



2016 ANNUAL REPORT

PROGRESS TOWARD →
Becoming the Healthiest Borough

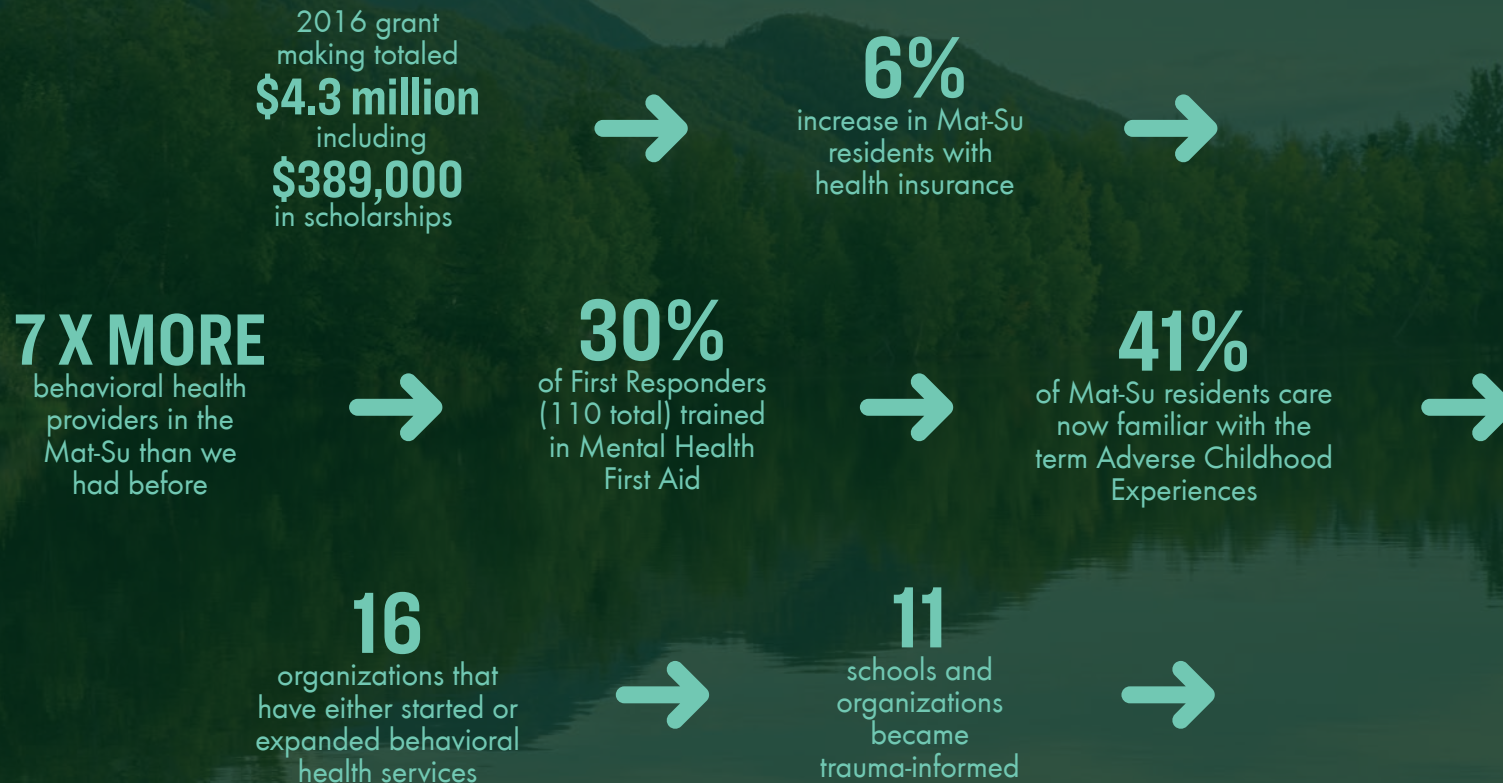


MAT-SU HEALTH
FOUNDATION

MAT-SU HEALTH FOUNDATION 2016

Progress Toward Becoming the Healthiest Borough

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:



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!

ADVOCACY DRIVING SYSTEMS IMPROVEMENTS

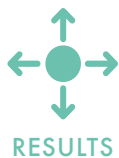
The foundation works to promote health care access and better functioning systems through policy and advocacy work at the local and statewide levels. All grants and initiatives are funded with an aim to yield coordinated care via a high-functioning system.



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.



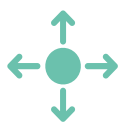
NEED

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



GOAL

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



RESULTS

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.

03 EARLY INTERVENTION

Depression Screening - Mat-Su College – 50 students screened on Depression Screening Day.

05 TREATMENT

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



02 EARLY INTERVENTION

SBIRT* Screening + Assessment - Sunshine Clinic / Mat-Su Health Services – 2,680 patients screened, Cook Inlet Tribal Council – start-up funds for assessments in conjunction with Knik Tribal Council and Chickaloon Village Traditional Council.

04 EARLY INTERVENTION

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

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

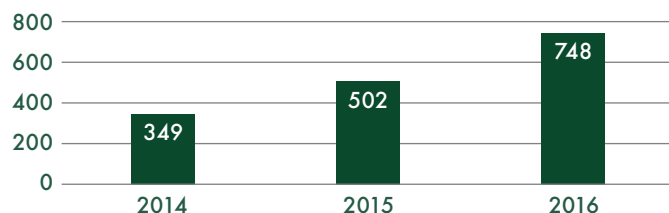
HEALTHY MINDS

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.

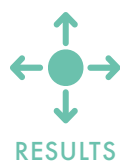


The number of Mat-Su residents in behavioral health crisis continues to increase.

NUMBER OF EMERGENCY BEHAVIORAL HEALTH ASSESSMENTS FOR MAT-SU RESIDENTS WHO ARE A DANGER TO THEMSELVES OR OTHERS, OR GRAVELY DISABLED



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.

The local Mental Health Court had a new participant who had not yet been connected to services when he was brought to the ED due to medical consequences of excess drinking. The ED social worker kept the mental health court apprised of his critical condition for two weeks and helped them implement preventative supports for when he was released. The participant is now successfully complying with the Mental Health and Wellness Court Program.

— Mental Health Court Director

[The CIT/Mental Health First Aid Training has given me a] sense that we're not in this situation alone with the citizens that we serve. A lot of times, it feels pretty isolating. It has helped me understand I have limitations and how to ask other resources to come in. I can't always do something about the person that I'm serving, but if I can change my end of the equation, I actually change the outcome. That's what I call the magic of Crisis Intervention Team/Mental Health First Aid.

— Mat-Su First Responder

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

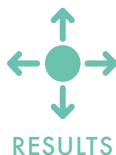
The goal of the Healthy Foundation for Families focus area is that all children and families are supported by a community-wide system that prevents maltreatment and promotes family resilience.



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.



PREVENTION MODEL

	All Families	Families Under Stress	Families Involved with Child Welfare/ Homeless Youth
	PRIMARY	SECONDARY	TERTIARY
Knowledge of Child Development/ACES/Parenting Parents and Community	3		
Parent Resilience	2		5
Social Support Family			
Social Emotional Competency Parent and Child	1		
Concrete Supports in Times of Need		4	

*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.



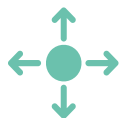
NEED

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



GOAL

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



RESULTS

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.



HEALTHY AGING

The rate of population growth of people 65+ in the Mat-Su is one of the highest in the nation, and growing at nearly four times the national rate. The MSHF is committed to helping older adults find and get the care and support services they need.



NEED

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.



GOAL

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



RESULTS

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.

Finding help was a gift from God. Finally I think someone really wants to help. Heather and Derrick made me feel like someone actually cared, and with all the doctors I see, that is saying a lot. Thank you for bringing them into my life.

— Mat-Su Senior Citizen

When you have Medicare and qualify for Medicaid, the state enrolls you in one of 17 prescription drug plans. Sometimes the plan doesn't match the needs of the client. One client had a health condition that required very expensive medication, but the price was far beyond what was possible for her. The ADRC figured out which plan would be a better fit, and it cost just \$21 per month.

— ADRC Specialist



WORKFORCE DEVELOPMENT

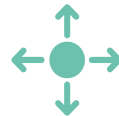
Of the 25 occupations expected to grow the most in Alaska, 18 are related to health care. As Mat-Su grows, so does our need for a highly trained and educated health care workforce.



NEED

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



RESULTS

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



GOAL

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).



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.
- Parmigan 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)

Assets	2016	2015
Cash And Cash Equivalents	\$14,091	\$3,050
Investment In Joint Ventures	\$87,762	\$86,436
Long-Term Investments	\$99,644	\$92,546
Program-Related Investments	\$424	\$453
Leasehold Improvements, Net	\$82	\$32
Other Assets	\$905	--
Total Assets	\$202,908	\$182,518
Liabilities And Net Assets		
Accounts Payable And Accrued Expenses	\$284	\$489
Grant Awards Payable	\$4,851	\$5,004
Interest Rate Swap	\$47	\$173
Long Term Notes Payable	\$29,697	\$37,000
Total Liabilities	\$34,879	\$42,666
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

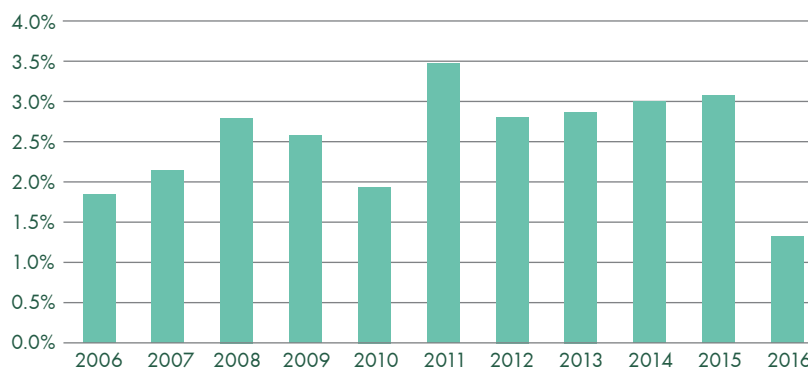
STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS

(In Thousands, 2016 Unaudited)

Revenue and Support	2016	2015
Equity Income in Joint Ventures	\$25,901	\$16,070
Investment Income, Net	\$8,620	\$(1,958)
Other Income and Net Assets Released		
From Restrictions	\$1,105	\$0
Total Income	\$35,626	\$14,113
Grants and Expenses		
Grant Awards	\$4,308	\$5,333
General and Administrative Expenses	\$3,141	\$2,121
Total Expense	\$7,449	\$7,454
Change in Net Assets	\$28,177	\$6,658
Net Assets, Beginning of Year	\$139,852	\$133,193
Net Assets, End of Year	\$168,029	\$139,852



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.



MAT-SU HEALTH
FOUNDATION

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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