

2017 ANNUAL REPORT

A Healthy and Thriving Mat-Su



MAT-SU HEALTH
FOUNDATION

healthymatsu.org

Message from the Chief Executive Officer

In 2017, the Mat-Su Health Foundation continued on its journey of achieving the Triple Aim in the Mat-Su Borough: *1. Improved health of our population; 2. Reduced health care costs; 3. Improved patient experience of quality care.*

The foundation awarded more than \$7 million in grants, scholarships, and other community benefit—the most ever in a single year. In addition to the systems improvement projects described in this report, we worked with community partners to develop Connect Mat-Su, a network of service providers that links residents with immediate access to information, referrals, and direct assistance needed for them to thrive physically, mentally and emotionally.

The Board of Directors and staff of the Mat-Su Health Foundation are grateful to participate in this work, and we look forward to continuing to partner towards achieving the Triple Aim in the Mat-Su.



Elizabeth Ripley
Chief Executive Officer



How We Work in the World – Our three-pronged approach to creating a healthy and thriving Mat-Su community.

Mat-Su is our home. We are part of the community and we are community-driven.

We empower and build the capacity of community residents and organizations to help determine and create a healthier community.

We are data-driven and strategic in deployment of our resources towards evidence-based solutions.

HOW WE WORK IN THE WORLD

We Are Part of the Community and We Are Community-Driven

In 2017, we responded to community requests and needs by funding the following:

2 Physician Forums	4 Convenings for Behavioral Health Providers	4 New Laws Passed to Support Improved Access to Care and Wellness	19 Health Impact/Discovery/Strategic Grants
50 Event Sponsorships	70 Target Wellness Grants	127 Academic Scholarships	32 Vocational Scholarships

Community projects funded included:

5 Grants to strengthen organizational capacity	5 Grants for training related to behavioral health for Mat-Su professionals	8 Health Fairs sponsored in Upper Su, Glacier View, Wasilla, Palmer and at Tribal Gathering	10 Projects promoting child and youth emotional health
15 Start-up programs to fill gaps in the behavioral health care system and systems that support families and children		12 Capital/equipment projects including a child food center, community center expansions, residential treatment building renovation, child advocacy center building, football helmets and ski lift	16 Grants that support social determinants of health related to transportation, housing, food and medical care



The Mat-Su Health Foundation (MSHF) serves as the “backbone” organization for R.O.C.K. Mat-Su (Raising Our Children with Kindness). In this capacity, we employ the director and staff and fund operations of the cross-sector collaborative.

In 2017, R.O.C.K. Mat-Su accomplished the following:

- Held over **43 community education events** with 1,279 attendees on Adverse Childhood Experiences (ACEs), poverty and child maltreatment with 3 fun community gatherings for families (600 attendees), as well as 2 Undoing Racism trainings (75 participants).
- Held 2 “**Building Community Connections**” gatherings to link the Office of Children’s Services with local resources for strengthening Mat-Su families.
- Sponsored **15 schools and 5 organizations** to become “Trauma Sensitive.”
- Provided outreach to **5 organizations** to promote developmental screenings for children ages 0-3.

HOW WE WORK IN THE WORLD

We Empower and Build the Capacity of Community Residents and Organizations to Help Determine and Create a Healthier Community

We often do this by working on the system of care that residents use to maintain their wellness and health. By trying to improve these systems, we can have a large impact on the Mat-Su population's health. In 2017, our systems improvement work included the following 3 areas:

The Court System Serving Families Involved with the Office of Children's Services (OCS)			
SYSTEM IMPROVEMENT		PROGRESS	
<p>R.O.C.K. Mat-Su led a partnership to create a new therapeutic court, the Families with Infants and Toddlers (FIT) court that restructures the process by which children in OCS custody are reunited with their families or otherwise find secure, permanent, stable living arrangements.</p>		<p>MSHF and R.O.C.K. Mat-Su leveraged an additional \$1.5 million in funding for the court. The FIT Court was established in December 2017.</p>	
PARTNERS			
<i>Developmental Disabilities Providers</i>	<i>Behavioral Health Providers</i>	<i>Primary Care Providers</i>	<i>Local, State and National Funders</i>
<i>Early Childhood Learning Organizations</i>	<i>Alaska Office of Children's Services</i>	<i>Alaska Court System</i>	<i>Parent Education and Support Providers</i>
		<i>Tribal Organizations</i>	
		<i>Child Welfare Agencies</i>	

Services for Mat-Su Residents in Crisis			
SYSTEM IMPROVEMENT		PROGRESS	
<p>MSHF supported the Mat-Su Crisis Intervention Team to form a Multidisciplinary Team that meets monthly and coordinates care for residents with complex behavioral health needs that interact with multiple sectors.</p>		<p>40 patients reviewed in 2017 and connected with more coordinated treatment and supports for patients with complex medical needs.</p>	
PARTNERS			
<i>Law Enforcement</i>	<i>Behavioral Health Providers</i>	<i>Mat-Su Regional Medical Center</i>	<i>Other Social Service Providers</i>
<i>Alaska Court System</i>	<i>Primary Care Providers</i>	<i>Tribal Organizations</i>	<i>Care Coordinators</i>

Behavioral Health Care for Children			
SYSTEM IMPROVEMENT		PROGRESS	
<p>MSHF funded seven schools to contract with behavioral health providers to provide support and treatment in the schools, thus avoiding common barriers to accessing care (cost, lack of transportation, difficulty scheduling appointments, etc.) Additionally, R.O.C.K. Mat-Su organized and sponsored training for schools to become trauma-sensitive environments for students.</p>		<p>200+ students received behavioral health care in the school setting and 15 schools participated in becoming "trauma-sensitive" schools. Burchell High School reported that these activities may have contributed to an increase in graduating students. Additionally, Redington Sr. Jr/ Sr High School reported seeing a drop in students suspended as a result of participating in these programs.</p>	
PARTNERS			
<i>Matanuska-Susitna Borough School District</i>	<i>Behavioral Health Providers</i>	<i>National Council on Behavioral Health</i>	<i>R.O.C.K. Mat-Su</i>

We Are Data-Driven and Strategic in Deployment of Our Resources Towards Evidence-Based Solutions

We collect and analyze data that the community cares about and work with the community to understand what the data is telling us and how we can develop innovative solutions. This approach has been very effective and impactful when it is related to our hospital ownership. Two important data-driven initiatives that made significant progress in 2017 followed this pattern of using data to understand problems and achieve outcomes:

DATA

The *MSHF's 2013 Community Health Needs Assessment* identified that top health issues in Mat-Su were all related to behavioral health.



The *Mat-Su Behavioral Health Environmental Scan* revealed that there are not enough crisis services in Mat-Su, and many residents in behavioral health crisis are going to the Mat-Su Regional Medical Center Emergency Department, which does not offer behavioral health services.



OUTCOME 1

In 2017, Mat-Su Regional Medical Center obtained a Certificate of Need to add **36 behavioral health beds** to our local hospital. These beds will be available by 2020 and will help to provide immediate and appropriate care to Mat-Su residents in behavioral health crisis.

OUTCOME 2

In 2017, MSHF worked to lay the groundwork for the *Mat-Su High Utilizer (HUMS)* program. It offers residents who use the Emergency Department more than 5X per year with extra support to meet their needs outside of the hospital. HUMS started accepting patients in January 2018.



Statement of Financial Position

(In Thousands, 2017 Unaudited, 2016 Updated)

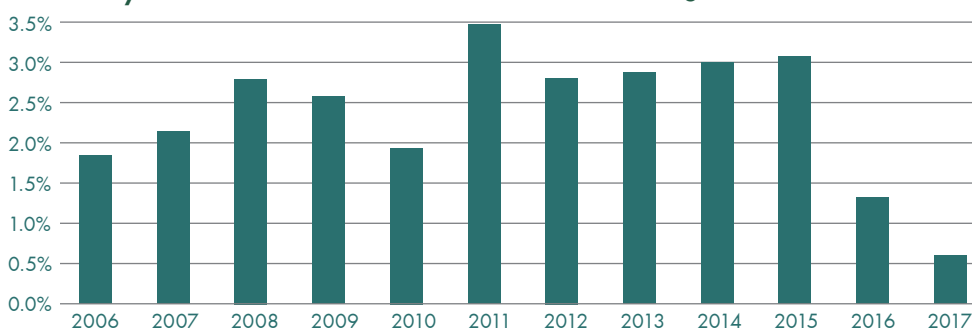
Assets	2017	2016
Cash and Cash Equivalents	\$10,576	\$14,091
Investment in Joint Ventures	\$84,865	\$86,393
Long-Term Investments	\$114,780	\$99,644
Program-Related Investments	\$393	\$424
Leasehold Improvements, Net	\$2,203	\$82
Other Assets	\$9,838	\$905
Total Assets	\$222,655	\$201,539
Liabilities and Net Assets		
Accounts Payable and Accrued Expenses	\$1,302	\$284
Grant Awards Payable	\$4,406	\$4,851
Interest Rate Swap	\$(159)	\$47
Long Term Notes Payable	\$22,503	\$29,697
Total Liabilities	\$28,051	\$34,879
Unrestricted Net Assets	\$194,603	\$166,660
Temporarily Restricted Net Assets	\$0	\$0
Total Net Assets	\$194,603	\$166,660
Total Liabilities and Net Assets	\$222,655	\$201,539

Statement of Activities and Changes in Net Assets

(In Thousands, 2017 Unaudited, 2016 Updated)

Revenue and Support	2017	2016
Equity Income in Joint Ventures	\$22,875	\$24,532
Investment Income, Net	\$15,194	\$8,620
Other Income and Net Assets Released from Restrictions	\$450	\$1,105
Total Income	\$38,519	\$34,257
Grants and Expenses		
Grant Awards	\$7,169	\$4,308
General and Administrative Expenses	\$3,407	\$3,141
Total Expense	\$10,576	\$7,449
Change in Net Assets	\$27,943	\$26,809
Net Assets, Beginning of Year	\$166,660	\$139,852
Net Assets, End of Year	\$194,603	\$166,660

Charity Care as a % of Cost (Mat-Su Regional Medical Center)



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

Healthy Impact, Discovery, and Other Large Grants

Alaska Legal Services: \$100,000 to extend the reach of its services with a full-time staff attorney for Connect Mat-Su, part of the new Mat-Su Health Foundation building.

Beacon Hill: \$64,000 over two years to fund expansion of its Safe Families for Children and Heart Gallery projects.

Burchell High School: \$168,670 over two years to launch a targeted, comprehensive approach to substance abuse prevention.

Chickaloon Village Traditional Council: \$300,000 for the Ya Ne Dah Ah School Multi-Use/Daycare Expansion project located near Sutton. This 2,000-square foot addition to the existing school structure houses the local Native Youth Olympics (NYO) program, a childcare center and a community gathering space.

City of Wasilla: \$350,000 over three years to enable two police officers, one from Palmer and one from Wasilla, to join a local Drug Enforcement Administration (DEA) Task Force reducing the illicit sale of opioid-based medications in the community.

Cook Inlet Tribal Council: \$1,162,032 to fill gaps in adult substance use disorder treatment services for all Mat-Su residents.

Covenant House Alaska: \$60,000 to match Annie E. Casey Foundation funding for education, employability skills and training for at-risk youth in Mat-Su. Services are offered at MYHouse in Wasilla through a partnership that includes Nine Star Education and Employment Services.

Hatcher Alpine Xperience (HAX): \$500,000 to help buy a triple chairlift and fund a part-time executive director for the first phase of a planned alpine ski area in Hatcher Pass.

Kids Kupboard: \$60,000 toward its mission to impact child hunger in the Mat-Su through the provision of healthy, free meals to children in areas that have been identified as food insecure based on school district and income data.

Mat-Su Borough School District: \$126,000 to support a comprehensive approach to social-emotional learning and competency development across the district.

Mat-Su Imagination Library: \$82,000 for the distribution of free books monthly to 2,500 Mat-Su families with children under the age of 5.

Mat-Su Trails and Parks Foundation (MSTPF): \$550,000 per year for 10 years to increase its own grantmaking, build its capacity by hiring a development director, and grow an endowment to ensure the organization's sustainability.

MYHouse: \$101,465 to provide supports for homeless Mat-Su youth.

Native Village of Eklutna: \$100,000 to purchase a mobile x-ray machine for their new clinic, which serves all residents of Eklutna and many Mat-Su residents. The clinic offers primary care and dentistry services, and in the future plans to offer behavioral health and substance use disorder treatment.

Onward and Upward: \$133,000 to formally assess the impact of its Qayah curriculum on student health, well-being and resilience.

Student Conservation Association: \$100,714 to fund high school crews conducting trail rehabilitation and maintenance on Government Peak and Lazy Mountain.

Valley Transit: \$281,000 to secure full federal match for sustained operations.

Valley Interfaith Action (VIA): \$105,000 to fund operations. VIA uses congregation-based community organizing to address community problems and is currently comprised of 11 congregations from Sutton to Willow.

Wasilla Area Seniors (WASI): \$60,000 for purchase of a 14-passenger van capable of holding two wheelchairs, to bring older Alaskans from their homes to the senior center to have lunch with others, reducing isolation while providing nutritious meals.

Willow Library Association: \$1,698,000 over 30 months to replace and expand Willow's public library and renovate the adjacent community center.

Target Wellness Grants

Access Alaska Inc.
Alaska Community Foundation
Alaska Family Services Inc.
Alaska Native Tribal Health Consortium
Alaska Sports Hall of Fame Inc.
Alaska State Hospital & Nursing Home Association
Alaska Trails
Amazing Grace Academy
APCA Inc.
Boy Scouts of America
Boys & Girls Clubs of Southcentral Alaska
Burchell High School
CCS Early Learning
Chickaloon Village Traditional Council
Choose Love Inc.
Co-Occurring Disorders Institute Inc.
Dena'ina Elementary School

Fallen Up Ministries
Food Bank of Alaska Inc.
Frontline Mission
Girl Scouts of Alaska
Glacier View Community Council
Helmets On Heads
International Association of Lions Clubs
Joe Redington Sr Jr./Sr. High School
Knik Tribal Council
Links Mat-Su Parent Resource Center Inc.
Mabel T. Caverly Senior Center
Mat-Su Youth Housing
Mat-Su Community Transit
Meadow Lakes Elementary School
Meadow Lakes Seniors Inc.
Moose Boosters Wrestling Club
Palmer Moose Nordic Ski Team
Booster Club, Inc.

Palmer Senior Citizens Center Inc.
Pop Warner Little Scholars Inc.
Rural Alaska Health Professions Foundation
Set Free Alaska
Special Olympics Alaska Inc.
Sunshine Community Health Center Inc.
Susitna Valley Jr./Sr. High School
Sutton Elementary School
Talkeetna Community Radio Inc.
Tanaina Elementary School
The Basics
United Way of Matanuska-Susitna Borough
University of Alaska
Upper Susitna Food Pantry
Valley Residential Services
Wasilla Area Seniors Inc.



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