



2019 Community Health Needs Assessment

Implementation Plan

2021 Year Two Evaluation

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Introduction

Thank you for your interest in the 2021 Year 2 Evaluation Report. This summary highlights the activities, outcomes and impact accomplished by the Mat-Su Health Foundation (MSHF) and the Mat-Su Regional Medical Center (MSRMC) during calendar year 2021 towards the 2019 Community Health Needs Assessment Implementation Plan.

The 2019 Implementation plan identified 8 distinct goals: resident economic stability, safe and healthy relationships, strong social connections, freedom from discrimination, excellent/accessible behavioral health care, affordable/accessible healthy recreation and healthy environment. MSHF and MSRMC have been working both individually and collaboratively toward specific strategies aimed to address these goals.

To that end, the 2019 Implementation Plan defined two distinct sets of objectives: specific strategies related to the 8 goals for MSHF and MSRMC individually and a set of 7 collaborative strategies that the two have been working on together. Please note as you review this document that accomplishments are listed in the order of the 8 goals identified for the Mat-Su Health Foundation.

Additionally, while there were 7 collaborative strategies listed in slightly different rank order in the 2019 plan, in reality, the two entities are actually working individually on the same 8 goals and collectively on 6 of the 8 goals. The collaborative workforce development strategy is reported under resident economic stability.









In the wake of the second year of the COVID-19 pandemic, it is important to note that both the MSHF and MSRMC continued to devote significant resources to managing the pandemic as well as continuing to address other health needs, while they continued to implement strategies to address these goals. Significant progress has been made on the vast majority of their implementation strategies, in spite of the pandemic; only a few strategies were delayed. Key programs that were adapted in year 1 to be delivered virtually, continued to make a positive impact on the community.

Significant accomplishments during calendar year 2021 included:

- COVID relief funds totaling \$5,186,101 were granted; 60% funded nonprofits for COVID-related mitigation and expenses. Funding supported free COVID testing options, a Mat-Su call line for COVID questions, and thousands of rapid at-home COVID tests were distributed all over the borough as well as 100 HEPA air filters for community organizations. Organizations serving homeless individuals and families, emergency response capability, and food insecurity also received funding.
- MSRMC recruited 17 new physician and mid-level providers in Behavioral Health, Internal Medicine, Interventional Cardiology, Vascular Surgery, General Surgery, Pediatrics, and Urgent Care. MSRMC's commitment to support front line staff enabled ongoing access to care when other providers were forced to shut down or reduce services during the pandemic. MSRMC expanded service and increased charity care and discount offerings. Charity care increased to \$8.1M from \$4.84M in 2020.
- The Mat-Su Homelessness Needs Assessment was completed, which will serve as the foundation for planning a Mat-Su continuum of care for housing and homelessness.
- Successfully advocated for state budget support for Medicaid, Early Childhood and Pre-K (Head Start) funding and housing/homelessness programs.
- Early Childhood Comprehensive Systems grant concluded with a 55% relative increase in developmental screenings over the past 5 years.
- 419 Academic Scholarships totaling \$1.70 million and 99 Vocational Scholarships totaling over \$250,000 were awarded.





GOAL	Mat-Su Health Foundation Objectives	Collaborative Strategies	Mat-Su Regional Medical Center Objectives
 Resident Economic Stability	<ul style="list-style-type: none"> Fund and convene around workforce development Advocate for policies such as presumptive eligibility Fund and convene around affordable housing, transportation and food security 	<ul style="list-style-type: none"> Assess impact of COVID 19 on Mat-Su community and coordinate response strategies among MSRMC, FQHCs, and LINKS to ensure access to care for at-risk populations Coordinate access to care coverage with local FQHCs including an expansion plan MSRMC/MSHF staff meet quarterly to coordinate workforce development efforts including, scholarships, Red Carpet program, recruitment, loan repayment initiative, etc. 	<ul style="list-style-type: none"> Workforce development Project Search to employ people with disabilities PTO donation program Vendor fairs with community resources
 Safe and Healthy Relationships	<ul style="list-style-type: none"> R.O.C.K. Mat-Su will continue work on increasing family contact for families involved in the child welfare system 	<ul style="list-style-type: none"> Coordinate response to positive DV screen among organizations Strengthen DV Coalition 	<ul style="list-style-type: none"> Employee Bullying Prevention Training; Columbia Suicide screening For older residents, youth and families - linked to safe, healthy relationship goals
 Strong Social Connections	<ul style="list-style-type: none"> Implement Connect Mat-Su Information and Referral Service, R.O.C.K. Mat-Su community events as well as increase visibility of free and low-cost family friendly events happening in the Mat-Su Fund Youth 360 		<ul style="list-style-type: none"> Patient and Family Advisory Council (PFAC) to inform hospital care and connections Social gatherings: health fairs, senior circle, volunteer program, State Fair Programs (Stop the Bleed and CPR); birthing classes, breastfeeding classes, baby boot camp, softball team
 Freedom from Discrimination/ Racial Equity	<ul style="list-style-type: none"> Employee trainings Analyze Mat-Su population health data for disparities Implement Healthy Equity Blueprint for MSHF 	<ul style="list-style-type: none"> Racial Ethnic Discrimination: Staff awareness/Education, analyze health disparities across groups in Mat-Su population and MSRMC patients, decrease barriers to seeking care Decrease barriers for people with disabilities seeking healthcare 	<ul style="list-style-type: none"> ESS Eligibility screenings and assistance for qualifications Review and revamp interpretation services Financial assistance for patients Equal opportunity employer
 Excellent Mental Health	<ul style="list-style-type: none"> Fund Behavioral Health in Schools program Crisis Now work; cohort learning process on managed care for providers Advocate for policy changes 	<ul style="list-style-type: none"> Establish semi-annual MSRMC/MSHF/Provider meetings for sector level transition planning Identify other places that are doing BH well and plan a Learning Trip for community providers and MSRMC Reassess need for Psych ED beds Promote peer support at hospital 	<ul style="list-style-type: none"> BH Inpatient unit, Tele-psychiatry services, BH screening for all patients, Utilize Columbia Suicide Risk Assessment in all patient access areas Focus on youth mental health through collaboration with outpatient youth and peer providers (True North and My House)
 Affordable/Accessible Healthy Recreation	<ul style="list-style-type: none"> Fund Mat-Su Trails and Parks Foundation, afterschool programs and Youth 360 		<ul style="list-style-type: none"> Sponsor community events and walks
 Affordable/Accessible Preventative Care	<ul style="list-style-type: none"> Fund fall prevention for Seniors Policy work on price transparency and AK Transformation Project 	<ul style="list-style-type: none"> Increase HUMS ED referrals Develop Plans of Safe Care for high-risk babies Explore MSRMC becoming Senior Friendly Hospital 	<ul style="list-style-type: none"> Screening and education programs, Bike Rodeo Provide meeting space for community groups
 Healthy Environment	<ul style="list-style-type: none"> Community gardens, trails and parks funding Policy related to livability (8-80) 		<ul style="list-style-type: none"> Recycled materials returned to Medline Wheelchair and walker loaner program LED lights Hospital master plan



OBJECTIVE PROGRESS ACHIEVED FOR THIS YEAR



OBJECTIVE POSTPONED OR STALLED DUE TO A BARRIER



OBJECTIVE DID NOT BEGIN BASED ON THE ORIGINAL TIMELINE



OBJECTIVE WILL NOT BE COMPLETED OR FOCUS WAS CHANGED

2021 Accomplishments

In addition to the commitment to the community through grant making and program development, the Mat-Su Health Foundation takes a leadership role at the local, regional, state and national level to advocate for policy and other systems change initiatives that eliminate barriers to health care and improve quality of life. Some of the key accomplishments from the past year include:



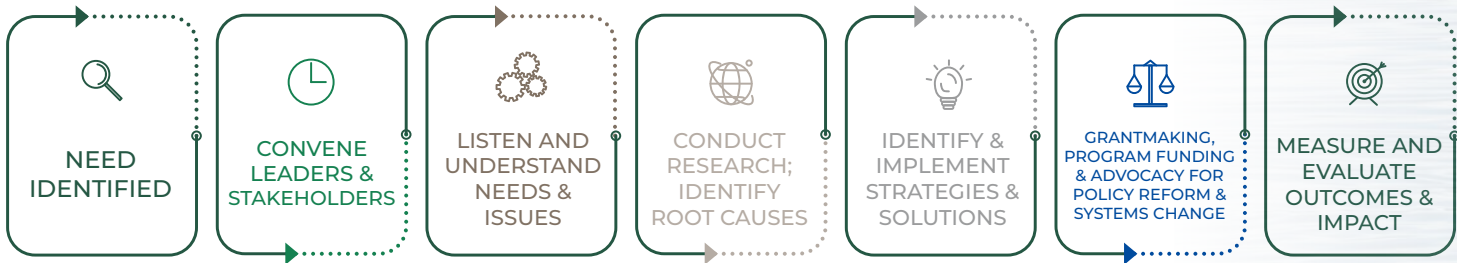
2021 SYSTEMS CHANGE/ADVOCACY ACCOMPLISHMENTS

- Increase in State per capita spending on older adults from baseline (Baseline: lowest per capita funding for any region)
- Collaborative work on systemic issues affecting older adults & residents with disabilities, health equity and diversity
- Advocated for Senate Bill 89 and House Bill 103: Keep “house rules” at Alaska nursing homes consistent with federal law to protect Medicaid Waiver funding.

State of Alaska Budget Priorities

- Protect Medicaid and continue to support meaningful Medicaid reform. REMAINED INTACT.
- Preserve Early Childhood and Pre-K (Head Start) Funding. REMAINED INTACT.
- Preserve Funding for Housing and Homelessness Programs. REMAINED INTACT.

How We Approach Our Work





Community Impact

Healthy Aging

The vision for the Healthy Aging area of focus is that older adults and residents with disabilities are able to access a sustainable system of culturally-appropriate services and supports adapted to how and where they live. This area of focus also identifies and supports veteran-serving organizations in the Mat-Su.

Strategies:

- Increase services and supports
- Age and disability -friendly community

Healthy Families

The vision for the Healthy Families area of focus is that Mat-Su families and children are able to access social supports, and that there exists a system that helps children be safe, healthy and thriving. The Mat-Su Health Foundation is working to achieve the Strengthening Families™ five protective factors for supporting families.

Strategies:

- Community connections
- Promote positive youth development
- Increase quantity and quality of early learning programs in Mat-Su
- Increase access to behavioral health care for children and parents

Healthy Minds

The vision for the Healthy Minds area of focus is that all Mat-Su residents have access to a complete and effective behavioral health continuum of care.

Strategies:

- Complete behavioral health continuum of care
- Integrated care
- Reduce alcohol abuse
- Provider stability under Medicaid reform

Healthy Futures

The vision for Healthy Futures is that Mat-Su residents are served by a trained and qualified workforce that sufficiently staffs a complete system of care to meet community health and wellness needs. Of the 25 occupations expected to grow the most in Alaska, 23 are related to health and human services.

Strategies:

- Workforce recruitment and retention
- Supporting workforce growth
- Leadership and professional development
- Healthy Futures Partnerships

MAT-SU HEALTH FOUNDATION PROGRAMS

R.O.C.K. Mat-Su (Raising our Children with Kindness)

The foundation serves as the backbone organization for a collaborative called R.O.C.K. Mat-Su that aims to increase family resilience and reduce child maltreatment in the Mat-Su.

Connect Mat-Su

Connect Mat-Su is a comprehensive health and social services information and referral hub, ensuring that every person in the Mat-Su Borough has what is needed to live a healthy and fulfilling life. We provide a physical and virtual resource center linking residents with immediate access to the information, referrals, and direct assistance specific to the Mat-Su.

2021 Year End Highlights



RESIDENT ECONOMIC STABILITY

MAT-SU HEALTH FOUNDATION

Community-Driven C-19 Response Funding (C-19 Grant)

The Mat-Su Borough and the Cities of Wasilla, Palmer and Houston asked MSHF to distribute funds from the State of Alaska, Department of Health and Social Services provided by the Centers for Disease Control (CDC). The total was \$5,186,101; 60% was granted to nonprofits for COVID-related mitigation and expenses. Free COVID testing options, a Mat-Su call line for COVID questions, and thousands of rapid at-home COVID tests distributed all over the borough were funded as well as 100 HEPA air filters for community organizations. Organizations serving homeless individuals and families, emergency response capability, and food insecurity also received funding. About 29% was awarded to projects supporting health equity, including food pantries, quarantine facilities, and organizations serving low-income, disabled, and/or transient populations.

Funds supported:

- Denali Education Center (non-traditional testing center)
- Upper Su Food Pantry
- Willow Food Pantry
- Mat-Su Health Services
- WEKA, free fixed and mobile testing
- Urgent Care Lake Lucille
- Wasilla Lake Church of Nazarene
- CCS Early Learning
- Set Free (quarantine)

HEALTHY FOUNDATIONS

The Mat-Su Homelessness Needs Assessment was completed. This will serve as the foundation for planning a Mat-Su continuum of care for housing and homelessness.

MSHF assisted Alaska Farmland Trust’s effort to grow the organization’s capacity to work with landowners in Mat-Su. Their goal is conserving agricultural land and growing a farm economy that has the potential to sustain families throughout the Valley and address food insecurity.

HEALTHY FUTURES

Facilitated convenings with Direct Service Provider (DSP) employers to discuss solutions to recruitment and retention challenges. MSHF provided funding to the Alaska Association of Developmental Disabilities to produce a series of Mat-Su specific videos to educate job seekers about opportunities in this sector.

MAT-SU REGIONAL MEDICAL CENTER

MSRMC continued to expand the range of specialty care available by adding a total of 17 physicians and other key providers in Internal Medicine, Interventional Cardiology, Vascular Surgery, General Surgery, Pediatrics, Urgent Care, and Behavioral Health. Project Search was reinitiated, serving 10 individuals. MSRMC implemented an extensive program to support front line workers resulting in high staff retention (84.6%).



Key Accomplishments & Impacts

Resident Economic Stability

MSHF

- Healthy Aging together with Healthy Futures, hosted 3 convenings, each one had from 5 to 15 participants which were employers of Direct Support Professionals
- MSHF continues to strengthen the health and human services workforce by awarding 419 Academic Scholarships totaling \$1.70 million and 99 Vocational Scholarships totaling over \$250,000
- Provided strategic grants to 2 transportation providers to leverage additional resources totaling \$445,000
- Phase 2 of Bridgeview Affordable Housing project funded \$350,000 for 18 one bedroom and efficiency apartments
- MSHF awarded Special Santa grant to provide toys during the holiday season to families in need
- Provided a strategic grant to Health TIE, an innovation hub that is working on improving healthcare workforce systems by creating solutions to address healthcare access in Mat-Su
- Provided 24 food related grants totaling \$465,769.25

COLLABORATIVE

- MSRMC continues to partner with Sunshine clinic to increase access for vulnerable populations; cardiac outreach clinics are being conducted in Talkeetna on a monthly basis with 110 patient encounters in 2021
- Connect Mat-Su referred 88 patients to FQHCs

MSRMC

- Recruited 17 physicians and key providers
- Restarted the Project SEARCH program with a class of ten.
- No vendor fairs were conducted due to continued surges of COVID
- 1,363 hours of PTO (Paid Time Off) donated to support other employees
- Front line worker support program implemented resulting in high staff retention (84.6%)
- Participated in Work Matters Task force for the state focused on people with disabilities
- MDSave – expanded service, increased charity care offerings, and raised the discount for people in community in need of charity care for discounted services. Charity care increased to \$8.1M from \$4.84M in 2020



SAFE & HEALTHY RELATIONSHIPS

MAT-SU HEALTH FOUNDATION

HEALTHY AGING

MSHF provided funding that strengthened nonprofits serving residents with disabilities with attention to health equity and diversity. Wasilla Area Seniors Inc. (WASI) and Mat-Su Senior Services (Palmer Senior Center) received grant support for new CEO searches and the Upper Susitna Seniors, Inc. was able to hire an Executive Director. WASI opened its new 40-unit 55+ senior housing building funded in part by grant support. Grant funding continues to support LINKS for their free information and referral services for individuals with disabilities, seniors and vulnerable adults; to The Alaska Center for the Blind and Visually Impaired for their Mat-Su Coordinator, to restart for their Living Well with Vision Loss groups and other activities; and Valley Charities for their medical equipment lending library.

R.O.C.K. Mat-Su

- 5-year Early Childhood Comprehensive Systems grant concluded with a 55% relative increase in developmental screenings.
- FIT Court revised enrollment criteria and developed a phased progression through the court, reopening in August 2021.
- Braided Stories launched to the public with two cohorts in spring 2021, and MSHF participated in two cohorts in fall 2021.
- Youth to Youth ACEs training and peer-to-peer projects developed by teens.
- Facilitated Attuned Networking training offered to CCS in 2021; to be repeated with another cohort in 2022.
- Drug Endangered Children facilitation initiated.
- Continue to offer training to professionals, non-professionals and parents.
- Working with the state to scale program at state level with the Office of Children's Services.

MAT-SU REGIONAL MEDICAL CENTER

MSRMC continued implementation of a Sexual Assault Response Team (SART) program in collaboration with local agencies. MSRMC screens 100% of patients for home safety and domestic violence. Suspected Child Abuse and Neglect (SCAN) team meets monthly to review reports of child abuse or neglect to look for trends, ensure information is reported accurately and provide support to teams that have seen the cases.

Key Accomplishments & Impacts on Page 17



Key Accomplishments & Impacts

Safe & Healthy Relationships

MSHF

- Completed compilation of Mat-Su Veterans Resource List
- Contracted Beacon Hill to provide training
- Provided lunch hugs to EMS and other providers in the community
- Sent appreciation baskets to MSRMC staff

COLLABORATIVE

- All MSRMC patients are screened for domestic violence
- All MSRMC patients receive a home safety assessment
- AARP 8 to 80 Livability index score increases (Baseline 2020 is average at 52)
- Worked to provide avenues to mental health care – met with Alaska Response Hotline and promoted that service, which offered 6 follow up counseling sessions to MSRMC employees who called. This service offered a bridge until employees could get into a local provider if needed

MSRMC

- All 812 employees received bullying training in 2021
- All patients receive Columbia Suicide screening; MSRMC had 5,421 admissions in 2021
- All 812 employees received workplace violence training
- Worked with FEMA to provide travel nurses, therapists and other professionals to relieve overburdened staff
- Over 1,000 volunteer hours supported front line staff by repurposing non-clinical staff to assist with patient care support duties in response to staff requests not to bring in traveling nurses
- Significant investment in supporting front line staff including massage therapists, pastoral care, holiday baskets and gifts for those in need, weekly and weekend staff meals, and night shift cafeteria



STRONG SOCIAL CONNECTIONS

MAT-SU HEALTH FOUNDATION

CONNECT MAT-SU

- Served 932 individuals; made 2,007 referrals to providers with 90% connected to a needed service.
- Partnered with the MEA Charitable Foundation and United Way Mat-Su's Emergency Food and Shelter Program funding to launch the Basic Needs Support Fund, distributing \$6,052 to assist 18 households with financial support to meet basic needs.
- Worked on multiple systems level projects designed to streamline access to services for clients including a partnership with the State of Alaska and Mat-Su Regional Medical Center to develop an e-referral program that connects patients to resources related to social determinants of health. Facilitation of a multi-disciplinary team addressing high utilizers of resources in the community, and participation in the steering committee for the Mat-Su Housing and Homelessness Assessment.

R.O.C.K. Mat-Su

- Implemented Facebook support group to support social connections.
- Transitioned baby shower to virtual and implemented gift bag delivery and pick up.

Youth 360

- Youth 360 provides a safe space for youth to explore and learn about various social identities. Youth participating in the program talk openly among themselves and with program staff about gender and sexual identity.
- Participants signed up for a variety of reasons, including being with friends, not being alone at home while their parents were at work, food/snacks, and fun activities. Parents enrolled their child to provide them with an opportunity for socialization with age-appropriate peers and have observed growth in their child's social skills.
- The stipend program, started in April 2021, offers opportunities for students at Houston and Wasilla to engage in activities, free-of-charge during out-of-school time. The stipend covers costs for approved community-based activities.

MAT-SU REGIONAL MEDICAL CENTER

MSRMC made significant investments in employee health and well being, fostering extensive volunteer support both within the hospital and from the community. Over 1,000 volunteer hours were donated to provide patient care support by non-clinical staff to support nurses, allowing them to focus on patient care delivery. Numerous community groups provided donations of food, snacks and other items to hospital front line staff in recognition of their commitment to the community.

Key Accomplishments & Impacts on Page 21



Key Accomplishments & Impacts

Strong Social Connections

MSHF


- 932 individuals served through Connect Mat-Su; 90% connected to services
- 12,225 new Connect Mat-Su website users
- 262 unique youth were served by Youth 360, 112 in Houston and 150 in Wasilla; 2,283 bus rides were provided (1,553 in Houston and 730 in Wasilla)
- 60 stipends were used by 47 Youth 360 students, including 21 from Houston and 26 from Wasilla

COLLABORATIVE

- MSRMC suspended volunteer and social efforts in 2021 due to COVID-19
- Met with new resident welcome program in Valdez to learn about how it is implemented and to determine the feasibility for Mat-Su
- Met with school district to talk about their recruitment and retention efforts
- Exploring social connection strategies that will work in individual locations including placemaking

MSRMC

- All Patient Family Advisory Committee meetings during the 2021 year were cancelled due to COVID restrictions as well as all other social gatherings, health fairs, senior circles and volunteer programs
- Despite COVID, monthly Birthing Classes were held but participation was limited
- Honored student affiliation agreements and was the only hospital hosting students during COVID (received several from out of state to get clinical hours)
- Received donations from several community organizations for various staff initiatives during COVID



FREEDOM FROM DISCRIMINATION/RACIAL EQUITY

MAT-SU HEALTH FOUNDATION

- Equity practices developed for MSHF.
- Social equity analysis completed by Stellar Group for the Foundation.
- Grant awarded to Wasilla High School to produce and install a Chief Wasilla statue as the school's indigenous namesake, providing cultural representation. The grant also funded a cultural and historical educational component for students.

MAT-SU REGIONAL MEDICAL CENTER

- In 2021, all 812 staff received discrimination education and all staff committed to following MSRMC code of conduct that dictates how all staff should treat others. There is also a plan to roll out a more extensive 3 part discrimination training in 2022.
- During this year, the hospital maintained employees who got COVID and were "long haulers" as "light duty" employees, so they were able to maintain their employment.
- Began talking about opening a 24/7 daycare available for all ages at MSRMC with planning continuing into 2022.

Key Accomplishments & Impacts

MSHF

- Worked with Stellar Group and Giving Practice; majority of staff participated in writing our stories focused on personal and professional growth
- Awarded 40 Professional Development scholarships, totaling \$56,282 to nonprofit executive directors, board member, and staff in the Mat-Su to pursue Certificate in Nonprofit Management, Fund Development, and Triple Impact leadership programs
- Funded the State of Alaska Loan Repayment program and MSHF worked on creating strategies to recruit and retain diverse healthcare professionals in Mat-Su

COLLABORATIVE

- The hospital hired and employed 2 additional project SEARCH graduates in 2021
- Discrimination video produced for Crisis Now project. Representatives from minority groups told how they want to be treated by first responders during an emergency, including by responding mental health clinicians and peers. The video was used for discussion at the Crisis Now Implementation team meeting in the fall of 2021

MSRMC

- MSRMC is an equal opportunity employer.
- In 2021, 2,877 patients were screened and 2,226 patients approved through Eligibility Screening Services
- CHS has 2 chief equity officers leading training, education, and recruitment programs designed to shape and sustain an inclusive and equitable culture
- Implemented DEI training for staff
- Participate in and host monthly SCAN team meetings which cover sexual assault and OB matters focused on child and adolescents





EXCELLENT MENTAL HEALTH

MAT-SU HEALTH FOUNDATION

In spring of 2021, the lead behavioral health provider for the MSHF-funded Behavioral Health In Schools (BHIS) program had to pull out as the agency ceased offering services in Mat-Su. Instead of shutting down, the program expanded as a new provider was able to maintain service continuity.

The 2021 CIT Academy Training set for October was cancelled due to COVID exposures and re-scheduled for 2022. The CIT Coalition has included the Mat-Su Crisis Now Implementation Coordinator in the monthly meetings keeping the group abreast on the progress of the Mat-Su project. Finally, much work was accomplished in compiling the CIT International certification application leading to submission in 2022. Recover Alaska (in-part funded by MSHF) supported the creation of the Lazarus Collaborative in October which is a network of behavioral health, primary care, substance use disorder, and other providers in Mat-Su who are focused on assisting clients moving into recovery while reintegrating back into the community. Growth was noted in Reach 907's capacity to provide clinical services to children. Knik Tribe opened their Benteh Wellness Center serving families, and Behavioral Health in Schools had an expansion in the number of schools providing services.

MSHF formalized their commitment and partnership with the Alaska Mental Health Trust by managing a Trust-funded contract to hire a Crisis Now Implementation Coordinator to organize the community around the development of CN services in Mat-Su. Several workgroups were formed to address specific aspects of the model and develop interest on the part of local providers to explore their capacity to provide crisis services. The borough EMS director gave a summary presentation to the CIT coalition on the 911 Alpha calls research report, highlighting the high number of non-transport calls, elderly demographics, behavioral health calls, and other activities. CIT Coalition held discussions with EMS officials regarding the recommendations in the report citing the potential adoption of a para-medicine program.

MAT-SU REGIONAL MEDICAL CENTER

The MSRMC has a provider to patient ratio of 1 to 12 which decreases to 1 to 6 if midlevel practitioners are included. The hospital continues to support peer support relationships in collaboration with My House and True North. My House receives referrals for ER teens with housing needs and inpatients between 18-24 years old. True North also offers ED peer support and provides inpatient assessments as well. MSRMC has a partnership agreement with Mat-Su Health Services for patients discharging from the ER and Behavioral Health Unit to be seen within 3 days of discharge.

MSRMC has representation with community on CIT (Crisis Intervention Team); a multidisciplinary team to identify patients touching all those areas (law, ED, mental health, etc.). MSRMC also sits on the MDT team that identifies high utilizers touching all services and works to better coordinate care and connect individuals to resources.

Key Accomplishments & Impacts on Page 27

Key Accomplishments & Impacts

Excellent Mental Health

MSHF

- Behavioral Health in Schools expanded from 9 to 13 schools for the 2021-22 school year, serving 162 in the fall and 204 in spring. 77.9% of students would recommend the program; 77.8% are satisfied with services; 71.4% of parents/ caregivers are satisfied with services their child received; 55.0% of students are making progress towards identified goals (fall semester)
- Technology grants were made to better enable providers to serve clients
- Conversations with two temporary housing providers initiated
- Grant awarded to REACH 907 to expand organizational services by becoming a Medicaid-billable children's mental health clinic
- 27 individual psychotherapy participants for 212 sessions
- 12 participants in psychotherapy groups for 4 groups
- 12 participants in 98 Community Recovery Support Services
- MSHF funded one grant to assist a local BH provider in discovering the feasibility of providing walk-in hours for post crisis patients as part of the essential follow-up to CN services

COLLABORATIVE

- MSRHC has identified a need for 4 additional ED psych beds; ideally in their own separate area of the ED
- Three Alaska State Troopers were trained as CIT instructors in 2021 to take leadership roles in Mat-Su and other locations around the state
- Analyzing the feasibility of the Crisis Now model; hired implementation coordinator to lead the local effort. Workgroups were formed to focus on crisis stabilization centers, mobile crisis response and peer connection with immediate access to outpatient post-crisis services
- Monthly Multi-Disciplinary Team meetings afford opportunities for hospital ED staff to interact with provider agency staff over the topic of ED patients
- Several first responders and other providers, including the MSRMC BH director, attended the CIT International Conference in AZ and toured facilities in the area

MSRMC

- MSRMC has 16 BH beds in the new Behavioral Health wing of the Inpatient Hospital and 2 dedicated Emergency Department beds although average daily census can be as high as 8 or 9. Patients wait due to lack of community-based treatment options
- Completed over 1,200 psych risk assessments of ED patients
- Over 300 admissions from outside Mat-Su Valley to behavioral health unit (1 of only 4 placements for involuntary patients); only BH unit in AK to continue to accept patients throughout COVID
- Began offering Tele-Psychiatric services in October
- 100% of patients received a Columbia Suicide Risk assessment and BH patients received additional screening
- MSRMC collaboration with My House and True North continues serving approximately 250 patients
- Serve on Alaska Hospital and Healthcare Association (AHHA) behavioral health committee (MSRMC has a employee that is chair of this committee) and AHHA adolescent behavioral health committee
- Brought in therapy dogs through Crisis Canines program during COVID





AFFORDABLE/ACCESSIBLE HEALTHY RECREATION

MAT-SU HEALTH FOUNDATION

- MSHF continues to fund trails and parks; provide support around capacity.
- Onward & Upward grant: 180 Mat-Su participants in organized programs (210 total overall), in 20 activities.
- Funded Palmer and Wasilla for cross country skiing after school.
- Grant awarded to the Alaska State Fair to partially fund a barn installation and new youth development center at the Rebarchek Agricultural Park.

MAT-SU REGIONAL MEDICAL CENTER

- Bicycle rodeo had approximately 150 children participate with over 100 helmets given away.
- Focused on employee well-being and health and wellness challenges, incorporating community outreach and support where possible.

Key Accomplishments & Impacts

MSHF

- Funded 40 recreational grants totaling \$148,381
- \$2,500 grant for senior walk time/City of Wasilla Menard Center
- Nutrition grants for Seniors/ Older Adults: Knik Tribe \$50,000; Chickaloon Native Village \$69,206; Upper Su Seniors \$78,000; Wasilla Area Seniors \$94,000; Mat-Su Seniors in Palmer for capacity building \$95,000
- Hosted 3 convenings to discuss the system serving food to older adults in the Mat-Su
- Funded Mat-Su Trails and Parks Foundation \$558,347

COLLABORATIVE

- Bicycle rodeo had approximately 150 children participate with over 100 helmets sponsored by MSHF given away

MSRMC

- Most sponsorships for social events in 2021 were canceled due to COVID-19
- MSRMC sponsored an 18 -man softball team
- Offered staff discounts on healthy activities, vacation travel, recreation as part of My Life benefit package
- Collaborated with local gyms so staff could go during COVID
- Implemented activity challenges where employees could earn entry into raffles for outdoor activities donated by the community (camping, skiing, kayak, ski packages, etc.)
- Implemented photo challenge of people out enjoying nature/recreation wearing hospital logo to promote healthy living



AFFORDABLE/ACCESSIBLE PREVENTATIVE CARE

MAT-SU HEALTH FOUNDATION

The Alaska Mental Health Trust awarded \$100K to HUMS (High Utilizer Mat-Su) operations in 2021. Links is currently in talks with Optum Case Management program focusing on high utilizers and their connection to community-based services. Also, Links is exploring the potential to bill fee for service through the 1115 waiver. Final report with recommendations due Summer 2022.

MAT-SU REGIONAL MEDICAL CENTER

MSRMC continues to recruit primary care and specialty providers to the region and expand services while expanding discounts and charity care to make preventative and other care more accessible and affordable.

Key Accomplishments & Impacts

MSHF

- \$30,369 grant to Valley Charities to acquire frequently used items for their durable medical equipment lending inventory, providing free medical equipment temporarily for Mat-Su residents
- \$ 115,000 awarded for a 3-year Mind Aerobics Project by the Alzheimer's Resource of Alaska. Research has shown this approach to be effective in stabilizing, and even improving cognitive function across six domains - reaction time, visual-spatial, attention and concentration, memory, language, and problem solving
- COVID had a big impact on falls prevention grants; none were requested

COLLABORATIVE

- Discussion with Age-Friendly hospital experts and MSRMC management carried out in April 2021. Given the COVID situation, this work was not pursued at this time
- Expanding plans of safe care before birth
- HUMS grew the Community Health Worker team and continued to provide services throughout COVID-19 pandemic
- Overall cost savings for those with a decrease in utilization: \$7,251,590 . Cost savings is calculated for 113 participants with available hospital data who received services during the year and had at least 12 months pre/post data available. Of those with available data, 76 had a reduction in ED visits pre/post, with a cost savings of \$4,973,637

MSRMC

- Efforts to expand ED to an age friendly ER are still a priority, but delayed due to short term focus on COVID pandemic
- MSRMC has continued to utilize HUMS program
- Offered staff discounts at MSRMC clinics and hospital
- Onboarded 2 primary care providers (1 family practice and 1 internal medicine that established new practices)
- Started COVID testing on unvaccinated employees
- Offered COVID vaccinations and boosters to all employees and medical staff
- Maintained incident command center to address COVID surges and how to respond to care for patients kept beyond required time
- As part of incident command, Dr. Quimby spoke at multiple groups including borough, school district about COVID and prevention to reduce spread



HEALTHY ENVIRONMENT

MAT-SU HEALTH FOUNDATION

Funded Mat-Su Trails and Parks Foundation grants totaling \$558,347 and other projects supporting positive environmental impact.

MAT-SU REGIONAL MEDICAL CENTER

An HVAC controls tech was hired and is working on improvements and reprogramming of Air Handler Units to be more efficient resulting in 15-20% electric and natural gas savings.

MSRMC has a Boiler Controls Automation proposal that will be submitted for 2023. This project has a ROI of 2.5 years and essentially improves boiler efficiency by self-tuning, tighter controls on the burners, and running the VFDs on the motors more efficiently.

Key Accomplishments & Impacts

MSHF

- Funded 5 projects totaling \$254,750.70:
 - » Bright Lights Book Project
 - » Meadow Lakes Seniors Greenhouse
 - » CCS Early Learning Garden Project
 - » Alaska Farmland Trust Capacity Building
 - » Greater Palmer Chamber of Commerce Annual Clean Up Day
 - » Rebarchek Agriculture Park Youth Development Livestock Barn

COLLABORATIVE

- iPads were provided to connect patients and loved ones to help create healthy environment during COVID; pastoral care offered via iPad with local church

MSRMC

- Loaned 2 scooters, 4 stower chairs, 2 walkers with seats, 8 canes, and 2 point canes
- Initiated a recycling program with Stryker
- 85 lights were replaced with LED lighting
- Recycled clinical equipment
- Cleaning crew cleaned common hospital areas every hour
- Converted over 40 rooms to negative air pressure in 2 wings along with 14 ICU and 2 OB rooms; served patients from all over AK and even Seattle area