

RESPECTING OUR PAST. PREPARING FOR OUR FUTURE.



River Bend
HOSPITAL

HELPING COMMUNITIES IN EIGHT COUNTIES

OUR WORK

Governed by a volunteer board of individuals from its eight-county service area, North Central Health Services, 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 address the most critical community health needs directly in Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White counties in Indiana.

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.

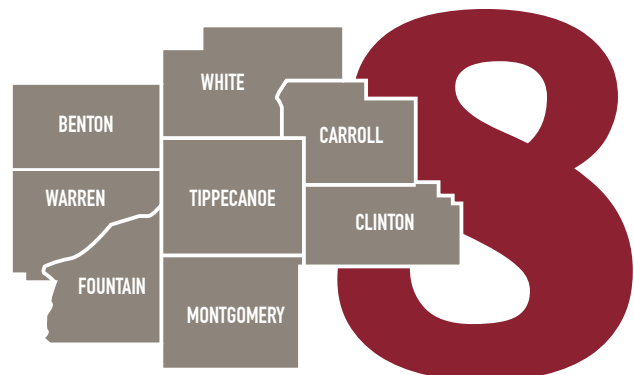
OUR PROJECTS

In 2015 and 2018, NCHS and River Bend Hospital conducted Community Health Needs Assessments to identify the most critical health care and social issues affecting the NCHS service area communities. The resulting reports, available at nchsi.com/assessment, help NCHS determine where its grantmaking can make the most significant impact on health and the development of healthy communities.

Guided by the most recent assessment, NCHS was privileged to partner with nonprofit organizations this year to:

- Develop the psychiatry workforce.
- Help schools explore evidence-based substance use prevention and social-emotional learning curriculums.
- Enhance services and recreational opportunities for at-risk youth.
- Strengthen coordinated services for families and individuals in housing crises.
- Address other areas of significant need.

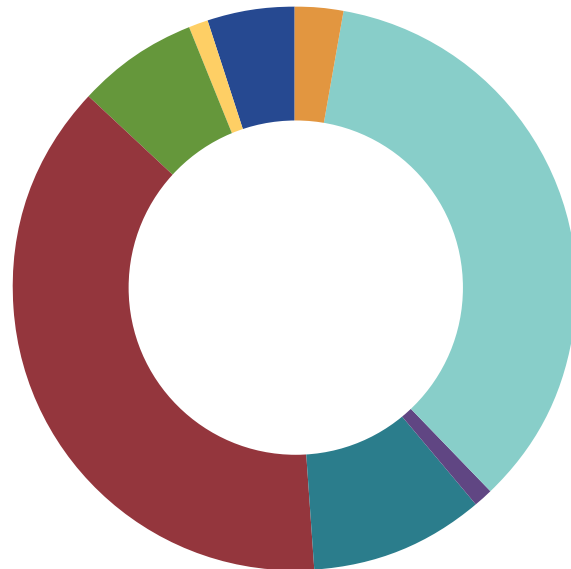
Read on to learn more about these innovative projects. Visit our website, nchsi.com, for more information on the grant application process and guidance on whether your project may be a fit for NCHS grantmaking in the year to come.



CONTINUING OUR CARING TRADITION

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. River Bend Hospital, the only nonprofit mental health hospital in our service area, is committed to offering financial assistance to people who have health care needs and are not able to pay for care.



COMMUNITY BENEFIT SERVICES

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

BENEFIT SNAPSHOT

Financial Assistance	\$ 294,784
Unreimbursed Costs of Medicaid	\$ 3,602,959
Community Benefit Operations	\$ 79,053
Health Professions Education	\$ 1,014,139
Financial and In-Kind Contributions	\$ 3,984,981
Community Building Activities	\$ 752,282
Bad Debt	\$ 143,822
Unreimbursed Costs of Medicare	\$ 518,757
TOTAL	\$ 10,390,777



River Bend Hospital provides acute inpatient psychiatric care to the adult population of Mid-North Indiana.

DEVELOPING HEALTHY COMMUNITIES



COMMUNITY BENEFIT PARTNERSHIPS

NCHS initiates strategic partnerships with coalitions, funders, nonprofits and other entities to directly address the most critical community health needs identified by the 2018 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.

EVIDENCE-BASED SCHOOL PARTNERSHIPS IN YOUTH RESILIENCY

RESILIENT YOUTH INITIATIVE

When Indiana's overall mental health ranking fell from 19th to 45th in Mental

Health America's 2016 State of Mental Health in America report, NCHS noticed the overall decline was due in large part to ranking declines in youth measures.

NCHS conducted community health needs assessment focus groups across the region in the summer of 2018, at which school administrators expressed their own concerns about the social and emotional well-being of their students, as well as the need to equip students with skills and knowledge for substance use prevention.

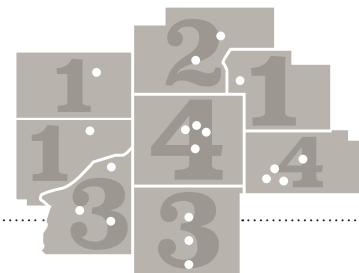
NCHS launched the Resilient Youth Initiative (RYI) in 2018 to assist school corporations in developing youth resiliency through the identification, implementation and long-term sustainability of proven social-emotional learning (SEL) and substance use prevention programs.



The kids liked the stories that accompanied the lessons as they could relate to them well. My students also remembered the behavior stoplight poster and would reference it often during our PATHS lessons. Many of the students were good at using their feelings cards. I could see them change the cards throughout the day. They also liked having a Student of the Day and looked forward to who would be next. They all wanted to share a compliment about that person."

Pat Schrock | 2nd grade teacher | Clinton Prairie

DEVELOPING HEALTHY COMMUNITIES



The goals of the Resilient Youth Initiative are to:

- Alleviate barriers schools face identifying evidence-based social-emotional learning and substance use prevention programs.
- Provide the support schools need to implement these programs effectively.
- Help students develop prosocial-emotional behaviors, drug resistance and mental well-being.
- Improve youth mental health measures and reduce youth substance use.

RESILIENT YOUTH INITIATIVE IMPLEMENTATION GRANTS

- In 2018, NCHS requested planning grant proposals. K-12 schools and corporations that were awarded planning grants received funding and complementary technical assistance to assess the needs of their students, evaluate the potential of evidence-based programs to meet their needs, plan for the implementation of their chosen programs and, if they chose, apply for three-year implementation grants from NCHS.

“

One of our successes was the implementation of our ARR (Amygdala Reset Room). We created brain break cards, like thinking putty or yoga, for students to use the space and connect with staff on a more personal level. I felt I learned more about the friends of the students who utilized the space than I ever have. I was able to use this information when students were struggling with making safe choices to help de-escalate them quicker so they could return to learning.”

Karie Cloe | Principal | Blue Ridge Primary

- In 2019, NCHS provided one planning grant and 18 three-year implementation grants to school corporations in eight counties. This financial commitment of \$5,093,719 includes grant training, coordination and materials needed to implement the programs with fidelity. It also funds one-on-one grantee coaching from field experts, custom implementation trainings and initiative-wide evaluation by an independent research partner to explore the overall impact on schools and students.

GRANTS

BENTON

Benton Community School Corp.

CARROLL

Delphi Community School Corp.

CLINTON

Clinton Central School Corp.

Clinton Prairie School Corp.

Community Schools of Frankfort

The Crossing

FOUNTAIN

Attica Consolidated School Corp.

Covington Community School Corp.

Southeast Fountain School Corp.

MONTGOMERY

Crawfordsville Community Schools

North Montgomery School Corp.

South Montgomery School Corp.

TIPPECANOE

Faith Christian School

Lafayette Catholic School System

Lafayette School Corp.

Tippecanoe School Corp.

WARREN — PLANNING GRANT CYCLE

MSD of Warren County

WHITE

Frontier School Corp.

Twin Lakes School Corp.

\$5,093,719

DEVELOPING HEALTHY COMMUNITIES

GRANTEE-SELECTED EVIDENCE-BASED PROGRAMS

Each of the curriculums selected by grantees are well-ranked on the Blueprints for Healthy Youth Development database or the National Registry of Evidence-based Programs and Practices and are backed by rigorous studies showing short-term and long-term reductions in substance use and aggressive behaviors and improvements in social-emotional competencies.

The curricula are:

- Al's Pals
- Botvin LifeSkills
- Building Skills
- Conscious Discipline
- Curriculum-Based Support Group
- PATHS
- Positive Action
- Reconnecting Youth
- Second Step
- SPORT Prevention Wellness
- Youth Message Development

In 2019, NCHS invested in additional supports to set grantees on the path to success, including custom training and partnership with an independent evaluator. During the fall of 2019, the initial

implementation stage began when the SEL programs were first being used. The significant activities initiated during this stage included orienting the school and community on the program, training those with key roles and intensive coaching to help teachers and others through this implementation period.

In the fall of 2019, more than 22,000 students completed the web-based Assessment of Liability and EXposure to Substance use and Antisocial behavior, Revised® (ALEXSA-R) in support of the NCHS RYI. The purpose of the ALEXSA-R survey was to evaluate the impact of curricula in helping students avoid behavior problems and substance use, providing skills for thoughtful problem solving, increasing support for one another and developing healthy behaviors and habits.

Students in RYI schools completed the ALEXSA survey in the 2019–2020 academic year before program implementation and will complete follow-up surveys in spring 2021 and spring 2022. By 2022, evidenced-based substance use prevention and social-emotional learning programs in these schools will reach an estimated 33,000 students annually — 67% of school-age youth in the NCHS eight-county service area.



It was found that just from the fall to the beginning of winter, we were beginning to see a shift in our school culture. We noticed that our number of behavioral referrals was down by 20% from the year before. Some teachers noticed that students were being kinder to each other — more willing to help someone in need, finding an adult when they felt things were not right — and showed more comfort in expressing how they were feeling to school faculty”

Danielle Nicolino | Principal | Roosevelt Middle School

BUILDING HEALTHY COMMUNITIES

IMPROVE MENTAL HEALTH CARE ACCESS

DEVELOPING THE MENTAL HEALTH CARE WORKFORCE

PURDUE UNIVERSITY SCHOOL OF NURSING PSYCHIATRIC/ MENTAL HEALTH NURSE PRACTITIONER PROGRAM

The need for mental health services is well documented both nationally and regionally. It is estimated that 43 million adults experience mental illness in a given year (NAMI, 2016). Historically, Indiana does not rank favorably in its ability to provide adequate mental health services. Our state ranked 42 out of 51 in a 2019 overall ranking by Mental Health America, where a low ranking indicates a higher prevalence of mental illness and lower rates of access to care, and ranked even lower in 2018, at 48 out of 51. A significant contributor to Indiana's low rankings is

the lack of access to mental health care providers. The Indiana State Department of Health has designated Tippecanoe County as a Mental Health Professional Shortage Area.

In October 2016, the Purdue University School of Nursing was approached by the Mental Healthcare Forum of Tippecanoe County to open a dialog regarding the shortage of mental health providers in the Greater Lafayette area and surrounding counties. Specifically, the results of the NCHS 2015 Community Needs Assessment and white paper were discussed.

NCHS approached the Purdue University School of Nursing about developing a new Psychiatric/Mental Health Nurse Practitioner (PMHNP) program, and in 2017, NCHS awarded the school a four-year, \$734,383 grant to support curriculum development and launch the program. Today, the program consists



NCHS funding will increase the number of Purdue Psychiatric Mental Health Nurse Practitioners trained each year.

BUILDING HEALTHY COMMUNITIES

of three pathways — a 12-month certificate program for nurses who already hold advanced practice status in another specialty, a two-year post-BSN to master's program in psychiatric/mental health nursing and a 3-year post-BSN to doctor of nursing practice (DNP) — each designed to qualify graduates for the American Nurses Credentialing Center Psychiatric-Mental Health Nurse Practitioner national certification.

The PMHNP is a competent provider who assesses, diagnoses and treats individuals and families with behavioral and psychiatric problems and disorders, or the potential for such disorders, through group therapy and individual and family counseling.

Purdue's first cohort of two PMHNP certificate students graduated in spring 2019. Both graduates have full-time positions in a mental health professional shortage area in Indiana, one in the NCHS service area.

Nine students are slated to graduate from the program in spring 2020: Four in the certificate program and five in the master's program. Four of nine currently work in the NCHS service area.

The program has experienced substantial growth that will undoubtedly continue to add qualified and skilled Psychiatric/Mental Health Nurse Practitioners to the local workforce.

In its third year, the program has 18 newly enrolled students (10 master's program students, four certificate students and four BSN-to-DNP students). Thirty-nine percent of these students were recruited from the eight-county NCHS service area, with four students from Tippecanoe County, two students from Montgomery County and one student from Benton County.

PMHNP

12-MONTH CERTIFICATE

- 2** students graduated in 2019
- 2** students have jobs in shortage area in Indiana,
- 1** student is working in the NCHS service area
- 4** students graduating in 2020

2-YEAR MASTER'S PROGRAM

- 5** students graduating in 2020

2019-2020 ENROLLMENT

- 4** certificate students
- 10** master's program students
- 4** BSN-to-DNP students



Through this program, we are directly creating a vehicle to fill the need for mental health professionals here at home."

Susan Kersey | Clinical Assistant Professor and program director

BUILDING HEALTHY COMMUNITIES

COMMUNITY BENEFIT CAPITAL GRANTS

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.

ENHANCING TRANSPORTATION

According to the Indiana Youth Institute's 2019 KIDS COUNT® Data Book, "(Indiana) children spend as many as 25 hours per week alone while their parents (or parent) work, and roughly 30% of Indiana's K-12 children are responsible for taking care of themselves before and after school."

Expanding transportation programs provides more families the opportunity to utilize community resources, thereby positively impacting their children's lives in the short term, not only by giving them

a warm, accepting and safe place to hang out, but also mentoring them in their areas of interest, as well as in areas of need.

HANNA COMMUNITY CENTER

advances the well-being and quality of life of the Lafayette community by providing quality programs, services and community interactions for its neighborhood and the youth, families and seniors that they serve. With its new facility in the Northend Community Center, Hanna Community Center saw an opportunity to help more children, especially those with mobility issues.

With an NCHS grant of \$24,000 along with partners Faith Church, Tempest Homes and the Community Foundation of Greater Lafayette, Hanna Community Center was able to achieve its goal of purchasing two 14-passenger buses (one equipped with a lift).



The Hanna Community Center will expand its resources with the purchase of two 14-passenger buses.

BUILDING HEALTHY COMMUNITIES



A new 14-passenger van allowed the Boys & Girls Club of Clinton County to expand its before school program.

BOYS & GIRLS CLUB OF CLINTON COUNTY began receiving increasing requests in 2019 from parents who needed to leave early in the morning for work. Frankfort has a large industrial park with more than 30 industries, ranging from food processing to automotive to consumer goods, along with medical facilities requiring early work shifts.

The Club saw this as an opportunity to expand its capacity and started to open at 5:30 am. With these extended hours, the Club needed to increase its transportation program to transport 14 additional children daily to and from school. NCHS was able to fund \$7,000 toward the budget of \$26,000 to expand the Club's before-school transportation fleet.

“

Because of NCHS we are able to pick up members from four different schools and bring them to the Club for positive programming.” *Susie Michael | Executive Director*

AWARDING FUNDS TO BENEFIT COMMUNITIES

NCHS COMMUNITY BENEFIT CAPITAL GRANTS: \$2,299,093

Boys & Girls Club of Clinton County	Accessible Passenger Van and Property Fencing Project	\$21,099
Hanna Community Center	Accessible Passenger Van	\$24,000
Historic Landmarks Foundation of Indiana	Monon High Bridge Project	\$248,000
Lafayette Urban Ministry	Video Equipment for Recovery Education	\$963
LTHC Homeless Services	Homeless Services Engagement Center Construction	\$1,687,500
Lyn Treece Boys & Girls Club	Property Acquisition and Demolition	\$24,500
Right Steps Child Development Centers	New Location Equipment	\$19,456
Boy Scouts of America Sagamore Council	Camp Buffalo and Cary Camp Bed Safety	\$43,575
Wabash Center, Inc.	Grant's House Facility Improvement	\$230,000

NCHS-INITIATED COMMUNITY BENEFIT PARTNERSHIPS: \$6,328,742

Community Foundation of Greater Lafayette	2019 Douglas W Eberle Board Governance Educational Series	\$30,000
Community Foundation of Greater Lafayette	2019 Nonprofit Executive Development Initiative	\$23,256
Community Health Network Foundation	Psychiatry Residency Program	\$286,800
Historic Five Points Fire Station Educational Center, Inc.	Legacy Support for Smoke Alarm Outreach	\$21,563
Indiana Rural Health Association	Annual Conference Scholarship	\$1,875
Indiana University School of Medicine Department of Psychiatry	Psychiatry Residency Program	\$432,541
Mental Health America Wabash Valley Region	Mental Health Navigator Program, Year 2	\$35,000
Mental Health America Wabash Valley Region	Mental Health Summit	\$2,500
Mental Health America Wabash Valley Region	Mental Health Navigator Program, Year 3	\$35,000
NCHS Resilient Youth Initiative	Evidence Based Social-Emotional Learning & Substance Use Prevention — Three-Year Implementation Grant, Technical Assistance and Evaluation	\$5,093,719
NCHS Resilient Youth Initiative	Evidence Based Social-Emotional Learning & Substance Use Prevention — Year One Training	\$11,141
NCHS Resilient Youth Initiative Planning Grant – MSD of Warren County	Evidence-Based Social-Emotional Learning & Substance Use Prevention	\$30,000
North Central Nursing Clinics	Behavioral Health Medication Adherence Study	\$55,870
Prescription Drug Safety Network	Prescription for Life Drug Safety Courses	\$20,000
Purdue University School of Nursing	Psychiatric/Mental Health Nurse Practitioner Program	\$236,977
Tippecanoe County Health Department	West Central Indiana Fetal/Infant Mortality Review	\$10,000
Lafayette Daybreak Rotary	Mental Health Support	\$2,500

\$8,627,835

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

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