



McMillenHealth
EDUCATION • CURRICULUM • MEDIA

2016.2017 Annual Report





Dr. Holli Seabury
CEO

A Letter from our CEO: McMillen Health has a mission to provide preventive health education to youth and adults in northeast Indiana, around the country, and internationally. This year we reached over 55,000 students through face-to-face education and countless others were impacted by our curriculum materials, our children's books, and our professional development training.

Since we serve so many children at our Center, it's frequently a loud place. This past year was especially loud as the sounds of hammers and drills mixed with the excited yells of children. Although our building was extremely well-built, it is a 36 year

old building and needed a number of updates. Through the generosity of our donors, we were able to raise \$750,000 during our Capital Campaign. These funds were used to renovate and update our building. Not only does our renovated building look and function better, but by making energy-efficient upgrades we are saving on utility bills.

Our renovations were completed just in time to accommodate visitors from India. This Spring, McMillen Health was approached to help develop the first health education center in India. A contingency came to visit in June to see how our Center is designed and operated, so a similar health education center can be built in India. This will be especially impactful as Indian children suffer from many preventable diseases. We are excited to lend our expertise to bring the health education center model to India!

Developing curriculum and resources to meet health needs continues to be a focus at McMillen Health. This past year we developed new oral health resources for parents who have children with special needs, while also contracting with other organizations to assist them in developing materials for their clients. We were able to work on many projects designed to promote preventive health this year! Projects included creating the Indiana School Nurse Manual, developing a mobile site to prevent infant mortality, redesigning and creating materials for the Johns Hopkins Asthma Research Center, and developing an oral health text messaging program for tribal nations in Arizona.

The success of McMillen Health is dependent on the generous support we receive from our donors, including foundations, individuals, and corporate sponsorships. We thank all those who support us and we look forward to another successful year!

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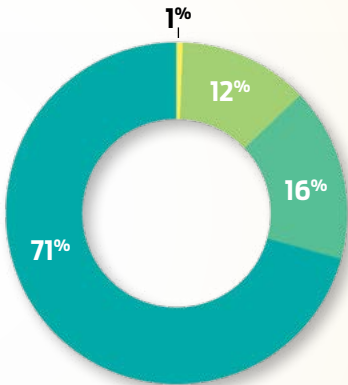
McMillen Health at a Glance

Every year, we change and grow to meet the needs of the communities we serve. We are fortunate to offer different ways to take a program with McMillen Health. We travel up to 150 miles from our location to teach, or groups can participate in a live distance education program. Of course, groups are always welcome at our location as well, for hands-on learning!

Our Influence (# of individuals reached)

- Online 323
- Distance Education 6,839
- In-House 9,139
- Outreach 39,343

Total 55,644



Our Most Popular Programs

- Life Begins
- PHARM Crisis
- Respect & Responsibility
- Toward Maturity
- Stay Drug Free
- Informed Decisions
- Choices Today, Options Tomorrow
- BRUSH for Kids
- News About Booze
- Tobacco: Coughin' to Coffin

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Health Center Model in India

The city of Chandigarh, India sent experts to McMillen Health in June 2017, to learn how the Center operates and the plans they will need to make to open the first health education center in India. One of our guests was former Rotary International President, Rajendra K. Saboo, who initiated the site visit with McMillen Health's CEO, Holli Seabury.

During their one week visit, we shared the story of how we got our start and how we operate today. We will continue to provide our expertise to them as they build their health education facility.



Our guests from Chandigarh, India
At McMillen Health

Fresh Start on the Fort Wayne CW

Check out our new series of short videos on healthy living, airing on the Fort Wayne CW, WISE 33.1. The 60-second "Fresh Start" videos feature topics that encourage healthy family living and preventive health education. Program content is provided by the expert educators and staff at McMillen Health. Videos take place on location in the Fort Wayne area and in McMillen Health's film studio.

"Fresh Start" is aired during regular programming on the CW to promote healthy habits for all ages and will run through December 2017.



One Year Dental Visit



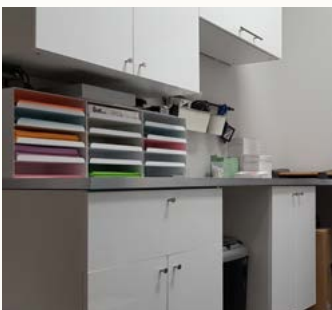
Sunscreen



Renovation Celebration

June marked the completion of our Capital Campaign, during which we raised \$750,000 for improvements to our facility. Through the generous donations to the campaign, we were able to complete lighting upgrades, staff office additions, recarpet the teaching theaters, HVAC replacement, driveway resurfacing, and much more!

To celebrate our donors and the success of the campaign, we hosted the Renovation Celebration. During the event, we were able to showcase the renovations that had already been completed as a result of the campaign.



Renovated Spaces
Auditorium, Shared Workroom, Kitchen



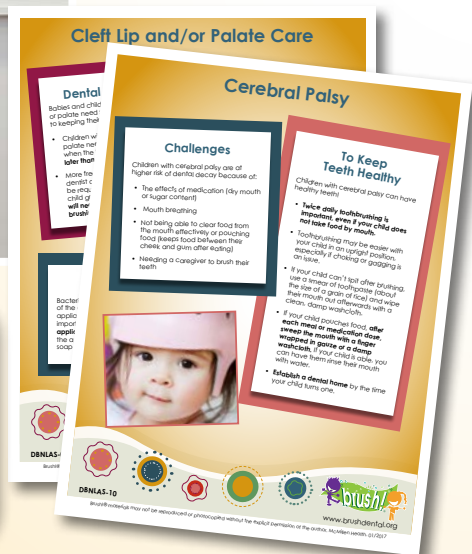


Brush Expansion and New Resources

As our Brush oral health program continues to grow, so has our reach! We are now serving 500,000 students in 53 Indiana counties and 25 states nationwide. Learn more about our resources at brushdental.org.

New Special Needs Resources

Thanks to grant funding from the AWS Foundation, we were able to develop much needed resources for an underserved community. Our Special Needs Teaching Flip Chart, Parent Handouts and Educational Videos are now available. The Flip Chart is used in a home visitor setting and has information specific to parents with a child who requires special care. These resources were developed to educate parents and make home care more manageable, ensuring the best oral health possible.



Work with Tribal Nations

McMillen Health received a grant from the Dental Trade Alliance Foundation to develop educational oral health resources for Arizona's tribal nations. Resources will be used on reservations to educate families on the importance of good oral hygiene at a young age to prevent decay. Animated text message videos were also developed to be sent to parents and shared with children. These videos feature McMillen's own woodland creatures who teach why it's important to eat nutritious foods and take care of your teeth.



Training in Flint, Michigan

With support from the American Dental Hygienists' Association, and the assistance of Nancy Mann, RDH, we were able to provide Brush educational resources and training for Hurley Nurse Family Partnership. Training included information about teaching oral health during home visits, lift the lip exams, and fluoride application in a home environment.

DELTA DENTAL FOUNDATION

An affiliate of Delta Dental of Michigan, Ohio, Indiana, and North Carolina

Our partnership with Delta Dental is important as we continue the work we have established with them. Thanks to their generous support of Brush, we are able to provide oral health education on a nationwide scale to a variety of audience groups. Below are projects we have been able to continue or begin with Delta Dental's help.

"I Need My Teeth" Assembly Performance

This live production is an adaptation of the "I Need My Teeth" book, published by McMillen Health. The 30-minute show features original music, interactive activities for students, and a six foot tall Roger the Red Robot mascot. This year we were able to expand our reach beyond Michigan and Indiana to include Ohio schools.



Detroit WIC

Our successful pilot program with Michigan WIC expanded to serve over 46,000 children. WIC staff received oral health training and Brush resources to educate their clients on the importance of oral health and how to make dental referrals. Altarum Institute has partnered with us to provide evaluation of this project.

Babieslove.org Launch

McMillen Health and Healthier Moms and Babies received a Parkview Explore Grant to develop a mobile site to reduce infant mortality in the 46806 zip code in Fort Wayne, IN. Reports show that the 46806 zip code has one of the highest rates of infant mortality in Indiana.

The site is user friendly and tailored to a young adult audience. Referrals from the website are connected to a resource specialist from Healthier Moms and Babies to assist with any questions they may have.

Learn more by visiting: babieslove.org



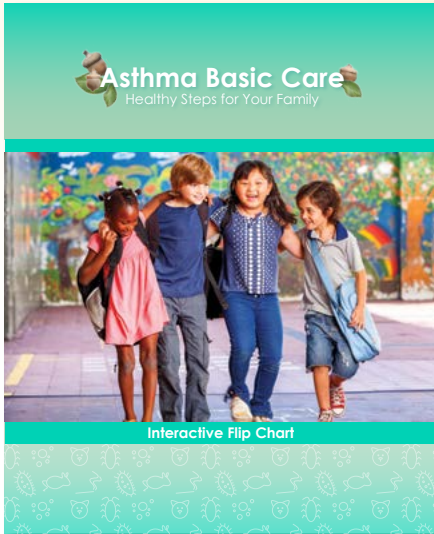
Resources for Teens
Print materials were developed for schools to distribute to students who may be in need of local resources and services.



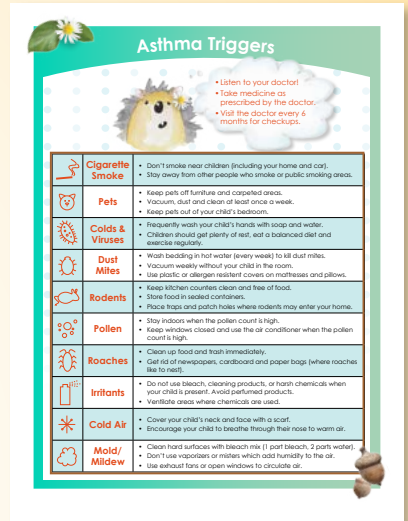
Short Videos
Videos explain information on the site.

Asthma Training Flip Chart and Resources

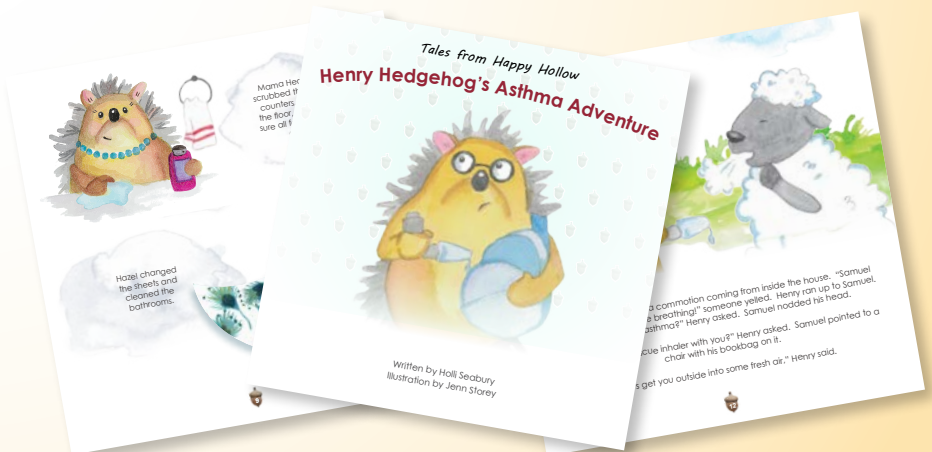
McMillen Health was contracted by Johns Hopkins University to create an educational flip chart and parent handouts for home visitors. As part of the project, we also wrote and illustrated a children's book on asthma.



Asthma Education Flip Chart
For use in a home visitor setting



Asthma Parent Handout
Given to parents during a home visit



Children's Book
Education for families who have a child with asthma

Choices Today, Options Tomorrow

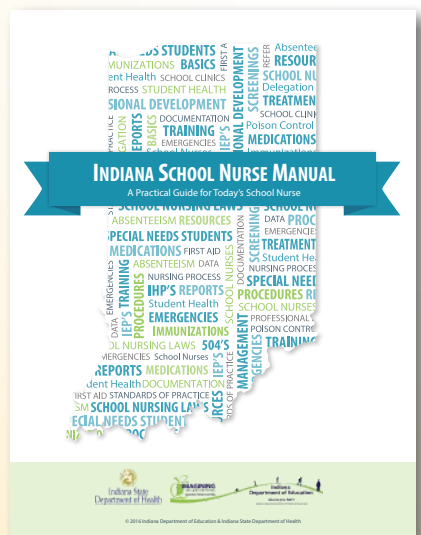
Choices Today, Options Tomorrow is an 8 session pregnancy prevention curriculum for Indiana teens in grades 6-12. The goal of the curriculum is to equip youth with the practical skills, knowledge and confidence to stand up for healthy life choices in the areas of sexual activity and related risky behaviors. The curriculum was developed with the needs of our more conservative schools in mind, and gives the opportunity to reduce the risk of teen pregnancy while holding to the values of the school district.

Our pre/post-test results, indicate 80% of youth attending McMillen's CTOT program are increasing their knowledge on how to avoid sexual advances, negative relationships, and how to abstain from sexual activities. One hundred percent of the schools who received CTOT programming this year have requested programming again next year.



Indiana State School Nurse Manual

With funding from the Indiana State Department of Health and the Indiana Department of Education, we created the Indiana State School Nurse Manual. In collaboration with medical professionals we created an easy to use finished piece. The manual is available digitally.



New Program Offerings

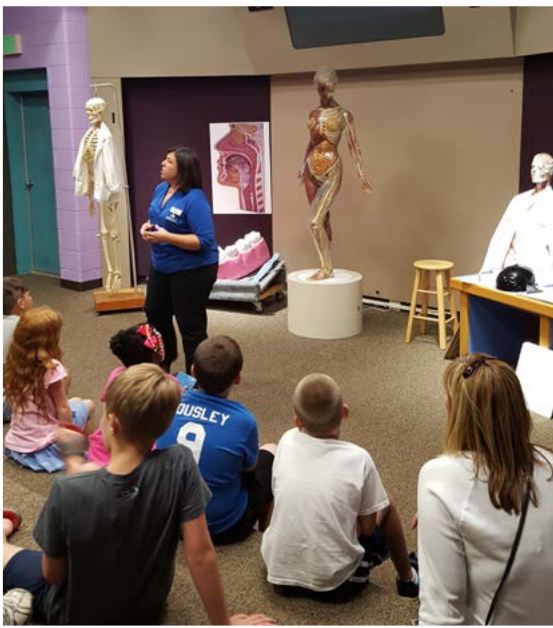
In the Spring of 2017, we added two new programs: My Body Blueprint and Body Safety Check, for a total of 79 programs! Our goal is to stay up-to-date with the needs of the communities we serve . By offering a wide range of programs and several different ways to present them, we have education for any age or location.

Body Safety Check: (Preschool - K)

Program description: Students learn to say “NO” if someone tries to touch their private areas (which we describe as covered by their bathing suit) and to get away from that person as fast as possible. Students are instructed to tell a trusted adult about the event. Children identify the trusted adult they would tell about the event, and share why they chose this adult.

My Body Blueprint: (Grades 6-8)

Program description: Students learn the foundation for building and maintaining a healthy body by interacting with the basic steps of nutrition knowledge. These basic steps include using food guidelines, reading food labels, understanding fitness facts and learning about healthy choices.



Did you know?

Each student we serve leaves a gap of \$13.21 which is covered by grants and charitable gifts.

Varied Abilities Days

McMillen Health will be hosting our first Varied Abilities Days, thanks to generous funding from the AWS Foundation. These days are specifically designed for youth and adults with special needs. Groups can come to our Fort Wayne facility to participate in hands-on activities and interactive programming. Content areas will include: Nutrition, Anger Management, Safety & Security, Drugs, Hygiene, and Relationships.

Youth Days from 9:30 a.m. - 2:00 p.m.

September 6, 2017 - Youth

November 2, 2017 - Youth

April 17, 2018 - Youth

April 18, 2018 - Youth

Adult Days from 9:30 a.m. - 2:00 p.m.

October 9, 2017 - Adults

October 10, 2017 - Adults

May 30, 2018 - Adults

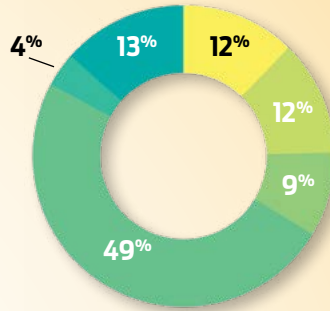
May 31, 2018 - Adults



2016-2017 Income & Expenses

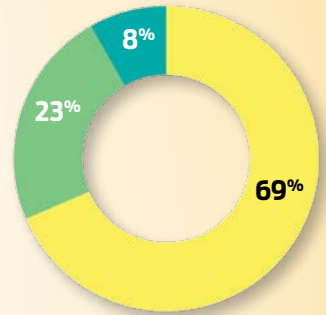
Income

- Admissions \$118,388
- Brush Curriculum \$119,743
- Capital \$87,360
- Grants & Donations \$475,877
- In-Kind \$35,200
- Investment Income \$130,212



Expenses

- Program Services & Health Education \$727,858
- Management & General Expenses \$246,386
- Development Expenses \$87,638



Volunteers

Volunteers are an important component to any organization. We were fortunate to have several volunteers assist us in maintaining our facility and with office needs. With their gift of time, we are able to save on expenses.



Volunteers from the IPFW Big Event
Painting the railing and overhang on the front of our building

Donors

Platinum \$20,000 & Above

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Bronze \$500-\$999

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Copper \$100-\$499

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Under \$100

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The mission of McMillen Health is to provide vital, effective preventive health education that promotes physical, emotional, and social well-being.

www.mcmillenhealth.org