



THE JOURNEY AHEAD



MAT-SU HEALTH
FOUNDATION

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MAT-SU HEALTH FOUNDATION 2015 HIGHLIGHTS

2015 was another exciting year for the Mat-Su Health Foundation! Some key highlights include the following:

We published reports one and two of the *Behavioral Health Environmental Scan (BHES)* research project that began in 2014. The scan included in-depth analysis of information about behavioral health in the Mat-Su; the information is being presented in three separate reports. The first report, published in January, carefully examined the care that Mat-Su residents receive when they are experiencing a behavioral health crisis. The second report, published in November, focused on analyzing the system of care in order to determine what is available and working well and what could be improved. In the time since the publication of these two reports, we’ve seen positive movement towards a more coordinated system, and we’re supporting regulatory and policy changes and new services to create a system that works better for everyone. The third and final report will focus on prevention opportunities and will be published in 2016.

A *searchable grants database* was added to the MSHF website, increasing transparency of the foundation’s stewardship and offering an easy, effective way for people to learn about the organizations and projects we have funded.

A *new grant program* was created. Discovery Grants target the funding of projects to address findings of specified Mat-Su Health Foundation-funded research, such as the Behavioral Health Environmental Scan discussed earlier.

ROCK Mat-Su (“Raising Our Children with Kindness”), was launched with MSHF serving as its backbone organization. ROCK Mat-Su is a cross-sector collaboration of individuals from more than 30 organizations working together to improve the lives of local children and families. It uses a common agenda to align efforts to increase family resilience and reduce child maltreatment in the Mat-Su.

The foundation’s *ownership in Mat-Su Regional Medical Center increased* from 25% to 35%. MSHF exercised a 10 percent buy-up option provided for by the Operating Agreement between Valley Hospital Association and Palmer-Wasilla Health System, an equity partner of Mat-Su Regional Medical Center. The increased ownership will result in larger distributions to the foundation from the hospital, which will in turn increase the funds available for grant making. Our relationship with the hospital goes well beyond the financial; our Board of Directors continues to be actively involved in the governance of the hospital, helping to ensure that the services the community needs are available, and that charity care is robust.

Two new employees joined the MSHF team: Chris Emond was hired as director of finance and operations, while Ray Michaelson came on board to manage the healthy minds focus area.

The foundation *granted more than \$5.3 million* to more than 50 non-profit organizations serving the needs of Mat-Su residents. It also awarded \$295,000 in scholarships to 75 local students pursuing education and training leading to careers in health and wellness. Our previously established work with local coalitions and funding partners around the state continued as we supported innovative work by groups like Recover Alaska, the Alaska Wellness Coalition, the Mat-Su Trails and Parks Foundation, and the Regional Senior Services Oversight Committee.

Thank you for joining us on the *path to a healthier Mat-Su!* Together we can continue to make progress towards achieving the Triple Aim described in this report – and a healthy future for all Mat-Su residents.

STATEMENT OF FINANCIAL POSITION

(In Thousands) (2015 Unaudited)

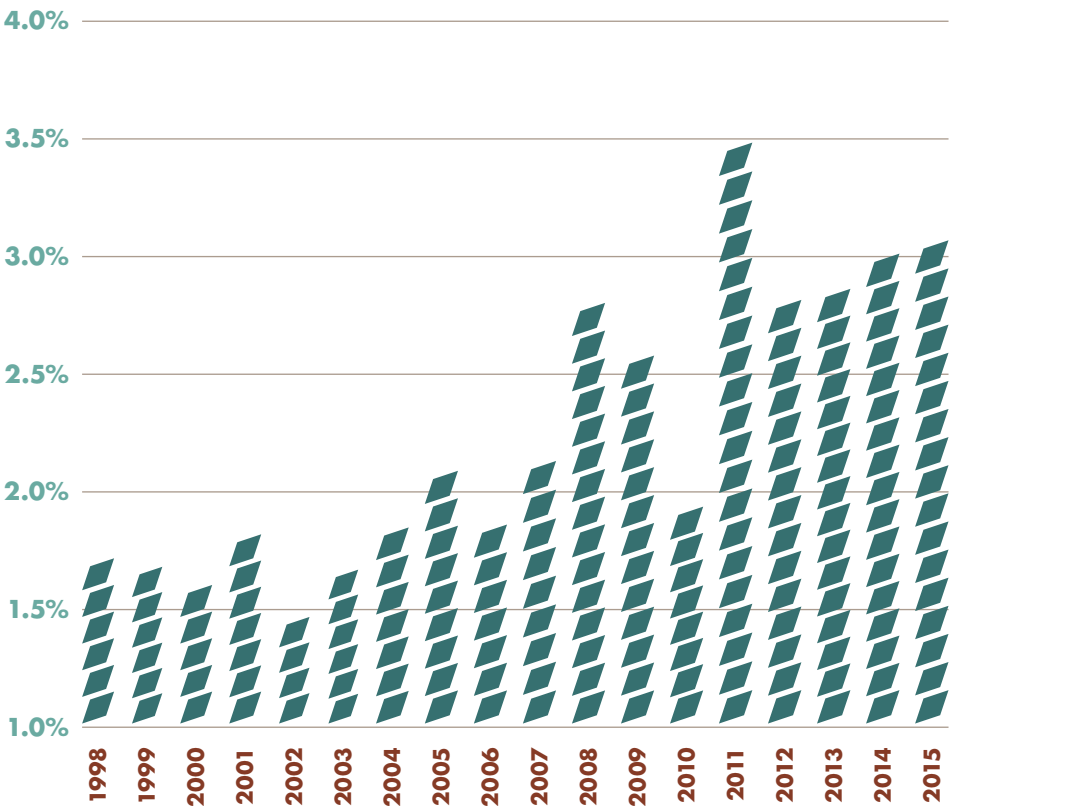
Assets	2015	2014
Cash And Cash Equivalents	\$ 3,050	\$ 13,843
Investment In Joint Ventures	85,987	37,979
Long-Term Investments	92,546	85,029
Program-Related Investments	453	483
Leasehold Improvements, Net	33	53
Other Assets		
Total Assets	\$ 182,069	\$137,387
Liabilities And Net Assets		
Accounts Payable And Accrued Expenses	\$ 489	\$ 744
Grant Awards Payable	5,004	3,450
Long Term Notes Payable	37,000	0
Total Liabilities	\$ 42,493	4,194
Unrestricted Net Assets	\$ 139,576	\$ 133,193
Temporarily Restricted Net Assets		
Total Net Assets	139,576	133,193
Total Liabilities And Net Assets	\$ 182,069	\$ 137,387

STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS

(In Thousands) (2014 Unaudited)

Revenue And Support	2015	2014
Equity Income In Joint Ventures	\$ 15,622	\$ 12,205
Investment Income, Net	(1,958)	3,732
Other Income And Net Assets Released From Restrictions	0	18
Total Income	\$ 13,664	\$ 15,955
Grants And Expenses		
Grant Awards	\$ 5,333	5,912
General And Administrative Expenses	1,948	1,749
Total Expense	7,281	7,661
Change In Net Assets	\$ 6,383	\$ 8,294
Net Assets, Beginning Of Year	\$ 133,193	\$124,899
Net Assets, End Of Year	\$ 139,576	\$ 133,193

MAT-SU REGIONAL MEDICAL CENTER CHARITY CARE AS A PERCENTAGE OF GROSS REVENUE



MAT-SU HEALTH FOUNDATION 2016 TO 2025 STRATEGIC PLAN

10 YEAR GOAL—ACHIEVE THE TRIPLE AIM IN MAT-SU

1 IMPROVE THE HEALTH OF OUR POPULATION

- Work with the State, nonprofit sector, and other partners to regionalize planning and funding structures for all focus areas.
- Complete regional plans for each focus area that provide a pathway to integrated care and help implement.
- Identify and advocate for evidence-based State and local policies and funding that build out the continuum of care in Mat-Su and increase health care access.
- Promote resilient families and safe children.
- Demonstrate and proliferate positive, healthy social norms within the population.

2 REDUCE HEALTH CARE COSTS

- Establish baseline per capita costs of health and social service delivery within focus areas.
- Work to reform and incentivize coordinated systems of community-based services.
- Increase effective care coordination and case management for key demographics.
- Strengthen workforce to support this coordination.
- Align incentives for common outcomes among nonprofit organizations, government entities, funders, health care providers and the hospital.
- Use and promote technology appropriately to increase awareness of and access to services.
- Promote other philanthropic development mechanisms to increase community investment in a healthier Mat-Su.
- Strengthen the social capital of Mat-Su communities.

MAT-SU IS THE HEALTHIEST BOROUGH

3 IMPROVE THE PATIENT EXPERIENCE OF QUALITY CARE

- Strengthen governance of Mat-Su Regional Medical Center.
- Develop infrastructure to increase quality of care at Mat-Su Regional.

MSHF FOCUS AREAS

HEALTHY AGING The rate of population growth among the 75 and older demographic in the Mat-Su is one of the highest in the nation, growing at nearly four times the national rate. The number of Mat-Su residents age 65-to-74 is expected to grow 42 percent, and the age 75 to 84 group will grow 44.1 percent by 2020. In response, MSHF commissioned the Mat-Su Regional Plan for the Delivery of Senior Services (published in 2011 and updated in 2016), which looked at senior citizen needs and demands across the long term care continuum. The Mat-Su Health Foundation staff works with community-based senior services providers and the State of Alaska Division of Senior and Disability Services to implement recommendations from the Regional Plan. The goal of the Healthy Aging focus area is that all seniors are able to access a complete system of care that optimizes their health and independence.

HEALTHY MINDS In 2013, MSHF and community partners conducted a Community Health Needs Assessment (CHNA), complete with data analysis and 24 community convenings across the borough to rank the health and wellness goals for Mat-Su. The results clearly articulated five top goals involving specific behavioral health issues. MSHF commissioned a Behavioral Health Environmental Scan (BHES) to learn what is working in Mat-Su's behavioral health crisis response system and behavioral health continuum of care and what can be improved. The Mat-Su Health Foundation staff is working with community-based behavioral health providers, the State Division of Behavioral Health, and others to implement the policy, program and system level recommendations that came from the BHES series of reports. The goal of the Healthy Minds focus area is that all residents are able to access a complete behavioral health system of care that works.

HEALTHY FOUNDATIONS FOR FAMILIES The number one community goal coming out of the 2013 Community Health Needs Assessment was that “all children are safe and well-cared-for,” despite the fact that Mat-Su's rate of Adverse Childhood Experiences (ACEs) is higher than the state level. A third Behavioral Health Environmental Scan report on the prevention system in Mat-Su will inform MSHF's work in this arena. MSHF is serving as the backbone of a collective impact collaborative called R.O.C.K. Mat-Su (Raising Our Children with Kindness), which aims to increase family resilience and reduce child maltreatment in the Mat-Su. 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.

HEALTHY IMPACT GRANTS

Alaska Center for the Blind and Visually Impaired (ACBVI) \$133,000 over five years to support its Mat-Su Health Access Project. The funding will allow the center to expand its services to the smaller, more remote parts of the Mat-Su, and to increase low vision clinics, expand its home visiting program, increase peer support groups, and begin technology fairs.

The Alaska Youth and Family Network (AYFN) Mat-Su office \$375,000 over two years to provide convening space and additional staff to scale the number of families and children the organization assists in the Mat-Su. AYFN identifies, serves and stabilizes families of children and youth experiencing behavioral health challenges.

CCS Early Learning \$50,000 for its Road to Resilience project to provide training to staff and families about the impact of Adverse Childhood Experiences (ACEs), peer support, and mental health counseling.

The City of Wasilla Public Library \$25,000 to purchase health-related materials for the new library currently under construction.

Co-Occurring Disorders Institute Inc. (CODI) \$290,000 over three years to re-launch its Strengthening Families Treatment Program, a 14-session, evidence-based training program focused on parenting skills, children's social skills, and family life skills specifically designed for high-risk families with children ages three to ten years old.

Mat-Su Borough \$390,000 to light 2.5 miles of Nordic ski trails at the Government Peak Recreation Area near Hatcher Pass.

Mat-Su Health Services \$100,501 to support a project to improve the effectiveness of treatment of depression and anxiety in the primary care setting.

MYHouse \$75,000 to help fund a street outreach coordinator, data coordinator, and outreach program support for this organization, which works with homeless youth and young adults to help them become contributing, self-supporting members of the community.

Onward and Upward, Inc. \$347,500 over three years to build program capacity for its strength-based curriculum designed to support positive development and academic enrichment for at-risk youth in the Mat-Su.

Sunshine Community Health Center \$168,840 to help establish two new positions, an LCSW (Licensed Clinical Social Worker) and a Behavioral Health Nurse Case Manager, to further expand and integrate behavioral health services into the existing primary care programs at its locations in Willow and Talkeetna.

The University of Alaska Anchorage Mat-Su Campus \$195,864 to expand a pilot project for the delivery of mental health care services to students through a contract with Mat-Su Health Services, to support implementation of a healthy lifestyle education program for students and to provide professional development opportunities for faculty and staff.

The University of Alaska \$235,600 over two years to provide Screening, Brief Intervention and Referral to Treatment (SBIRT) training to staff at Sunshine Community Health Center, Mat-Su Health Services, and Solstice Family Medicine. The grant also allows for evaluation of the training effort and the sharing of lessons learned with other Mat-Su health providers.

TARGET WELLNESS GRANTS

Alaska Center for The Blind And Visually Impaired // Alaska Children's Trust // Alaska Community Foundation // Alaska Family Services Inc. // Alaska Sports Hall Of Fame Inc. // Alaska State Fair Inc. // Alaska Trails // American Lung Assoc. of the Mountain Pacific // Association of Alaska School Boards // Big Lake Lions Foundation Inc. // Blood-N-Fire Ministry of Alaska // Chickaloon Native Village // Child Care Connection, Inc. dba thread // Co-Occurring Disorders Institute Inc. // Cook Inlet Tribal Council Inc. // Food Bank Of Alaska Inc. // Frontline Mission // Girl Scouts of Alaska // Knik Tribal Council // Lazy Mountain Bible Church // Mabel T. Caverly Senior Center // Mat-Su Health Services Inc. // Meadow Lakes Community Development Inc. // Mat Su Youth Housing // Northern Susitna Institute // Northgate Alaska // Palmer Senior Citizens Center Inc. // Set Free Alaska // Special Olympics Alaska Inc. // Sunshine Community Health Center Inc. // Talkeetna Community Council Inc. // United Way of Mat-Su // University of Alaska // Upper Susitna Seniors Inc. // Vaccinate Alaska Coalition // Valley Christian Conference // Valley Residential Services // Volunteers of America Inc. // Wasilla Area Seniors Inc. // Wasilla Youth Soccer Association // Willow Area Community Organization // Willow Health Organization Inc. // United Methodist Church Alaska

ACADEMIC SCHOLARSHIPS

Kathryn Albert // Tarah Alden // Corey Ambrose // Jessica Andersen // Adrienne Andrews // Natalya Baletskaya // Elise Barnhart // Alan Bartelli // Christina Bernier // Debra Blanchard // Daniel Brunnhoelzl // Heather Buchanan // Colleen Bue // Alex Bunes // Miracle Burton // Kailey Carlson // Mariya Chavez // Kathryn Cocker // Bryan Dahms // Kaitlin Daly // Adinda Demske // Craig Dollerhide // Ashlyn Dorn // Daniel Dryden // Gregory Eisenhower // Tessamae Endes // Mary Geist // Yana Golyan // Sabrina Jurasek // Anthony Jurasek // Jared Layton // Jennifer Lee // Brandy Malidore // Richard Manrique // Blake Marks // Monica Martinez // Shiloh McRae // Deanna Ouellette // RuVonne Parson // Ashley Powell // Jospheh Powers // Beverly Ray // Terri Reynolds-Rogers // Heather Robinson // Alyssa Sasser // Hilary Stark // Alexa Starr // Timothy Steenhout // Molly Sullivan // Nathan Svedin // Sarah Svedin // Terra Swartzbacker // Luke Tegeler // Kalia Thao // Carly Thomas // Kiana Verplacke // Jorene Volkheimer // Annie Wang // Whiteny Wang // Michelle Warner // Eli Wouk // Maritt Youngblood // Rashayne Zimmer

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