



IMPACT REPORT

HEALTH IS A
FUNDAMENTAL
HUMAN
RIGHT.



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MISSION STATEMENT:

HEALTH IS A
FUNDAMENTAL
HUMAN RIGHT.
EMPIRE HEALTH
FOUNDATION
**BOLDLY
ADVANCES
HEALTH EQUITY**
IN EASTERN
WASHINGTON AND
BEYOND.
AS COLLABORATORS,
WE PURSUE
**INNOVATIVE
SOLUTIONS**
AND TRANSFORM
SYSTEMS TO IMPROVE
HEALTH AND QUALITY
OF LIFE.

CORE VALUES:

DIVERSITY
EQUITY
INCLUSION

COMPASSION

INNOVATION

COLLABORATION

MEASURABLE
IMPACT

INTEGRITY

WE ENSURE OUR WORK IS GUIDED BY A DIVERSE SET OF PEOPLE WORKING TOGETHER TO EMPOWER COMMUNITIES TO REDUCE HEALTH DISPARITIES.

WE ACT WITH KINDNESS AND EMPATHY AS A FUNDAMENTAL PRINCIPLE.

WE USE BOLD, UPSTREAM SOLUTIONS TO ADDRESS OUR REGION'S TOUGHEST HEALTH ISSUES.

WE ENCOURAGE MUTUAL TRUST AND RESPECT AMONG PARTNERS THROUGH OPEN DIALOGUE AND THE EXCHANGE OF IDEAS, TALENTS AND RESOURCES.

WE HOLD OURSELVES AND OUR PARTNERS ACCOUNTABLE FOR ACHIEVING MEASURABLE, POSITIVE IMPACT FOR THE COMMUNITIES WE SERVE.

WE WORK HONESTLY AND DIRECTLY IN ALIGNMENT WITH OUR VALUES.

Our vision is to transform the health of the region we serve. Every investment we make goes toward creating measurable, sustainable health improvements.

10



“Change isn’t easy and our approach to philanthropy takes some getting used to, but together with our community partners, we’re making meaningful progress.”

Antony Chiang
President
Empire Health Foundation

TEN YEARS OF TRANSFORMATION. AND WE'RE JUST GETTING STARTED.

You might think health is as simple as eating right and staying active. But for many people in eastern Washington, it's far more complex. You cannot "eat right" without affordable and nutritious food, or without safe shelter. You cannot "stay active" without opportunities for education and access to employment.

This is exactly why Empire Health Foundation was formed ten years ago: to improve the health of the most vulnerable populations in our region.

Health is a fundamental human right. Together with our community partners, we've been pursuing that right throughout eastern Washington for 10 years. And we'll keep fighting for that right as long as it takes.

We're working with community partners to apply bold, innovative strategies and tackle our region's toughest health problems.

We were founded in 2008, created in the sale of Deaconess and Valley Medical Center. We take great care to manage assets on behalf of the communities we serve, and to transform the health of our region. Note that key word: transform. It's a powerful concept that's inherent in our values, and in our unique approach we call Philanthropy 3.0.



PHILANTHROPY 3.0

Adaptive, results-based investment that fuses innovation, collaboration and equity to do whatever it takes to move the dial.

○ **Philanthropy 2.0**
"Ivory tower" giving based on rigid theories of change and top-down management that often fails to move the dial.

○ **Philanthropy 1.0**
Reactive giving measured in "numbers served" and "dollars granted."

OUR PHILANTHROPY

3.0 MODEL

At its core, Philanthropy 3.0 means we collaborate with partners to challenge current practices. We work upstream to develop new, innovative approaches that change policies and systems. We proactively seek programs that show real-world results for health in our region, and we invest in them to magnify those results. Philanthropy 3.0 goes beyond "feel good" grant-making. It prioritizes measurable positive impact and health equity for all.

We define health by much more than medicine, disease or physical condition. Research has shown that we are all the products of our environments, and the conditions we encounter as we live, learn, work and play. These defining elements, called social determinants of health, are the reasons why we invest in initiatives that not only address physical and behavioral health, but also the social, economic and environmental needs of individuals. We believe these kinds of investments in health are keys to reducing, and ultimately eliminating, existing disparities.

OUR COMMITMENT TO HEALTH EQUITY

We commit to making health equity the foundation of our work. Our organization is striving to understand and effectively address health equity needs by collaborating with community leaders and organizations, leveraging resources, and building local capacity to measurably and sustainably improve the health of all people.

➤ Learn more about our journey and our commitment to health equity at: EmpireHealthFoundation.org.



“The goal of health equity is simple—getting healthy and staying healthy should be a right, not a privilege. At Empire Health Foundation, our commitment to health equity for all remains at the forefront of the work we do every day. The Empire Health Foundation Board supports this vital mission because it’s the right thing to do, for all of the communities we serve.”

Gary Stokes

EHF Board Chair/President & General Manager
KSPS-TV



2018 FOCUSED HEALTH EQUITY AT WORK

- ▶ **Aging Services:** 75% of funding to Native Americans.
- ▶ **Capacity Building:** 50% of new funding to advance equity and reduce disparity.
- ▶ **Rising Strong:** 20% of slots intentionally reserved for Native American families to reduce disproportionate numbers in the state foster care system.

OUR PROGRAMS ▼



SERVICE TERRITORY ▼

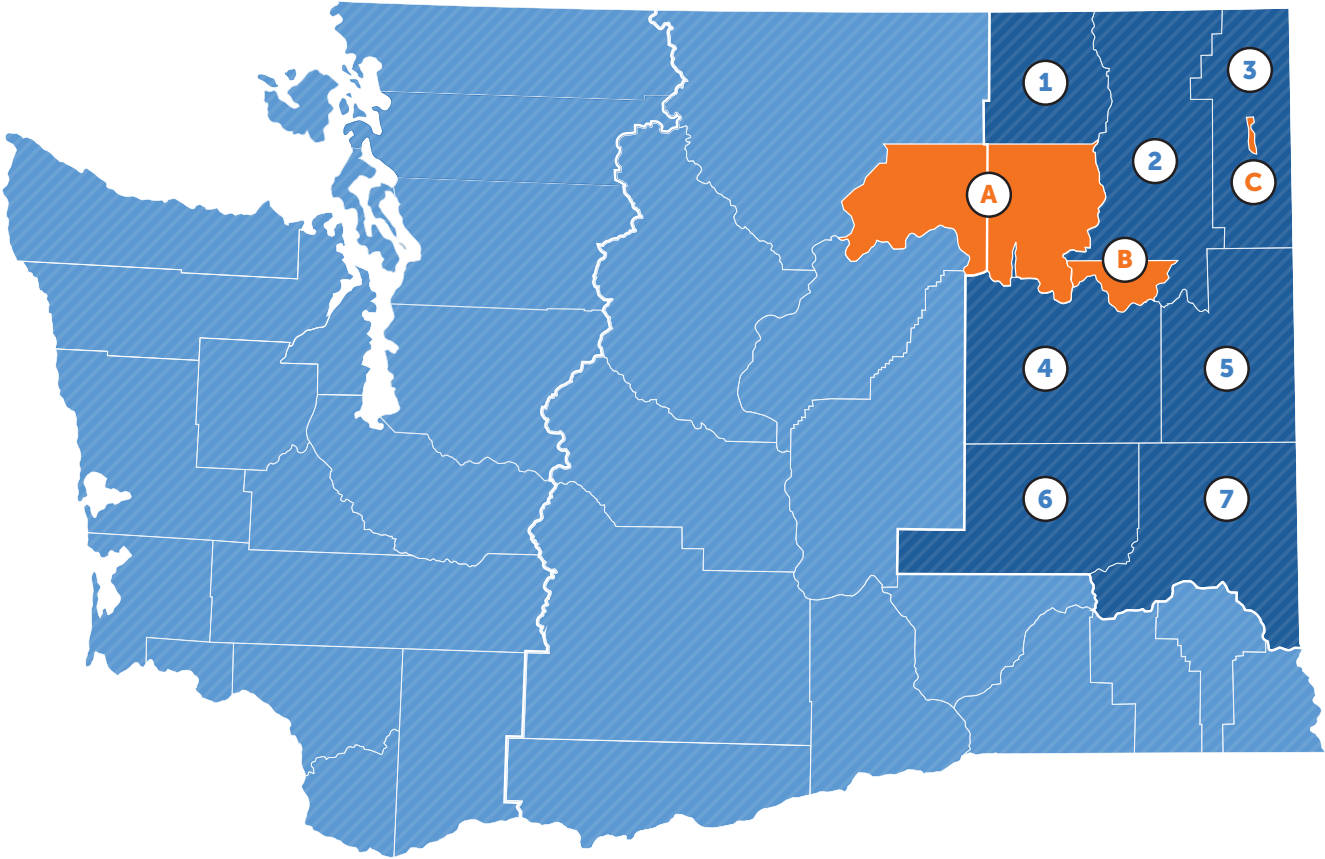


COUNTIES

- 1. Ferry
- 2. Stevens
- 3. Pend Oreille
- 4. Lincoln
- 5. Spokane
- 6. Adams
- 7. Whitman

TRIBES

- A. Colville
Confederated
- B. Spokane
- C. Kalispel



EHF Partner Service Areas

Family Impact Network

- | | |
|------------------------------|---------------|
| Goods & Services: | Goods: |
| Ferry | Okanogan |
| Stevens | Chelan |
| Pend Oreille | Douglas |
| Lincoln | Kittitas |
| Spokane | Yakima |
| Adams | Klickitat |
| Whitman | Benton |
| Grant | Franklin |
| | Walla Walla |
| | Columbia |
| | Garfield |
| | Asotin |

Better Health Together

- | | |
|--------------|---------|
| Ferry | Spokane |
| Stevens | Adams |
| Pend Oreille | Whitman |
| Lincoln | Grant |

CARE Fund

Statewide

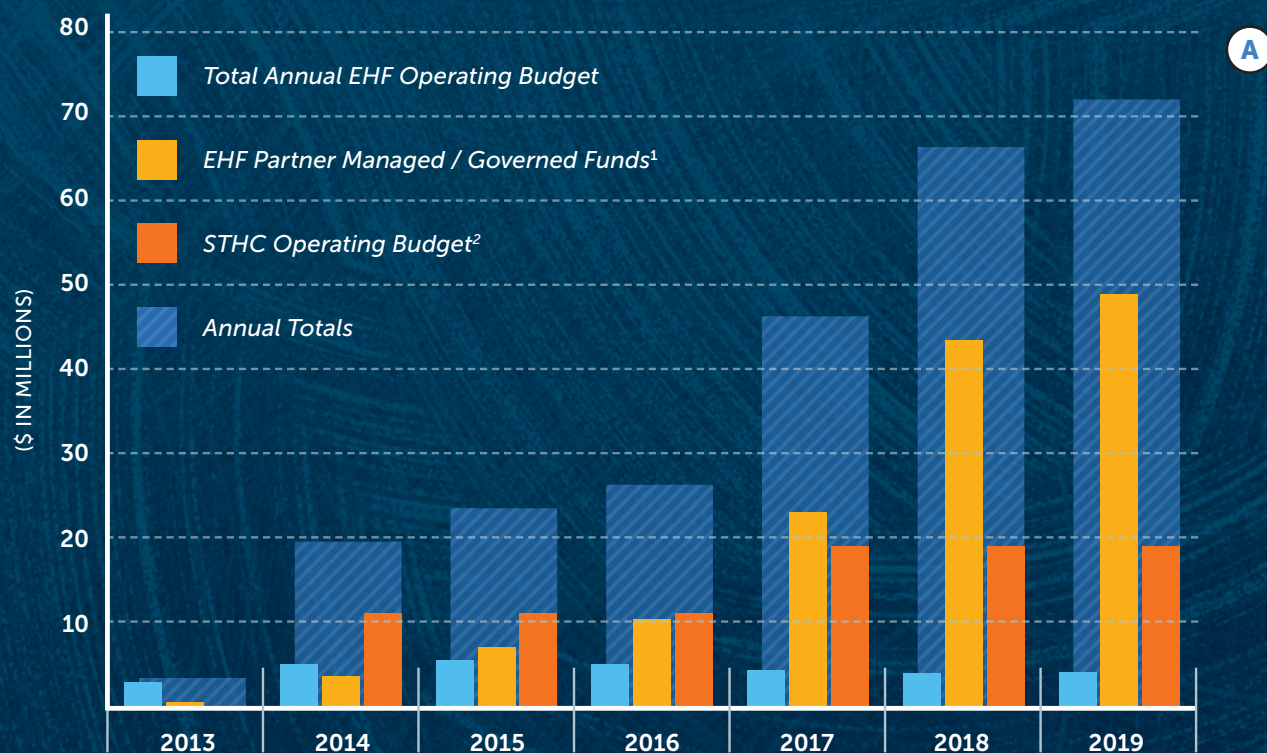
Spokane Teaching Health

Eastern & Central Washington

2013–2019 MANAGED/GOVERNED FUNDS ▼

A

B



B

	Total Annual EHF Operating Budget	EHF Partner Managed / Governed Funds¹	STHC Operating Budget²	Annual Totals
2013	\$ 2,897,341	\$ 500,000	\$ —	\$ 3,397,341
2014	\$ 4,956,037	\$ 3,600,000	\$ 11,000,000	\$ 19,556,037
2015	\$ 5,482,513	\$ 7,038,333	\$ 11,000,000	\$ 23,520,846
2016	\$ 4,980,373	\$ 10,330,000	\$ 11,000,000	\$ 26,310,373
2017	\$ 4,285,000	\$ 22,994,667	\$ 19,000,000	\$ 46,279,667
2018	\$ 3,950,000	\$ 43,394,667	\$ 19,000,000	\$ 66,344,667
2019	\$ 4,100,809	\$ 48,884,000	\$ 19,000,000	\$ 71,984,809

1 Funds managed through Empire Health Foundation's public-private partnerships and additional leveraged resources

2 Spokane Teaching Health Center





PROGRAM:

AGING SERVICES

“Before Margaret enrolled in our health coaching program on the Spokane reservation, she was struggling to manage her diabetes and high blood pressure. She was withdrawn, knew little about her medical conditions or her medicine, and didn’t have a plan to get healthy. Margaret told us she was just living day to day, thinking she would forever have to suffer. Today, she is so much happier and healthier. She has transitioned from poor health and daily stress to feeling healthy and in control, and is now well-equipped to live the rest of her life in her own home.”

– Nora Flett
Health Coordinator/Health Coach
Spokane Tribe of Indians

Community Impact

Transform
the health of
older adults
with integrated
medication
management.

Today, 35% of the people in our region are age 50 or older, yet most families and communities don’t have the resources to provide vital care to our aging population—especially in rural areas and tribal communities. This is the obvious need. Our aging services programs and partnerships provide the not-so-obvious answers.

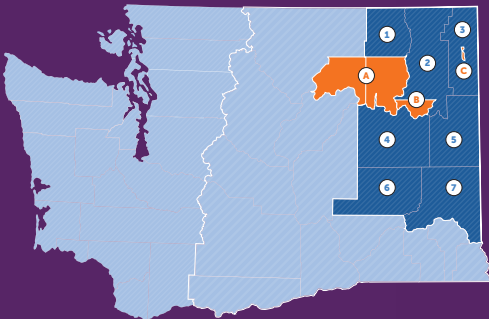
So, for at-risk older people in rural areas, we support a program that incorporates their most-trusted medical professionals: primary care providers and pharmacists. For older adults in the Spokane Tribe of Indians, we support health coaches, a care coordinator, and fitness programs that meet seniors’ physical, social and emotional needs. In the end, our aging services programs improve the quality of life for our region’s older adults by fostering independence, dignity and respect.



PARTNER FOCUS: CONFRONTING INEQUITY & DISPARITY

- ▶ 5 of 7 of the counties we serve have lower life expectancies than the state average.*
- ▶ Each of the 7 counties in EHF's service area have higher rates of chronic disease than the state and national averages (heart, stroke, diabetes, cancer).*

*Source: healthdata.org/county/resources



NEWPORT HOSPITAL AND HEALTH SERVICES

In 2018, Newport Hospital and Health Services launched an innovative integrated medication management pilot that equips high-risk, rural seniors with the skills for self-management of their prescriptions and overall health. The model coordinates primary care, pharmacy and social services under one service umbrella. In rural health clinics, patients are extremely loyal to their providers, so adding pharmacists to health teams also adds another layer of trust. Funding and resources from EHF support pilot evaluation and exploration of advanced value-based payment models.

“Management of high-risk or moderate-risk patients must include elements of health care that are typically difficult to maintain, such as medications and social determinants of health. This program offers another level of assistance.”

Tom Wilbur, CEO
Newport Hospital and Health Services



SPOKANE TRIBE OF INDIANS

Employing three health coaches and one care coordinator with the help of Empire Health Foundation, the Spokane Tribe has decreased hospital/emergency room visits and stays for Elders and other older adult community members, while increasing self-management of medical care and improving health outcomes and quality of life. The Spokane Tribe's health coaching program empowers them to set their own health goals, helps them manage chronic conditions, and connects them with resources to overcome barriers related to social determinants of health. In tandem with the health coaching, the Spokane Tribe's Stay Active and Independent for Life (SAIL) fitness program helps older adults increase balance and strength while providing a space for social interaction.



"EHF has always backed us up, supporting us in doing some amazing things around improving the health of our seniors. The health coaching is working and our seniors are becoming healthier."

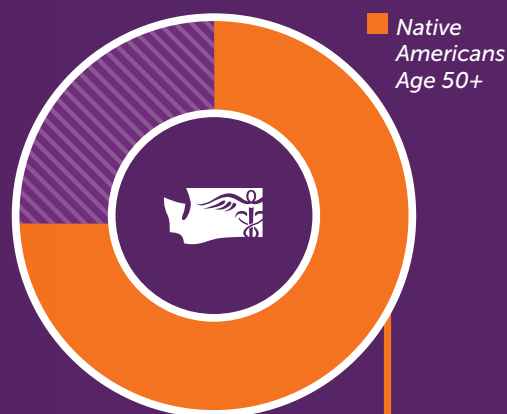
Nora Flett

Health Coordinator/Health Coach
Spokane Tribe of Indians

+13%

**INCREASE IN PATIENT
ACTIVATION MEASURES,
(PAM®)* AMONG SPOKANE
TRIBE SENIORS.**

**PAM is an evidence-based proactive instrument developed by the University of Oregon which assesses how capable an individual is of managing their own health and healthcare. It is assessed through a 100-point scale survey system.*



75%

**OF AGING SERVICES
FUNDING SERVES
NATIVE AMERICANS
AGE 50 OR OLDER.**



PROGRAM:

CAPACITY BUILDING

Transform the health of communities by building capacity.

Our service region spans seven counties. Unfortunately, four of them rank in the bottom third of Washington counties for healthy outcomes. And even though our region is home to many stellar nonprofit organizations, there's simply no way they can fund all of the health initiatives needed. This is where we come in: we assist our region's nonprofit organizations with grant writing, training and technical assistance. And we offer dedicated EHF staff who pursue funders from outside our area, attracting and leveraging new funding streams. It's how we attracted more than \$2 million in outside funding in 2018. It's how we helped the Kalispel Tribe of Indians pursue grants for their innovative language revitalization program. And it's how we're continuing to build for the future.



GROWING OUR RESOURCES

New funds attracted to our region, 2011 – 2018 ▼

	EHF Leveraged Funds ¹	EHF & Public-Private Partner Leveraged Funds ²
2011	\$ 1,200,000	\$ 5,230,492
2012	\$ 2,200,000	\$ 130,200,000
2013	\$ 3,400,000	\$ 68,400,000
2014	\$ 5,700,691	\$ 5,700,691
2015	\$ 6,893,000	\$ 6,893,000
2016	\$ —	\$ 21,330
2017	\$ 118,950,000	\$ 41,994,667
2018	\$ 2,000,000	\$ 62,394,667
TOTAL	\$ 140,343,691	\$ 320,834,847

1 Figures represent estimated total of new funds brought to the region through EHF's Capacity Building initiative.

2 Figures represent estimated total of new funds collectively brought to the region by EHF and its Public-Private Partners: Better Health Together, Family Impact Network, and Andy Hill Cancer Research Endowment (CARE Fund).

+

\$320 MILLION

**TOTAL FUNDS LEVERAGED BY
EMPIRE HEALTH FOUNDATION
AND PARTNERS FROM 2011
THROUGH 2018**

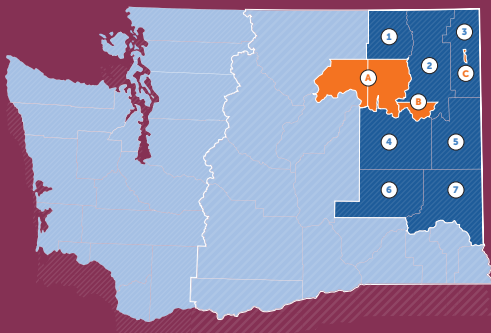
We assist our region's nonprofit organizations with grant writing, training and technical assistance.





PARTNER FOCUS: CONFRONTING INEQUITY & DISPARITY

Native Americans born today have a life expectancy 5.5 years less than the U.S. all-races population.



Empire Health Foundation's capacity building platform provided direct funding for grant writers, who helped secure a federal grant for the Kalispel Language Revitalization Project of

\$900,000.



KALISPEL LANGUAGE REVITALIZATION PROJECT

In the early 1900s, Native American children were forcibly removed from their families and placed in boarding schools. Native American people lost connection to their identities, their cultures and their languages—all vital elements in maintaining holistic health. The Kalispel Tribe is healing that damage with a youth-centered language revitalization program. Empire Health Foundation's capacity building platform provided direct funding for grant writers, who helped secure a federal grant of \$900,000. Today, the Snyoyoʔspuʔúsm Immersion School serves 32 children in kindergarten through 4th grade, creating important ties to their language and their culture. The Immersion School is a key component in the Kalispel Tribe's work to improve the health and well-being of its future generations.









PROGRAM:

CHILDHOOD OBESITY PREVENTION

Transform the health
of children one school
lunch at a time.

Healthy kids are the foundation of healthy communities. However, many school-age children and families rely on a heavily-processed diet. As a result, in eastern Washington, 33% of children age 2-19 are overweight or obese, and at risk for serious health problems as adults. That has to change. And it is changing. Since 2011, Empire Health Foundation has been helping regional school district partners transform their school meal programs. These new school lunch programs feature healthy, scratch-cooked menus using a variety of fresh and clean label foods. To reinforce this, our school district partners also offer nutrition education and marketing that help establish lifelong habits for healthy eating. And we supply the skills training in the form of summer culinary academies and on-site technical assistance. As of now, we're reaching 61% of school-age children in eastern Washington, and reversing the trend by demonstrating a 12% reduction in overweight/obese students. Kids have bought into the idea of eating healthier and our partner districts are operating financially and systemically sustainable programs.



12% REDUCTION

IN OVERWEIGHT/OBESE
CHILDREN SINCE 2011.



**NON-STATISTICALLY
SIGNIFICANT*

“I had a little boy in my lunch line remark that it’s pretty tough being a third grader. I found out later he’s responsible for getting his siblings to school each day, shopping for their food and cooking. Without the food he and his younger sister get from me each day, they would likely go without. There are so many kids like that little boy who either depend on our schools to feed them, or just aren’t being exposed to “real” food at home. That’s why going the extra mile to offer fresh fruits and vegetables and scratch-cooked food is so important.”

– Mindy Cass
Kitchen Manager
Indian Trail Elementary

Community Impact



PARTNER FOCUS: CONFRONTING INEQUITY & DISPARITY

- ▶ Children who experience poverty within the first two years of life are nearly 2X more likely to be obese by age 15.
- ▶ 53% of students attending one of Empire Health Foundation's 11 partner school districts qualify for free/reduced lunch, making school lunch a primary source of healthy nutrition.

★ 12 SCHOOL DISTRICT
PARTNERS

★ 58,000 STUDENTS WITH
DAILY ACCESS TO
HEALTHY LUNCHES

★ 6.9 MILLION MEALS
SERVED ANNUALLY





“In Cheney, we’re setting out to change the way people view school food. We believe we’re doing more than just simply supplying food, we’re feeding the future of our community. By going the extra mile and offering our students great-tasting, quality food, we’re helping ensure every child has the opportunity to be well-nourished while providing them the building blocks for healthy choices as adults.”

Chef Jerald Klinkenberg
Director of Nutrition Services
Cheney Public Schools

Community Impact

PARTNER SPOTLIGHT:



CHENEY PUBLIC SCHOOLS

The old notion that kids and vegetables don’t mix is exactly that in the Cheney School District: an old, outdated notion. Eight years into a scratch-based school meal program transformation, healthy eating and nutrition education are woven into the school culture and kids embrace the opportunity to explore new healthy foods.



SPOKANE PUBLIC SCHOOLS

Spokane Public Schools is the largest school district in Washington to offer scratch-cooked meals to students. Their Power Up school nutrition program reaches more than 30,000 students each day, and is a primary source of nutrition for many children with the highest needs. The Power Up program connects the cafeteria with the health and physical education classroom, offering an integrated approach to nutrition education.

“The support EHF provided in training, professional development, and the retooling of our kitchens made the success of our scratch menu program possible.”

Doug Wordell
Director of Nutrition Services
Spokane Public Schools



PROGRAM:

RISING STRONG

Transform the health of generations with family-focused treatment and recovery.

The pressures on families are all too real, and all too present. Substance abuse and the opioid crisis. Intergenerational trauma. Poverty. Homelessness. All factors that result in the removal of children from their families and being placed in the state foster care system. In partnership with Catholic Charities of Eastern Washington, Empire Health Foundation launched Rising Strong: a holistic family-centered treatment and housing program for at-risk families that enables children and parents to stay together while they begin to recover from addiction, heal from trauma and rebuild their lives.

Families have 24/7 on-site access to supportive services including case management and counseling. This helps them to develop long-term connections with supportive care services from skilled, multi-disciplinary community partners all across Spokane. It helps them bond as a family, heal as a family, and rise strong as a family.





25 FAMILIES

served through **Rising Strong** (cohorts 1 & 2) so far, with on-site intensive outpatient, mental health and family stabilization services.

“Rising Strong wasn’t just a treatment program. It was my home. This is where I found recovery. This is where I started rebuilding my life. This is where my daughter learned to walk, my son lost his first tooth...we all have so much to look forward to. We did it!”

– Tiffiany
Rising Strong graduate

Community Impact



PARTNER FOCUS: CONFRONTING INEQUITY & DISPARITY

20% of Rising Strong slots are designated for Native American families, who are 2.5 times more likely to enter the foster care system.

Foster children are 5X more likely to abuse drugs, and their school dropout rates are higher than that of other students.

\$891,000

Total estimated cost savings of Rising Strong to the state since launching in 2017

(Based on the Washington State Institute of Public Policy's \$33k/child cost for removal to the state. Does not include costs of employment, crime, social services and healthcare.)

27



Children reunified from foster care with families through Rising Strong in the first 24 months of the program.

SERVICES



Adults	Children
Assistance with the Judicial System	Child Assessment and Treatment
Long-Term Affordable Housing	Safe Housing
Substance Abuse Treatment	Age-Appropriate Mental Health Services
Parenting Skills	High Quality Child Care
Counseling	Education Supports
Education and Job Training	



CATHOLIC CHARITIES/ RISING STRONG PARTNER

“Rising Strong is a perfect example of Empire Health Foundation’s dedication to families in need. Not only does EHF’s partnership enable us to provide a direct health-based lifeline to families, but we are also able to keep the next generation of kids from growing up and finding themselves trapped in the same cycle of intergenerational poverty.”

Dr. Rob McCann
President & CEO
Catholic Charities of Eastern Washington







PROGRAM:

NATIVE HEALTH

ADDRESSING INEQUITY

History's impact
on the health of
Native Americans.

17th Century: More than 9 million Native Americans are lost to flu and smallpox epidemics.

18th Century: 750,000+ Native Americans are lost to genocide and forced relocation.

19th & 20th Centuries: 60%–70% of all Native American children are removed from their families and forced into boarding schools.

The devastating effects caused by generations of trauma are impossible to ignore. Native Americans are more likely to experience mental health issues, substance abuse and chronic disease. Native American babies are twice as likely to die from Sudden Infant Death Syndrome (SIDS). Native Americans of all ages are twice as likely to attempt suicide, and their lifespan is seven years shorter than the national average.

This is unacceptable. Health is a fundamental human right. We at Empire Health Foundation are committed to supporting tribal communities as they work to heal from their intergenerational trauma.



FOCUSED ON
REDUCING NATIVE
FOSTER CARE
RATES BY

50%

USING AN UPFRONT
ASSESSMENT MODEL





PARTNER FOCUS: CONFRONTING INEQUITY & DISPARITY

Native American children have higher rates of lifetime major depression than any other ethnic/racial group.

Rates of completed suicides for Native American females age 15-19 are 4X higher than the rates for their white female counterparts.

TRADITIONAL HEALING MODEL





TRIBAL ALLIANCE

Fourteen regional tribes on three reservations have joined forces to establish the Tribal Alliance. They are developing a behavioral health treatment model that incorporates traditional, whole-person healing through spiritual, mental, emotional and physical well-being. Empire Health Foundation collaborates with the Tribal Alliance and urban behavioral health providers to integrate this treatment model in tribal communities.



FAMILY PRESERVATION

Native American children are placed in out-of-home care 300% more often than white children. That's why Empire Health Foundation specifically reserves space in our Rising Strong program for Native American families. Rising Strong allows families to stay together while they recover from addiction, heal from trauma, learn positive parenting skills and rebuild their lives. We have attracted national investors and in 2019 will be implementing proven programs that seek to reduce foster placement rates by 50%. These programs provide wrap-around support services and in-home safety assessments for Native American families within 24 hours of a referral.



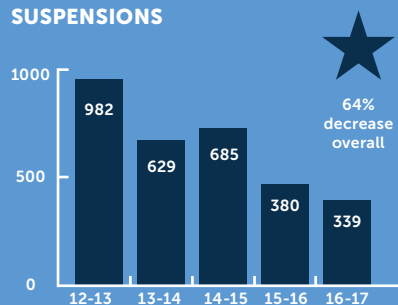
HISTORICAL PROGRAMMING: SUSTAINABLE COMMUNITY INVESTMENTS

EQUITY & DISPARITY

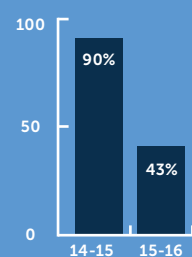
- Nationally, black students are suspended and expelled three times the rate of white students.
- Students with disabilities are more than twice as likely to be suspended as students without disabilities.

Source: U.S. Department of Education

OUT-OF-SCHOOL SUSPENSIONS



DISPROPORTIONALITY FOR AFRICAN AMERICAN STUDENTS



Mitigating Adverse Childhood Experiences

Each year, three million K-12 students nationwide face out-of-school suspension. For many of these students, the effects of adverse childhood experiences (ACEs) such as abuse, neglect and family dysfunction are the root cause of their academic, social and behavioral problems. Studies show, kids who are suspended are more likely to abuse drugs and alcohol, commit a crime and spiral into low academic achievement and delinquency. As equally alarming is the data showing that suspension affects African American students and those with disabilities at higher rates than their peers.

Every child has potential. Unfortunately, some children face bigger obstacles than others on their road to reaching their full potential as adults.

That's why in 2012 EHF joined a community-wide effort to support Spokane Public Schools in designing a sustainable strategy to address complex traumas facing at-risk students and reduce disciplinary behavior. Using restorative practices and creating more trauma-sensitive learning environments, Spokane Public Schools decreased out-of-school suspensions by 61% at Rogers High School and Glover Middle School, two schools with suspension rates that at the time were higher than both the district and state average. A focused effort by the district also resulted in a decrease in the disproportion of African American students suspended. Today, these same practices are being implemented district-wide, offering a sustainable systems and policy change that's great news for kids today and tomorrow.

PUBLIC- PRIVATE PARTNERSHIPS

Transform the health
of our region through
collaborative partnerships.

Aiming to meet the very real health needs of diverse populations in our region, Empire Health Foundation has fueled many public/private partnerships at every stage of development. We have helped create and incubate startup organizations. We have supported existing initiatives, helping them expand and grow. And we have been honored to witness these partnerships succeed beyond what anyone envisioned possible. These partnerships display our commitment to diverse solutions. Because our sole focus is this: if a partnership works to improve health, we work with them to maximize impact.



PARTNERSHIPS:

Better Health Together

Spokane Teaching Health Center

Family Impact Network

Andy Hill Cancer Research Endowment



PARTNER FOCUS: BETTER HEALTH TOGETHER

“The opportunity to first help our community implement the Affordable Care Act and now create meaningful community health transformation is a once-in-a-generation opportunity. Better Health Together is grateful for Empire Health Foundation’s continued partnership of resources, thought leadership, and audacity to believe we can make our region the healthiest within the state.”

Alison Poulsen
Executive Director
Better Health Together



HEALTH SYSTEMS TRANSFORMATION: BETTER HEALTH TOGETHER

Each year, more than \$4 billion is spent on healthcare in eastern Washington. In spite of this, many of our most vulnerable community members experience poor health outcomes and lack access to quality, affordable care. As part of the state’s Healthier Washington Initiative, Better Health Together (BHT) serves as the Accountable Community of Health (ACH) for six counties in northeastern Washington. Their goal is to radically transform the Medicaid delivery system. Optimizing community resources, BHT helps each community identify its unique needs. Then, it brings together regional healthcare, social services, and community organizations to develop best practice solutions for behavioral/physical health integration, care coordination, chronic disease management, and opioid response. Together with more than 55 partners, Better Health Together is dedicated to integrated, culturally aware, whole person care for all.

Accountable Community of Health:

\$47.2 million earned for eastern Washington (April 2019; includes FIMC incentives)

80+ organizations convened by BHT for health improvement

Navigator Network: Better Health Together leads and trains the network of in-person assistors who provide one-to-one healthcare enrollment through the Washington HealthPlanFinder.

▶ **97%**
of eligible people now have
health insurance in eastern WA

▶ **382,000
PEOPLE**
enrolled in healthcare
since 2013

Tribal-Medicaid Transformation:

Better Health Together has partnered with six tribal health partners to submit Medicaid transformation plans. These partners are the Colville Tribe of Indians, Kalispel Tribe of Indians, Spokane Tribe of Indians, American Indian Community Center, the Native Project and Lake Roosevelt Health Center.

Community Based Care

Coordination Hub: Seeing a need to “coordinate the coordinators,” Better Health Together is investing in a centralized referral platform for community-based organizations and providers.

Enrolled 20,316 new people in healthcare in Better Health Together’s region in 2018.





PARTNER FOCUS: SPOKANE TEACHING HEALTH CENTER

“We know that 70% of students who complete both their medical school and residency training in Washington stay here to practice medicine. Spokane Teaching Health Center’s community-based residency programs are increasing the number of physicians training and working in our region, which means greater access to medical care for all people in our region.”

Valeri Steigerwald

Executive Director

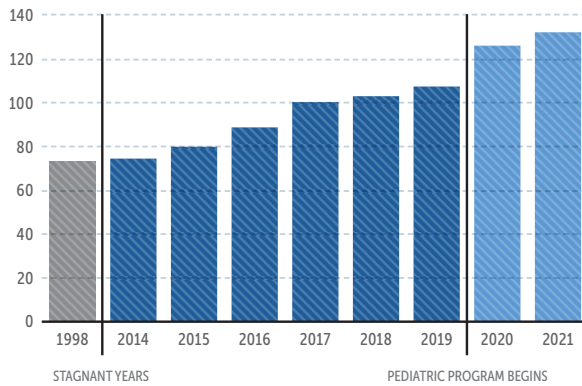
Spokane Teaching Health Center



HEALTH WORKFORCE DEVELOPMENT:

Healthier communities depend on a strong supply of providers who can meet the demand for high quality care. In response to a shortage of physicians in our region, the Spokane Teaching Health Center (STHC) was created with Empire Health Foundation, Providence Health Care and Washington State University as partners. One of the most significant factors affecting where physicians practice is the location of their residency training. Created with that in mind, STHC radically increased access to graduate medical education and other health care training programs in both urban and rural community-based settings. This achieves dual goals. First, it provides excellent training for clinicians and other health care providers. Second, it creates a pipeline of healthcare professionals who work with under-served populations across eastern Washington. Today, STHC offers residency program in family medicine, internal medicine, psychiatry, and radiology; fellowships are offered in obstetrics and sports medicine.

Spokane Residency Slots
Graduate Medical Education (GME)



► **60%
INCREASE**
in primary care residency positions

60% increase in primary care residency positions (Family Medicine, Internal Medicine, OB) in eastern Washington since Spokane Teaching Health Center's inception.

5,935 primary care doctors in Washington in 2015; 10,135+ needed by 2030 to meet the health care needs of people across our state.

**SPOKANE
TEACHING
HEALTH
CENTER**



PARTNER FOCUS: FAMILY IMPACT NETWORK

“The work being done by our social workers and child welfare providers ensures the safety and stability of our most vulnerable children. Our goal is to support their work with innovative approaches and new tools, which furthers our mission of protecting children and strengthening families so they flourish.”

Sheila Morley
Executive Director
Family Impact Network



FAMILY RESILIENCY: FAMILY IMPACT NETWORK

Across Washington State, nearly 8,800 children are in out-of-home-care under the supervision of the Department of Children, Youth and Families (DCYF). Working as a contracted partner of DCYF, Family Impact Network serves as the first network administrator in eight counties in Eastern Washington, providing real-time data that helps social workers and regional providers make the best decisions for children. The work supports safety, prevention, permanency, stability, and overall well-being for vulnerable children and families.

Family Impact Network is working with DCYF to establish a performance-based contracting system. This ensures the right services are provided at the right time, while allowing children to remain safely at home—or return home to reunite with their families—whenever possible.

▶ 25 REGIONAL PROVIDERS

are managed by Family Impact Network for in-home services and parent child visitation contracts

▶ REDUCED WAIT TIMES

for first parent-child visit after foster care placement to 7 days

▶ 10% REDUCTION

in rate of missed child visits

In 2018, piloted a new slot payment model that has reduced the wait time for first visits to 2.5 days; this model pre-pays providers for 1-2 emergent visits each day.

Manages \$600,000 in concrete goods (car seats, baby gates, etc.) for immediate use by social workers and families in need.

The rate of Adverse Childhood Experiences (ACES) occurring in eastern Washington is greater than both the state and national average



family Impact
NETWORK



PARTNER FOCUS: ANDY HILL CANCER RESEARCH ENDOWMENT

“The CARE Fund exists to move cancer research further, faster. It is no small challenge. But by championing research, investing in innovation and leveraging state-wide collaborations, CARE has the opportunity to enhance the cancer research ecosystem in Washington.”

Laura Flores Cantrell
Executive Director
CARE Fund



HEALTH SCIENCES RESEARCH ADVANCEMENT:

The Andy Hill Cancer Research Endowment (CARE Fund) is a public-private partnership that invests up to \$10 million of state funding in cancer research every year through 2025. Created in 2015 by the Washington legislature, this program affirms the state’s commitment to saving lives, relieving pain and suffering, and reducing long-term health costs. As the program administrator for this important endowment, Empire Health Foundation works with expert panels to independently evaluate grant applications, and works with the CARE Board of Directors to administer the grants that fund cancer research.

▶ **\$5.65
MILLION**

awarded to date to support cancer research in Washington.

CARE FUND OBJECTIVES

- ▶ Leveraged \$
- ▶ Breakthrough Research
- ▶ Improve Health Outcomes
- ▶ Economic Development

CARE FUND UNIQUE VALUE

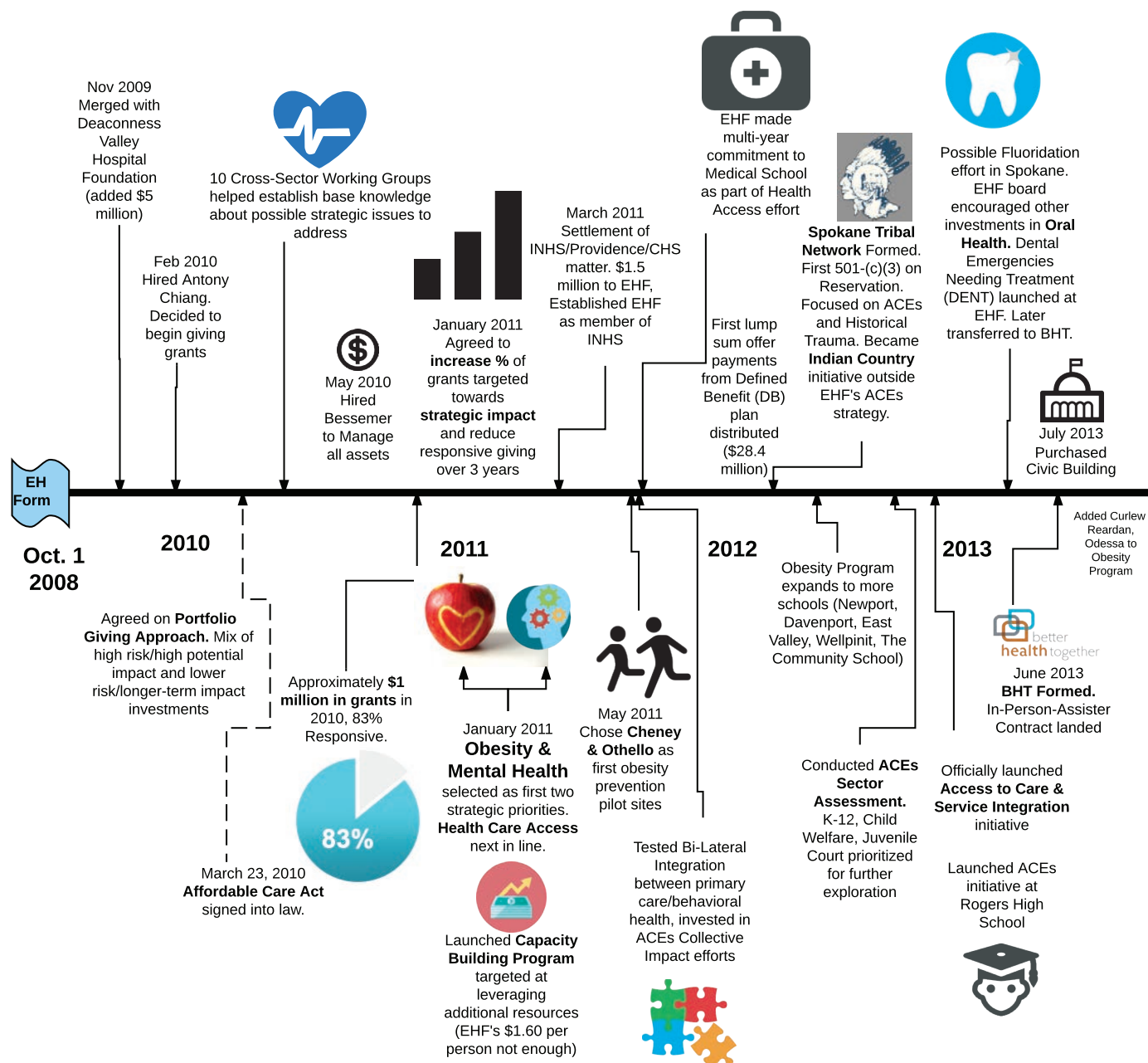
The CARE Fund identifies gaps in existing research and revenue sources to provide value to stakeholders. We maximize the benefit and impact of cancer research, particularly to improve the health of groups bearing a disproportionate burden of disease, to improve the health of Washingtonians.

\$29 million matched to date by non-state resources to leverage state funding 5:1.

To date, invested in 2 innovative breakthrough multi-year research projects and the recruitment of 9 world-class researchers to the state.



EMPIRE HEALTH FOUNDATION KEY MILESTONES

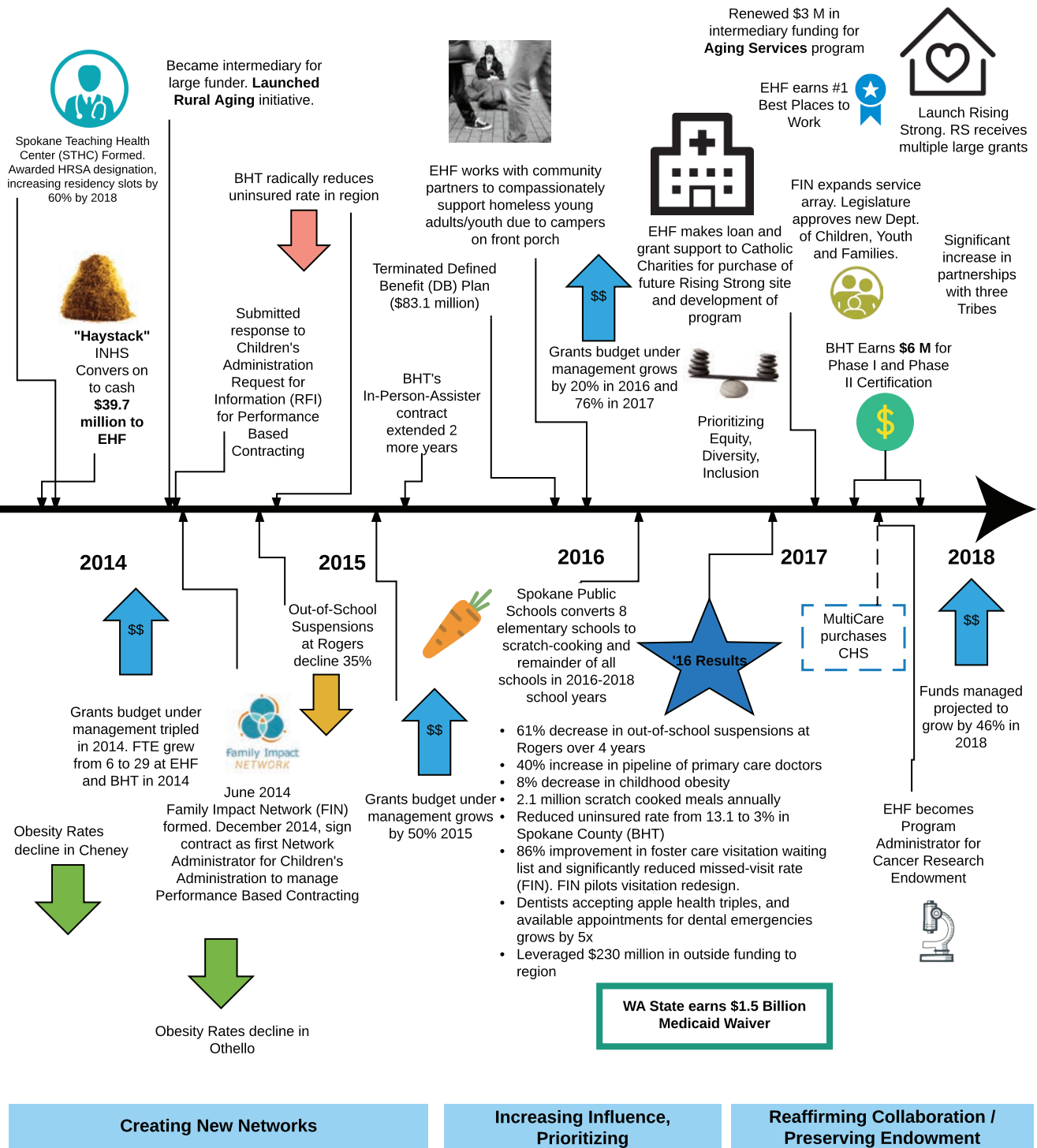


Getting Started

Learning, Bright-spotting

Gaining Momentum

Public-Private Partnerships & Catalytic Investments



STAFF PROFILE

Our commitment to pursuing health and equity for all comes with both an external and internal lens. We intentionally seek talented people representing a variety of cultures, backgrounds and lifestyles to join our team. Moving the dial on a broader understanding and acceptance of diversity, equity and inclusion in our communities is hard work. It only makes sense that our staff and board be a direct reflection of our work.

EMPIRE HEALTH FOUNDATION STAFF

Total Staff: 28

Female management: 67%

Female Staff: 72%

Staff of Color: 46%

Total DEI (LGBTQ, Disability): 54%

EMPIRE HEALTH FOUNDATION BOARD OF DIRECTORS

People of Color: 53%

Female Board Members: 47%

Representation by Three Tribes

“We have the ability to better relate to and help more diverse communities in Spokane because we have staff with direct connections to these communities. When you walk in our doors there is likely someone who looks like you, understands or lives in your community and is advocating for your whole-person health.”

Daphne Williams

*Director of Human Resources
and Operations*

BOARD OF DIRECTORS



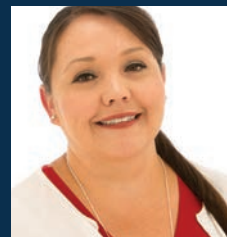
Jeffrey Bell
*Elson S. Floyd College of
Medicine, WSU*



Bill Bouten
*Bouten Construction
Company*



Alison Boyd-Ball
Colville Confederated Tribes



Tawhnee Colvin
Spokane Tribe of Indians



Luisita Francis
*Elson S. Floyd College of
Medicine, WSU*



Angela Jones
*Eastern Washington
University*



Rodney McAuley
Community Leader



Mary Selecky
Secretary of Health (retired)



Gary Stokes
KSPS-TV



Gloria Ochoa-Bruck
City of Spokane



Nathan Smith
Kutak Rock LLP



Tom Quigley
Kiemle & Hagood Company

HEALTH IS A FUNDAMENTAL HUMAN RIGHT.

Empire Health Foundation believes that health equity exists only when people can attain their full health potential. No one should be disadvantaged due to the color of their skin, level of education, gender identity, immigration status, sexual orientation, the job they have, the neighborhood they live in, socioeconomic status, or whether or not they have a disability. This potential can only be reached when we reduce—and ultimately eliminate—the disparities that adversely impact marginalized or under-resourced children, families, and communities.







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