



ADVANCING HEALTH. TRANSFORMING LIVES.



Tower Behavioral Health

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Employee Spotlight

Janine Truehart

Chief Nursing Officer

Janine has worked in nursing for her entire career and has enjoyed many roles in hospital and residential settings, from nursing assistant, staff nurse, and director to senior vice president of clinical services. She is excited to join the Tower Behavioral Health team and share her experiences and expertise in behavioral health nursing, and she is eager to help create an environment of high-quality healthcare in which patients and staff can feel safe and supported.

"Tower Behavioral Health is a new endeavor," Janine said. "As a new facility, we have so many opportunities to define culture and expectations, organize work groups and teams, deliver care, and measure quality in new ways. We can create the organization that we always hoped we would work in. We can create the milieu in which safe and excellent behavioral health practices thrive. And we will become the premier provider of behavioral health services. We are laying the foundations for great things to come.

"I invite our team to bring questions and ideas forward. Let's look to new and better ways to achieve our goals. We have a fabulous physical environment, and we are creating programs and services that are equally amazing. Each of us has individual talents, resources, and visions, so let's work together and support each other as we build this great organization."



Kelvin Dirks

Director of Facilities & Safety Officer

Kelvin has 35 years of experience exclusively in the healthcare field. Prior to his role as director of facilities and safety officer, Kelvin was the director of operations for Saint John Vianney Center, a 50-bed private psychiatric hospital owned by the Diocese of Philadelphia. Before that, Kelvin was the vice president of operations for Professional Services, an organization that provides maintenance, biomedical engineering, housekeeping, security, safety, and assets management in healthcare systems, hospitals, and universities.

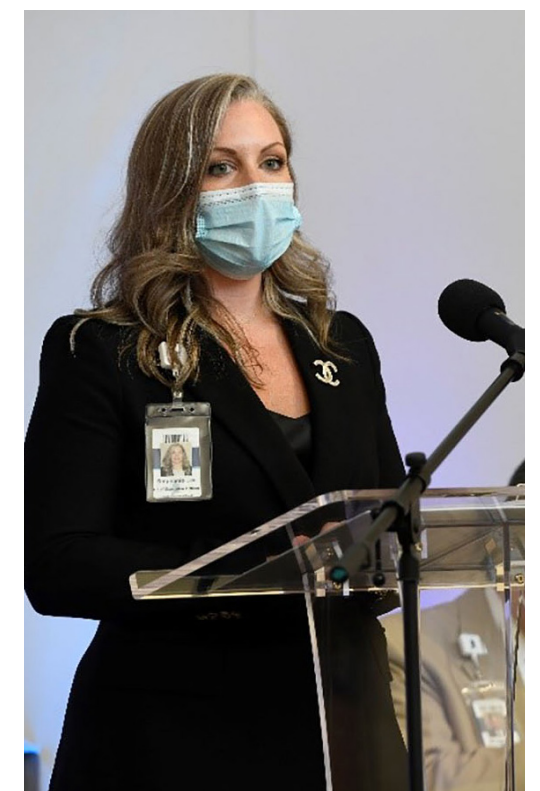
Prior to joining Professional Services, Kelvin was a safety officer and biomedical engineer for several smaller East Coast hospitals. Kelvin received his initial training and education in the U.S. Army as a biomedical engineer and nuclear weapons disarmament specialist.

Kelvin resides in Lower Alsace Township with his wife, Marian. Their children are both grown and have exciting careers. Katie, his daughter, lives locally and is a forensic accountant for the FBI. Their son, Kiefer, is a helicopter pilot for the U.S. Army and holds the rank of captain. Kelvin is also a licensed Pennsylvania football official and a retired NCAA football official. While working for the NCAA, Kelvin officiated some of the top college bowl games, including the Pinstripe Bowl, the Fiesta Bowl, the East-West Shrine Bowl, and the Liberty Bowl. Kelvin has also officiated several state championship and playoff games for the state of Pennsylvania.



Open House

On July 13, Tower Behavioral Health proudly opened its doors for its inaugural event, marking the formal opening of programming to the community! TBH is a joint venture between Tower Health, a strong, regional, integrated health system in Pennsylvania, and Acadia Healthcare, a leading provider of behavioral health services across the United States, the United Kingdom, and Puerto Rico. Acadia Healthcare CEO Debbie Osteen and Tower Health President and CEO Clint Matthews joined the Tower Behavioral Health team at the facility's ribbon-cutting and open house celebration. In accordance with current social distancing guidelines, executive team members from both organizations enjoyed campus tours hosted by Tower Behavioral Health CEO Stephanie Lee and other TBH personnel.



Tower Health is committed to serving communities throughout this region, and we are proud to be partnering with Acadia Healthcare to increase access to this much-needed service while fulfilling our promise of advancing health and transforming lives.

— Clint Matthews, Tower Health President and CEO

"Acadia is pleased to be partnering with a leading health system like Tower Health to provide these critically needed services in southeastern Pennsylvania. Working together, we will be able to integrate physical and mental healthcare to improve the overall health of patients," Osteen said. "This new facility will play a vital role in the local community and have a significant positive impact on individuals and families throughout the area for many years to come."



Managing Stress and Anxiety During COVID-19

Tower Behavioral Health Offers Tips for Managing COVID-19 Concerns

WEST READING, Pennsylvania — COVID-19 has made a significant impact on the way many individuals work, live, and interact with friends and family. These rapid changes have caused many individuals to feel additional stress and anxiety in already uncertain times.

During the pandemic, it's important to stay safe, and one of the best ways to do so is by maintaining proper physical distance. However, social distance does not mean refraining from all social activities. As human beings, it's important that we maintain social interactions, which keep us connected with loved ones, friends, and our community and have a positive impact on our mental and physical well-being.

According to Tower Behavioral Health CEO Stephanie Lee, LCSW, there are a variety of ways to help you stay connected during this time. Many people are using videoconferencing to see those they cannot be with physically, or writing letters or cards. You can further engage with those who live in your home by playing board games, completing puzzles, and planning outdoor activities in your yard. Another strategy that keeps you socially distant yet present is to meet in a park; bring separate chairs, towels, or blankets; wear a mask; bring disinfectant wipes and hand sanitizer; and spend time with a friend.

"It's important to take notice of how our everyday lives have been impacted by COVID-19," said Ms. Lee. "Self-care is critical right now, taking care of your body and mind is key. If you find that you have noticed behavioral changes to how you respond or manage your daily activities such as sleep, work, or interactions with family and friends, changes to these activities may be early signs of behavioral health distress and you should seek help from a behavioral health professional."

Other ways to relieve stress during this time include:

- » Keeping a normal routine. Wake at the same time, work during your normal work hours, and honor regular mealtimes.
- » Spending quality time with your family.

- » Eating healthy snacks and meals when you can. It's challenging to maintain a healthy diet when we are stressed and close to our kitchens. Ensuring that you keep healthy snacks and food options will provide you with healthy alternatives.
- » Exercising. Even a short walk will release endorphins and help improve your mood. You will also receive the added benefit of being outside, in the sun, which helps in the release of serotonin — another mood booster that helps to keep you focused and calm.
- » Taking on a project you've been delaying. Completing tasks is a sure way to feel more organized and decrease stress, with the added benefit of cleaning up your to-do list. Start small and slowly work your way up to larger projects as time permits.
- » Taking a break from the news. That could include avoiding the newspaper or online news apps for a day or limiting your news time to one hour per day. Find what works best for you.

Ms. Lee also says, "As we all begin to navigate reentry, it is not uncommon to be nervous or fearful. It's a challenging balance as we learn to make safe choices for ourselves while not becoming paralyzed by the fear that COVID-19 can cause."

She recommends these tips to minimize anxious feelings, stay safe, and help prevent the spread of the virus:

- » If you're feeling sick, stay home, and contact your primary care provider for guidance.
- » When outside of your home, always maintain proper social distance. If you enter a public place and see that others are not maintaining a safe distance or wearing masks, it's OK to leave and go somewhere else or return later.
- » If you are returning to work, ensure that your employer is taking or requesting employee temperatures and screening individuals who are returning to the office.
- » Always wear a mask when outside of your home.
- » Wash your hands regularly. Keep disinfectant wipes and hand sanitizer in your vehicle or purse/backpack. Disinfect gas pumps, grocery carts, and other surfaces prior to touching.

If you or someone you know is having thoughts of harming themselves or others, please call 911 or the Berks County Mental Health Crisis Intervention and Emergency Services hotline at (877) 236-4600, or text ruOK to (484) 816-7865 immediately.

This article was originally published on July 23 at towerhealth.org.

Employee Appreciation Event

The employees of Tower Behavioral Health worked very hard leading up to and throughout our first month of programming, so it was our honor to celebrate and show appreciation for their incredible efforts in August. The TBH team relaxed over an array of grilled goodies, snacks, and desserts and even got to enjoy some delicious barbecue served up by CEO Stephanie Lee!

We extend our immense gratitude to all our employees for their commitment to TBH and those we serve.



Blood Drive

Tower Behavioral Health co-hosted its first blood drive event alongside the American Red Cross on August 12. Every available appointment slot was booked, demonstrating the incredible generosity of not just TBH employees, but the local Reading community as well. In total, our donors contributed 20 units of blood to the American Red Cross! We are so grateful for and proud of our community for coming together to help save lives!



Recognition

Let's give a big hand to the Tower Behavioral Health dietary team. A recently discharged patient left a note in the café stating the following:

"To Dietary Staff, Thank you so much for your hospitality and all you do! I was not eating before I came here but you all helped me get back on track and help me feel healthy and strong again!"

A special thank-you to the dietary team for emulating our standards of behavior — attitude, quality care, teamwork, and empathy. We appreciate everything you do for our patients and employees!

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