The long-term goal of the Mat-Su Health Foundation is that Mat-Su is the healthiest borough in the United States. Our 2016 annual report details key successes along the road to achieving that goal. On the next nine pages, we’ll share the work we’ve been doing. You’ll see some of the big picture—for example:

- **2016 grant making totaled $4.3 million including $389,000 in scholarships**
- **6% increase in Mat-Su residents with health insurance**
- **7X MORE behavioral health providers in the Mat-Su than we had before**
- **30% of First Responders (110 total) trained in Mental Health First Aid**
- **41% of Mat-Su residents care now familiar with the term Adverse Childhood Experiences**
- **16 organizations that have either started or expanded behavioral health services**
- **11 schools and organizations became trauma-informed**

You’ll also see some of the nitty-gritty - the number of people served by specific projects, the gaps filled, the increased awareness of potential long-term effects of trauma on overall health. These results are partly due to MSHF grantmaking, and partly through active participation by MSHF staff and leadership in community organizations; you’ll see the names of some of those groups in the background of this page.

Construction is underway on the new Mat-Su Health Foundation building at the corner of Bogard and Crusey in Wasilla. The project is designed to build community by devoting space to programmatic uses, including the creation of a Community Resource Center Network to link residents with the services they need to be healthy. It will also support the foundation’s work by providing adequate space for a growing staff. We hope you will stop by when it’s done in mid-2018!
Numerous gaps exist in the overall system of care for Mat-Su residents.

All Mat-Su adults, seniors, families and children are able to access services and programs that help them be safe, healthy, and thriving.

Advocacy: Medicaid Expansion and Reform
The number of Mat-Su residents with health insurance increased from 77% in 2012 to 83% in 2015
The number of Mat-Su residents who have a primary care health provider increased from 62% in 2012 to 69% in 2015

Nine recommendations from the Mat-Su Health Foundation Behavioral Health Environmental Scan were included in Senate Bill 74, reforming Alaska's Medicaid system:

- Implement an electronic exchange of emergency department patient information.
- Educate patients on appropriate use of emergency department.
- Hospital staff review reports on emergency department utilization.
- Improve prescription drug monitoring program.
- Assist frequent users of emergency department to make appointments with personal care provider within 72-96 hours.
- Prioritize statewide planning that strategically allocates funding proportionate to actual need.
- Fund a Regional Behavioral Health Authority (Administrative Services Organization).
- Promote integrated behavioral health and primary care.
- Expand provider settings and type where Medicaid reimbursement is allowed for behavioral health services.
HEALTHY MINDS
Based on the results of a 2013 Community Health Needs Assessment, the MSHF conducted a Behavioral Health Environmental Scan. A new grant program, Discovery Grants, was initiated to solicit solutions to issues identified in this and other MSHF reports.

Numerous gaps exist in the continuum of care for Mat-Su residents.

All Mat-Su residents have access to an effective and complete behavioral health system of care.

Services have been expanded in key areas of the continuum, and most of that expansion has occurred “upstream” to prevent problems or address them early on, and in the areas of greatest need.

01 PREVENTION
Integrated Behavioral Health / Primary Care – Sunshine Clinic - 122 more Behavioral Health patients (561 visits) seen than in 2015.

02 EARLY INTERVENTION
SBIRT* Screening + Assessment - Sunshine Clinic / MatSu Health Services – 2,680 patients screened, Cook Inlet Tribal Council – startup funds for assessments in conjunction with Knik Tribal Council and Chickaloon Village Traditional Council.

03 EARLY INTERVENTION
Depression Screening - MatSu College - 50 students screened on Depression Screening Day.

04 EARLY INTERVENTION
Adverse Child Experiences (ACE) screening and evaluations – Ptarmigan Pediatric now screening for ACEs and conducted 37 neuropsychological assessments.

05 TREATMENT
More care for children with mild to moderate problems at Redington Jr / Sr High School, Valley Pathways High School, Set Free AK, MatSu College, Co-Occurring Disorders Institute becoming trauma-informed in policy and practice.

06 RECOVERY
Community Support Services: AK Youth & Family Network – 27 families served, My House – over 100 homeless youth contacted, Valley Charities – Prisoner Re-Entry Program launched.

* Screening and Brief Intervention for Alcohol Use
HEALTHY MINDS

The Mat-Su Health Foundation actively supports local and statewide behavioral health initiatives that promote optimal behavioral health for Mat-Su residents. One focus has been on helping Mat-Su residents in crisis.

The number of Mat-Su residents in behavioral health crisis continues to increase.

<table>
<thead>
<tr>
<th>YEAR</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
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</thead>
<tbody>
<tr>
<td>NEED</td>
<td>349</td>
<td>502</td>
<td>748</td>
</tr>
</tbody>
</table>

All Mat-Su residents have access to an effective and complete behavioral health system of care, including crisis services.

A coalition of first responders are working to better care for people in behavioral health crisis.

30% (110) of first responders have been trained in Mental Health First Aid for Public Safety.\(^1\)

25 key first responders also received Crisis Intervention Team (CIT) training.\(^2\)

Mat-Su Regional Medical Center has changed emergency department (ED) staffing to better assist patients in behavioral health crisis:

- An emergency department Social Worker has assisted in 1,768 ED visits.
- Workers who offer 24/7 compassionate surveillance have replaced the security guards to monitor suicidal patients.
- Staff received de-escalation training.

\(^1\) An 8-hour course designed to increase understanding of mental illnesses and addictions and provide effective response options

\(^2\) A 40-hour course aimed focused on connecting residents to appropriate care and not incarceration
HEALTHY FOUNDATIONS FOR FAMILIES

The goal of the Healthy Foundation for Families focus area is that all children and families are supported by a community-wide system that prevents maltreatment and promotes family resilience.

**Numerous gaps** exist in the system of care for Mat-Su children and families.

All Mat-Su families and children are able to access social supports and an engaged and coordinated system that helps them be safe, healthy, and thriving.

Services have been expanded in key areas of the continuum that had gaps. The Mat-Su Health Foundation has assisted by providing funding for the following:

1. **Social Emotional Learning Programming**
   - **Onward and Upward** – 28 courses provided to 528 students (17,701 student contact hours).
   - **Matanuska-Susitna Borough School District** – Social Emotional Learning curriculum for 18 elementary schools implemented.
   - **Behavioral health outreach program** implemented at Mat-Su College, with more than 574 students participating in prevention events.

2. **Trauma-informed Educational Settings**
   - **CCS Early Learning** is training families (68) and staff on Adverse Childhood Experiences and trauma.
   - **5 local schools** are becoming trauma-informed.
   - **Ptarmigan Pediatrics** conducts classroom observations (135) and interventions (74) at Goose Bay Elementary School.
   - **5 community organizations** are becoming trauma-informed.

3. **Parenting Programs**
   - **Heartreach Pregnancy Center** – Capital Project.

4. **Emergency housing for families**
   - **Blood and Fire Ministries and Family Promise** – organization capacity building.

5. **Support of families involved with the Office of Children’s Services and homeless Youth**
   - **Alaska Youth and Family Network** – 27 families assisted (39 adults/81 children).
   - **My House** – connected with over 100 homeless youth.

**GOAL**

**RESULTS**

**NEED**

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**PREVENTION MODEL**

<table>
<thead>
<tr>
<th>Knowledge of Child Development/ACES/Parenting Parents and Community</th>
<th>All Families</th>
<th>Families Under Stress</th>
<th>Families Involved with Child Welfare/Homeless Youth</th>
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</thead>
<tbody>
<tr>
<td><strong>PRIMARY</strong></td>
<td><strong>SECONDARY</strong></td>
<td><strong>TERTIARY</strong></td>
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<tr>
<td>5</td>
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</tr>
</tbody>
</table>

*Darker green indicates areas of highest need in terms of prevention in Mat-Su*
R.O.C.K. Mat-Su (Raising Our Children With Kindness) is a collaborative of community members – including individuals and organizations – joining together to promote family resilience and reduce child maltreatment.

In 2016, there were 2,243 allegations of child maltreatment in Mat-Su and 194 substantiated reports of child abuse and neglect.

To strengthen families so all children are safe, healthy, and thriving.

R.O.C.K.’s number 1 strategic goal was to create a Therapeutic Family Court, which launches at the Palmer Superior Court July 1, 2017.¹

32 Mat-Su community members have been trained to be Adverse Childhood Experience (ACE) interface trainers. To date 24 presentations have reached 685 residents.

A 2016 Household Survey revealed 41% of adult Mat-Su residents are familiar with the term ACEs.

5 Matanuska-Susitna Borough Schools are becoming trauma-informed in policy and practice: Burchell High School, Redington Junior-Senior High School, Houston Middle School, Wasilla Middle School, and Mat-Su Central School

Sponsored 5 community organizations that serve families to become trauma-informed.²

¹ This program connects babies and their families with the support and services they need to promote healthy child development, while at the same time ensuring speedier exits from the child welfare system.

² Trauma-informed care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma by emphasizing physical, psychological and emotional safety for consumers and providers and helps survivors rebuild a sense of control and empowerment.
The MSHF advocated for regulatory changes and funding to create the Mat-Su Aging and Disability Resource Center, which provides free information and referral services that promote health, well-being and safety for individuals with disabilities, seniors and vulnerable adults by connecting them to quality services and supports that foster independence, personal choice and dignity. MSHF has provided operations funding beyond the state grants to meet the huge demand for services in Mat-Su.

1,542 residents served
41% options counseling; 13% short term service coordination; 16% Medicaid counseling

TOP HEALTH NEEDS
Physical, traumatic brain injury, mental health, multiple health issues, and Alzheimer’s Disease and related dementias

TOP FIVE REFERRAL CATEGORIES
Basic needs, personal care attendants, health care services, legal services, housing

NEXT STEPS
LINKS/ADRC will be part of a Community Resource Center Network to be housed in the new Mat-Su Health Foundation building scheduled for completion in Spring 2018. The resource center’s vision is that all Mat-Su residents and providers know about and are able to access appropriate information and quality health and social services.

35% of seniors reported a physical, mental, or emotional limitation.
7-13% of seniors didn’t have transportation, or dental, healthcare, medication when they needed it in the last year.

All Mat-Su Seniors are able to access a complete array of services that optimizes quality of life.

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WORKFORCE DEVELOPMENT

Of the 25 occupations expected to grow the most in Alaska, 18 are related to health care. As Mat-Su grows, so does our need for a highly trained and educated health care workforce.

In 2013, Mat-Su had the following ratios of providers to residents that were well below other U.S. communities:

- 1,910 residents to 1 primary care physician
- 2,302 residents to 1 dentist
- 6,412 residents to 1 behavioral health provider

The goal is to have staffing in these three areas to within the top 90th percentile of all counties in the United States (1,040:1 Primary Care Physicians; 1,320:1 Dentists; 360:1 Mental Health Providers).

Using academic scholarships, vocational scholarships, and a loan repayment strategy, the Mat-Su Health Foundation has helped expand the Mat-Su health care workforce.

In 2016, the program awarded 63 academic scholarships totaling $353,039 and 20 vocational scholarships totaling $41,788 to Mat-Su residents. In addition, the foundation joined forces with the State of Alaska SHARP Program to sponsor loan repayment for nine behavioral health positions at five organizations in Mat-Su.

SUCCESS
In 2017, the ratios of providers to residents had improved in the following areas:

- 2,110 residents per dentist
- 890 residents per behavioral health provider

“This is going to allow me to reduce my work hours from nearly full time to part time, so I can spend more time focusing on my academic work and volunteering in the community, which I am confident will make me a more competitive applicant to the WWAMI medical school program when the time comes. This relieves major stress off my shoulders as far as how I will financially afford my degree while still providing for my family and my two little girls. I could never say thank you enough for your investment in my life and future career. I am looking forward to the day I am able to pay it forward and wholeheartedly invest back into the Mat-Su community in my future career."

– MSHF Scholarship Recipient
HEALTHY IMPACT, DISCOVERY, AND OTHER LARGE GRANTS

- Alaska Children’s Trust $25,000 to help the Alaska Resiliency Initiative support and respond to the needs of individual families and children.
- American Lung Association $83,524 for home air quality assessments and remediation plans for senior citizens, prioritizing homes primarily heated with wood.
- Assistive Technology of Alaska (ATLA) $50,000 to partially fund an assistive technology acquisition coordinator staff position who will assist Mat-Su residents in obtaining funding to purchase assistive technology.
- Blood and Fire Ministry of Alaska $298,220 over two years for general operating support for its Knik House program providing temporary, long-term and emergency housing, as well as recovery and life skill development opportunities.
- CCS Early Learning $350,000 over three years for training and technical assistance to infuse trauma-informed care throughout its programming.
- The Children’s Place $750,000 toward design and construction of a new Wasilla facility to meet growing demand for its services related to evaluation, investigation, and treatment of child abuse.
- Co-Occurring Disorders Institute Inc. (CODI) $92,000 to expand mental health services for children ages 0-3 by hiring and training a therapist specifically to serve this age group.
- Cook Inlet Tribal Council $120,640 to fund substance abuse assessment services and peer support in the Mat-Su. Services provided in conjunction with Knik Tribal Council and Chickaloon Village.
- Frontline Mission $115,000 to strengthen the organization in the area of high-level leadership development and to hire a full-time director and a part-time program coordinator.
- Heartreach Pregnancy Center $500,000 to build a new facility that will help it expand its outreach and services to parents and families.
- Links/ADRC $99,523 in general operational support to continue to fund the Mat-Su’s Aging and Disability Resource Center (ADRC) and support the organization in achieving its goal of connecting clients to long-term services and supports.
- Mat-Su Borough School District $235,570 for Social and Emotional Learning curriculum and implementation, and for equipment for after-school programs.
- Mat-Su Valley Interfaith Hospitality Network $60,000 to fund Family Promise Mat-Su, which mobilizes community resources and local congregations to provide shelter, meals and case management to families without housing.
- Nugen’s Ranch $140,000 to be used for three purposes: to purchase a delivery truck, to develop an organizational/business plan for the organization, and to develop an executive director transition plan.
- Planned Parenthood $40,000 to market its online health services, which allow patients access to secure face-to-face consultation with a health provider on their computer or mobile device.
- Pratmigan Pediatrics $141,818 over three years for a psychologist internship program that will promote early childhood assessment and intervention in medical and school settings.
- Set Free Alaska $97,000 for the development and implementation of a children’s behavioral health early intervention and treatment program.
- Set Free Alaska $400,000 to remodel a building for residential substance abuse treatment facility for women and children.
- Sunshine Community Health Center $229,387 to purchase medical equipment for its Willow and Talkeetna clinics and for remodeling of the Willow entrance lobby.
- Valley Charities $250,000 over three years to implement a prisoner re-entry program. Including case management, housing placement, transportation and administration.
- Wasilla Youth Baseball $60,000 to enhance both player and spectator safety through field improvements and backstop replacement.

TARGET WELLNESS GRANTS

Alaska Association of Conservation Districts
Alaska Family Services Inc.
Alaska Pacific University
Alaska State Association for Guardianship and Advocacy
Alaska State Fair Inc.
Alaska Youth and Family Network
Alaska’s Unique Riders Overcoming Risk & Adversity
All Alaska Pediatric Partnership
Boy Scouts of America
CCS Early Learning
Chickaloon Village Traditional Council
City of Houston
City of Palmer
Co-Occurring Disorders Institute Inc.
Covenant House Alaska
Daybreak Inc
Denali Family Services
Denali Nordic Ski Club Inc.
Evangelical Lutheran Church in America
Food Bank of Alaska Inc.
Frontline Mission
Girl Scouts of Alaska
Joe Redington Sr Jr./Sr. High School
Kids Kupboard
Knik Conservation District
Knik Tribe
Links Mat-Su Parent Resource Center Inc.
Mat-Su Services for Children & Adults Inc.
Mat-Su Trails & Parks Foundation
Mat-Su Valley Interfaith Hospitality Network
National Foundation for The Centers For Disease Control & Prevention Inc.
Native Village of Eklutna
Northern Susitna Institute
Northgate Alaska
Office of Children’s Services
Palmer Junior Middle School
Palmer Senior Citizens Center Inc.
Set Free Alaska
Special Olympics Alaska Inc.
Sunshine Community Health Center Inc.
United Way of Matanuska-Susitna Borough
University of Alaska
Upper Susitna Seniors Inc.
Valley Community for Recycling Solutions
Valley Pathways High School
Valley Residential Services
Willow Health Organization Inc.
### STATEMENT OF FINANCIAL POSITION
*In Thousands, 2016 Unaudited*

<table>
<thead>
<tr>
<th>Assets</th>
<th>2016</th>
<th>2015</th>
</tr>
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<tbody>
<tr>
<td>Cash And Cash Equivalents</td>
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<td>$3,050</td>
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<tr>
<td>Investment In Joint Ventures</td>
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<td>Long-Term Investments</td>
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<td>Program-Related Investments</td>
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<td>Leasehold Improvements, Net</td>
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<tr>
<td>Other Assets</td>
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<td><strong>Total Assets</strong></td>
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<table>
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<tr>
<th>Liabilities And Net Assets</th>
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<tbody>
<tr>
<td>Accounts Payable And Accrued Expenses</td>
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<td>$489</td>
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<td>Grant Awards Payable</td>
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<td>Interest Rate Swap</td>
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<td>Long Term Notes Payable</td>
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<td><strong>Total Liabilities</strong></td>
<td><strong>$34,879</strong></td>
<td><strong>$42,666</strong></td>
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| Unrestricted Net Assets               | $168,029| $139,851|
| Temporarily Restricted Net Assets     | $0      | $0      |
| **Total Net Assets**                  | **$168,029** | **$139,851** |

| **Total Liabilities And Net Assets**  | **$202,908** | **$182,518** |

### STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS
*In Thousands, 2016 Unaudited*

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<thead>
<tr>
<th>Revenue and Support</th>
<th>2016</th>
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<tr>
<td>Equity Income in Joint Ventures</td>
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<td>Investment Income, Net</td>
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<td>Other Income and Net Assets Released</td>
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<td>Total Income</td>
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<thead>
<tr>
<th>Grants and Expenses</th>
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<tbody>
<tr>
<td>Grant Awards</td>
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<td>General and Administrative Expenses</td>
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<td>Total Expense</td>
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<td>Change in Net Assets</td>
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<td><strong>Net Assets, Beginning Of Year</strong></td>
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<tr>
<td><strong>Net Assets, End Of Year</strong></td>
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<td><strong>$139,852</strong></td>
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**MAT-SU REGIONAL MEDICAL CENTER - CHARITY CARE AS A % OF COST**

Note: Medicaid Expansion led to an increase in the number of insured Alaskans. As a result, Charity Care declined in 2016 due to decreased need for it.
PARTIAL LIST OF MSHF COMMUNITY INVOLVEMENT
CRISIS INTERVENTION TEAM COALITION, HOUSING AND HOMELESS COALITION, RECOVER ALASKA, MAT-SU OPIOID TASK FORCE, PATHWAY TO PREVENTION COALITION, ALASKA EMERGENCY DEPARTMENT STEERING COMMITTEE, MEDICAID REFORM WORKGROUPS, MAT-SU TRANSIT COALITION, ALASKA OPIOID POLICY TASKFORCE, PAY FOR SUCCESS, VALLEY TRANSIT ADVISORY BOARD, NEIGHBORWORKS ALASKA ADVISORY COMMITTEE, PRISONER RE-ENTRY COALITION, ALASKA RESILIENCE INITIATIVE, THRIVE MAT-SU, ALASKA AFTERSCHOOL NETWORK, MAT-SU DOMESTIC VIOLENCE TASKFORCE, MAT-SU AGENCY PARTNERSHIP