

Mat-Su Health Foundation Mat-Su Regional Medical Center



2022 Community Health Needs Assessment
2023-2025 Community Health Improvement Plan
Year 1 Evaluation – 2023





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Introduction

Thank you for your interest in the Year 1 Evaluation Report of the implementation strategies from the 2022 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 2023 toward achievement of the goals outlined in the 2022 Community Health Community Health Improvement Plan.

The 2022 Community Health Needs Assessment was defined around the Well-Being Portfolio, developed by the Rippel Foundation, which offers a new way of looking at the health of a community. The wheel has two sides: one for efforts that provide urgent services (the kind anyone under adversity would need to temporarily regain or restore their health and well-being) and one for the efforts that not only have the potential to improve health and well-being but also prevent harm and avert the need for urgent services. Efforts on this second side of the wheel seek to create vital, systemic conditions that people depend on to be healthy and well. They usually include tackling problems at the system level, whereas urgent services provide solutions address the problem on a temporary basis. Urgent services will always be needed, but there is a question about how much they'll be needed as efforts to improve vital conditions are increased. These are wrapped in efforts to increase Belonging and Civic Muscle, so that all individuals have fulfilling relationships and social support that people need to thrive. It's about being part of a community and contributing to its vibrancy.

Implementation Strategies

The 2023-2025 Community Health Improvement Plan includes 4 overarching goals:

Goal 1: Mat-Su Residents are safe and cared for through a well-coordinated system of care that is responsive to adverse and traumatic experiences impacting physical health and mental well-being.

Goal 2: Mat-Su residents have equitable access to resources that ensure health, wellness, and safety.

Goal 3: All Mat-Su residents have opportunities for improved economic mobility through lifelong learning and meaningful work.

Goal 4: All Mat-Su residents feel accepted, supported, included, and experience a sense of belonging.

The pages that follow highlight key accomplishments achieved during calendar year 2023 by the Mat-Su Health Foundation, the Mat-Su Regional Medical Center and numerous community collaborators.



Our Ways of Working

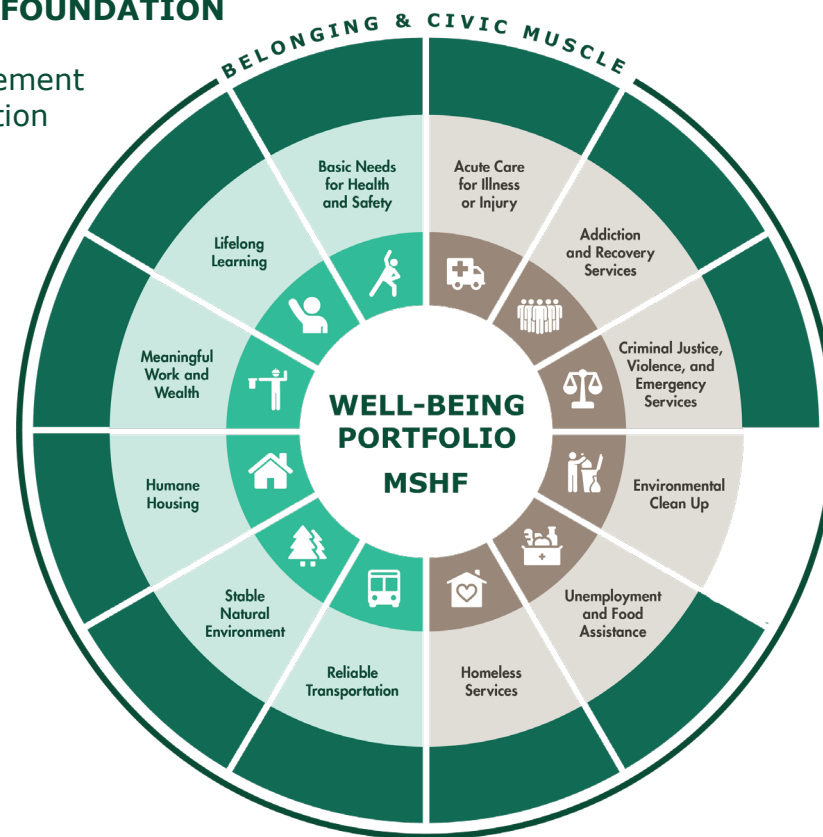
Shaded blocks outside of the well-being portfolio represent implementation strategies directed toward those areas of the portfolio based on the “ways of working” of the Mat-Su Health Foundation (MSHF) & Mat-Su Regional Medical Center (MSRMC).

MSHF and MSRMC are also working collaboratively in 4 areas of the portfolio:

- Meaningful Work and Wealth
- Lifelong Learning
- Basic Needs for Health and Safety
- Acute Care for Injury or Illness

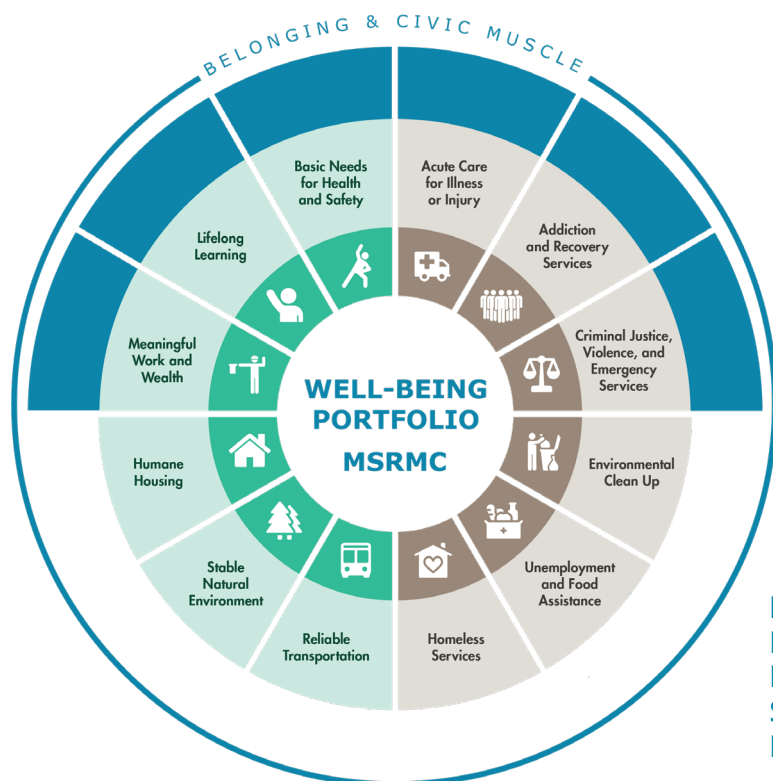
MAT-SU HEALTH FOUNDATION

Funding Priorities
Community Engagement
Research & Evaluation
Policy Reform



MAT-SU REGIONAL MEDICAL CENTER

New Clinical Capacity
New Practitioners
Staff Training & Competencies
Prevention, Education, Screening



Funding Priorities

In 2023, Mat-Su Health Foundation awarded \$17.2 million in grants and scholarships.



Community Enagagement

The Mat-Su Health Foundation is learning and growing in how we engage and connect with the Mat-Su community. Program Officers partner with community leaders to host convenings where key stakeholders come together to discuss and share ideas and build partnerships to address issues like food insecurity, workforce development, and youth behavioral health. For the first time in 2023, the Healthy Foundations focus area hosted learning field trips to partner sites across Mat-Su working on food security. Connect Mat-Su, an information and referral service of MSHF, partnered with Sunshine Community Health Center to develop an e-referral pilot project to connect their patients with resources for housing, food, employment, and transportation. R.O.C.K. Mat-Su, a collective impact of 66 partners, launched a six-month learning series to empower parent leaders and strengthen partner agencies by integrating parent voice into their practices and policies. R.O.C.K and Mat-Su College partnered to host Alaska's first Human Library® event.

In addition to the many ways MSHF programs engage with community, in 2023, the foundation hosted a series of four community conversations – Palmer, Wasilla, Chickaloon/Sutton, and Upper Su. MSHF board members and executive leadership engaged in conversations with community using the World Café model to talk about topics like MSHF membership, governance, grantmaking and scholarships; services of Mat-Su Regional Medical Center; and identifying and addressing health disparities in Mat-Su.

Research and Evaluation

The MSHF fosters a learning culture, using data to inform our work and supporting evaluations of key initiatives like Behavioral Health in Schools, High Utilizer Mat-Su, and Crisis Now. In addition to the ongoing evaluations, in 2023, we launched a scholarship evaluation to explore the impacts of the scholarship program on recipients and the Mat-Su workforce and began planning for a more in-depth assessment of food security.

Policy Reform

In 2023, MSHF worked with partners to support the passage of a bill to extend Medicaid postpartum coverage for a full 12 months, and we saw movement on other bills of interest that will continue to be addressed in 2024. We also advocated for expanding Head Start funding, which the Governor vetoed \$3.5 million of the additional \$5 million in Head Start federal matching funding added to the budget by the legislature. Advocating for Head Start funding will continue to be an important part of our advocacy work, and we are watching closely the recommendations from the Alaska Childcare Task Force as some may result in legislative or regulatory action.

We continued to actively participate in the Medicaid For All Alaskans advocacy group and co-chaired a committee to assist the State of Alaska in outreach efforts related to redetermination.

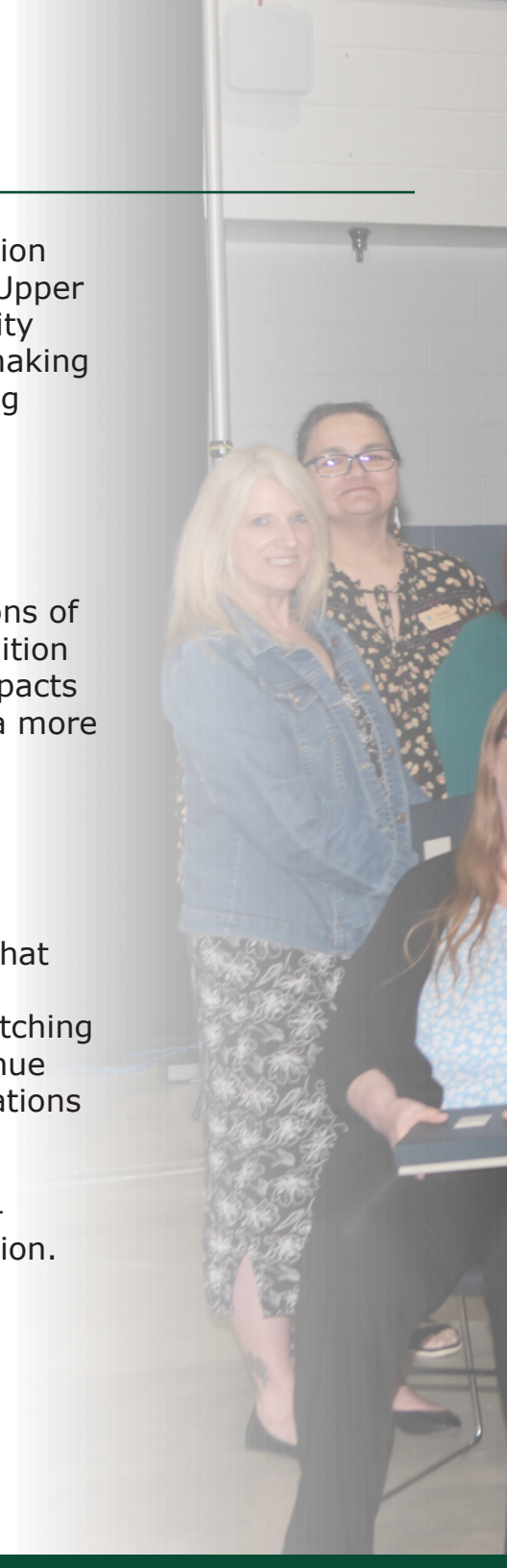


Photo of the Mat-Su Crisis Response Team receiving the 2024 Bert Hall award.



Goal One

Mat-Su Residents are safe and cared for through a well-coordinated system of care that is responsive to adverse and traumatic experiences impacting physical health and mental well-being.

Mobile Crisis & Community Care Teams

The Mobile Crisis Team (MCT) launched out of True North Recovery in 2023 to respond to, mitigate, and care for residents experiencing crisis in partnership with law enforcement. The MCT is staffed by a licensed behavioral health practitioner and a peer support worker and operates 24 hours per day 7 days per week. The MCT responds to emergency calls related to domestic violence, family mediation, driving under the influence, child abuse, loss of life, alcohol and drug abuse crisis, suicide ideation, house fires, vehicle repossessions where people will be homeless, veterans in crisis, disoriented seniors, and youth having experienced trauma. The MCT, dispatched by MATCOM, had 287 calls in 2023, of which 208 involved a response from the MCT.

The Community Care Team (CCT), formerly the Post-Crisis Network, is led by Connect Mat-Su with the purpose of supporting Mat-Su residents experiencing behavioral health crisis to recover and thrive and to prevent recurring crises that require emergency assistance. The CCT engages two types of organization, one to serve as a “connector” for more immediate support and one to receive referrals from the MCT and connectors to provide inpatient and outpatient behavioral health services. At the end of 2023, the CCT had 18 organizations on board and the CCT received 31 client referrals from the MCT.



Participating as part of the CCT include Alaska Addiction Rehabilitation Services, Alaska Family Services, Alaska Therapeutic Courts, Alaska Youth and Family Network, Alzheimer’s Resource of Alaska, Connect Palmer, Denal Family Services, Daybreak, Inc, Family Promise, Links Mat-Su Resource Center, MSHF Connect Mat-Su, Mat-Su Health Services, MyHouse, Set Free Alaska, Southcentral Foundation, Sunshine Community Health Center, True North Recovery, and Valley Charities.

Connect Mat-Su E-referral Project

Connect Mat-Su worked in partnership with the State of Alaska, Health Systems Collaboration and Sunshine Community Health Center to develop an e-referral pilot project to connect patients who receive medical care at Sunshine with resources related to social needs that impact their health, for example housing, food and nutrition, or employment resources. The e-referral pilot launched on May 1, 2023. Connect Mat-Su received 210 client referrals from Sunshine Community Health Center from May 1-June 15. Approximately 110 of the 210 client referrals have received direct information and referral services from Connect Mat-Su. The most frequently identified primary needs of clients referred include health, work, housing, transportation, food. The pilot is an opportunity for Connect Mat-Su to reach Upper Susitna residents. Often during client interactions, they learn about resources they were unaware of previously. In 2023, nearly 14% of all Connect Mat-Su cases were referrals through the e-referral pilot, significantly expanding Connect Mat-Su's reach in the Upper Su.

210
CLIENT
REFERRALS



**MOST FREQUENTLY
IDENTIFIED PRIMARY NEEDS
OF CLIENTS REFERRED**



HEALTH



WORK



HOUSING



TRANSPORTATION



FOOD

Behavioral Health in Schools

The BHIS program served a total of 477 students in the 22/23 school year and expanded to include Meadow Lakes and Big Lake schools. Sunshine Community Health Center started billing for services, a notable milestone for the sustainability of the program.



STUDENTS
DEMONSTRATED IMPROVEMENT

2,720 INDIVIDUAL THERAPY SESSIONS

55 FAMILY
SESSIONS



374 GROUP THERAPY
SESSIONS



My therapist is extremely nice and caring and is helping me out with a lot of hard things. My therapist listens when I'm talking and asks if I'm ok and doing good every time we meet.

High Utilizer Mat-Su



32.1%
REDUCTION IN
ED UTILIZATION

True North Recovery

4 EMERGENCY
PLACEMENT BEDS



2x TEAM

DOUBLED THE SIZE
OF MOBILE CRISIS TEAM

Mat-Su Regional Medical Center

MSRMC is a critical component of the health ecosystem in Mat-Su, providing urgent services in the following areas of the well-being portfolio: acute care for illness and injury, addiction and recovery services, and emergency services. MSRMC is responsive to community needs by implementing new programs and services, recruiting new practitioners and physician specialists to expand clinical capacity, and participating in collaborative efforts like the drug-endangered children multidisciplinary team (MDT).

New Clinical Capacity



24 HOUR PHARMACY

IMAGING CENTER OF EXCELLENCE

DIALYSIS

New Practitioners

**BEHAVIORAL HEALTH
INTAKE SPECIALIST**



**Cardiology
Primary Care**

SPECIALTY RECRUITMENT

**Internal Medicine
Plastic Surgery
Psychology**



Developing new clinical competencies through staff development and training is also a key focus, enabling the staff to provide high quality care to patients.

Staff Training & Competencies



67
**STAFF RECEIVED
TEAMS TRAINING**



100%
**BEHAVIORAL HEALTH STAFF
RECEIVED DE-ESCALATION TRAINING**

Prevention education and screenings address the need for urgent services over time. During 2023, MSRMC implemented a process to ensure that all patients are screened for social determinants that may be impacting their ability to live a healthy life.

The Drug Endangered Children Multi-Disciplinary Team is a group of community professionals who collaborate to ensure positive and healthy outcomes for children and families.

Prevention, Education, and Screening

100% INPATIENTS SCREENED FOR SOCIAL DETERMINANTS OF HEALTH



TEAM

2 STAFF MEMBERS PARTICIPATE IN
THE DRUG ENDANGERED CHILDREN
MULTI-DISCIPLINARY TEAM



Goal Two *Mat-Su residents have equitable access to resources that ensure health, wellness, and safety.*

Food Convenings & Field Trips

The Healthy Foundations focus area launched in September 2020, to address community-voiced challenges with housing, transportation, and food security. An upswing in the number of food-specific grant requests - with several key food providers asking for assistance with major capital projects, operating funds, and significant infrastructure improvements - called for a more coordinated effort to strengthen Mat-Su's food system. In 2023, the MSHF hosted four food system convenings to connect key organizations and stakeholders working across the food system in Mat-Su and to troubleshoot barriers to equitable food access. Participants formed new relationships, identified gaps, and sparked collaborations. As a result, MSHF funded a pilot program, Matanuska Community Farmers Market, which became the first place in Mat-Su to accept seniors' farmers market vouchers. Additionally, a conversation at a convening led to a new partnership between Alaska Pacific University and Pyrah's Pioneer Peak Farm with MSHF grant support for food-growing classes.



**HOSTED 4 CONVENINGS
AND 4 FIELD TRIPS**



AWARDED \$502,519 IN GRANTS

TO SUPPORT FOOD ASSISTANCE AND FOOD SECURITY

The food system convenings also included four field trips to sites across the Mat-Su for partners to learn more about one another's work. These field trip venues included Rebarchek Agricultural Park at the Alaska State Fairgrounds, Kids Kupboard, UAF Matanuska Experiment Farm and Cooperative Extension Service, and a trip to the Upper Su to visit the Upper Su Food Pantry, Susitna High School pantry, summer food backpack distribution at Talkeetna Public Library, and a community garden located at Talkeetna's Church on the Rock.

Photo from the Mat-Su food system field trip to the Rebarchek Agricultural Park at the Alaska State Fairgrounds.



Veterans Resource Fair

The 2023 Mat-Su Veterans Resource Fair was held on Saturday, December 2, 2023. The fair served 486 people, double the number from last year. There were 61 booths from a variety of organizations and different entities of Veteran Affairs, nonprofits like Alaska Warrior Partnership and Elizabeth Dole Foundation, and several American Legions, three VSOs (Veteran Service Officers for benefit support), the State Office of Veterans Affairs, an all-female American Legion from Anchorage, the local VA health clinic, Chris Kyle Patriots Hospital and so many more. There was overwhelmingly positive feedback from participants and providers.

“Great experience and a TON of good came out of this for the veteran community; Thank you for all the hard work that goes into this event. I hope to continue to be a part of it as it grows and connects Veterans to support options.”

Valley Charities DME

MSHF provided Valley Charities with a grant to expand the inventory available through their Durable Medical Equipment Rental Program. Valley Charities was able to help 1,669 residents saving them nearly \$400,000 in medical expenses. The program allows Mat-Su residents to rent durable medical equipment at no cost to the resident. This equipment is often only needed for a short period of time and is usually costly to purchase or rent.



VALLEY CHARITIES WAS ABLE TO HELP

1,669 RESIDENTS

SAVING NEARLY \$400,000 IN MEDICAL EXPENSES



Photo from the 2023 Veteran Resource Fair.



Rock Mat-Su

STAFF REPRESENTED ON **12** LOCAL/STATEWIDE/NATIONAL COLLABORATIVES



Facilitated Team Interaction Training
on 3rd cohort, 60 people will be trained by completion



66



PARTNER ORGANIZATIONS

Hello BABY



CONNECT MAT-SU HIRED
STAFF TO BE COORDINATOR
OF SERVICES FOR FAMILIES



9 MEMBERS SEATED ON THE
CORE TEAM FROM COMMUNITY
ORGANIZATIONS

Family Contact Improvement Initiative



The Family Contact Improvement Partnership (FCIP) continues to improve family contact for Mat-Su children who are in out-of-home placements. The goal of the FCIP is for community partners to unite so that families and children engage in meaningful, healthy contact that is best for the child. In recognizing this best practice, there are discussion for scaling FCIP statewide.

Connect Mat-Su



2,315 CALLS
27.5% INCREASE FROM 2022

1,502
UNIQUE
INDIVIDUALS
SERVED



"I really appreciated the personalized call back to check up on me and see if it all worked out. That shows me that you truly have care and concern for me."



Youth 360

STRATEGIC PLAN COMPLETED



FINALIZED NEW DATA COLLECTION TOOL TO EVALUATE
PARTICIPANTS WELLBEING & OVERALL PROGRAM EVALUATION

Mat-Su Farmer's Market

MSHF AWARDED \$33,520



LAUNCHED IN 2023, THE MARKET WAS THE FIRST OF IT'S KIND IN PALMER
AND THE FIRST IN MAT-SU TO ACCEPT SNAP AND DOUBLE DOLLARS FOR PRODUCE

Transportation



\$400,000 IN LOCAL MATCH
TO LEVERAGE FEDERAL FUNDING FOR
SUNSHINE TRANSIT & VALLEY TRANSIT

Humane Housing



\$2,381,576
AWARDED ACROSS
8 AGENCIES

TO SUPPORT HOUSING PROJECTS
FOR LOW-INCOME RESIDENTS,
WOMEN AND CHILDREN, SENIORS,
PEOPLE WITH DISABILITIES, AND
INDIVIDUALS RECEIVING
TREATMENT FOR SUBSTANCE USE.

Healthy Aging

7 GRANTS TOTALING
\$883,500
TO SUPPORT
SENIOR SERVICES



Mat-Su Regional Medical Center

Over the past year, the MSRMC's priorities have included increasing access to services and enhancing the continuum of healthcare services.

New Practitioners

3,175 SERVED

THROUGH ADDED SPECIALTY CARE SERVICES

2,570 SERVED

THROUGH ADDED PRIMARY CARE SERVICES



New Clinical Capacity

GASTROENTEROLOGY (2,797 SERVED)

PLASTIC SURGERY (65 SERVED)

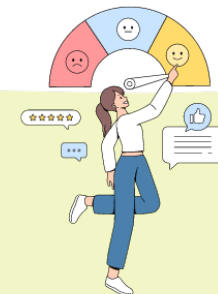
DIALYSIS (313 SERVED)



MSRMC has also expanded primary care services, and continues to explore and expand specialty care services in the Upper Susitna Valley.

Patient satisfaction and enhancing the patient experience continue to be top priorities.

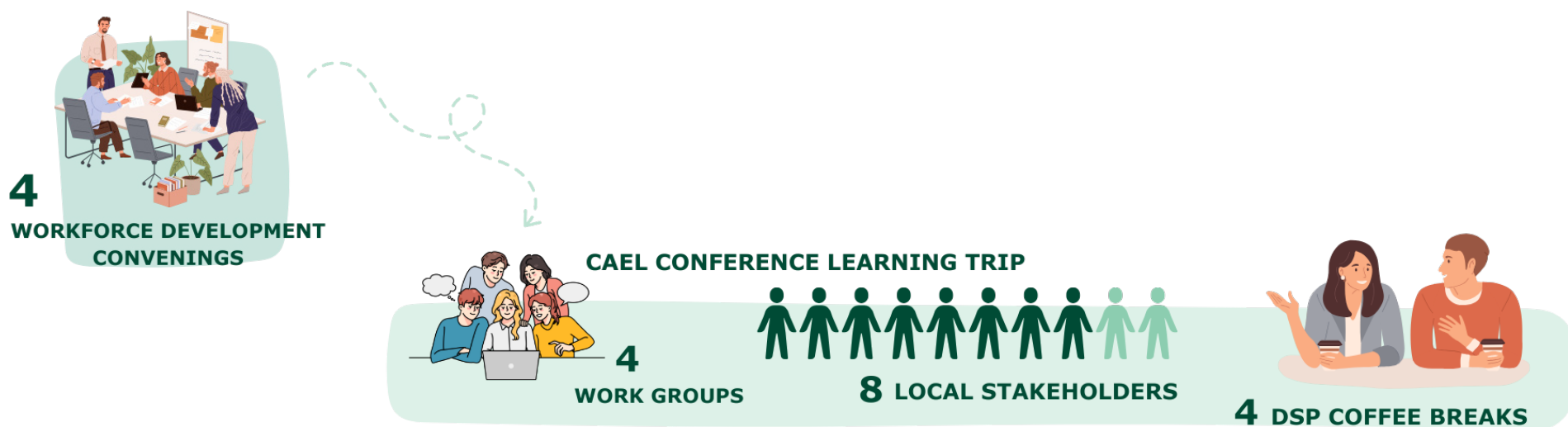
71%
TOP BOX
PATIENT
SATISFACTION



Goal Three *All Mat-Su residents have opportunities for improved economic mobility through lifelong learning and meaningful work.*

Workforce Development Convenings

It is a priority of the Healthy Futures focus area to convene healthcare and human services stakeholders to enhance healthcare career pathways and foster connections that enrich the quality of healthcare services available in the Mat-Su. Throughout 2023, the MSHF Workforce Development Network convened quarterly and set goals to determine health and human services (HHS) workforce needs, identify strengths and challenges for entering HHS careers, identify gaps and opportunities for HHS education and training programs, and create networking opportunities for HHS educators and employers. Four workgroups were created to help the network move from dissecting and discussing issues to developing actionable ideas for implementing recommended changes. In alignment with these efforts, the Mat-Su Health Foundation sponsored a learning trip to the 2023 Council for Adult and Experiential Learning (CAEL) conference.



Workforce Development Network Workgroups

Waves of Change	Implementing more registered apprenticeships.
Career Engagers	Develop a healthcare employer survey to gain insights about their employees' career and personal needs.
Mat-Su S.T.A.R.T.	<i>Student Training and Resource Team</i> Development of a comprehensive website that identifies and directs users to healthcare training career options and training opportunities.
Rural Connections	Development of a rural community champion strategy that identifies and creates relationships with proactive community members for integrating healthcare education and information into local networks.

Childcare Wage Advocacy/Convening of Local Partners

CCS Early Learning, the Mat-Su Head Start and Early Head Start provider for income-eligible families, was awarded a \$3,655,289.50 multi-year grant to support key operations. This is a significant effort to meet foundational needs for children and families, and to address ongoing workforce needs that began during the pandemic and have been exacerbated by inflation.

Childcare is a critical component to supporting a healthy and diverse workforce and ensuring children have access to early learning. CCS Early Learning is a powerful and passionate advocate for Head Start, and while many policy makers support upstream investments for healthy families, lasting investments have not been enacted by government. Across Alaska and the Nation there are childcare workforce shortages and childcare worker wages remain low. This funding is supporting the important work of CCS Early Learning by focusing on supporting and enhancing their workforce recruitment and retention.

2023 Scholarships

TYPE	NUMBER AWARDED	AMOUNT AWARDED
ACADEMIC	442	\$2,097,000
VOCATIONAL	123	\$390,734
PROFESSIONAL DEV.	35	\$80,286

INCREASE
FROM 2022



SUPPORTING MAT-SU NONPROFIT LEADERS

12 IN CERTIFICATE PROGRAM
FOR NONPROFIT MANAGEMENT



13 IN TRIPLE IMPACT
LEADERSHIP TRAINING

Early Care & Education Investments/Child Care Access

\$75,000 CAPACITY INVESTMENT IN SUNSHINE
STATION IN UPPER SU



CONVENED LOCAL
PARTNERS AROUND
WAGE ADVOCACY



Mat-Su Imagination Library

ENROLLED 200 CHILDREN
IN 3 MONTHS



Mat-Su Regional Medical Center

MSRMC's implementation strategies include strengthening the healthcare workforce. This includes recruitment of specialty physicians, making opportunities available for persons with disabilities to enter the health care workforce and building relationships with career and technical schools to provide local training for key positions.

Staff Training & Competencies

**8 PROJECT SEARCH STUDENTS
100% PLACED IN JOBS**

**RELATIONSHIP WITH CAREER TECH
FOR PHARMACY TECH POSITIONS**



New Practitioners

**MORE THAN 400
STUDENTS ACROSS DISCIPLINES
WORKING IN MSRMC**



To support the health care workforce as well as to make high quality education available to children at an early age, MSRMC is committed to implementing an on-site early care and education program.

**PLANNING FOR
HOSPITAL CAMPUS
EARLY CARE AND
EDUCATION PROGRAM
STARTED**



Goal Four *All Mat-Su residents feel accepted, supported, included, and experience a sense of belonging.*

R.O.C.K. Mat-Su Learning Series

Starting in September 2023, a six-month “Learning Series” focused on community engagement aimed to empower parent leaders and strengthen partner agencies’ practices and policies. The cohort’s goals included enhancing leadership skills among parents and helping local agencies integrate lived experiences into their processes. Three agencies took part, with each team consisting of 2-3 parents and 2-3 employees.

“Parent involvement takes defeated feeling parents and gives them achievement, accomplishment and gives them voice...It builds strong families which builds strong kids.”

“This is all about education. Parent voices are important and they need to be part of the decision making.”



3 PARTNER ORGANIZATIONS



8 COMMUNITY MEMBERS
WITH LIVED EXPERIENCE

Human Library

“I felt safe. I felt supported.
I felt enriched.”

“This was life
changing for me.”

R.O.C.K. Mat-Su and Mat-Su College partnered together to host Alaska’s first Human Library® event in October 2023, where readers were able to borrow people serving as open books to have conversations. The “Readers” of the event engaged with 27 human “Books”, drawing out unlikely conversations about differences in an environment that encouraged curiosity, openness, and trust.

All the Books who completed the post survey (n=18) strongly agreed sharing their experiences at the Human Library made them feel better understood and that the methods of the Human Library were useful for fostering dialog. Most Readers reported the readings changed their view on the topic they read (44% strongly agreed, 33% agreed) and the event made them more open to exploring and asking about unfamiliar topics (68% strongly agreed, 20% agreed).

Human Library Event

27 PEOPLE VOLUNTEERED
AS "BOOKS"



47 PEOPLE VOLUNTEERED AS "READERS"



Photo of individuals who volunteered as "Books" for the Human Library® event.



Palmer Family Park

Safe and inclusive play spaces promote social connection and are important for child development. In 2023, the Palmer Family Church of the Nazarene opened the inclusive and accessible playground they built with a \$500,000 grant contribution from the Mat-Su Health Foundation. When parks and playgrounds are not accessible or safe for children with disabilities, they miss out on opportunities to play and to engage with disabled and nondisabled peers. The new park provides inclusive equipment and spaces so children with all abilities have an opportunity to play together.

**ENCLOSED ACCESSIBLE AND INCLUSIVE PLAY
SPACE WITH YEAR ROUND ACCESS**



\$500,000 GRANT

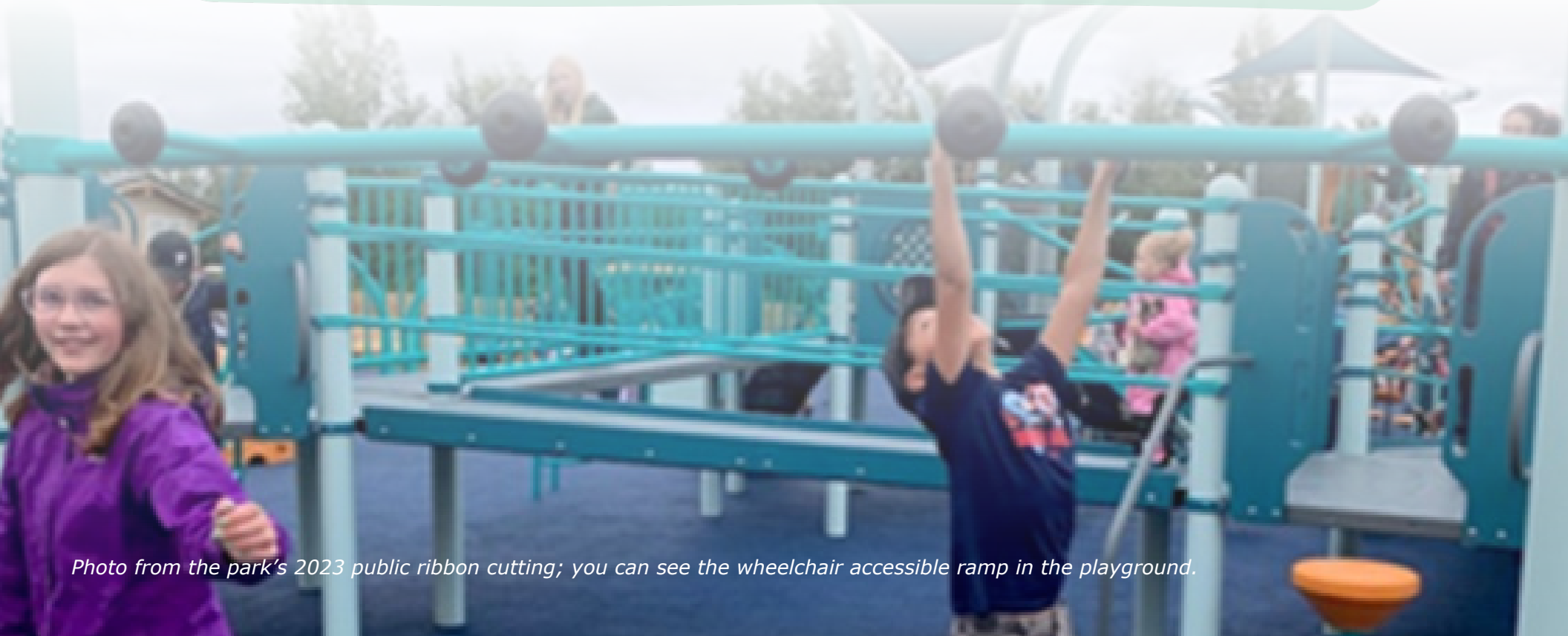


Photo from the park's 2023 public ribbon cutting; you can see the wheelchair accessible ramp in the playground.

Healthy Aging Through Community Connections

MSHF was awarded funding from Margaret A. Carghill Philanthropies to support community-led efforts to meet the physical and social needs of the Mat-Su Borough's rapidly growing population of older adults.



This opportunity seeks to support older residents to maintain their independence and quality of life by increasing awareness of services and resources, supporting community connectedness, and improving quality of care and services of caregivers and direct support professionals.

ROCK Mat-Su

HOSTED COMMUNITY BABY SHOWERS
IN PALMER AND FAIRVIEW



HOSTED 4 BRAIDED STORIES WORKSHOPS
WITH 36 PARTICIPANTS

Connect Mat-Su

375 EVENTS ADDED TO SOCIAL EVENTS CALENDAR



Mat-Su Regional Medical Center

MSRMC continues to prioritize diversity, equity, and inclusion training for all hospital staff. In 2023, three hospital leaders, including the CEO, participated in training through the NUKA System of Care at Southcentral Foundation.

To foster a socially connected and health informed community, MSRMC hosts monthly senior circle lunches walks with a doc, and lunch and learn programs.

Prevention, Education, and Screening

11 SENIOR
CIRCLE LUNCHES
WITH
494 ATTENDEES



Staff Training & Competencies

100%

STAFF TRAINED IN UNCONSCIOUS
BIAS AND DIVERSITY, EQUITY
AND INCLUSION





Mat-Su Health Foundation

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