

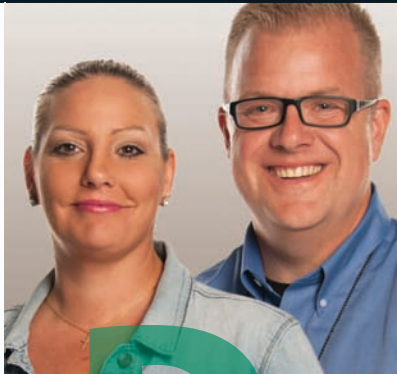
Annual Report to the Community 2015-2016

Fighters



Dreamers

Community Health Endowment of Lincoln



& Doers

A message from

CHE's 2015-2016 Annual Meeting featured six powerful stories of people on the frontlines of making Lincoln a healthier community. We challenged the presenters to tell their stories in a PechaKucha format, a presentation style in which 20 slides are shown for 20 seconds each, for a total of 400 seconds.

The PechaKucha format keeps the presentations concise and fast-paced, while offering visual images that enhance the speakers' stories.

When CHE first invited the speakers to tell their stories, we expected to hear facts and figures about projects and organizations. Instead, we heard very personal stories of gritty motivation, fear, loss and triumph. Our presenters told stories of having courage to face the unknown and finding joy in unexpected places. Some of the stories were about leading, others were about following. They told of sudden transitions in life, as well as lives dedicated to learning. In each story, the 400 seconds captured why our speakers do what they do; why they are who they are.

And the stories made us ask ourselves, ***"What is CHE's 400-second story?"***

For the past 18 years, CHE has worked to fulfill a vision set in motion by the community in 1998. We have sought to influence the trajectory of our community through health philanthropy, building partnerships, influencing policy, gathering information on new and emerging trends, and moving to the epicenter of community decision-making. We have taken risks to find new solutions. We have listened to and learned from our community and led it forward. Simply, our story is Lincoln's story. We will continue to work to fulfill the community's vision for Lincoln to be the healthiest community in the nation. We won't settle for less.

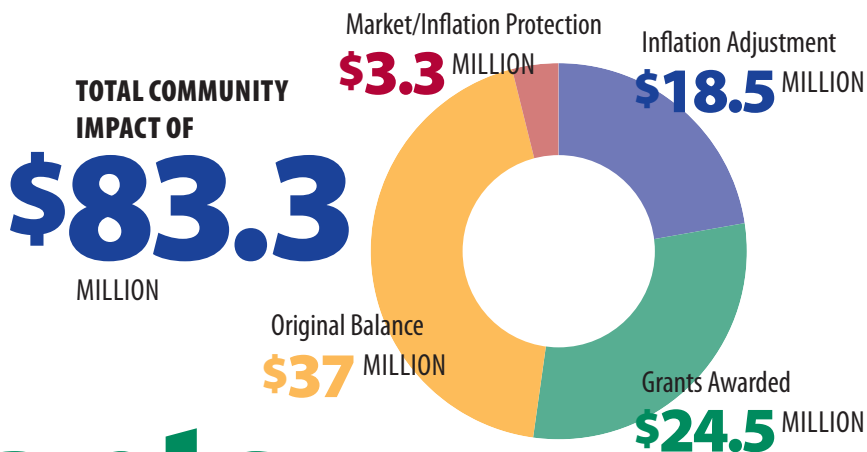


Charles Wilson, M.D., *Chair*



Lori Vrtiska Seibel, *President/CEO*





Grants & Programs

In **2015-2016**,

CHE awarded

30

NEW GRANTS

64

YEARS OF FUNDING

\$2.5

MILLION



In **2015-2016**,

there were

23

SITE VISITS WITH GRANTEES

with total Trustee attendance of

86

Since **1999**,

CHE has funded

127

DIFFERENT AGENCIES

\$24.5

MILLION returned to the community

Since **1999**,

CHE has funded

322

NEW PROJECTS

697

YEARS OF FUNDING



Fighters

Many traits describe great fighters – quickness, discipline, intelligence – but the most important is guts. Great fighters step into the ring knowing they may get hit from all sides, and they do it anyway. Call it guts, call it courage. Either way, it is the stuff that makes great stories.

CHE has the privilege to work with great fighters every day. They are fighting the childhood obesity epidemic, standing in the gap to provide affordable and accessible health care, lifting people out of the depths of addiction, and much, much more. CHE is proud to stand alongside the fighters in our community who are willing to stay in the ring to give all people the opportunity to live healthy, fulfilled lives. A few examples from the past year:

- A newly opened Health 360 Clinic at 23rd and O Streets will provide state-of-the-art, integrated behavioral and primary care to thousands of individuals, including Lincoln's most vulnerable residents.

(continued)

State Senator Kathy Campbell

has been a tireless advocate for increasing access to health care in Nebraska.

During her eight years in the Legislature, Sen. Campbell fought to expand Medicaid and provide prenatal care for women regardless of immigration status.

Sen. Campbell served as the chair of the Health and Human Services Committee for six years.

Before being elected to the Legislature in 2008, Campbell served on the Lancaster County Board of Commissioners and as executive vice president of CEDARS Home for Children Foundation. Even though term limits mean this is her last year as a state senator, her legacy of fighting the good fight will inspire those who follow.



Fighters

continued

- Expanded dental services at two safety net clinics are more widely available to low-income, largely non-English speaking children and adults.
- A community collaborative used shared expertise and pooled purchasing power to provide diabetic education and testing supplies to hundreds of high-risk, low-income people.
- Community medical transportation gained a more solid financial footing to ensure access to medical services despite individual circumstances.
- A collective, community focus on children and youth gave breastfeeding education and support to minority mothers, expanded after-school programming and youth recreation opportunities in the community's core, provided evidence-based health and nutrition coaching to low-income families with preschool children, and resulted in a steady and significant decline in Lincoln's childhood obesity rate.

Nikki Siegel, director of street outreach with The Bay Lincoln, is Lincoln's only full-time outreach director focusing on sex trafficking intervention and prevention. She helps young people get immediate needs met, connects them with resources, and offers hope and compassion.

Nikki comes to her work with a passion born of personal experience. After encounters with the law as a teenager, she was placed in foster care. Eventually, she came to Lincoln to CEDARS transitional living program for young people. It was there she found the support and kindness that helped her build a life that includes not only her work at The Bay

Lincoln, but being the mother of two active boys.



Dreamers

Dreams are where great things begin.

They are where we imagine the future we want to see – for ourselves, our families, schools, and community.

Dreamers are entrepreneurs for ideas – people who see promise in the seed of a concept and know how to cultivate the community to make it flourish. They are ready to give their heart and soul to make an idea successful. If you ask dreamers why they dream, they answer, “Why not?”

CHE loves dreamers, people who step confidently toward risk and find “lessons learned” in failures and challenges. These are the people who see hope in struggle and find meaning in chaos. A few examples of “dreams come true” from the past year:

- Equine-assisted therapy has been tested and proven as an emerging model for women in substance abuse recovery.
- High school students have access to state-of-the-art medical learning equipment so they can achieve their dreams of a career in health care.

(continued)

Julie B. grew up in urban Bogota, Colombia. She met her husband there and moved to his native state of Nebraska. Adjusting to life in a new place and culture was hard, and Julie wants to help moms going through the same challenges she did.

As a community breastfeeding educator with MilkWorks, she works with many moms who are new to the U.S., don't drive, or don't speak English. Julie bridges a cultural gap for these women, supports them and helps them support each other. The ultimate goal is for the moms to breastfeed successfully so their babies can thrive.



Dreamers continued

- Frontline case managers have access to technology that allows them to work more efficiently and strategically in the field and with clients.
- Promising research models and outreach have resulted in better breast cancer screening, detection, education, and treatment for minority women.
- People with developmental disabilities have more opportunities for state-supported recreational services.
- People in substance abuse treatment are receiving integrated medical and behavioral health care so they have the best chance for recovery.
- People who are homeless and near homeless are given hope and respect through healthier meal options.

St. Monica's, a behavioral health treatment organization serving women, partners with Take Flight Farms to offer equine-assisted psychotherapy. About 80 women, including **Cari Johnson**, have worked with horses to learn more about communication and building relationships. The women bring those skills into their personal relationships.

Cari started drinking and using drugs in high school. She sought recovery at St. Monica's, where she participated in Project Mother & Child and the equine-assisted psychotherapy program. Cari has been sober since March 2015. She dreams of helping other people who are struggling with addiction.



Doers

Who do we look to when troubles arise, when a job needs doing, or when motivation is low? We look to our doers. They are the hard-working, reliable, go-to people who are always ready to teach, influence, and lead. Doers get their hands dirty. They understand that the dictionary is the only place where “success” comes before “work,” so they never stop doing and learning along the way.

An important part of CHE’s work is solving problems. This is when CHE looks to the doers. They grasp facts quickly, make tough decisions, and thrive in unique, complex situations.

Here are a few examples of CHE’s partnerships with our community’s doers:

- Lincoln’s health care community continues to support a “clinic without walls” for individuals who need medication, primary care, specialty care, urgent care, dental care, and language interpretation during medical appointments.

(continued)

Sharon Cheney is a lifelong learner and teacher who facilitates Stepping On fall prevention classes for Aging Partners. Growing up in Greeley, Nebraska, Sharon wanted to be a nurse because her dad was often sick. She became a registered nurse, earned a master’s degree in adult and continuing education, and a certificate in gerontology. Sharon worked as the director of education and the director of wellness for what is now CHI Health St. Elizabeth.

As a believer in wellness, stress management, and humor, Sharon found a way to use her natural talents for speaking and making people laugh to help them improve their health.

Sharon and her husband exercise at Aging Partners three times a week and walk on most other days.



Doers continued

- Lincoln is home to the only program in the country where law enforcement works with people in recovery from mental illness to reach people who are mentally ill and come in contact with the Lincoln Police Department and other law enforcement agencies.
- Hundreds of older adults are receiving training and education about fall prevention from a group of local trainers.
- A diverse pool of new leaders is being equipped for community service on nonprofit boards.
- Lincoln hosts the nation's only 24/7 government-access television channel devoted to health and wellness programming.

The REAL program connects people who have lived experience with mental illness—peers—to people who have non-criminal interactions with the Lincoln Police Department (LPD).

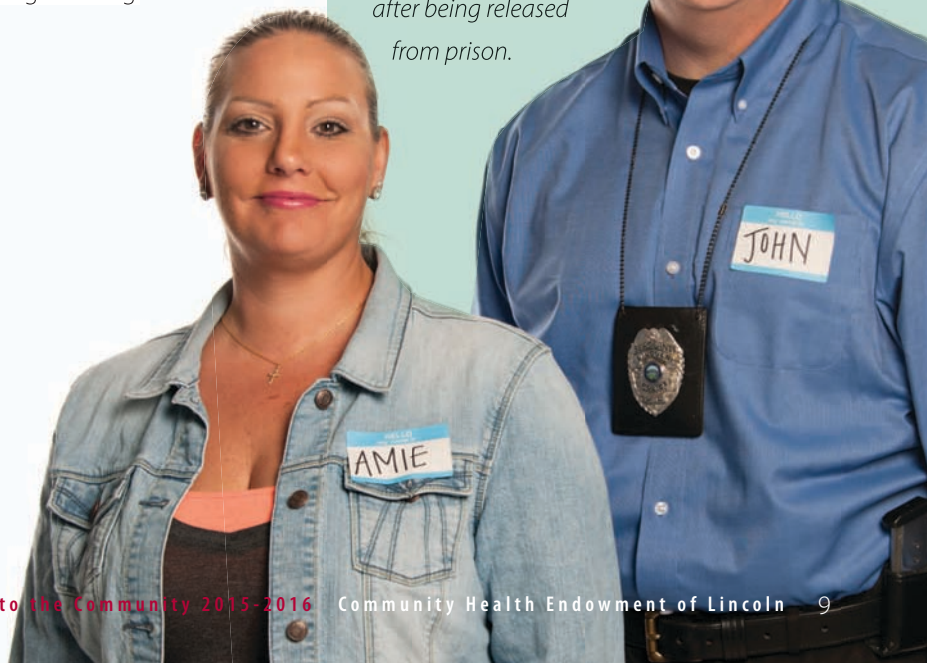
*As LPD's liaison to mental health providers in Lincoln, **Sergeant John Walsh** works directly with the peers in the REAL program. Walsh started his career in police work in 1995.*

***Amie Jackson** is a certified peer support and wellness specialist with the Mental Health Association of Nebraska (MHA). She supports people coming out of the corrections system and those referred to the REAL program by LPD.*

Amie is in recovery from drug and alcohol abuse that started when she was 12.

In 2008, Amie started experiencing mental health psychosis.

Before achieving recovery, she had 53 criminal convictions and first encountered MHA when she stayed at MHA's Keya House after being released from prison.



2016-2017 Funding Priorities

CHE has three funding priority areas for 2016-17. By inviting applications that address these priorities, CHE strives to tackle recognized community challenges, create lasting impact, and make Lincoln the healthiest community in the nation.

Health Innovation

- Helping adults and/or children stay healthy outside of a clinical setting
- Embracing bold ideas and community-based solutions that enhance traditional models of health care and/or behavioral health care

Early Childhood Investments

- Reducing or eliminating childhood toxic stress
- Reducing childhood obesity
- Improving maternal health and birth outcomes

Prevention

- Fostering healthy behaviors that lead to improved health outcomes

Funding Preferences

Grant requests in the three priority areas have an improved chance of success when certain factors are also considered. While including these factors in a grant application does not guarantee CHE funding, applicants are encouraged to consider the following funding preferences whenever possible:

Cross-Sector Collaboration

- The application creates intentional linkages between cross-sector partners in areas such as health, housing, neighborhoods, finance/banking, economic development, education, and others.

Impact on Poverty

- The application recognizes the role poverty plays in causing or addressing a community issue.

Use of Local Data

- The application uses local data to inform the need, target group, and/or geographic area to be addressed.

Evidence-Based Models

- The application uses evidence-based models or proven approaches to inform program design and delivery.

For more information, visit www.chelincoln.org and click on Grant Program.

2015-2016

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*Union Bank Investment
Management
Corporation*

Rusty Vanneman
CLS Investments

HELLO
my name is

CHE STAFF

Lori Vrtiska Seibel
President/CEO

Marcia White
Program Manager

Jodi Loos
Office Manager

Christine Scalora
Communications Associate (temporary)

*Front row from left: Judy Halstead,
Christine Scalora, Loren Mestre-Roberts,
Carole Burt*

*Second row: Lori Seibel, Tom Beckius,
Tina Udell, Jose Soto, DiAnna Schimek,
Kim Moore, Marcia White*

*Back row: Kimberly Russel, Jodi Loos,
Don Herz, Georgia Blobaum,
Charles Wilson*

*Not pictured: Michael Molvar,
Thomas Sullivan, Rusty Vanneman*



Grants & Financial Statements

The most recent audited financial statements are available by contacting the Community Health Endowment.

A list of all past grants is available on the CHE website, www.chelincoln.org.



CHE offers free use of our community room to local nonprofit organizations for business-related purposes during regular business hours.

Contact Jodi Loos, 402-436-5516, for more information and to make reservations.

Community Health



Endowment of Lincoln

If you wish to contribute to the health of Lincoln and make a gift to the Community Health Endowment, please contact the President/CEO, Lori Vrtiska Seibel.

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