



MAT-SU HEALTH  
FOUNDATION



MAT-SU REGIONAL  
MEDICAL CENTER

2019 Community Health Needs Assessment

# Implementation Plan

2022 Year Three Evaluation







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# Introduction

Thank you for your interest in the 2023 Year 3 Evaluation Report of the implementation strategies from the 2019 Community Health Needs Assessment.

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 2022 toward achievement of the goals outlined in 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 over the past three years to implement specific strategies to achieve these goals.

There were two distinct sets of objectives outlined in the 2019 Implementation Plan: specific strategies related to the 8 goals for MSHF and MSRMC individually and a set of 7 collaborative strategies. 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 have been working individually on the same 8 goals and together on 6 of the 8 goals. The collaborative workforce development strategy is reported under resident economic stability.

It is important to note that, throughout 2022, both the MSHF and MSRMC continued to devote significant resources to managing the affects and impacts of the COVID-19 pandemic while they continued to address other health needs and implement strategies to achieve these goals. Significant progress has been made on almost all of the implementation strategies, while some were adapted due to the pandemic.

Key accomplishments include:

MSHF:

- R.O.C.K. Mat-Su from 18 partner organizations in 2014 to now 60 partner organizations engaged annually and hosted 34 community ACEs trainings in 2022, with a total of 4,914 participants since starting in 2016.
- Healthy Futures focus area awarded a total of 251 vocational scholarships, totaling \$782,222, and a total of 1,085 academic scholarships, totaling \$5.1 million, from 2020 to 2022.
- Healthy Minds focus area supported, in partnership with AMHTA and UAA CHD Alaska Training Cooperative, held four Crisis Intervention Team (CIT) Academies and trained an estimated 100 Mat-Su first responders and behavioral health providers since 2017.
- Connect Mat-Su served 1,756 individuals in 2022, an 88% increase from 2021, and made 4,583 referrals.
- Healthy Families focus area invested \$400,000 since 2019 to support the opening of two Youth 360 club houses, Wasilla and Houston, in 2019. A total of 441 youth were served in 2022 across both sites, a 68% increase over 2021.
- Healthy Foundations focus area awarded 51 food-related grants in 2022, totaling \$363,833 and funded \$650,000 toward the Mat-Su Food Bank expansion project in 2022.
- Healthy Aging Focus Area awarded \$396,588 to launch a new Adult Day Service at the Mid-Valley Senior Center and \$257,255 to Valley Charities to expand their free durable medical equipment lending program, as well as grants to support senior/elder nutrition programs with two Alaska Native tribes, three senior centers, and the Upper Su Food Pantry.

MSRMC:

- Recruited a total of 12 providers in 2022: 5 mid-level, 2 family medicine practitioners, 1 psychiatrist, 1 ENT, 1 general surgeon, and 2 interventional cardiologists.
- Distributed a total of \$16.2 million in charity care from 2020 to 2022, an average of \$5.4 million per year.



















## 2019 CHNA Goals and Objectives

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



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



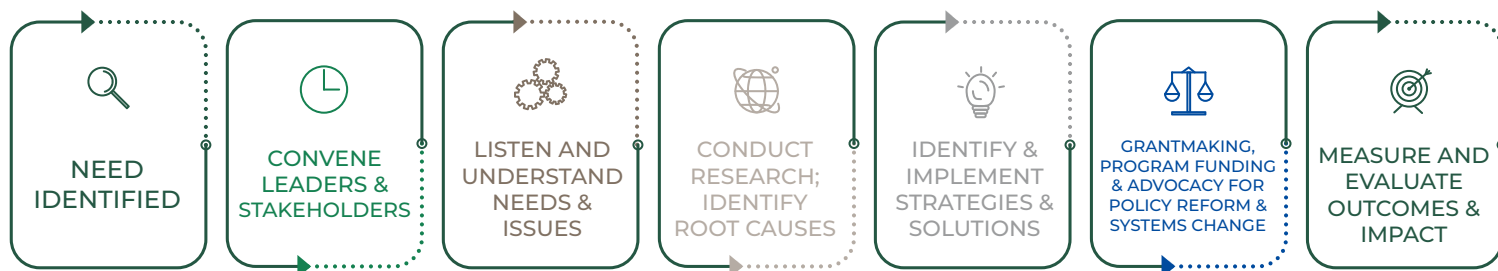
# How We Approach Our Work

Mat-Su Health Foundation (MSHF) invests its resources on select populations and defined issues and/or systems that will have the greatest impact on our goal to create the healthiest borough in Alaska. MSHF strives to encourage and manifest systems change in each of these areas through research and education, policy and advocacy, convenings and coalitions, partner development, and grants and scholarships. The MSHF Board recognizes that these complex issues require prolonged investment over the course of a generation or more and created five focus areas within which to guide its work:



- **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.
- **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.
- **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.
- **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 the health and wellness needs of all members of the community.
- **Healthy Foundations** - The vision of the Healthy Foundations area of focus is for all Mat-Su residents to have access to basic needs, such as affordable and accessible food, water, housing, education, employment, health care and places to play.

## MSHF Community Health Improvement Process





## What are we striving for?

**Mission:** To improve the health and wellness of Alaskans living in the Mat-Su.

**Vision:** A community where all persons have the opportunity for a healthy life.

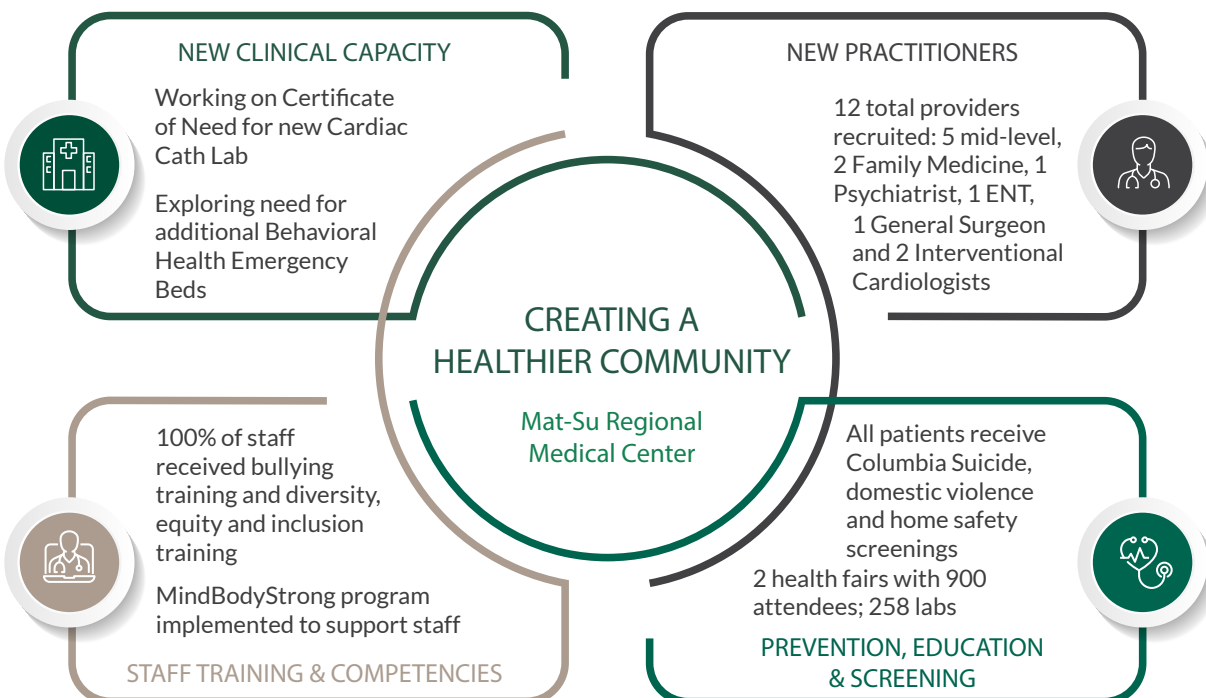
**Long-term Goal:** By 2030, the Mat-Su Borough is the healthiest borough in Alaska through better care, healthier people, lower costs and happier providers.

## MAT-SU REGIONAL MEDICAL CENTER

Mat-Su Regional Medical Center (MSRMC) is a 125-bed healthcare facility providing advanced surgical service, including robotic-assisted partial and total knee and total hip replacement, cardiac care, emergency services, sleep studies, inpatient behavioral health, advanced wound care, three urgent care centers and the Family Birthing Center. Mat-Su Regional Medical Center is accredited as a Chest Pain Center by the American College of Cardiology, and as a Primary Stroke Center by The Joint Commission. The hospital has twice been named one of the Top 150 Places to Work in Healthcare by Becker's Hospital Review.

MSRMC is the result of a 2003 joint venture between Valley Hospital Association (VHA) and Triad Hospitals. This joint venture resulted in the construction of MSRMC, which opened in January, 2006. In 2007, Triad Hospitals was purchased by Community Health Systems, and the unique public/private partnership has continued.

## MSRMC Community Health Priorities and 2022 Accomplishments





# 2022 Systems Change Accomplishments

In addition to the commitment to the community through grant making and program development and implementation support, 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 healthcare and improve quality of life.

Some of the key systems-change accomplishments from the past year include but are not limited to:

**SB-9 Alcohol Beverage Control and Alcohol Regulations.** On May 16 Senate bill 9 passed after ten years of hard work by sponsor Senator Peter Micciche and dozens of partners statewide, including the Mat-Su Health Foundation. We provided hours of testimony to every committee that heard the bill through five different two-year legislative cycles, wrote endless letters of support and participated in weekly strategy sessions to keep all needed partners at the table. While the policies the stakeholder group recommended shifted over the years as the bill was amended, the integral content of positive change for health, safety, industry, and community remained strong. The bill was signed into law by Governor Dunleavy on June 16.

**HB 265 Healthcare Services by Telehealth.** In response to the COVID-19 pandemic, national and State of Alaska regulations pertaining to telehealth were relaxed. This led to more access to behavioral health and specialty care, reduced the need for medical travel, and increased convenience for patients across Alaska. HB265 addressed the temporary nature of the COVID-era regulations, making them permanent in Alaska. MSHF staff worked closely with Senator David Wilson and Representative Ivy Spohnholz on this legislation. The bill was signed into law on July 13, 2022.

**HB 114: Early Education.** This was a bi-partisan bill that provides funding support for school districts to offer high quality Pre-K programs, offers grants for districts with the highest needs, and puts the Parents-As-Teachers program back into law. High quality Pre-K programs are an upstream prevention tactic that helps children increase their social and emotional skills through interaction with other kids and caring adults while paving the way for success in kindergarten. It was signed into law on October 5, 2022.

**SB 89: Assisted Living Homes House Rules.** Prior to passage of this legislation Alaska law allowed assisted living homes to establish house rules that address residents' rights to having visitors. While the state law stated that the house rules could not be "unreasonably" restrictive, federal regulation was more explicit, stating that individuals on waivers and in such settings must be "able to have visitors of their choosing at any time." MSHF supported this bill because it helps ensure that basic human rights are afforded to residents of any assisted living home statewide. There was also a significant financial reason to support the legislation as Alaska received initial approval from the Center for Medicare and Medicaid Services for its plan to bring assisted living homes into compliance, but the approval was contingent on the state revising its statute to reflect the federal requirement around visitation. Without change to Alaska law the long-term stability of Medicaid waivers for home and community-based services would be jeopardized. This was signed into law on August 30, 2022.

**HB 172: Mental Health Facilities (Crisis Now).** This legislation gives law enforcement and first responders an appropriate option for people in crisis to receive short-term mental health treatment quickly, keeping them out of jails and emergency rooms, and better serving the needs of both the person in crisis and the first responders dispatched to help them. This collaborative "no wrong door" approach will expand the number of facilities that can conduct a 72-hour evaluation, add a new, less restrictive level of care, and lead to faster, more appropriate response to crisis events. It was signed into law on October 5, 2022.

**SB 45: Age for Tobacco/Nicotine/E-Cig, E-Cig Tax.** This legislation was drafted to raise the age for purchase of e-cigarettes to 21 (in line with federal policy) and to implement the first statewide e-cig tax. Adolescents perceive e-cigarettes as safer than regular cigarettes, but it is a myth that these products are safe or that they are a cessation tool. Recent research indicates that adolescents and teens who try e-cigs are much more likely than other youth to progress to traditional cigarettes. Higher prices due to higher taxes are key to youth tobacco use prevention. This bill passed the legislature but was unfortunately vetoed by Governor Dunleavy because he objected to a tax rate of 35% when he thought it should be no higher than 25%.







# 2022 Year End Highlights



## RESIDENT ECONOMIC STABILITY

### INDICATORS

Indicator	Comparison Year	Current Data
% of the population with income below the poverty level	11.9% (2017)	6.9% (2022)
% of children who qualify for free and reduced lunch	38.4% (2012)	42.9% (2022)
% of population with health insurance	86.9% (2018)	85.0% (2020)
% that could not see a doctor due to cost	16.7% (2018)	10.1% (2020)
% with primary care provider	70.5% (2018)	65.4% (2020)
Primary care physician to population ratio	2130:1 (2016)	1969:1 (2022)
# and amount of scholarships awarded	NA	399: \$1,907,099
# of physicians and other health professionals recruited	NA	12 total: 7 physicians and 5 mid-level

### HIGHLIGHTS

#### MAT-SU HEALTH FOUNDATION

- Awarded a strategic grant for \$50,000 to the States SHARP Loan Repayment program to help solicit paraprofessionals in the Mat-Su. Alaska's SHARP Program is the statewide support-for-service effort that provides partial financial support to healthcare practitioners in medical, dental, and behavioral health disciplines. This is a special opportunity funded by the Mat-Su Health Foundation to support the paraprofessional workforce.
- Continued internet access at home support for low-income families through a grant to the Mat-Su Borough School District.
- Awarded support for programs addressing basic needs: Back to school shoes for 2000 to 2500 teens and children, 152 snow gear vouchers for kids, and holiday toys for 3,146 children.
- Transitioned the scholarship program to 100% of awards based on need.

#### MAT-SU REGIONAL MEDICAL CENTER

- Continued to partner with Sunshine Clinics to provide cardiac outreach to their Talkeetna Clinic on a monthly basis.







# Key Accomplishments & Impacts

## Resident Economic Stability

### MSHF

- Hosted 4 employer convenings and 4 direct service provider coffee breaks.
- Hosted the workforce development convening with 40 stakeholders in September
- 3 direct service provider recruitment and retention videos tailored to Mat-Su (<https://youtu.be/KVTq09kmJEU>)
- 2 new representative payee nonprofit service providers were funded: AK Payee Services and Cache Integrity Services
- 330 Academic Scholarships totaling \$1,664,713
- 69 Vocational Scholarships totaling \$242,385.90
- Professional Development Scholarships provided to 20 Nonprofit organizations totaling \$47,955
- \$500,000 grant to support the Nine Star Career Development Center offering education and employment services to move vulnerable youth and adults from poverty to economic self-reliance.
- 51 grants totaling \$363,833 in food-related support
- Grants to 3 senior centers for nutrition support
- Transportation grants to Sunshine Transit and Valley Transit totaling \$440,000
- Funded \$245,000 for the Winter Rose Housing Development: 20 2-bedroom and 20 3-bedroom housing units serving 100 residents

### COLLABORATIVE

- 110 cardiac clinic patients at Sunshine Talkeetna
- MSHF/MSRMC exploration of collaborative opportunities with the Red Carpet program
- Annie Thomas from Health Workforce conducted resiliency training for 20 leaders and managers and 70+ employees – job satisfaction, reduce burnout, staff retention

### MSRMC

- 12 total providers recruited: 5 mid-level, 2 Family Medicine practitioners, 1 Psychiatrist, 1 ENT, 1 General Surgeon and 2 Interventional Cardiologists
- Fall 2022 Project Search Class: total of 7 participants; All 7 Spring 2022 graduates were employed
- 2 Physician Office Staff Luncheons: 80 attendees
- New provider reception: 85 attendees
- 1,045 total PTO hours donated













## SAFE & HEALTHY RELATIONSHIPS

### INDICATORS

Indicator	Comparison Year	Current Data
% adults threatened or physically hurt by partner	26.4% (2017)	23.4% (2020)
% of high school students reporting dating violence (physical or sexual)	19.0% (2017)	15.8% (2019)

### HIGHLIGHTS

#### MAT-SU HEALTH FOUNDATION

- R.O.C.K. Mat-Su collaborative planning underway for Hello BABY evidence based universal child welfare prevention program (coordinated system of community providers for birth to age 5)
- McKinley Research Group completed an assessment of child abuse prevention and response in the Mat-Su

#### MAT-SU REGIONAL MEDICAL CENTER

- Workplace violence committee established to partner with local law enforcement and hospital leadership to help maintain a safe environment and working relationships in the hospital

## Key Accomplishments & Impacts

#### MSHF

- R.O.C.K. Mat-Su engages 60 partner organizations annually and offered the following trainings in 2022:
  - 20 parents completed Attuned Training (to support improved parent/child interactions)
  - 34 community ACES and resiliency workshops in 2022 with 4,914 participants since 2016
  - Family Contact Best Practice Training with 4 professionals, 2 foster parents and 1 volunteer

#### COLLABORATIVE

#### MSRMC

- 100% of employees completed bullying prevention training
- MindBodyStrong: 74 participants





## STRONG SOCIAL CONNECTIONS

### INDICATORS

Indicator	Comparison Year	Current Data
% of residents who report they have someone they can count on	94% (2019)	96% (2022)
% who do favors for others (very often or often)	57% (2019)	75% (2022)
% who volunteered in past year (who helped a person in need)*	52% (2019)	96% (2022)
% who attended social gathering in last year	52% (2019)	NA

\*Question wording was changed in 2022 to the language in parentheses.

### HIGHLIGHTS

#### MAT-SU HEALTH FOUNDATION

- The stipend program of Youth 360, 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.
- Youth 360 participant ratings:
  - » 97% agreed or strongly agreed: "I enjoyed coming to Youth 360 this school year."
  - » 92% agreed or strongly agreed: "Youth 360 staff members are supportive, positive, and friendly towards me and the other students in the program."
  - » 83% agreed or strongly agreed: "Youth 360 helped me connect with others this school year."
  - » 75% agreed or strongly agreed: "Youth 360 has helped me to work through challenges or overcome difficult situations."

#### MAT-SU REGIONAL MEDICAL CENTER

- Volunteer program restarted.







# Key Accomplishments & Impacts

## Strong Social Connections

### MSHF

- Monthly support groups for blind and visually impaired residents of Mat-Su
- Awarded 3-year grant (to start January 2023) totaling \$1,398,000 to Onward and Upward to expand experiential courses for youth and support youth mental wellbeing
- Awarded \$110,000 total to the Ripples Program, Reducing Isolation for Older Adults, a partnership between the Upper Susitna Food Pantry and Sunshine Transit to deliver healthy food boxes to seniors and provide transportation to congregate lunches.
- Awarded \$54,700 to Knik Tribal Council for the elder food program to supplement meals with nutritious, traditional cultural food
- Community Baby Showers returned to in-person; 35 bags distributed
- Youth 360:
  - 441 unique youth were served, 243 in Houston, and 168 in Wasilla, a 68% increase over 2021 (262). The largest growth in unique youth served was in Houston which more than doubled between 2021 and 2022 (+117%).
  - 376 days of programming, 191 in Houston and 185 in Wasilla
  - 3,143 bus rides were provided by both the Houston and Wasilla programs (2,513 in Houston and 630 in Wasilla). This was a 38% increase over 2021 rides provided (2,283)
  - 116 stipends were issued to 102 unique recipients. In total, \$19,390 was distributed in stipends at \$167 or \$190 per student participant.

### COLLABORATIVE

### MSRMC

- Employee Craft Fair: 13 vendors
- Senior Circle monthly meetings August through December: 58 attendees
- Hands-Only CPR offered to 4 groups
- 1,397 volunteer hours donated by 21 active volunteers









# FREEDOM FROM DISCRIMINATION/RACIAL EQUITY

## INDICATORS

Indicator	Comparison Year	Current Data
% residents indicating racism exists or has increased	26% (2019) indicated a significant level of racism exists in Mat-Su	11% (2022) feel discriminated against when receiving health care
# and type of barriers eliminated for people with disabilities seeking care	NA	20% (2022) of those who indicated they felt discriminated against when receiving health care indicated that it was due to a disability

## HIGHLIGHTS

### MAT-SU HEALTH FOUNDATION

- A video was developed about stigma and bias in serving marginalized populations. The video was used for discussion during the CIT Training Academy attended by law enforcement and other first and secondary responders. Video also used for discussion at the monthly CIT coalition in May. Edits suggested by CIT trainees and instructors.

### MAT-SU REGIONAL MEDICAL CENTER

- Diversity, equity and inclusion training implemented for all staff

## Key Accomplishments & Impacts

### MSHF

- 2 public Braided Stories workshops with 12 participants
- Funded UAA Della Keats program working with underserved and AK Native students \$30,000
- Awarded \$75,000 for the Wasilla High School Chief Wasilla statute and education, in partnership with Knik Tribal Council
- Continued internal DEI leadership team: added new members and drafted charter
- Created DEI workplans for MSHF programs and operations

### COLLABORATIVE

### MSRMC

- 100% of employees completed diversity, equity and inclusion training
- Employee satisfaction diversity index 4.18 (5-point scale)
- Financial Assistance Eligibility Screenings: 1,452 inpatients and 1,495 outpatients; 2,142 total approvals









## EXCELLENT MENTAL HEALTH

### INDICATORS

Indicator	Comparison Year	Current Data
Mental health provider ratio	840:1 (2018)	379:1 (2022)
Average # of poor mental health days reported by adults	3.9 (2018)	NA
Youth suicide consideration (traditional high school)	20.1% (2017)	23.8% (2019)
Youth suicide consideration (alternative high school)	35.9% (2017)	41.3% (2019)
Emergency Department Discharged, Behavioral Health, Mat-Su Residents Suicide Attempt (HAVRS)	< 6 (2018)	<6 (2020)
Emergency Department Discharged, Behavioral Health, Mat-Su Residents Suicide and self-harm sub-total. (listed for single years in 2022 CHNA. From HAVRS)	826 (2018)	744 (2020)
Suicide death rate : Age adjusted per 100,000 people	30.6 (2017)	30.9 (2020)

### HIGHLIGHTS

#### MAT-SU HEALTH FOUNDATION

- Promoted the hospital's engagement in technical assistance to help develop a financial model for how crisis stabilization services might be incorporated into the existing BH program currently operating at MSRMC.
- Wrote letters of support and engaged in advocacy to encourage a statute change that would enable law enforcement officials to use stabilization centers for persons in their custody.

#### MAT-SU REGIONAL MEDICAL CENTER

- Assessed need for 4 additional Emergency Department Psychiatric Beds, that should be in their own area
- Continue to support peer support relationships in collaboration with My House and True North
- Utilize My House for teens and young adults with housing needs who are seen in the ED, as well as 18-24 year olds with housing needs discharged from inpatient care. True North also offers ED peer support and provides inpatient assessments as well.





# Key Accomplishments & Impacts

## Excellent Mental Health

### MSHF

- Funded technical assistance contracts for two agencies to engage in developing staffing and financial models for crisis stabilization center operations and operations for mobile crisis teams.
- Grant awarded to Meadow Lakes Elementary for social skills and trauma counselors to continue working one day/week in the school as well as Big Lake Elementary which are both feeder schools to a middle and high school within the Behavioral Health in Schools program. Therapeutic services are provided onsite from referrals of students.
- Funded REACH 907's expansion to children's behavioral health services, which provided 763 therapeutic services (January-June) for 55 clients.

### COLLABORATIVE

- True North Recovery received Trust grant for Crisis Now mobile crisis teams
- True North Recovery also received state grant to operate 8 detox beds at Dylan's Place inside the Day One Center. Mental Health Trust and MSHF also provided grant support for detox program.
- Work groups for the Crisis Now project reform focusing on the 911 emergency dispatch of the mobile crisis teams out of the Day One Center.
- Monthly Multi-Disciplinary Team (MDT) meetings allow hospital ED staff and community providers to collaborate regarding ED patients.
- Administration of MDT transferred to Connect Mat-Su; Cross-collaboration with Lazarus Collaborative is underway to better support Crisis Now clients.

### MSRMC

- 100% of patients received a Columbia Suicide Risk Assessment and Behavioral Health patients receive additional screening.
- Provider ratio of 1 to 12 and 1 to 6 with midlevels included.













# AFFORDABLE/ACCESSIBLE HEALTHY RECREATION

## INDICATORS

No indicators were identified for Affordable/Accessible Healthy Recreation in the 2019 CHIP.

## HIGHLIGHTS

### MAT-SU HEALTH FOUNDATION

- Grants for Elder wellness and traditional food supports benefitting Chickaloon Native Village and Knik Tribal Council

### MAT-SU REGIONAL MEDICAL CENTER

- Employee fitness challenge offered during December

## Key Accomplishments & Impacts

### MSHF

- 59 grants totaling \$506,031.32 in recreation and outdoor activity support
- Continued collaborations and support for Mat-Su Trails and Parks Foundation
- Funded the Great Land Trust \$300,000 for the Settlers Bay Coastal Park expansion project to add 187 acres

### COLLABORATIVE

### MSRMC

- 18-member softball team won divisional championship
- Supported GO RED, Children's Place and participated in the Endangered Children ribbon cutting ceremony





## AFFORDABLE/ACCESSIBLE PREVENTATIVE CARE

### INDICATORS

Indicator	Comparison Year	Current Data
% of high utilizers seen weekly at ED and referred to HUMS		This is currently not being tracked
% of participants with decrease in Emergency Department utilization		36.1% ED utilization reduction for those enrolled during 2021; 53.9% ED use reduction for those enrolled over 2 years.

### HIGHLIGHTS

#### MAT-SU HEALTH FOUNDATION

- Funded a strategic grant to the Mat-Su Council on Aging, which incorporated as a 501(c)3 in January of 2022
- Funded the Alzheimer's Resource of AK to launch Mind Aerobics in the Mat-Su
- Awarded to Wasilla Area seniors a grant to develop a new Adult Day Service in an unserved rural area
- Funded LINKS for the Aging and Disability Resource Center to support increasing requests for assistance on benefits and government assistance
- Awarded to Valley Charities a grant to expand its Durable Medical Equipment Lending Library, which provides free items to Mat-Su residents for rent, with new equipment, new location and staffing.

#### MAT-SU REGIONAL MEDICAL CENTER

- Continue participation in the High Utilizer Mat-Su program to reduce ED utilization/costs and connect high utilizers to services

## Key Accomplishments & Impacts

#### MSHF

- Developed resource guide of Veteran-Serving organizations
- Veteran Resource Fair: approximately 43 veteran-serving agencies and 232 visitors
- Total of \$162,008 in target wellness grants to Sunshine Community Health Center since 2020 to support health fairs and back to school wellness events, parent education, families in crisis fund, equipment, and leadership development.

#### COLLABORATIVE

#### MSRMC

- Alaska Union Consortium Health Fair: 600 attendees
- Family Health Fair: 300 attendees with 258 labs
- Age friendly Hospital efforts stalled due to focus on COVID-19
- Distributed \$16.2 million in charity care from 2020 to 2022.







## HEALTHY ENVIRONMENT

### INDICATORS

No indicators were identified for Healthy Environment in the 2019 CHIP.

### HIGHLIGHTS

#### MAT-SU HEALTH FOUNDATION

- 14 grants totaling \$156,172 for environmental-related projects
- Awarded \$300,000 towards the expansion of the Settlers Bay Coastal Park, adding 187 acres. The Great Land Trust retains the conservation easement for the entirety of the 480 acre park.

#### MAT-SU REGIONAL MEDICAL CENTER

- Environmental improvements were made to the hospital
- Advocacy to preserve greenbelt

## Key Accomplishments & Impacts

#### MSHF

- Advocacy to preserve the Mat-Su Greenbelt through the proposal of a conservation easement

#### COLLABORATIVE

#### MSRMC

- Equipment loaner program: 4 slider boards, 120 walkers, 4 wheelchairs, 10 canes, 6 hemi walkers, 1 rollator, 4 point canes, 1 scooter, 2 shower chairs, 1 walker platform arm rest
- Replaced 112 lights with LED
- HVAC upgrades to provide energy savings

