Menninger Made a Scene in 2016
The Menninger Clinic achieved much success in FY 2016. As shown in the Radar Chart above, we accomplished or surpassed many of our Wildly Important Goals (WIGs), for the year. Here are a few of the highlights:

- In July 2016, Menninger was named a National Best Hospital in Psychiatry by U.S. News & World Report (ranked #5 nationally) for the 26th consecutive year.
- 74% of patients “strongly agree” (the top-box rating in our survey) that they would recommend Menninger.
- We were named a Top Workplace by the Houston Chronicle (sixth consecutive year), with more than 80% of staff members completing the annual employee survey.
- We generated 716 admissions, the majority of which (89%) were new patients to Menninger.
- In only its first year of operation, our Outpatient Services Team conducted 126 individual four-and-a-half day Outpatient Assessments, as well as 3,367 outpatient visits.
- We generated ~$4.65M (unaudited) in earnings, representing a 7.9% return on $59M net revenue.
- We garnered ~$17.1M in philanthropy.
- Menninger faculty published over 40 scientific papers and made dozens of scientific presentations.
- We launched BridgeUP@Menninger, with the support of a $7.5M grant from the David and Helen Gurley Brown Trust.

A complete summary of our many accomplishments will be available in September in our online annual report.

Board Welcomes New Directors
On behalf of The Menninger Clinic Boards of Directors, I am very pleased to welcome the following new members to our Menninger Clinic Foundation Board.

- Elizabeth McIngvale-Cegelski, PhD, LMSW, Assistant Professor, Diana Garland School of Social Work, Baylor University; Adjunct Assistant Professor, Baylor College of Medicine; Founder and Board Member, The Peace of Mind Foundation; and Board Member, Mental Health America of Greater Houston.
- Krystal Crane Thompson, MS, LPC, MFT, professional counselor and marriage and family therapist, as well as Board Member of the Crane Family Foundation.

U.S. News & World Report Names Menninger a National Best Hospital
For the 27th consecutive year, The Menninger Clinic is proud to announce it has been named a National Best Hospital in Psychiatry by the U.S. News & World Report. Menninger was ranked fifth among all psychiatric hospitals nationwide, for the fourth consecutive year, and once again was the top ranked hospital west of New England.

The U.S. News & World Report rankings are compiled from the past three years of reputational scores as determined by board-certified psychiatrists nationwide. Menninger has been ranked among the top nine psychiatric hospitals nationwide for all 27 years that U.S. News & World Report has ranked hospitals to aid consumers and healthcare professionals in finding the best care. Congratulations to Team Menninger on this very well-deserved recognition of the quality of our care and of the quality of the people who take care of the people!

New Leadership Appointments
Sylvia Gonzalez Cruz, MD, has been appointed Medical Director of Adult Inpatient Services, effective July 1, 2016. She has been a staff psychiatrist on the Hope Program for more than four years and is also the current President of our Medical Staff. Dr. Gonzalez Cruz will continue to function as a psychiatrist and team leader on Hope while partnering with Adult Division Director Dr. Michael Groat to provide leadership to the Adult Division.
Menninger Salutes Graduating Fellows

On Wednesday, August 24, from 2-4 pm in the Classrooms, we will celebrate our trainees who are graduating from their Menninger Fellowship Programs in Postdoctoral Psychology, Postgraduate Social Work, or Research Studies. All of these trainees have also contributed to patient care and research initiatives during the past year. Please join us in celebrating their accomplishments and wishing them well in their next endeavors. Dessert reception to follow!

- Postdoctoral Psychology—Melissa Goldberg, PsyD, Lindsey Hogan, PhD, and Catherine Ruscitti, PsyD
- Postgraduate Social Work—Lindsey Calder, LMSW, Brittany Lawnin, LMSW, Dipti Patel, LMSW, and Alex Samets, LMSW
- Research Fellowship: Janice Jiminez-Torres, PhD, MPH, and Elisa Ambrosi, MD
- In addition, please join me in congratulating Chelsea MacCaugheltys, LCWS, Senior Social Worker on the Pathfinder Program, who will receive her PhD in Social Work from Smith College, August 19.

—Cynthia Mulder, LMSW, Director of Education

Transitions

Gayle Garland, MSN, RN, Director of Quality Resources, has resigned to take a position as surveyor with The Joint Commission. For the past seven years Gayle has provided leadership on issues related to clinical quality, in particular patient safety and risk management, as well as institutional accreditation. We thank Gayle for her fine service and wish her every success and happiness in her new position.

A national search will be conducted for Gayle’s replacement. In the interim, Avni Cirpili, RN, DNP, NEA-BC, will assume Gayle’s responsibilities.

Menninger Advances Knowledge

In July, Menninger investigators published these important contributions to the scientific literature.

- Alok Madan, PhD, MPH, and other colleagues demonstrated that the Columbia Suicide Severity Rating Scale has solid psychometric properties, and that it merits use as a suicide risk assessment measure. (J Clin Psychiatry, 2016; 77(7): 867-873)

View other important contributions to the medical literature by our faculty and staff on our website.

Best Place to Work

Wellness Activities Start this Month

- Boot camp workouts return with Torresy Smith Tuesdays from 6-7 am and Wednesdays 5-6 pm in the Wellness Center.

Tai chi and mindful yoga are new offerings getting underway in August. Tai chi’s purpose is to create balance and harmony with the flow of energy in nature using the power of the mind’s intention and life-force energy to mobilize and guide energy in the mind and body. It brings awareness to breathing patterns, body coordination and sensitivity, and provides a firmer connection to spirit. Mindful yoga is the practice of feeling relaxed in the moment and in flow with surroundings. Graceful movements in asana and a solid meditation practice create rewards to the mind-body-spirit triad.

Stop by the Wellness Center to participate in:
- Tai chi with Huy Ho—Mondays at noon
- Mindful yoga with Jenny Buergermeister—Tuesdays at 5 pm and Fridays at noon

—Andrea Preisinger, SPHR, VP of Human Resources

Hope Patient Leaves Lasting Message

This plaque was presented to the Hope Program by a grateful patient who recently completed treatment and who wanted to share her inspiration with future patients.

Thanks to Sylvia Gonzalez Cruz, MD, Medical Director for Inpatient Services and psychiatrist on Hope, for sharing this patient’s story and message of hope.

Menninger Celebrates Diversity

- August 14—Tish B’Av, Jewish
- August 15—Assumption of Mary, Christian
- August 21 Senior Citizens Day
- August 26—Women’s Equality Day

Featured Events

- October 7—Advances in Clinical Psychiatry: Treatment-Refractory Depression. Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine.

Have a great last full month of summer.

Ed Coffey, MD

“There is no health without mental health.”

To make a referral to Menninger 24 hours a day, call 713-275-5000. Menninger is affiliated with Baylor College of Medicine.