



McMillenHealth
EDUCATION • CURRICULUM • MEDIA

Growing with the Communities We Serve

2018.2019 Annual Report



A Year in Review

WOW, what a year it's been at McMillen Health! We have accomplished so much in the last year with the development of eight new programs for students of all ages and abilities; a Brush expansion further into Michigan; reaching a new record in the number of students served; a new outreach vehicle purchased; and our Transparent Anatomical Mannequin (TAM) being updated! With all of these accomplishments also came a few changes within the organization.

Our former CEO, Dr. Holli Seabury, departed from McMillen Health in March of 2019 to accept the position of Executive Director with the Delta Dental Foundation. Our Executive Director of three years, Nicole Fairchild, stepped into the organizational leadership role with Holli's departure. Nicole holds the same vision and passion for McMillen Health, and we are excited about what the future holds.



Nicole Fairchild
Executive Director

Additional changes include adding three new health educators to meet the growing demands of the communities we serve, bringing on a Coordinator of Curriculum Development to take on our curriculum and special projects, and hiring a new Educational Sales Manager who oversees our Brush Curriculum and resource expansion statewide and nationally. Our staff continues to grow as new projects emerge.

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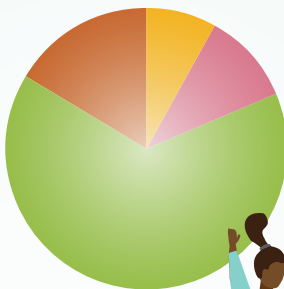


Our Influence

(# of individuals reached)

- Distance Education 7,281
- In-House 9,519
- Outreach 58,085
- Video 14,533

Total: 89,418



Most Popular Programs

- Vaping: Mists and Myths
- Life Begins
- Respect & Responsibility
- Informed Decisions
- Choices Today, Options Tomorrow
- Pharm Crisis
- Brush Your Teeth
- The News About Booze
- Be Wiser
- Towards Maturity

Social Media Presence

Instagram Followers: 302

Facebook Likes: 1,346

Help us grow by connecting with us!

@mcmillenhealth

2018-2019 Board of Directors

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New Programs

Have you ever wondered how we choose new programs to develop? McMillen Health has a Program Committee composed of community members and school personnel who meet in November and May each year. Community concerns and needs are discussed at this meeting and from there new programs are developed. This past year, our professional health educators developed the following programs:

Preventive Child Sexual Abuse Programs

- No Bad Secrets (grades 2-3)
- Body Boss (grades 4-5)
- Toll of Abuse (grades 6-8)

Preventive Vaping Programs

- Seeing Through the Haze (grades 6-8)
- Vaping: Mists and Myths (grades 9-12)

Opioid Education Programs

- Look Out Opioids Kill! (grades 6-8)
- Outlook on Opioids (grades 9-12)
- Prevail Over Pain (adults)



Growth

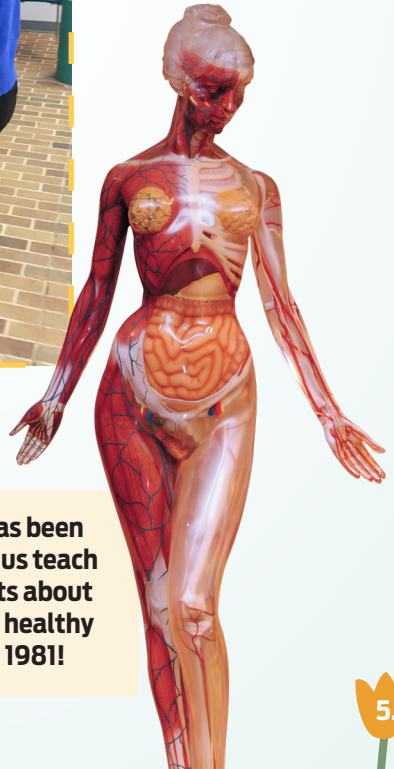


McMillen Health provided preventive health education promoting physical, emotional, and social well-being to 89,418 students this fiscal year. We saw a 42% growth in students served from our previous year! We attribute this to the increasing health needs of the communities we serve and the expansion of funding throughout the region. Over the past several years, we have received an increase in requests for preventive health education programs from surrounding counties. Our Allen County numbers continue to grow as well. McMillen Health provided preventive health education to 47,415 Allen County students this fiscal year, which is just over half of the total students served this year! We anticipate reaching more than 90,000 students in the new year.



TAM

If you have ever made a visit to McMillen Health, you have most likely met our Transparent Anatomical Mannequin (TAM) which was purchased through a generous donation by the Junior League when we opened our doors in 1981. TAM has run on a laser disc since the beginning of her service. In the last few years, her laser discs have become distorted, leaving us unable to use her. Through the generous funding support of the McMillen Foundation, Journal Gazette Foundation, Hefner Foundation, and the Foellinger Foundation, we are able to bring TAM to the 21st century! This summer we sent her to Blue Pony, a local digital designer, for updates. She will run on a media player which will allow us to use her more frequently in our programs.



TAM has been helping us teach students about staying healthy since 1981!

FWCS Videos - Erin's Law

In July of 2018, the Indiana Department of Education mandated all schools implement preventive child sexual abuse education for students in grades PreK-12. In response to this mandate, our educators began researching, developing, and adapting programs for students in grades 2-3, 4-5, 6-8, and 9-12. Body Safety Check had already been developed for students in grades PreK-1.

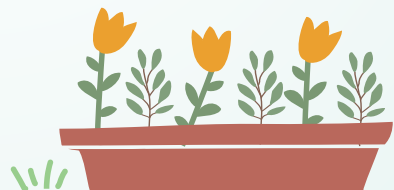
The following programs were developed in response to this community need and all meet Indiana and National Academic Standards:

- **No Bad Secrets (grades 2-3)** Students learn they are the boss of their body and they have the right to say no, the difference between a good touch and bad touch, examples of good and bad secrets, and develop an emergency plan on what to do if they are in an unsafe situation.
- **Body Boss (grades 4-5)** Students view animated videos then discuss how the characters handled the situations in a positive assertive manner. Children are encouraged to talk to a trusted adult about issues that are bothering them.
- **Toll of Abuse (grades 6-8)** Students learn to recognize potentially dangerous situations, how to protect themselves online, and how to report these crimes. The goal is to help students protect themselves and friends. Schools should expect an increase in the number of reports of potential abuse.

The following program was adapted to meet Erin's Law:

- **Dating: Avoiding the Danger Zone (grades 9-12)** This program allows students to identify and define the varying types of dating abuse in relationships they observe. They are encouraged to find the means to help themselves or others experiencing it. Students learn what sexual abuse is and identify a trusted adult to report the abuse to. This program also supports Indiana's Heather Law which states that schools are required to show and discuss examples of dating violence in curriculum.

McMillen Health has worked with several regional school districts to ensure their students receive this education, regardless of their budget. We contracted with Fort Wayne Community Schools to implement these programs for grades K-5 in video format. This opportunity allowed McMillen Health to serve 14,533 Fort Wayne Community School students with preventive child sexual abuse education. We are working with surrounding county school districts to do similar implementations.



Pregnancy Prevention Curricula

McMillen Health educators are in the third year of providing Choices Today, Options Tomorrow for students in grades 9-12 and in the second year of providing Promoting Health Among Teens for students in grades 6-8. Both curricula are eight modules in length and teach youth about: positive decision making, pregnancy and conception, refusal skills, sexually transmitted infections, HIV/AIDs, how drugs and alcohol decrease choices in the future, parenting as a wake up call, and students' role now and in the future.

4,196
youth in grades 6-12
received 8 sessions



Increase in student knowledge

84% ↑

knowledge on abstinence

88% ↑

knowledge on self-sufficiency

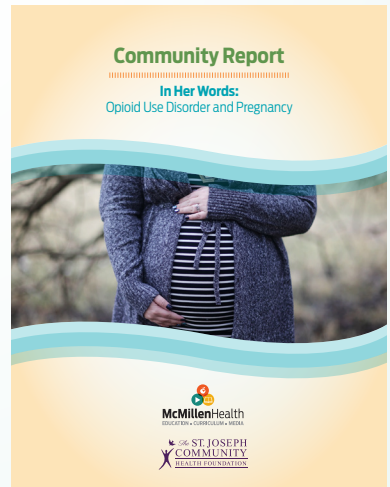
78% ↑

knowledge on refusing sexual advances
and how drugs and alcohol increase risk

Both curricula are free to Indiana middle and high school students through funding provided by the Indiana State Department of Health. Our reach for this program includes Allen, DeKalb, Fountain, Grant, Kosciusko, LaGrange, Noble, Tippecanoe, and Whitley counties.

Neonatal Abstinence Syndrome (NAS) Community Report

McMillen Health received funding support from the St. Joseph Community Health Foundation to complete a community wide report to determine what educational resources would be most beneficial to women with opioid use disorder (OUD) and the professionals working with them. "In Her Words: Opioid Use Disorder and Pregnancy" includes interviews with 10 pregnant women/new mothers with OUD and 17 professionals who work in some capacity with these women. The report concluded that women with OUD desire more educational resources in the form of short videos on an app rather than print resources. The professionals working with women with OUD also desired education to share with their patients as very little is currently available. The full report can be found here: <https://mcmillenhealth.org/about/special-projects/>.



Over the next year, McMillen Health will be seeking funds to design and develop the desired educational resources for women with OUD and the professionals working with them.





Oral Health WIC Expansion - Year 3 in Michigan

For the past three years, McMillen Health has received funding support from the Delta Dental Foundation to expand our Brush Oral Health Program into Michigan WIC. This expansion has been evaluated by Altarum, a nonprofit consulting organization, and has had astounding results. There have been 2,777 Brush Oral Health education sessions provided by WIC staff, resulting in 1,297 referrals to dentists. Prior to the Brush implementation, there were minimal referrals to dentists. Over 40% of 1-year-olds in the WIC clinics had seen a dentist compared to only 11% of children in the control group.



Brush Focus in Ohio

Our Brush Oral Health Program continues to grow statewide, regionally, and nationally. The Delta Dental Foundation awarded McMillen Health funding to expand Brush into Ohio over the next year. Our Educational Sales Manager, Jessica Martin, has been busy traveling to conferences and providing trainings to Head Start locations throughout Ohio since February, reaching 994 Head Start staff who serve more than 14,000 students annually.

Brush Reach	
83	Indiana counties
28	states served
1.6 million	children served nationwide



I Need My Teeth School Assembly



McMillen Health received grant support from the Delta Dental Foundation to expand our "I Need My Teeth" Live School Assembly to Ohio! Our vibrant cast of actors traveled throughout Indiana, Michigan, and Ohio reaching 7,144 students in grades K-3 with this fun, interactive oral health assembly. Our cast of characters includes a Tooth Fairy, a 6 foot tall Roger the Red Robot, James (the lead character), and Matthew his best friend! The story follows our very own children's book "I Need My Teeth."

Funding provided by the Delta Dental Foundation enabled our cast to perform 40 shows throughout Indiana, Michigan, and Ohio.



Riley Children's Foundation and Brush for Children with Special Needs

This project addressed the oral health needs of children with special needs through comprehensive professional development training. Early interventionists and early childhood education personnel who work with children with disabilities are unlikely to have had any training in oral health. This project provided training for agency personnel and gave them the educational resources they need to educate parents about how to care for their child's mouth. Funding provided by the Riley Children's Foundation allowed McMillen Health to reach 750 children with special needs and 1,125 parents. More than 5,000 children and 7,500 parents have been reached throughout Indiana through the continuation of this project.



Vitality Awards



In 2018, we had record attendance for our signature event. We had a chance to meet the professionals, volunteers, and businesses making a difference in the health of our communities. The award winners were Dr. Klinton Krouse of the Allen County Juvenile Center, Beth O'Rourke of Huntington University, and Kristina Johnson of the Lutheran Foundation. The winning overall business was Parkview Health MyWell-Being. Our Janus Award recipient was Dr. Praveen Kollipara of Fort Wayne Medical Oncology and Hematology, Inc. We appreciate the support of everyone who attended and thank those who submitted nominations.

Varied Abilities Days

Funding provided by the AWS Foundation allowed McMillen Health to successfully provide our second year of Varied Abilities Days. Our professional educators provided 134 programming sessions to 1,243 children and adults of varied abilities over the course of eight days. An additional 380 teachers and adults were reached through this funding opportunity. Every year, we dedicate four days to youth with special needs and four days to adults with special needs. Groups are invited to our Center to experience McMillen Health with sensory friendly activities in our Great Hall and interactive programming in each of our teaching theaters. This funding opportunity allowed us to expand and adapt ten of our traditional programs to reach students from preschool through adulthood. Programs adapted for youth included Body Safety Check, Habit Free for Me, Don't Give Me Any Bull, Bully Don't Bother Me, Something to Chew On, Every Body Changes, and Wired and Routed: Cyberbullying. We adapted the following programs for adults: PHARM Crisis, Sexting and Texting: Safe Social Media, and Vaping: Mists and Myths.



Steel Dynamics Foundation Funds New Outreach Vehicle

Our health educators travel up to 150 miles from our Center for Outreach, our most commonly requested education format. In our 2018.2019 fiscal year, we provided 1,733 programming sessions via Outreach reaching 58,085 students! With all this travel, we saw much wear and tear on our vehicles. Through the generous funding of the Steel Dynamics Foundation, we were able to replace our oldest Outreach vehicle with a newer more reliable SUV which will be used to provide outreach education to at least 50,000 students annually!



Parker Scholarship

In the 1970's a group of dedicated and determined Fort Wayne leaders, called the McMillen Alliance, visited the Robert Crown Center in Hinsdale, Illinois, then the only health education center of its type in the United States. When this group returned to Fort Wayne, they determined a similar health education center was needed in Northeast Indiana. In 1981, McMillen Health Education Center, now known as McMillen Health, opened as the second independently operated health education center in the United States. Mrs. Pat Parker was among those individuals in the McMillen Alliance. Over the years, she has remained committed to McMillen Health and actively involved. In her honor, the Parker Scholarship fund was created in 2013.

The Parker Scholarship is used to cover the cost of programs not funded through grants. Many schools would be unable to receive programming in some cases without the Parker Scholarship. To date, 131 preventive health education programming sessions have been provided through the Parker Scholarship, reaching 4,758 students of all ages and abilities!

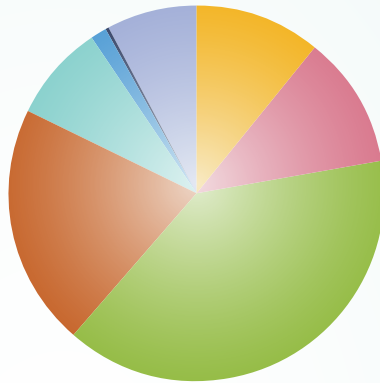
If you would like to contribute to the Parker Scholarship, please designate your gift in the comments section of our online giving form or on your return envelope today.



2018-2019 Income & Expenses

Income

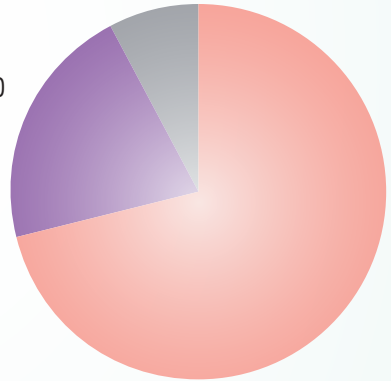
- Admissions \$132,827
- Brush Curriculum \$139,891
- Grants & Donations \$474,690
- Contracted Work \$251,849
- Investment Income \$99,875
- Special Events \$19,016
- Other \$4,334
- Deferred Grant Revenue* \$91,123



* FASB 2018-08 – Effective June 2018. Deferred revenue refers to revenue we have received, but are required to defer to the next fiscal year due to IRS Regulations. Although we have received this revenue, we are required to defer it to the next fiscal year because the grant has not yet been completed. This applies to our calendar year grants only as the conditions of the grants are from January 1- December 31.

Expenses

- Program Services & Health Education \$829,150
- Management & General Expenses \$247,154
- Development Expenses \$87,656



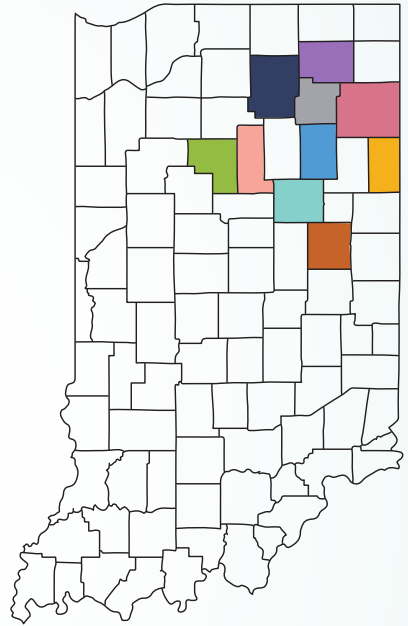
53,244 total students of all ages and abilities were served through grant funding

This means, **60%** of students received our programs through the generosity of our donors.

Growth Seen in Indiana

Though we serve many counties, here we highlight the counties where we saw significant growth in numbers this fiscal year:

County	2017.2018 served	2018.2019 served
Adams	1,897	1,916
Allen	31,934	47,405
Cass	0	286
Delaware	98	164
Grant	2,011	2,245
Huntington	882	915
Kosciusko	4,554	5,055
Miami	0	968
Noble	6,148	7,175
Whitley	788	1,098



Those Served Internationally

Through distance learning, we are able to provide live health education with an internet connection and basic computer equipment.

Countries	2017.2018 served	2018.2019 served
Canada (Various Locations)	460	698
Mexico (Queretaro)	0	44



Donors

Platinum \$20,000 & Above

AWS Foundation
Community Foundation of Greater Fort Wayne
Delta Dental Foundation
Dr. Louis and Anne B. Schneider Foundation
English-Bonter-Mitchell Foundation
Indiana State Department of Health
McMillen Foundation, Inc.
Olive B. Cole Foundation
Parkview Noble Hospital
Steel Dynamics Foundation
The Dekko Foundation
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Diamond \$10,000-\$19,999

Anonymous
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Journal Gazette Foundation, Inc.
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3 Rivers Credit Union Foundation
Allen County Drug and Alcohol Consortium
Community Foundation of Noble County
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K21 Health Foundation
Lutheran Health Network
M. E. Raker Foundation, Inc.
Magee-O'Connor Foundation, Inc.
Parkview Huntington Hospital
PNC Foundation
Prophet Sisters Foundation
Riley Children's Foundation

Silver \$1,000-\$4,999

Aging and In-Home Services
Howard P. Arnold Foundation
Arthur E. and Josephine C. Beyer Foundation
Council for a Drug Free LaGrange County
DeKalb County Community Foundation
Drug Free Adams County
Drug Free Steuben
Durant Foundation, Inc.
Foundation for Dental Health Education
Franklin Electric Charitable and Educational Foundation, Inc.
Haines, Isenbarger & Skiba, LLC
Heartland REMC
Henry County REMC
Community Service Corp.
Huntington County Community Foundation
Isaac Knapp Dental Education Foundation, Inc.
Kosciusko County Community Foundation
Kosciusko County REMC
Miami-Cass REMC Operation Roundup
Noble REMC Operation Round Up Trust
Parkview Heart Institute
Parrott Charitable Foundation
Physicians Health Plan of Northern Indiana, Inc.
PNC

PNC Foundation Indianapolis Region
Professional Emergency Services Inc.
Steuben County Community Foundation
Steuben County REMC
The Portland Foundation
United Way of DeKalb County, Inc.

Bronze \$500-\$999

Adams County Community Foundation
Anthem Blue Cross Blue Shield
API Construction Corp.
Council on Senior Services
Current Mechanical
EpcO Products, Inc.
Timothy and Ann Gibson
Grant Goeglein
Jacqueline Henry
Jackson Group
Aaron and Marjory Lybarger
MainStay Solutions
Purdue University Fort Wayne
Drs. Holli and Mark Seabury

Copper \$100-\$499

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www.mcmillenhealth.org