



Essie married her high school sweetheart and her perfect match, Howard, who was able to donate his kidney to her in 2000.

The Greatest Gift

If someone you love suffers from kidney failure, would you consider being a living kidney donor?

Studies have shown that one kidney is enough to keep the body healthy by removing wastes and excess fluid from the blood. Living donation does not change life expectancy, and after recovery from surgery, living donors can continue to lead normal lives. The usual recovery time after surgery is short, and donors can generally resume their normal home and working lives within two to six weeks.

If you'd like to learn more, call (817) 922-4650 and ask for a transplant coordinator for more information or to schedule an appointment. Or, you can attend a seminar on organ donor awareness and talk with representatives from LifeGift from 1 to 8 p.m. on Tuesday, April 22.

► **To make a tax-deductible donation to this or any other program, please contact All Saints Health Foundation at (817) 922-7707.**

Behavioral Health: When Two Problems Collide

BY STEPHANIE THURROTT

It's not uncommon for a person with a mental health problem to also suffer from addiction—a condition experts term “dual diagnosis.” Kay McKinney, business development coordinator for Behavioral Health Services at Baylor All Saints Medical Center, says, “You need to address both issues at the same time in treatment. It's common for patients to seek treatment for one, thinking the other will go away. They'll say things like, ‘If I wasn't depressed, I wouldn't drink,’ or, ‘If I got sober, I wouldn't be so sad.’”

The dual diagnosis program at Baylor All Saints helps adults combat both problems through group psychotherapy, medication, education and family involvement. The program offers three different levels of care, based on the severity of a person's symptoms. For the most serious cases, such as suicidal behavior, the program offers acute inpatient care. “These people may be admitted for six, seven or up to 10 days,” explains McKinney. “We help them get to a place where they feel reasonably in control and they're out of

physical danger associated with withdrawal from alcohol or other chemicals.”

For patients who suffer withdrawal symptoms but are not at risk for suicide, inpatient detox care is available in a sub-acute setting. Most patients continue their treatment as outpatients in the dual diagnosis day program.



And for patients who are still able to function at work, intensive outpatient programs, two to three hours a day, five days a week, are offered. Evening hours can help people keep their jobs and avoid hospitalization. “People will typically stay in the outpatient program for 10 to 15 days,” McKinney says.

“We also offer aftercare once a week. People can attend for up to a year after they're discharged, for no additional cost. We make sure people have a positive support network in place when they leave. We recommend that they establish a sponsor in a 12-step support group, such as AA or NA. Some support groups meet at Baylor All Saints.”

► **If you or someone you know needs to access behavioral health services, call (817) 922-1162 any time, day or night, seven days a week, year round.**



TRANSPLANTS CLOSE TO HOME

If you or someone you love needs a liver or kidney transplant, call the Baylor All Saints Medical Center transplant team at (817) 922-4650. Our highly trained transplant specialists can answer your questions regarding these vital new services. Baylor All Saints is proud to be part of the Baylor Regional Transplant Institute, which also oversees and guides the successful transplant program at Baylor Dallas.