




United Family Medicine

A Legacy of Caring

RUMSEY FAMILY ENDOWMENT FUND



“Integrated Behavioral Healthcare is the new cutting edge of caring for patients—except community clinics like United Family Medicine have been perfecting it for years. When a patient comes in for diabetes care or a knee injury, their depression and PTSD come too. Physical and mental health are not separate fields. We want to treat the whole person in the same place, the same clinic.”

Tim Rumsey

UNITED FAMILY MEDICINE AND THE RUMSEY FAMILY

A Legacy of Caring

In honor of Dr. Tim Rumsey and Rosemarie Reger-Rumsey and their lifetime commitment to integrated mental health care, United Family Medicine is pleased to announce A Legacy of Caring. The goal of this fundraising campaign is to support a long term commitment to integrated mental healthcare. United Family Medicine is dedicated to transforming the way we support the mental health needs of our community and we endeavor to raise two million dollars to strengthen and sustain a model that is making a powerful difference. The Rumsey Family Endowment Fund will make it possible to provide consistent mental health care that evolves with the changing needs of our community.

“We as a city critically need partners like United Family Medicine to serve the physical and mental health needs of residents in our community. This clinic continues to adapt, educate and grow while providing excellent, top-quality care to anyone who walks through their doors.” — Mayor Chris Coleman

VITAL, STABLE COMMUNITIES RELY ON INTEGRATED HEALTHCARE

When falling from an airplane, most people would prefer the safeguard of a functioning parachute to the uncertainty of free-falling into a safety net. We can apply the same logic to mental health care. At United Family Medicine, we strive to equip our patients with the tools and treatments to address their mental health issues before they become mental health crises — crises not only for the individual, but for family, friends and the community at large.

Dr. Tim Rumsey and his colleagues here at United Family Medicine recognize that mental health and physical health are not mutually exclusive, which is why we have implemented the **Integrated Behavioral Health Model**.

Integrated Behavioral Healthcare is proven to have a stabilizing effect on the surrounding community because it:

- Reduces community medical costs
- Improves patient outcomes
- Enhances quality of care

1 in 5 adults in America experience mental illness at any given time.

— National Alliance on Mental Illness

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.

— World Health Organization

United Family Medicine's Approach to Integrated Behavioral Healthcare

By using this model, United Family Medicine empowers our providers and staff to respond to mental illness consistently and holistically, providing St. Paul not with a safety net, but with a parachute.

People who need treatment for mental illness face multiple barriers, including:

- Stigma surrounding mental illness
- Lack of knowledge in how to seek help
- Inability to keep appointments or long referral times

United Family Medicine breaks down these barriers with Whole Person Care.



In-the-Moment Mental Healthcare

Throughout their clinic experience, patients are screened for mental health issues. If the provider feels the patient needs help, mental health staff are on-site to provide immediate care and assessment — no referral needed.

A Safe, Familiar Place

For patients who struggle with mental illness, visiting an unfamiliar clinic or physician can be a daunting task. At United Family Medicine, mental health patients can be treated at their primary care clinic, which allows them to feel safer and more comfortable, increasing the likelihood that they will keep appointments.

Support Throughout the Process

Specialized staff support patients by working with them on issues such as navigating their next appointments and coordinating insurance.



DR. TIM RUMSEY AND ROSEMARIE REGER-RUMSEY

In his more than 40 years as a physician at United Family Medicine, Dr. Tim Rumsey has made it his mission to treat the whole person — physically, mentally and emotionally. As Executive Director of Listening House, Rosemarie Reger-Rumsey spent nearly two decades advocating on behalf of the homeless, disadvantaged and lonely where she saw the need for stronger mental health services every day. Shaped by these experiences, the Rumsey Family, in partnership with United Family Medicine, has established The Rumsey Family Endowment Fund to ensure the continued financial support of integrated mental healthcare in St. Paul.

DONATE TODAY

As a nonprofit, United Family Medicine relies on the generosity of our donors. Please consider making a financial gift to A Legacy of Caring: Rumsey Family Endowment Fund. Your donation will help United Family Medicine continue to serve the physical and mental needs of the medically uninsured, underinsured and underserved residents of Saint Paul.

To donate today, please visit www.unitedfamilymedicine.org/donate

To learn more about United Family Medicine and the Legacy of Caring campaign, please contact the Advancement Office at 651-241-1103 or email Lisa Stein, Director of Advancement at lstein@unitedfamilymedicine.org or Riley Karbon, Campaign Manager at rkarbon@unitedfamilymedicine.org, or visit www.unitedfamilymedicine.org/alegacyofcaring



United Family Medicine
A COMMUNITY CLINIC

1026 West 7th Street, St. Paul, MN 55102

651-241-1000

www.unitedfamilymedicine.org