

Associates in Mental Health

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July 18, 2011

Illinois Health Facilities and
Services Review Board
2nd Floor
525 West Jefferson Street
Springfield, IL

RECEIVED

JUL 20 2011

HEALTH FACILITIES &
SERVICES REVIEW BOARD

Dear Illinois Health Facilities and Services Review Board:

This letter is in support of Proctor Community Hospital's CON permit application for an 18 bed Inpatient Geropsych unit. Older adults have specific needs that are best addressed in programming focused on their specific stage of life. Physical illnesses, medications and the psychological and social stresses of aging can complicate diagnosis and treatment. Older adults tend to have complex, comorbid mental and physical health problems. Some physical illnesses can cause cognitive, emotional, and behavioral symptoms. For example, older adults with heart disease have higher rates of depression than those who are medically well. Untreated depression in an older person with heart disease adversely affects the outcome of the disease. Conversely, some mental disorders can lead to or exacerbate physical conditions and daily functioning. For instance, mild depression can lower an older person's immunity and may compromise their ability to fight infections and cancers.

Because of the complex interplay of physical and mental health problems in older adults, interdisciplinary care is needed to provide optimal care. Addressing comorbid mental and medical health problems concurrently results in decreased emotional suffering, improved physical health, lessened disability, and a better quality of life for older adults and their families. These services will also reduce health care expenditures by lowering the frequency of primary care visits, medical procedures, and medication use.

I believe approving Proctor Community Hospital's CON permit will positively impact the health and well-being of all older adults in the Central Illinois area. I look forward to continuing to provide much needed medical services to older adults in this community and to working as a partner with Proctor Community Hospital to assure that every older adult in this area receives the medical and mental health care that they need.

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Illinois Health Facilities and
Services Review Board

Sincerely,

A handwritten signature in cursive script that reads "Bradford E. Colen, M.D." with a stylized flourish at the end.

Bradford E. Colen, M.D.
President, Associates In Mental Health
Clinical Associate Professor of Psychiatry of UICOMP
Past President of Medical Staff of Methodist Medical Center of Illinois
Distinguished Life Fellow American Psychiatric Association