

Continuing the
change for a
**healthier
tomorrow**

FY 2018 Annual Report





Dedicated to Health.

Each year in Indiana, over

1 million people

struggle with a mental health condition.

We know how closely mental health is connected to physical and social health—and how important it is to treat the whole person. Regional Health Systems is the only health care system in Northwest Indiana—and one of the few in the country, to combine mental and physical health care and community social services.

The need is greater than ever before. One in five adults with a mental health condition currently has an unmet need. The rate of youth experiencing a mental health condition continues to rise. The opioid epidemic takes its toll on loved ones. In the following pages, we hope you will learn more about our services and get a glimpse of who we serve and how we serve. You'll see how we continue to make significant strides to address the growing needs of Northwest Indiana.

Dedicated to Healing.

Our team works day by day, coming together to diligently integrate treatment and services for whole-person care. For over 50 years Regional Mental Health Center has been counseling adults, teens and children in need of high quality, affordable mental health services and substance abuse treatment, making recovery possible.

Through Prevention Services, we equip youth, teens, parents, adults, and seniors to take an active role to strengthen our communities. Family Services' programs continue to reach out to families in need to provide critical social services.

Regional Health Clinic is making a difference in the lives of our neighbors by welcoming patients of all ages and income levels with fully integrated, streamlined care. Our fourth federally qualified health center, Regional Health Clinic in Merrillville, just celebrated its first full fiscal year—allowing us to serve twice as many primary health patients as we did in the last fiscal year.

Our early childhood education programs provide parents and child care providers with resources and assistance to promote access to high-quality, affordable early childhood education—the foundation for success in school and life. As the community leader in early learning, we're pleased to report that Geminus Head Start continues to score higher in classroom assessments than the national grantee comparison.

Regional Health Systems is Northwest Indiana's largest and most comprehensive mental health service program. Through our continuum of care, we engage our clients—as active partners—with treatment and learning strategies to help them heal and live full lives.

Our promise is to always

continue the change for a healthier tomorrow.

Terrence M. Quinn, Board Chair, Board of Directors

Robert D. Krumwied, President/CEO, Regional Health Systems

Sonia Magallon, President, Geminus



Mission

Regional Health Systems is committed to helping, healing, and building stronger communities. Our health systems build a comprehensive continuum of care around our service recipients to support their emotional, physical, and intellectual well-being.

Values

Comprehensive Care:

Whole-person care (mind, body, and spirit) is provided to all that seek services regardless of the reason for the initial visit at any of our locations.

Partnership:

When needs are identified for an individual or family, they may be addressed through the many and varied partnerships Regional maintains with other community, state, and federal agencies.

Recovery:

In all services delivered, Regional fully maintains the rights and dignity of the individual.

Prevention and Education:

Communities that embrace and advocate whole-person wellness in order to avoid future difficulties and grow stronger.

Legacy:

The commitment to enhancing the well-being of all members of our community towards ensuring a nurturing environment for future generations.



Our Impact.

We provide integrated care that supports an individual's—and their family's—emotional, physical and cognitive well-being.

REGIONAL

Mental Health Center

served nearly

12,000

clients



REGIONAL

Health Clinic

served over

5,230

clients

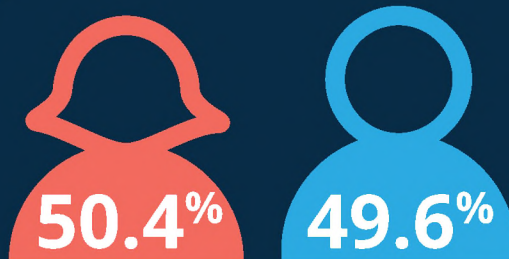


MENTAL HEALTH

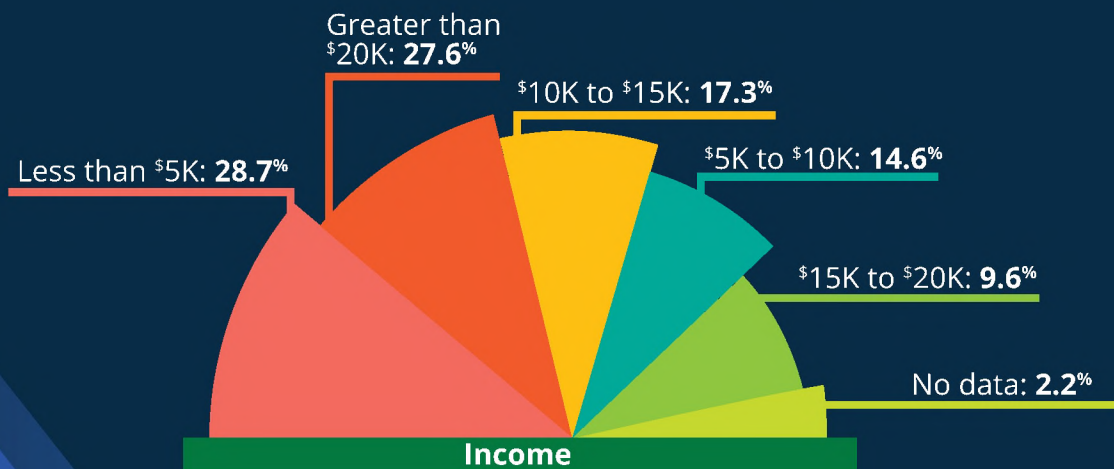
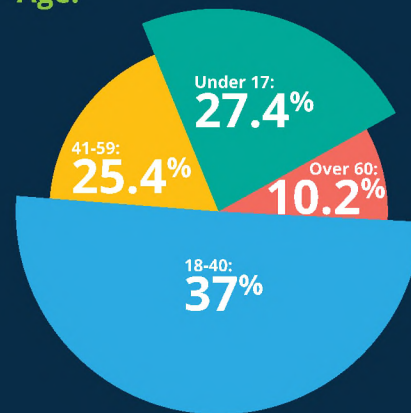
We're Invested in our Community for a Healthier Tomorrow.

Our approach to whole-person care supports overall well-being and mental health resiliency. With outpatient and residential mental health services, substance use services, emergency services, school-based therapy, case management services, and more, our Regional Mental Health Center programs work to make our clients feel whole again.

Who We Serve:



Age:



Education:

- 31% have a high school diploma
- 26% have some college education /post secondary training or higher
- 38% are children in grades K-12

Type of Treatment:

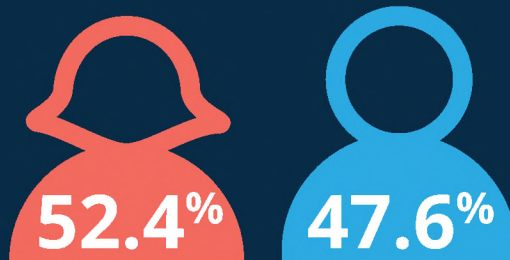
- Mental Health Services: **10,055**
- Substance Use Services: **1,855**
- Mental Health Clients also Seen at the Clinic: **810**

PRIMARY HEALTH

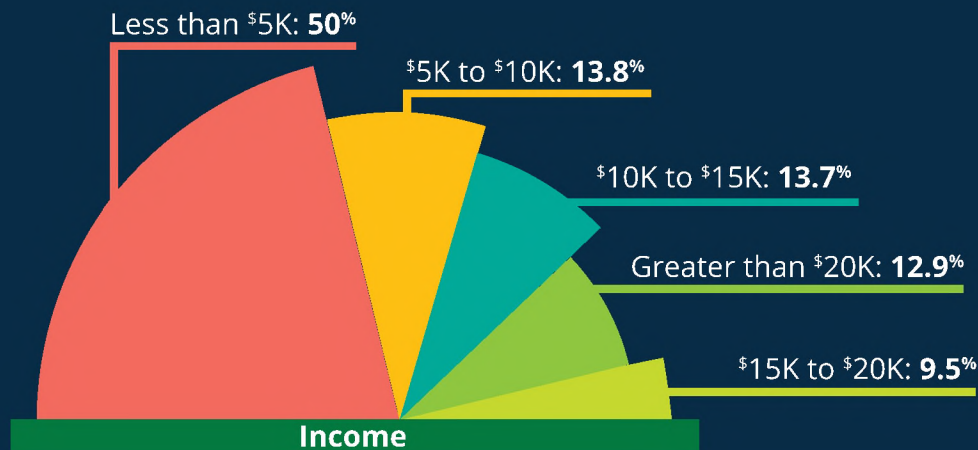
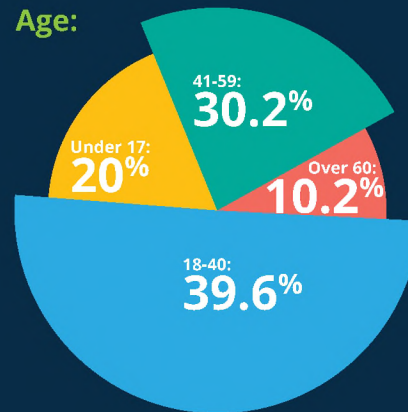
We're Invested in our Community for a Healthier Tomorrow.

The need for affordable, quality, and integrated health care for Lake County's population suffering from behavioral health issues is high. Furthermore, adults with mental illness and substance use disorders have higher rates of chronic physical illnesses and are more likely to have shorter lifespans. Through Regional Health Clinic, we continue to change the physical health disparities of our service communities by providing streamlined affordable and accessible health care.

Who We Serve:



Age:



FAMILY SERVICES

Each year family service programs at Geminus reach thousands of Hoosiers in Lake County, providing critical social service resources to support local children and families.

Circle Around Families (CAF)

Families with children exhibiting emotional and behavioral problems, who are at risk of placement outside the home, are supported through a cross system of care with individualized care plans to help support the child and family. Children are referred by the Lake County Juvenile Justice Court System and the Indiana Department of Child Services.

New Clients Supported: 50
Total Cases Closed: 52

Community Partners

For families seeking to manage obstacles such as job loss, behavioral issues, domestic violence, addiction, and other concerns, Community Partners provides assistance including job counseling, parenting classes, and advice on how to make use of local community services that help keep families healthy, happy, and together. Last year, through its programs and events, Community Partners reached:

Families in Lake County: 1,891
Kids in Lake County: 4,562

Abuse Intervention Management

As the only state-certified batterers intervention program in Lake County serving men and women, participants receive both one-one-one counseling and group counseling by a certified domestic violence therapist. We work to keep children and families safe in a healthy environment to begin the process for change.

New Clients Enrolled to Keep Safe: 85

Real Fathers Initiative

To increase the involvement of fathers' roles in the lives of their children, we focus on teaching fathers how to be effective parents and how to engage with their children. With counseling on an educational, vocational, and family planning level, participants also collaborate with a family advocate to assist with housing, transportation, employment assistance, and visitation with children, and more.

New Participants Assisted: 378
Successfully Re-engaged Clients: 37

Truancy Prevention Program

To assist families dealing with truancy issues, we partner with Lake County school corporations to address challenges before they escalate to the county juvenile court system and the Indiana Department of Child Services.

Families Helped: 315 families

PREVENTION SERVICES

To continue the change for a healthier tomorrow through mental health awareness and community engagement, we work tirelessly to prevent and reduce alcohol, tobacco, and illicit drug use—and stop suicide.

Partnership for Success Grant

The Lake County Partnership for Success works with Hammond High, Hobart High, and Hobart Middle Schools to implement two evidence-based drug-use prevention programs: Project Towards No Drug Abuse and Too Good for Drugs. We also continue to partner with the U.S. DEA to promote two National Prescription Drug Take Back Days. **Local Students Involved: 970**

Lake County Substance Abuse Block Grant

Our team partners with several Lake County organizations to provide prevention programs—such as Al's Pals, Too Good for Drugs, and a social norms campaign—to reach thousands of local Hoosiers, including preschoolers, pre-teens, and college students.

Lake County Residents Reached: 95,880

Youth L.E.A.D. (Leading and Educating Across Domains)

Built on youth-empowerment, this statewide evidence-inspired prevention program promotes youth leadership. Our team partners with many local youth-based organizations, training students to co-facilitate a youth-driven, innovative approach to reduce and prevent alcohol, tobacco, and drug abuse.

Youth Involved: 733 Pre-Teens & teens in Indiana

Elder L.E.A.D (Leading and Educating Across Domains)

Tailored to the unique needs of the senior population, this statewide Mental Health Awareness and Substance Use/Abuse Prevention initiative, we address the gaps in the resources available in Indiana. **Senior Citizens Served: 105**

NWI LGBTQ Coalition

We work with community groups, educators, healthcare providers, and social service agencies to promote substance abuse prevention and mental health awareness for members of the LGBTQ community. Through a network of LGBTQ groups throughout Northwest Indiana, we also provide training and resources, such as the Northwest Indiana Suicide Prevention Council's Faces of Suicide Conference.

Educators & Community Members Trained in LGBTQ+ Diversity: 502





Supporting Addiction Free Environments (SAFE)

This coalition brings together all sectors of the community to build a safe, happy, and healthy environment for its residents through the reduction of substance use among adults and adolescents in Lake County, Indiana. We work together towards one goal: substance free environments for the Lake County residents.

Lake County Prevention, Treatment & Law-Enforcement Organizations Funded: 22

Making Students Successful Initiative

By providing social services to children, parents, caregivers, and teachers in Lake County, our team's purpose is to prevent substance abuse, promote healthy behaviors, and maximize student success. The initiative incorporates three school based, student centered programs: coping and support training, ripple effect and signs of suicide.

Students & Educators Equipped: 3,630

Talk. They Hear You. Underage Drinking Campaign

Through the Substance Abuse and Mental Health Services Administration, Prevention Services provides parents with tools and information needed to start talking with their children about the dangers of alcohol use. We are reaching Hoosiers through movie PSAs, social media, billboards, radio, brochures, and other means of distribution.

Impressions: 2,617,000

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 Geminus's early learning programs such as Early Head Start, Head Start, On My Way Pre-K, 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.

Early Learning Connections

We recognize that familiarity with the key indicators of quality child care is important. 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.

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.

Unique Providers Trained: 137 | Children Impacted on a Monthly Average: 4,090
Programs Enrolled in Path to Quality: 53 | Programs Moved to High Quality: 18
Families Receiving a Referral: 239

Northwest Indiana Child Care Development Fund (CCDF) Voucher Program

This State of Indiana child care voucher program assists income-eligible families in Jasper, Lake, Porter, and Newton counties with affordable child care opportunities. Access to vouchers helps families in need obtain child care so parents can work, attend trainings or continue their education.

Serviced Cases Each Month: 1,834

Daily Bread

Specifically geared towards increasing a child's access to nutritious meals while in child care, Daily Bread reimburses child daycare homes and centers with funding from USDA Child & Adult Care Feeding Program. We ensure child care homes and centers meet CACFP standards for enrolled children, and we provide training in menu planning and preparation as well as sanitation and administration.

Daycare Homes & Centers Served: 60 approx.



GEMINUS HEAD START

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. We make it convenient for families to access quality early learning and social services.

Children Served with Local Partners, 1,943 children (ages prenatal - five) & their families

We offer Head Start & Early Head Start services in 25 locations & Early Head Start Child Care Partnership services in 13 locations throughout Lake & Porter counties.

PROGRAM HIGHLIGHTS

2018 Geminus Head Start Classroom Assessment Scoring System (CLASS®)

| Grantee-National Comparison | GEMINUS HEAD START | NATIONAL HEAD START GRANTEES |
|-----------------------------|--------------------|------------------------------|
| Emotional Support | 6.65 | 6.08 |
| Classroom Organization | 6.29 | 5.80 |
| Instructional Support | 3.80 | 2.96 |

PROGRAM HIGHLIGHTS

- 1,431 children & families had fun at our 6th Annual End of Year Family Picnic
- Head Start celebrated its 4th Annual Father-Child Chili Cook-Off
- 91% of our Head Start & Early Head Start lead teachers have met the Head Start requirement a minimum of a bachelor's degree in Early Childhood Education or Early Childhood Development

| | HEAD START | EARLY HEAD START | EHS-CCP |
|------------------------------|------------|------------------|---------|
| No. of Funded Enrollment | 1228 | 136 | 200 |
| Average Monthly Enrollment | 98% | 99% | 100% |
| Average Monthly Attendance | 87% | 83%* | 89% |
| Total No. of Children Served | 1453 | 218** | 272 |
| Eligible Children Served | 92% | 90% | 92% |
| Received Physical Exam | 80% | 33% | 67% |
| Received Dental Exam | 58% | 57%*** | 39%*** |

* Primary reason for absences included illnesses and transportation issues.

** Early Head Start is funded to serve 20 pregnant women; 43 pregnant women were served during the program year.

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

2018 End of Year Child Outcomes on School Readiness Goals

School Readiness Goal Dimensions

Children Meeting or Exceeding School Readiness Goals

| | HEAD START | TRANSITIONING HEAD START | EARLY HEAD START | EHS -CCP |
|---------------------------|------------|--------------------------|------------------|----------|
| Approaches to Learning | 95% | 88% | 96% | 98% |
| Social-Emotional | 95% | 91% | 96% | 96% |
| Language & Literacy | 93% | 92% | 93% | 87% |
| Cognitive/Mathematics | 93% | 91% | 92% | 90% |
| Perception/Motor/Physical | 89% | 78% | 89% | 86% |

Family and Community Engagement

| | HEAD START | EARLY HEAD START | EHS-CCP |
|--|------------|------------------|---------|
| Parent Volunteers | 2461 | 398 | 188 |
| Fathers Participating in Ongoing Parent Activities | 708 | 67 | 4 |

LEADERSHIP

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REVENUE & EXPENDITURES

Client revenue (percentages)

| | |
|-----------|-----|
| Medicaid | 49% |
| Self-Pay | 21% |
| Medicare | 11% |
| 3rd Party | 19% |

All Revenue Sources (dollar amounts)

| | |
|---------------------------------------|---------------------|
| Client Service Revenue | \$48,184,478 |
| Gov't Contracts (Local/State/Federal) | \$24,179,640 |
| Non-Operating Revenue | \$2,103,802 |
| Total | \$74,467,920 |

Expenses by Program (dollar amounts)

| | |
|------------------------------|---------------------|
| Inpatient | \$3,822,677 |
| Residential | \$5,538,491 |
| AIRS/Partial Hospital | \$1,757,454 |
| Outpatient | \$12,888,374 |
| Family Services | \$4,339,444 |
| Community Support | \$6,458,092 |
| Consultation and Education | \$389,332 |
| Geminus (ASO & other grants) | \$7,926,071 |
| Health Clinic | \$5,326,355 |
| Administration and Support | \$7,153,888 |
| Head Start | \$17,977,560 |
| Total | \$73,577,738 |





REGIONAL
HEALTH SYSTEMS

Main: 219.769.4005 | rhsystems.org