

BUILDING COMMUNITY

Annual Report

2018



MAT-SU HEALTH
FOUNDATION

MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

2018 Mat-Su Health Foundation Highlights

When it came time to look back on the Mat-Su Health Foundation's work in 2018, a clear theme emerged: partnership. The foundation partnered with nonprofit service providers and local government entities by offering funding and technical assistance to help them do their work. We partnered with educators and employers to address the increasing need for a qualified health and human services workforce in Mat-Su. We partnered with Mat-Su Regional Medical Center, which we co-own, and other healthcare providers to understand and help eliminate barriers to care and to delve into prevention. We partnered with tribal leaders and community members from across Mat-Su to engage in honest, meaningful discussions about equity. We partnered with legislators to address public policy issues that affect health.

Of the many partnerships we engaged in during 2018, perhaps none is more visible than our new building in Wasilla. The goal of this investment was not just to create space for the foundation and its staff, but to bring together organizations that support the health and well-being of the community. We created the space with the belief that our new facility would enhance the work that we and our partners do to improve the health status of all Mat-Su residents. Our grand opening events drew hundreds of local residents to see the building and visit information booths offered by local service providers. Today, the building houses 13 organizations, with more coming in the future.

The many partnerships we engage in have led to growth within the foundation. At the same time, our giving has grown as well. In 2018, the Mat-Su Health Foundation Board of Directors awarded almost \$12 million in grants and more than \$960,000 in scholarships, all to support our mission of helping Mat-Su become the healthiest borough.

Please read on for more detail about a few of the many partnerships the foundation engaged in during 2018. We are grateful for the community's engagement in this important work.

Sincerely,



Elizabeth Ripley
Chief Executive Officer

Workforce Development

As Mat-Su grows, so does the need for a highly trained and educated health and human services workforce. In 2018, the foundation partnered with the Mat-Su Borough School District, Mat-Su Regional Medical Center, Alaska Mental Health Trust Authority, Mat-Su Borough, Southcentral Foundation, University of Alaska Anchorage, Maple Springs, Solstice Family Care, Capstone Family Medicine, Mat-Su College, Knik Tribal Council, Sunshine Community Health Center, and Chickaloon Traditional Council, to develop the Mat-Su Health and Human Services Workforce Development Assessment and Plan.

NEED

The Mat-Su Borough is the fastest-growing region of the state with expected growth to continue over the next three decades to 167,500 in 2045. In the next 10 years, the majority of new Mat-Su job openings will be for paraprofessionals, including medical assistants, home health aides, childcare workers, and administrative staff (378 jobs); nurses (150 jobs); and behavioral health workers (98 jobs).

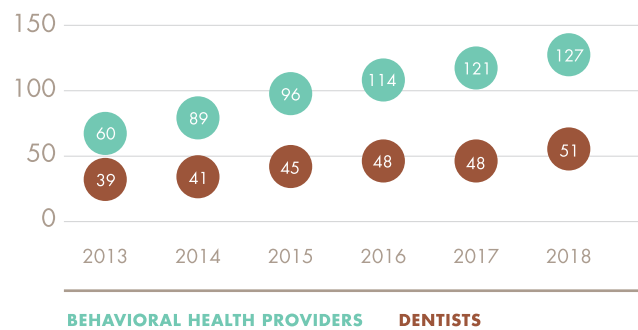
GOAL

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.

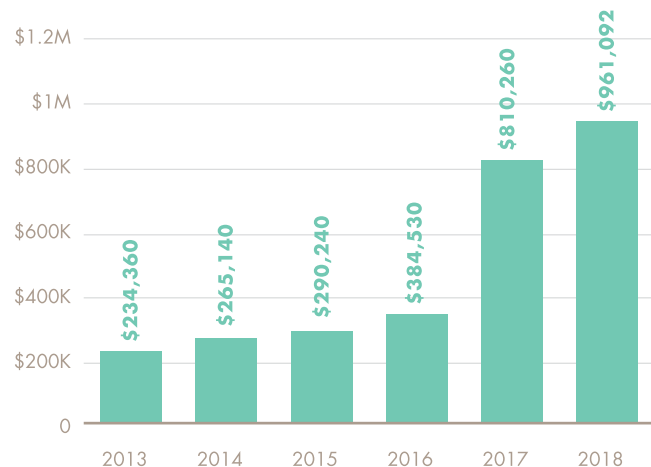
RESULTS

The number of providers in Mat-Su is increasing; over the last five years, the number of behavioral health providers grew from 60 to 127, and the number of dentists grew from 39 to 51. In 2018, the MSHF awarded 261 academic scholarships totaling \$817,853 and 43 vocational scholarships totaling \$143,239.

NUMBER OF MAT-SU HEALTHCARE PROVIDERS BY TYPE



2013-2018 ACADEMIC & VOCATIONAL SCHOLARSHIPS



Palmer Families with Infants, and Toddlers (FIT) Court

The Palmer Families with Infants and Toddlers (FIT) Court focuses on families with young children and provides comprehensive services that address parental substance abuse, parenting skills, family safety, and children's needs. Services are integrated with case management and regular supervision in order to reunify families as soon as it can be done safely, and to promote continued safety and stability. The Palmer FIT Court enrolled its first participants in February 2018.

Palmer FIT Court partners include: R.O.C.K. Mat-Su (Raising Our Children with Kindness),

Alaska Court System,

Public Defender Agency,

Office of Public Advocacy,

Department of Law, Office of Children's Services, Knik Tribe,

Chickaloon Village Traditional Council, Mat-Su Regional Medical

Center, Compassionate Directions, Mat-Su Services for Children and

Adults, Akeela, Alaska Youth and Family Network, Alaska Family

Services, Set Free Alaska, CCS Early Learning, Ptarmigan Pediatrics,

LINKS, Ptarmigan Connections, HeartReach Center, Safe Families for

Children, Partners for Progress, and MasterLink Alaska.



NEED

In Mat-Su, in December 2018 there were 127 children aged 0-3 years old in out-of-home placement with the Alaska Office of Children's Services. The average time in custody for children of all ages across the state is approximately 24 months.

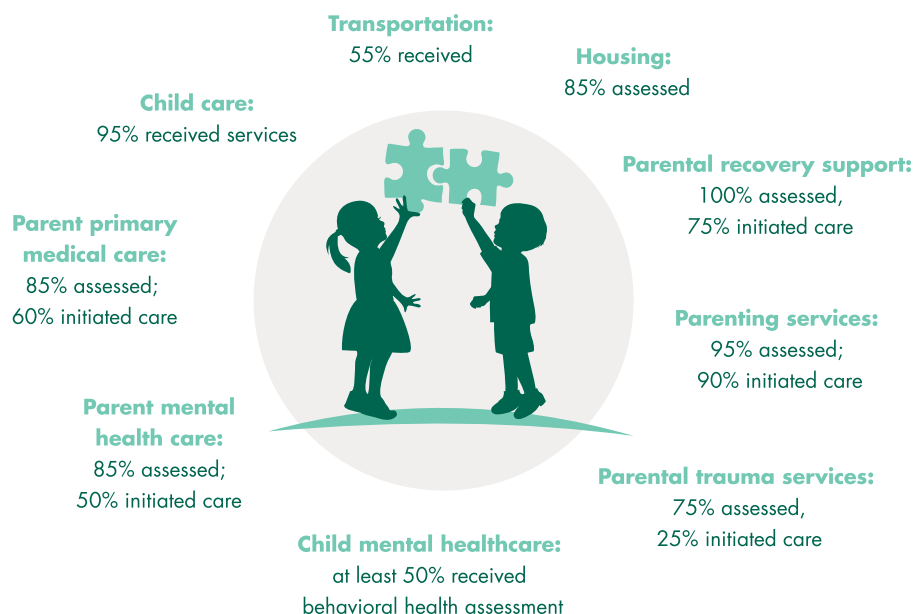
GOAL

To decrease the amount of time that children are engaged in the child welfare system.

RESULTS

At its peak of enrollment during the first year of operations, the FIT Court was serving 11 families consisting of 20 adults and 18 children.

SERVICES RECEIVED BY FIT COURT FAMILIES



Adverse Childhood Experiences (ACEs)

Community Education

Since 2013, the Mat-Su Health Foundation has been focusing on working to decrease the incidence and effect of Adverse Childhood Experiences on residents. R.O.C.K. Mat-Su has been contributing to this work by providing community education on ACEs to any group and resident that is interested. Partners who hosted ACEs trainings in 2018 included: Mat-Su Central School, Wasilla Noon Rotary, Wasilla Middle School, Southcentral Foundation, Nine Star, Valley CASA, Birchtree Charter School, Northgate Alaska, Snowshoe Elementary School, the Mat-Su Borough School District, Wasilla Boys and Girls Club, the Student Conservation Association, Volunteers of America Youth Academy, United Way of Mat-Su, Goose Bay Elementary School, Machetanz Elementary School, Big Lake Elementary School, Tanaina Elementary School, Butte Elementary School, and Cottonwood Creek Elementary School.

NEED

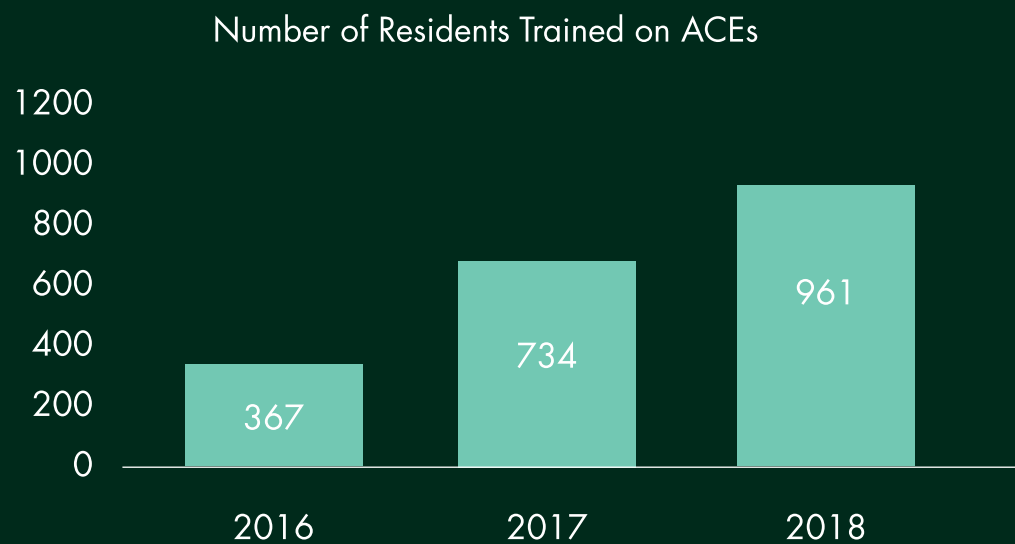
In 2015, 62.8% of Mat-Su adults reported that they had experienced at least 1 ACE before the age of 18 years.

GOAL

To educate the Mat-Su community about the effect of ACEs and how to heal and develop resilience.

RESULTS

A 2016 Mat-Su household survey revealed that 49% of respondents were familiar with the term ACEs. In 2018, R.O.C.K. Mat-Su trainers conducted 37 separate presentations to 961 people, bringing the cumulative total number of attendees from 2016-2018 to 2,062. In addition, a new curriculum was developed specifically for Mat-Su.



High Utilizer Mat-Su Program (HUMS)

The HUMS Program at LINKS is funded by the Mat-Su Health Foundation to assist HUMS patients who utilize the emergency department five or more times per year. The team uses a creative approach to meeting immediate needs by providing resources and connection with community agencies. Partners for this program include the Mat-Su Regional Medical Center and the Multi-Disciplinary Team composed of representatives from the health care sector, law enforcement, behavioral health providers, case managers and others.

NEED

In 2016, 685 Mat-Su residents were seen at the MSRMC Emergency Room five or more times, resulting in total estimated facility charges of \$22,657,817.

GOAL

Decrease the number of emergency department visits by HUMS patients and increase individual patient health by assisting them in the navigation of community-based health care providers/system.

RESULTS

52 high utilizers participated in the first year

Average decrease in emergency department visits:

61.7%

Estimated cost savings: **\$877,330**

Cost savings and visits prevented was calculated for only patients enrolled in Quarters 1 and 2 (34 patients).

“A Mat-Su resident was struggling with homelessness, mental illness and addiction. HUMS staff were able to connect them with community resources that they are still involved with. Since that time this individual has been clean and sober.”

- HUMS Staff Member

“A young individual was frequently in the emergency department for a recurring condition that should not be happening. HUMS was able to do a home visit and connect this participant with the appropriate specialist. Since that time, this individual has not returned to the emergency department.”

- HUMS Staff Member

Earthquake Response

NEED

On November 30th, Alaska was rocked by a devastating 7.1 earthquake. While no lives were lost, the quake caused substantial damage and impacted services that residents count on.

GOAL

To respond immediately to the earthquake-created needs of local nonprofits serving Mat-Su residents in order to keep services and programs open.

RESULTS

In addition to joining with funding partners – including the Foraker Group, Rasmuson Foundation, Alaska Community Foundation and others – to reach out to local nonprofits to assess need and raise money for recovery, by December 7, just one week after the earthquake, the Mat-Su Health Foundation developed a special grants program with expedited handling. We awarded seven grants to local nonprofit organizations in immediate need of earthquake assistance.

Organization Name	Purpose	Amount
United Way of Mat-Su	Replace the coats and supplies of Houston Middle School students; support individual homeowners needing heating infrastructure repair/replacement and fuel.	\$50,000
Big Lake Lions Foundation	Fix structural damage to the Big Lake Rec Center.	\$40,070
Set Free Alaska	Fix structural damage to building and replace lost revenue due to closure.	\$44,200
Mat-Su Veterans Foundation	Fix structural damage to the foundation's building.	\$31,684
CODI	Replace lost revenue due to closure.	\$26,781
AK Assistance Dogs	Fund behavioral health-related service requests in schools due to the earthquake.	\$15,680
Alaska District Council	Repair damage at Little Beaver Camp.	\$50,000
TOTAL		\$258,415

I wanted to reach out and let you know all the repairs to our facility are completed... The Big Lake Lions would like to thank you so much for making us a priority back in December to get us back up and running."

3/20/2019
Bill Haller - Big Lake Lions

Healthy Impact, Discovery and Other Large Grants

Akeela Inc.

\$30,000 to provide services to families participating in the Palmer Families with Infants and Toddlers (FIT) Court.

**Alaska Healthcare
Transformation Project**

\$125,000 in operational support.

Alaska Youth and Family Network

\$371,740 to support work with vulnerable families struggling with mental health issues and trauma, substance use, lack of resources, and involvement in the legal and child-welfare systems.

Alaskan AIDS Assistance Association

\$160,000 over two years to allow the organization to deploy a mobile unit providing syringe-exchange services in Mat-Su twice weekly as a harm reduction measure.

Blood N Fire Ministry of Alaska

\$155,000 over two years in operating support for the Knik House transitional living facility serving people facing homelessness.

CCS Early Learning

\$174,465 to make repairs to the foundation of CCS Learning's Wasilla administration building.

Child Care Connection Inc.

\$68,000 to implement the Learn and Grow Quality Recognition Improvement System in childcare centers in Mat-Su.

City of Wasilla

\$312,113 to support the Veterans Wall of Honor relocation project.

Compassionate Directions (CODI)

\$330,000 in technical assistance and operational support, and \$65,000 to provide service to children and families who are clients of the Palmer FIT Court.

Connect Mat-Su

\$371,763 for operational support for 2018 and \$342,479 for 2019.

Connect Palmer

\$180,000 to support the Sarah's House program offering women housing and an opportunity to redirect their lives by obtaining job-ready skills.

Dena'ina Elementary School

\$24,999 to support on-site behavioral health services.

Houston High School

\$24,999 to support on-site behavioral health services.

Houston Middle School

\$24,999 to support on-site behavioral health services.

Knik Tribal Council

\$100,000 to modernize its information technology infrastructure with new computers, a new operating system, licenses, and backup equipment to improve the broad array of services delivered to tribal members.

Links Mat-Su Parent Resource Center Inc.

\$374,557 to manage the High Utilizer Mat-Su (HUMS) Program.

Mat-Su Youth Housing (MyHouse)

\$418,200 in technical assistance and operations funding.

Healthy Impact, Discovery and Other Large Grants

Mat-Su Trails & Parks Foundation

\$4,950,000 over 10 years to enable the organization to increase its own grantmaking capacity.

Meadow Lakes Seniors Inc.

\$5,000 for technical assistance around board training and volunteer management.

Palmer Senior Citizens Center Inc.

\$374,644 to support the Meals on Wheels program.

Recover Alaska

\$100,000 for operations support.

Redington Sr Jr/Sr High School

\$24,999 to support on-site behavioral health services.

Set Free Alaska Inc.

\$30,000 to provide services to families participating in the Palmer Families with Infants and Toddlers (FIT) Court.

Sherrod Elementary School

\$24,999 to support on-site behavioral health services.

**Statewide Independent Living
Council of Alaska Inc.**

\$200,000 to launch a pilot project to determine whether interventions including home assessments, installation of appropriate "smart home" technology, and the use of telehealth services can enhance the safety and independence of aging Mat-Su residents while also reducing Medicaid costs.

Sunshine Transit

\$170,000 as a start-up grant for Sunshine Transit, which was recently formed after Sunshine Community Health discontinued its transportation services.

Sutton Elementary School

\$24,999 to support on-site behavioral health services.

Teeland Middle School

\$24,999 to support on-site behavioral health services.

Upper Susitna Seniors Inc.

\$63,982 to support the Meals on Wheels program.

Valley Pathways High School

\$24,999 to support on-site behavioral health services.

Valley Residential Services

\$300,000 toward its planned 24-unit Bridgeway supportive housing project that will assist people with mental illness who want to live independently; \$100,000 toward installation of an elevator in the Century Plaza building to make the second floor accessible for clients, customers and visitors; and \$43,000 to support the Housing and Homelessness Coalition and Project Homeless Connect.

Valley Transit

\$277,125 to ensure that the organization receives matching funds from the State of Alaska for sustained operations.

Wasilla Area Seniors Inc.

\$131,378 for a falls prevention program for older Mat-Su residents borough-wide, and \$112,541 to support Meals on Wheels.



Target Wellness Grants

Access Alaska Inc.
Alaska Assistance Dogs
Alaska Association of Conservation Districts
Alaska Family Services
Alaska Sports Hall Of Fame Inc.
All Alaska Pediatric Partnership
Anchorage Museum Association
Asthma & Allergy Foundation of America
Big Lake Lions Foundation Inc.
Blood N Fire Ministry of Alaska
Carry the Cure Inc.
Chickaloon Native Village
Choosing Our Roots
Church On The Rock
Colony Middle School
Dena'ina Elementary School
Denali Family Services
Evangelical Covenant Church
Fallen Up Ministries
Fannie E. Rippel Foundation
Finger Lake Elementary School
Food Bank of Alaska Inc.
Frontline Mission

Girl Scouts of Alaska
Goose Bay Elementary School
Grantmakers In Health
Helmets On Heads
Houston Middle School
Jessica Stevens Community Foundation
John D. Shaw Elementary School
Kids Kupboard
Knik Tribe
Larson Elementary School
Mabel T. Caverly Senior Center
Matsu Food Bank
Mat-Su School District
Mat-Su Services for Children & Adults Inc.
Meadow Lakes Community Development Inc.
Mid-Valley Seniors Inc.
Northgate Alaska
Northwest Resource Associates
Onward and Upward Inc.
Palmer Community Foundation
Palmer Senior Citizens Center Inc.
Palmer Soccer Club
Peer Power

Radio Free Palmer
Royal Family Kids
Set Free Alaska Inc.
Sherrod Elementary School
Special Olympics Alaska Inc.
Sunshine Community Health Center Inc.
Sunshine Station Childcare Center
Susitna Valley Junior/Senior High School
Talkeetna Community Council Inc.
Talkeetna Elementary
The Children's Place
The Foraker Group
True North Recovery Inc.
Tyler Robinson Foundation Inc.
United Methodist Church Alaska
United Way of Mat-Su
Upper Susitna Food Pantry
Valley Charities Inc.
Valley Performing Arts Inc.
Valley Residential Services
Wasilla Area Seniors Inc.
Wasilla Youth Baseball

Statement of Financial Position

(In Thousands, 2018 Unaudited, 2017 Updated)

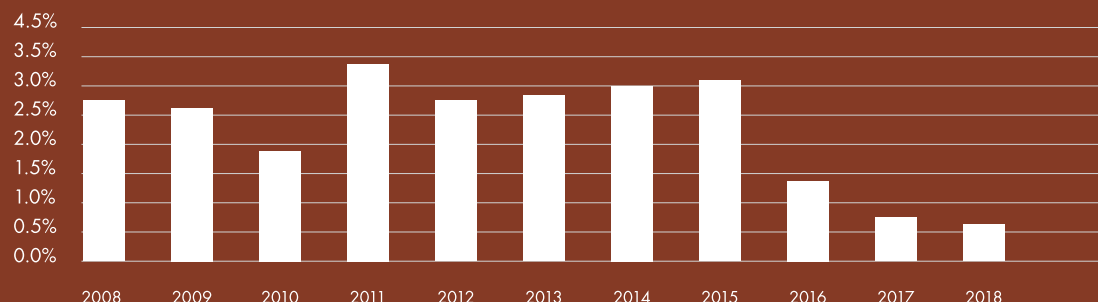
ASSETS	2018	2017
Cash and Cash Equivalents	\$10,978	\$10,576
Investment in Joint Ventures	\$83,696	\$84,865
Long-term Investments	\$105,797	\$114,780
Program-related Investments	\$362	\$393
Leasehold Improvements, Net	\$14,276	\$2,070
Other Assets	\$11,354	\$9,973
Total Assets	\$226,464	\$222,658
LIABILITIES & ASSETS		
Accounts Payable and Accrued Expenses	\$577	\$1,302
Grant Awards Payable	\$3,399	\$4,406
Interest Rate Swap	\$(169)	\$(159)
Long Term Notes Payable	\$23,675	\$22,503
Other Liabilities	\$451	
Total Liabilities	\$27,934	\$28,051
Unrestricted Net Assets	\$197,858	\$194,606
Temporarily Restricted Net Assets	\$935	
Total Net Assets	\$198,793	\$194,606
Total Liabilities & Assets	\$226,728	\$222,658

Statement of Activities & Changes in Net Assets

(In Thousands, 2018 Unaudited, 2017 Updated)

Revenue and Support	2018	2017
Equity Income in Joint Ventures	\$25,814	\$22,875
Investment Income, Net	\$(8,901)	\$15,194
Other Income & Net Assets Released from Restrictions	\$1,049	\$450
Total Income	\$17,963	\$38,519
Grants and Expenses		
Grant Awards	\$9,513	\$7,169
General and Administrative Expenses	\$4,263	\$3,404
Total Expense	\$13,776	\$10,573
Change in Net Assets	\$4,187	\$27,946
Net Assets, Beginning of Year	\$194,606	\$166,660
Net Assets, End of Year	\$198,793	\$194,606

Charity Care as a % of Gross Revenue



Note: Medicaid Expansion led to an increase in the number of insured Alaskans. Charity Care declined in part due to decreased need.



**Building
Community**
Groundbreaking
and Grand Opening Events



MAT-SU HEALTH
FOUNDATION

777 N. Crusey St., Ste. A201, Wasilla, AK 99654
healthymatsu.org