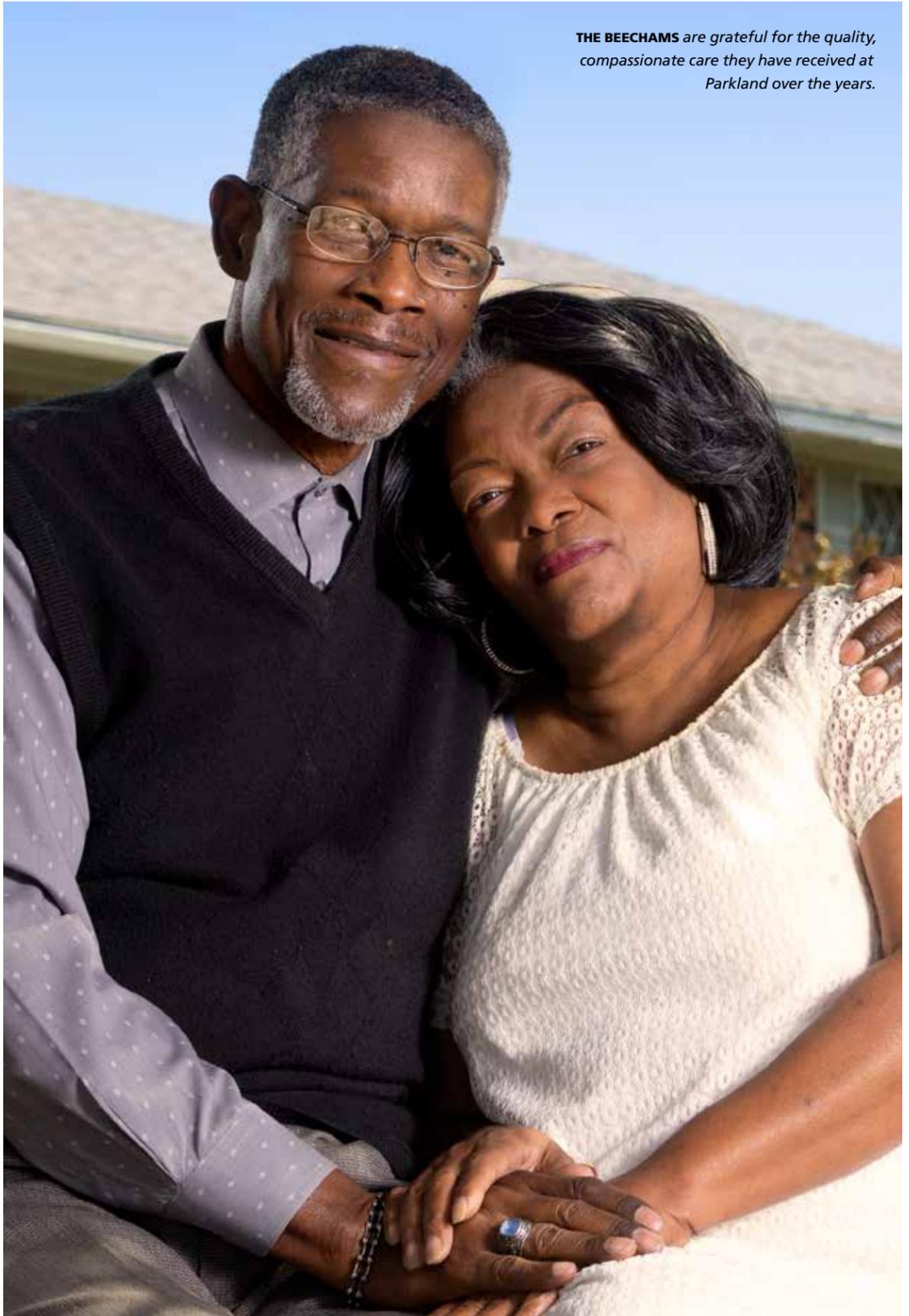
More recently, Robert received care at Parkland for strokes in 2014 and 2016 and for COVID-19 in 2020.

"I've been rushed to Parkland three times and wasn't sure I was going to make it back home," he said. "God found a way to use the genius of the staff to patch me back together again."

Janice had her first child at Parkland and has been treated for uterine and breast cancer at the hospital.

"Everybody has gone above and beyond every time we've been there," she said.

When Robert got COVID-19 in March 2020, he was in the hospital for six days. Meanwhile, Janice was about to begin chemotherapy for breast cancer. She too got COVID-19 but a milder case.



THE BEECHAMS are grateful for the quality, compassionate care they have received at Parkland over the years.

While at Parkland, Robert's doctor, Satyam Nayak, MD, encouraged him to make it home in time for his 46th wedding anniversary. Robert did, making him Dr. Nayak's first patient to survive COVID-19. The men stayed in touch, and when it came time for Robert to get the COVID-19 vaccine, Dr. Nayak did the honors.

"I was so glad to see him, and I just about ran into Parkland with my sleeve rolled up to get the vaccine," said Robert.

Through all of the better and worse, the Beechams have remained thankful.

"I'm alive. I have my family," said Janice. "I count it all joy."

Robert echoes Janice's gratitude.

"We're just one story. Parkland has many, many stories of doing good," he said. "The people at Parkland make things better in our community, and for that, I am thankful."

Whatever the need, whenever the need

FROM OUR NEW STATE-OF-THE-ART HOSPITAL to neighborhood health centers, Parkland is a trusted institution that provides a healthcare safety net to keep our community healthy.

- Acute-care hospital home to acclaimed trauma, burn and women's health services
- Primary care health centers in communities across Dallas County
- Clinics located in Dallas ISD schools to help provide care close to home
- Mobile medical vans reach patients where they live and work
- Community programs provide health education, intervention and prevention

Healthy children, healthy adults

New pediatric behavioral health program addresses link between mental, physical health

One in five children in Dallas has an emotional, mental or behavioral health disorder such as attention deficit/hyperactivity disorder or anxiety. The link between mental and physical health is undeniable, yet Dallas County does not have enough behavioral health capacity to support the high demand for services.

For the 50,000 children who have a medical home at Parkland, a new program will address these disparities in mental health screening, diagnosis and treatment.

“Our approach is to serve as the first line of defense, screening all children who come through our door for various stressors like depression, anxiety, trauma, substance abuse and suicide,” said Rebecca Corona, PhD, lead psychologist for Parkland Health & Hospital System’s population health department.

The most recent Community Health Needs Assessment showed the overwhelming need for behavioral health services in the vulnerable communities Parkland serves. Children at risk for behavioral health problems will see symptoms escalate until they need a higher level of care. According to the Meadows Mental Health Policy Institute, 33% of Texas children experience a behavioral health disorder annually.

Parkland is in a unique position to meet the needs of vulnerable children through its network of pediatric health centers throughout Dallas County. Parents and children already know and trust doctors, nurses and other staff in the centers. This existing relationship makes it easier for doctors to identify potential red flags and make referrals before they escalate.

“With no easy access to behavioral health services in the community, children at risk will see symptoms escalate,” Dr. Corona said. “There is often still a stigma around seeking behavioral health services. At the same time, Parkland has a wonderful opportunity to screen children for symptoms during regularly scheduled appointments. Pediatricians and the pediatric behavioral health department will be able to provide an intervention sooner rather than later and help children and families get the care they need.”

For example, parents of a toddler with sleep issues can benefit from sleep intervention sessions offering tips and strategies on falling asleep or sleeping through the night. Or, an adolescent with Type 1 diabetes, frustrated with having to manage their health, stops following doctor’s orders.



COVID-19 couldn’t stop Dr. Rebecca Corona from providing behavioral health appointments. Virtual care has allowed patients to connect with her from any location using a mobile device or computer.

Parkland is in a unique position to meet the needs of vulnerable children through its network of pediatric health centers throughout Dallas County.

A behavioral health provider can work with the child on learning to channel their frustration and getting them back on track with taking care of their health.

The components of Parkland’s new pediatric behavioral health program include:

- **Integration with Primary Care:** Services will be embedded in the primary care visits enabling pediatricians to catch issues in the early stages before they become more severe.
- **Universal Screeners:** By screening for suicide, depression, anxiety, trauma and substance abuse, behavioral health concerns will be caught early and become destigmatized.
- **Pediatric Behavioral Health Hub:** Services between Parkland and community-based organizations will become coordinated

to help serve the needs of parents and children.

- **Community-based Care:** The new RedBird Health Center will be the hub for the new program to centralize services and reduce barriers to accessing care.

Dr. Corona said the program will focus on screening at least 12,000 children annually over the next three years. She expects about 2,400 of them may report mild-to-moderate health issues and will receive services from Parkland’s behavioral health team.

“If we don’t have healthy children, we don’t have healthy adults,” Dr. Corona said. “We need to do something now rather than down the road, paving a path to a healthy future for the children in our community.”

New Moody Center for Breast Health opens to patients



Pictured left to right: Dr. Fred Cerise, Carol Seay, Jamie Williams, Frances Moody-Dahlberg, Dr. Paula Dobbs-Wiggins, Dr. Phil Evans, Dr. Michael Horne

Leaders from Parkland and the Moody Foundation officially opened the Moody Center for Breast Health in February. From screening and diagnosis to surgery, oncology, genetic counseling and recovery programs, the center brings together vital breast cancer services in one state-of-the-art clinical space. Thank you to the Moody Foundation for anchoring the center's funding with a gift of \$15 million.

Read more at www.IStandforParkland.org/Moody-Center

Moms receive life-saving care after pregnancy through new program

More than half of maternal mortality cases in Texas from 2012 to 2015 occurred between six weeks and one year after delivery. Thanks to a \$1 million gift from Hamon Charitable Foundation, along with other generous donors, the Extending Maternal Care After Pregnancy program has already enrolled 304 families, completed 238 maternal home visits, and 221 infant home visits during its first four months to help reduce the alarming maternal mortality rates in vulnerable areas of Dallas County.

Read more at www.IStandforParkland.org/Hamon-eMCAP

Parkland receives community service award for COVID-19 response

The Texas Hospital Association named Parkland as the recipient of the prestigious 2020 Excellence in Community Service Award for its outstanding contributions to Dallas County COVID-19 testing. Established in 1996, the award recognizes hospitals and healthcare systems that have distinguished themselves through contributions to their community. This marks the fourth time that Parkland has been honored with the award.

Additional awards Parkland recently received include:



- Eight Parkland nurses were named to the list of 2021 DFW Great 100 Nurses, and 19 nurses were recognized by *D Magazine* for the 2020 Excellence in Nursing Awards
- Parkland's Level III neonatal intensive care unit received the Silver-Level Beacon Award of Excellence from the American Association of Critical-Care Nurses
- Parkland Memorial Hospital earned the U.S. Environmental Protection Agency's ENERGY STAR® certification for superior energy performance
- The Parkland Epilepsy Center received re-accreditation as a Level 4 Epilepsy Center for 2021 and 2022 from the National Association of Epilepsy Centers

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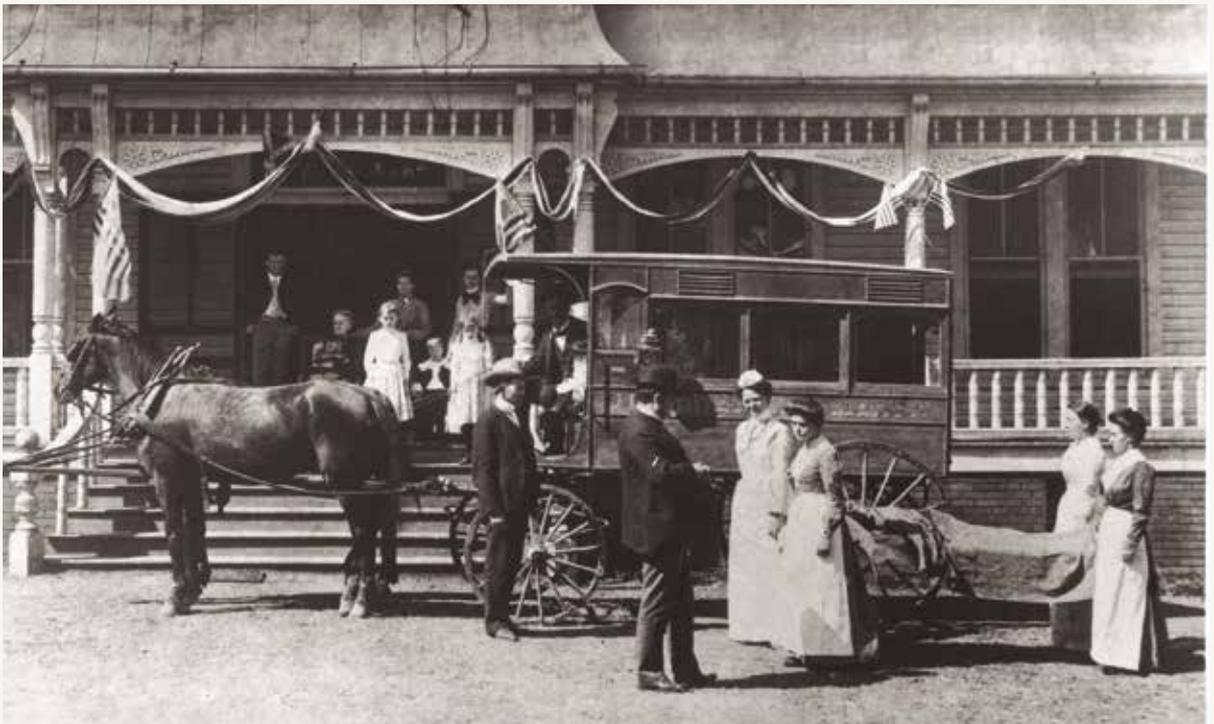
Honoring generosity

The following made a gift or pledge of \$10,000 or more, included Parkland in their estate plans or created endowments between Sept. 1, 2020 and March 31, 2021:

Quadri and Sherifat Alimi	Dr. Chelsea Dunn and Mr. Cameron Dunn	Mr. and Mrs. Charles G. Parker
Cynthia and Brett Arnoldo, MD	Marnese Elder and Kerry Elder	James and Jennifer Perez
April Audain	Estate of W. Lamar Lovvorn	Pollock Foundation
Jerald T. and Emily Z. Baldrige Trust	Fidelity Charitable Gift Fund	Brenda Joyce Raine, PsyD
Mr. and Mrs. Jay Barnes	G. R. White Trust	Dr. and Mrs. Karl Rathjen
Mr. and Mrs. Peter B. Bartholow	Mr. and Mrs. Tim Garvey	Betty S. Regard
Baylor Scott & White Health	Hamon Charitable Foundation	The Roots and Wings Foundation, Inc.
Ms. Phyllis Bernstein	H-E-B, LP	The Rosewood Foundation
Drs. Maureen Murry and A. Compton Broders, III	Marguerite Hoffman	Rupe Foundation
Mason Brown Family Foundation, Inc.	KidneyTexas, Inc.	Schwab Charitable Fund
Jenni Burnes	Joe and Kristina Longo	Sammy and Janice Srivathanakul, MD
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The Children's Health Fund	Mr. Justin McCollum	Dr. Ellen Taylor Seldin
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Stuart M. Crow Family Branch Partnership, LP	Christina Mintner	Truist Foundation
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Mrs. Keri E. Disney-Story	National Breast Cancer Foundation, Inc.	Mr. and Mrs. Jim Williams, Jr.
	Major Greg and Karen Obar	
	Oncor Electric Delivery Company, LLC	

**deceased*

A special invitation for you



THE 1894 SOCIETY recognizes those who help sustain the future of Parkland by creating estate gifts, life income arrangements and named endowments. There are several ways you can become a member:

- Make a bequest in your will or trust.
- Name Parkland Foundation a beneficiary of bank or investment accounts, or other retirement plan.
- Use life insurance to make a charitable gift.
- Make a gift of stock, bonds, real estate or other assets through your estate.
- Create a charitable life income arrangement.
- Start a named endowment.

To learn more, contact Kent C. Weimer, director of trusts, estates and gift planning.

214-266-2036
kent.weimer@phhs.org

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SOCIETY

Stay in touch!

Follow us on social media and sign-up to receive email updates to learn how Parkland is keeping the community healthy.



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Let's give children a healthy, hopeful future

*A message from Michael A. Horne, EdD, MPP, president and CEO,
Parkland Foundation*

Dear Friends,

Eight years ago, I had the opportunity to work with a young man named Joshua and his family. At the time, I was a K-12 education administrator in southern Dallas County focused on helping predominately low-income, Black and Latinx communities graduate from college. My first interaction with Joshua involved sitting in the living room of his family's small apartment in the Red Bird community of Dallas for what was a customary home visit. With emphatic hands, Joshua energetically described his hopes and dreams – attending college and helping his family. As Joshua painted a picture of his future his mother beamed with pride, buoyed by the notion that Joshua would indeed be a first-generation college student.

Unfortunately for Joshua and his mother, the dream of attending college would be deferred. A lack of access to desperately needed – and sought after – community-based behavioral health services had a

devastating impact on Joshua's academic journey. Over time, the frustration and pain of untreated moderate behavioral health challenges disrupted Joshua's promise and potential.

Joshua's story is all too consistent with that of many children across Dallas County, especially those residing in vulnerable communities. And the consequences are all too real.

Recent studies have found that Black and Latinx children made 37% and 49% respectively fewer visits to psychiatrists, and 47% and 58% respectively fewer visits to any mental health professional, than white children. The under-utilization and lack of behavioral health services among Black and Latinx children is also correlated with negative outcomes such as out-of-school suspensions, expulsions and interaction with the juvenile justice system. In the face of these challenges, a bold transformation of our behavioral health ecosystem is needed.

In 2020 Parkland's behavioral health team began facilitating on-site and remote behavioral health services to children. Building on that work, Parkland is now focusing on Dallas County children who experience behavioral health challenges that are mild-to-moderate in severity. The components of the program are informed by nationally recognized, evidence-based practices for how to deliver services. You can read more about the new pediatric behavioral health program inside this issue of *Lifeline*.

Parkland is thankful for the generosity of donors like you, helping us develop and implement critical programs to reach the most vulnerable and keep our community healthy. Thank you for standing with us and ensuring more children like Joshua can fully realize their hopes and dreams.

Warm Regards,