

2016

Rehabilitation
Hospital of Indiana
2016 Community
Benefit
Annual Report

Marjorie Basey
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Introduction

Rehabilitation Hospital of Indiana (RHI) is an acute care rehabilitation hospital for inpatient and outpatient rehabilitation. RHI specializes in brain injury, spinal cord injury, stroke, and comprehensive medical rehabilitation for injuries or illnesses resulting in loss of function. RHI is a community collaboration between Indiana University Health and St. Vincent Health.

RHI follows federal guidelines for reporting community benefit – programs designed to improve health and increase access to healthcare services – and other community investments. As defined by these guidelines, community benefit includes charity care, unreimbursed costs of government-sponsored programs and support for medical research and other healthcare services that provide care to promote health and wellness in response to identified community needs.

Over the past few years, RHI has performed two Community Health Needs Assessments. The first was completed in 2012 and the most recent was completed in 2015. For years 2016 through 2018, RHI will focus our community benefit services based on the needs identified from the 2015 Needs Assessment. The four areas of need identified in the 2015 Needs Assessment were Access to Healthcare, Nutrition & Healthy Weight, Behavioral Health & Substance Abuse, and Community Revitalization. The 2015 Needs Assessment and the 2016-2018 Implementation Strategy are attached at the end of this Annual Report.

“Positively Impacting Our Community”

The following highlights the programs and activities implemented by RHI to impact the priority needs identified by the most recent Community Health Needs Assessment (CHNA):

Access to Healthcare

- In partnership with IU Health, RHI participated in the **2016 INShape Indiana Black and Minority Health Fair** in July. The theme for this year's event was **"Good Health Is Contagious – Catch It"**. It offered health screenings, education and resources that help community participants attain, maintain and live a healthy lifestyle and reduce their risk of chronic diseases. RHI clinicians performed 50 blood pressure screenings with education on normal values and the importance of maintaining a healthy lifestyle.



- RHI offers **free monthly support groups** related to **stroke, brain injury, and spinal cord injury** providing education, training and coping skills to both survivors and their caregivers. Additionally, these programs help to decrease social isolation and increase support in the community.
- On June 26th, 2016, RHI partnered with several local health care organizations to co-sponsor the second annual **“Strike Out Stroke”** event at Victory Field. The focus of this event was to educate the public about the prevalence and symptoms of stroke and send the message that quick action in the event of a suspected stroke can save lives. Volunteer activities included blood pressure screenings, promotional giveaways highlighting the F.A.S.T. response (Face, Arm, Speech, and Time) and providing stroke education information to attendees prior to the game. As an added bonus, previous RHI patient Mike Zimmerman was nominated for a brief in-game interview that focused on stroke education and sharing his story of recovery.

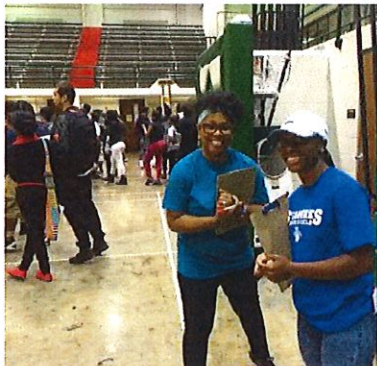


Nutrition and Healthy Weight

- **RHI Sports' Annual Water Ski Clinic** is a two day program held at Morse Reservoir. This clinic provides individuals with physical disabilities the opportunity to participate in the thrilling sport of water skiing, helping to increase the participant's overall physical fitness and self-confidence while decreasing feelings of isolation and helplessness. The two day event serves community individuals with physical disabilities.



- On June 2nd, 2016, RHI team members volunteered at Arsenal Tech High School as we partnered with IU Health to provide **free sports physicals for IPS students** from local schools. Volunteer activities included screening for vision and measuring the height, weight and blood pressure of 194 students. Because of these collaborative efforts, we have helped a large number of Marion County high school students stay active by passing their physicals that will allow them to participate in sports activities.



- **RHI Sports Community Fitness Program** occurs twice weekly at our main hospital location. In recognizing that an individual with a disability needs to continue leading a healthy lifestyle, RHI makes the therapy gym and specialized equipment available at no cost to all members of the community that have a physical disability.
- **The 2016 Annual Naptown Classic Wheelchair Basketball Tournament** offers wheelchair basketball teams an opportunity to compete in the Indianapolis region. This tournament is a fast pace event that offers participants with a physical disability a chance to be physically active, an important component of living a healthy lifestyle. This year's tournament was held at the Monon Community Center in Carmel, Indiana and served over 150 participants.

Behavioral Health and Substance Abuse

- Targeting mental health issues, RHI partnered with Mental Health America of Greater Indianapolis to sponsor fifteen **Mental Health First Aid** scholarships for Marion County community members (teachers, social workers, youth group leaders, etc.) to be trained to recognize the potential risk factors and warning signs for a range of mental health problems and provide guidance for those undergoing crisis to receive necessary resources, support, and treatments to achieve recovery.

Community Revitalization

- On September 29th and 30th, 2016, the RHI therapy team partnered with Junior Achievement of Central Indiana and numerous industry leaders to support the inaugural **JA JobSparks** event at the Indiana State Fairgrounds. The focus of this two day event was to offer Marion County 8th graders insights on what industries interest them, what specific jobs are like, and what education is required to perform them successfully. Research has shown that when a student has a real idea of what they want to do after high school, they are much more likely to stay in school and graduate. The efforts of RHI volunteers positively impacted more than 7,100 Indianapolis students by sharing with them our clinical expertise and providing insights into physical, occupational, and speech therapy careers.



“RHI is committed to serving our patients, fellow staff, and community unconditionally. We are so very excited and privileged to carry out this mission through days of community service, knowing that coming together and growing together within our community is the essence of true success.”

–Dan Woloszyn CEO, Rehabilitation Hospital of Indiana

End of 2016 Community Benefit Annual Report