



MAT-SU HEALTH FOUNDATION

2013 ANNUAL REPORT

THE MAT-SU HEALTH FOUNDATION BOARD OF DIRECTORS

Linda Conover, Chair
Scott Johannes, Vice Chair
Andy Reimer, Secretary Treasurer
Nathan Dahl
Sally DuClos (through June, 2013)
Bill Hogan
Ken Kincaid
Dr. Mary Loeb (through January, 2013)
Benjamin Olmedo
Mary Olson
Jody Simpson
Richard Stryken (through June, 2013)
Jerry Troshynski
Marg Volz
Fred Van Wallinga
Randy Westbrook

MAT-SU REGIONAL MEDICAL CENTER BOARD MEMBERS APPOINTED BY MSHF

Five seats on the 10-seat Mat-Su Regional Medical Center (MSRMC) Board are filled by Mat-Su Health Foundation (MSHF) representatives. These Board Members govern and help set the mission, vision and values of the hospital.

Bill Hogan
Ken Kincaid
Teri Namtvedt
Elizabeth Ripley
Craig Thorn, Chair

MAT-SU HEALTH FOUNDATION STAFF

Melissa Kemberling, Director, Program Planning and Evaluation
Heather Merry, Administrative Assistant
Robin Minard, Director, Public Affairs
Vickie Reese, Program Assistant
Elizabeth Ripley, Executive Director
Sharon Scott, Program Officer
Desiré Shepler, Program Associate
Don Zoerb, Finance Director



MAT-SU HEALTH
FOUNDATION

Our annual report this year highlights the **Community Health Needs Assessment** that we conducted with support from our partners in 2013.

In addition to the Community Health Needs Assessment, much of the more traditional work of the Mat-Su Health Foundation (MSHF) continued in 2013. We awarded almost \$4.4 million in grants, scholarships and initiative funding. Grants supported a wide range of health-related projects, including recreational facilities, substance abuse treatment, food pantries and health fairs. We also funded capital projects for local organizations such as Family Promise Mat-Su and the Talkeetna Library and Community Resource Center. MSHF also provided funding for strategic initiatives such as Recover Alaska, the Alaska Wellness Coalition and the Mat-Su Aging and Disability Resource Center. To help build the health care workforce of the future, we awarded \$250,000 in scholarships to 67 Mat-Su residents pursuing careers in health and wellness.

The staff and board of directors of Mat-Su Health Foundation are honored to serve the community through these assets and resources. Thank you!



Linda Conover
BOARD CHAIR



Elizabeth Ripley
EXECUTIVE DIRECTOR



Cultivating Health IN THE MAT-SU

As an organization whose mission it is to improve the health and wellness of Alaskans living in our community, the Mat-Su Health Foundation focuses on being data-driven and strategic in deployment of resources.

Our team spent much of 2013 working in association with other organizations to conduct a Community Health Needs Assessment (CHNA), designed to identify and prioritize the major health needs of Mat-Su residents. We started with an extensive review of health data about Mat-Su. We then met with more than 500 community members at 24 meetings held across the borough and online. Some meetings were with key stakeholders such as government officials, health care providers, emergency responders, and employers. Others were with the general public. In all of the meetings, we asked the attendees to rank what they felt were the health goals the community should strive for and what were the biggest challenges we faced.

OUR COMMUNITY RANKED THE FOLLOWING AS THE TOP HEALTH AND WELLNESS GOALS FOR THE MAT-SU COMMUNITY:

- 1 *All Mat-Su children are safe and well cared for.*
- 2 *All Mat-Su residents are drug free (illegal drugs) and sober or drink responsibly.*

IN ADDITION TO RANKING HEALTH GOALS, THE COMMUNITY RANKED HEALTH ISSUES AND IDENTIFIED THESE AS THE MOST PRESSING:

- 1 *Alcohol and Substance Abuse*
- 2 *Child and Youth Abuse and Violence*



As the CHNA results were analyzed, it became clear that goals and challenges identified by the community all related to promoting optimal behavioral health for Mat-Su residents. This means providing treatment for residents with substance abuse or mental health challenges. It also means creating a supportive environment where children live in families without violence or substance abuse, and with parents who are healthy and happy. To further determine where MSHF and community partners should invest collectively to address these issues, MSHF launched what will be a keystone project in 2014: a significant investigation into the local behavioral health care system. We designed a Behavioral Health Environmental Scan (BHES) to help the community better understand how the treatment and prevention systems are working and what can be done to improve them.

THE BEHAVIORAL HEALTH ENVIRONMENTAL SCAN (BHES) WILL RESEARCH AND ANALYZE THE FOLLOWING:

- 1 The availability of a complete continuum of care for child and adult behavioral health
- 2 Barriers and challenges to accessing services
- 3 System response and service provision for behavioral health emergencies
- 4 State and national policy and regulatory effects on the Mat-Su system
- 5 Policies and practices that have worked in like communities to address challenges
- 6 Upstream prevention opportunities

Throughout the course of this project, we will interview providers of behavioral health services, people who refer patients to these services, and local residents for their perspectives and input. Maps will be developed that highlight gaps and redundancies in how patients and funding flow through the system. A “hot spot” analysis will identify geographically where most of the behavioral health emergency room admissions come from in the borough, and how these admissions relate to income level, age, types of insurance and other factors. Also, the stakeholders that work in prevention of these issues will be convened, and this input analyzed to see how we could better network and strengthen their efforts.

The BHES will yield a report that details its findings and makes recommendations to improve Mat-Su’s behavioral health treatment system and to better coordinate and enhance prevention efforts. Preliminary findings will be released in Fall 2014. **The end result will be a road map to help Mat-Su become the healthiest borough in the nation.**

A special thanks to our partners who provided funding for this project: Alaska Mental Health Trust Authority, BP Alaska, Chickaloon Village Traditional Council, Denali Commission, Knik Tribal Council, Mat-Su Agency Partnership, Mat-Su Borough, Mat-Su Borough School District, Mat-Su Coalition of Senior Centers, Mat-Su Health Services, Mat-Su Public Health, Mat-Su Regional Medical Center, Providence Health and Services Alaska, Rasmuson Foundation, State of Alaska Department of Health and Social Services, Southcentral Foundation, Sunshine Community Health Center, United Way of Mat-Su, and Valley Charities, Inc.

2013 Healthy Impact Grants

GRANT PROGRAM FOR REQUESTS GREATER THAN \$15,000

ALPINE HISTORICAL SOCIETY

\$72,930 for construction of a community-build playground in Sutton.

BIG LAKE LIONS

\$800,000 for construction of a 10,800 square foot recreational facility.

CCS EARLY LEARNING

\$500,000 for a capital project to house both a Palmer Head Start Center and the organization's administrative offices.

FAMILY PROMISE MAT-SU

\$195,500 to purchase a facility with both office space and temporary housing for families.

GIRLS SCOUTS OF ALASKA

\$125,000 to support two projects: a health clinic at Camp Togowoods and equipment for Camp Singing Hills.

GOOD SHEPHERD LUTHERAN CHURCH

\$175,800 to remodel kitchen facilities.

PALMER AMATEUR HOCKEY ASSOCIATION

\$24,000 to fund the purchase of cross-ice safety boards and an outdoor hockey rink that is free and open to the public.

SET FREE ALASKA

\$115,000 for an outpatient substance abuse treatment program.

THE MATANUSKA-SUSITNA BOROUGH

\$135,000 to help fund construction of a new Talkeetna Library/Community Resource Center.

UNITED WAY ANCHORAGE

\$68,875 to establish an Affordable Care Act navigator in the Mat-Su Borough to guide consumers as they look for health coverage options.

UPPER SUSITNA SENIORS

\$34,400 to purchase a multi-use tractor and trailer to clear snow for senior citizens.

VALLEY PERFORMING ARTS

\$100,000 to help support the purchase, renovation and expansion of a new facility.

WASILLA AREA SENIORS

\$120,000 for its "Continuing Care Community" project.

WASILLA YOUTH BASEBALL

\$35,000 to construct a multi-function pavilion.

2013 TARGET WELLNESS GRANTS

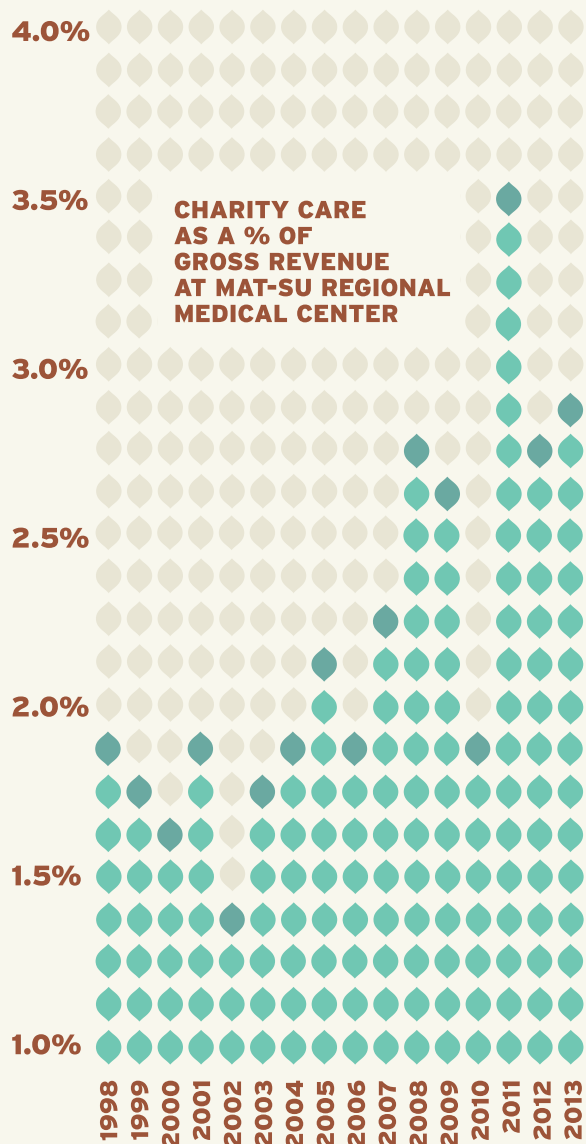
GRANT PROGRAM FOR REQUESTS \$15,000 AND UNDER

ACCESS ALASKA // AFFINITYFILMS // ALASKA ATTACHMENT & BONDING ASSOCIATES // ALASKA CANCER CARE ALLIANCE // ALASKA CHILDRENS' TRUST // ALASKA COMMUNITY FOUNDATION // ALASKA FAMILY SERVICES // ALASKA MOBILITY COALITION // BLOOD BANK OF ALASKA INC // BLOOD N FIRE MINISTRY OF ALASKA // CHICKALOON VILLAGE TRADITIONAL COUNCIL // CITY OF WASILLA // COVENANT HOUSE // GOOD SHEPHERD LUTHERAN CHURCH // FOOD BANK OF ALASKA // FOOD PANTRY OF WASILLA // FRONTLINE MISSION // GREAT ALASKA COUNCIL, BOY SCOUTS OF AMERICA // HOUSTON FIRE DEPARTMENT // MAT-SU BASEBALL // MAT-SU SEA HAWKERS // MAT-SU SERVICES FOR CHILDREN AND ADULTS // MAT-SU SKI CLUB // MEADOW LAKES COMMUNITY DEVELOPMENT // MID-VALLEY SENIORS // NORTH AMERICA OUTDOOR INSTITUTE // NORTHERN SUSITNA INSTITUTE // OUR LADY OF THE LAKE CATHOLIC CHURCH // PALMER MUSEUM OF HISTORY AND ART // PALMER RECREATIONAL BASKETBALL LEAGUE // PALMER SENIOR CITIZENS CENTER // STUDENT CONSERVATION ASSOCIATION // VALLEY CHARITIES // VALLEY MOVER // VALLEY RESIDENTIAL SERVICES // WILLOW HEALTH ORGANIZATION

2013 SCHOLARSHIP RECIPIENTS

COREY AMBROSE // KATHRYN APPLIN // LUCINDA ARCHIBALD // BRIAN ASHMORE // DIANA BEREZHKOVA // BRENT BEAMAN // CHRISTINA BERNIER // KARRY BETTS // TRACI BOYLE // KATHERINE BURR // MIRACLE BURTON // CAITLIN CADELINA // MATTHEW CHARLAND // JOSHUA CHRISTENSEN // KATHRYN COCKER // JESSICA COWGILL // ANNA ENZWEILER // ANNA EZELL // TREY FARBER // GRACE FERRY // MICHAEL FOY // ASHLYN FRIZZELLE // LEONELLA FURSOVA // SHANNAN GARCIA // KATHERINE GRAHAM // JASMINE GRAY // TAMMY HEIMERL // MIKAELA HULL // MICHAEL JURASEK // KRISTOPHER KALMBACH // JOSEPH KRUPA // JENNIFER LEE // JENNIFER LEWIS // MATTHEW LOUDON // RUTH MALAK // RICHARD MANRIQUE // HEIDI MARTZ // JULIA MAXWELL // KATHRYN MAYER // SHILOH MCRAE // ERIN MURRAY // RACHAEL OIE // KYLER PERRY // ALYSSA PETERS-LANDLORD // SABRINA PRALLE // REBECCA RATHBUN // MEAGAN RECTOR // CAITLIN RICHARDSON // HEATHER ROBINSON // BRANDI ROLSTON // KELSEY SCHOBER // HANNAH SCHRUF // HEATHER SEIMS // MAIA SINGHMOR // ARIEL SIZEMORE // JAMES SLIWA // VERA SOSNINA // BAILEY STEVENSON // REBECCA STINER // MOLLY SULLIVAN // KALIA THAO // RENEE VINGOE // KAYLA WAGNER // JAKE WILLIAMS // AMANDA WOLFE // JOHANNA ZIVOTIC // MARYANN ZMUDA

In 2013 our grant awards grew 23% compared to 2012 - from \$3.5 million to almost \$4.4 million.



Statement of Activities and Changes in Net Assets

(In Thousands)
(2013 Unaudited)

REVENUE AND SUPPORT	2013	2012
Equity Income in Joint Ventures	\$ 13,010	\$ 12,417
Investment Income, Net	9,780	5,886
Other Income and Net Assets Released From Restrictions	69	97
TOTAL INCOME	22,859	18,400
 GRANTS AND EXPENSES		
Grant Awards	4,361	3,538
General and Administrative Expenses	1,409	1,138
Total Expense	5,770	4,676
CHANGE IN NET ASSETS	\$ 17,089	\$ 13,724
 NET ASSETS, BEGINNING OF YEAR	\$ 109,286	\$ 95,562
NET ASSETS, END OF YEAR	\$ 126,375	\$ 109,286



Statement Of Financial Position

(In Thousands)
(2013 Unaudited)

ASSETS	2013	2012
Cash and Cash Equivalents	\$ 14,151	\$ 21,553
Investment in Joint Ventures	43,174	40,714
Long-Term Investments	71,338	49,658
Leasehold Improvements, Net	74	61
Other Assets	34	40
TOTAL ASSETS	\$ 128,771	\$ 112,026
 LIABILITIES AND NET ASSETS		
Accounts Payable and Accrued Expenses	\$ 245	\$ 357
Grant Awards Payable	2,151	2,383
Total Liabilities	2,396	2,740
 Unrestricted Net Assets	126,375	109,286
Temporarily Restricted Net Assets	0	0
Total Net Assets	126,375	109,286
 TOTAL LIABILITIES AND NET ASSETS	\$ 128,771	\$ 112,026



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