

everyday
victoriesSM

ST. MARY'S 2014 **COMMUNITY BENEFIT REPORT**



ST. MARY'S

Healing BODY, MIND and SPIRIT.



St. Mary's Health and Kohl's Celebrate Safety at an Evansville Otters game with bicycle helmets.

Welcome

Welcome to St. Mary's 2014 Community Benefit Report. As a Catholic health ministry and a long-standing member of the Evansville community, St. Mary's Health has a rich tradition of working in partnership with other community agencies to support the healthy lifestyle needs of those we serve.

In keeping with this tradition and our Mission calling us to "spiritually centered, holistic care that improves the health of individuals and communities," St. Mary's partnered with other local healthcare providers and community agencies (Deaconess Health System, ECHO Community Health Care, the United Way of Southwestern Indiana and the Welborn Baptist Foundation) to complete a Community Health Needs Assessment.

Through much coordinated research and outreach, this team identified four primary health needs of people living in our communities:

- **Obesity**
- **Tobacco Use**
- **Substance Abuse**
- **Mental Health**

In addition, St. Mary's continues its focus on **Access to Healthcare** as a statewide initiative in conjunction with all ministries of St. Vincent Health.

Through this important work, we are able to focus our resources to support programs and services that create healthier communities!

In the following pages you will learn more about St. Mary's Health community support and partnerships for our Fiscal Year 2014 (July 1, 2013 - June 30, 2014).

Live Well Evansville

A Focus on the Health and Wellness of our Entire Community

What began as a small idea to bring health and wellness information to our community in a new and unique way, has grown to be a major initiative for St. Mary's Health.

St. Mary's Live Well Evansville blog at LiveWellEvansville.com officially launched on December 2, 2013 after many months of collaborative work between our health system's Marketing & Communications Department, St. Mary's Registered Dietitians Corey Filbert and Lacy Wilson and Ten Adams Healthcare Marketing.

The goal of LiveWellEvansville.com is to offer our community inspiring health and wellness information and support in a way that is easily accessible and quick to read. Focusing on wellness shouldn't be a daunting task.

St. Mary's Live Well Evansville blog helps break down barriers to health and fitness by serving as a supportive partner for those on a journey to improving and maintaining their best life.

Since its beginning, Live Well Evansville has grown into much more than blog posts about a healthy diet. Our dietitians offer real-world advice on how to face the challenges we all come up against

in creating a healthy lifestyle, and guest bloggers provide information on topics like creating a positive body image for children, recognizing and minimizing the risk for stroke, the importance of laughter, balancing body, mind, spirit and more.

There is also a special spot on the blog just for teachers. The Resources for Teachers section of the blog provides "Catch On" lessons with health information and in-class and/or take home exercises designed specifically for elementary and middle school students. Lessons range from choosing water to managing screen time to discouraging tobacco use.

The blog has also inspired a new magazine. Published quarterly, St. Mary's Live Well Evansville magazine is a free publication that shares St. Mary's health and wellness classes available for the community to join in and try. From couples dance classes to laughter yoga to tai chi for arthritis and even preparing to welcome a baby to your family – there is something for everyone to take part in and enjoy.

And we're not stopping there! St. Mary's has also partnered with the Ford Center to promote Live Well Evansville through colorful graphics reminding all those who visit the Ford Center the importance of a healthy lifestyle. St. Mary's is committed to finding even more new and creative ways to make living a healthy lifestyle an easy, affordable and accessible goal for our community.



Making An Impact with our Community Partners

St. Mary's partners with over 150 agencies in our community through financial support, volunteerism and/or board or committee membership. Below are just a few examples of the impact these partnerships have made.

St. Mary's recognizes obesity is a major health concern for our region. To address this issue, we support the Welborn Baptist Foundation's HEROES (Healthy, Energetic, Ready, Outstanding, Enthusiastic Schools) program. This program provides financial and guiding support to elementary, middle and high schools so that they can commit, implement and evaluate their own school's health based on the CDC's research-based and proven Coordinated School Health (CSH) Model. St. Mary's also has our own long standing relationships with the EVSC. For example, through our The Dietitian and The Chef program, a St. Mary's Registered Dietitian and St. Mary's Chef travel to local schools to educate children on the importance of eating healthy at a young age and showcase how tasty healthy foods can be.

St. Mary's is committed to improving access to healthcare for all those in our community. This is evidenced by our support of ECHO Community Health Care. ECHO's mission is to provide affordable, accessible and appropriate comprehensive healthcare to the uninsured, under-insured and the homeless. Quality services are provided by their team of caring, respectful professionals who advocate for the patient.

Other community sponsorships dedicated to improving access to care include our support of Easter Seals of Southwestern Indiana, the Southwestern Indiana Regional Council on Aging, Gilda's Club Evansville, Aurora and Holly's House.

St. Mary's Warrick Hospital is also an active community partner in Warrick County. Within the last year, they have partnered to provide support to the American Cancer Society's Relay for Life, Junior Achievement and the Warrick County Council on Aging, to name only a few.

Komen Race for the Cure®



St. Mary's Mobile Dental Clinic



St. Mary's Market Days



Shine a Light on Lung Cancer



Warrick EMS Celebration





Growing Support for Mental Health Services

**A Focus on the Health and
Wellness of our Entire Community**

People living with bipolar disorder have a serious but treatable condition. Getting early diagnosis and specific treatments can be very difficult, especially with children. Early intervention and professional medical treatment offer the best chances for children and adults with bipolar disorder to achieve stability, gain the best possible wellness, grow to enjoy their own personal gifts and build upon their strengths.

Thanks to an extraordinary act of generosity from the Edwina Kempf family, St. Mary's Kempf Bipolar Wellness Center was created in 2006. Since that time, St. Mary's, in conjunction with Mental Health America, has been honored to provide opportunities for education and networking and services for people living with bipolar disorder.

Below, Tim Kempf shares his personal story with bipolar disorder which inspired his mother's gift.

The tragic events of September 11, 2001 changed my life in a way for which I was not prepared. Shortly after the terrorist attacks in New York City, something triggered inside me and my behavior began to change quickly and drastically without my control. As I watched the 24 hour news coverage, I envisioned it as a war between good and evil. My mind raced with pressuring thoughts of how I could help those in need from the threat of evil and terror. I felt I had to be there in person to fight evil with goodness, and I was ready for a battle. I went for several days without sleep and very little food. My speech became very rapid and even my body movements seemed faster and more precise. My great ideas came and went so fast that, just as I began to write them down, they were already forgotten and replaced with many more. And, they would not stop. I became a self-proclaimed "freedom fighter" and began to collect supplies and equipment that I was determined to take to New York.

At that time my family intervened, recognizing that my ideas and my actions were not consistent with my normal behavior. They thought I only felt exaggerated excitement about my mission and couldn't understand why I was making it so personal and with such strong effort. They took me to St. Mary's Medical Center for help. After being admitted to the hospital's Mental Health Unit, I was diagnosed with

bipolar disorder on September 27, 2001 at 40 years old. I wrestled with the acceptance of a mental illness and first denied anything could be wrong with me. I then educated myself with facts related to bipolar disorder. I learned that it is a mood disorder affecting millions of people and is characterized by alternating periods of mania and depression. I discovered events in my past included the same manic feelings, although they were not as strong and did not produce such severe actions. I recalled times when I was very depressed with deep, dark thoughts beyond my control. Admitting this realization, I learned that the illness can be treated with the proper medication.

Today, I am successfully living my life with bipolar disorder. I take medication as prescribed and have learned to recognize my symptoms. I have developed a strong relationship with my doctor. I still have good days and bad days like anyone else, but they are not as intense as before my diagnosis. I have the strong support and understanding of my family and friends. I regularly attend and facilitate a Bipolar Support Group. And, even though I did not go to New York, I feel I fought and won my own personal battle.

My experience is what led my mother, Edwina Kempf, to help me and others by co-founding St. Mary's Kempf Bipolar Wellness Center in June 2006. St. Mary's Bipolar Support Groups, which I facilitate, are held twice a month and are some of the most highly attended mental health support groups in the entire state. My mother continues to be an inspiration to many and always offers her support. I am very proud of her. St. Mary's Kempf Bipolar Wellness Center has helped thousands of people and will continue to do so for many years to come.

Together, through the generous support of Edwina Kempf and other donors, St. Mary's has been able to provide a valuable service to meet one of the many mental health needs of our community.

Since 2006:

- Through support groups, conferences and medication services, the St. Mary's Kempf Bipolar Wellness Center has had over 5,000 contacts with those coping with bipolar disorder.
- \$150,000 has been given to our local chapter of Mental Health of America from Edwina Kempf's gift to pay for medications for mental health patients living in this region.

Kempf Bipolar Wellness Center

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Opening Access to Care

St. Mary's Mobile Dental Clinic Keeps Kids Smiling

It's not hard to count the number of patients cared for each year at St. Mary's Mobile Dental Clinic. It's trickier to measure the peace-of-mind, self-esteem and long-term health benefits the children and their families receive as a result of this innovative outreach program.

St. Mary's Mobile Dental Clinic began rolling in 2000, reaching children throughout Vanderburgh County with more than 1,200 visits. By 2014, the number of visits tripled and the Clinic now reaches children in six Southern Indiana counties.

Getting Ahead of the Problem

The idea for the Mobile Clinic started in the late 1990s when St. Mary's Community Outreach nurse practitioners saw so many adults with dental needs. "They realized that focusing on prevention in kids would help the greatest number of people avoid serious dental problems as adults," says Eric Girten, St. Mary's Director of Community Health and Pastoral Care.

The program is designed to alleviate barriers — such as lack of insurance, limited transportation and time away from work or class — and set children up for a lifetime of dental health. The Clinic partners with schools, driving to five locations a week. Paperwork is completed in advance and signed by parents. The day the Clinic arrives, the children receive cleanings, exams, X-rays, fluoride treatments, fillings or extractions, if needed, and go back to class with minimal disruption to their school day.

Benefits Beyond Healthy Mouths

The Mobile Dental Clinic also becomes a door to access other services. Before the Clinic comes on-site, St. Mary's Health Access Advocates help families sign up for insurance if necessary (Medicaid or Hoosier Healthwise insurance or the Affordable Care Act). Girten says, "In every case, those families gain much more than dental care. Through obtaining that coverage, they gain access to doctor visits, immunizations and other health services."

About 90 percent of the children served by the Clinic are on Medicaid; about five percent have commercial insurance and the other five percent are self-pay or receive financial assistance through St. Mary's. Girten explains, "The Clinic really embodies St. Mary's Mission to serve everyone, especially the poor and vulnerable. Parents who are struggling financially or simply need help getting their kids to a dentist are relieved they have access to this care for their kids — that maybe they didn't have growing up. That extra support and caring can be immeasurable to families."

Experienced Staff and Community Partnerships Create Excellent Care

John Wittgen, DDS, has been working part-time with the Mobile Dental Clinic for five years, since retiring from his full-time pediatric dental practice in Evansville after 30 years. He believes the experienced staff members deliver excellent care. "All the dentists, hygienists, drivers — everyone has several years of experience working with children and are dedicated to this program. It is unusual for a community of our size to offer access to this type of care. Without it, many of these children would have only hit-or-miss dentistry. Some would end up in the Emergency Department with serious problems that could have been prevented by the comprehensive care we provide."

Wittgen says the strong support of the dental community is vital to the Clinic's success. "When a problem comes up that we can't treat within the Clinic, we have a network of partners that make a huge difference. Several oral surgeons will see our patients when needed. We just pick up the phone."

Education is Key

Education about dental health is an important part of St. Mary's Mobile Dental Clinic. Every child takes home a flyer describing simple guidelines about drinking the right liquids to avoid cavities. According to Wittgen, "Liquids are a primary cause of dental problems in kids. Our information gives a clear, easy guideline — water anytime, milk at meals, juice once a day, pop at parties. We build the attitude that you need to start well to end well."



Counties served:

Gibson
Knox
Posey
Spencer
Vanderburgh
Warrick

Staffed by:

9 Dentists
6 Hygienists
2 Drivers
2 Office Liaisons
1 Community Health
Access Advocate

Visits to the Clinic
by children in 2014

3,518

Sustaining the Mission

The generosity of St. Mary's Health Foundation also plays a major role in the continued operation and upkeep of the Clinic. For example, monies raised through the Foundation help assist with special needs of the Clinic that are over and above the department's annual budget. Recently, the Foundation embarked on a capital campaign to raise money to purchase a new clinic. Girten

says, "Through careful management of resources, we've greatly reduced the subsidy needed to run the program without sacrificing service and clinical excellence. We've made the program more sustainable and are able to reach more kids." With the continued support of St. Mary's and the community, children throughout the region will have healthy smiles for generations.

By the Numbers

St. Mary's Health spent nearly \$48 million in charity care in Fiscal Year 2014. This breaks down in the following categories:

Traditional Charity Care:

This represents the actual cost of services provided to patients who are uninsured or underinsured that was written off and not billed.



\$18,211,406

Unpaid Costs of Public Programs (Medicaid):

This number represents the shortfall between what Medicaid pays and the actual cost of the service.



\$27,398,680

Other Programs for Persons Who are Poor:

This includes the cost of services given to patients who are living at poverty level.



\$385,441

Other Programs and Services for the General Community:

St. Mary's has given time, personnel and resources to address community health needs, education and services such as:



\$1,062,414

- Obesity
- Diabetes
- Asthma
- Nutrition
- Smoking Cessation
- Mobile Dental Care for Children
- Bike & Car Seat Safety
- Car Seat Safety
- Medication Assistance
- Navigating Health Care Systems & Resources
- Much more.

TOTAL:
\$47,057,941

Our Mission

Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words.

Our Vision

We envision a strong, vibrant, Catholic health ministry in the United States which will lead to the transformation of healthcare. We will ensure service that is committed to health and well-being for our communities and that responds to the needs of individuals throughout the life cycle. We will expand the role of the laity, in both leadership and sponsorship, to ensure a Catholic health ministry of the future.

Our Values

We are called to:

Service of the Poor

Generosity of spirit, especially for persons most in need

Reverence

Respect and compassion for the dignity and diversity of life

Integrity

Inspiring trust through personal leadership

Wisdom

Integrating excellence and stewardship

Creativity

Courageous innovation

Dedication

Affirming the hope and joy of our ministry



Mission, Vision and Values

Our Mission, Vision and Values provide a strong foundation for the work we do — a framework that expresses our priorities in what we will achieve and how we will achieve them.

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Healing BODY, MIND and SPIRIT.

