THE BEAUTY OF THE BRAIN
IN ALL OF US LIES A MASTERPIECE OF COMPLEXITY—
A FASCINATING CROSSROADS
OF PERCEPTION, COGNITION, EMOTION AND FUNCTION.
Diseases of the brain, such as Alzheimer’s or serious mental illness, will affect you in your lifetime, whether it is your own experience or that of a friend or family member. There are no economic, racial or cultural boundaries. Like other chronic diseases, Alzheimer’s dementia cannot yet be cured, but it can be managed. One in three seniors dies with Alzheimer’s disease or other dementia. Only 45 percent of people with Alzheimer’s or their caregivers are told of their diagnosis. It is the sixth leading cause of death in the United States. In 2015, the Centers for Medicare and Medicaid Services (CMS) paid an estimated $153 billion to cover health care services for people suffering from Alzheimer’s disease and other dementia. Moreover, in 2015, Americans provided more than 18 billion hours of uncompensated caregiver support to this vulnerable segment of our society with an estimated value exceeding $221 billion.

About one in four adults in the U.S. suffers from a mental disorder each year; 79 percent of them are under the age of 60. According to the Agency for Healthcare Research and Quality, patients with a serious mental illness, such as psychosis and schizophrenia, die an average of 25 years earlier than the general population, and only 60 percent of adults with psychosis or schizophrenia seek health care services. Yet, these patients incur 33 percent more medical costs than other high-cost patients. The Substance Abuse and Mental Health Services Administration estimates that health expenditures for mental health and substance use disorders will reach more than $280 billion by 2020.
Significant gaps in care exist for people with, or at high risk for, disorders of the brain, leading to negative, and often avoidable, consequences.

For many years, Eskenazi Health has invested in transforming brain care in Alzheimer’s and other dementias and schizophrenia syndromes through the Aging Brain Care Program (ABC) (est. 2008) and the Prevention and Recovery Center for Early Psychosis (PARC) (est. 2009). With the formation of the Sandra Eskenazi Center for Brain Care Innovation (Sandra Eskenazi Center), additional capacity and expertise, along with integration of therapeutic disciplines, will provide for synergy and confer the existing endeavors’ scalability. This new framing of the Sandra Eskenazi Center will also provide for consideration of bipolar disorder and depression care across the lifespan.

We need your support to fully implement the Sandra Eskenazi Center and alter the clinical course of these debilitating brain disorders.

The Sandra Eskenazi Center builds on the prior success of ABC and PARC. The Sandra Eskenazi Center is modeled on validated methods and includes the timely and rapid integration of proven advancements in care processes into clinical practice (an established hallmark of the Eskenazi Health culture).

Consistent with its public health care mission, Eskenazi Health has challenged the Eskenazi Health Foundation to fund the Sandra Eskenazi Center with philanthropic dollars given in support of its vital mission. The Campaign for the Sandra Eskenazi Center seeks to raise $13.5 million to seize this rare opportunity to dramatically change lives now, and to prevent disease prevalence in the future.

The Sandra Eskenazi Center expands the existing clinical space in which both ABC and PARC are currently serving patients with schizophrenia, Alzheimer’s and other dementias. It will also support the development of innovative information technology solutions, including: 1) Automated data collection; 2) A central mission control and coordination center; and 3) Electronic clinical decision support tools for patients and their caregivers. These technological advancements will allow the Sandra Eskenazi Center to provide the highest quality of care while improving the efficiency of the team.

Ongoing fundraising will be sought to allow for enhanced research and treatment for bipolar disorder and depression, two devastating disorders of the brain and areas with existing expertise within Eskenazi Health and the Indiana University School of Medicine. The ultimate goal is for the Sandra Eskenazi Center to be self-sustaining.
The Sandra Eskenazi Center has been named in honor of a leadership gift of $5 million from Sandra Eskenazi. Through its advancements in brain care, Eskenazi Health is developing an unprecedented model of care. The core competencies of ABC and PARC form the basis for the first stage of the Sandra Eskenazi Center, addressing the devastating effects of Alzheimer’s or other dementia, as well as psychosis and schizophrenia.

The models of care used in ABC and PARC are working for patients now. The Sandra Eskenazi Center will expand the current programs and invest in research aimed at developing new treatment approaches and creating a system that is efficient, personalized and scalable to various locations, age groups and diseases.

The Sandra Eskenazi Center focuses on the rapid translation and implementation of research discoveries into clinical practice using the tools of implementation science, medical informatics and public health. Through these combined efforts, the center’s goal is to achieve the three aims of the Institute of Medicine: better health and better care at lower cost. The Sandra Eskenazi Center will strive to extend proven effective practices throughout the United States and beyond. Efforts to serve as a center of competency and benchmarking will be one hallmark of the mission, with a goal to benefit the greatest number of patients through dissemination of learning and the rapid adoption of effective care broadly.

“Eskenazi Health is more than a health system to me — it’s home. I am so honored to follow my parents’ legacy in helping serve not only our community but the rest of the world in support of this groundbreaking new center.”

SANDRA ESKENAZI
Eskenazi Health physician leaders Lisa Harris, M.D., and Christopher Callahan, M.D., will lead the Sandra Eskenazi Center.

Dr. Lisa Harris has practiced internal medicine for more than 30 years at Eskenazi Health. She has served as the health system’s chief executive officer since 2004, leading one of the nation’s largest safety net hospitals into new patient-centered innovations and high quality program expansions.

Dr. Harris continues to see patients and is also engaged in research and teaching as the John F. Williams, Jr., M.D. scholar; professor of medicine; and associate dean for the Indiana University School of Medicine. She is also past chair of America’s Essential Hospitals (formerly the National Association of Public Hospitals and Health Systems).

Dr. Christopher Callahan is a physician leader for the Sandra Eskenazi Center, with expertise in improving the care of older adults with late life depression, dementia and related conditions. He has been a staff physician at Eskenazi Health for nearly 20 years, where he focuses on the care of older adults with Alzheimer’s disease and has been the Medical Director for the Aging Brain Center.

Dr. Callahan has more than 25 years of experience in studying clinical interventions and new models of care designed to improve outcomes for older adults. He graduated from St. Louis University School of Medicine, completed a Residency in Internal Medicine at Baylor College of Medicine, and completed a Fellowship in Health Services Research at Indiana University School of Medicine. Dr. Callahan is also the founding director of the Indiana University Center for Aging Research, Cornelius and Yvonne Pettinga Professor of Medicine at Indiana University School of Medicine, and investigator at Regenstrief Institute. He has received a number of honors, including the prestigious Henderson Award from the American Geriatrics Society in 2016, the National Award for Career Achievement and Contribution to Clinical and Translational Science in 2012, and the Award for Excellence in Dementia Care from Johns Hopkins University School of Medicine in 2007.
Dr. Malaz Boustani received a doctorate in medicine from Damascus University. He completed an internal medicine residency at Case Western Reserve University, followed by a fellowship in geriatric medicine at University of North Carolina. While at the University of North Carolina, he also received a master’s degree in public health. He is board certified in Geriatric Medicine from the American Board of Internal Medicine.

He has authored more than 120 peer-reviewed publications, received more than $80 million in federal grant funding, and improved the brain care of more than 5,000 patients and their family caregivers.

Through his various leadership roles, Dr. Boustani focuses on the rapid translation and implementation of research discoveries into clinical practice, utilizing the tools of implementation science, medical informatics and public health. At the Sandra Eskenazi Center, he continues this work and strives to achieve the Institute of Medicine’s three aims of better health and better care at lower cost.

Dr. Alan Breier attended college at the University of Toledo, medical school at the University of Cincinnati College of Medicine, and trained in psychiatry at Yale University School of Medicine. Following his residency, he completed a three-year fellowship at the Clinical Neuroscience Branch of the National Institutes of Mental Health.

For more than 30 years, Dr. Breier has led research teams elucidating the pathophysiology of psychotic disorders and assessing innovative therapeutics for such illnesses, particularly schizophrenia. He has worked for the University of Maryland School of Medicine, the National Institutes of Mental Health, and was the Chief Medical Officer at Eli Lilly and Company.

His work has been widely recognized, including by the A.E. Bennett Neuropsychiatric Research Foundation Award, the Joel Elkes International Award, the Appreciation Award for Psychiatric Services from Indianapolis’ Homeless Initiative Program in 2001, the Mental Health America Prevention Award in 2011, the National Alliance for the Mentally Ill’s President’s Award in 2015 for his work with PARC, and the American Psychiatric Association’s Nancy C. A. Roeseke Certificate of Excellence for Medical Student Education.

Through his various research and leadership roles, Dr. Breier has strived to expand the understanding of the pathophysiology of schizophrenia and develop innovative solutions to identify the disease sooner and prevent the downward slide into lifelong chronic schizophrenia. He has published more than 250 scientific articles on the subject.

At the Sandra Eskenazi Center, he continues his groundbreaking research and dedication to improving outcomes for patients with psychosis and schizophrenia.
Dr. Boustani cared for “Rose,” a 70-year-old woman who was diagnosed with Alzheimer’s disease. Her daughter was overwhelmed: She was unsure of how she would care for her mother but completely sure that she did not want to place her in a nursing home. Doctors at the Aging Brain Care Program introduced a personalized bundle of care to Rose’s daughter, which included:

1. Teaching her to solve cognitive, functional and psychological problems through a care coordinator, who coached her and provided a specialized manual of care.
2. Connecting her with a support group, which was made available in the neighborhood primary care center where her mother received care.
3. Assistance with finding another caregiver so she could have time off — at least eight consecutive hours per week.
4. Developing a crisis plan for the up-and-down journey ahead, which included identifying potential crises for the family and teaching her how to handle each one.

These steps, consistently followed with the help of the Aging Brain Care team, have eliminated significant stress for Rose’s daughter, and Rose is still well enough to live with her at home today, more than six years later. The daughter now serves as an advocate at Eskenazi Health for individuals working to manage Alzheimer’s disease. Prevention and education are key pieces of the brain care puzzle — and Eskenazi Health sees them as integral to its approach to treatment and recovery.

Exercises as simple as placing a pencil in their mouths and having them bite down on it can help patients control their emotions.
Getting Back to “His Old Self”

Max was 22 years old when he arrived at PARC emaciated, very paranoid and delusional. He knew something had been “off” for quite some time and finally asked his mother for help. She brought him to PARC. Immediately, the PARC team worked to establish a relationship with Max and explained that he would have to make a commitment to take medication for at least one year, but that they would be by his side to help him get through it. The PARC team provided support in every area of his life throughout his treatment, including helping him and his mother find housing and even accompanying him on the bus to help him learn how to navigate the bus system. They also provided vocational support and assisted him with finding a job.

Today, Max has been employed for over one year and now has his own apartment and car. He has not missed one day of work, despite clocking in at 4 a.m. He continues to see his counselor on a weekly basis and is happy he’s “back to being his old self again.”

PARC centers on client-focused treatment and support through recovery; education of patients, their families and the community at large; and research into the questions that will advance the understanding of these illnesses and develop new and improved treatments.

The Prevention and Recovery Center for Early Psychosis (PARC) was founded and is led by Dr. Alan Breier and is a full-service clinic and research center for young people who are at the very earliest stages of a psychotic disorder. PARC is currently receiving funding to be the hub of schizopherria care for the state of Indiana. Under Dr. Breier’s direction, PARC has enrolled over 500 young patients with early-phase psychosis for treatment.

PREVENTION AND RECOVERY CENTER FOR EARLY PSYCHOSIS

The Prevention and Recovery Center for Early Psychosis (PARC) was founded and is led by Dr. Alan Breier and is a full-service clinic and research center for young people who are at the very earliest stages of a psychotic disorder. PARC is currently receiving funding to be the hub of schizophrenia care for the state of Indiana. Under Dr. Breier’s direction, PARC has enrolled over 500 young patients with early-phase psychosis for treatment.
HOPE IN INNOVATION: ESKENAZI HEALTH AT THE FOREFRONT.

Committed to advocate, care, teach and serve. During the past 158 years, Eskenazi Health has been caring for the Indianapolis community by leading the way in innovative health care. It established Indiana’s first trauma center, one of the nation’s first electronic medical records systems and Indiana’s first community mental health center. Now, it is extending its groundbreaking care with the Sandra Eskenazi Center. Together with Eskenazi Health Midtown Community Mental Health, Eskenazi Health will continue to carry out its commitment to care for the most vulnerable populations of Marion County and throughout Indiana.

Eskenazi Health Midtown Community Mental Health Center today records nearly 750,000 patient visits per year.
Integrating Pioneering Technology with Personalized Care

This innovative model for brain care integrates care for the whole person, taking into account physical health, all medications and family social situations. Caregivers and family members are active participants in this approach and have significant responsibility for the overall success of the treatment outcomes.
Eskenazi Health is improving brain care for all of us — working toward early diagnosis, prevention and recovery for these insidious diseases that destroy lives.

The Sandra Eskenazi Center is an opportunity to change the world, starting here in Indianapolis. Your support for this groundbreaking project will help to transform brain care forever — for your family and for countless parents, spouses and children who are desperately waiting for answers.

AN OPPORTUNITY TO CHANGE THE WORLD.

Eskenazi Health is improving brain care for all of us — working toward early diagnosis, prevention and recovery for these insidious diseases that destroy lives.

The Sandra Eskenazi Center is an opportunity to change the world, starting here in Indianapolis. Your support for this groundbreaking project will help to transform brain care forever — for your family and for countless parents, spouses and children who are desperately waiting for answers.

Positioned to serve and to lead

Eskenazi Health is illuminating the future of health care. Using an uncommon combination of application and implementation research, and innovative and timely clinical care delivery, physicians and staff at Eskenazi Health incorporate breakthrough treatment strategies into patient care within an average of 18 months — far less than at other health care institutions. Instead of sitting on a shelf, Eskenazi Health research is making a difference for patients today.

Historically, the results of health care research take a minimum of 17 years to reach the patient. Only 14 percent of research projects make it through the process — and just 1 percent of solutions can be applied to the general population.

Always at the forefront of innovative practice, Eskenazi Health is already a leader in advancing brain health and brain care in Indianapolis. Recognized internationally for the work of the ABC and PARC, what is happening here is unprecedented — and it is helping patients and their caregivers live healthier, happier lives.

Key Resources for Success

• State-of-the-art Sidney & Lois Eskenazi Hospital facility
• Established research groups in implementation science
• Partnership with IU School of Medicine
• Community support through the health sciences industries and government action

Combining excellent brain care with excellent primary care

Mind and body have traditionally been treated separately, but that thinking is changing. Recognizing the dynamic interrelationship between brain health and physical health, Eskenazi Health has implemented various practices to integrate the two, including a 10-point assessment that is completed by all patients entering its primary care clinics to flag mental health concerns and on-site mental health professionals engaged to work directly with primary care doctors at the first sign of a mental health problem.
“There are institutes doing excellent basic brain research that may lead to big improvements in 20 years. There is almost no place deploying brain science and advanced therapeutics in a living care laboratory oriented to primary care like Eskenazi Health that will make a difference now. This is a remarkable ‘sweet spot.’”

MICHAEL F. HOGAN, PH.D.
Former Chairman, President’s New Freedom Commission on Mental Health
Principal, Hogan Health Solutions

The Sandra Eskenazi Center vision for brain care includes major paradigm shifts and revolutions in care models:

<table>
<thead>
<tr>
<th>FROM</th>
<th>TO</th>
</tr>
</thead>
<tbody>
<tr>
<td>treating and managing symptoms in a chronic care facility</td>
<td>early interventions predicated on risk factors in a community setting</td>
</tr>
<tr>
<td>passive patient and family roles in prevention and care</td>
<td>active, informed and involved ownership of brain health</td>
</tr>
<tr>
<td>stigma and fear</td>
<td>openness, effective help-seeking behaviors and advocacy</td>
</tr>
<tr>
<td>an obscure, eerie, opaque brain health care system</td>
<td>clarity and a user-friendly, accessible and engaging care system</td>
</tr>
<tr>
<td>hospital-based care</td>
<td>a care model where patients and caregivers are “outside the walls”</td>
</tr>
<tr>
<td>ineffective care models with workforce inadequacies</td>
<td>“currency” in best practices and utilization of evidenced-based models with abundant consumer choice in providers</td>
</tr>
<tr>
<td>fog and confusion</td>
<td>a plan and support</td>
</tr>
</tbody>
</table>
Patients who visit the Sandra Eskenazi Center have access to an expert team consisting of a variety of professionals including care coordinators, physicians, pharmacists, social workers, therapists and nurses. Patients see physicians and other team members in person, but they can also access its experts remotely, receiving real-time clinical advice and coaching that can solve immediate issues or trigger more urgent action, as appropriate.

As part of the technological expansion, clinicians and researchers affiliated with the Sandra Eskenazi Center will develop a variety of tools and processes to dramatically increase the efficiency of the care model, including:

- **Automated Data Collection**: Assessments of patients’ mental health status will be conducted remotely, without staff participation, to identify changes in real time.
- **Mission Control and Coordination Center**: Data from multiple sources (e.g., electronic medical records, automated assessments, lab) will be routed to a physical center for real-time evaluation.
- **Electronic Clinical Decision Support Tools**: Computerized tools or an “avatar” will provide patients and their caregivers with on-demand access to advanced decision support technology capable of automatically addressing many questions and needs.

The enhanced technology developed within the Sandra Eskenazi Center will arm the clinical team, patients and their caregivers with the ability to monitor and identify changes in brain health. Care within the Sandra Eskenazi Center combines pioneering technology with the most appropriate human interaction for each unique patient situation, yielding faster and more effective outcomes for the patient (and caregiver). Patients and their caregivers will receive tools and education in ways to solve issues at home when possible, thereby avoiding costly and stressful visits to the emergency room or doctor’s office. For a dementia patient or a patient with schizophrenia, such a trip can be extremely confusing, causing emotional distress and often additional health issues that lead to otherwise unnecessary treatment and cost.

The Sandra Eskenazi Center is accessible and affordable to all patients.
More than five years ago, we began a journey.

We asked the people of Central Indiana to come together like never before in support of health care — and lead the way to a brighter future. Today, the future we envisioned is real and bright. The Eskenazi Health campaign brought out the best in Indiana for the betterment of Indiana — today, and for decades to come.

Each gift to Eskenazi Health created or supported a new moment of vibrancy for our patients and our community — from the walls of the campus buildings, rooms and corridors to the art, gardens and music that enrich every moment. The Eskenazi Health campaign, and the campus itself, was built upon the generosity and encouragement of all who gave their support.

Having achieved more than we could have imagined back in 2009, our gratitude and optimism for the future have expanded endlessly. Today, Eskenazi Health has embarked on a groundbreaking center designed to care for an increasingly underserved population — individuals and families whose lives have been upended by diseases of the brain.
Sidney and Lois Eskenazi provided the largest gift in the history of this health system and one of the largest gifts ever made to a public hospital in the United States. Their $40 million contribution, which served as a catalyst for our campaign and an impetus for its ultimate success, will forever be tied to the achievements of Eskenazi Health.

Sidney and Lois, whose roots connect deeply throughout our community, committed a legacy gift that dramatically and permanently improves the state of care for patients in Central Indiana. It also extends research and medical education capabilities throughout the state and region and enhances the leadership role and impact of Eskenazi Health among public health systems throughout America.

Longtime Indianapolis residents, Sidney and Lois Eskenazi were drawn to Eskenazi Health because of its broad impact and profound mission. And today, as we share our next big vision with you, we continue to be grateful to our friends, Sidney and Lois, who helped make our last big vision become a reality.

“My parents instilled in me the importance of high-quality health care for all people, regardless of their resources. I am so grateful to stand beside them at Eskenazi Health, an essential community institution.”

SANDRA ESKENAZI
Eskenazi Health created the Sandra Eskenazi Center as a first step in improving brain care for all of us — working toward early diagnosis, prevention and recovery for these insidious diseases that destroy our health.

There isn’t time to let new, essential research ideas sit on a shelf for years. Nearly 100,000 adults in Indiana alone suffer from Alzheimer’s or other dementia, 266,000 suffer from at least one form of serious mental illness, and our public mental health system provides services to only 15 percent of them. Nationally, more than 5 million people suffer with Alzheimer’s and 61.5 million Americans experience mental illness in a given year.

We have the opportunity to change the world, starting here in Indianapolis. Your support for this groundbreaking project will help to transform brain care forever — for your family and for countless parents, spouses and children who are desperately waiting for answers.
In the end, it’s about people. But numbers matter, too.

There are plans to establish an endowed fund of $10 million, along with other identified expenses such as technology enhancements and expansion of services to increase patients served. Interest income will provide funding for new innovations in brain care in perpetuity.
“As we age, more and more Americans will encounter diseases of the brain. The numbers and extent of care required is staggering, to say the least, but both challenging and inspiring for all of us.”

MICHAEL SMITH
Executive Vice President, CFO
Anthem, Inc., Retired

“The brain is an organ of the body and is vulnerable to illness like all other organs. Stigma is not an excusable barrier to treatment.”

ROBERT POSTLETHWAIT
President, Neuroscience Product Group
Eli Lilly and Company, Retired
“We can’t be truly effective in helping patients manage their physical health unless we first address mental health. There is no health without mental health.”

Lisa E. Harris, M.D.
CEO, Eskenazi Health