

## The Basics

To learn more about Sana Lake, please visit their website: <https://sanalake.com/>

- Does the state of Missouri oversee the programs and facility upkeep?
  - *Sana Lake certified by the Missouri Dept. of Mental Health and also have accreditation from the Joint Commission which accredits hospitals and medical facilities around the world.*
- Is Sana Lake a publicly traded company? How are you funded?
  - *Privately owned, by the CEO, Paul Melnuk, majority owner with four additional private investors.*
- How many patients will live at Sana Lake at full capacity? How long is the average stay?
  - *At full capacity, we will host 128 members as in-patient clients.*
  - *The average stay is 30 days.*
- Where on the property will the outdoor activities take place? Will members be visible from any of the surrounding areas?
  - *Smoking areas will be on the east side (opposite side of the building from the school) and east side (toward parking lot). Smoking cessation is encouraged and smoking cessation services are provided to all members.*
  - *Gardening, yoga, athletics, family events, and other outdoor activities will occur on the property. The security fence and decorative landscaping will provide a privacy barrier to these activities which will obscure the communities view and protect member privacy. The activities are supervised by staff and monitored by 24/7 video surveillance.*
- Of the 250 people Sana Lake will employ at full capacity, how many are full time? How many are part time?
  - *At capacity, we will have 250 staff members and virtually all are fulltime.*
  - *Nearly all of the 250 employees are full time; we have very few part time employees.*
- Why are you interested in the O'Hara High School site?
  - *The 28 acres, great amenities and large square footage building. Our Canadian facility sits on 28 acres in two adjacent parcels and our Dittmer facility encompasses 55 acres. Spacious property in a quiet setting is an ideal healing environment.*
- What is your recovery success rate?

- *We measure success as the improvement in the quality of the life of the member over time for up to five years from first time in our treatment. For those who fully follow the program, there is a 100% improvement in the quality of life and a low percentage for those who do not, there is a very low percentage.*
- *Our system of care is modeled after the addiction treatment programs for doctors and airline pilots who have a 90% success rate after 5 years. The typical 30-day residential program without a full continuum of care and extensive continuing care and support, has a 10% success rate. We are striving for the 90% or better.*
- Will Sana Lake host AA meetings at this facility?
  - *The majority of the outpatient services occur outside of this community at other centers.*
  - *We invite leaders of 12 step and other self-help programs to come into our facility to introduce our members to these options, but we do not hold meetings in our facility but we will invite small numbers of members of AA and any other community of recovery to lead internal meetings in house*
- How do you define "mild mental health?"
  - *Many of the members who come to us are dealing with mild depression or anxiety.*
  - *Not more serious mental health diagnoses like schizophrenia or bipolar disorder, but everyday mental health issues that many seek counseling for on a regular basis.*
- What is the "primary focus" of rehabilitation?
  - *Recovery for life – improved quality of life – Improved and/or restored relationships, satisfying employment, financial responsibility, helping others, etc.*
- What is the timeline for this project? Will the construction impede St. Regis operations?
  - The current timeline for opening is January 1, 2022.
  - Construction will not impede St. Regis operations

## **Safety and Security**

- What are the greatest risks to our school children with such close proximity to the treatment facility?
  - *There is little to no additional risk to the neighborhood, school or parish when Sana Lake opens. In fact, safety and security will improve significantly due to the added security features that will be built into the property.*
  - *Sana Lake believe the safety of its members, staff and the community are of utmost importance.*

- *All public door locks are magnetic controls for authorized access to limited space and only staff may open exterior doors.*
  - *Security cameras covering the interior of the building and exterior grounds and amenities.*
  - *Members may be only outside with staff observing and monitoring their activities.*
  - *Staff carry walkie talkies to call for assistance if necessary.*
  - *Staff trained in crisis intervention and de-escalation techniques.*
  - *Members participate in structured programming for most of the waking hours. Rounds are completed every 15 minutes in the withdrawal unit and one hour in residential.*
  - *Smoking areas are out of view of the school, on the opposite side of the building.*
  - *Gated access approval to enter the property.*
  - *No access of medical unit members to any part of the facility or property without immediate staff supervision. Most medical unit members are served meals in the unit.*
  - *All member belongings are searched twice upon arrival for inadmissible items that are either destroyed or secured in safe keeping.*
- *What kinds of barriers are being discussed to shield our school children from the facility and increase safety?*
  - *The land on the most southerly side of St. Regis property will be graded to be level with the St. Regis property on that side of the building and a retaining wall built to hold the elevation at O'Hara level. It is estimated that the retaining wall be 6 feet. A decorative 6-foot metal fence will be built on the O'Hara elevation at the retaining wall and the land from the fence/retaining wall to the entrance road will be landscaped with small planting at the road and becoming progressively taller to the fence. The objective is to have most of the fence view covered by plantings.*
  - *These will become more specific and available once Sana Lake has zoning approval. Ownership is fully committed to continuing to include parish and school in those conversations and it will be memorialized in a written agreement.*
- *Is there risk of patients escaping the facility or being a danger to the surrounding area?*
  - *Members are in residential voluntarily for help. They are free to leave against medical advice if they are unwilling to continue treatment. We have extensive and intensive protocols to help convince the member to stay. These are often successful but some leave AMA. In such cases, they must arrange transportation and advise of their destination and their belongings are not released until their transportation arrives.*
  - *We have magnetic locks on all doors with limited access for our members.*
  - *Members can only go outside with permission from front line staff and are accompanied by a staff member at all times outdoors.*

- Will the facility draw more drug activity to the neighborhood?
  - *Our facility is drug free. When members are admitted, their belongings are searched twice before being returned to them and any alcohol, drugs or drug paraphernalia is destroyed.*
  - *All visitors to the facility also go through a search to ensure no drugs or alcohol are brought into the recovery center.*
  
- Have you ever dealt with disgruntled patients or their families? Have they ever resorted to violence?
  - *Between the two facilities, we have served nearly 3000 members in residential treatment. Addiction is a chronic disease for which there is no cure. However, like many chronic diseases like diabetes, hypertension and others, the sufferer of these diseases and addiction, when they follow the direct treatment protocols can lead a happy and usefully whole life. People who do not understand the nature of this disease, are often disgruntled. However, the vast majority understand the disease and see how much passion our staff have to help our members find recovery for life, that even in the event of a return to use, they are grateful for what our staff have done.*
  - *We have not experienced any violence toward staff. Staff are trained in crisis intervention training and this is an effective tool to de-escalate intensive situations.*
  
- What is the admittance policy for registered sex offenders or people with a criminal background? Will there be a report or dialogue with the School on if there are patients that fall within a risk category?
  - *All staff have background checks. Completed by the Department of Mental Health which includes state registries normally excluded from private background checks.*
  - *We assess members comprehensively through the admissions process and collect information about their history. It takes several days to perform official criminal background checks and when a member is ready to admit to treatment, it is critical to get them in promptly. Delaying treatment to perform a background check will cost lives.*
  - *Our policy is to screen members thoroughly to ensure they are ready and committed to recovery.*
  - *Each member goes through a pre-screening process that includes referral partners and other information sources to collect as much information as possible; this is then evaluated by our medical team.*
  - *Not uncommon for members to come to us with some felony convictions like driving while under the influence. If that is the case, we will accommodate them.*

- *If there are any red flags showing questionable past history, we will only take them in if we are satisfied, they are not an unnecessary risk.*
  - *We will not admit registered sex offenders to this facility.*
  - *We will not admit individuals with violent and/or sexually related criminal charges and anyone who may be on probation for such crimes.*
  - *Individuals with acute mental health disorders are referred to psychiatric hospitals for care.*
  - *We are bound by Federal confidentiality laws and we can only disclose the name of an individual if we have permission from the member. We are willing to advise the school or parish of a situation that might be considered a more serious case in the rare occasion that we would take someone in in that scenario.*
- **What IS the procedure if a member finds their way outside?**
    - *Staff are immediately advised through walkie-talkies.*
    - *Security cameras searched to find the direction they took.*
    - *Family and/or loved ones are advised of the situation.*
    - *Police are advised.*
    - *When found, staff crisis intervention training is applied to de-escalate. The member seldom is off property and willingly returns the vast majority of these situations as the individual is reactive to a difficult event for them. Helping people learn how to respond rather than react to such situations is an important part of the recovery process.*
  - **Sana Lake has expressed a commitment to work together on security measures. How will the Diocese support St. Regis in making sure that this is the case?**
    - *Diocesan legal counsel and property management offices will work closely w the leadership of St. Regis to provide the necessary expertise and support to help Sana Lake be a good neighbor to St. Regis Parish and Academy.*

### **St. Regis Academy and Parish**

- **What thoughts were taken into the consideration for the impact of the Academy? Having a facility of this type, has the diocese thought about the impact on enrollment and the potential negative impact this would have on the Academy including the enrollment of current and future students?**
  - *After asking many of the same questions, and learning more about Sana Lake's approach to lifelong recovery and focus on the safety and security of its members, we came to believe Sana Lake is a great option as a neighbor to St. Regis Academy.*
  - *Sana Lake is doing something good for the community, and their focus on healing is well aligned with the mission of the Church.*
  - *The Academy is extremely important in forming our children for life, and Sana Lake is restoring people to wholeness of body, mind and spirit.*

- *Inclusion is an important part of the St. Regis Academy vision, and we recognize that the struggles and challenges of addiction are a part of everyday life for many families.*
- *We will work closely with Sana Lake in educating current and future families through the marketing of the Academy, being a good neighbor and doing what we can to eliminate the stigma of addiction.*
- **Why are we just now hearing about this project?**
  - *Conversations between the Diocese and Sana Lake began in late November. The process has accelerated quickly with Dec. 16 being the earliest opportunity to engage the broader St. Regis Parish, Academy and neighborhood. The neighborhood has also been invited to a Q&A session on Dec. 21, less than one month after Sana Lake approached the Diocese with interest in the property.*
  - *A good - faith offer from Sana Lake to purchase the Archbishop O'Hara property was presented to the Diocese the week of Thanksgiving. Bishop Johnston convened the Diocesan Finance Council and the Priest College of Consultors to discuss the sale to Sana Lake and seek their consent to the sale. (Bishop is obligated to have this canonical consultation.)*
  - *All aspects of the sale were discussed including the nature of the Sana Lake organization and its proximity to St. Regis Parish and Academy. This meeting was followed by a meeting with Mr. Paul Melnuk, Fr. Sean McCaffery, Robin Fisher, and representatives of the parish council, finance council, PTO and school - teacher leadership group.*
- **The community understands the move of the High School to be indicative of a judgement on the area. How will this sale help to change the perception rather than feed into it further?**
  - *The move of the high school to eastern Jackson County was motivated by the church's desire to better serve the needs of its people. Over the decades since O'Hara High School's founding the geographic center of youth moved further east towards Lee's Summit, so a new high school was established in that locale. The church seeks to continue to see people's needs served and its resources wisely in this area by repurposing the O'Hara building for a new type of mission, namely, to bring healing to those who suffer.*
- **Within the diocese there is the Protecting God's Children's program that is a requirement when working with youth. How does this type of facility align with the teachings of this program?**
  - *The Sana Lake facility is not intended to be a Church ministry so it does not fall within the Protecting God's Children policy.*
  - *The residents of Sana Lake are there for a limited stay, well monitored and restricted from leaving the facility so there is no potential for interaction with the students of St. Regis Academy or other young people in the Parish.*

- *The recovery that will take place at Sana Lake is well aligned with the teachings of compassion and healing within the Catholic Church.*

## **Community Engagement**

- Do you have other similar facilities in residential areas? How do your other facilities interact with neighbors?
  - *Sana Lake has two other facilities – one in Canada in Gimli, Manitoba and the other in Dittmer, Missouri.*
  - *Both are small towns and we abut residential property in each of these facilities.*
  - *Our relationship with the community is well received.*
  - *The community values the benefits:*
    - *A good percentage of staff live in or have relocated to the area.*
    - *We are the largest employer in the area of both facilities, the second largest is a factory that makes all the Crown Royal in the world!!*
    - *The employment is highly beneficial as people who need help are forced to go elsewhere as there is a desperate shortage of high-quality care. Much of that is people going out of state diverting the dollars to those states rather than keeping it in your home.*
    - *Families have no option for care for themselves other than programs from the out-of-state centers, so they have to travel to attend, miss work and have little, if any, support at home.*
    - *The Dittmer property was a non-profit property, so the town and county now enjoy a revenue producing property.*
    - *We are currently expanding Dittmer's capacity by nearly 40% creating more jobs and permanent employment.*
    - *We have helped members within these communities, some of which we scholarship as the members did not have insurance and their family could not afford self-pay. Those in need in our communities have first priority over others in need that we give special help to. We also provide payment plans to help more people access help.*
- Given the cost of a stay at Sana Lake, how does this help a community where very few can afford to stay there?
  - *84% of our members use commercial insurance.*
  - *We will help finance patient responsibility share of the insurance policy if necessary.*
  - *We also help finance self-pay members when appropriate.*
  - *90% of our members are from the state of Missouri, with a very small percentage from out of state. 60-70% of our members come from the immediate metropolitan area (St. Louis in the case of the Dittmer facility).*

- *We reserve 10% of our census beds for scholarships. Most of those are partial scholarships, but 4% of our members have full scholarships.*
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- Are there tax incentives for this group? (People recognize Cerner received big tax incentives and it was not of help to the community)
  - *The building is eligible for Historic Tax Credits at the state and Federal level under very strict conditions to maintain the historic significance of the property. We intend to maintain the historic significance to receive those credits.*
  - *No other incentives have been requested or received.*
  - *The property will become taxable upon completion of this purchase*
- Does the \$15m investment include the purchase price? If so, do you have an idea how much you plan to spend on exterior renovations and grounds?
  - *The \$15m investment is for renovations only.*
  - *The majority of the renovations involve historic preservation inside the building, as well as necessary adjustments to make classroom spaces suitable for residential and healthcare activities.*
  - *There is some work to be done inside the football stadium and some of the other outdoor areas.*
- What is your plan in regard to community development? Do you intend to hire within the community or outsource?
  - *60% of our staff at both Sana Lake in St. Louis and Canada, come from the local area, and includes several who have relocated to the area to work for us.*
  - *We want to provide employment for people in the community.*
- Are there any community partnership programs that directly involve the members and the neighborhood?
  - We have discussed community initiatives and partnerships with the Parish, specifically, our willingness to do so. To this point, our renovation plan accounts for our ability to safely demise the space for community use while protecting our members and community members. We want to partner with the community and are open to do programs and services for the community that are aligned with our purpose, principles and philosophy. Part of recovery is service to others this is clearly stated in our organization's guiding principles as well as the curriculum we teach our members.
- What is the projected plan to allow community use of the multi-purpose areas such as the gym, theatre, etc.?
  - Our renovation plan accounts for our ability to safely demise the space for community use while protecting our members and community members. The

specifics of when and what will occur in the space are open to discussion but we desire to do good in and for the community.

**Still have questions? Sana Lake welcomes the opportunity to visit with you:**

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