

# DMF HEALTHY DOSE NEWSLETTER

## Dakota Communities Access Program Completes First Year of Grant

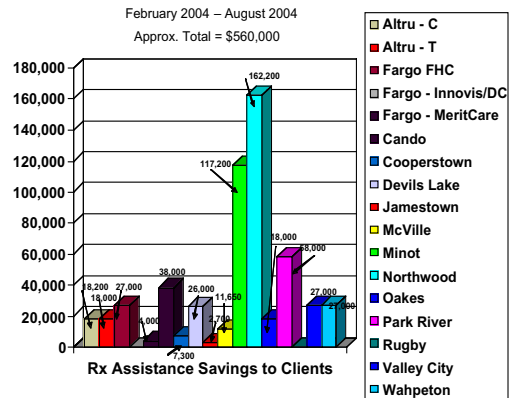
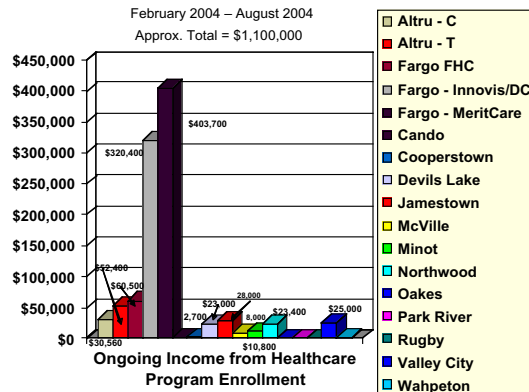
The Dakota Communities Access Program (DCAP), with 17 community facilities involved, has already started the second year of its grant. During the first year, the program recovered over \$1,100,000 in Medicaid reimbursement (past medical bills and new enrollees) and it obtained over \$560,000 in prescription drugs for patients. Additionally, nearly 1,400 patients were enrolled in health coverage programs.

YOUR

HEALTH

IS OUR

FOUNDATION



## DMF Establishes Two New Funds

Dakota Medical Foundation is excited to announce the establishment of two new funds. Fadel Nammour, M.D., a gastroenterologist at Dakota Clinic in Fargo, has established a donor advised fund to support programs and projects that measurably improve health and access to health care services. Specifically, Dr. Nammour's fund will support projects that enhance medical education and the recruitment and retention of highly skilled physicians in DMF's service area.



In July, the children of Mack V. Traynor, M.D., established a scholarship fund in honor of their father to commemorate his lifelong commitment to delivering high quality health care services to his patients. Dr. Traynor, an internal medicine specialist, practiced in Fargo for more than 38 years! The purpose of the fund is to provide scholarships to medical students at the University of North Dakota.



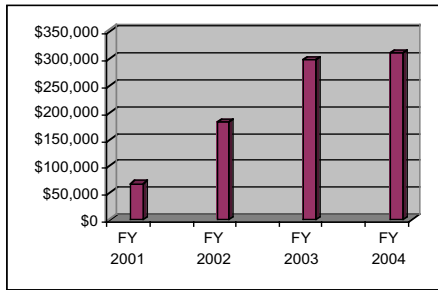
## Charitable Giving – The Perfect Gift

The end of the year is a good time to review one's charitable commitments. There are many options available when making meaningful charitable contributions. Now may be the opportune time to examine the amount and timing of your charitable gifts in order to maximize your tax savings this year. By carefully planning your charitable gifts and completing them by December 31, you may find you can even further reduce the amount of tax you will owe next April. If you would like to double your donation dollars, contact the Foundation to find out what match grant fundraising campaigns are currently being conducted. If we can be of assistance in any way, please contact us or consult your accountant or other tax advisor for information specific to your needs.

**HAPPY  
HOLIDAYS**



## DMF's 2004 Match Grant Partners Update



*Dollars Raised Since Match Grant Program's Inception*

Through DMF's match grant program, we partner with other non-profit organizations to conduct fundraising campaigns to raise money for health-related projects. During fundraising campaigns, DMF matches donations raised dollar for dollar. In FY 2004, we partnered with the Ronald McDonald House Charities, Caring Program for Children, North Dakota Elks Camp Grassick, and the Red River Valley Dental Access Project. The total amount raised, including DMF's dollar for dollar match, was \$523,800. On an annual basis we consider many requests from health-related non-profits to support these fundraising campaigns. If you would like to support any of our match grant partners, or suggest future possibilities, please contact Jennifer Thompson at (701) 356-2655.

The **Ronald McDonald House Charities** serves as a home away from home for families of critically ill children receiving medical treatment at any Fargo-Moorhead area medical facility. Each year, the Ronald McDonald House serves approximately 500 families but turns away almost as many. To address this critical need, DMF donated The Family House, located one block west of Dakota Clinic in Fargo, to be converted to a Ronald McDonald House providing six additional guest rooms for families. DMF also gave RMHC a \$50,000 grant to begin renovations in addition to a \$150,000 three-year match grant. The renovation project is in its final phase and upon completion, the Ronald McDonald House will be able to serve twice as many families. In September, contractors finished installing the interior fire suppression system, drywall, texturing and painting. In addition, new front and back entries were installed as well as new seamless siding. As of September 2004, the Ronald McDonald House has raised over \$600,000 of its original goal of \$800,000.



The **North Dakota Elks Camp Grassick** is a summer camp for children and adults who are physically and mentally challenged. The camp provides speech/language services, occupational therapy activities, physical therapy, reading instruction, beginning computer lessons, craft activities, swimming instruction, and supervised recreation. Because of the program's success, the camp has added a week-long camp session for 17, 18, and 19 year old campers to help them prepare for independent living and a week-long session for those with very severe special needs. During the summer of 2004, 218 campers attended Camp Grassick - an increase of 21 campers from 2003. The Elks Charitable Trust Fund has grown from \$770,000 in 1998 to over \$2,000,000 to date. Their goal is to reach \$3,000,000 by the end of 2005 to adequately sustain operations.

The **Caring Program for Children** provides health and dental coverage to eligible children at no cost to their families. Health and dental benefits include: physician office visits and routine physicals; emergency accident care; diagnostic tests; well child care and immunizations; limited inpatient and surgical services; mental health and chemical dependency care; preventive dental services; and limited restorations and extractions. The cost of this health and dental coverage for one child per year is \$340.00. The Caring Program recently had a cap of 700 enrollees, which has been consistently met since the fall of 2003. In September 2004 the cap was raised to 750. The Caring Program is beginning its final year of a three-year, \$400,000 DMF match grant.

The **Red River Valley Dental Access Project** addresses the critical and growing problem of access to oral health care, especially for low-income, uninsured or Medical Assistance eligible individuals and their families. In June of 2002, the RRVDAP opened the **Urgent Care/Walk-In Clinic** in Moorhead, MN, to provide a place for underserved individuals to obtain emergency dental care. Local dentists and oral surgeons volunteer their time to the clinic, one evening a week and the first and third Fridays of each month. Approximately 47 private and public health dentists, 6 oral surgeons, 1 oral pathologist, 2 pediatric dentists, and 1 endodontist have participated in this project. Since its opening, the clinic has served 1,629 patients representing more than 80 communities. About a third of the patients have traveled a distance of 1 or more hours to seek treatment at the clinic.



## President's Corner ~ J. Patrick Traynor

### Adding Significant Value ~ A Foundation's Obligation

Our foundation's fundamental role is to leverage the charitable funds we manage and invest in a manner designed to achieve the greatest societal impact. There are four ways we as a foundation add value to the charitable funds we manage.

#### ***GRANTMAKING PURSUANT TO A STRATEGY TO IMPROVE HEALTH AND HEALTHCARE ACCESS***

In 2002, we adopted our first DMF Strategic Plan designed to better focus our resources on improving health and access to healthcare with a special emphasis on children. Consequently, we now invest in promising non-profit organizations likely to produce the measurable results sought, as described in our strategic plan. Adhering to a strategy designed to achieve a greater impact means we must focus, and align our efforts requiring us to make tough decisions regarding what we should and should not fund.

Our recent grant to the Tri-College Nursing Program represents a prime example of how we implement our plan to improve access to high quality care by ensuring an adequate supply of nurses for our region's future. This initiative will have a measurable impact on our area by generating 54 additional RNs annually at the end of our three-year, \$400,000 funding commitment.

#### ***IMPROVING PERFORMANCE***

As part of our strategy to add value, we work diligently to improve the efficiency and effectiveness of our foundation and the non-profits we support. We have undergone our own internal assessment to identify and address areas for improvement. We are in the process of establishing an Institute for Innovation and Effectiveness which will provide both new and experienced non-profits with many of the tools and capacity building resources they need to become "superior performers". The Institute will also offer a full-time grantwriter and opportunities for significant long-term funding to implement plans to become highly efficient and effective non-profit organizations.

#### ***ATTRACTING ADDITIONAL RESOURCES***

In order to leverage our resources, we continually attract additional dollars to support our strategic plan. Examples include: Securing a \$2.6 million federal Healthy Communities Access Program grant and a \$700,000 Robert Wood Johnson Covering Kids and Families grant. We also conduct exciting "double your money" match grant fundraising programs to benefit certain causes we actively support. Since just last year, we have raised over \$300,000 in donations from our communities to support the important work of the Caring Program for Children, North Dakota Elks Camp Grassick, Ronald McDonald House Charities, Red River Valley Dental Access Program, and the Southeastern North Dakota Community Action Agency.

#### ***ADVANCING LESSONS LEARNED***

In order to continually improve our performance and that of other organizations impacting our mission, we advance the lessons learned through our work. Each year we present a "Lessons Learned" report to our Board to build an "institutional historical record" so we can continue to improve the work of the Foundation by modifying our approach in ways that add more value. Our grantmaking experience has clearly identified the leadership capabilities of the non-profit organization's executive and board as the most important determinants for project/initiative success. As a result, we actively support non-profit board and executive leadership development activities.

We are honored to work for an organization that has the capacity to help so many people. We are inspired by the many opportunities available to further our mission and determined to overcome challenges that exist in our quest to measurably improve health and healthcare access in our region.

## Covering Kids and Families Back-To-School Campaign

DMF's statewide Covering Kids and Families Initiative, which connects children and families to free or low-cost health coverage programs, had a successful Back-To-School campaign this year. During the two month campaign, our toll-free helpline fielded on-average 242 calls per month, an increase of 200%. This helpline provides confidential assistance, screening and applications for the ND Caring Program for Children, Healthy Steps/SCHIP, and Medicaid. Since 2003, the number of children enrolled in health coverage programs has increased by 1,153, which represents a 4% statewide increase of the number of children enrolled in low-cost or free coverage programs in North Dakota.

## West Fargo School's Substance Abuse and Violence Prevention Program Shows Promising Results

In the fall of 2000, DMF invested \$238,025 to reduce substance abuse and violence in the West Fargo School District.

In justifying the need for the project, West Fargo cited that most adolescents are introduced to alcohol, tobacco, and other drugs in grades 5-8. They also included stats from the Youth Risk Behavior Survey (YRBS) tool showing that West Fargo's alcohol, drug and violence statistics were higher than North Dakota and national averages. To address this problem, West Fargo designed a program similar to a project implemented in 24 school districts in northern Minnesota that produced impressive results.

West Fargo's project targeted students in grades 5-8 and involved a student and community awareness campaign, a new LifeSkills classroom curriculum for grades 6, 7 & 8, continuation of the DARE program in 5<sup>th</sup> grade and the formation of student and community advisory committees. In addition, DMF funded a formal outcomes evaluation to measure the impact of the program. The results of the evaluation by NDSU Ph.D. students were presented to DMF this past summer. Preliminary results include:

- **Decline in binge drinking (all grades except 9th)**
- **Decline in possession/use arrests**
- **20% decrease in tobacco use**
- **Decrease in marijuana use**
- **24% decrease in disruptive behaviors at the high school**
- **30% decrease in disciplinary actions related to fighting**
- **9% decrease in tardiness**
- **6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade LifeSkills students showed a highly significant increase in knowledge about drug resistance and violence prevention through pre and post-tests**

Six out of eight program objectives were met or exceeded. The evaluation identified alcohol use as a continual problem, especially among middle school students. As a result, additional efforts will be targeted toward decreasing middle school alcohol use. The findings also indicated that kids who never use alcohol almost never go on to use any other drugs; alcohol is often a gateway to subsequent drug problems. The first year of the project served as a planning year, with project implementation in years 2 and 3. At the time of the evaluation, none of the students had completed the full curriculum. As a result, additional evaluation updates will be performed at the end of the 2005 and 2006 school years to provide a full picture of the project's overall impact.

West Fargo's project is having a positive impact on the health of their students and DMF is pleased with this project's results to date. We look forward to learning more about its effect on our community's children in future years.



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