

Benefiting residents of Benton,  
Carroll, Clinton, Fountain,  
Montgomery, Tippecanoe, Warren  
and White counties



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2016  
Community  
Benefit  
Update

Respecting our past. Preparing for our future.



BENEFITING RESIDENTS OF INDIANA'S BENTON, CARROLL, CLINTON, FOUNTAIN, MONTGOMERY, TIPPECANOE, WARREN AND WHITE COUNTIES



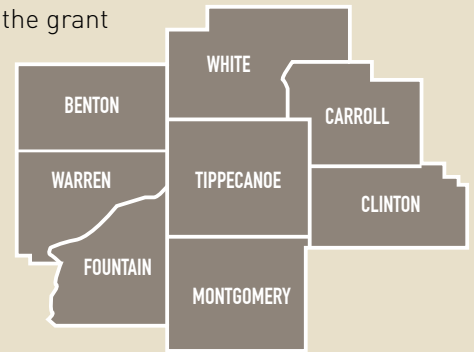
# Helping Communities in Eight Counties

NCHS is committed to advancing and providing health care for the benefit of the citizens of Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White counties. NCHS operates River Bend Hospital, a private inpatient psychiatric hospital, licensed and certified by the Indiana FSSA Division of Mental Health and Addiction. NCHS provides financial support, primarily in the form of capital grants, to nonprofit organizations that share our commitment to health and the development of healthy communities. NCHS also initiates strategic partnerships to directly address critical community health needs.

In 2015, NCHS and River Bend Hospital conducted a Community Health Needs Assessment to identify the most critical health care and social issues affecting NCHS service area communities. The resulting report, available at [nchsi.com/assessment](http://nchsi.com/assessment), provides a guide for determining where grantmaking can make the greatest impact on health and the development of healthy communities. NCHS was privileged

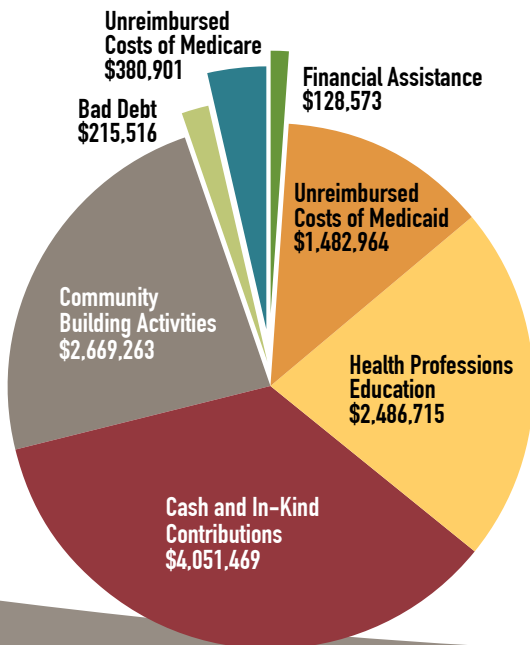
to partner with nonprofit organizations this year to increase access to substance abuse treatment, develop the psychiatry workforce, house families with chronic housing stability obstacles and address other areas of significant need.

Read on to learn more about these innovative projects. Visit our website, [nchsi.com](http://nchsi.com), for more information on the grant application process and guidance on whether your project may be a fit for NCHS grantmaking in the year to come.



# Continuing Our Caring Tradition

## 2016 Community Benefit Snapshot



## Financial Assistance

River Bend Hospital serves the mental and behavioral health needs of those requiring inpatient intervention and mental health care regardless of their ability to pay for services.

## Community Benefit Services

NCHS is committed to providing health care and promoting healthy communities for the benefit of its eight-county service area. NCHS provides grants to qualified nonprofits primarily for capital projects and initiates strategic funding partnerships to directly address the most critical community health needs in the NCHS service area. Visit the NCHS website, [nchsi.com](http://nchsi.com), for guidelines and application information.

# Developing Healthy Communities

## COMMUNITY BENEFIT PARTNERSHIPS TO IMPROVE MENTAL HEALTH CARE ACCESS

NCHS initiates strategic partnerships with coalitions, funders, nonprofits and other entities to directly address the most critical community health needs identified by the 2015 River Bend Hospital Community Health Needs Assessment. These NCHS-initiated community benefit partnerships fund the launch, expansion or strengthening of programs and services that improve health outcomes and develop healthy communities.

## Tackling the Psychiatrist Shortage

### LOCAL AND STATEWIDE PSYCHIATRIST SHORTAGES

Indiana ranks in the bottom 10 states in the nation for mental health workforce availability in Mental Health America's 2017 State of Mental Health in America report. While the demand for mental health services continues to increase, the supply of practicing psychiatrists in Indiana has been in decline for many years. In 2015, 43 of 92 counties in Indiana reported they did not have a practicing psychiatrist, and 62 counties reported they had just one or fewer full-time psychiatrists.

The 2015 River Bend Hospital Community Health Needs Assessment identified a shortage of psychiatrists in the NCHS service area: "The community suffers from a shortage of mental health professionals, particularly qualified psychiatrists, psychologists, social workers and primary mental health care providers." Seven of the eight counties NCHS serves have been designated Mental Health Professional Shortage Areas by the Health Resources and Services Administration.

Because psychiatrists have the authority to prescribe and oversee medication therapy, and they oversee the clinical services delivered by other mental health providers, psychiatrist shortages have both a direct and trickle-down effect on the availability of mental health services.

### NEW PSYCHIATRY RESIDENCY PROGRAM

A number of issues affect the supply of psychiatrists, including inadequate support in academic institutions and a decline in the availability of funding for graduate medical education. At the time of NCHS's exploration into the psychiatrist shortage, only one psychiatry residency program existed in the state of Indiana.

Recognizing the limited opportunities in Indiana for psychiatry education and, in turn, the consequences for mental health care locally, NCHS sought out a partnership to increase the number of available psychiatric residency slots. Community Health Network, meanwhile, was developing plans to establish a new psychiatry residency program. NCHS

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funding helped bring those plans to fruition more quickly.

Over the course of eight years, a \$2,454,400 NCHS grant commitment will support the new residency program, providing resident stipends and funds for additional faculty from practicing psychiatry and other specialties, faculty from other mental health disciplines and community-based participation.

Community Health Network's new residency program has already matched successfully two cohorts of residents. The residents report they were drawn to the program's clinical and community practice focus — and many have strong Indiana ties.

"As our state and nation face a shortage of psychiatrists, the demand for mental health services continues to grow," said Kathy Zoppi, Community Health Network Senior Vice President and Chief Academic Officer.

"We are dedicated to addressing these needs by training the next generation of psychiatry residents, preparing them to succeed at the forefront of the ever-evolving role of psychiatry in the delivery of health care. This multimillion-dollar investment will go far in making that workforce development goal a reality."

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## Launching Leading-Edge Addictions Care for the Underserved

### RISING RATES OF OVERDOSE FATALITIES

In 2014, more than 1,100 Hoosiers died from drug poisoning, marking a 500 percent increase since 1999 and placing Indiana 15th nationwide for drug overdose fatalities. When the 2015 River Bend Hospital Community Health Needs Assessment identified substance abuse as the second-most critical health need in the NCHS service area, NCHS reached out to providers to determine their interest in launching, with NCHS grant funding, a much-needed community addictions treatment program. Riggs Community Health Center (Riggs), a Federally Qualified Health Center in Lafayette, rose to the challenge.

### BEHAVIORAL HEALTH CARE AND PRIMARY CARE INTEGRATION

Riggs patients with addictions disorders were previously handled on a case-by-case basis. No formal program had been established for medication-assisted treatment, which involves the use of medications, such as buprenorphine, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders.

Riggs was awarded a \$346,469 pilot-year grant from NCHS to establish the Dependency Treatment Program, built on a written protocol with policies and procedures for evaluation and treatment and staff training to establish systems and expectations for patient care.



*All Riggs patients are now screened with a simple tool to identify potential alcohol or drug dependencies.*



“We seek to increase education on addictions, treat current addictions in our clients, improve awareness for services in our community and decrease the number of deaths due to overdose and withdrawal.”

Dr. Bambi McQuade-Jones  
President and CEO,  
Riggs Community Health Center

Integration of addictions care within the primary care setting at Riggs is recognized as a best practice in substance abuse treatment, as many patients have medical and behavioral diagnoses, and because the primary health care context can reduce patient stigma and increase patient access to treatment. All Riggs providers in the adult medicine department have completed dependency program training, and all patients are now screened with a simple tool to identify potential alcohol or drug dependencies.

Describing the goals for the Dependency Treatment Program, Riggs President and CEO Dr. Bambi McQuade-Jones said, “We seek to increase education on addictions, treat current addictions in our clients, improve awareness for services in our community and decrease the number of deaths due to overdose and withdrawal.”



In the Dependency Treatment Program’s first few months, 23 patients have enrolled, and 87 percent of enrollees are still receiving treatment.

*In 2014, more than 1,100 Hoosiers died from drug poisoning.*

*The long-term aim of the family program is to connect families to support that will help them break the homelessness cycle.*

## Building Healthy Communities

### COMMUNITY BENEFIT CAPITAL GRANTS TO BUILD HEALTHY COMMUNITIES

The NCHS community benefit capital grants program responds to unsolicited requests from qualified nonprofit organizations seeking support for capital projects related to health and the development of healthy communities.

#### Supportive Housing for Homeless Families

In 2016, LTHC Homeless Services (LTHC) approached NCHS for a \$50,000 grant toward renovations to create a permanent supportive housing program for families struggling with chronic homelessness in Tippecanoe County. The permanent supportive housing model combines affordable housing with crucial support services to help families achieve stability.

NCHS was particularly interested in the program’s potential outcomes for a population for whom mental illness and substance abuse, among other concerns, are challenges to stable housing. Connections between the problem of homelessness in the NCHS service area and related needs for mental health and addictions care were identified in the 2015 River Bend Hospital Community Health Needs Assessment.



LTHC's family program focuses on families who face persistent obstacles to maintaining housing, such as a mental illness, substance use disorder or chronic medical problem. The short-term impact is ending homelessness for families by getting them out of the shelter system and into permanent housing. The long-term aim of the program is to connect families to the right type of long-term support to help them break the homelessness cycle.

The family program now has the capacity to provide housing for 11 families and to connect them with an on-site case manager to help address their barriers to housing stability. Jennifer Layton, LTHC Homeless Services Executive Director, said, "The greatest outcome of the project is the provision of stable housing to families and children who would otherwise be utilizing the shelter system, jails, hospitals and other institutions because they lack the necessary skills and supports to live independently."

One year into the program, 15 adults and 30 children are housed. The families are already exceeding LTHC's program outcome targets: 100 percent have retained housing and are meeting with case managers to work on individual housing barriers, and 90 percent are progressing in their stability plans.

NCHS appreciated the opportunity to increase the effectiveness and capacity of an already impactful and viable program.

### After-school Academic Enrichment

The Lyn Treece Boys & Girls Club (Boys & Girls Club) in Lafayette has been recognized by the Boys & Girls Club of America as having one of the highest average daily attendances statewide. From 2012 to 2016, average daily attendance at their Beck Lane location rose 50 percent, from 80 to 120 children.

The Boys & Girls Club contacted NCHS for funding toward an expansion that would address the growth of the program while providing space for students to focus on academics and receive homework support in a quiet, dedicated space. NCHS appreciated the opportunity to increase the effectiveness and capacity of an already impactful and viable program. A \$49,900 NCHS grant was awarded toward the 2,500-square-foot building addition.

"This gives us two big spaces for an academic hall, and an arts and crafts area," said Boys & Girls Club Executive Director Barry Richard. "It will enable us to expand our tutoring and mentoring programs."



The Boys & Girls Club's Indiana Kids and Mentoring with Impact programs provide homework mentors who, with club staff, work with members daily to achieve learning goals through homework or supplemental assignments. Last year, the club received the Top Performer award from the Indiana Alliance of Boys & Girls Clubs for the highest completion rate in all phases of the Indiana Kids program. The Boys & Girls Club believes the physical layout of the addition will enhance the success of the program, and the dedicated space for academics will help communicate to students and families the program's focus on academic enrichment.



*The Lyn Treece Boys & Girls Club building expansion adds space for after-school learners.*



## Making Long-Term Impact

### Dental Care Access

One year after the implementation of a \$197,148 grant from NCHS, the Riggs Community Health Center (Riggs) campus expansion has expanded dental care access in Tippecanoe County.

The former 1,100-square-foot clinic has been replaced with a 2,000-square-foot space featuring private exam rooms and updated equipment. The expansion also allowed for the hiring of additional staff, including two full-time dental hygienists, two dental assistants and one dentist. With the expansion, Riggs was able to serve 500 new patients in its first year in the new building.

Riggs has now secured funding to establish dental services at its Boone County clinic as well. "I believe obtaining the grant from NCHS for the Lafayette dental clinic expansion positively influenced other grantors to invest in a new dental program in Boone County," said Riggs President and CEO Dr. Bambi McQuade-Jones.

Riggs was able to serve 500 new patients in its first year in the new building.



*The expanded dental clinic footprint has increased dental care access in Tippecanoe County.*



*A conceptual drawing of plans for the Northern Reach.*

### WABASH RIVER CORRIDOR ENHANCEMENT

NCHS first invested in the Wabash River corridor enhancement project in 2005 through a \$500,000 grant to establish the Wabash River Enhancement Corporation (WREC). WREC leads community efforts to develop and implement long-range plans to improve the Wabash riverfront, the river corridor and water quality.

NCHS has helped WREC fund numerous studies since its formation, including environmental assessments, hydraulic studies and the Corridor Master Plan. In 2014 and 2015, NCHS awarded more than \$800,000 for schematic-level plans for the Northern and Central Reaches of the Wabash River in Greater Lafayette.

Those plans are now complete and set the stage for the next level of river enhancement planning and development, including WREC's first development project, to construct the first phase of a riverside promenade to physically and visually connect the community with the river. NCHS awarded \$2,224,809 in 2016 to this project, which is borne out of WREC's goal of improving access to, along and across the river corridor by developing trails, access points and pull-offs to connect existing municipal, county and state recreation resources to residential and commercial centers on both sides of the river.

#### NORTHERN REACH SCHEMATIC MASTER PLAN GOALS

- Conserve & Restore Natural Site — expanded wetlands, reforestation, restoration of river bank, removal of invasive plants
- Enhance Recreation Opportunities — playgrounds, waterplay, open lawn, mountain bike trails/pumptrack
- Enhance Connectivity — looped trails, Mascouten Park pedestrian bridge
- Sustainable Integration — earth-shaping, flooding accommodation



*Construction of the first phase of the riverside promenade has begun.*





*NCHS capital grant funding administered by the Food Finders Food Bank Partner Agency Council increased fresh produce distribution in Montgomery County this year.*

## Awarding Funds to Benefit Communities

### **NCHS COMMUNITY BENEFIT CAPITAL GRANTS**

#### **Lafayette Family YMCA**

Intersection Connection Child Care Center •  
\$1,000,000

#### **LTHC Homeless Services**

Permanent Supportive Housing Renovations •  
\$50,000  
State Grant Application Matching Funds • \$400,000

#### **Lyn Treece Boys & Girls Club**

Beck Lane Center Academic Support Expansion •  
\$49,900

#### **Tippecanoe Arts Federation, Inc.**

ARTreach Expansion in White and Benton Counties  
• \$180,000  
NCHS Capital Subgrants to Twelve Arts and Culture  
Organizations • \$255,000

#### **Twin Lakes Camp and Conference Center**

Flooring for Cabin Expansion • \$3,913

#### **Wabash River Enhancement Corporation**

Riverside Promenade • \$2,224,809

### **NCHS-INITIATED COMMUNITY BENEFIT PARTNERSHIPS**

#### **Community Foundation of Greater Lafayette**

2016 Douglas W. Eberle Board Governance  
Educational Series • \$20,000  
2016 Nonprofit Executive Development Initiative • \$15,000

#### **Community Health Network Foundation**

NCHS-Initiated Psychiatry Education Support • \$286,800

#### **Food Finders Food Bank, Inc.**

Capital Subgrants to Three Food Pantries • \$124,603

#### **Heads Up Tutoring Program**

NCHS Food & Family RFP • \$26,398

#### **Historic Five Points Fire Station Educational Center, Inc.**

Legacy Support for Smoke Alarm Outreach • \$24,640

#### **Indiana Rural Health Association**

Annual Conference Scholarships • \$2,480

#### **Mental Health America of Tippecanoe**

Child Psychiatric Conference Support • \$2,500

#### **Riggs Community Health Center**

NCHS-Initiated Addictions Treatment Program  
Support • \$346,469

#### **Warren County Community Foundation**

Regional Nonprofit Capacity-Building Workshop • \$4,060

## OUR MISSION

We are committed to continuing the traditions of NCHS in advancing and providing health care for the benefit of residents in our eight-county service area. NCHS promotes healthy communities for all area residents by supporting technological and scientific advancement, education, and quality-of-life and humanitarian services.

*NCHS operates River Bend Hospital in West Lafayette, a nonprofit psychiatric inpatient healthcare facility.*



## Sharing Our Resources

### Our Work

Governed by a volunteer board of individuals from its eight-county service area, NCHS is a 501(c)(3) organization with a long tradition of providing medical services. NCHS was created in 1984 to serve as the parent company of a family of corporations which included Lafayette Home Hospital, Home Hospital Foundation and Service Frontiers Incorporated. Today, NCHS has a primary responsibility to operate River Bend Hospital, a nonprofit inpatient psychiatric hospital licensed and certified by the Indiana FSSA Division of Mental Health and Addiction.

NCHS provides grants to qualified nonprofits primarily for capital projects and initiates strategic funding partnerships to directly address the most critical community health needs in Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White counties in Indiana.



## OUR RESPONSIBILITIES

The primary responsibilities of NCHS are to operate River Bend Hospital, a private inpatient psychiatric hospital licensed and certified by the Indiana FSSA Division of Mental Health and Addiction, and to support certain activities of qualified local agencies and organizations through financial grants.