



JOSEPH'S JOURNEY

Medical Respite: Transitioning to a New Model of Care

Ben* is one of the hundreds of men served by Joseph's Home over the past 16 years. Like many of them, he was homeless and in need of surgery. In Ben's case, he needed outpatient surgery to correct a digestive issue, but his physician would not approve surgery without a stable place to recover. MetroHealth referred him to Joseph's Home, where he was able to get a bed, have his surgery and a supportive environment to heal. Also like many Joseph's Home residents, he moved on to stable housing and is now employed and doing well.

But, his story is a little different than most because he only spent two weeks at Joseph's Home. Ben illustrates the new medical respite model of care being incorporated into the program, where homeless men can get the surgery they need, quickly recover and then move to transitional housing.

Over the past few years, federal, state and local policymakers have been evaluating best practices to serve homeless men. At the same time, the board and leadership of Joseph's Home have raised important questions, such as:

- *How can we improve the services we provide our residents?*
- *What are the indicators of success in serving our residents?*
- *How do we make sure that our costs align with the benefits of our program?*

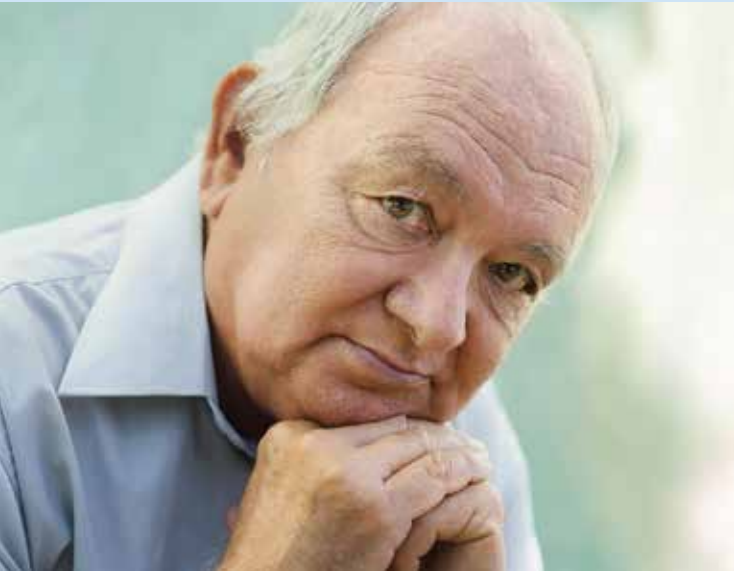
Through many conversations with other medical respite programs around the county and consulting with the National Health Care for the Homeless Council, it was determined Northeast Ohio needed a medical respite program. Joseph's Home will enhance its mission and better serve the residents by moving into the next-generation program model—temporary housing providing medical respite—that can adapt to changes in services provided in Northeast Ohio and nationally. The Cuyahoga County Office of Homeless Services has provided funding to help make this move to medical respite easier.

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Your support of Joseph's Home will help someone like Ben to heal in a nurturing faith-based environment and achieve independence.

Please send your gift today or donate online at josephshome.com.

*His name has been changed



Medical Respite *continued from page 1*

“Our core mission remains the same,” said Christine Horne, Joseph’s Home executive director. “Joseph’s Home will continue to empower men experiencing homelessness and acute illness to heal in a nurturing, faith-based environment and achieve medical, financial and housing stability.”

The medical respite model fills a service gap between hospital and shelter. Medical respite programs serve people experiencing homelessness who are ready to be discharged from a hospital but too frail to recover on the streets or in shelters. The goal of respite care is to stabilize homeless patients’ medical conditions so they can transition safely to self care. With this new model, Joseph’s Home residents will qualify

for additional housing options, including permanent supportive housing—an important solution for the chronically homeless who need housing with additional support systems.

Medical respite at Joseph’s Home will allow homeless men like Ben to recover physically in a safe and secure home with medical assistance while also providing other supportive services, such as behavioral health assessments and referrals, connecting with a certified peer recovery supporter, working on a permanent housing plan and connecting to a primary care doctor. Having a consistent place to seek medical care reduces high utilization of emergency departments, which benefits both the individual seeking comprehensive holistic care and the local hospital network. Extended length of stay in hospitals is also reduced when men are able to recuperate.

Length of stay is determined by medical need and progress on an individual-treatment level, enabling Joseph’s Home to serve more men by coordinating with other local agencies to find appropriate housing once residents are medically stable. Together with each resident, Joseph’s Home will help reduce the multitude of barriers they face and increase their ability for long-term housing stability.

“We have taken a best practice model and are adapting it to the unique needs of the men we serve,” said Christine. “This is an exciting time as we enhance our clinical services and community collaborations to ensure that we address residents’ physical and behavioral health needs, as well as their housing needs. As we work to expedite housing placement for our residents and minimize the number of transitions our residents’ experience, we have the opportunity to enhance the lives of vulnerable men and meet our local community need of reducing homelessness.” ♦

What Is Medical Respite Care?

The Respite Care Providers’ Network (RCPN) defines medical respite care (also referred to as recuperative care) as acute and post-acute medical care for homeless persons who are too ill or frail to recover from a physical illness or injury on the streets but are not ill enough to be in a hospital. Unlike “respite” for caregivers, “medical respite” is short-term residential care that allows homeless individuals, who may also have mental illness or substance abuse issues, the opportunity to rest in a safe environment while accessing medical care and other supportive services.

Volunteer Spotlight: *Janet Leff*

THE GIFT OF BEING INVOLVED



Janet Leff at the annual Perseverance in Hope luncheon

Joseph's Home volunteer Janet Leff doesn't mince words or beat around the bush. "I should have been dead a long time ago." Janet has what her doctors call "chronic cancer." She's on her third round of treatment and not expected to recover.

That's why Janet, a retired social worker and chemical dependency counselor, picked up the phone to call Joseph's Home last fall. She was bored. She had hoped to return to work, but realized that couldn't happen. She didn't want to sit around and do nothing on the days her life wasn't consumed with medical appointments.

She knew about Joseph's Home because of a relationship with the Sisters of Charity of St. Augustine (CSA) dating back to the early 1970s. That's when she worked with Sr. Mary Patricia Barrett, CSA, and other sisters at Parmadale and later Rosary Hall, the addiction treatment program of St. Vincent Charity Medical Center.

Janet began attending weekly staff meetings in an advisory capacity and joined the Joseph's Home Program Committee. Additional opportunities to contribute emerged, and Janet jumped at the chance to do more. She provided much-needed help to an outcomes analysis project by compiling data from past resident charts. She met one-on-one with a resident who had recently been diagnosed with cancer. She did research on respite/recuperative care program models to inform the work of an ad hoc board committee. And, she teamed up with a current resident and board member Frances Tyus, a retired dietician from the Cleveland Clinic and current faculty member of Kent State University, to form a committee to evaluate nutritional content and dietary planning at Joseph's Home, which provided valuable suggestions to enhance meals.

"This [care for homeless individuals when released from the hospital] is a need I have seen throughout my 50-plus years of social work," said Janet. "It's a gift to be connected to this project."

"Janet is incredible," said Executive Director Christine Horne. "She has invested her entire life in service to others, but her desire to contribute and collaborate has not waned. She is an inspiration to all of us and we are deeply thankful for her contributions." ♦

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— Christine Horne,
Executive Director

ALUMNI ACCOMPLISHMENTS



NEW BEGINNINGS

Charles (2016)

After a stroke and then spending weeks in the hospital, Charles was referred to Joseph's Home, where he received help learning to manage his medications, and transportation assistance to therapy and neurology appointments. He also received help getting the primary care he needed, which proved to be a good thing. Routine tests revealed he had early stage prostate cancer. He underwent

radiation therapy while at Joseph's Home. He was able to move into permanent housing and is now cancer free. After regaining much of the ability he lost after the stroke, he's taking classes in hopes of getting back into the workforce.

UPDATES

Russell (2009)

Russell came to Joseph's Home in 2009 after losing all 10 toes due to blood clots in both legs. He spent nearly four months recovering at Joseph's Home before moving into permanent housing. He decided he wanted to give back to the place that helped him heal and get his life back in order, so he joined the



Joseph's Home Board of Directors in 2014. He is also serving as a member of the new Joseph's Home Alumni Advisory Council [see article below], where he's mentoring current residents and helping with alumni engagement. When he's not at Joseph's Home, Russell is studying to become a certified Ohio Peer Recovery Supporter.

NEW ALUMNI ADVISORY COUNCIL WITH RESIDENTS ON THE JOURNEY TO HEALTH AND WHOLENESS

There is light at the end of the tunnel. That's one of the primary messages Joseph's Home alumni David Henderson wants current residents to get from the new Alumni Advisory Council. David is one of four alumni who are inaugural members of the council, which was formed earlier this year to encourage and coach residents of Joseph's Home on their journey to improved health and wholeness.

"It's not about telling residents what to do. We're there for anyone who can use the tools we've been given by Joseph's Home to help get their lives back on track," he said. "So they can maintain their health, sobriety and connection with Joseph's Home while here and once they leave."

The Alumni Advisory Council also provides input into Joseph's Home policy and protocols, is working to recruit more alumni members, and supports other alumni and staff members to help achieve goals they set for each resident.

"I want to help the guys out who are trying to get where I am."

—Russel Hunt

Matt Kaminski, peer recovery supporter at Joseph's Home, is serving as an adviser to help the council achieve its goals while not interfering with the council's autonomy. "Who better to advise the home than former residents?

Who better to offer a social support to former and current residents? The members also believe in the council's mission and they want to give back to Joseph's Home and the people that helped them," said Matt.

Russell Hunt, another council member and Joseph's Home alum, echoes a similar sentiment about giving back. "I want to help the guys out who are trying to get where I am," said Russell. "It's important to reach out to residents and alumni so they know there are people who care about them as human beings and care about their situation." ♦

Peer Recovery Supporter Provides Empathetic Support to Residents

Setting recovery goals can be the easy part. Achieving them can be a different story. That's where Peer Recovery Supporter Matt Kaminski comes in. He knows what it's like to struggle with mental health issues and homelessness, which is why he became a certified peer recovery supporter. He has worked as both a volunteer and an employed peer support specialist for the Louis Stokes Cleveland VA Medical Center for the past five years.

When Joseph's Home wanted to implement a formal peer recovery support program, Matt was the right fit.



“He has a special skill set that helps him quickly engage with our residents and build relationships, helping them understand how important it is to follow their medical regimen while here and when they leave.”

– Executive Director Christine Horne

WHAT IS A PEER RECOVERY SUPPORTER?

A certified peer recovery supporter in Ohio is a person with a significant life-altering experience (also known as a lived experience). These specialists use their lived experience to support individuals with struggles pertaining to mental health, psychological trauma, homelessness and/or substance use.

While specifics of the peer support program are still being developed with the help of board member and psychologist Michael J. Biscaro, Psy. D., Matt is at Joseph's Home part-time Monday through Friday. Joseph's Home recently received funding to be able to increase peer support staffing.

“I have found that as a peer I can build a working alliance with a resident relatively fast to identify goals and roadblocks. I can share what has been helpful to me in recovery. This sharing also leads to discussions with residents about what they can do to overcome barriers in their recovery,” said Matt. “Having a peer on the team providing services is also helpful. Because of lived experience, peers may be able to view situations from a different perspective than other staff members.”

Dr. Biscaro said peer support has become a nationally recognized, evidence-based discipline that has proven outcomes across all levels of care and many different client populations. “We have seen that those who have ‘been there and done that’ help tremendously with engaging the individuals we serve, and ultimately improving treatment success and outcome.”

He said peer staff will also be able to help residents remain connected with Joseph's Home and health service providers, with the goal that the ongoing engagement will “keep individuals healthy, housed and out of the hospital.” ♦

NEWS BRIEFS



Sr. Sandy at her farewell party



David Henderson, Joseph's Home board member, and Sr. Sandy



THANK YOU Sister Sandy for 12 Years!

Staff Nurse Sister Sandy LoPorto, SSJ-TOSF, stepped away from her position as staff nurse in July to reflect on the future of her ministry of service to the community. Thank you Sr. Sandy for making many incredible contributions to the Joseph's Home ministry over 12 years. At the Perseverance in Hope luncheon, Sister Joan Gallagher, CSJ, honored Sr. Sandy by saying, "Your generosity and love for each resident demonstrated your willingness to do whatever it took to heal and care for each person who came to the clinic."

Welcome New Director of Development and Two Part-Time Nurses



Sara Otts recently joined Joseph's Home as the director of development, replacing Nathan Munn

who moved into the role of senior director of philanthropy services with the Sisters of Charity Health System. As director of development, Sara is working to create a strong culture of philanthropy to sustain Joseph's Home long term and expand its presence in the community. Sara previously was a development specialist with the Domestic Violence & Child Advocacy Center. She holds a bachelor's degree in human development & family studies and a master's degree in social work.

Also joining Joseph's Home are two new part-time nurses, **Eric Coleman, RN**, and **Abbie Grisham**. Eric is a nurse at the Louis Stokes Cleveland VA Medical Center and works part-time morning shifts Monday through Friday. Abbie is a nurse at St. Vincent Charity Medical Center and works one day a week at Joseph's Home.

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Visit josephshome.com to get news and updates, connect with Joseph's Home on Facebook, subscribe to our e-newsletter, make secure online donations, learn about additional volunteer opportunities and more.



PERSEVERANCE IN HOPE

Perseverance in Hope 2016

Nearly 300 Joseph's Home supporters came to the annual Perseverance in Hope benefit luncheon in June in Cleveland, which was hosted by emcee Dan Moulthrop, CEO of The City Club of Cleveland.

Highlights of the event included:

- Dan Moulthrop moderated a lively panel discussion and audience Q&A session about the needs of the homeless and strategies for effective intervention. On the panel were Donna Kelly, nurse practitioner with Neighborhood Family Practice; Peter Schindler, senior program officer at Community West Foundation; and, former resident and new Joseph's Home Board Member David Henderson, who shared his story of recovery from homelessness and illness.
- The silent auction raised a record total of more than \$5,000.
- Outgoing Board Chair Kathy Heigle introduced new Board Chair Carrie Benedict.
- Executive Director Christine Horne announced a generous donation of paint from Sherwin-Williams for repainting the entire building.
- Staff Nurse Sister Sandy LoPorto, SSJ-TOSF, who had recently announced her resignation, was honored for 12 years of service.

Thank you to the sponsors and guests whose participation and support made the event possible, raising more than \$40,000 to provide shelter, food, nursing care and vital support services for the acutely ill homeless residents of Joseph's Home, helping them heal in a nurturing, faith-based environment and achieve independence.

For more photos from the luncheon, visit [facebook.com/josephshomeoh](https://www.facebook.com/josephshomeoh)



1 Executive Director Christine Horne and men from Joseph's Home; **2** Board members Kathy Heigle, Carrie Benedict and Richard Gallagher; **3** Panel participants (left to right) David Henderson, Donna Kelly, Peter Schindler and Dan Moulthrop.

Save the Date!

Perseverance in Hope: The 2017 Joseph's Home Benefit Luncheon is Thursday, June 22 at Windows on the River. Look for more details soon.

JOSEPH'S HOME

2412 COMMUNITY COLLEGE AVE.
CLEVELAND, OHIO 44115

josephshome.com

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IT IS OUR MISSION ::

Joseph's Home, a ministry of the Sisters of Charity Health System, provides a nurturing, caring environment for men without resources who have acute medical needs, helping them heal and achieve independence.

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