



# HOW WE'RE HELPING

MEDICA FOUNDATION ANNUAL REPORT

2012

MEDICA®  
FOUNDATION



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## THE NUMBERS TELL THE TALE

We know that it is often difficult to get the most from our health care system. It can be fragmented and challenging to navigate. This can be especially true for people with lower incomes, with physical or mental disabilities, or whose cultural background doesn't equip them to deal effectively with the system. Our goal is to support those activities and programs that fill gaps, provide guidance, improve care and raise awareness.

In this year's report, we rely on the numbers to help bring to life the work of our grant partners. You will be able to see how many:

- People in crisis received a referral at a critical juncture
- First responders received training in handling mental health crises
- Teen parents received parenting support, coaching and encouragement to continue their education

- At risk teens who were provided a safe place to go for care, instead of the emergency room
- Individuals at risk for hospital readmission who received phone call reminders about care and medication, and how this dramatically reduced readmissions
- Teens who learned how to make healthier food selections in the school cafeteria

And there is more. We hope you are struck, as we are, by how the numbers underscore the amount of important and purposeful work we have been able to fund in 2012 — and by how these numbers add up to positive change for thousands of people.



*Robert Longendyke*  
Robert Longendyke,  
Executive Director



*JoAnn Birkholz*  
JoAnn Birkholz,  
Assoc. Executive Director



### ABOUT THE MEDICA FOUNDATION

Our mission is to fund community based initiatives and programs that support the needs of Medica's customers and the greater community by improving their health and removing barriers to health care services.

### BOARD OF DIRECTORS

(Pictured left to right) Daryl Durum; Esther Tomljanovich; John Buck, Chair of the Board; Kris Sanda, Vice Chair of the Board; and Burton Cohen.



## EARLY INTERVENTION CAN HELP REFUGEES WITH MENTAL HEALTH ISSUES BEGIN TO HEAL.

### Culturally adaptable health screenings are effective.

Minnesota's newest refugees, arriving from Bhutan, Burma, Ethiopia, Iraq and Somalia are highly traumatized. The **Center for Victims of Torture** developed a new, culturally adaptable mental health screening tool to provide earlier assessment and access to mental health services for people relocating to Minnesota. CVT is collaborating with the Minnesota Department of Health to determine best practices for implementing mental health screening throughout Minnesota.

[CVT.org](http://CVT.org)

“Refugees of war come from a place where civilians are targeted. They endure casualties similar to combatants, but the psychological wounds often cause the most suffering.”

– Patricia Shannon, Research Associate, CVT



50%

OF U.S. STATES PROVIDE MENTAL HEALTH SCREENING TODAY, MOST IDENTIFY LACK OF CULTURALLY ADAPTED SCREENING TOOLS AS A BARRIER

### BEHAVIORAL HEALTH

Mental health impacts all parts of society, but still retains a certain level of stigma, despite efforts to change public perceptions. For the past 10 years, the Medica Foundation has supported increased access and early intervention for programs addressing behavioral health issues.



# IMPROVING MENTAL HEALTH SERVICES CAN SAVE LIVES.

## Peer specialists support a new paradigm of care.

The **Mental Health Crisis Alliance** developed a new program that trains and certifies peer specialists to serve at Minnesota's first Adult Mental Health Urgent Care Center. Peer specialists inspire patients because they have walked in their shoes and are living proof that recovery is possible. At this urgent care center, a person can be assessed and work with certified peer specialists and mental health staff to access resources and receive crisis services.

[MentalHealthCrisisAlliance.org](http://MentalHealthCrisisAlliance.org)

“One peer specialist offered to ‘hold hope’ for a patient until he could hold it himself. Today that patient is sober, on his medications and has avoided hospitalization.”

EVERY \$1 SPENT ON CRISIS STABILIZATION SAVES \$2-3 ON HOSPITALIZATION COSTS



## Connecting pregnant teens with resources renews hope.

Homelessness, violence, drug addiction and lack of a support system often lead to serious financial, safety, medical and mental health challenges for pregnant teens. **Face to Face Health and Counseling Service** offers teens the care and services they need to provide a healthy environment for themselves and their babies.

“Some young parents are so stressed they can’t adequately support their child’s development.”

– Frankie Galka, Therapist

[face2face.org](http://face2face.org)

55 WOMEN PARTICIPATED IN A SERIES OF PREGNANCY CLASSES

209 WOMEN WERE SCREENED AND ALMOST 50% WERE IDENTIFIED AS BEING AT HIGH RISK FOR DEPRESSION

48 INDIVIDUALS RECEIVED THERAPY

# THE ROAD TO RECOVERY MAY SEEM ENDLESS FOR EX-OFFENDERS WITH MENTAL HEALTH ISSUES.

## Community resources can help rebuild lives.

To reduce criminal justice contact for people with mental illnesses, the **National Alliance on Mental Illness (NAMI)** of Minnesota developed a program to train attorneys, probation officers, landlords, halfway house staff and others whose skills help determine if a person in crisis receives the help they need, or is simply driven more deeply into the criminal justice system. Those trained by NAMI learned to better understand mental illness and respond effectively to people experiencing a mental health crisis.

“After a restraining order was lifted, an 18-year-old student went to a schoolmate’s house saying, ‘If you don’t go out with me, I’ll kill myself.’ NAMI’s training helped his attorney recognize that he had autism and didn’t realize others would interpret this as a threat, rather than an expression of sadness.”

– Anna McLafferty, Criminal Justice Director

2,014

CRIMINAL JUSTICE, MENTAL HEALTH AND HOUSING STAFF WERE TRAINED BY NAMI

[NamiMN.org](http://NamiMN.org)





## A STRONG PARENT-CHILD BOND CAN HELP FAMILIES BREAK FREE FROM GENERATIONS OF VIOLENCE.

### Educating teen parents changes outcomes.

Parenting is a skill that can be learned, but many teen parents don't know this. **FamilyWise** offers parenting coaching, along with guidance from professionals with expertise in children's health, domestic violence and mental health, to help keep families together and nurture healthy children.

“Recent data shows that 6,299 Minnesota families were investigated for child abuse or neglect.”

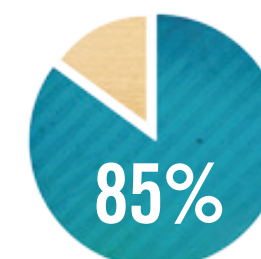
[FamilyWiseServices.org](http://FamilyWiseServices.org)

### EARLY CHILDHOOD HEALTH

The early years of a child's life can have a lasting impact on social and emotional development. The Medica Foundation supports early intervention initiatives to maximize health potential and minimize adverse events in the lives of young children.



CHILDREN AND TEEN PARENTS RECEIVED HANDS-ON COACHING



OF CHILDREN ARE ON TRACK DEVELOPMENTALLY



OF TEENS ARE CONTINUING THEIR EDUCATION



OF TEENS ARE ATTENDING A TRADE SCHOOL OR COLLEGE



## KIDS SUFFERING FROM DOMESTIC VIOLENCE DESERVE A VOICE.

**Encouraging children to express themselves enlightens parents.**

The **Central Minnesota Task Force on Battered Women** uses artwork and therapeutic play to help children describe events in their family life. A child's message can break through in a way that nothing else can to help a parent, usually the mother, choose to end a violent relationship. Women typically try to leave seven times before deciding to permanently remove themselves and their children from a relationship where there is domestic violence.

AnnaMaries.org

“Often, women are so consumed by the abusive relationship they don't have the ability to see what's happening to their children.”

– Patty Hackett, Project Director

400

CHILDREN AND THEIR MOTHERS  
RECEIVED SERVICES FROM THIS GRANT

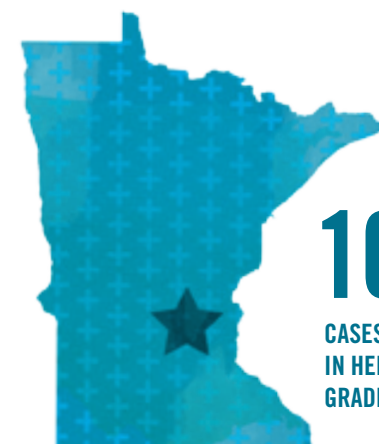
## PERSISTENT SCHOOL ABSENCES OFTEN SIGNAL A PROBLEMATIC HOME LIFE.

**Personal family visits reduce chronic truancy.**

School truancy is often the key to uncovering other difficulties in a child's life. The most challenging truancy cases in Hennepin County are referred to **Pillsbury United Communities** Be@School program for help. Through personal home visits, this community agency often finds that the true reasons for truancy are complex, ranging from parental or child mental health issues to neglect, bullying, homelessness and lack of transportation.

“We provide resources and help parents develop skills, so they are better equipped to send their children to school every day.”

– April Williams, Family Advocate



10,000

CASES OF CHRONIC TRUANCY REPORTED  
IN HENNEPIN COUNTY FOR CHILDREN IN  
GRADES K-12 IN FALL OF 2011

252

FAMILIES WERE HELPED  
BY THIS PROGRAM

PCU-MN.org







**APPROPRIATE USE OF  
HEALTH CARE RESOURCES**

The United States health care system is fragmented and difficult for people to navigate, especially new Americans and individuals with limited resources. The Medical Foundation supports programs that help people use the health care system effectively and take a proactive approach to helping people manage chronic diseases.

## KNOWING HOW TO NAVIGATE THE HEALTH CARE SYSTEM REDUCES COSTS.

### Nurses equip patients to get the right care at the right time.

Providing timely follow-up phone calls improves patient safety, equips patients to take better care of their own needs and prevents health problems from escalating to a crisis level. **LifeCare Medical Center** in Roseau created a program to prevent unnecessary emergency room visits after hospital discharge.



[lifecaremedicalcenter.org](http://lifecaremedicalcenter.org)

### Giving youth non-judgmental access to health care empowers them.

**Lutheran Social Services** sought to reduce unnecessary emergency room (ER) visits for at-risk youth by giving them a place to go for care. Most of the young people (ages 13–24) who came to the Wellness Center Youth Clinic in Duluth were struggling to survive and didn't have a single supportive adult in their lives to guide them.

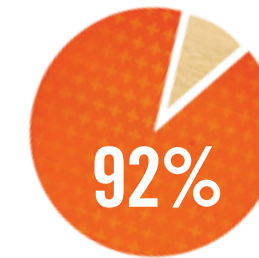
“Initially, a young person may come here for pregnancy testing; this gives us an opportunity to connect and refer them to other resources.”

– Caroline Woods, PA-C, MS

[LSSMN.org/teenclinic](http://LSSMN.org/teenclinic)



**2/3**  
OF YOUNG PEOPLE VISITING THE CLINIC HAD NO HEALTH INSURANCE



**92%**  
OF YOUNG PEOPLE REPORTED USING THE YOUTH CLINIC, RATHER THAN THE ER



**2,600**  
YOUNG PEOPLE RECEIVED CARE, EXCEEDING THE GOAL BY 50%



## WHAT YOUNG PEOPLE CHOOSE TO EAT MAKES A DIFFERENCE IN THEIR HEALTH AND WELL-BEING.

### Making healthy choices easy and fun.

The **CentraCare Health Foundation** brought the NuVal™ Nutritional Food Scoring in School program to Sartell, Minnesota. Food scoring proved to be a practical tool for engaging kids, schools, parents, local grocers and the community in effectively addressing childhood obesity. The Sartell middle and high schools were the first in the state, and second in the nation, to implement a food scoring system that has become a national model for success.

[CentraCare.com](http://CentraCare.com)

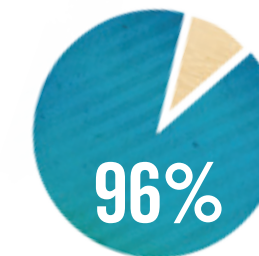


### HEALTHY LIVING

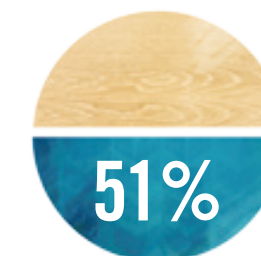
In the face of current health challenges, many organizations are exploring new ways to address the obesity epidemic. The Medica Foundation supports programs that help people modify and enhance their lifestyles to achieve optimal health status and quality of life.



PEOPLE WERE INFORMED ABOUT THIS INNOVATIVE PROGRAM



OF YOUTH SURVEYED WERE AWARE OF PROGRAM



OF STUDENTS MODIFIED THEIR BEHAVIOR TO MAKE HEALTHIER CHOICES



CORE MISSION SUPPORT

# BIG OR SMALL, ALL ORGANIZATIONS MAKE A DIFFERENCE.

This funding priority allows us to respond to the needs of smaller nonprofit organizations located outside the major metropolitan area. Many of these organizations benefit from smaller grants to directly support their mission and health-related programming and can make a significant difference in the communities and people they serve.

## Nutrition, health and fitness education keeps seniors healthier.

One of the biggest risks older adults face is losing their balance. Today, seniors in Pine Island and Oronoco, Minn., are safer in their homes. Because of **Pine Island Area Home Services**, they received balance assessments from a physical therapist and learned how safe movement can prevent falls, build their strength and reverse or prevent osteoporosis.

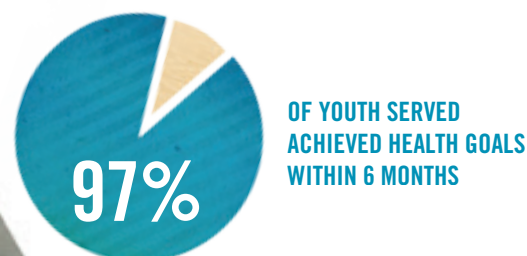
[PinelandAreaHomeServices.org](http://PinelandAreaHomeServices.org)



## Nurturing health and developing life skills changes futures.

“Invisible” young people living on the streets are the least served among us. **Life House** is the only youth drop-in center in northeastern Minnesota. In this safe environment, youth ages 14–20 can access health and mental health services, life and job skills classes taught by community leaders, and receive assistance finding housing and employment.

[lifehouseduluth.org](http://lifehouseduluth.org)



“Without Life House, I would still be looking for shelter for me and my baby. Now I finished high school.”

– Shalya, Life House Youth



## Advocacy services help families break free of violence.

The first step in helping people break free from domestic violence is to help them identify the danger. **The Refuge Network** provided safety assessments to women and children of Isanti, Chisago, Kanabec, Pine, Aitkin and Carlton counties to determine whether they were in imminent danger. Of these, 13 percent were families with children under 18 months old. This program helped add sexual assault advocacy services in Isanti and Chisago counties.

[TheRefugeNetwork.org](http://TheRefugeNetwork.org)



## Proper nutrition improves children’s mental and physical health.

Many Wright County families struggle with economic instability, inadequate food and clothing. By establishing partnerships with local grocers and the farmer’s market, the **Monticello Food Shelf** provided families with young children access to fresh fruits and vegetables, and connections to housing resources.

[MonticelloFoodShelf.org](http://MonticelloFoodShelf.org)

“Clients often talk about how difficult it is to have enough food for their children during the summer months when school meals are unavailable”

– Sandy McClurg, Monticello Food Shelf





# FINANCIAL SUMMARY

Assets	2012	2011
Cash and Investments	\$28,193,833	\$22,022,075
Other	\$3	\$4
<b>Total</b>	<b>\$28,193,836</b>	<b>\$22,022,079</b>
<b>Liabilities and Net Assets</b>		
Liabilities	\$1,793,158	\$2,106,614
Unrestricted Net Assets	\$26,400,678	\$19,915,465
Temporarily Restricted Net Assets	\$0	\$0
Total Net Assets	\$26,400,678	\$19,915,465
<b>Total</b>	<b>\$28,193,836</b>	<b>\$22,022,079</b>
<b>Revenue</b>		
Contribution From Affiliate	\$5,500,000	\$3,500,000
Net Investment Income	\$1,264,332	\$1,004,589
<b>Total</b>	<b>\$6,764,332</b>	<b>\$4,504,589</b>
<b>Expenses</b>		
Administrative Expense	\$362,236	\$259,068
Community Funding	\$1,298,186	\$2,466,022
<b>Total</b>	<b>\$1,660,422</b>	<b>\$2,725,090</b>
<b>Unrealized Gains (Losses)</b>		
<b>Total</b>	<b>\$1,381,302</b>	<b>\$935,155</b>
Net Assets at Beginning of Year	\$19,915,465	\$19,071,121
Net Assets at End of Year	\$26,400,678	\$19,915,465



## 2012 Grants

During 2012, the Medica Foundation awarded grants totaling more than \$1.3 million to 89 different initiatives and projects. These projects will be completed in 2013.\*

● Behavioral Health	\$397,836.00
● General Health Improvement	\$293,500.00
● Early Childhood Health	\$220,000.00
● Primary Care for People with Disabilities	\$195,000.00
● Core Mission Support	\$132,700.00
● Appropriate Use of Health Care Resources	\$119,150.00

\*In 2011, the Medica Foundation Board awarded five strategic grants to be carried out over a three-year period to explore the impact of longer-term investments.

# 2012 GRANT PARTNERS

## BEHAVIORAL HEALTH

Altru Health Foundation  
Becker County  
Hennepin Health Foundation  
House of Charity  
National Alliance for the Mentally III – MN  
NetWork for Better Futures  
Regents of the University of Minnesota  
St. Stephen's Human Services, Inc.

## EARLY CHILDHOOD HEALTH

Child Care Aware of Minnesota  
East Metro Women's Council  
Family Housing Fund  
FamilyWise Services  
Joyce Preschool  
Regents of the University of Minnesota  
Southside Family Nurturing Center  
Washburn Center for Children  
YWCA of Duluth

## GENERAL HEALTH IMPROVEMENT

American Cancer Society  
American Heart Association  
American Lung Association  
American Red Cross  
Centre for Asian and Pacific Islanders

Charities Review Council  
Children's Defense Fund  
Community Health Charities Minnesota  
Cystic Fibrosis Foundation  
Family Housing Fund  
Greater Twin Cities United Way  
Lutheran Social Service of Minnesota  
Management Assistance Program for Nonprofits, Inc.  
March of Dimes  
Minneapolis Urban League  
Minnesota AIDS Project  
Minnesota Association of Community Health Centers  
Minnesota Dental Foundation  
Minnesota Medical Foundation  
Minnesota Public Health Association  
Minnesota Visiting Nurse Agency  
National Alliance for the Mentally III – MN  
Neighborhood Health Source  
Normandale Center for Healing & Wholeness  
Northland Foundation  
Pease Christian Reformed Church  
Senior Community Services  
Teenwise Minnesota  
YMCA of the Greater Twin Cities

## ORGANIZATIONAL CORE MISSION SUPPORT

ABC for Rural Health, Inc.  
Arc Kandiyohi County  
CentraCare Health Foundation  
Community Health Board, Duluth MN  
Community Partners Two Harbors Living at Home Block Nurse Program

Faith in Action of Cass County  
HealthShare Inc.  
Helping Hands Outreach  
HERO Fargo  
Isanti County Public Health Services  
Just Kids Dental Incorporated  
LifeCare Medical Center  
Living at Home/Block Nurse Program

Lutheran Social Service of Minnesota  
Monticello Christian Social Services, Inc.  
National Alliance on Mental Illness Southeast Minnesota  
Norman-Mahnomen Public Health  
North Dakota Caring Foundation, Inc.  
North Shore Horizons, Inc.  
Northwoods Hospice Respite Partners  
Quiet Oaks Hospice House

Range Respite Project, Inc.  
Red River Valley Dental Access Project  
Rice County  
Rural AIDS Action Network  
South Central Adult Services Council, Inc.  
Well Being Development  
Women's Health Center of Duluth, PA

## PRIMARY CARE AND PREVENTIVE SERVICES FOR PEOPLE WITH DISABILITIES

Apple Tree Dental  
Community Involvement Programs  
Courage Center  
Hennepin County RESOURCE, Inc.  
The Arc Greater Twin Cities  
The Family Tree, Inc.

## APPROPRIATE USE OF HEALTH CARE RESOURCES

CentraCare Health Foundation  
Knut Nelson Foundation  
LB Homes  
Mississippi Headwaters Area Dental Health Center

Grants are not available for capital campaigns or capital expenditures, general or ongoing operations, long-term financial support, projects where other viable funding sources are available, religious groups for religious purposes, lobbying or political projects, projects in which administrative expenses exceed 10 percent of the total grant, or sports events or athletic groups.



2012

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FOUNDATION

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