2022 Community Benefit Report

EXCEPTIONAL CARE. SIMPLY DELIVERED.

Community Health Network
About Community Health Network

Ranked among the nation’s most integrated healthcare systems, Indianapolis-based Community Health Network is Central Indiana’s leader in providing convenient access to exceptional healthcare services, where and when patients need them—in hospitals, health pavilions and doctor’s offices, as well as workplaces, schools and homes.

As a nonprofit health system with more than 200 sites of care and affiliates throughout Central Indiana, Community’s full continuum of care integrates hundreds of physicians, specialty and acute care hospitals, surgery centers, home care services, Community MedCheck urgent care locations, behavioral health and employer health services. Community Health Network puts patients first while offering a full continuum of healthcare services, world-class innovations and a focus on population health management.
A Message from Community’s Leadership

Back in the 1950s, neighbors on the east side of Indianapolis went house-to-house, business-to-business, raising funds to build a hospital closer to home. That was our first hospital, and that community-driven effort was the reason our organization was named “Community.” The commitment our neighbors made to us inspires us to be equally dedicated to enhancing their health and well-being—that’s our mission, the reason we’re here.

Our mission begins with our ongoing efforts to make healthcare easier for everyone to access, even when they have trouble affording it. We strive every day to create exceptional care and experiences at all of our hospitals and our more than 200 additional care sites, and we continually work to improve outcomes. But many in our communities find their well-being is impacted by various factors that go far beyond what can be remedied by healthcare. That’s why our mission to enhance health and well-being also includes many other efforts, both inside and outside our facilities.

The Community Health Needs Assessment that we conduct periodically helps identify these kinds of needs. Many needs are related to social determinants of health, which are various factors that can have an impact on health beyond immediate medical needs. All kinds of social needs fit in here, including food insecurity, lack of transportation, legal problems and more. Our assessment also has revealed ongoing needs related to behavioral health, as well as maternal, infant and child health. And we have identified many needs tied to obesity, physical inactivity and chronic disease.

This report focuses on our efforts to address those many needs as our not-for-profit “community benefit.” The term calls upon that key word that is so important to our mission—community—but in this case it happens to be governmental terminology referring to a wide range of activities that support or complement our mission, but for which we aren’t paid or reimbursed. Through this community benefit, our organization returns investments and services worth millions of dollars to the people whom we serve.

Please read on to learn more about our community benefit initiatives that are far-reaching but all joined by a common thread. We aim to help Hoosiers get healthy and stay healthier. We’re committed to overcoming inequities, lifting the well-being of our diverse communities and ensuring they’re fully included in the opportunities afforded those around them. As a not-for-profit organization, our passion is for serving our neighbors and strengthening the foundations of the communities we serve.

Bryan Mills
President & CEO
Community Health Network
Priority Community Health Needs

- Social Determinants of Health
- Behavioral Health & Access to Behavioral Health Services
- Maternal, Infant and Child Health
- Obesity, Physical Inactivity & Chronic Disease
WellFund

The WellFund helps patients navigate healthcare coverage options, facilitating initial enrollment and ensuring ongoing maintenance of coverage. Patients have direct access to WellFund patient advocates during pre-service, admission and post-discharge—answering patients’ questions and determining which plan best meets their needs.

In 2022, WellFund patient advocates provided more than 29,500 unique individuals with enrollment assistance to ensure appropriate coverage across various affordable health plans.

The Community Cupboard of Lawrence

The Community Cupboard of Lawrence is a food pantry helping relieve the strain of food insecurity. The food pantry assists residents of Lawrence Township in Marion County, specifically in the ZIP codes of 46216, 46220, 46226, 46235, 46236, 46249, 46250 and 46256.

The Community Cupboard of Lawrence works in partnership with many organizations and corporate partners, including Gleaners Food Bank of Indiana, Midwest Food Bank, CVS Pharmacy, St. Albans Episcopal Church, Castleton United Methodist Church and Meijer. Organizations and businesses send volunteers to serve at the food pantry, and many Community Health Network caregivers are among the volunteers.

Purdue Extension assists with keeping Community aware of recent U.S. Dept. of Agriculture updates along with providing innovative food options and ideas for clients. As part of the curriculum for community-based nursing, University of Indianapolis nursing students spend time at the Community Cupboard of Lawrence learning about the operations and the unique needs of the clients served.

In 2022, Community Cupboard of Lawrence served 54,148 individuals in 14,695 households with a variety of healthy groceries, including 6,600 pounds of fresh, locally grown produce.
Mabel’s Ride

Community Health Network, in partnership with a generous donor to the Community Health Network Foundation, established Mabel’s Ride to improve access to care for our community’s most vulnerable patients.

With a goal of improving patient health outcomes by eliminating transportation-related barriers to care, the four-vehicle Mabel’s Ride fleet picks up patients right at their door and takes them directly to their Community healthcare provider or pharmacy of choice.

In 2022, Mabel’s Ride provided 6,839 rides to 637 patients.

The Community Farm of Anderson

The Community Farm of Anderson began in 2018 on a half-acre at the edge of the Community Hospital Anderson campus, and in 2022 grew to encompass three acres, with assistance from Community Hospital Anderson Foundation.

One of Community Farm’s goals is to distribute fresh produce to patients and the community. This involves working with dietitians, primary care providers and other caregivers to implement the process of farm-to-table, while also providing education to help patients learn and adopt healthier eating habits.

Produce grown at the farm is delivered to the community through various outlets including local food pantries, programs at Community and the Community Hospital Anderson foodservice. The farm team works closely with volunteers to coordinate free, fresh flower delivery to patients to help brighten their hospital stay, including sunflowers grown on the farm.

In 2022, the farm harvested 15,851 pounds of produce. About 66% of the produce was donated to local food pantries, 17% was used in the Community Hospital Anderson cafeteria and the rest was provided to caregivers in need.

Community Connections

Community Connections is a program created to help community members find free and reduced-cost social services. It’s a free search tool to connect seekers with social services offered by verified social care organizations and nonprofits.
The search tool uses ZIP codes to identify resources located near users’ homes. The tool has up-to-date information about location and eligibility for food pantries, transportation services, healthcare services, housing and other social service programs. Community Connections launched in the fall of 2020.

In 2022, 3,146 users conducted 18,676 searches using the platform.

Social Determinants of Health Screening

Community rolled out a network-wide screening program for social determinants of health in the first quarter of 2021. Utilizing the Epic Systems social determinants of health screening tool, patients admitted to Community hospitals, maternity patients and primary care patients are provided a comprehensive screening to identify any social needs that could impact the overall health and well-being of the patient.

Caregivers have been trained on how to provide referral resources to assist patients in addressing their identified needs. Patients needing more follow-up are referred for additional assistance by a case manager or health advocate.

In 2022, caregivers screened 104,472 patients for social determinants of health needs and provided referrals for resources to address the needs identified.

Medical Legal Partnership

Hospitals often see patients suffering from acute and chronic medical conditions that are caused or aggravated by conditions in patients’ homes, issues in their relationships, or lack of income and other resources. The Medical Legal Partnership serving Community patients aims to improve health outcomes for patients by providing legal services to address these issues that impact social determinants of health.

Embedding a Medical Legal Partnership attorney in the hospital creates a team that not only provides medical care but also addresses habitability issues in a patient’s home and provides other legal services the patient might need to become healthy and stay healthy. When necessary, the partnership helps patients obtain a clean slate for future employment opportunities.

In 2022, 104 patients were provided free legal services.

Community CareMobile

In 2022, Community Howard Regional Health launched new efforts to expand care to underserved areas while continuing to provide outreach at events across Howard County—reaching thousands of people with health education, free screenings and immunizations.

Community Howard invested additional resources into its mobile health bus, the Community CareMobile, and
formed a partnership with the city of Kokomo in the summer of 2022 to begin a weekly primary and urgent care walk-in clinic with the Community CareMobile at the city’s downtown trolley station. Staffed with a nurse practitioner, the clinic provided convenient access to care for those in the downtown area with limited access to transportation.

In addition to the weekly walk-in clinic, the Community CareMobile outreach service continues to bring care and assistance to the places they are needed most year-round—everything from screenings and free flu shots to a cool and comfortable place for breastfeeding moms to care for their infants during a hot summer fair. Also in 2022, the hospital formed a partnership with the YMCA of Kokomo to place a certified athletic trainer at the downtown YMCA each day to provide free injury checks, consultations and nutrition and fitness guidance to 93 members.

In 2022, the Community CareMobile provided more than 500 blood pressure screenings and 250 flu shots at community events and provided health education to more than 1,500 individuals. In addition, caregivers aboard the Community CareMobile provided 1,102 students with free sports physicals in 2022.

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In 2022, Community Health Network’s free medication assistance program helps patients obtain medications at a lower cost, with the goal of preventing medication non-adherence, often referred to as “America’s other drug problem.” The Medication Assistance Program uses various approaches to reduce or eliminate medication costs including obtaining medications for free from pharmaceutical companies, locating and applying grant funding to purchase medications, utilizing low-cost medication programs, providing drug coupons/vouchers and, when appropriate, working with providers to switch therapy to a less expensive medication or to a medication that has a patient assistance program for which the patient qualifies.

In 2022, $44.7 million worth of prescription medications were provided to patients through Community Health Network’s Medication Assistance Program.

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Community Health Network provides financial support to the weekly seasonal BRAG Farmer’s Market. In addition to expanding access to fresh and local produce, meat and other items, the BRAG Farmers Market also works to ensure access to low-income individuals by participating with the Supplemental Nutrition Assistance Program (SNAP) and the Fresh Bucks program, which doubles SNAP dollars for fresh fruits, vegetables and herbs (including edible starter plants).

In 2022, the market had more than 75 local vendors and served more than 1,000 visitors each week.

Serve360° program was created to open opportunities for Community caregivers to live out the network’s mission through volunteerism. Serve360° opportunities are available to all Community caregivers, and Community’s leaders are held accountable as servant leaders with a requirement to complete a minimum of four hours of volunteer service each year.

Serve360° works to provide local nonprofits with the necessary volunteer hours to help keep expenses low, so they can focus their resources on programs that enhance well-being for patients and communities. Partner organizations are selected for support based on alignment with Community’s strategic priority areas identified through the Community Health Needs Assessment.

In 2022, about 1,400 Community Health Network caregivers provided 6,840 volunteer hours to local nonprofit organizations in central Indiana.
Community Health Network continued its partnership with the Marion County Public Health Department as a sub-recipient of the Racial and Ethnic Approaches to Community Health (REACH) Grant from the U.S. Centers for Disease Control and Prevention (CDC).

REACH is a national program designed to reduce racial and ethnic health disparities, administered by CDC’s Division of Nutrition, Physical Activity and Obesity (DNPAO). The focus of the five-year grant in Marion County is reducing chronic disease by addressing five key areas: food systems, food service guidelines, community clinical linkages, physical activity, and breastfeeding in African American/Black communities.

Under the REACH Grant, Community provided food pantries with guidance and technical assistance on implementing aligned policy, systems and environmental changes related to healthy nutrition standards/guidelines, nutrition nudges and food procurement. This included collaboration with local food banks and hunger relief partners to foster consistency in messaging and healthy nutrition standards across the charitable food system.

Coats of Caring

Each year, Community Hospital Anderson’s the Coats of Caring event offers new or gently worn coats plus new hats and gloves to Madison County residents. The program is supported by the caring hearts at Community Anderson along with supporters in the community.

In 2022, the Coats of Caring program distributed over 750 coats and winter gear to neighbors in need.
Since 2014, Community Health Network has dedicated resources to the prevention of opioid use disorder and overdose deaths. The opioid stewardship program includes safe opioid prescribing training for primary care and specialty care practitioners. In partnership with Boston University School of Medicine, Community brought award-winning curriculum to educate our practitioners how to safely and effectively manage patients’ acute and/or chronic pain, including safe opioid prescribing measures when opioids are medically necessary.

Narcan Education and Distribution Program

Community Health Network is dedicated to the prevention of overdose deaths through our Narcan program. Narcan is the drug that can reverse the effects of opioids such as heroin, methadone and oxycodone. The program provides a Narcan kit to patients and their families who are at risk for an opioid overdose following discharge from an emergency department or the Behavioral Health Pavilion.

Through partnerships with community nonprofit organizations such as Overdose Lifeline, Community Health Network provides opioid overdose awareness training and free Narcan kits to the communities we serve.

In 2022, 719 Narcan kits were distributed.

Have Hope

With an aspirational goal of achieving a zero percent suicide incident rate among Community Behavioral Health patients by 2024, Community Health Network’s Zero Suicide initiative aims to save Community patient lives specifically through early intervention and prevention, the construction of a robust crisis network, and the utilization of innovative mental health diagnostics and treatment protocols. The strategy brings crisis, telemedicine and intensive care coordination services to patients throughout central Indiana, representing both Community facilities and partner organizations where Community provides behavioral health services.
As part of the effort to combat suicide among youth, Community provides mental health and substance abuse services to students in more than 140 schools including Indianapolis Public Schools and the metropolitan school districts of Lawrence and Warren townships in Marion County.

In 2022, a total of 1,502 clients were placed on the Have Hope Pathway, a care pathway for clients at high risk for suicide.

Behavioral Health Academy

The Behavioral Health Academy partners Community Health Network with higher-education institutions to prepare students for practice with mental health, substance use and co-occurring disorders, and to become dually licensed as both a licensed clinical social worker (LCSW) and licensed clinical addiction counselor (LCAC) in Indiana. Beginning with the first cohort in the fall of 2019 and expanding every year since, the program is currently available at multiple locations across Indiana.

The Behavioral Health Academy creates significant benefits for Community Behavioral Health along with students and educational partners Indiana University School of Social Work and University of Indianapolis. As an employer, Community gains a steady supply of high-caliber talent trained in Community Behavioral Health-specific behavioral health practices, resulting in decreased orientation costs and time to productivity for new hires.

The students participating in the Behavioral Health Academy receive specialized training in evidence-based practices, an opportunity to interview for employment upon graduation, a financial incentive to defray the cost of their education, and the opportunity to become dually licensed. The participating universities leverage the Behavioral Health Academy as a unique opportunity to attract top-tier students. The schools also benefit from close collaboration with industry experts to align curriculum with industry best practices. By filling the workforce gap, additional opportunities will be available to address the critical need for substance use disorder treatment services.

To date, 161 master’s-level therapists have graduated from the Behavioral Health Academy.

Drug Take-Back Events

Unwanted and expired medicine may be a risk to human health and the environment if disposed of improperly. Wastewater treatment plants and septic systems are not designed to deal with pharmaceutical waste. Many medicines pass through the systems and are released into streams, lakes and groundwater.
The best way to reduce the impact of pharmaceutical waste on the environment is to dispose of medicine properly. State and local law enforcement agencies have established drug disposal programs (often called “take-back” programs) to facilitate the collection and destruction of unused, unwanted or expired medications. These programs help get outdated or unused medications off household shelves and out of the reach of children and teenagers.

In 2022, more than 2,370 pounds of medications were collected at biannual events hosted at each of Community Health Network hospitals.
Center of Hope

Since 1998, the Center of Hope at Community Health Network has been dedicated to caring for victims of violence, abuse or neglect, especially sexual assault and interpersonal violence. The Center of Hope welcomes all victims of violence regardless of gender, sexual orientation, race, religion, origin or disability. Services are available 24/7 including weekends and holidays.

Victims can be seen by a forensic nurse examiner and receive any of the following depending on the victim’s unique situation:

- Medical care
- Forensic nursing exam
- Prophylactic medications for sexually transmitted diseases and pregnancy (as appropriate)
- Injury identification and documentation
- Assistance with emergency shelter placement
- Forensic specimen collection (as appropriate)
- Follow-up medical care post initial exam/visit
- Safety planning
- Referrals for crisis intervention and community-based resources such as counseling and support groups

In 2022, 1,331 patients received care from the Center of Hope team.

Milk for Healthy Babies

Four Community hospitals are home to an Indiana Mothers’ Milk Bank milk depot. Breast milk donors can drop off their milk at these locations. When a mother’s own milk is not available, pasteurized donor human milk is dispersed by prescription or hospital order primarily to premature infants in hospital neonatal intensive care units.

Community Hospital North, Community Hospital South, Community Howard Regional Health and Community Hospital Anderson participate in the Milk Bank program. Breast milk donors can drop off their milk at these four locations.

In 2022, a total of 24,177 ounces of breast milk were collected across the four Community sites. More than 176,000 ounces of breast milk have been collected since the on-site depots opened.
The Baby and Me Tobacco Free Program is evidence-based and has measurable positive outcomes by providing tobacco cessation education/services to pregnant and postpartum women. The proven program protocols utilize the American Congress of Obstetricians and Gynecologists “5 As” counseling approach. Baby and Me Tobacco Free is a program of the Indiana State Department of Health.

In 2022, Community Health Network screened 100% of OB patients for nicotine use, and 108 patients enrolled in the program. All participants are educated on risks, cravings and triggers.

In partnership with Goodwill of Central & Southern Indiana, Community Health Network has expanded access to the Nurse-Family Partnership (NFP) program, a nurse home-visiting program serving low-income mothers and babies.

The goals listed in the agreement between Community and Goodwill of Central & Southern Indiana are:

• Serve 25 low-income vulnerable mothers and new babies in the East Region.
• Assist in accessing prenatal care and wraparound services to improve health outcomes of the mother and child, and set them on a road to self-sufficiency.
• Lower infant deaths.
• Decrease pre-term births.
• Reduce rates of child maltreatment.
• Document metrics/milestones of baby via behavioral health methods.
• Provide nutrition training during well-baby checkup.
• Increase breastfeeding rates.
• Reduce smoking during pregnancy.

In 2022, the program served 99 pregnant moms, and 95% of participating moms participating in the program-initiated breastfeeding at birth.
In partnership with the Marion County Public Health Department, Beds and Britches, Etc. (B.A.B.E.) of Indianapolis, Community Health Network opened our first store in 2015 on the eastside of Indianapolis to promote responsible parenting by offering incentives to expectant parents.

By encouraging accountability and improving self-esteem, the program provides goods and services that new parents need to nurture healthy babies and toddlers, and fosters skills to help the family through life. Parents earn coupons with a Marion County Public Health Department estimated value of $5 each, which are redeemable at the B.A.B.E Store. Coupons are now distributed at all East Region OB and pediatric offices, and also at the Jane Pauley Community Health Center at Community Health Pavilion Shadeland, Family Medicine Center at Community Health Pavilion East, and at the Community Hospital North Women’s Center.

In 2022, the B.A.B.E. Store served 422 women, and 2,337 coupons were redeemed.
Produce Rx Program

The Produce Prescription nutrition incentive program is designed for high-risk patients from Community Health Network’s REACH Clinic (Resources to Evaluate and Advance Community Health, located at 2920 N. Arlington Ave. in Indianapolis). Patients are enrolled into free chronic disease-focused nutrition education classes provided by the ambulatory dietitian team. Each participant receives financial incentives provided by Community Health Network’s Community Benefit that are redeemable for fruits and vegetables at local retail locations for attending.

In 2022, 34 Community Health Network patients participated in the Produce Rx program.

Faith Health Initiative

Community understands the essential role that faith communities play in promoting health and sustaining well-being. Faith-based organizations improve the quality of life of their members, neighbors and communities by providing spiritual care, a supportive web of resources and impactful wellness ministries.

Community Health Network developed the Faith Health Initiative (FHI) to foster a faith-health partnership. Built on respect, this partnership recognizes that both faith communities and high-quality medical treatment play a vital role in restoring health and promoting well-being, and that by working together, we are better able to meet the needs of our communities.

FHI provides training for nurses to become Faith Community Nurses and provides ongoing support and resources to ensure they can create sustainable engaged health ministries and activities in their respective faith communities. The Faith Health Initiative currently has 30 active Faith Community Nurse participants.

In 2022, the nurses conducted 56 biometric screening events in local congregations and implemented 103 health education and awareness events throughout the community.
Diabetes Education Classes
Community provides free virtual diabetes education and support courses for patients and community members. Each course consists of two classes. Courses are held at various times throughout the month to ensure access for all who are interested.

In 2022, 36 multi-class sessions were held.

Indiana Black and Minority Health Fair

Each year, Community Health Network sponsors the Indiana Black & Minority Health Fair, in conjunction with the Indiana Black Expo. Community staff and volunteers provide various screenings such as blood pressure, cholesterol, glucose, A1C and creatinine screenings.

In addition to screenings, Community provides onsite education resources to health fair participants on such topics as diabetes, stroke, weight loss, wellness and nutrition, behavioral health, and how to gain access to Community sites of care. Health fair participants can ask physician-related questions at “Ask the Doc” and medication questions at “Ask the Pharmacist.” Clinical breast exams are also provided onsite, and Community Sports Medicine provides sport physicals and education to school-age children.

Rock Steady Boxing

In 2016, Community Hospital Anderson established a Rock Steady Boxing program in Madison County. Rock Steady Boxing is a gym dedicated to helping patients with Parkinson’s disease fight their symptoms with non-contact boxing drills. Participants engage with trainers who provide exercises are designed to help with strength and balance.

In 2022, Rock Steady Boxing expanded to an additional site in Pendleton to provide additional access to patients in need.
School-Based Care

Community Health Network’s school-based programs cover a wide range of needs for youth across Central Indiana and play a critical role in keeping children healthy in the classroom so they can learn. Onsite nurses address students’ needs in the school and after-school setting, helping to ensure consistency in care and less time away from the classroom. These nursing services are primarily offered free of charge to schools thanks to Community’s ongoing commitment to enhancing health for future generations. Nurses assess health conditions, derive nursing diagnoses, execute a nursing regimen, advocate for health, execute a medical regimen delegated by a physician, teach, administer and evaluate care for students every day.

In addition, for students facing chronic health conditions and ongoing health needs, medications prescribed by physicians are administered by Community’s school-based nursing staff. Services also

Our School-Based Care Team Vision

“To reach out into the communities we serve, break down barriers to access-to-care, and provide coordinated, multidisciplinary onsite health care at partner schools in order to help improve the overall physical and mental health, well-being, and educational success of as many school children in Central Indiana as possible.”
include physicals, immunizations, health coaching including blood pressure and cholesterol screening and a variety of additional services helping teachers and faculty addressing everything from allergies to anxiety and bullying.

From everyday scrapes and bruises on the playground to managing chronic illnesses such as asthma and diabetes, Community nurses offer support for students at 147 schools across Central Indiana. Specific services offered to students include:

- Management of injuries requiring first aid
- Management of life-threatening allergies, asthma, diabetes and seizures
- Management of any health concern and referral to appropriate care when needed
- Emergency response to any health-related concern or emergency within the school building

Community’s school-based care services also feature an embedded, coordinated team of school sports medicine and athletic training professionals, virtual care providers and school behavioral health professionals. The program aims to help keep schoolteachers, staff, employees and administrators healthy and available to support kids in schools by way of onsite health and wellness clinics and employee assistance program services for school employees and their dependents.

Our school nurses ensured a 95.1% return to classroom rate for students who came to them for care during the 2022-2023 academic year.

School-Based Behavioral Health
Community provides more than 170 behavioral health employees to 143 schools throughout Central Indiana. These onsite behavioral health specialists provide services such as counseling, life-skills training, crisis response, trauma and depression screenings, staff education and training, testing, family services and more.

Community’s school-based behavioral health caregivers had 247,238 encounters with students, families and staff during the 2022/2023 academic year.