



COLUMBUS
REGIONAL
HEALTH
FOUNDATION

Extraordinary People doing Extraordinary Things



2020 IMPACT REPORT

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MISSION

To improve the health of the people in southeastern Indiana by actively raising charitable contributions to support Columbus Regional Health healthcare initiatives, and to provide financial support and promote advocacy through public awareness, philanthropy and stewardship.

The CRH Foundation was tested this year like so many other institutions. What we learned about ourselves, however, may be what separates us from others. When operational efficiency, global pandemic and fundraising challenges confronted us, we were agile. While plans for the year had to change in many ways, we addressed the year's challenges all the while maintaining our commitment to serve the health priorities of the community. Thank you for your critical part in supporting our efforts and programs. Please take every effort to thank those on the front lines of our community healthcare work. You will find this 2020 CRH Foundation Impact Report shines a light on the resourcefulness of the Foundation which will continue to serve us well into the future.



CHRISTINE VUJOVICH
2019-2020 BOARD CHAIR

Extraordinary COMMUNITY PARTNERS

Columbus Regional Health Foundation is grateful for our extraordinary community partners who are putting donor gifts to immediate use by actively improving access to good healthcare in Bartholomew and surrounding counties. **In 2020, CRHF awarded \$84,000 from undesignated funds** to support the following community health projects.

ACCESS-ABILITY \$35,000

Health crises or injuries can be overwhelming, and people often have limited resources, forcing some to choose between essential needs and purchasing durable medical equipment (DME) necessary for their recovery or rehabilitation at home. Or some simply may need access to a safe home or work environment due to physical challenges. Fortunately, Access-Ability provides access to those in our community with mobility and home healthcare challenges by assisting them with Medicaid enrollment and by providing them with no-cost DME such as wheel chairs, walkers and bathroom transfer benches. Additionally, they work closely with CRH to ensure patients in need have these items before being discharged.



Extraordinary COMMUNITY PARTNERS (CONT'D)



JUST FRIENDS ADULT DAY SERVICES
\$22,750

As people age their social support system can decline, which can result in poor physical and mental health. Just Friends Adult Day Services offers support for those who want to remain in the community despite health related challenges, and provides caregivers with peace of mind as their loved ones are cared for during the day. Just Friends' support system mitigates the decline of physical and mental capabilities, thus delaying or preventing admission to a nursing facility. Additionally, it provides an engaging and safe place that enhances dignity, uniqueness, and independence for adults aging with challenges. Participants gain healthcare, friendship and hope regardless of income or disability.



VECINAS DE ENLACE PROGRAM
\$20,000

Vecinas de Enlace is a program of Su Casa Columbus and Family School Partners offering mobility coaching and basic needs support to local Latino families in pursuit of a better life. Vecinas de Enlace are the first points of contact for Latinos in search of access to educational, healthcare, and economic mobility resources. In 2020 CRHF provided funding for Vecinas to educate their community about COVID-19 prevention and mitigation strategies. Vecinas (neighbors) live in communities with high populations of Latinos and are trained to direct neighbors to the appropriate community resources.



MILL RACE CENTER AGING
WELL PROGRAMS \$6,250

Research indicates that social isolation among the elderly is a risk factor for physical and mental health complications. Mill Race Center's Aging Well System focuses on eight dimensions of wellness and is designed to get new and current members connected, engaged and most importantly aging well. It stresses the importance of wellness in all 8 dimensions of our lives; physical, spiritual, intellectual, emotional, vocational, social, environmental and financial. Programming examples include; Best Buy Tech Help, Medicare Bingo, Walking Stick Class, art, dance and fitness classes.



COLUMBUS REGIONAL HEALTH *Highlights*

In addition to supporting CRH with funds to innovate or fulfill unanticipated patient care needs, COVID-19 prompted CRHF to become a bridge to our workforce, facilitating the delivery of novel forms of assistance from the community.

NEW PHOTO PRINTER FOR LABOR & DELIVERY \$350

CRHF purchased a new photo printer for the Birthing Center at CRH that is being used to provide families with a remembrance book after they experience the loss of a baby before, during or after childbirth.



ROHO CUSHIONS FOR CRH REHABILITATION SERVICES \$3,512

CRHF purchased 9 ROHO Dry Flotation Cushions for CRH Rehabilitation Services, adding to their 6 existing cushions. ROHO Cushions contain interconnected air cylinders that adjust to movement and pressure areas and are designed to treat and prevent pressure injuries, including deep tissue injury. "The cushions offer the best level of protection against pressure ulcer issues", according to Lisa Morris, Director of CRH Rehabilitation Services.



LOCAL ENGINEERS RESPOND TO COVID-19

Local philanthropists Bob and Barb Stevens have unselfishly given to CRHF since 1998 supporting many areas including CRH Flood Recovery, the L. Paul Berman Fund for Patient Care Excellence and the CRH Innovation Center Technology Fund. Their gifts to the Innovation Center Technology Fund made possible the collaboration of approximately 40 local engineers, machinists, supply chain professionals medical professionals, volunteers, students and retirees. **The Mission Columbus Team**, prototyped ventilators to meet an expected supply shortage in the early days of the COVID-19 pandemic. While the respirators were never needed or used, their efforts provided hope to CRH during the very uncertain and scary early weeks of the first COVID hospitalization peak.



CRH Pulmonologist Dr. Deepankar Sharma consulted with Mission Columbus Team



PALLIATIVE CARE AT CRH

SHERRY RISK STARK PROVIDES SUSTAINING SUPPORT FOR PALLIATIVE CARE \$1,052,591

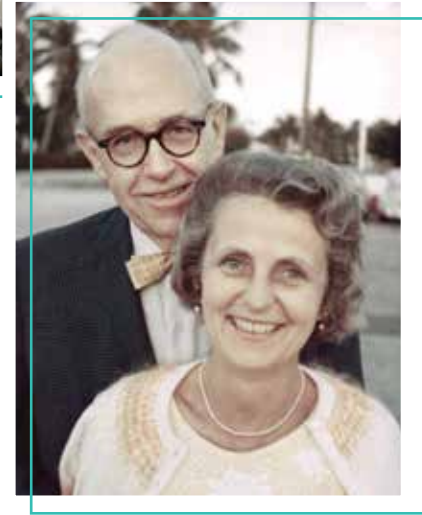
As a long-time resident of Columbus and supporter of our health system, Sherry Risk Stark has served as Deputy Mayor of the City of Columbus, led numerous boards in the arts and for the benefit of our community, and currently serves on the CRH Board of Trustees, which she joined in 2014. It was in her training as a hospital Trustee that she first learned about the concept of Palliative Care. "I was immediately intrigued," she shared, "and recognized what a positive and life changing service it could offer people when they are the most vulnerable. I later was happy to learn that Our Hospice of South Central Indiana had made the commitment to begin a Palliative Care program and would be working closely with Columbus Regional Health. This innovative program struck me as just the kind of thing my parents would have chosen to support."

To honor their memory and the life lessons they taught through their service to others, Sherry established the **James Kirby Risk, Jr. and Caroline Robinson Risk Fund for Palliative Care**. The fund provides sustaining support to Our Hospice of South Central Indiana for palliative care services, a specialized type of care offering relief from symptoms for individuals with a serious illness while they are being treated by their physician. It differs from hospice care in that it can be provided at any age or stage in a serious illness and can be provided together with curative treatment.

Palliative Care is provided at home (in Bartholomew County only), in the Palliative Care Outpatient Clinic located on the main level of Columbus Regional Hospital, and during inpatient stays at CRH. Jim Bickel, CRH President and CEO, shared, "These services are a strong partnership between Our Hospice of South Central Indiana and Columbus Regional Health, and are providing a valuable service to our patients and physicians. Columbus Regional Health is focused on being your health care partner for life and Sherry's generosity is an excellent example of how philanthropy is allowing critical work to go further faster to benefit the health and well-being of our region."



The mission of Our Hospice is to make every moment count by surrounding patients and families with respectful and compassionate care for as long as they can. "The generosity of Sherry Risk Stark, in memory of her parents, brings stability for the long-term sustainability of Palliative Care to bringing expert symptom management to those dealing with an advanced illness," said Laura Leonard, Our Hospice of South Central Indiana President. Palliative Care as a medical specialty supporting patients during a serious illness is necessary and important, but is minimally reimbursed by Medicare, Medicaid or Insurance, making this service difficult to sustain. This gift from Sherry represents a foundation to sustain this type of critical care."



James Kirby Risk Jr. and Caroline Robinson Risk.

Pictured above is Sherry Stark with Donna Butler, Nurse Practitioner, whose work is sustained by the James Kirby Risk Jr. and Caroline Robinson Risk endowment. Mr. & Mrs. Risk's legacy will be honored and recognized on the lab coat worn by the NP.



MARK AND WENDY ELWOOD PROVIDE EXTRAORDINARY \$25,000 GIFT TO CRH MENTAL HEALTH SERVICES

Mark and Wendy Elwood have been generous contributors to Columbus Regional Health's Mental Health Services for several years. In 2020, Mark and Wendy supported an important project for its mental health patients. Megan Johnson, RN, Assistant Nurse Manager for the Mental Health Unit shared, "With the Elwood's gift, we purchased furniture, artwork, and therapeutic materials with a focus on enhancing the Group Programming Rooms within the Mental Health Unit. The enhancement of these rooms and the therapy that will be provided will have a positive and long-lasting impact on the patients' overall mental wellness." The Center for Health Design confirms this in its article *Towards Healing Environment for the Inpatient Unit in Psychiatric Hospital*:

"Since mental health facilities provide care to patients with a wide array of illnesses and other needs, it is increasingly important to understand how certain physical factors within these environments can improve the quality and efficiency of healthcare delivery overall."

Mark and Wendy's connection to mental health is longstanding. In addition to Mark's father being a Psychologist, it has been a lifelong passion for Wendy, who holds a degree in Psychology from Michigan State University. This passion has been a driving force behind their advocacy of local mental health programmatic needs and emerging opportunities. Their commitment is evident through their contributions to local substance abuse prevention and youth development initiatives. CRHF is deeply grateful to Mark and Wendy for their compassionate support of mental health services at CRH and throughout our community.



"Health in general is so important and mental health, in particular, because it can be hard to see and sometimes hard to diagnose and treat. *Mental health issues like substance abuse can affect all of us -* irrespective of factors such as age and social status. Wendy and I are *pleased to provide financial support* to assist in the detection and treatment of mental health issues in Columbus and Bartholomew County."

- Mark Elwood

OUR COMMUNITY OFFERS HOPE FOR THOSE STRUGGLING WITH MENTAL ILLNESS

With approximately 50% of Americans diagnosed with a mental illness or disorder in their lifetime, mental health issues are crippling our community and our country. According to the Kaiser Family Foundation, the rate of U.S. adults experiencing symptoms of anxiety and/or depressive disorder is three times higher now than in 2019, mental illnesses like depression are the third most common cause of U.S. hospitalizations for those aged 18-44, and adults living with serious mental illness die, on average, 25 years earlier than others.

CRH is one of the **few Indiana hospitals with an Adult Acute Mental Health Inpatient Unit** treating adult, acute mental illness. It plays a critical role in providing support to those who need it urgently, regardless of socioeconomic or life stage. Similar to the high level of **uncompensated care** provided to those who cannot afford healthcare, CRH Mental Health services exemplifies again our **community-based, nonprofit hospital** going above and beyond to meet an important, critical community and regional health need.



CRH & OUR COMMUNITY

Rise to the Challenge of Covid-19

CRH CARES EXTRAORDINARILY FOR ITS OWN AND THE COMMUNITY DURING THE COVID -19 PANDEMIC



Generous gifts from the community and from CRH employees made it possible for CRHF to raise over **\$60,000** for CRH employees who were financially affected by COVID-19 and who needed assistance with rent, utilities, car payments, and childcare. **The fund has supported 38 employees to date.**

(Names and details changed for privacy.)

Jill's Story

Jill's husband was laid off due to the pandemic, with no certainty when he could return. She began working extra shifts at CRH to make up for the income loss. But soon her young son contracted COVID-19, and the necessary self quarantine made it impossible for her to work. With no income at all, her family was struggling to make ends meet. At her manager's suggestion, Jill applied to the CRH Employee Relief Fund, which covered a month's mortgage, and gave them a little breathing room until she and her husband could return to work.

Brenda's Story

Due to health challenges and the pandemic, Brenda had not worked full time or received full pay for many weeks and her husband was not working at all. With school-aged children at home all day their utility bills were rising and their car needed a repair, but there simply wasn't enough money to go around. The Employee Relief Fund lent a hand to pay a couple of bills and get the car repaired. A few months later, the car was totaled in an accident and the Employee Relief Fund was able to help once more by contributing toward the down payment on another vehicle for Brenda's family.

“ I just want to thank whoever is responsible for helping us with our mortgage payment. *It was greatly appreciated.* We've had a rough few months and I was overwhelmed when I found out it had been paid. Again, many thanks. ”

- A Grateful Employee

“ I am so very grateful for the assistance in this difficult time. *I am so appreciative to the foundation and all involved in making the decision to help us.* Thank you for being so kind and understanding. ”

- A Grateful Employee



CRH RECEIVES EXTRAORDINARY ENCOURAGEMENT AND SUPPORT FROM OUR COMMUNITY IN THE WAKE OF THE COVID-19 PANDEMIC

LOCAL CHILDREN AND FAMILIES OF THE RIDGE CHURCH sent many cards and letters to CRH physicians and nurses to express encouragement and gratitude for their personal sacrifice and efforts in caring for our community in the midst of COVID-19. The cards and messages were coordinated by Ginger Jordan, Administrative Assistant at The Ridge.



The **SOUTHERN INDIANA JEEPERS** gathered in CRH's 17th Street Parking lot on April 18, 2020 for a show of encouragement and gratitude to CRH employees for working tirelessly to care for our community despite their personal risk of exposure to the COVID-19 virus.



ANGIE BEHRMAN, NICHIRSTIN GUESMAN AND THE SOUTHERN INDIANA MASK MAKERS donated approximately 7,000 homemade masks to CRH and other community groups during the first few months of the pandemic when commercial masks were

difficult to obtain. Nichiristin's mom, Pam Fischer, is a well-known and welcoming face at the information desk in CRH's main lobby.

Thank You!

MANY LOCAL BUSINESSES, ORGANIZATIONS AND INDIVIDUALS SUPPORTED CRH WITH DONATIONS OF ITEMS SUCH AS FOOD, HAND SANITIZER, SCRUBS, PROTECTIVE FACE SHIELDS, COVERALLS, MOPS, DISINFECTANTS, AND PERSONAL PROTECTIVE EQUIPMENT (PPE).

Former CRH employee, **COURTNEY IMLAY**, pictured here with her mother, current employee **TAMMY IMLAY**, gave selflessly of her time coordinating a meal train which delivered meals to CRH employees working long hours through the early months of the pandemic.



We would like to thank: Advanced Auto Parts, Amy Harden, Ashley Ryan, Barco Uniforms, BCSC, Bernard Waldhler, Brown Co Health & Living, Bucceto's, Carol Rice, Cheresse Williams, Chick-fil-A, Columbus Chinese Association, Cummins, Cummins Live Well, Decatur Mold, Delilah Murphy, Dorel, Draper Inc., Ed Cho & the Columbus Korean Association, Elaine Hilber, Enkei Employees, Estep & Co., George Utz, USA, Hard Truth Distillery, Hilex Poly LLC, IUPUC, Ivy Tech Columbus, Jill Sanders, Jimmy John's, Joshua Miller, Kate Meadows, Lowes, Luciana's, Mariah Foods, Menards, NTN Driveshaft, Precision Tools, Quick Signs, Rachel Harned, Sam's Club, Sherwin-Williams, Skeleton Crew Tattoo, Southern Roofing, Stryker Inc., Super ATV, Toyota Material Handling, Wendy Eubanks.

AN Extraordinarily Caring Community GIVES BACK TO CRH



▲ **COLUMBUS AREA ARTS COUNCIL** engaged local artists and designers to create 7,500 custom fabric patterns for face masks for the community. **THE MASK PROJECT** was funded by Heritage Fund – the Community Foundation of Bartholomew County, Heathy Communities Proyecto Salud and CRH.



◀ **THE CHINESE ASSOCIATION OF COLUMBUS** coordinated shipments from China of approximately 80,000 masks, respirator masks and other protective gear to Bartholomew County to aid efforts in the fight against COVID-19.



◀ Temporarily known as The Heroes House, **VOLUNTEERS OF AMERICA** loaned its Fresh Start Recovery addiction treatment center for pregnant women and mothers to CRH for its workforce and providers to quarantine after exposure to COVID-19 from a positive patient or employee.



▲ Global manufacturing company **GEORGE UTZ, INC.**'s local plant in Edinburgh produced and donated 200 face shields to CRH. The company also donated the shields to police, firefighters, first responders and other critical workers.



▲ **IUPUC ASSISTANT PROFESSOR OF CHEMISTRY, J.D. MENDEZ** used 3D printers to create and donate approximately 200 protective face shields for use by CRH clinical staff and providers.



▲ Personal protective equipment such as gloves, face masks and sterile gowns were donated by **IVY TECH COMMUNITY COLLEGE OF COLUMBUS** from their simulation facilities for use by CRH clinical staff and providers.



▲ In response to COVID-19 **THE WATCH PROGRAM** was established to maintain Environmental and Workforce Safety efforts regarding human interactions, risk factor assessment, engineering controls, ventilation systems/HVAC/air purification, and Personal Protection equipment. **CRH'S WATCH TEAM** also provided Situation Awareness support to several local nonprofits.

Healthy COMMUNITIES

\$255,112



TOBACCO AWARENESS ACTION TEAM:

Provided **FREE NICOTINE PATCHES AND GUM** to TASC and VIMCare patients.

38 VIRTUAL & IN-PERSON PRESENTATIONS

to **825** students and **40** adults

FACEBOOK LIVE EVENT in collaboration with the Latino Education Group and Indiana Latino Institute

TRAINED HEAD START STAFF ON BREATHE HEALTHY: Steps to Living Tobacco-Free

Youth coalition testified at Indiana Statehouse hearing to urge passing of the **TOBACCO 21 LAW**



IMPACT: INFANT MORTALITY PREVENTION ACTION TEAM

IMPACT LEVERAGED A \$69,000 STATE GRANT TO DO THE FOLLOWING:

Launched the **IMPACT FACEBOOK PAGE**



632 SLEEP SACKS and **1,592 SLEEP BABY SAFE AND SNUG BOARD BOOKS** to community



CREATED & BROADCAST PSA SERIES with local professionals on health issues affecting new moms and babies



Presented **"SAFE SLEEP SEPTEMBER"** - public education campaign on infant safe sleep



Hosted **3 VIRTUAL LEARNING EVENTS** for medical providers and other professionals

ACHIEVED IN 2020: - **0 INFANT DEATHS** due to unsafe sleep

Released the **"IMPACT: INFANT MORTALITY PREVENTION ACTION TEAM"** Educational Podcast



DISTRIBUTED MEDICAID INCENTIVE HANDOUT for OB offices to give to expectant moms

MENTAL HEALTH ACTION TEAM (MHAT)

ACCOMPLISHMENTS FOR 2020:



MHAT provided **SUICIDE PREVENTION TRAINING** in the form of QPR: Question, Persuade, and Refer to **75 PEOPLE** during 2020.

MHAT **TRAINED 50 PEOPLE** in Mental Health First Aid during 2020.

MHAT, with the support of Johnson Witkemper and the Indiana Attorney General's office held a **DRUG TAKE BACK DAY** in November 2020 collecting **75 POUNDS** of unused and unwanted prescription drugs for safe destruction.

MHAT and IUPUC partnered to **TRAIN 50 HEALTH CARE AND FIRST RESPONDER PROFESSIONALS** in Healthcare Resiliency.

MHAT provided community level support through **ARTICLES IN THE REPUBLIC** as well as provided content to CRH Marketing team about Mental Health.

MHAT collaborated with **COUNCIL FOR YOUTH DEVELOPMENT** to create a mental health resource list for families during COVID-19 to support children and families during the stay-at-home order and e-learning process.



“ Excellence is doing ordinary things extraordinarily well. ”
-John W. Gardner

THE HEALTHY COMMUNITIES BREASTFEEDING COALITION

The Healthy Communities Breastfeeding Coalition works to ensure nursing moms have the education and resources needed to successfully breastfeed their babies by providing free, regular, predictable support and guidance by a Board Certified Lactation Consultant (IBCLC) through Nurse N' Chat every Tuesday and Thursday. During COVID-19, Nurse N' Chat offered online support and a social network opportunity to participants via Zoom and one on one scheduled appointments. Nurse N' Chat served 330 local moms in 2020.

The Breastfeeding coalition supported our community in multiple ways:

- **LIVE, LOVE, LATCH EVENT:** held virtually August 18th, 2020 on Facebook due to COVID-19.
- Free, bimonthly **PERINATAL DEPRESSION EDUCATION** offered at CRH.
- **BREASTMILK DONATION SITE** collected 3,000 ounces of milk for the Indiana Milk Bank.
- **BREASTFEEDING IN THE WORKPLACE PSA.**
- **HOSPITAL GRADE BREAST PUMPS LOANED** to moms with medical need.



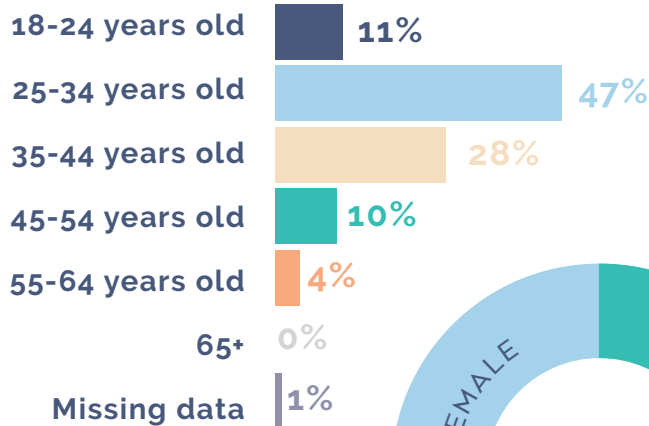
CRH TREATMENT & SUPPORT CENTER

(Progress since July 1, 2019 opening)

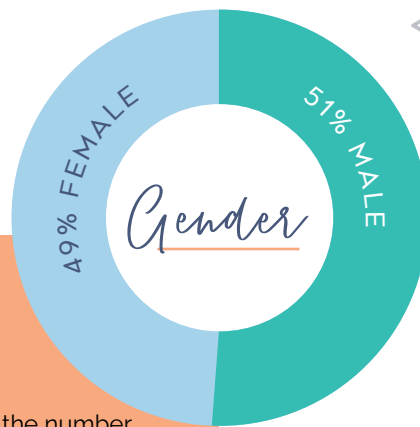
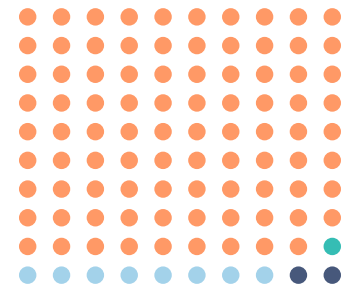
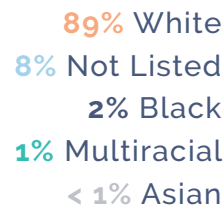
In 2019-2020 CRH Foundation awarded \$2 million to CRH for start-up costs for its new Treatment & Support Center (TASC). TASC provides addiction treatment for people suffering from substance use disorder.

OVERALL PROGRAM DEMOGRAPHICS (ALL CLIENTS AT INTAKE)

Age



Race



77% of clients have children.

90% of clients report family and/or friends that are supportive in their recovery.



RECOVERY/ABSTINENCE:

CRH is aiming to decrease the number of clients with opioid drug usage by 75% at 6-month follow-up. Among the 204 clients who completed both an intake and 3-month follow-up, 101 (50%) reported opioid use at intake.

Of those 101 clients, 89 (88%) reported no drug usage at 3-month follow-up. Similarly, of the 136 clients with an intake and 6-month follow-up, 71 clients reported opioid usage at intake. Of those 71, 67 (94%) reported no drug usage at their 6-month follow-up. Even though the target only looks at 6-month follow-ups, both rates exceed the target.

REPORTED METHAMPHETAMINE USE:

Almost a third of all clients (31%) reported using methamphetamine at intake. Methamphetamine use is addressed by the TASC treatment team.

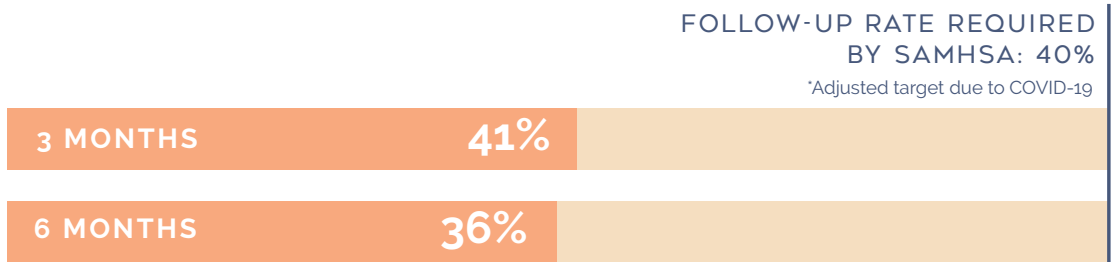


PARTICIPATION AND FOLLOW-UP RATE

Overall Participation



Follow-up Rate

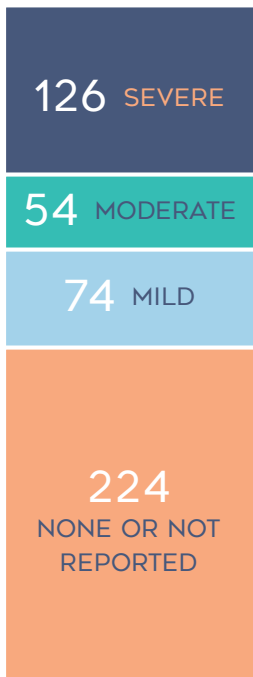


Rates displayed in ORANGE are based on current SPARS data.

DATA TRENDS

Opioid Use Prior to Intake

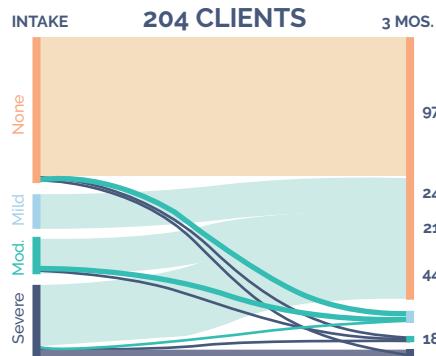
Change in Opioid Use



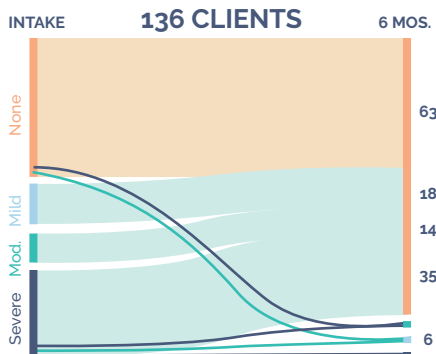
OVERALL INTAKES

53% OF INCOMING CLIENTS REPORTED USING OPIOIDS during the 30 days prior to intake. Exactly 50% (126 of 254) of those who used opioids reported **HEAVY USE**. This incoming percentage has remained relatively steady over the past three months.

47% OF INCOMING CLIENTS REPORTED NO OPIOID USE during the 30 days prior to intake (the other 15 clients did not provide an answer for this item).



Orange flows represent a client abstaining from opioid use (i.e., moving from mild, moderate, or severe levels at intake to none at follow-up).



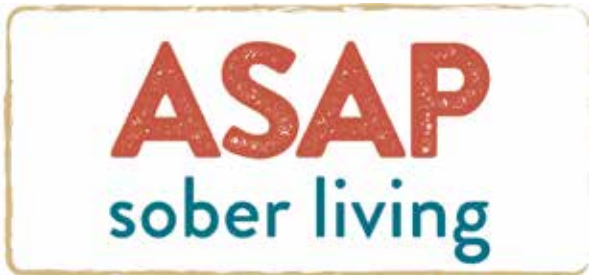
Blue and Teal flows represent a client who is not abstinent at follow-up.

Yellow flow at the top represents clients who reported no opioid use at intake or follow-up.



ALLIANCE FOR SUBSTANCE ABUSE PROGRAMS (ASAP)

2020 CRHF Support for ASAP \$100,059
2020 City and County Support for ASAP \$430,837



In 2020 CRHF's financial support played a key role in further developing our community's Prevention and Recovery System of Support, as well as working to ensure these programs are woven into the fabric of Healthy Communities Initiatives. While COVID-19 presented many challenges, much was accomplished throughout the year.

RECOVERY SUPPORT

- Prior to COVID-19, recovery meetings were hosted every day of the week, including 12-Step AA Recovery, Celebrate Recovery, SMART Recovery, Professionals in Recovery, Recover Out Loud, 12-Step Yoga and Al Anon.
- In response to COVID-19 closures, ASAP offered a catalogue of online Recovery Rooms, speaker tapes and virtual peer support, as well as a live-online chat with Hub team members.



RESIDENTIAL TREATMENT AND TRANSITIONAL RECOVERY HOUSING

- Over 30 recovery housing stakeholders convened to assess needs and develop strategy for transitional Recovery Housing in Columbus.
- Help from Ascension Recovery Services and a grant from the Rx Abuse Leadership Initiative (RALI) enabled development of a Recovery Housing Toolkit, available to any organization interested in developing a National Association of Recovery Residences (NARR) certified, supervised recovery home.
- Despite delays, reduced capacity and many new complexities for recovery residence operators as a result of COVID-19, eight treatment and recovery residences emerged in the community in 2020.
- ASAP Sober Living launched a 12-Step Recovery meeting, hosted at the ASAP Hub, open to all men living in a recovery residence in Columbus.
- Recovery Housing Providers forum hosted monthly to offer support and opportunities for collaboration among the community's recovery residences.



EMPLOYER ENGAGEMENT

The ASAP Hub has partnered with several recovery-friendly second, third and fourth-chance employment partners who welcome ASAP clients into their places of employment and offer a variety of generous benefits to support an individual's recovery, such as flexible scheduling, time off to participate in treatment and recovery meetings, transportation to/from work and recovery meetings on-site for employees.



PREVENTION AND HARM REDUCTION



CRH CONTINUES TO IMPLEMENT CHANGES TO ITS PRESCRIBING PRACTICES

- Transitioning entire health system to Epic as the comprehensive electronic medical record system, which has safer prescribing features such as prescription history, dosage alerts, and warnings of potentially unsafe drug interactions.
- Implementing EPCS (electronic prescribing of controlled substances), which prevents use of paper scripts, decreases the potential for diversion, and reduces opioid prescribing.



EDUCATION AND STIGMA REDUCTION

- 497 middle and high school students participated in Life Skills education, an evidence-based prevention program.
- The ASAP Hub hosted Facebook Roundtable discussions on such topics as Recovery Support Groups, Recovery Housing, Family Support, Medication-Assisted Treatment, Problem Solving Courts and Overdose Reversal: Narcan.



NARCAN DISTRIBUTION

- ASAP hosted Narcan November, a month of targeted education and advocacy around the life-saving benefit of the overdose reversal drug Narcan.
- The ASAP Hub hosts a monthly mobile HIV/Hep C Testing Clinic, and simultaneously distributes Narcan.
- ASAP is partnering with Overdose Lifeline to install NaloxBoxes, making Narcan freely and safely available at locations throughout the community.



DRUG TAKE-BACK

- 1,340 pounds of unused medication were collected at the CRH Emergency Room medication drop box.
- Medication disposal bags are available at the ASAP Hub and are being distributed at public events to safely dispose of expired, unused and unnecessary prescription drugs.
- Healthy Communities, ASAP, the Indiana Attorney General and the Bartholomew County Sheriff's Department hosted a Drug Take-Back event at the Anderson Community Center, and safe-disposal bags were distributed to prevent pill abuse and theft.



VIMCARE Highlights

\$418,180

VIMCare Clinic provides access to primary healthcare for our community's uninsured and underinsured. Through philanthropy, CRH Foundation is able to provide support for critical wrap around services for VIMCare patients such as mental and behavioral health, medication assistance and financial navigation.

MENTAL HEALTH SERVICES

Charitable gifts to CRH Foundation support a full-time Care Coordinator/Licensed Clinical Social Worker (LCSW) at VIMCare Clinic. The LCSW provides patients with critical mental and behavioral healthcare such as social work assistance, cognitive behavioral therapy, motivational interviewing, psycho-social education and other forms of therapeutic intervention. VIMCare follows a Collaborative Care model, embedding the mental health provider in the primary care practice with psychiatric consulting available by phone. It has been very effective for VIMCare patients struggling with depression, anxiety, mood disorders and substance use disorder.



Care Coordinator
Anna Hilycord, LCSW shared.

“It's an honor to assist VIMCare patients with their needs and hopefully make their lives a little better.”

FINANCIAL NAVIGATION SERVICES

Philanthropy provides a full-time certified Financial Navigator/Patient Advocate to VIMCare patients who guides them in accessing health insurance and financial assistance resources. Financial Navigation at VIMCare includes screening and assisting patients with the enrollment process for the Healthy Indiana Plan (HIP), Medicaid, Medicare/Medicaid or Emergency Medicaid. The Financial Navigator is a liaison between the patient and the Medicaid office. For those who do not qualify for Medicaid, the Navigator helps them apply for ACA Marketplace coverage or for charity care through CRH.



Current Financial Navigator
Sarah Warfield shared.

“Often times a barrier for patients to receiving healthcare is cost, and it's very rewarding to assist patients in either applying for health insurance or financial assistance.”

AN EXTRAORDINARY PATIENT STORY

A 33 year old, non-English speaking man came to VIMCare for his first visit in August of 2020. He was previously healthy with no known medical history. He contracted COVID-19 in May, which resulted in a devastating stroke. This patient had always worked hard to support his family; however, he lacked health insurance. The stroke left him with permanent impairments and rendered him unable to work. Through word of mouth, he was connected with VIMCare, and was able to meet with the insurance navigator there to come up with a financial

plan. Through the clinic, he has been able to access primary care and preventative services, medication assistance and social support. Despite several setbacks, including new-onset seizures, he has progressed as he has continued to work with physical, occupational and speech therapy. He was so proud to show the staff a picture he took with his guitar, in the hopes that someday he may be able to play again. He and his family are grateful for the care they have received at the clinic.



EXTRAORDINARILY UNUSUAL REVERSE RAFFLE

Due to the COVID-19 pandemic, and for the first time ever, the 25th annual Reverse Raffle to benefit VIMCare Clinic was held virtually on November 13th, 2020. The event, streamed live on Facebook, featured Reverse Raffle co-Chairs, Amy McCormick and Andrew Weisner and streamed music from Indianapolis-based The Woomblies Rock Orchestra. Despite the challenges of planning and executing a virtual event, the evening successfully connected our generous community with the essential work of the clinic. As CRHF's only fundraising event, the Reverse Raffle yields over a third of VIMCare's annual budget.

2020 Net Raffle Proceeds: \$141,976



VIMCARE'S MEDICATION ASSISTANCE PROGRAM COORDINATORS RESPOND TO EXTRAORDINARY CHALLENGES



Cheri Wildridge



Dani Huff

CRH Foundation is proud to support VIMCare Clinic's Medication Assistance Program (MAP). It has long been a critical component of the clinic's many services for those in need of affordable health care. With the number of uninsured and underinsured residents in our community steadily growing, the need for MAP grows also. In 2020, that need was made especially evident by the COVID-19 pandemic, which presented new hurdles for the clinic's staff. But through the efforts of the Medication Assistance Program Coordinators (MAPCs), the program was still able to procure life sustaining medications for a record number of individuals.

2020 REVERSE RAFFLE KEY SPONSORS

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EXTERNAL *Grants*

RECEIVED BY CRHF TO SUPPORT COMMUNITY HEALTH PROJECTS IN 2020

Substance Abuse and Mental Health Services Administration, Medication Assisted Treatment, Prescription Drug and Opioid Addiction,

\$521,251

in support of **TREATMENT AND ADDICTION SUPPORT CENTER (TASC)** and **OPIOID ADDICTION TREATMENT**

Indiana State Department of Health, Maternal Child Health Title V,

\$84,000

in support of the **INFANT MORTALITY PREVENTION ACTION TEAM**

Indiana State Department of Health, Tobacco Prevention and Cessation Commission,

\$80,000

in support of the **TOBACCO AWARENESS ACTION TEAM**

C.W. Titus Foundation,

\$50,000

for **VIMCARE CLINIC'S MEDICATION ASSISTANCE PROGRAM**

Carl & Mildred Reeves Foundation,

\$22,428

for **VIMCARE CLINIC'S CHRONIC DISEASE/ DIABETES MANAGEMENT & TELEHEALTH**

Elizabeth R. and Walter C. Nugent Foundation,

\$9,000

for **VIMCARE CLINIC'S MEDICATION ASSISTANCE PROGRAM**

Clarence E. and Inez R. Custer Foundation,

\$6,000

for **VIMCARE CLINIC'S MEDICATION ASSISTANCE PROGRAM**

Hazel Teegarden Foundation, Inc.,

\$3,000

for **VIMCARE CLINIC'S MEDICATION ASSISTANCE PROGRAM**

Bartholomew County Substance Abuse Council,

\$615

in support of the **TOBACCO AWARENESS ACTION TEAM**

CRHF OFFERS *Financial Assistance* TO THOSE PURSUING A CAREER IN HEALTHCARE

2020 ROBERT BORCZON MEMORIAL SCHOLARSHIP

The Borczon Scholarships encourage CRH employees to further their education and career in healthcare, and are made available in memory of Robert Borczon, former administrator of Columbus Regional Hospital and champion of education for Hospital employees. Awards are based on financial need, personal essay and interview, community activities, and academic performance.

\$3,000 RECIPIENTS

Deanna Abel
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Deidre Western

\$1,500 RECIPIENTS

Laura Gentry
Yfat Aronov

2020 RONALD D. ROBERTS, M.D. MEMORIAL MEDICAL STUDENT SCHOLARSHIP

This scholarship is given each year in memory of Ronald D. Roberts, MD, a dedicated local physician and scholar. It is designed to provide resources to medical students who demonstrate both academic potential and financial need.

2020 RECIPIENT

\$6,500

Nicole Hudson

We Celebrate Our Donors

listed on the following pages for the generous gifts made to Columbus Regional Health Foundation. Their gifts are a testament to our community's compassion and commitment to health.

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Individuals

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“People do not decide to become extraordinary. They decide to accomplish extraordinary things.”
- Sir Edmund Hillary

THANK YOU TO CRH OUTPATIENT AND INPATIENT OCCUPATIONAL AND PHYSICAL THERAPY STAFF:

We are tremendously grateful for the generosity of the Outpatient and Inpatient Occupational and Physical therapy staff and for their years of support for the CRH Foundation's Health System Campaign. Over the years, their generous gifts have helped make crucial health care services more accessible to all in our community.

CHRIS WOOD

has been employed at CRH for 21 years, and has given to the Foundation each of those years. She gives because she likes knowing that she has helped others in some way. Chris said she gives to the Foundation because, "I can see how CRHF gives to the community and to the hospital departments. When CRH started a recycling program, CRHF helped get the containers, and they helped many co-workers during the flood of 2008. So donating is my way of giving back." Chris also likes being able to choose where her donations will go. As a grandmother of 4, she chooses to support the Birthing Center because "it is important for expecting parents to receive all the education and help they need." She supports diabetes education because she lost a sister to the disease and it helps her to know that someone's life may be improved or even saved because of the diabetes education they receive at CRH that her gifts helped make possible. Chris believes that "you don't have to give much to go a long way."



SUZIE AND CHARLIE RENTSCHLER

believe in community involvement and are passionate about advocating for the medically underserved who are in need of critical health care services. CRHF is sincerely grateful to receive their support through charitable gifts to areas such as VIMCare, Where the Need is Greatest and the Reverse Raffle to benefit VIMCare. The Rentschler's have supported CRHF since 2004 in multiple ways. In addition to Suzie's leadership as a member of CRHF's Board of Directors from 2012-2020, she and Charlie have contributed through planned gifts, consistent annual giving and most recently, a generous major gift to Where the Need is Greatest. Suzie shared the reason they give to VIMCare and Where the Need is Greatest is "...because we have enjoyed an extraordinary quality of life in this amazing community and want to support, sustain and help improve this vital part of all our lives... our medical care."

LIFETIME DISTINGUISHED DONORS

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CUMULATIVE GIVING OVER TIME TO CRHF

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The Cummins Foundation
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“ Day after day, ordinary people become heroes through extraordinary and selfless actions to help their neighbors. ”
- Sylvia Matthews Burwell

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FOR THEIR DONATIONS AND PLEDGES IN 2020

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(\$50,000 - \$99,000)

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Palliative Care

DONORS

Columbus Regional Health Foundation is pleased to recognize donors to Palliative Care through a gift to Our Hospice of South Central Indiana. Palliative Care Services is specialized care provided by Our Hospice's Palliative Care Team throughout the health system to seriously ill patients. The team offers relief while under the care of the patient's physician from symptoms like chronic pain, shortness of breath and anxiety resulting from serious illnesses like heart, lung and kidney disease. Much like hospice care during its early years, charitable gifts almost entirely fund palliative care services. We thank the following donors for their support of Palliative Care Services with gifts through Our Hospice of South Central Indiana and Columbus Regional Health Foundation.

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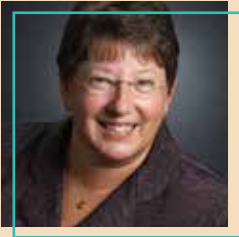
have chosen to make Columbus their home since 1956. They have devoted themselves to its betterment through decades of active community participation. Ben's involvement includes leading the Columbus Redevelopment Commission as its president Columbus Redevelopment Project. Pat has been active

on numerous local organizational boards. They have given freely not only of their time but also of their resources to this community. Their inspiration to give comes from their affection and gratitude for the uniqueness and diversity of Columbus. "It is a community that feels a responsibility for healthcare for its members," said Ben. He and Pat passionately share that responsibility, and their generous, major gift to the James Kirby Risk Jr. and Caroline Robinson Risk Fund for Palliative Support exemplifies that passion. Pat shared, "Palliative Care fills an important need because it offers comfort and hope to those suffering with long term illness. We feel proud to be a part of Palliative Care, and blessed because we are able to help others."



Legacy GIFTS

Legacy gifts enable a powerful philanthropic legacy by making a direct impact on the causes important to the donor.



PLANNED GIFT CONTINUES SUPPORT FOR WHERE THE NEED IS GREATEST

MARLENE WEATHERWAX, retiring Vice President and Chief Financial Officer for Columbus Regional Health was “brought up to tithe.” She personally believes that this can go beyond tithing to a church to include organizations

like Columbus Regional Health Foundation. Marlene has contributed to CRHF since joining the organization 25 years ago, directing her gifts to the highest need areas like VIMCare Clinic through the Reverse Raffle. Marlene shared, “What I particularly like about my CRHF contributions is that I can directly see the positive impact that my gift is making in the local community.”

In 2014 she made the decision to leave a planned, or legacy, gift to CRHF. Planned giving allows individuals to make larger philanthropic gifts to organizations than they could make from ordinary income, and can provide life-long income to the donor. Marlene feels that planned giving is important because it can be a way to make a greater impact than what might be possible otherwise.

ESTATE PLAN GIFT ENSURES CHERISHED VALUES LIVE ON

DAVID BORCHERDING and **SUSAN PICKENS** believe that everyone, regardless of income, has the right to good mental and physical healthcare. That is why they have given to VIMCare Clinic (formerly Volunteers in Medicine) since 2005. Their support began with purchasing raffle tickets to the annual Reverse Raffle which benefits the clinic. But as they learned more about the clinic’s work and the scope of its critical health services to those in need, particularly mental health care, they were inspired to give annual gifts directly through CRH Foundation.



As David and Susan began looking to the future, they identified the organizations that were most important to them and decided that they not only wanted to help those in need now, but those of the next generation as well. Additionally, it was their desire to help ensure that the organizations they support now would be able to continue operating well into the future. Thus a planned gift to VIMCare Clinic was a natural choice. It also sets a powerful example for their children; one they hope inspires them to do the same.

CRHF IS GRATEFUL TO THOSE WHO HAVE COMMITTED OR PROVIDED A BEQUEST, CHARITABLE GIFT ANNUITY, TRUST OR OTHER PLANNED GIFT IN SUPPORT OF CRHF-FUNDED PROJECTS.

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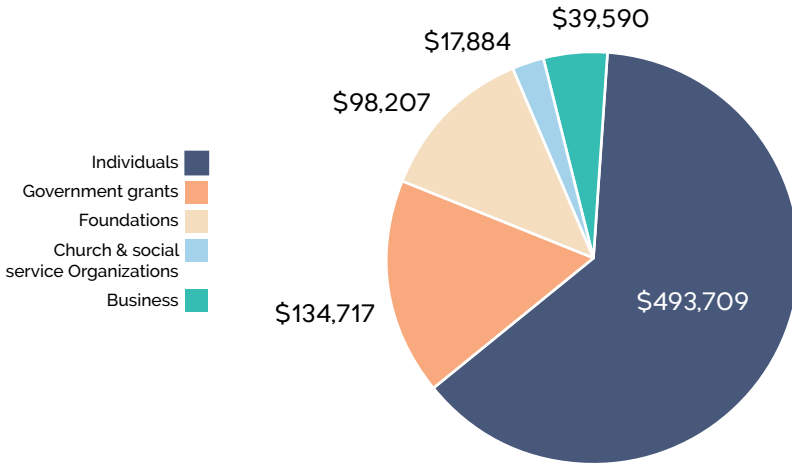
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**COLUMBUS
REGIONAL
HEALTH
FOUNDATION**

2020 FINANCIALS

WHO GAVE TO CRHF: \$784,107



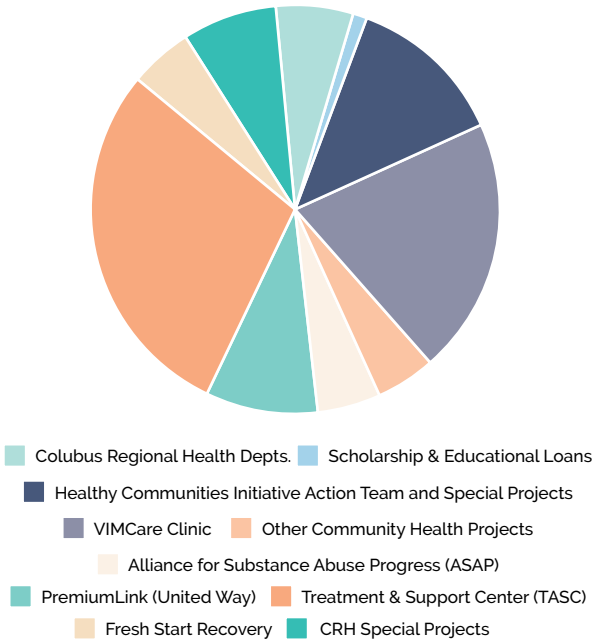
TOTAL ASSETS AND PERMANENTLY RESTRICTED ENDOWMENT

	TOTAL ASSETS	ENDOWMENT
2016	\$14,512,594	\$5,310,972
2017	\$16,886,256	\$5,503,882
2018	\$15,739,676	\$5,621,325
2019	\$15,824,608	\$5,724,843
2020	\$16,922,039	\$5,786,300

WHO GAVE TO CRHF

Individuals	\$493,709
Government Grants	\$134,717
Foundations	\$98,207
Church & Social Service Organizations	\$17,884
Businesses	\$39,590
TOTAL	\$784,107

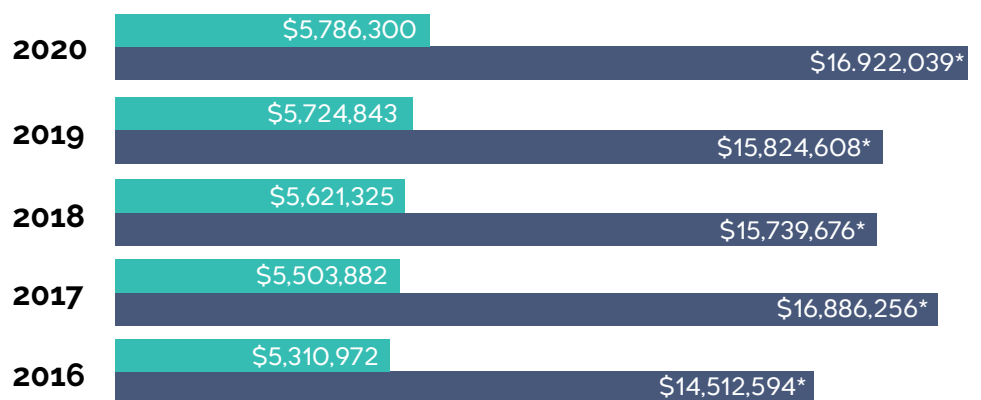
WHAT CRHF SUPPORTED: \$2,068,502



WHAT CRHF SUPPORTED

Columbus Regional Hospital Departments	\$1,333,313
Scholarships & Educational Loans	\$24,500
Healthy Communities Initiative Action Teams and Special Projects	\$255,162
VIMCare Clinic	\$418,180
Other Community Health Projects	\$100,527
Alliance for Substance Abuse Progress (ASAP)	\$100,059
PremiumLink (United Way)	\$181,676
Treatment and Support Center (TASC)	\$601,421
Fresh Start Recovery	\$100,000
CRH Special Projects	\$153,664
TOTAL	\$2,068,502

TOTAL ASSETS & PERMANENTLY RESTRICTED ENDOWMENTS



■ Total Assets
■ Endowments

*Excludes Our Hospice Reserve Fund