Brighter days ahead
An update on your dedication to patients with behavioral health needs.

Erika Rock is the happiest she’s ever been, thanks to you.
Virtual visits, real healing

Our patients weathered the last year because of donors like you.

Stop us if you’ve heard this before: Last year was an emotional minefield.

The fear, uncertainty, grief, anger and longing that we all lived with for the last 15 months was especially challenging for those who live with a behavioral health disorder. But as the pandemic wore on, it became clear that no one was safe from its effects. In fact, a recent study by the Kaiser Family Foundation showed that as of January 2021, more than 40% of U.S. adults reported symptoms of anxiety or depression, a four-fold increase over the first six months of 2019.

Yet at the nadir of this year of estrangement, when our community needed it most, you were there, making it easier for patients to receive critical, lifesaving treatment.

Last spring we were in the early stages of a philanthropy-funded initiative to provide patients behavioral healthcare as soon as that need was identified by placing providers in clinics. More often than not, patients start with their primary care provider when seeking help. But they’re much less likely to get that help if they are referred to a specialist outside of that clinic at a later date. “There should be no wrong door for accessing care,” says Arpan Waghray, M.D., executive medical director for behavioral health. “We want to meet you where you’re at.”

Our goal was to offer these patients brief, focused interventions right there, in their primary care provider’s clinic. And though the pandemic prevented us from doing that in person, support from generous donors like you allowed us to transition to virtual visits almost as soon as our clinics were closed. Even better: Telehealth allowed us to reach more patients than we would have otherwise.

Ironically, this method of providing care is also bringing us closer to our patients. Dr. Waghray smiles as he tells the story of a physician who, in the middle of a virtual visit, had to pause to attend to her screaming child. When she came back, the dynamic with the patient changed dramatically. “This patient, who was also a mother, had seen her doctor in clinic before,” Dr. Waghray explains. “But this view into her home life helped her relate to her on a whole new level.”

The long term emotional impact of the COVID-19 pandemic won’t reveal itself for some time. But thanks to donors like you, we are prepared to provide our patients with the personalized, compassionate care they’ll need.
For the First time in as long as Erika Rock can remember, she’s flourishing. The 38-year-old sales professional has been one of her company’s top performers for the last two quarters. She makes appointments and keeps them. She takes long walks with her dog, Monty, around Seattle’s First Hill neighborhood. She’s even started cross-stitching. Best of all, she’s relearned to love herself. “I used to look in the mirror and pick myself apart,” Erika says. “Now I look at myself and think, ‘Oh, yeah. I look good. I feel good today.’” You are the reason she feels this way. Last fall Erika came to Swedish and SeattleNTC in desperate need of electroconvulsive therapy (ECT) for major depressive disorder. And thanks to your support for the Patient Assistance Fund for ECT, she had safe, reliable transportation to and from her appointments. “I wouldn’t have been able to do this if I didn’t have transportation,” she says. “It’s been wonderful.”

One last shot
When Erika arrived at Swedish and SeattleNTC last fall, her depression had grown so severe that you could see it on her face. “If you’d seen her out in a crowd, you would have thought she was grieving a recent loss,” says SeattleNTC psychiatrist Steve Brogdon, M.D. And in some ways she was. Erika rarely left her house, other than to take Monty outside to do his business or to go to work. Her job offered some respite, but even then, she just barely got
An update on your investment

by, routinely lagging behind her colleagues in sales numbers.

By the time Erika met Dr. Brogdon, she’d nearly exhausted all of her options for treatment. Cognitive behavioral therapy, a host of medications, transcranial magnetic stimulation—none had managed to poke even a tiny hole in the cloud hanging over her.

That left ECT, but it terrified her. “The first time someone suggested it I said, ‘There’s absolutely no way,’” Erika says. She knew she had to do something, though, and the statistics that Dr. Brogdon shared—nearly 80% of patients see some improvement and half achieve remission—gave her hope.

There was only one problem: She had no family or friends who could take her to the appointments. You were there for her, though. Your generosity has made it possible for Erika and dozens of others like her to be driven to and from their appointments by a state-certified home care aide from Northwest Ambulance.

“Everybody who works for that company is so welcoming,” Erika says. “Having these warm, kind people take care of me before and after helped calm me down.”

A break in the clouds
About three weeks after Erika started receiving treatments, something changed. She felt more confident and engaged at work. She began speaking up in meetings, offering her opinion and gaining new respect from supervisors.

“Everyone told me they noticed something different about me,” she says.

That includes Dr. Brogdon. “She looks vibrant now,” he says. “The change is stunning.”

Most important, she feels good—maybe the best she’s ever felt. You can hear it in her voice when she talks about Monty and cross-stitching. The heaviness is gone, replaced by hope: “My life has made a complete 180.”

It’s not an understatement to say that you changed Erika’s life and the life of everyone else who benefited from the Patient Assistance Fund for ECT. Without transportation, they simply wouldn’t have had access to this treatment. Thank you.

“"There is a surprising number of patients with significant depression who don’t have an intact social network. Being able to offer this option is absolutely vital to what we do."” —DR. STEVE BROGDON, SEATTLENTC

PATIENT ASSISTANCE FUND FOR ECT BY THE NUMBERS
Your impact through just the first year of this program has been astounding.

41
Patients who have benefited from the program

147
Treatments those patients were able to receive

18
Cities that those patients traveled from
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We could not offer our patients timely, focused behavioral healthcare in our clinics without support from donors like you. Late in 2020 philanthropy allowed us to place two postdoctoral psychology fellows in two of our busiest locations, in Mill Creek and Edmonds, and their impact has already been profound. After just seven months, these two highly skilled behavioral health specialists saw more than 1,200 patients—at no charge—which was more than 75% of their 12-month goal. And they saw more than half of them in-person, at the clinic.

Beyond providing vital support to patients who might otherwise not seek out this form of care, this program allows fellows to help our providers recognize and address signs and symptoms of behavioral health concerns in patients who visit their clinic.

And a special bonus for our patients: We will be able to hire both of these fellows at the end of their 12-month commitment. That’s all thanks to donors like you. Thank you.

The next generation of care and caregivers

BEHAVIORAL HEALTH

BY THE NUMBERS

Your support is helping us address the needs of patients in our community.

PATIENTS WHO CAME TO A SWEDISH ED PRIMARILY DUE TO BEHAVIORAL HEALTH DISTRESS

<table>
<thead>
<tr>
<th>Year</th>
<th>Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>13,250</td>
</tr>
<tr>
<td>2019</td>
<td>13,450</td>
</tr>
<tr>
<td>2020</td>
<td>11,669</td>
</tr>
</tbody>
</table>

22%  
Average daily portion of our patients with a primary or secondary behavioral health concern

21%  
Average number of patients with bipolar disorder staying in our hospital each day

ECT TREATMENTS PROVIDED TO PATIENTS

<table>
<thead>
<tr>
<th>Year</th>
<th>Treatments</th>
</tr>
</thead>
<tbody>
<tr>
<td>2019</td>
<td>4,930</td>
</tr>
<tr>
<td>2020</td>
<td>3,994*</td>
</tr>
<tr>
<td>2021</td>
<td>1,331*</td>
</tr>
</tbody>
</table>

* Due to COVID-19 protocols, ECT services were not provided at one of our hospitals from March 2020 to May 2021

2 postdoctoral fellows provided 1,212 free behavioral health visits in 7 months

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An update on your investment
Thank you for your ongoing commitment to the health and well-being of our community.

To learn more about your investment in safe, compassionate behavioral healthcare, please contact:

**Swedish Medical Center Foundation**
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Seattle, WA  98122
206-386-2738
foundation@swedish.org
swedishfoundation.org

The road was long, but the future looks good for Erika and patients like her.