

# THE COURAGE TO CONFRONT CRISIS



\$50 million philanthropic campaign to transform mental health and well-being care in our growing community.

*Together, we can make a lasting impact with innovative whole-person care.*

WakeMed   
Foundation

# THE COURAGE TO CONFRONT CRISIS



Today's mental health crisis is unprecedented. One in five American adults experience a mental illness in their lifetime. One in 20 experience a serious mental illness.

And the situation for young people is especially troubling.

One in five young people have seriously considered suicide and one in nine have attempted suicide.

It is likely that you know someone with mental illness or have felt the heartbreak of losing a loved one to mental illness. Our country and community continue to be faced with a crisis that calls for the courage to change how we care for and support our friends, neighbors and loved ones suffering with mental illness. Now, we have a once-in-a-lifetime opportunity to support the health and well-being of our community and improve outcomes for generations to come.

***By coming together – and summoning the courage to transform the way we deliver mental health care– we can change these troubling statistics.***

We aspire to be a national leader in mental health care. With your help, we will build a world-class campus to meet the growing needs of our community. Our vision is to establish the Whole Health Campus, built on the principle that mental health and physical health are deeply intertwined.

This first-of-its-kind campus in North Carolina will include a 150-bed Mental Health & Well-Being Hospital and a 45-bed Acute Care Hospital – a physical representation of the deep connection between mental and physical health. Our specially trained staff will deliver coordinated care and leading-edge therapies for both acute and chronic conditions, offering holistic approaches for treating the mind, body and spirit.

Today, many WakeMed mental health patients who are referred for inpatient care must often wait for placement to receive the right care. Still others are not placed due to the lack of available inpatient beds.

As the leading provider of health services in Wake County, WakeMed exists to improve the health and well-being of our community. We have the courage, ability and relationships to bring a new, innovative approach to mental health care and caring to our community.

## **We are uniquely qualified to lead this work.**

During the past decade, we established the WakeMed Behavioral Health Network, a collaboration among health care providers and community organizations. The network is nationally recognized for delivering innovative and effective outpatient mental health care. In May 2024, we reopened WakeBrook, the county-owned, 28-bed mental health hospital that serves adults who need intensive, compassionate care for their mental health and/or substance use diagnoses. Now, we need a dedicated inpatient mental health and well-being hospital to treat our most acute patients - and that's our next step.

We are partnering with Sheppard Pratt, a nationally recognized not-for-profit provider of mental health care services, to accelerate the availability of world-class care in our community. Sheppard Pratt is helping to inform the design and the innovative specialty programs and services we intend to offer.

We have launched a \$50 million philanthropic campaign to support the Mental Health & Well-Being Hospital and have raised more than \$20 million in the first year. We ask that you join us to ensure that we deliver the best mental health services, treatment and support when people need it the most. For the sake of our community – and the next generation in particular – we must do all we can.

## **If not us, who? If not now, when?**

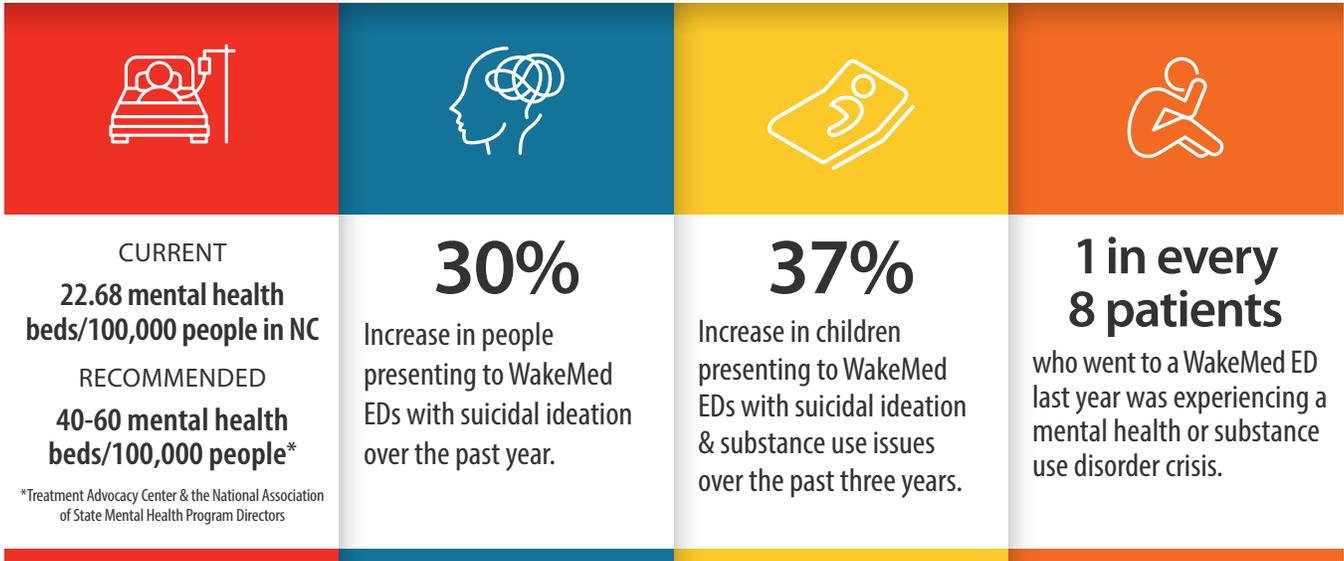
Let's confront this crisis together. We need your support, your partnership and your courage to provide the best, most effective solutions for our community.

A handwritten signature in black ink, appearing to read 'Donald R. Gintzig'.

**Donald Gintzig**

President and CEO, WakeMed Health & Hospitals

# THE NEED BY THE NUMBERS



## Why Now?

The aftermath of a global pandemic, combined with a lack of accessible care and a growing population, has intensified what was already a growing mental health crisis in Wake County. No one is immune -- the challenges affect individuals of all ages, genders, income levels and race.

Today, thousands of adults and children in crisis seek care in WakeMed's eight emergency departments because there are not enough mental health services to meet our community's needs. While emergency departments provide initial assessments, they are not designed to deliver acute psychiatric treatment.

From 2020 to 2023, more than 50 percent of WakeMed patients referred to inpatient mental health treatment were either not admitted or experienced significant delays.

### The Needs Grow Daily

North Carolina is the fifth fastest growing state, adding an average of 99,000 people every year since 2020. Wake County is the most populous and among the fastest growing counties in our state. More than 1.2 million people now call it home. More than 230,000 people moved here in the last decade, making it one of the fastest growing counties in the nation and accelerating the demand for quality health care resources.

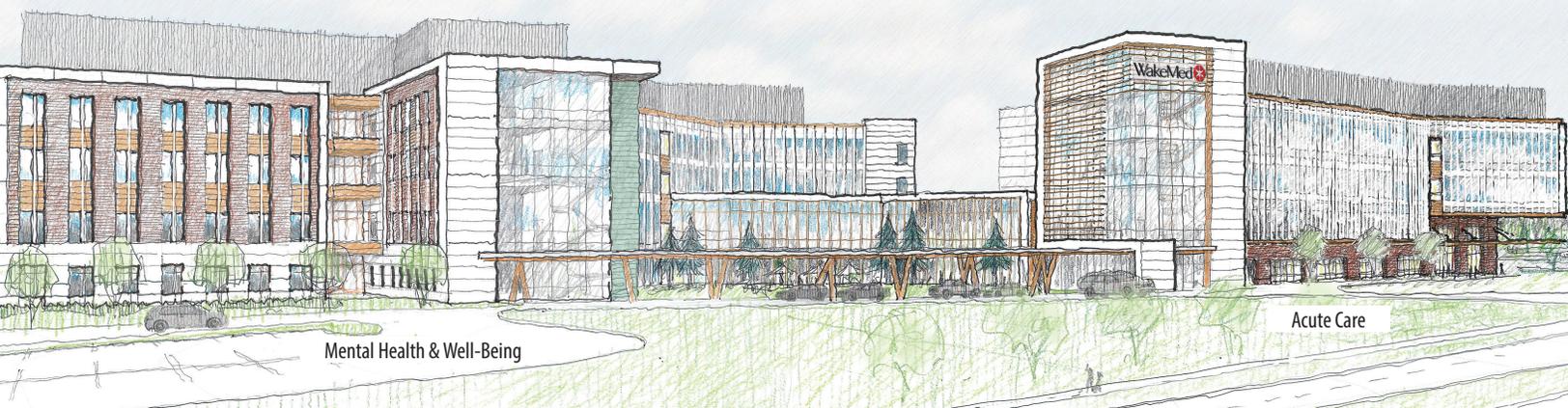
Due to decades of underinvestment in mental health resources, North Carolina has been navigating rising overdose and suicide rates, waitlists for services, and significant mental health provider shortages. The North Carolina Department of Health and Human Services estimates that in a population of 10.8 million people, 2 million people have a mental illness and more than one million have a substance use disorder.

Individuals with an untreated mental illness cannot reach their full potential or contribute to their communities in meaningful ways. They miss work or often leave their jobs, resulting in strains on the labor supply and a broad range of economic and social impacts on communities both large and small.

## Confronting the Crisis

For more than 60 years, WakeMed has responded to the health care needs in our community by providing services and improving access to care for all. **Now, we are developing a Whole Health Campus, which will better serve the mental health and well-being needs of our community. It will include a Mental Health & Well-Being Hospital and an Acute Care Hospital. Together, they will transform the delivery of care for mind, body and spirit and set a new standard of excellence for highly integrated whole-person care. The project is set for completion in early 2028.**

*Rendering of WakeMed's new Mental Health & Well Being Hospital and WakeMed Garner.*



# Innovating Mental Health Care

## Collaborative, Comprehensive Care

WakeMed is uniquely qualified to transform mental health and well-being care. We have earned a national reputation for innovating a unique and comprehensive framework of mental health providers and services. WakeMed's novel approach integrates a network of outpatient and inpatient behavioral health, social service and primary care providers to improve access and coordination of care for patients. With 46 members across North Carolina, the WakeMed Behavioral Health Network is a growing, highly collaborative model built to improve illness detection, accelerate access to the right care and to encourage patients' engagement in their own care.

It includes:

- **Network for Advancing Behavioral Health** – a statewide outpatient referral network.
- **Connected Community** – a wide range of social service organizations to assist with patient needs.
- **Triangle Behavioral Health Council** – a select group of inpatient providers working together on quality initiatives and analytics to improve care delivery.

WakeMed developed the network with a deep understanding of the complexities involved in mental health care and the need to provide comprehensive, whole-person care.

Network members serve as a critical resource for much-needed outpatient care, whether patients need intensive therapy, medication management, or other services. The network will be engaged as patients transition from inpatient care back into their community to continue their healing journey.

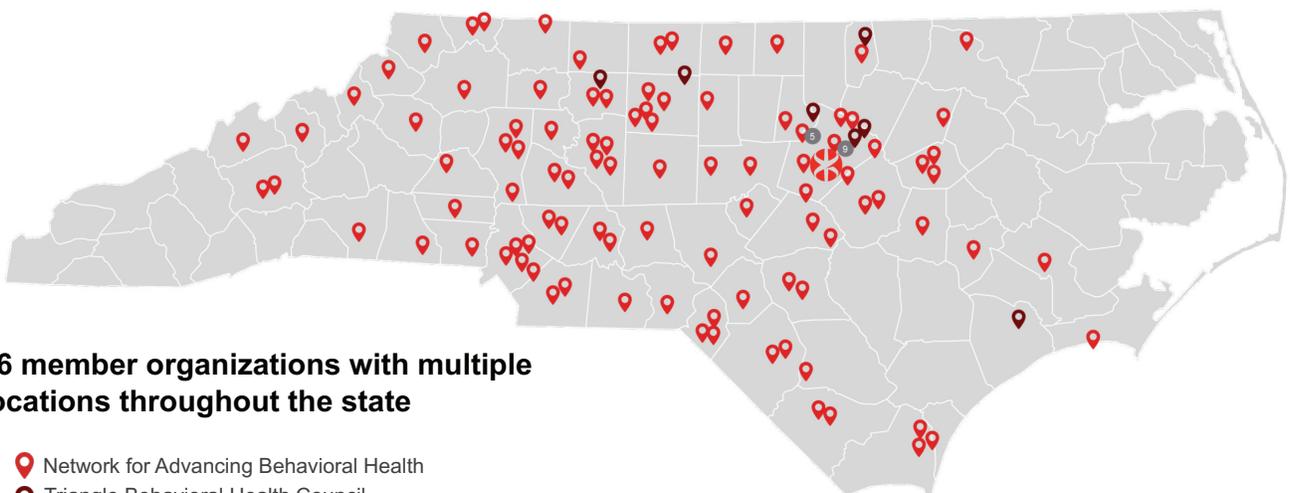


## Improving the Continuum of Care

WakeMed's 150-bed Mental Health & Well-Being Hospital is a critical piece in our continuum of care for our friends and neighbors in need of specialized inpatient mental health care. Our vision is to provide outstanding, compassionate inpatient care that prioritizes patient dignity and autonomy – while removing the stigma associated with mental health care. The relationship between the WakeMed Behavioral Health Network and WakeMed's new Mental Health & Well-Being Hospital will be symbiotic – with referrals flowing from network outpatient providers to the new hospital and referrals to network providers coming from the hospital who need outpatient services post-discharge as they transition into their everyday lives.

THE STATEWIDE FOOTPRINT OF

## The WakeMed Behavioral Health Network



**46 member organizations with multiple locations throughout the state**

- Network for Advancing Behavioral Health
- Triangle Behavioral Health Council

# Serving Patients to Promote Healing

## Six Units to Serve Distinct Patient Groups

The new Mental Health & Well-Being Hospital will provide acute psychiatric inpatient care—short-term treatment for individuals experiencing a mental health crisis or acute psychiatric symptoms that require immediate intervention. Hospitalization stays will average 7 to 10 days, based on the patient's needs. The primary focus will be on stabilization, crisis management and symptom reduction. Whole-person care integration will ensure patients receive a well-rounded assessment that considers their medical and mental health conditions, life circumstances and other needs to develop a comprehensive treatment plan.

The facility will serve distinct patient populations in six 25-bed units dedicated to the needs of:

- **Children under 18, whose needs are distinct from other age groups and who face unique pressures.**
- **Young adults, 18-26, needing the skills and confidence to deal with life's transitions.**
- **Patients over 18 who need 24/7 care for emotional or psychiatric issues.**
- **Patients over 18 who are facing addiction and need support during their journey to sobriety.**
- **Seniors 65 and older who need support for a unique range of behavioral health issues.**

Patients in each unit will receive care alongside peers who are dealing with similar conditions. The model recognizes that while the needs of each patient are unique, patients have many opportunities to support and learn from each other.

Care managers will work with patients to support a seamless transition back to their established outpatient provider or help them connect with a new outpatient provider and other community resources to support their ongoing recovery. Patient referrals will ensure they receive the right level of care, which could include options such as a mental health clinic, intensive outpatient programs and residential care.



*The facility's design will feature views of the natural landscapes surrounding the Whole Health Campus.*

## Accelerating Transformative Care with Sheppard Pratt

We have partnered with Sheppard Pratt, a not-for-profit organization founded in 1853 and based in Baltimore, MD. With a history of transforming care through research, Sheppard Pratt is consistently recognized as one of the top psychiatric care providers in the nation.

Our partnership is helping transform mental health and well-being care more rapidly to scale programs and practices that best serve our community.

Sheppard Pratt is known for evidence-based, innovative care and its commitment to serving patients regardless of their ability to pay, which aligns with our mission and commitment to our own community. Each year, Sheppard Pratt providers serve more than 70,000 individuals from 34 states and 15 countries through their 160 inpatient, outpatient, housing, education and job-training programs, among others. Sheppard Pratt Solutions is the division of their organization that provides management services, consulting and facility/program development services.

To prepare for opening the hospital, we are assessing unmet treatment and service needs in our region to develop specialty care and treatments based on the most effective programs in the nation. We anticipate offering services that benefit patients and families across North Carolina and potentially the southeastern United States.

Working with a non-profit of national prominence will position WakeMed to build evidence for innovative treatments, programs and therapies that support patients' recovery and wellness that are not yet covered by insurance and traditional payors. Together, we will transform how care is delivered on a national scale.



*The courtyard of the Mental Health & Well Being Hospital*

# Delivering Care for Mind, Body and Spirit

Throughout our many years of caring for our community, we see a common thread among patients - the inseparable connection between mental and physical health. Many of our patients who come to us with physical injury or illness also have unmet mental health care needs. Similarly, patients who come to us in a mental health crisis also have an unmanaged chronic medical condition. The Mental Health & Well-Being Hospital and the Acute Care Hospital will work together to tackle comorbidity when mental health disorders and physical health conditions coexist. For example, addressing stress and anxiety can enhance immune function and mitigate inflammatory conditions. By simultaneously treating both mental and physical health issues, we can improve long-term health outcomes and decrease the likelihood of symptom relapses or recurrence.

## Patient-Centered, Whole-Person Care

This Whole-Health Campus will be the gold standard for highly coordinated care, care models and care environments that are holistic and contribute to the healing process. By placing the patient at the center, whole-person care utilizes a range of resources to provide the necessary physical, behavioral, emotional and social services. This approach enhances care coordination, well-being, and health outcomes.

The two hospitals will connect and share a common, atrium-style lobby and public outdoor gathering spaces so patients and families are consistently surrounded by natural light, green space, gardens and woodlands. Programming and gathering spaces will integrate into nature, signifying its importance to the healing process. Joining the facilities provides significant economies of scale for core support services.

No longer will mental health care be confined to the basement of a hospital. The hospital's modern, aesthetically pleasing design and residential-like rooms support healing and integration of caring for mind and body in everyday warm and welcoming environments.

## Whole Health Campus

The integrated, 56-acre, Whole-Health Campus is part of a large 220-acre mixed use project under development with easy access to I-40, US Highway 70, and Jones Sausage Road.

### WakeMed Garner Hospital (Acute Care Hospital)

- 45 private rooms (31 med/surg beds, 14 Clinical Evaluation)
- 2 Operating rooms, 1 endoscopy suite, 4 procedure rooms
- 24-bed emergency department
- Diagnostic services (laboratory and imaging)

### WakeMed Mental Health & Well-Being Hospital

- 150 private rooms
- Inpatient care and outpatient mental health-related services
- Recreation, therapeutic services (art, music)
- Family visitation areas
- Innovative treatment and therapy areas



*Integrating the Mental Health & Well-Being Hospital and the Acute Care Hospital on the same campus is a visual representation of the complex, inseparable interplay between physical and mental health.”*

**Micah Krempasky, MD**

Chief Medical Officer, WakeMed Mental Health & Well-Being

# Leading the Way

Reopening WakeBrook in May 2024 has helped to prepare our team and close partners to effectively operate a much larger, inpatient mental health and well-being hospital. We operate WakeMed Mental Health & Well-Being Hospital – WakeBrook for Wake County and in partnership with Alliance Health. Our team at WakeBrook provides novel approaches to whole-person care that emphasize respect for the patient and their dignity.

As the state of North Carolina continues with its broad-based plans for making significant investments in the state-run mental health infrastructure, WakeMed is well positioned to advocate for meaningful changes to outdated and ineffective approaches to mental health care. WakeMed leaders serve in formal and informal advisory capacities with government and other stakeholders working to reverse the troubling mental health and substance use trends across North Carolina. WakeMed providers are working publicly and behind the scenes to help revise outdated state involuntary commitment and transportation policies that can traumatize patients and discourage others from seeking care.

We have tremendous opportunities to engage our community and people of all ages to take steps in challenging the stigmas and cultural barriers that prevent people from seeking help when they need it. By promoting community-based programs and resources, we can normalize and simplify the process of seeking and receiving needed care and support.

We invite you to be a part of these efforts to enhance awareness, acceptance and understanding of the area's mental health resources and supportive community partners.

## Building a Community Asset

WakeMed's team of design-build experts brings extensive experience in health care planning and design, having successfully partnered on several high-quality WakeMed projects. They are leaders in their field who work at the forefront of patient-centered design and construction. They have well-established relationships across the industry and a deep understanding of our vision for transforming mental health and well-being care delivery.

### SmithGroup

Founded in 1853, SmithGroup is an internationally renowned architectural, engineering and planning firm that focuses on research and technology to create innovative design solutions. They led WakeMed's master planning process and possess broad national and international experience with acute care and behavioral health hospital projects. Their expertise will ensure the delivery of compassionate, efficient and technologically advanced care environments.

### LS3P

LS3P is a multi-disciplinary design and health planning firm with a strong presence in the Triangle. The team has experience with a variety of complex health care design and behavioral health environments and has a successful track record of success with WakeMed.

### Architectural Resources

This New York-based firm has collaborated with SmithGroup on several innovative projects and has received industry-wide recognition as a leader in designing safe and effective treatment environments for individuals recovering from mental illness.

### DPR Construction

One of the top general contractors in America and in the Triangle, DPR has significant experience in successfully managing design-build projects of varying complexities within the health care business sector. DPR is well-versed in health care operations and the intricate systems within health care facilities, positioning them as national leaders in their field.

## The Time Is Right: Investment in Mental Health Is Long Overdue

Now is the time to take bold steps forward together – to improve the way we think about mental health and care for people with mental health conditions.

We envision a community where our busy emergency departments are not the first stop for individuals in crisis. Instead, we have a healthy system where family members, friends and neighbors can access the services they need when they need them from our team of compassionate professionals. To truly provide world-class, comprehensive mental health care at the scale our community deserves, WakeMed must deliver whole-person care, much of which is not easily reimbursable by insurance companies.

Your support is critical to making this vision a reality for our community and all who call it home.

### Your Investment

Your philanthropic investment is needed now to support WakeMed's bold vision to lead the state, region and nation in mental health and well-being care.

Mental illness affects many families across all segments of society. Someone you love, someone you work with, someone who lives in your neighborhood, or someone you do not even know will have the opportunity to thrive because of WakeMed's comprehensive and innovative care – and your gift.

There is no better organization than WakeMed to lead the way in confronting the current mental health crisis our community faces. There is no better investment you can make in this community and its future than helping WakeMed ensure our community has the mental health resources it needs.

**Together, we can improve the health and well-being of our entire community for generations to come.**

**On behalf of all those who will benefit from your support, we thank you.**

## About WakeMed Health & Hospitals

Serving the community since 1961, WakeMed is a private not-for-profit health care system founded and based in Raleigh, N.C. WakeMed exists to improve the health and well-being of our community by providing outstanding and compassionate care to all. The 973-bed system comprises a network of facilities throughout the Triangle area, including three full-service hospitals, eight emergency departments, a dedicated Children's Hospital and Rehabilitation Hospital, two exceptional Trauma Centers—and more than 175 physician and physical therapy practice offices.

WakeMed's mission-driven team includes 12,300+ employees, 1,200 volunteers and a medical staff of 1,300 providers, of which more than 800 physicians and advanced practice providers are employed by WakeMed Physician Practices. Together, they represent the best minds and the biggest hearts and the finest quality in health care and community health. For more information, visit [www.wakemed.org](http://www.wakemed.org).



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