



**MEDICA  
FOUNDATION**

**2016**

**COMMUNITY  
IMPACT**

**MEDICA®**  
FOUNDATION



# HOW WE IMPACTED THE COMMUNITY IN 2016

98 grants awarded

\$1,222,000 distributed

22 programs were created or expanded by our nonprofit partners

95% of new or expanded programs funded continued after the grant period



## IMPACT BEYOND THE EXPECTED

**St. David's Center for Child & Family Development** expanded its mental health services into two new communities – Carver County and Robbinsdale – to address unmet needs for early assessment and intervention.

Strong partnerships with school districts and early childhood programs have formed, resulting in more children served and greater depth of services offered. In Robbinsdale, for example, the partnership has been so valuable that the school district is including St. David's Center in their strategic visioning for ongoing mental health services and activities.

**180 Degrees, Inc.** provided physical, mental and chemical health programming at Brittany's Place, a shelter for sexually trafficked and exploited girls and young women.

As a result of refining programming to meet the needs of the girls served, the Department of Human Services (DHS) is promoting Brittany's Place as an example of a program model that works. DHS awarded additional funding to the shelter in 2016.

**Fraser Ltd.** provided mobile behavioral health services to transition age youth (ages 16-26) who are at-risk of homelessness.

Fraser knew mental health played a role in the lives of the transition age youth experiencing homelessness, but they didn't know how much. Fraser learned that 100 percent of the youth walking through their door self-reported a mental health diagnosis. Targeted behavioral health support helped youth more actively address their mental health needs.

**HealthEast Foundation** supported the Karen Chemical Dependency Collaboration in developing and field testing a culturally specific chemical dependency intervention program for Karen refugees.

The need for culturally specific treatment far surpassed expectations, with referrals coming from probation officers in several counties, primary care providers and clinics, public health nurses, churches, and even requests from other states. As a result, the collaboration built more partnerships and started the first Karen language AA-type recovery group in the country to support relapse prevention.



## SOCIAL DETERMINANTS OF HEALTH

### WHAT ARE THE SOCIAL DETERMINANTS OF HEALTH?

Where a person lives, their income, social support and access to food and health care are strong predictors of life expectancy and health. There are many variables that drive health outcomes and they are often interrelated.

Education, for example, is connected to a person's ability to obtain employment and achieve economic stability, which effects their ability to live in a safe environment, afford nutritious food and have access to quality health care. Each of these social determinants of health influence the others. When a few of them function well, it helps the others move and creates a positive cycle that contributes to good health. When one of them stops or slows, it negatively impacts the others and leads to increasingly poor health.





# SOCIAL DETERMINANTS

## HOMELESSNESS

Every day, doctors serve some of our sickest community members who are homeless or housing insecure. These patients often lack access to basic necessities such as food, transportation, stable employment and adequate social support. Medical intervention alone cannot resolve the health issues these patients face because it fails to address the underlying causes. Due to a lack of other viable options, many of these patients repeatedly utilize emergency medical care when their conditions become severe. In the absence of the resources needed to maintain a healthy lifestyle, this ineffective approach becomes a pattern which takes a tremendous toll on wellbeing. The Medica Foundation is addressing homelessness and behavioral health as a critical social determinant of health. People are more successful at caring for their medical and mental health needs if they are housed.

At least **22 PERCENT** of people served through Medica Foundation grants are experiencing homelessness.

**50 PERCENT** of the Behavioral Health grants administered in 2016 supported at-risk or homeless youth.

### GRANTEE SPOTLIGHT

#### BACKGROUND

**\$50,000 GRANT** to YouthLink to integrate mental health and related ancillary care for homeless youth by placing a mental health professional in the Drop-In Center. After initial start-up, third party reimbursement payments like Medicaid now sustain this position.

#### RESULTS

**70 PERCENT** of youth are receiving comprehensive case management improved education, employment and/or housing stability.

**97 PERCENT** of youth who attended one therapy session returned for at least another session.

#### LASTING IMPACT

When Joe\* first came to YouthLink in early 2016, he would frequently resort to angry outbursts when he was upset. Although he never physically acted out, Joe would often yell at staff and other clients, and it quickly became apparent that he wasn't sure where to put his pent-up energy.

After being asked to leave the premises several times, Joe eventually agreed to meet with YouthLink's therapist (a position funded by a grant from Medica Foundation). The therapist met with Joe off-site and they worked closely together to create a behavioral intervention plan for when Joe would be allowed to come back to the Drop-In Center.

The therapy sessions helped Joe understand what caused his anger to escalate. He learned to look for ways that others could help him cope with his emotions and to explore alternative outlets for his youthful energy – like going for a walk or helping with chores in the Drop-In Center. Over the course of multiple one-on-one sessions, Joe learned to deal with his past full of victimization and violence in a more appropriate manner.

Joe's therapist has been impressed with the strides Joe has made. When asked about it, she says, "The progress I've seen in Joe over the past eight months has been substantial. He's learning how to regulate his emotions in a healthy way. He's able to recognize his anger and is now changing his behavior."

These days – thanks to the services offered by his grant-funded therapist – Joe is once again welcome in the Drop-In Center. In fact, he is currently working on improving his housing stability and education levels with the assistance of YouthLink's Education Navigator. Joe has proven himself to be a leader, even running for president during the 2016 Drop-In Center election. While he didn't win, Joe has remained positive and continues to make suggestions on how to make YouthLink a safer and more welcoming environment.

We know that, with success stories like Joe's, YouthLink's next chapter will be filled with youthful energy – and a future of helping many more clients find their own positive outcomes.

\* Name changed for privacy

# SOCIAL DETERMINANTS

## EARLY CHILDHOOD HEALTH

Adverse Childhood Experiences (ACES) such as abuse and neglect have a direct impact on a person's health throughout their lifetime. The more ACES a young person experiences, the more likely they will:

- Engage in long-lasting health risk behaviors such as drug or alcohol abuse
- Experience mental illness, chronic disease or disability
- Become homeless
- Have a shortened lifespan

### GRANTEE SPOTLIGHT

#### BACKGROUND

**\$30,000 GRANT** to Churches United in Ministry (CHUM), in Duluth, provided services and interventions for recently homeless parents and their children ages 0 to 5, to support early childhood health and development.

All early childhood program staff serving chronically homeless families at CHUM's Steve O'Neil Apartments received extensive training in ACES, trauma and crisis response, and also adopted a trauma-informed curriculum to help mitigate the effects of previous trauma on young children.

#### RESULTS

**8 CHILDREN** were born during the grant period who would have been born homeless if it wasn't for the Steve O'Neil Apartments.

**100 PERCENT** of these babies have an established medical home thanks to the guidance of CHUM staff.

#### LASTING IMPACT

A mother with two young children and a history of mental health issues – including addiction, eating disorders and anxiety – partnered with the CHUM early childhood staff and a family coach for daily support when she moved into the Steve O'Neil Apartments. Due to her mental health issues and cognitive ability, parenting tasks such as changing, bathing and feeding her children were a daily struggle. With the help of the early childhood staff, this mother is increasingly able to complete these parenting duties.

When the oldest child was about 18 months old, staff observed that she had a lack of appetite and failure to thrive. The mother's support system at Steve O'Neil Apartments immediately stepped in and worked together to design a plan to support this family. The staff provided consistent, appropriate and nurturing programming that helped pull the child out of her slump. Her feeding issues soon diminished, her socialization blossomed and her mother's concerns disappeared.

CHUM's early childhood staff continues to consistently monitor and support the mother to ensure that her mental health status is in alignment with her capacity to appropriately care for and protect her children. Without CHUM's programming, this family may have continued to spiral downward and the children could have been removed from their home. With the support and nurturing they need, this family now has new hope for a bright future ahead.

