

**TOGETHER,  
BUILDING  
RESILIENT  
COMMUNITIES.**



**REGIONAL  
HEALTH SYSTEMS**





**SAME ENTITIES.  
SAME SERVICES.  
NEW BRAND.**

# OUR LEGACY

Nearly fifty years ago, two community mental health centers (CMHCs), Tri-City Comprehensive Community Mental Health Center and Southlake Center for Mental Health, opened in Lake County, Indiana as a response to federal funding for President John F. Kennedy's Mental Retardation and Community Health Centers Construction Act of 1963. This groundbreaking legislation ended the nightmare for many Americans with mental illness. No longer were they warehoused in institutions; they had a chance at hope and recovery—to a life in the community.

As we embark on a new chapter of our story, we're reminded that our legacy was built on principles from the 1963 legislation: hope, recovery, and the resolve to build resilient individuals and communities. These principles have remained true as the CMHCs grew and as the continuum of comprehensive mental health care evolved.

Through growth, we sought to improve efficiencies in health care administration—partnering to combine administrative services by creating Indiana's first administrative service organization for mental health providers, Geminus Corporation, and later merging the CMHCs into one entity: Regional Mental Health Center, Northwest Indiana's largest community mental health center.

Through change, we recognized that an individual's mental health resiliency cannot be separated from his physical health and social health, and cannot be exclusive to a particular age group. As we evolved to include primary health care and social services, we found access to quality, affordable, early childhood education opportunities equally integral for a sustained approach across the life course—an approach that treats the whole person, his family and his community.

Our extensive breadth and depth of services, fostered through growth and change, makes us one of the few behavioral health care providers in the country that integrates primary and behavioral health care with family social services, early childhood learning services, prevention services and housing for mental health clients. In Northwest Indiana alone, we operate more than 50 sites offering a mix of these services.

We also manage scores of community-based programs and grants such as the nationally-recognized *Head Start* program, the State of Indiana's *On My Way Pre-K* pilot program, in addition to locally-focused programs that address child abuse prevention, domestic violence intervention, substance abuse prevention, case management, school therapy and much more.

And now, we are on a journey to align our entities under a brand that captures the breadth and depth of our services. A brand that reflects the heart of what we do.



Regional Health Systems is authentic to our roots and our ambitions.

It supports an exceptional, unique model that offers a range of services to our communities.

It builds upon trusted names within the community and the unique personalities of our programs.

It positions us to support integrated care at every level—from technology to customer service to program development to case management, and much more.

At Regional Health Systems, we strive to build resilient communities through a sustained approach to whole-person, integrated care—care that supports an individual's, and his family's, emotional, physical, social and cognitive well-being.

Linda Jonaitis  
President  
Board of Directors

Robert D. Krumwied  
President/CEO  
Regional Health Systems

Sonia Magallon  
President  
Geminus-Regional Health Systems

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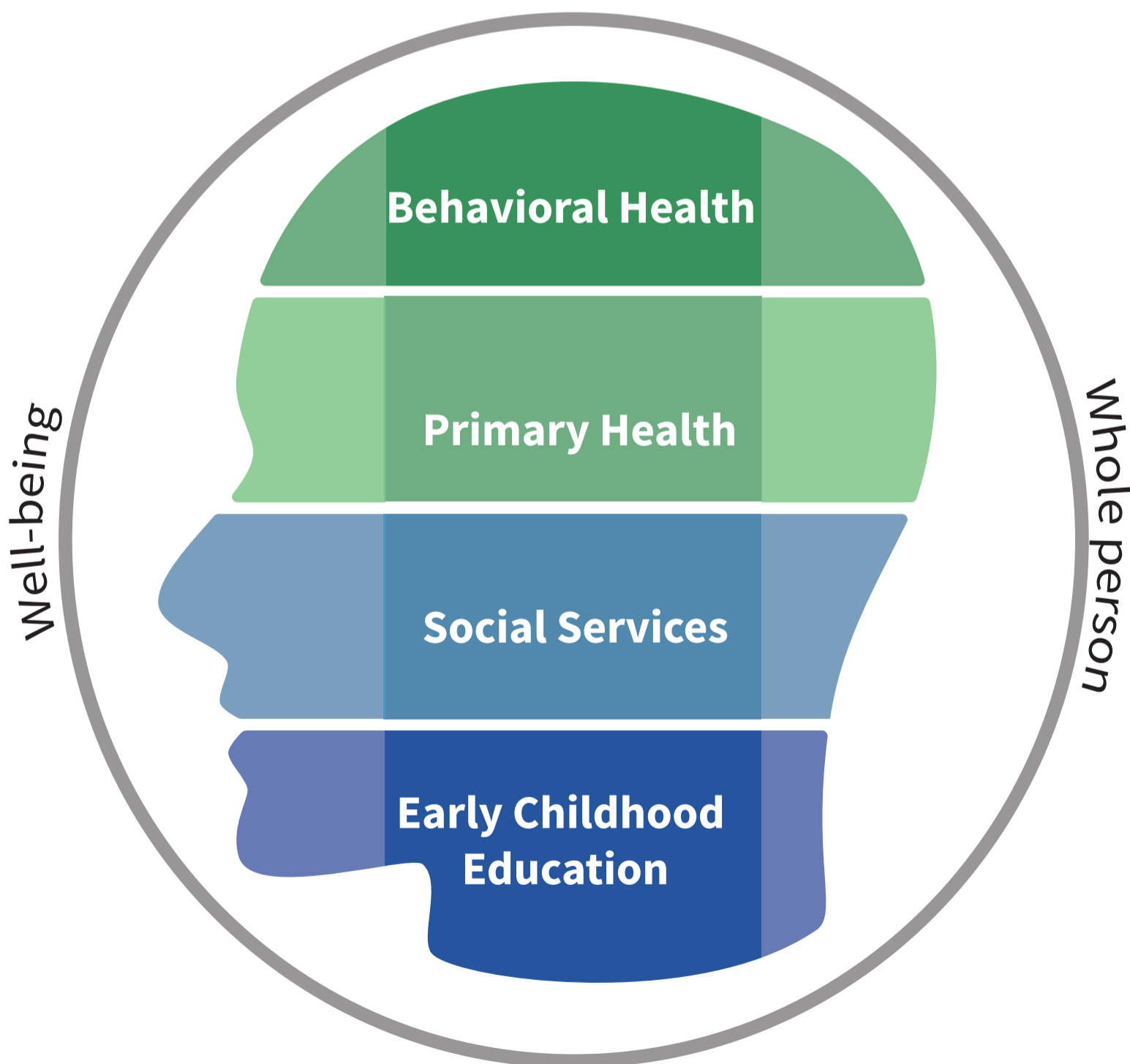


# OUR APPROACH

**BUILD RESILIENT COMMUNITIES**

**ACROSS GENERATIONS**

**THROUGHOUT A PERSON'S LIFE**





# OUR MISSION

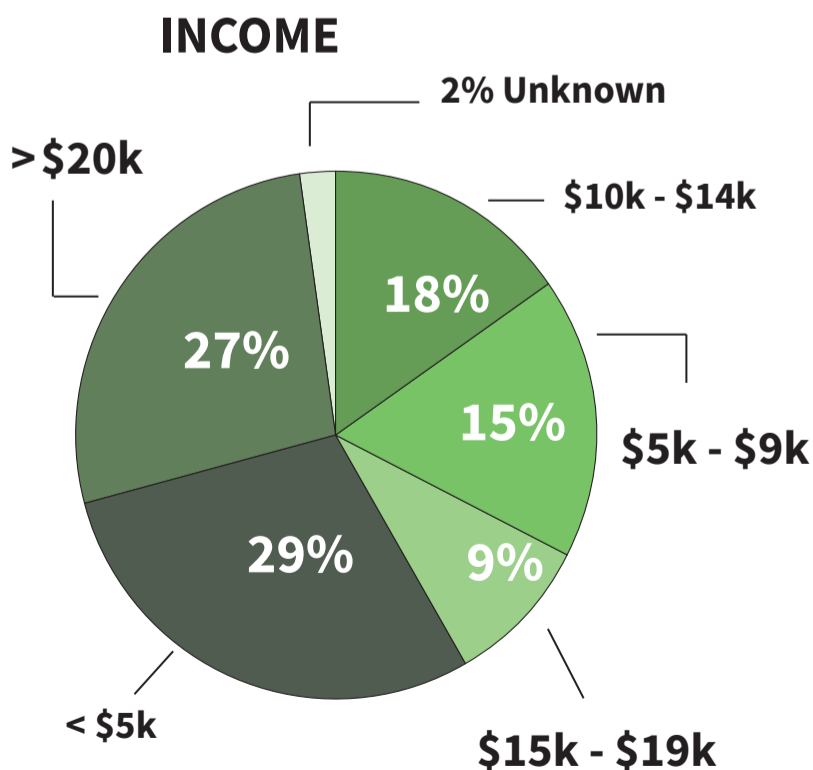
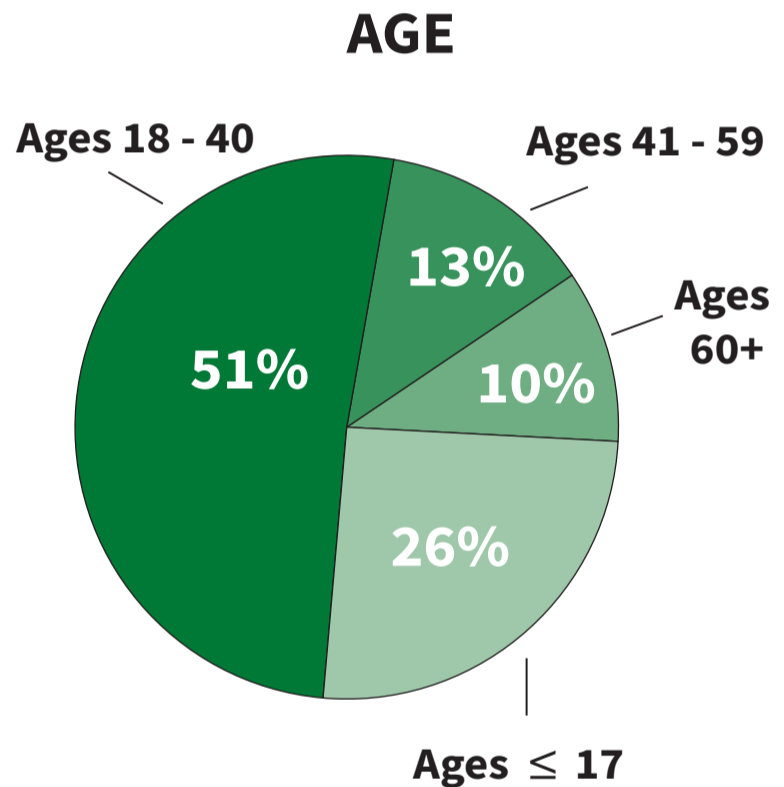
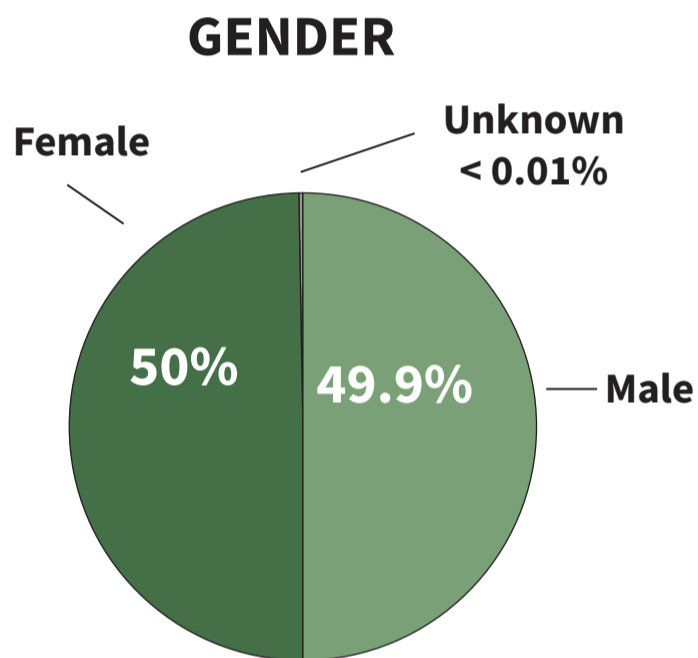
Regional Health Systems is committed to helping, healing and building stronger communities. Together, Regional Mental Health Center and Geminus build a comprehensive continuum of care around our services to support our clients' emotional, physical and cognitive well-being.



# HEALTH CARE

## Mental Health and Substance Use Services

Between July 1, 2016 and June 30, 2017, Regional Mental Health Center served 12,218 clients—mostly Lake County, Indiana residents. Our programs include, but are not limited to, outpatient and residential mental health services, outpatient and residential substance use services, inpatient psychiatric services, school-based therapy, and case management services.



### EDUCATION

- 25% of clients served had some college education or higher
- 38% were enrolled in a K-12 institution
- 38% had at least a high school diploma

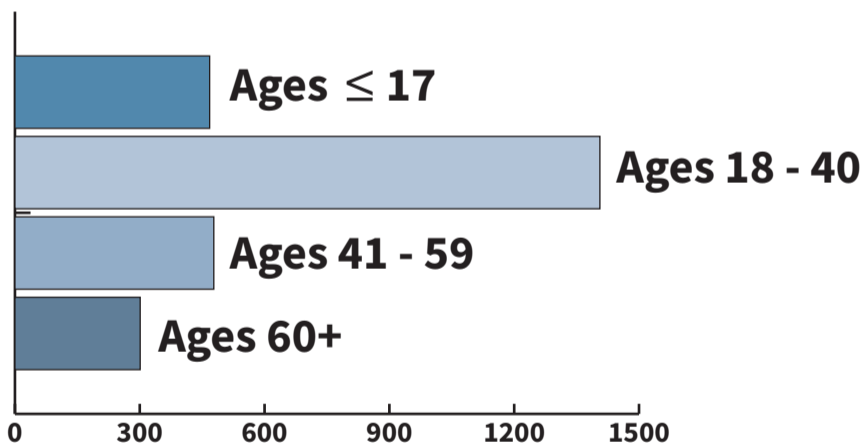
# Physical Health

Regional Mental Health Center opened its fourth federally qualified health center (FQHC), Regional Health Clinic, in May 2017 at the Strawhun Center in Merrillville. The Merrillville FQHC is the only FQHC in southern Lake County, and the second in the county to share a physical location with a community mental health center.

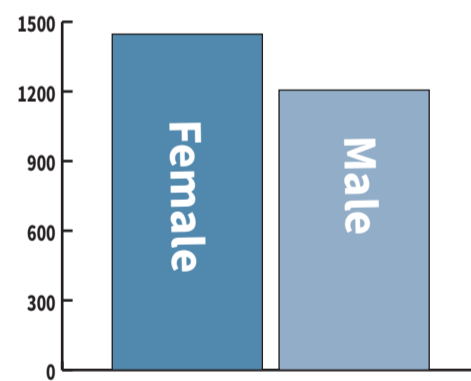
The need for affordable, quality and integrated health care for southern Lake County's population suffering from behavioral health issues is high. Currently, those with mental illness who do not receive integrated health care die 25 years earlier than individuals without mental illness or behavioral health concerns. The U.S. Department of Health and Human Services-Health Resources and Services Administration provided the grant to open the FQHC as part of the federal agency's effort to expand and integrate mental health and substance use services in medically underserved populations.

In FY 2017, Regional Health Clinic served 2,653 clients.

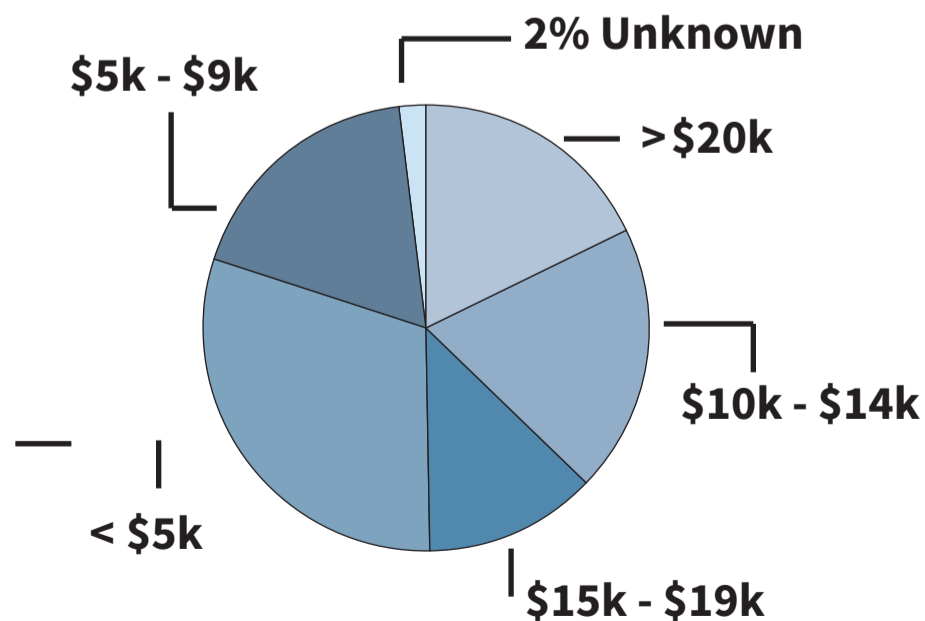
## AGE



## GENDER



## INCOME



# SOCIAL SERVICES

## Family Services

Thousands of Hoosiers in Lake County are reached annually through our Family Services programs. These programs provide critical social service resources that range from wrap-around services for families with juveniles in the Lake County court system to truancy prevention to child abuse prevention and much more. Empowering families, building and maintaining partnerships with key organizations, and strengthening available resources are cornerstones of all Family Services initiatives.

**Circle Around Families (CAF)**, a referral-based cross system of care, designs and implements individualized, case-coordination strategies for families with children exhibiting emotional and behavioral problems. Children are referred by the Lake County Juvenile Justice Court System (LCJJCS) and the Indiana Department of Child Services (DCS). More than 80 families received CAF support. This includes, but is not limited to, individualized case management and planning, access to services identified in the case plan, coordination with other support providers, and support during transitions to other services. CAF collaborates with a variety of organizations involved with the child—creating a team of support for the child. Organizations include the LCJJCS, DCS, local school corporations, churches, and mental health providers.

**Community Partners** provides support for families seeking to manage obstacles such as job loss, behavioral issues, domestic violence, addiction, in addition to other concerns. The goal is to reduce child abuse by providing access to counseling, support groups, childcare, and mentoring, and by collaborating with partners to build a network of community resources in Lake County. Last year, Community Partners reached 2,406 families and 5,733 kids through its programs and events.

**Abuse Intervention Management (AIM)** is a 26-week group-based program designed to keep children and families safe. AIM is the only state certified batterers intervention program in Lake County serving men and women. Last year, more than 80 participants enrolled in the program and received both one-on-one counseling and group counseling by a certified domestic violence therapist.

**Real Fathers Initiative (RFI)** strengthens fathers' engagement with their children's lives by providing evidence-based training—teaching fathers effective parenting skills and fostering understanding of positive interactions. Participants also collaborated with a family advocate to address barriers that inhibit re-engagement. This includes: finding suitable housing; receiving employment assistance; accessing community resources; obtaining supervised visitations, transportation, and much more. Last year RFI successfully re-engaged 90% of its 368 cases.

The **Truancy Prevention Program** partners with Lake County school corporations to assist families dealing with truancy issues. The voluntary program aims to address challenges before they are escalated to the county juvenile court system and department of child services. Last year, 110 families were served.

# Prevention Services

Prevention Services leads several training, educational and community-engagement initiatives aimed at preventing and reducing alcohol, tobacco, marijuana and other illicit drug use in addition to suicide prevention and mental health promotion.

The **Partnership for Success Grant** provided opportunities to implement evidence-based, drug-use prevention programs. This includes executing Project Towards No Drug Abuse and Too Good for Drugs in Hammond and Hobart school corporations; raising awareness on opioid and prescription drug prevention; partnering with local police departments and the U.S. DEA to promote two National Prescription Drug Take Back Days; and, educating communities on prescription drug, drop- box locations and acceptable disposal items.

The **Lake County Substance Abuse Block Grant** enabled partnerships with several Lake County organizations to provide prevention programs—such as AI's Pals, Too Good for Drugs, and a social norms campaign—to more than 10,000 Hoosiers, including preschoolers, pre-teens and college students.

**Youth L.E.A.D.** (Leading and Educating Across Domains), a peer-led substance abuse prevention program, launched a new, 8-week curriculum focused on positive youth development and social emotional learning. The peer group partnered with 22 youth-based organizations, trained 33 youth to co-facilitate the Youth LEAD program, and served over 1000 youth participants.

**Elder LEAD**, a statewide initiative promoting health and wellness among senior citizens, rolled out a new curriculum that empowers seniors to be personal health advocates—learning skills to maintain and improve personal health. Nine agencies in Indiana received the program.

The **NWI LGBTQ Coalition** created a diversity training geared towards school administration and staff. The training provides awareness and education of LGBTQ cultural issues such as the LGBTQ alphabet soup, sexual orientation verses gender identity, and cultural risk factors unique to the LGBTQ community. The Merrillville School Corporation administrative staff participated in the initial training in FY 2017. The initial diversity training was so successful that Merrillville School Corporation partnered provide the training to all school corporation staff in FY 2018.

The **Northwest Suicide Prevention Council** held a conference that included participant training in suicide prevention. Additionally, trained council members provided training and Mental Health First Aid to Northwest Indiana communities and schools.

In addition to the initiatives listed above, Prevention Services also coordinated the **Lake County Substance Abuse Council** (rebranded as *SAFE: Supporting Addiction Free Environments. For Lake County. For Life.*) Furthermore, the **Making Students Successful Initiative** (MSSI) increased its programming and campaigns to schools, staff and community members in Lake County.



# EARLY LEARNING

As early childhood education supporters, we know that all child care is early learning. The demand for access to affordable, high-quality early childhood education in Northwest Indiana is so much greater than the current availability. That's why early learning programs such as *Early Head Start*, *Head Start*, *On My Way Pre-K*, and *Paths-to-Quality* and other child care partnerships are so important. These programs not only help increase access to affordable, quality early childhood education, they also empower parents to become advocates and participants in their child's education.

Through our community experience, we recognize that familiarity with the key indicators of quality child care among our stakeholders is important. **Early Learning Connections** provides these services to both families and child care providers. For example, families receive localized information about the variety of available child care that meet their specific needs and gain access to models of high quality child care programming. Indiana programs like *Paths-to-Quality* and *On My Way Pre-K* help parents judge a provider's quality standards.

Alternatively, through **Early Learning Connections**, child care providers receive professional development in early childhood care and education, assistance with starting child care home-based business, training on Indiana state licensing requirements and best practices, and coaching to ensure quality program operation. Child care providers are encouraged to promote their *Paths-to-Quality* certifications and *On My Way Pre-K* achievements.

## EARLY LEARNING CONNECTIONS FY 2017 HIGHLIGHTS

### Key Performance Indicators

Key Performance Indicators	Results
Unique providers trained (monthly average)	108
Children impacted monthly (monthly average)	2085
Programs enrolled in Paths to Quality	77
Programs that advanced to High Quality	15
Families that received child care referrals	188

The **Northwest Indiana Child Care Development Fund Voucher Program (CCDF)** is another program that increases access to affordable child care opportunities. CCDF, a State of Indiana child care voucher program, assists income-eligible families in Jasper, Lake, Porter and Newton counties with child care options and costs. In FY 2017, program staff serviced approximately 2,500 cases each month. This access helped low-income families obtain child care so that they could work, attend training or continue their education.

**Daily Bread**, a Geminus program specifically geared towards increasing a child's access to nutritious meals while in child care, reimburses child daycare homes and centers with funding from USDA Child & Adult Care Feeding Program (CACFP). Daily Bread ensures child care homes and centers meet CACFP standards for enrolled children and provides training in menu planning and preparation as well as sanitation and administration. The program serves approximately 60 daycare homes and centers.

# EARLY LEARNING

## Teaching Children Serving Families

**Geminus Head Start** is our longest running early childhood education program. It is also Northwest Indiana's leader in early childhood education—making positive impacts on families, children and staff through creative partnerships that inspire personal growth, foster empowerment and provide quality comprehensive services for all.

Together, along with local child care partners, we served 2,108 children (ages prenatal to five) and their families during the 2016-2017 program year.

During the 2016-2017 program year, we offered Head Start and Early Head Start services in 23 locations and Early Head Start Child Care Partnership services in 12 locations throughout Lake and Porter counties, making it convenient for families to access quality early learning and social services.

### **PROGRAM HIGHLIGHTS** 2017 Geminus Head Start Classroom Assessment Scoring System (CLASS®) by the Office of Head Start

<b>GRANTEE-NATIONAL COMPARISON</b>	<b>Domain</b>	<b>Score</b>	<b>Domain</b>	<b>Score</b>	<b>Domain</b>	<b>Score</b>
<b>GEMINUS HEAD START</b>	<b>Emotional Support</b>	<b>6.6</b>	<b>Classroom Organization</b>	<b>6.5</b>	<b>Instructional Support</b>	<b>3.6</b>
<b>NATIONAL HEAD START GRANTEES</b>	<b>Emotional Support</b>	<b>6.0</b>	<b>Classroom Organization</b>	<b>5.8</b>	<b>Instructional Support</b>	<b>3.0</b>



**The 5th Annual End of Year Family Picnic gathered a turnout of over 738 children and families**

- All of our Head Start and Early Head Start Centers became NAEYC accredited.
- Head Start celebrated its 3rd annual Father-Child Chili Cook-Off in partnership with Just A Dash catering in Highland, IN.
- 81% of our Head Start and Early Head Start lead classroom teachers have met the Head Start requirement of having a minimum of a bachelor's degree in Early Childhood Education or Early Childhood Development.
- Head Start staff successfully completed a series of pre-service training sessions prior to the start of the program year.
- Head Start staff successfully completed a series of on-going professional development sessions during the program year.



## 2016-2017 PROGRAM STATUS

CATEGORY	No. of Funded Enrollment	% Average Monthly Enrollment	% Average Monthly Attendance	Total No. of Children Served	% of Eligible Children Served	% Received Physical Exam	% Received Dental Exam
HEAD START	1228	99%	85%	1534	92%	90%	73%
EARLY HEAD START	136	100%	78%*	246**	90%	46%	22%***
EHS-CHILD CARE PARTNERSHIP PROGRAM	200	99%	87%	328	92%	74%	26%***

\* Primary reason for absences included illnesses and transportation issues.

\*\* Early Head Start is funded to serve 20 pregnant women; 37 pregnant women were served during the program year.

\*\*\*Dental care assessment for Early Head Start reported only on 2-3 year old students.

## 2017 END OF YEAR CHILD OUTCOMES ON SCHOOL READINESS GOALS

SCHOOL READINESS GOAL DIMENSIONS	CHILDREN MEETING OR EXCEEDING SCHOOL READINESS GOALS		
	Head Start	Early Head Start	EHS-Child Care Partnership Program
APPROACHES TO LEARNING	91%	94%	87%
SOCIAL-EMOTIONAL	91%	94%	87%
LANGUAGE & LITERACY	86%	80%	57%
COGNITIVE/MATHEMATICS	81%	86%	85%
PERCEPTION/MOTOR/PHYSICAL	95%	99%	98%

## FAMILY AND COMMUNITY ENGAGEMENT

	Head Start	Early Head Start	EHS-Child Care Partnership Program
PARENT VOLUNTEERS	2475	81	164
FATHERS PARTICIPATING IN ONGOING PARENT ACTIVITIES	612	51	4

# FINANCIALS

## ASSETS & LIABILITIES

TYPE	AMOUNT
<b>ASSETS</b>	
Cash and other assets	\$ 20,837,637
Property and equipment	\$ 30,776,918
Investments and other assets	\$ 22,186,234
<b>Total</b>	<b>\$ 73,800,789</b>
<b>LIABILITIES &amp; NET ASSETS</b>	
Accounts payable and other current liabilities	\$ 9,785,773
Long-term debt	\$ 15,171,447
Unrestricted net assets	\$ 43,139,437
Board restricted net assets	\$ 15,489,905
<b>Total</b>	<b>\$ 73,800,789</b>

This report reflects financial data for the Regional Mental Health Center and Geminus fiscal year 2017 (July 1, 2016 - June 30, 2017), the 2017 Head Start/Early Head Start fiscal year and the 2016-2017 Early Head Start Child Care Partnership Program fiscal year.

# BUDGET & EXPENDITURES

REVENUE TYPE	AMOUNT
<b>CLIENT REVENUE</b>	
Medicaid	59%
Self-pay	9%
Medicare	6%
Third-party	26%
<b>ALL REVENUE SOURCES</b>	
Client service revenue	\$ 21,466,817
<b>Government contracts</b>	
Local	\$ 2,065,790
State	\$ 14,982,655
Federal	\$ 29,425,038
Non-operating revenue	\$ 2,535,711
<b>Total</b>	<b>\$ 70,476,011</b>
<b>EXPENSES BY PROGRAM</b>	
Inpatient	\$ 3,521,430
Residential	\$ 5,988,146
AIRS/Partial Hospital	\$ 1,486,232
Outpatient	\$ 11,672,412
Family services	\$ 4,518,531
Community support	\$ 5,718,701
Consultation and education	\$ 613,044
Geminus (ASO & other grants)	\$ 7,501,336
Health Clinic	\$ 4,264,798
Administration and support	\$ 7,059,539
Head Start	\$ 16,318,640
<b>Total</b>	<b>\$ 68,662,809</b>

# LEADERSHIP

*\*Leadership reflected as of publication's print date April 18, 2018.*

## Board of Directors

Linda Jonaitis - Board Chair  
Herbert R. Cruz, Jr. - Vice Chair  
Terrence M. Quinn - Secretary/Treasurer

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Danny Lackey  
Don Levinson  
Brian Miller  
Thomas O'Donnell  
Madriel Terrell

## Executive Staff

Robert D. Krumwied  
President/CEO, Regional Health Systems

Sonia Magallon  
President, Geminus-Regional Health Systems

Sharon Kraus, Ph.D.  
President, Community Mental Health Services

Karen Carradine, Ed. D. - Vice President, Head Start  
Mike Cortina, LCSW, LCAC, CRRT - Chief Operating Officer  
Kobie Douglas, M.D. - Chief Medical Officer  
Sherman Hayes - Chief Information Officer  
Amy Lopez - Vice President, Health Clinic  
Judith Sikora - Chief Financial Officer  
Gary Vanderlinden, Ph.D. - Chief Human Resources Officer

## Head Start Leadership

**POLICY COUNCIL**  
Shavon West - Chair  
Niki Stephenes - Secretary

**BOARD OF DIRECTORS  
(Parent Reps)**  
Wendy Acevedo  
Lenard Fuller  
Madriel Terrell

**STAFF**  
Karen Carradine, Ed.D