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.

THE NUMBERS TELL THE TALE

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.

TABLE OF CONTENTS
3 Overview
4 Behavioral Health
8 Early Childhood Health
12 Appropriate Use of Health Care Resources
14 Healthy Living
16 Core Mission Support
18 Financial Summary / 2012 Grants
19 2012 Grant Partners

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2012

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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.

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.

"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.

Culturally adaptable health screenings are effective. Early intervention can help refugees with mental health issues begin to heal.
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.

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.

“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.”

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
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.

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

- 70% of children and teen parents received hands-on coaching
- 85% of children are on track developmentally
- 90% of teens are continuing their education
- 2/3 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.

“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

KIDS SUFFERING FROM DOMESTIC VIOLENCE DESERVE A VOICE.

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

Children and their mothers received services from this grant

400

Personal family visits reduce chronic truancy.

Peristent school absences often signal a problematic home life.

10,000 cases of chronic truancy reported in hennepin county for children in grades k–12 in fall of 2011

Families were helped by this program

252
The United States health care system is fragmented and difficult for people to navigate, especially new Americans and individuals with limited resources. The Medica Foundation supports programs that help people use the health care system effectively and take a proactive approach to helping people manage chronic diseases.

**APPROPRIATE USE OF HEALTH CARE RESOURCES**

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.

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

RATES OF UNNECESSARY READMISSIONS FOR HIGH-RISK PATIENTS INITIALLY DROPPED BY 50%

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

LSSMN.org/teenclinic

"I 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

OF YOUNG PEOPLE VISITING THE CLINIC WHO HAD NO HEALTH INSURANCE

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

YOUNG PEOPLE RECEIVED CARE, EXCEEDING THE GOAL BY 50%
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.

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

5,900
PEOPLE WERE INFORMED ABOUT THIS INNOVATIVE PROGRAM

96%
OF YOUTH SURVEYED WERE AWARE OF PROGRAM

51%
OF STUDENTS MODIFIED THEIR BEHAVIOR TO MAKE HEALTHIER CHOICES
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.

Nurturing health and developing life skills changes futures.

“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.

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.

“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

OF YOUTH SERVED

ACHieved HEALTH GOALS WITHIN 6 MONTHS

97%

OF YOUTH SERVED

REMAINED IN STABLE HOUSING FOR AT LEAST 6 MONTHS

91%

7,896 FAMILIES WERE SERVED AND 162 CHILDREN RECEIVED EXTRA FOOD DURING SUMMER MONTHS

211 WOMEN AND CHILDREN WERE SHELTERED

1,861 RECEIVED DOMESTIC ABUSE ASSESSMENTS

188 WOMEN AND 160 CHILDREN ATTENDED SUPPORT GROUPS
FINANCIAL SUMMARY

<table>
<thead>
<tr>
<th>Assets</th>
<th>2012</th>
<th>2011</th>
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<tbody>
<tr>
<td>Cash and Investments</td>
<td>$28,193,833</td>
<td>$22,022,079</td>
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<tr>
<td>Other</td>
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<td>$22,022,079</td>
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<th>Liabilities and Net Assets</th>
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<tr>
<td>Liabilities</td>
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<td>Unrestricted Net Assets</td>
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<td>Temporarily Restricted Net Assets</td>
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<td>Total Net Assets</td>
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<tr>
<td>Total</td>
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<td>$22,022,079</td>
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<th>Revenue</th>
<th>2012</th>
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<td>Contribution From Affiliate</td>
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<td>Net Investment Income</td>
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<td>Total</td>
<td>$6,764,332</td>
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<th>Expenses</th>
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<td>Administrative Expense</td>
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<td>Community Funding</td>
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<th>Unrealized Gains (Losses)</th>
<th>2012</th>
<th>2011</th>
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<td>Total</td>
<td>$1,381,302</td>
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<td>Net Assets at Beginning of Year</td>
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<tr>
<td>Net Assets at End of Year</td>
<td>$26,400,678</td>
<td>$19,915,465</td>
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</table>

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

2012 GRANT PARTNERS

BEHAVIORAL HEALTH
Altru Health Foundation
Becker County
Hennepin Health Foundation
House of Charity
National Alliance for the Mentally Ill – 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
Cenfors for Asian and Pacific Islanders
Charities Review Council
Children’s Defense Fund
Community Health
Chances 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 Ill – MN
Neighborhood Health Source
Normandale Center for Healing & Wholeness
Northland Foundation
Pease Christian
Reformed Church
Senior Community Services
TwinCity Minnesota
YWCA 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 Inc.
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
CentraCare Health Foundation
Knute Nelson Foundation
LB Homes
Mississippi Headwaters
Area Dental Health Center

PRIMARY CARE AND PREVENTIVE SERVICES FOR PEOPLE WITH DISABILITIES
Apple Tree Dental
Community Involvement Programs
Counseling Center
Hennepin County RESOURCE, Inc.
The Arc Greater Twin Cities
The Family Tree, Inc.

APPROPRIATE USE OF HEALTH CARE RESOURCES
CentraCare Health Foundation
Knute 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.

*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.