

Healthy mothers, healthy babies

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mothers so they can recover and deliver babies free from the presence of drugs.

Today, there are 27 Indiana hospitals utilizing Community's learnings and those of the other front-runners. The impact has been huge, with many expectant mothers receiving the help they need—before, during and after delivery—to overcome addiction.

Community's Tim Kelly, MD, who is Board Certified in Internal Medicine and Addiction Medicine, offered in testimony before the Indiana legislature in 2017:

“Pregnancy is the most critical situation because there are two lives involved. Our patients are very complicated. Most of our women have serious post-traumatic stress disorder. They are abuse victims. They have all kinds of social disadvantages. Numerous obstacles. Terrible environments to live in. They need so much care. We’re not just advocates for medication only. We believe in counseling, support groups, teaching coping skills and relapse prevention techniques, creating better environments and more support for people. These are the types of services our patients need.”

It's a labor of love for the compassionate doctors, nurses and other caregivers at Community who first screen to identify at-risk mothers, then treat them with a variety of therapies. Later, social workers and other care coordinators get involved to help the mothers overcome other obstacles to healthy living that is free of substance abuse.



An infant is rocked by his guardian at Community Hospital East.

Rainey Martin, who serves as a Perinatal Clinical Nurse Specialist, leads the charge along with her colleagues at Community to make a difference in the lives of mothers and their babies. “We wanted to help the patients coming through our doors. Through the pilot program, we are able to help our expectant mothers and ended up helping a lot of other hospitals, too,” she says.

“This is not an urban problem. It’s an addiction epidemic that affects every neighborhood and every level of society. We want to identify moms who need help with substance abuse, connect them with all the services that are available to get them on the right track and fully support them through treatment and recovery.”

Because of the incredible impact of the NAS program at Community, the State recently awarded a \$550,000 grant that will expand the reach and effectiveness of the team through continuing education, additional staff, improved data collection to better detail outcomes and more.

“We have many success stories,” Rainey says. “But we want to be able to track them so we can share our experiences and our model of care with other hospitals, helping them reduce the financial and social burdens of this issue, while helping more mothers and babies.” ■

The Giving Gig 2018

A record-breaking night to remember!

Special thanks to musical legends Earth, Wind & Fire, 1,036 attendees and generous sponsors who made The Giving Gig 2018 an evening of fine dining and unforgettable entertainment—while raising more than \$1.7 million to support cancer fighters in need through Community Health Network's Oncology Patient Assistance Fund!



Grateful Community cancer patients who have shared their stories about how the Oncology Patient Assistance Fund helped them join their special guest and event emcee Andrea Morehead on stage at The Giving Gig.

Guests enjoyed a four-course gourmet dinner, a silent and live auction, and dancing to the iconic musical legends Earth, Wind & Fire, whose many beloved hits include “Shining Star,” “Boogie Wonderland” and “September.”

The more than \$1.7 million raised will benefit cancer patients and their families through the Oncology Patient Assistance Fund. This vital fund provides \$250 gift cards to assist with groceries, prescriptions and transportation to appointments, because eliminating financial obstacles allows patients to focus on their treatment during a most difficult time in life. ■

Thank you for making The Giving Gig 2018 a huge success! Funds raised helped exceed the overarching \$5 million goal set forth when the Oncology Patient Assistance Fund was established in 2014, creating a self-sustaining endowment that will help Community's cancer patients for years to come!

Community Health Network Foundation

7240 Shadeland Station, Suite 125 • Indianapolis, IN 46256 • 317.355.GIVE • eCommunity.com/Foundation

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IMPACT UPDATE

Healthy mothers, healthy babies:
A community-wide commitment



Community
Health Network Foundation

Community Health Network is actively working to combat the opioid crisis—widespread addiction to narcotics that frequently begins with prescribed painkillers. The epidemic has been on the rise across North America for almost three decades and impacts a great many lives across Indiana—including our tiniest, most vulnerable citizens. Community caregivers are on the front lines of this crisis, helping expectant mothers get the help they need to overcome addiction and deliver healthy babies.

One in every five babies born at Community Health Network has been exposed to drugs or prescribed medication

while in the womb. Some of them will have to remain in the hospital for days or weeks after birth as they suffer the agony of withdrawal known as Neonatal Abstinence Syndrome (NAS).

In response to the growing problem, the Indiana General Assembly charged the State Department of Health to find a way to help citizens struggling with addiction. In 2014, Community Hospital East became one of four hospitals tasked with piloting a program to identify and treat pregnant

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How's your 2018 going so far?

Whether 2018 has been filled with joy and accomplishments or challenges that test what you're made of, you're invited to visit <http://whatcommunitymeansto.me/2018/bye> now and "Share Your _____ Year Ever!"



"2018 is going to be my BEST year ever!"

"This is going to be my FASTEST year ever. I'm going to break all my PRs!"

"2018 is our most GRATEFUL year ever as Dad's cancer treatment is working!"

Community Health Network has created a special online wall where you can fill in the blank with your hopes and dreams and post them alongside those of others. This is community at its best, where together we can declare and encourage others to make 2018 a year of health, courage, happiness, victory and more!

Visit <http://whatcommunitymeansto.me/2018/bye> now to post a photo and make a declaration that shares how your year is going so far, where you are going in the days ahead or even the sorrows you leave behind. It takes only minutes, and while you're there, you can add comments to the posts of others to encourage them in their journey.

Community Health Network is dedicated to helping you make 2018 your best, healthiest, happiest year ever! Whatever your goals and challenges are, you can trust that our doctors, nurses and other dedicated staff are with you—just as your support ensures that people in our community get the exceptional healthcare they need each day. ■



Your gifts at work!

Thank you for your support of Community Health Network, which is saving and changing lives across Indiana! Here are a few of the many ways in which your compassion and generosity made a difference in 2017:



Inpatient and outpatient medication assistance was made available across all of Community's sites of care, helping support patients with their most urgent medication needs, including asthma inhalers and insulin for diabetes patients.



Donor support of the Center of Hope, located at Community Hospital East, provided compassionate and specialized care to 995 victims of violence, abuse and neglect this past year, including financial assistance to victims of sexual assault whose medications can cost as much as \$3,000. The long-term goal is to replicate this program and provide forensic nursing care for victims 24/7 throughout Community's six regions of care.



With the help of donors, Community supplied much-needed equipment for asthmatic children in need on the south side of Indianapolis. Last year, Community's caregivers launched this effort and were able to distribute more than 50 spacers, nebulizers and masks to children, helping families manage their child's disease and preventing absences from school as well as visits to the emergency department.



This pilot program, established in 2017 thanks to a gift from Rama Drive Realty, provides financial assistance to eastside patients. In 2017, 75 patients received help primarily with emergency medications such as insulin and inhalers while our caregivers help bridge patients to longer-term solutions.



Support from donors helped provide 150 hours of specialized training to prepare 25 Community staff members to become Registered Play Therapists (RPT). This therapy helps children age 3 and up to cope with trauma, grief, anger or emotional issues through play, using specially selected toys and other items that allow them to express their emotions and embark on a pathway to healing.



The generosity of donors continued to fund Community's Oncology Patient Assistance Fund, which offers \$250 gift cards to cancer patients in financial need so that they can access healthy food, life-saving medicine and gas to get to and from treatment. In 2017, more than 650 unique patients benefited from this fund across all of Community's regions of care.

A heart for helping others

Shraddha Ramnath has been dancing since she was 7 years old. Now a senior at Carmel High School, she recently danced at her Bharatanatyam Arangetram, a graduation ceremony denoting the successful completion of a series of nine classical Indian dances. Performed before family and friends, the dance conveys that she is ready for the next stage in her life.

Shraddha is still a teenager, but she has big dreams—and the dedication and strong work ethic to see them through.

Mastering nine classical Indian dances prior to her Bharatanatyam Arangetram graduation ceremony took six hours of practice each week, for eight months! She applies the same effort to achieve academic excellence and was recently named a National Merit Semifinalist.

Yet she still finds time to volunteer each Saturday at Community Hospital North, helping with administrative work and spending time with families and siblings of patients in the playroom. Shraddha has a heart for Community's youngest patients and does all she can to make their journey a little easier.



High school senior Shraddha Ramnath, shown here in her dance costume, has put in the time to master nine classical Indian dances and excels academically, yet she still finds time to serve and to raise funds for Community's youngest patients.

"I feel at home at Community. The interactions I've had are positive. The nurses are giving, and everyone smiles and says hello. In addition to my time, I knew I wanted to give back in other ways."

—Shraddha Ramnath

That's why she asked the nearly 400 guests who attended her graduation performance to make a donation, in lieu of gifts, to support Community's pediatric services. In total, Shraddha's Bharatanatyam Arangetram raised more than \$2,000.

"Shraddha is a fine example of our value of Dedication, and we are so grateful that she has chosen Community Hospital North as her partner in making a difference to others during their time of need," says Kathy Krusie, president of Community's North Region.

Heartfelt thanks to Shraddha for her generosity and compassion in service to Community's youngest patients. Please join us in wishing her every success as she heads to college to pursue her dream of becoming a pediatric dentist or orthodontist! ■