

2023-2024 ACADEMIC YEAR

# REPORT OF THE PRESIDENT

*Presented by Mantosh Dewan, MD*



STATE UNIVERSITY OF NEW YORK

**UPSTATE**  
MEDICAL UNIVERSITY

EDUCATION. RESEARCH. PATIENT CARE.



## ON OUR COVER

# UPSTATE 'SAYS YES' IN NATIONAL FIRST

Upstate Medical University announced the creation of its first-ever Upstate “Say Yes” Scholarship that includes four years of tuition to medical school, housing and a yearly \$5,000 stipend. The total scholarship gift will exceed \$240,000 for the four-year medical degree program.

The recipient, Alex Guerrero, is a Syracuse resident who emigrated from Cuba. Guerrero graduated from Henninger High School in 2018 and previously received a Say Yes Scholarship (a requirement for this award) to attend SUNY Cortland, where he received his bachelor’s degree in 2022.

Before submitting his application to the Norton College of Medicine, Guerrero completed more than 4,000 hours of research as a student in Upstate’s Post-baccalaureate Research and Education Program (PREP-Up). In this program, Guerrero worked alongside Upstate faculty and PhD candidates on research related to neurodevelopmental disorders. Over the last four years, he has spent weekends working as a patient care technician in the Emergency Department at Garnet Health Medical Center.

*Cover photo: Alex Guerrero received a traditional white coat, one of the most noted symbols of the medical profession, from Norton College of Medicine Dean Lawrence Chin, MD, and Upstate President Mantosh Dewan, MD.*



**Attending the Say Yes Scholarship announcement at Upstate are, from left: Say Yes Syracuse Executive Director Ahmeed Turner; SUNY Chancellor John King; Upstate Say Yes Scholarship recipient Alex Guerrero; Norton College of Medicine Dean Lawrence Chin, MD; Upstate President Mantosh Dewan, MD, and Syracuse Mayor Ben Walsh.**



Mantosh Dewan, MD, is president of SUNY Upstate Medical University. Headquartered in Syracuse, New York, it is the only academic medical center in Central New York and the region's largest employer. It consists of four colleges, a biomedical research enterprise, Upstate University Hospital, Upstate Community Hospital, Upstate Golisano Children's Hospital, and an extensive network of specialty clinics.

## WELCOME

Every day, SUNY Upstate Medical University is finding new and energetic ways to fulfill our mission to improve the health of the communities we serve through education, research and patient care. This report highlights an academic year filled with many remarkable achievements.

We are proud of our role to take care of our community in the ways that are truly impactful: education that leads directly to meaningful jobs; life-saving patient care; and research supported by SUNY's first venture fund that moves brilliant ideas off the pages of a journal to the patient bedside.

Despite the challenges of an aging physical infrastructure, we have built innovation that is finding breakthroughs in the quality and efficiency of patient care, discovering breakthroughs in diseases that affect people worldwide, and creating venture capital support for patentable breakthroughs using biotechnologies.

As a public trust, Upstate University Hospital offers medical services to everyone, and our distinction as a SUNY campus places the cost of education within closer reach for many. In addition to campus achievements, we have nurtured strong and collegial relationships with SUNY partners, other hospital systems, and our elected officials, knowing that we all improve when we work together.

*Mantosh Dewan*





Renovated facilities such as Silverman Hall — once a hospital, and not significantly changed since it began its use as a college in 1986 — provide students with state-of-the-art experiences that prepare them for immediate employment.

# OUR FOUR COLLEGES

Upstate Medical University traces its roots to 1834. It is the state's second-oldest medical school and the nation's first co-educational medical school. Through our more than 30, highly-focused degree programs, we educate a future healthcare workforce for the state, and beyond.

**The Norton College of Medicine** is the largest college on campus with MD, MD/PhD and MD/MPH programs. The match rate continues to be 100%, with 164 recent graduates who are entering medical residency in the following manner:

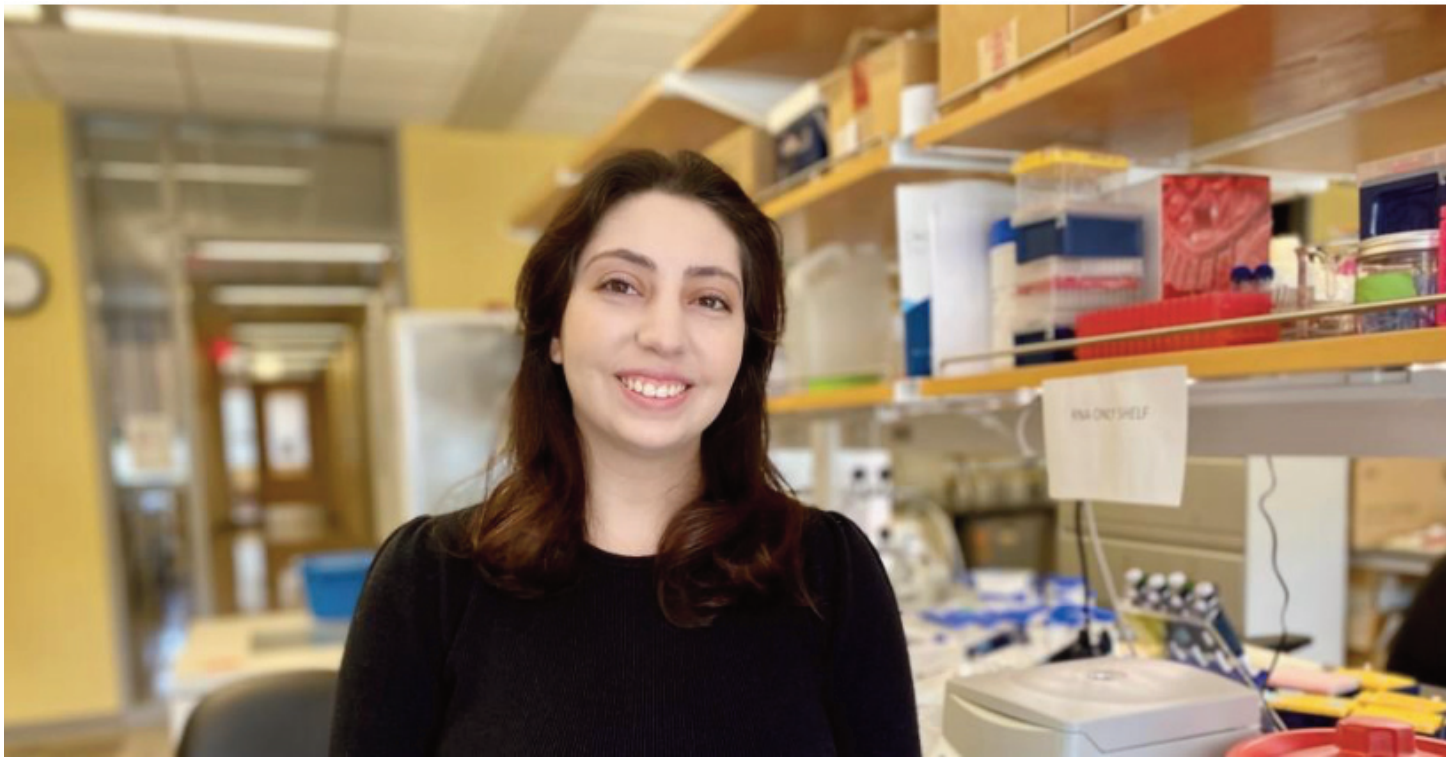
- 63 entered much needed primary care specialties: internal medicine, pediatrics, family medicine, and obstetrics and gynecology.
- More than half are remaining in New York state, with 27 staying in Syracuse.

We've recruited new faculty, secured three new chairs, and secured AMSNY funding for two new programs to now include Public Health Scholars, making it the largest such program in the state.

**The College of Graduate Studies** had record numbers of applicants, students enrolled and students awarded fellowships this year. The average Upstate PhD student publishes 4.4 publications, 1.5 of those as first author, from their dissertation work.

**The College of Health Professions** had a major renovation of Silverman Hall. Programs moved into teaching spaces with state-of-the-art simulation to enhance student learning. Now, respiratory therapy students use sophisticated lung simulators for training in mechanical ventilation in a new ICU simulation room; clinical perfusion students have expanded OR simulation spaces





**Upstate graduate student wins prestigious award for her research on empathy and dementia**

Aya Kobeissi received the prestigious Diana Jacobs Kalman/AFAR Scholarship for her research on empathy loss in dementia, particularly behavioral variant frontotemporal dementia (bvFTD). Kobeissi, a fifth-year doctoral student in the lab of Wei-Dong Yao, PhD, studies the neural mechanisms behind bvFTD and its impact on empathy. Her work explores the potential role of oxytocin in reversing these behavioral changes. Kobeissi's research aims to uncover therapeutic targets to improve the lives of individuals with bvFTD and similar conditions.

that allow increased class size; and medical imaging students use contemporary radiography equipment to master clinical skills.

The college also continued its Jump Start Your Health Career Program, which provides an immersive experience to students considering health professions or who have an aptitude for science. Through an engaging and intensive curriculum, students build study skills and information-seeking strategies while gaining a foundational understanding of the diagnostic and treatment processes.

**The College of Nursing's** initial student cohort for the Adult Geriatric Nurse Practitioners Program graduated with a 100% first-time pass rate. The program brings more specially trained nurse practitioners to care for the state's aging population.

The college secured a \$2M Department of Health grant to support the Accelerated Bachelor of Science in Nursing (ABSN) in collaboration with Cayuga Community College. The College also provides clinical experiences for 50 SUNY Canton students every week.

Full-Time & Part-Time Faculty	AY 2021-2022	AY 2022-2023	AY 2023-2024	Difference from Previous Year	% Change from Previous Year
<b>Norton College of Medicine (includes College of Graduate Studies)*</b>	842	846	857	+ 11	+ 1.3%
<b>College of Health Professions</b>	38	38	41	+ 3	+ 7.9%
<b>College of Nursing</b>	19	19	20	+ 1	+ 5%

\* College of Graduate Studies faculty all have their primary appointment in the College of Medicine.



# EDUCATION FOR NY STATE

As an upper-division and transfer college, SUNY Upstate has a strong track record for educating students from New York state. Degree programs meet critical healthcare needs. The applicant pool remains strong for all programs, and the College of Graduate Studies has had a surge. Female matriculants are 64% of the overall student body.

In the past year, the breakdown of students from New York state is as follows:

- All college total: 77% of students from NYS**
- Norton College of Medicine: 73% from NYS
- College of Graduate Studies: 29% from NYS
- College of Health Professions: 82% from NYS
- College of Nursing: 99% from NYS



Norton College of Medicine



College of Graduate Studies

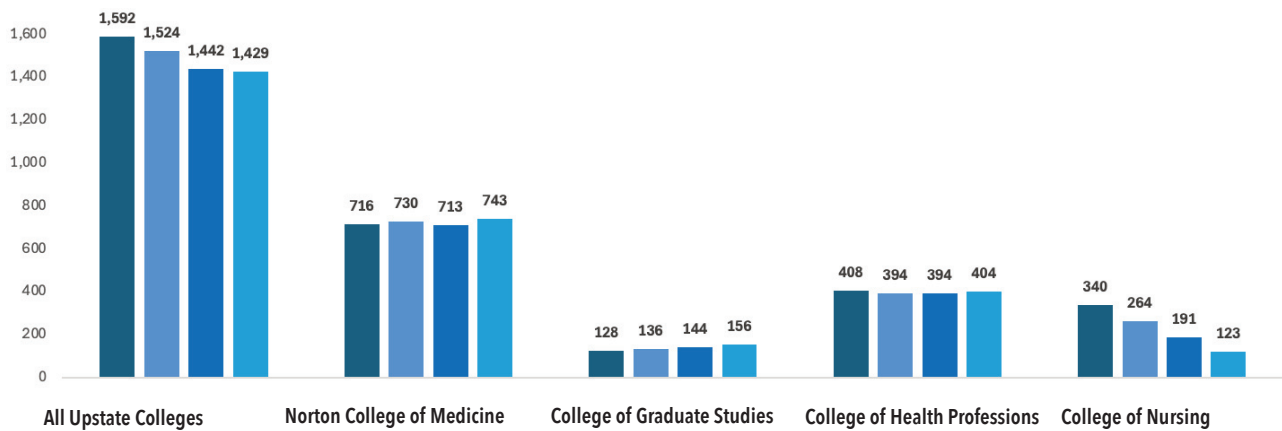


College of Health Professions



College of Nursing

## Upstate Medical University Enrollment 2021-2025



- AY 2021-2022
- AY 2022-2023
- AY 2023-2024
- AY 2024-2025

Upstate is, by design, a small-enrollment university as all students are educated in working labs and clinical placements, in addition to didactic instruction. The AY (Academic Year) shows the total students for each college, as many programs start in summer or run all year.







AT LEFT: Medical students led by Sabrina Sun (center) planned a community celebration to mark 175 years as the nation's first co-ed medical school.

BELOW: The presidents of the classes of Upstate's Norton College of Medicine gather by the portrait of Elizabeth Blackwell. From left: Nathan Ihemeremadu, Gavrielle J. Rood, Katherine Narvaez Mena and Christopher Bushnell.



## CELEBRATING 175 YEARS AS NATION'S FIRST CO-ED MEDICAL SCHOOL

Upstate Medical University celebrated 175 years of co-ed medical education — one of the many national “firsts” at Upstate, and a significant one. The university traces its roots to 1834, when the Geneva Medical College (precursor to today’s Norton College of Medicine) was established to provide doctors to care for the communities that were springing up along the Erie Canal. When Elizabeth Blackwell graduated at the top of her class in 1849, she was the first woman to graduate from a U.S. medical school, and a legacy began.

Elizabeth Blackwell also is a story of persistence. She was inspired to pursue medicine after a dying friend confided that her illness would have been more bearable if she had been treated by a female physician. Blackwell

applied to 29 medical schools. Her acceptance to Geneva in 1847 was designed as a joke among the student body. She went on to found the New York Infirmary for Women and Children, and returning to her native England, was the first woman on the British Medical Register.

As part of the celebration, a table and chair owned by Elizabeth Blackwell, MD, have been donated to Upstate Medical University.

According to a great nephew of Blackwell’s, the chair and a pier table were among the furnishings in Blackwell’s house in Hastings, England. Other items in the Blackwell collection at Upstate’s Health Sciences Library include copies of Blackwell’s speeches, including her 1869 address to the Woman’s Medical College of the New York Infirmary.





Along with Christopher P. Lucas, MD, MPH, director of the network offering mental health services to SUNY students, Upstate employs six nurse practitioners, two psychologists, one PhD social worker, a case manager and two more administrative staff to handle the demand.

## SUPPORTING STUDENTS

The Office of Student Affairs secured more than \$1 million to supplement mental health services, basic needs offerings, disability services and facilities improvements, and academic support services.

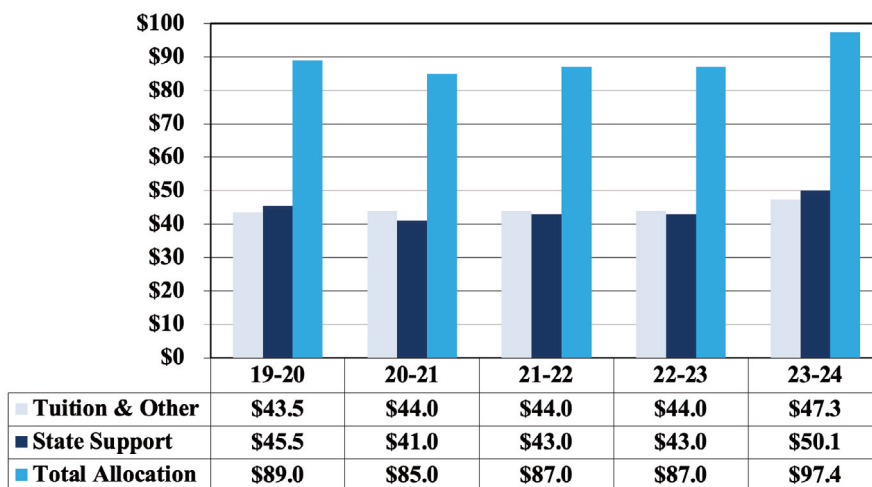
Of special note, Upstate Medical University's SUNY Tele-Psychiatry Network (STPN) receives \$1.3 million per year to address the growing mental health crisis among SUNY students, 50% of whom report mental health issues. Launched in 2018, this unprecedented program offers timely and expert care to SUNY students and is particularly valuable since most campuses have limited psychiatric resources. Initially serving just four campuses, it now supports 56 of 64 SUNY campuses across the state. The network provides free psychiatric services, medication management and short-term therapy and has served over 2,000 students and 13,430 appointments.

Upstate medical students Abha Japi, left, and Katie Farkouh had their poems published in Upstate's literary publication, *The Healing Muse*, chosen from more than 1,000 submissions worldwide.



# CAMPUS FINANCES

## Tuition Revenue and State Support, One-Time Money (in millions)



This chart of tuition revenue and state support trends shows an increase of \$8.4 million (9.4%) in total allocation over the last five years, as a result of minimal increases in the tuition rate and increases in state support of \$7.1 million in 2023-24, some of which is one-time. The “other” category accompanying tuition includes student fees and interest income on our cash balances held by the State and is the main reason for the increase. Note: The chart does not include state support allocated to the hospital for salary increases and healthcare worker bonuses.

In the 2023-24 fiscal year, campus revenues came from state tuition, interest earnings, state support, the Research Foundation, and the Chief Administrative Officer (CAO) Fund. Compared to the previous year, all revenue sources increased: tuition and interest by \$3.3 million (7%), state support by \$7.1 million (17%), sponsored research by \$10.2 million (23%), and CAO revenues by \$1.1 million (8%).

This revenue growth, along with careful expense management, allowed the campus to cover operating costs and to fund strategic initiatives, such as recruitment, facility upgrades and salary increases. Additionally, one-time funds from budget discipline and attrition helped build cash reserves for future faculty recruitment and operational needs. Multiyear budgeting also increased cash balances, providing reserves for potential uncertainties. While state cash balances exceeded SUNY’s target of 25% of operating expenses, they are needed not just for the campus but also for working capital in the hospital and Research Foundation, so Upstate does not have excess reserves.

SUNY uses the Composite Financial Index (CFI) to assess the financial health of each campus. Upstate has maintained a score above 3.0 for three years, indicating "Financially Responsible" status. However, the CFI score for FY23 dropped to 2.7 due to a decline in the hospital’s operating margin, mainly from rising staffing costs. Improvement is anticipated in FY24.

### Upstate CFI History and Key

FY 2023: 2.7



FY 2022: 4.4



FY 2021: 4.7



Stable: Above 3.0

Monitor: 1.0-3.0

Concerns: Below 1.0



# RESEARCH



Samuel Herberg, PhD, assistant professor in Upstate’s Center for Vision Research and the Department of Ophthalmology and Visual Sciences, won a national award from the BrightFocus Foundation for the top-rated proposal in the National Glaucoma Research program. The award is given in recognition of exceptionally promising and forward-thinking ideas. Upstate has several award-winning and nationally known researchers and physicians who specifically study and treat glaucoma, one of several blinding diseases studied here.

Scientific research is a strength at Upstate. This year we are exceptionally proud of our 23% increase in research growth, the highest among the SUNY University Centers and Doctoral Colleges

We have built a body of talented and productive researchers — from our biomedical scientists seeking discoveries in the laboratory to our physician scientists conducting clinical trials to determine the best new methods for treating illness and disease.

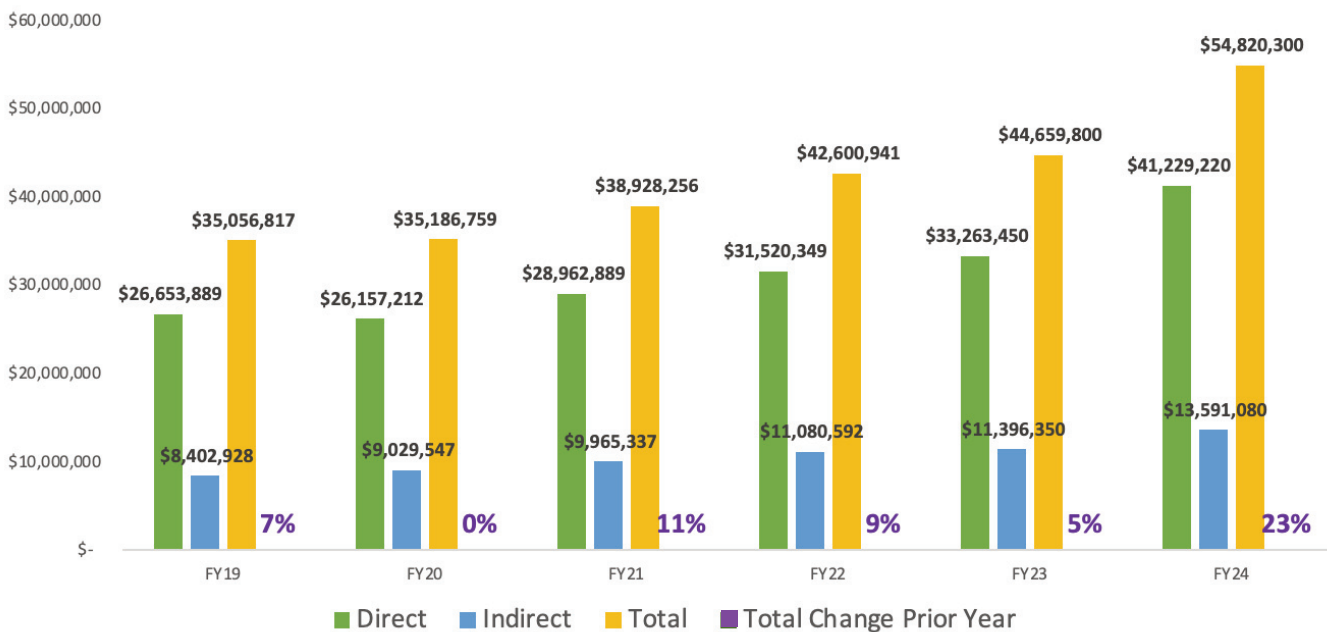
With more than 630 active research projects, Upstate is exploring illnesses that affect people across the state as well as around the world.

Current investigations include potential treatments and cures for cancer, cardiovascular diseases, diabetes, infectious diseases, neurodegenerative disorders, blinding diseases, insect-borne diseases and many more. Upstate has basic, translational and clinical researchers with diverse expertise in neuroscience, molecular genetics, genomics, epigenetics, structural biology, infectious disease, and behavioral disorders.

	FY 2022 (07/01/21-06/30/22)	FY 2023 (07/01/22-06/30/23)	FY 2024 (07/01/23-06/30/24)	Difference from Previous Year	% Change from Previous Year
<b>Research Expenditures</b>	\$42,600,941	\$44,659,800	\$54,820,300	+ \$10,160,500	+ 23%
<b>Patents Filed</b>	18	18	21	+ 3	+ 17%
<b>Royalties</b>	\$9,824,650	\$665,831	\$93,721	(\$572,110)	(86%)

In addition to discoveries resulting in patents, Upstate has intensely productive faculty members: 22 with \$500,000 in grants each and nine with over \$1 million each, of which two have \$2 million and one has \$3 million in funding.

## Upstate Research Activity and Percentage of Growth



Upstate has had record research growth. Its 23% increase in total expenditures is the most among the entire SUNY system and its new total of \$55 million is the fifth largest.

This summary of sponsored research activities in the above chart also includes these increases over five years: \$20 million (56%) in total expenditure and \$5 million (51%) in the recovery of indirect expenditure reimbursement (F&A). In addition, the effective facilities and administration (F&A) rate during this time remained strong, ranging from 33% to 35%.

Upstate researchers strive to understand processes responsible for degenerative changes that occur in chronic illnesses such as diabetes and heart disease. A critical goal is to develop therapeutic approaches to reverse, and prevent, this degeneration. Upstate's noted and well-funded vision research group is committed to the translation of basic research into treatments for blinding diseases, and our cancer research model is a goal-driven approach that transcends departmental boundaries to tackle this second-leading cause of death in the U.S.

- Research here targets a range of infectious diseases. Emerging pathogens and insect-borne diseases cause sickness and death worldwide. Through our Center for Global Health and Translational Science, Upstate is developing vaccine trials for flu and dengue, and offers clinical trials for Lyme disease, HIV and mycobacterial lung disease. We also extend expertise and resources to conduct research and develop products for global health and protection of U.S. military troops.
- Upstate offers more than a dozen core research facilities, including the most advanced microscopy and a level-3 Vector Biology Laboratory. These resources support faculty performing internationally recognized research projects and graduate education.



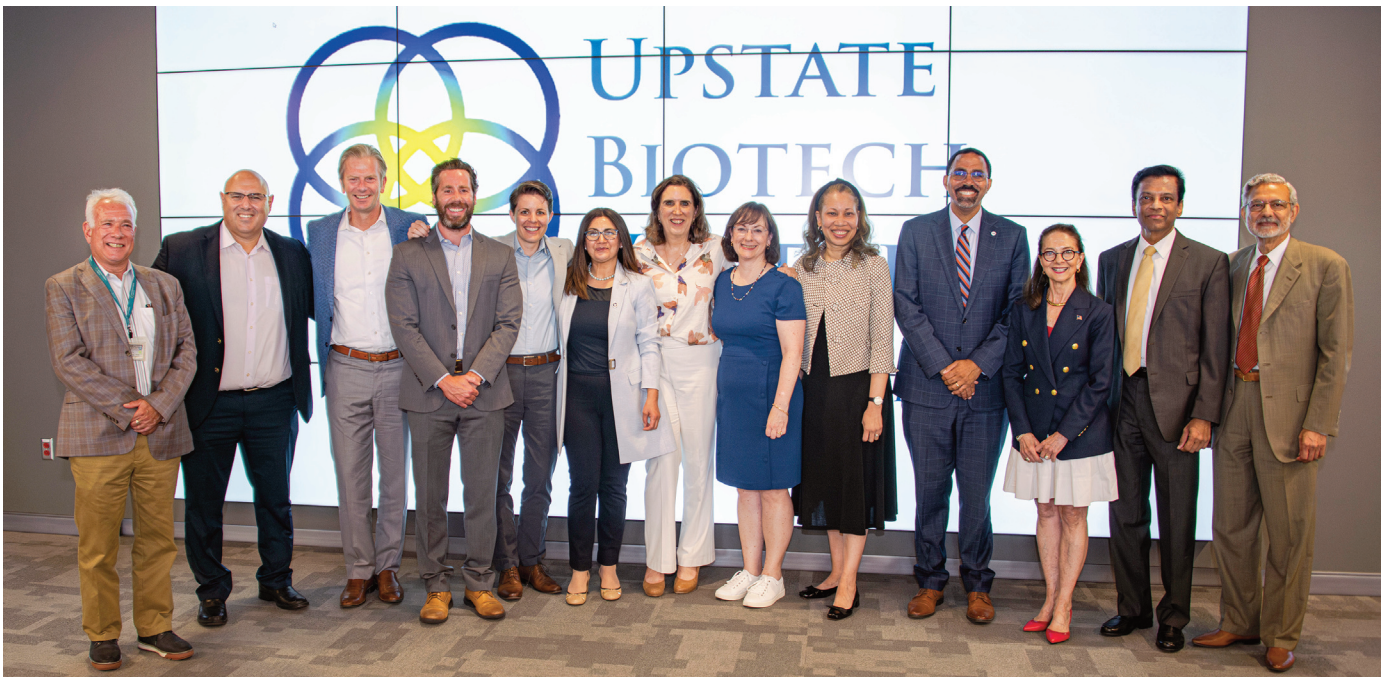
# UPSTATE BIOTECH VENTURES

## FIRST VENTURE FUND IN THE SUNY SYSTEM

The launch of Upstate Biotech Ventures is the first and only venture fund in the 64-campus SUNY system. In a partnership between Upstate Medical University, the SUNY Research Foundation, Empire State Development and Excell Partners, Upstate Biotech Ventures invests in high-potential startups and small businesses affiliated with Upstate Medical University to drive research and technology innovation.

The \$6 million fund was established with a \$3 million capital investment from Empire State Development's Community and Regional Partner Fund—part of the State Small Business Credit Initiative through the U.S. Treasury—and a \$3 million allocation from Upstate Medical University through the SUNY Research Foundation. Upstate Biotech Ventures is managed by Excell Partners, an early-stage venture capital fund. The initial \$6 million (now grown to \$10 million) in funding is expected to help support nearly 20 companies with investments ranging from \$100,000 to \$1 million.

Already the fund has drawn companies with an unprecedented number of U.S. Food and Drug Administration (FDA) breakthrough designations in SUNY. Programs expedited by the FDA include: the world's first biological test for autism, a photo-stimulation treatment for autism, and a drug to treat cancers that have spread to the bone and to some soft organs.



Dignitaries gathered on campus to celebrate the launch of Upstate Biotech Ventures. Among the visitors celebrating the event: State University of New York Chancellor John B. King Jr.; Empire State Development CEO and Commissioner Hope Knight; SUNY Executive Vice Chancellor for Academic Affairs and Provost and SUNY Research Foundation President Melur "Ram" Ramasubramanian.

# PATIENT CARE

SUNY Upstate's University Hospital is a dedicated teaching hospital and is the specialty care destination for people in 17-counties — an area approximately one-third of New York state. With our nearby Upstate Community Hospital and Golisano Children's Hospital, we are a unique resource for the region.

The hospital treats the region's most critically ill and injured, provides safety net services and is the only Level 1 Trauma Center in Central New York. Among this year's many clinical highlights:

- Opening a new Upstate Cancer Center in Verona, NY, with state-of-the-art facilities in a 30,000 square-foot building. Located on Oneida Indian Nation land, the center marks the first time in history that an Indian nation and New York state have come together to build an innovative medical facility for an entire region on Indian land.
- Earning gold recognition from the American Heart and American Stroke Association for outstanding care for stroke, heart failure and resuscitation.
- Our Upstate Outpatient Pharmacy took health care to the sky with home drone delivery service. Upstate's Outpatient Pharmacy delivery and Air Upstate (Upstate's drone team) are among the first in the nation to offer drone delivery of prescription medications directly to patients' homes. To date, the drones have made 25,614 such deliveries.

The new Upstate Cancer Center in Verona offers the same technologies and services as found at the main site.





## SOME OF UPSTATE'S FIRST OR UNIQUE DESIGNATIONS INCLUDE:

- Only academic medical center in Central New York
- Region's only Level 1 Trauma Center and first in the state to be accredited for Pediatric Trauma
- Syracuse's first Comprehensive Stroke Center and the only neuro ICU and the only inpatient rehab unit in the area
- Only Pediatric ICU and Emergency Department
- Upstate Golisano Children's Hospital
- Upstate Cancer Center, the region's only adult and pediatric cancer center
- New York State Center for Excellence in Alzheimer's Disease
- NYS Designated Center for: Stroke, AIDS, Trauma, Burn, SAFE services
- Joslin Diabetes Center is a NYS Center of Excellence and the only one in NYS
- Epilepsy Center is a Level 4, the highest designation possible
- Community Hospital is the First DNV certified Hip and Knee hospital in the area.
- **NYS Designated Poison Control Center, one of two in the state, serving 54 counties. In 2023 staff answered 50,266 calls, an increase of 464 over the prior year.**



- We earned reverification as a Level 1 trauma center, maintaining the service as the only one in the region. We are one of only six hospitals in New York state that have certification for Level 1 trauma for *both* adults and children.
- Our 200,000-square-foot Upstate Nappi Wellness Institute opened with a ribbon cutting with the NYS Governor and SUNY Chancellor, and also received gold recognition, the second-highest national designation for green buildings from LEED, the most widely used green building rating system in the world.
- The autonomous mobile robot fleet expanded to 10 robots and more than 35 delivery destinations across the two hospital campuses. Partnering with Food and Nutrition, Pharmacy, Nursing, and Distribution the fleet performed over 25,600 deliveries covering over 4,140 miles, saving time for staff who previously would have covered those distances. In the last year, use of this service has accelerated by 250%, largely due to the partnership of each department and additional delivery destinations.
- Upstate PM&R expanded its services north, providing the eighth location for Upstate's rehabilitation services and anticipates Micron's arrival. The new location in Clay offers an array of services, including concussion management, physical occupational and speech language therapy, essential therapies for rehabilitating patients suffering from stroke, brain injury and orthopedics, other neurological disorders, such as Parkinson's disease. Some services are driven by the growing demand for physical therapy and rehabilitation for an aging population that desire to maintain mobility and manage age-related conditions.
- Telemedicine technology continues to thrive. From July 2023-June 2024 there were 81,996 telemedicine encounters. Since implementing virtual discharge in December 2023, there have been 522 virtual discharges, saving bedside nurses 474 hours of time. Patients who were discharged virtually were discharged 22 minutes faster on average than those not discharged virtually.
- Outside our walls, 96 tele-stroke and tele-burn consults have been completed with Upstate's 17 spoke sites, allowing Upstate to provide expert stroke and burn care in rural areas and communities in Central New York and the wider Upstate regions.



Initiated by Upstate, leaders from hospitals and health systems across Central New York announced “Respect and Heal,” a campaign to fight violence and disrespectful behavior toward health care workers and to provide the best environment to heal for patients. A nurse and veteran shared his story at the launch.



Upstate University Hospital and Upstate Golisano Children’s Hospital were reverified as an adult and pediatric Level 1 trauma center. The designation is by a special committee of the American College of Surgeons (ACS). Upstate is the busiest trauma center in the state for children and the second-busiest trauma center in the state for adults. Upstate is the first in the state to receive peds trauma certification and remains one of the only six hospitals in the state with both certifications.



Upstate joined a small but growing group of hospitals to offer the robotic Whipple procedure for pancreatic cancer. In Upstate New York, only the University of Rochester and Roswell Park in Buffalo also offer the robotic procedure. Surgeon Mashaal Dhir, MD, performs the procedure.



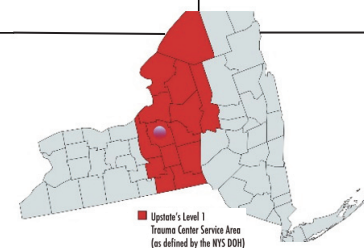
# PATIENT CARE: BY THE NUMBERS

	FY 2022 (07/01/21- 06/30/22)	FY 2023 (07/01/22- 06/30/23)	FY 2024 (07/01/23- 06/30/24)	Difference from Previous Year	% Change from Previous Year
<b>Upstate University Hospital, Community Hospital, &amp; Golisano Children’s Hospital</b>					
<b>Inpatient Admissions</b>	30,807	30,366	32,625	+ 2,259	+ 7%
<b>Emergency Department Encounters</b>	92,599	97,944	107,210	+ 9,266	+ 9%
<b>Operating Room Cases</b>	17,275	20,724	22,083	+ 1,359	+7%
<b>Clinic Visits</b>	454,097	469,977	505,331	+ 35,354	+ 8%
<b>Total Outpatient Activity</b>	845,268	837,220	887,556	+ 50,336	+ 6%
<b>Total Revenue</b>	\$1,457,768,433	\$1,789,011,631	\$2,093,345,822	\$304,334,191	+17%
<b># Active Physicians</b>	1049	1118	1084	(34)	(3%)
<b># Courtesy Physicians</b>	92	92	101	+ 9	+ 10%
<b># Associate Staff</b>	532	547	600	+ 53	+ 10%

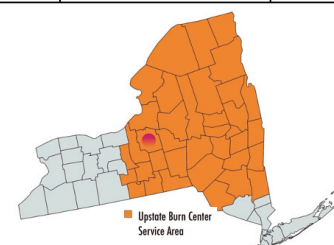
University Hospital, Community Hospital and Golisano Children’s Hospital all had an all-time record number of patient visits this year.

Upstate Trauma Center (Level 1 for Adults & Peds)	CY 2021 (01/01/21- 12/31/21)	CY 2022 (01/01/22- 12/31/22)	CY 2023 (01/01/23- 12/31/23)	Difference from Previous Year	% Change from Previous Year
<b>Total Cases (Adults + Pediatric)</b>	4,248	4,092	4,208	+ 116	+ 3%
<b>Adult</b>	3,562	3,402	3,547	+ 145	+ 4%
<b>Pediatric</b>	686	690	661	(29)	(4%)
<b>NYS Counties Served</b>	14	14	14		

The maps show the territory served for trauma (red) and burn (orange).



Upstate Clark Burn Center	CY 2021 (01/01/21- 12/31/21)	CY 2022 (01/01/22- 12/31/22)	CY 2023 (01/01/23- 12/31/23)	Difference from Previous Year	% Change from Previous Year
<b>Burn Patients Treated in the Emergency Department</b>	527	437	499	+ 62	+ 14.2%
<b>Burn Patients Admitted to Clark Burn Center</b>	261	194	187	(7)	(3.6%)
<b>NYS Counties Served</b>	37	37	37	--	--



# COMMUNITY OUTREACH

Community service and outreach is a longstanding tradition at Upstate. For 20 years, “Team Upstate” has encouraged our employees and students to give their time and talents to support causes where they work and live. In 2023, Upstate employees and students engaged in more than 300 distinct community service activities.

The *Tripp Umbach Economic and Community Impacts Report* estimates that in FY24 Upstate generated \$29.5 million in charitable donations and volunteer services. This includes \$12.4 million in direct charitable contributions and \$17.1 million in volunteerism, highlighting our institution’s deep-rooted commitment to improving the well-being of Central New York.



Upstate hosts several special Syracuse Crunch hockey games at the Upstate Medical University Arena and often honors cancer survivors and caregivers.



Upstate’s formal outreach programs are supplemented with dozens of activities conducted at the department level.

In 2023, outreach activities were primarily in these categories:

- Educational and social support programs
- Health outreach programs for adults and children
- Patient support
- Community events
- Fundraising
- Professional development



### Highlighted outreach activities included:

- Upstate emergency personnel continue to staff the infirmary at the New York State Fair, seeing more than 550 patients during the two weeks of the event as well as maintaining Upstate’s two hospital emergency rooms.
- A new Walk with a Doc Program was launched to create a healthy habit, along with a talk by an Upstate clinician.
- More than 1,250 people registered for Upstate HealthLink events, which provide focused seminars on a variety of health topics presented by Upstate experts.
- The free Chronic Disease Self-Management program completed more than 1,732 sessions in this peer-led, evidence-based program aimed at improving and maintaining good health.
- She Matters educated 163 women on breast cancer and screened 118 people with two breast cancers detected.
- We Matter educated 57 people on colon cancer, provided screening via home stool kits, and detected one person with polyps.
- Upstate launched a new mental health first aid program, It Matters, and held four educational sessions with 33 participants.
- Team Upstate — our corporate volunteer presence — had the largest local team at the region’s Heart Walk, as well as being the lead sponsor on several others aimed at raising engagement and awareness.

The annual Strides Against Breast Cancer draws a large Upstate team.



# SUNY PARTNERSHIPS

SUNY Upstate has made the nurturing and growth in partnerships with our SUNY schools a priority. These innovative partnerships showcase creative ways to advance mutual goals, be cost-effective and to serve the greater goals of our mission to improve the health—by every measure—of the community we serve through education, research and patient care.

## Academic Affairs

- Upstate’s Simulation Department and SUNY Canton are part of a high-needs grant, in collaboration with College of Nursing faculty, to provide procedural training for SUNY Canton RN associate degree students.
- Upstate Simulation Department and SUNY Onondaga Community College are part of a high-needs grant, in collaboration with the nursing faculty, providing pediatric immersive experiences for SUNY OCC Associate RN learners.
- Academic Affairs Office and Cayuga Community College collaborated to support CCC’s Early College High School Program at Fulton’s G. Ray Bodley High School. Worked with our hospital Nursing Recruitment and Department of Radiology to coordinate a behind-the-scenes look at Upstate University and Community Hospitals for high school seniors interested in health care careers. The experience included 20 hours of service credit per student as they worked with nurses, radiation technologists and hospital staff in a variety of medical fields.
- Admissions partnerships: We have agreements to speed preparation and readiness for transfer or application to SUNY Upstate with numerous SUNY schools.

Community Colleges: Adirondack, Cayuga, CUNY-BMCC, Dutchess, Finger Lakes, Fulton-Montgomery, Hudson Valley, Jefferson, Mohawk Valley, Monroe, Onondaga, Tompkins Cortland

Four-year institutions: Binghamton, Oswego, Cobleskill, ESF, Brockport, Geneseo, Oneonta, Potsdam.

## Student Affairs

- Collaborated on a request for proposal for an educational software platform with SUNY colleges Cobleskill, Oneonta, and Delhi, thus saving costs for each campus.



## Norton College of Medicine

### Binghamton Clinical Campus

- Upstate's Binghamton Clinical Campus collaborated with Binghamton University, UHS and Guthrie Lourdes Hospital to host the 16th Annual Binghamton Biomedical Research Conference. Posters from 57 research projects were presented to over 100 attendees.
- The Binghamton Clinical Campus continued its partnership with the School of Pharmacy and Pharmaceutical Sciences at Binghamton University to provide medical and pharmacy students interprofessional education experiences focused on pain management, opioid use and geriatric care.
- Leveraged relationship with Binghamton University's Nursing program at the Decker School of

For our College of Medicine and other graduate programs, SUNY graduates from Binghamton, Oswego, Cobleskill, ESF, Brockport, Geneseo, Oneonta and Potsdam have streamlined application processes with Upstate.



Nursing to secure access to the innovative MammaCare Breast Exam Trainer to teach breast exam skills to students during their OB-GYN clerkship.

## College of Graduate Studies

- Entered affiliation agreements with SUNY Oswego, Binghamton University and SUNY Cobleskill to directly accept students into our PhD program in Biomedical Sciences and into our Summer Undergraduate Research Fellowship Program. (See photo below featuring SURF participants.)
- Collaborated in joint effort on Summer Undergraduate Research Fellowship Program with SUNY-ESF, which also supplied housing for our students.
- Through our Visiting Lecture Series we sent faculty to SUNY Oneonta, SUNY Potsdam and other colleges to give seminars to science majors and other interested students.

## College of Health Professions

- The College of Health Professions has a 3+3 DPT program which allows students to complete both their undergraduate degree and their physical therapy doctoral degree in 5<sup>1</sup>/<sub>2</sub> years rather than seven. The admissions partners include six SUNY colleges: Brockport, Cortland, ESF, Geneseo, Oneonta and Oswego.

The College of Graduate Studies hosts students each summer through the long-standing Undergraduate Research Fellowship Program, where they gain hands-on experience in our labs and readiness for careers in science.





- The College of Health Professions Behavioral Analysis Studies program is working with faculty from SUNY Oswego to develop a microcredential to support training of racially and ethnically diverse service providers, and to develop a pipeline for undergraduate students to take coursework that would count both toward the undergraduate and MS degrees in behavior analysis. There are plans to have similar conversations with faculty at SUNY Cortland. In addition, the program is working with a sister program at SUNY Downstate. Initiatives under consideration include shared teaching, supervision and research opportunities.

## College of Nursing

- Onondaga Community College students were able to participate in IV insertion, IV site care and wound care simulations prepared by Upstate-hired faculty in the Simulation Center. With these additional faculty, four additional simulations (SIMs) were added to the compendium, with two of the new SIMs implemented during the grant period.
- Upstate has sent for SUNY review an ABSN program (Accelerated Bachelor of Science in Nursing) and three-year BSN program, in collaboration with Cayuga Community College.
- With Upstate University Hospital, we host 50 students annually from SUNY Canton who are mentored and supervised by Upstate College of Nursing faculty in fall and spring semesters. With the SUNY High Needs grant, SUNY Upstate is able to cover the cost of transporting students from Canton to Syracuse 30 weeks out of each year.
- Upstate's College of Nursing also partners with SUNY Canton to offer Upstate's nursing doctorate degree program remotely.

## Research

- We have had several initiatives with Binghamton University, including:

SUNY Upstate and Binghamton have combined strengths for research on hydrocephalus. Under a pilot research grant program, three collaborative research projects have received seed grants of \$25,000 to fund preliminary research in pursuit of external funding. The two institutions have already submitted joint research proposals to the National Science Foundation and are exploring proposals to the National Institutes of Health.

We have a seasoned collaboration with the Watson School of Engineering at Binghamton University, with an extensive supporting MOU, now having awarded two rounds of collaborative pilot grants. The collaboration also includes a president's initiative in regenerative medicine, specifically the production of transplantable, fully functional islets for the treatment of diabetes.

## University Hospital

- We've worked closely with Stonybrook when we implemented the presumptive financial assistance vendor and processes to assess patient financial resources for our revenue cycle.
- Shared third party payor contract language with Stonybrook and Downstate to optimize best practices across our organization for a managed care contracting collaboration.
- We work throughout the year with SUNY Stony Brook and SUNY Downstate on various accounting issues, cash management, DSH, FEMA, funds flow, and debt collection issues.
- We air our *Informed Patient* podcast on NPR affiliate WRVO, housed at SUNY Oswego, both streaming and airing on 14 stations across central New York. This program is a win-win, providing ongoing, well-produced content featuring a variety of health topics and our medical experts.

## Upstate Foundation

- We are collaborating with the SUNY Oswego Foundation on endowment investment management software.
- SUNY Upstate hosts the annual meeting of the SUNY campus foundation financial officers.

To support MD/PhD students in their quest to become physician scientists, Upstate hosted students from SUNY Upstate, the University at Buffalo and the University of Rochester who gathered to present posters of their current research and to hear presentations from their peers.





# PHILANTHROPY

Our primary development arm, the Upstate Foundation, is a 501(c)3 public charity to support patient care, education, scientific research and community health and well-being. The Upstate Foundation also is the primary vehicle for receiving and distributing philanthropic gifts for Upstate Medical University and supports fundraising for the Colleges of Health Professions and Nursing.

The Upstate Medical Alumni Foundation provides scholarships, books, white coats and mentorship to students of the Norton College of Medicine at Upstate Medical University. It also fosters fellowship among our alumni, assists in the recruitment of students and facilitates networking for both students and alumni.

## UPSTATE FOUNDATION

Where your gift impacts the health of the entire region.

- Exceeded our \$8 million contribution goal. Goal is set by eliminating large, unanticipated one-time gifts (such as bequests) and projecting income from campaigns, events and regular donors.
- Approaching the successful conclusion of the \$5.3 million campaign for Child and Adolescent Mental Health ahead of schedule.
- Added five new Donor Advised Funds, continuing a growth path to include the fastest-growing source for philanthropic giving.

*Medical Alumni Foundation for*

## UPSTATE MEDICAL UNIVERSITY

ALAN AND MARLENE NORTON  
COLLEGE OF MEDICINE

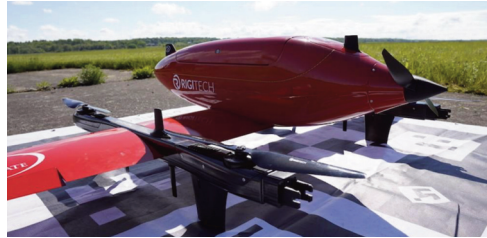
- Added five new endowments.
- Received 2,149 gifts from 1,733 donors.
- Gifts and pledges: \$1,280,731
- Dollars given to Upstate: \$1,053,415
- Hosted nearly 300 alumni and friends in person at reunion.
- Secured 30 mentors for medical students for a dedicated dinner.
- Held successful alumni events in Naples and Sarasota, Florida.

# HONORS AND FIRSTS

Upstate distinguishes itself locally, nationally and internationally with exceptional achievements across our mission. In addition to more than 150 awards and accreditations for our campus and hospital programs, here is a sampling of recognitions and achievements that garnered state and national attention.



Our Medical Intensive Care Unit was awarded AACN Gold level Beacon Award — one of only 256 nationally from the American Association of Critical Care Nurses.



Air Upstate, our drone program, flew its first “beyond visual line of sight,” advancing the goal to transport timely medicines and lab samples farther by drone.



Our thoracic surgery program has a 100 percent success rate for minimally invasive lobectomies for Stage 1 lung cancer, one of a handful nationwide to hit this goal.



Antonio Culebras, MD, cofounder of World Sleep Day, was honored for his groundbreaking work with an award in his name by the World Sleep Society.



Upstate used its “Hospital at Home” infrastructure to provide postsurgical physical therapy and rehabilitation care for His Holiness the Dalai Lama.



Upstate earned recognition from the American Medical Association as a Joy in Medicine™ organization, the only one in the region.



Paula Trief, PhD, SUNY Distinguished Service Professor, received the Rubin Award from the American Diabetes Association for outstanding scientific achievement.



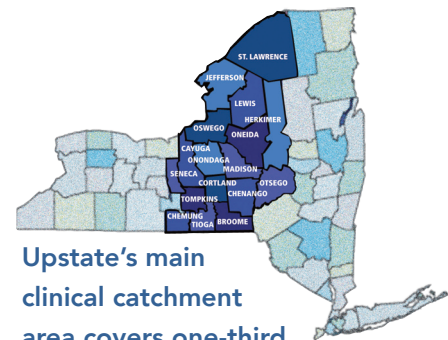
Upstate was again recognized at the Gold and Gold Plus level for exemplary care for stroke, heart failure and resuscitation by the American Heart Association.



# A RESOURCE FOR THE REGION

- Three primary areas of mission focus: Patient Care, Education, Research.
- Largest employer in the region with approximately 12,000 employees.
- Two hospital sites: Upstate University Hospital and Upstate Community Hospital.
- More than 900 full- and part-time faculty and nearly 2,000 volunteer faculty who precept students at clinical sites.
- 1,429 students across four colleges: Medicine, Nursing, Graduate Studies, Health Professions.
- Twenty-five buildings in the city of Syracuse with a total footprint of 30 acres, including: academic and research buildings; downtown University Hospital campus, Community Hospital, Golisano Children's Hospital and Upstate Health Care Center.
- Clinical Campus in Binghamton and numerous satellite sites throughout Central New York.
- One of four medical universities (and only three academic medical centers) in the SUNY system.
- The region's only: academic medical center; Level 1 Trauma Center; Cancer Center treating adults and children; children's hospital; poison center; and a research enterprise solely dedicated to improving human health.
- Sphere of clinical care stretching from Pennsylvania to Canada, covering one-third of New York state.


New York Gov. Kathy Hochul joined hundreds of Upstate Medical University employees, honored guests and local elected officials to officially open Upstate's Nappi Wellness Institute in 2023. It houses an array of wellness services under one roof, following the philosophy that preventive health care and promotion of good health can help reduce hospitalizations and emergency treatment.



Upstate's main clinical catchment area covers one-third of NY State, and stretches even farther for many of its unique and specialized services.







At SUNY Upstate Medical University  
we treat previously inoperable brain tumors,  
heal traumatic injuries, care for the most  
seriously ill children, offer the newest  
medical treatments, promote good health,  
educate future doctors, nurses,  
health professionals  
and biomedical scientists, and  
discover tomorrow's cures.

UPSTATE