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What famous cartoon came out the same year that McMillen Health opened? If you guessed Spider-Man and His Amazing Friends, you would be correct! McMillen Health opened in 1981 as the 2nd independently operated health education center in the nation. With a slim staff of only two full-time and four part-time health educators and one administrator, we served 40,000 children with fact-based preventive health education! Our focus was drug prevention, general health, nutrition, and reproductive health. In the last 40 years, we have expanded our content areas to now provide more than 250 preventive health education programs and serve more than 90,000 students annually.

To provide over 250 preventive health education programs and remain sustainable, McMillen Health has expanded our staff to 28 and our expertise now includes the development and design of low-literacy curriculum, resources, and videos for organizations nationwide. We also continue to expand our Brush oral health program's reach nationally, now serving 34 states and 1.89 million children and families.

Over the last year, McMillen Health has had Spider-Man-like flexibility and ingenuity as we worked together at the Amazing McMillen Health to serve 91,424 children and adults of all abilities and backgrounds with vital, effective preventive health education. We used our expanded expertise in low-literacy content to design three curricula, produce 110 videos, conduct and design two dental health needs assessments, launch our Healthy Tomorrow prenatal and postnatal app, and so much more.

Keep reading for more Adventures at the Amazing McMillen Health...

Nicole Fairchild, MPA, MBA

**Executive Director** 

## 70133910

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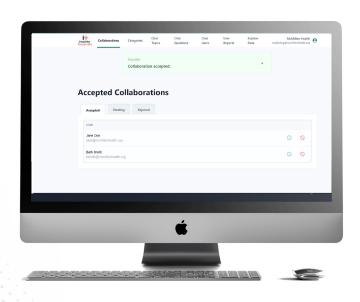


#### **Healthy Tomorrow**

We launched the Healthy Tomorrow prenatal and postnatal app on October 21, 2021. The app was developed with funding from the St. Joseph Community Health Foundation, the PHP Foundation, the Schneider Foundation, the English-Bonter-Mitchell Foundation, and the Delta Dental Foundation. This is a five-year project with the first year of development focusing on pregnant



or recently pregnant women with opioid use disorder (OUD) and their babies born with neonatal abstinence syndrome (NAS). The following years will focus on prenatal health, safe sleep, tobacco use during pregnancy, nutrition, and breastfeeding. The app's content was developed and designed in partnership with a Professional Advisory Group (PAG) composed of more than 20 Northeast Indiana professionals, and a Mom's Advisory Group (MAG) composed of pregnant or parenting women with OUD.



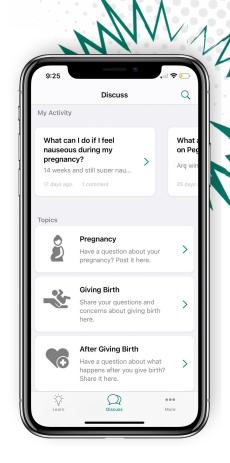
Overall, the app has reached 71 Indiana residents and 32 users across the globe including Arizona, California, District of Columbia (DC), Florida, France, Illinois, Iowa, Pennsylvania, Spain, Saudi Arabia, West Virginia, and Utah.

Professionals sharing the app with their clients receive training and a digital Professional Guide with motivational interviewing prompts and resources for aiding their clients with OUD. To date, 42 Allen County professionals have been trained on the Healthy Tomorrow app and facilitator guide.

This spring, with additional support from the St. Joseph Community Health Foundation, we added a discussion feature for women to interact with one another in a safe, monitored environment. A professional portal was also added to allow users to invite professionals to observe their journey to learn more about OUD, NAS, and more.

Additional funding has been received from the English-Bonter-Mitchell

Foundation, the Krouse Foundation, the Parrot Foundation, the PHP Foundation, and Parkview Health through the My Healthy Baby Initiative from the Indiana Department of Health (IDOH) to develop 50 additional videos on prenatal care, safe sleep, tobacco use during pregnancy, birth spacing, postnatal care, and more!









### Indiana Dental Health Needs Assessment for Adults with Disabilities

The AWS Foundation and Delta Dental Foundation graciously supported a dental health needs assessment for adults with disabilities in Indiana. We conducted 52 one-on-one personal interviews, six focus groups, conducted an online survey reaching 142 individuals, and developed two advisory groups composed of professionals serving adults with disabilities and caregivers of adults with disabilities. The full report and full directory can be found on our website.





## "I Need My Teeth" Continues Virtually

We continued the "I Need My Teeth" assembly as a virtual offering over the last year due to continued COVID restrictions. Our trusty cast of actors and loyal Tooth Fairy provided 42 live, virtual assemblies over the last year, reaching 5,552 youth across Michigan, Ohio, and Indiana. The assembly is a success thanks to the continued generosity of the Delta Dental Foundation.



Our top ten programs have started to change over the last few years, in large part due to a growing focus on pregnancy prevention and socialemotional learning.

We continue to see a large increase in knowledge from our programs. Our professional health educators provided 2,931 programming sessions over the last 12 months and witnessed a 58.86% increase in knowledge. We typically see a 35% increase in knowledge in our programs; however, in the last three years this number has continued to climb higher. This is in large part because the information provided during McMillen programming is new information that has not been learned elsewhere.

#### **Top 10 Programs**

#### **Program Name**

Choices Today, Options Tomorrow Body Boss

"I Need My Teeth" Assembly Body Safety Check

No Bad Secrets

Promoting Health Among Teens

Life Begins

**Toward Maturity** 

LifeSkills Transitions

Respect and Responsibility

#### **Teen Pregnancy Prevention (TPP) Expansion**

The Indiana Department of Health (IDOH) awarded McMillen Health funding to provide Botvin's Transitions and High School LifeSkills Training programs to Blackford, Elkhart, Fulton, Jay, Kosciusko, and St. Joseph counties. The expansion also includes #WowTalk Cafés for youth and Parent Cafés for adults. Over the last year, we have served 706 youth with Botvin LifeSkills and 1,122 youth and parents with Cafés.

Feedback from students participating in TPP and Cafés:

"[My favorite part was] getting to learn about others and having good connections. It was absolutely amazing. I got out of my comfort zone. I learned when there is a certain subject, it's easier to talk to people. We all learned about each other. It made a big impact."

"[My favorite part was] being able to open up to my peers. It was amazing. I learned I like to make other people happy. I will change my behaviors because I would rather have a better life than a bad one. I think the program had an impact because my classmates talked to me about themselves."

#### **Sexual Risk and Avoidance Education (SRAE) Expansion**

The Indiana Department of Health (IDOH) awarded McMillen Health additional funding to serve all five Fort Wayne Community High Schools with our eight-module promising practice, *Choices Today, Options Tomorrow (CTOT)*, and to continue to expand in the rural counties of DeKalb, Grant, Kosciusko, LaGrange, Noble, Steuben, and Whitley. The implementation includes serving at least 450 youth in 6th-8th grades with *Promoting Health Among Teens (PHAT)*, an evidence-based teen pregnancy prevention curriculum, and another 1,750 youth in 9th-12th grades with CTOT. We successfully served 2,337 students, which is 137 more than anticipated!

This year's grant expansion included adding additional hours of education to SRAE programming. We provided additional education in the form of eight digital handouts. Each contains QR codes to specific videos related to the handout topic. Eight total videos were produced for this year's project. All newly developed resources were translated to Burmese and Spanish.

Feedback from students participating in SRAE programming:

Student at
Tippecanoe Valley
High School

"I liked the presentation over boundaries and how to resist things. I think a lot of people need to learn more about respecting and placing boundaries and this presentation did a good job showing that. My favorite activity was the one where the liquid was put in cups, mixed, and then some turned pink. It was interactive was fun and it really showed how fast and unexpectedly STD's/STI's can spread."

"I liked the parenting presentation; it was shocking the cost of things. New information I learned was the cervix stretches from being really small to really big to push out the baby. The hospital cost when having a baby is really high."

Student at Snider High School in Fort Wayne Community Schools



Our Creative Services team has been relocated to a former teaching theatre thanks to the generosity of the McMillen Foundation. Two years ago, our creative team consisted of a videographer, the Director of Marketing, and the Director of Curriculum Development. Today, the team includes two Graphic Designers, two Multimedia Specialists, two Curriculum Developers, the Director of Curriculum Development, and Director of Marketing and Communications. Here are a few of the contracted projects the Creative Services team has worked

on this year:



#### **Access for All Smiles**

The Delta Dental Foundation contracted with McMillen Health to develop content and resources for caregivers and professionals of adults with disabilities. Dr. Paul Glassman of California Northstate University consulted on this project for his work at Pacific University on Overcoming Obstacles. Two advisory groups were developed for this project. The first, a professional advisory group (PAG), was composed of dental professionals providing services to adults with disabilities and behavior specialists who have worked with adults with disabilities. The second, an advisory group composed of parents and caregivers of adults with disabilities. The resulting product is Access for All Smiles, which includes a digital Caregiver Guide for professionals and caregivers, two pre-recorded trainings, and 15 low-literacy videos for professionals and caregivers. All content and resources will be available on the Delta Dental Foundation's website this fall.

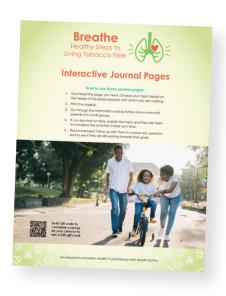
#### North Carolina Dental Society's Mouth Wise Curriculum

The North Carolina Dental Society received funding from the Delta Dental Foundation of Michigan, Ohio, Indiana and North Carolina to contract with McMillen Health to develop three dental health curricula for grades K-2, 3-5, and 6-8. McMillen Health developed 17 dental health lesson plans aligning with Michigan, Ohio, Indiana, and North Carolina's health and wellness education standards; developed and produced 17 videos to align with each lesson; and translated all resources to Spanish. These resources are now available on the North Carolina Dental Society's website.



#### **Breathe Resource Expansion**

Health Ed Pros contracted with McMillen Health for the development of additional resources for Breathe, the secondhand tobacco curriculum developed in 2018. McMillen aided in the development and design of the original resources and was able to expand the curriculum this year, adding vital health education resources. The expansion included a family journal, two videos, and two handouts, all available in English and Spanish.

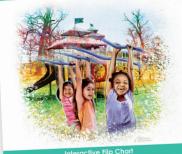


#### Indiana School Nurse Manual 2nd Edition

The Indiana Department of Education (IDOE) contracted with McMillen to revise and redesign the second edition of the Indiana School Nurse Manual which is available digitally. In 2015, the IDOE contracted with McMillen Health to develop the School Nurse Manual and make it available digitally. We were excited to offer our services to update this vital document, used by school nurses across the state.







Interactive rip Chan

#### Johns Hopkins University's Asthma Basic Care Flip Chart Redevelopment

McMillen Health was able to continue working with Johns Hopkins University through the redevelopment of the Asthma Basic Care flip chart originally developed for them in 2018. Updates included incorporating new design images, updating content to reflect new asthma guidelines, translating resources to Spanish, and making the digital version compatible with screen readers. Implementation of the education will begin over the next year with Head Start.



Our Brush Oral Health Program continues to grow with additional resources and reach! This year, our Director of Educational Resources provided training and resources to 592 early interventionist professionals across Arizona, Connecticut, Indiana, Michigan, Ohio, Pennsylvania, and West Virginia! By training these professionals, we were able to serve 24.864 children from birth to age five and adults with chronic health conditions. This would not have been possible without the generosity of the Delta Dental Foundation.

#### **Brush for Burmese Populations**

As the Brush program continues to expand, we have begun receiving requests for content in various languages. Thanks to the generosity of the Foundation for Dental Health Education (FDHE), we were able to translate our home visitor flip chart to Burmese. We are continuing to seek funding to translate videos and handouts to other languages as they are requested.



#### **#ToothToks**

You may be seeing more of McMillen Health and Chrissy Stephan, our very own dental hygienist and Director of Educational Resources on our new #ToothToks! We decided to join TikTok to share health education information in a fun way with younger audiences. In doing so, Chrissy has become very popular through her #ToothToks, where

she shares important
dental hygiene
information
for everyone!
Follow us @
mcmillenhealth
or check out our
social media page
to see some of
our #ToothToks!





Through the generosity of the Journal Gazette Foundation and the Isaac Knapp Dental Education Foundation, McMillen Health was able to update most of our Great Hall displays! We were able to finish the tooth update prior to the end of June 2022 and invited

everyone to come out and see all of the

updates at our open house on





#### **New Creative Services Department**

We are growing, but our building is not! Thankfully, the McMillen Foundation was generous enough to help our growing pains and provided funding support for the renovation of a former teaching theater to be converted to office space.

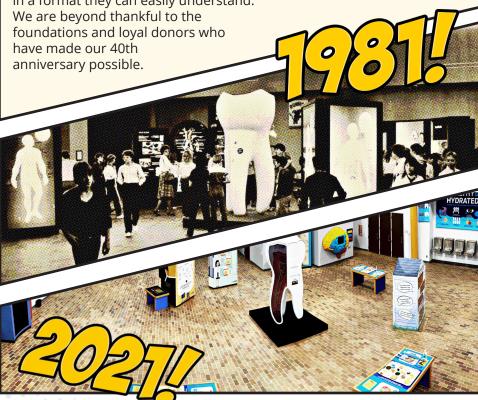






#### **40th Anniversary Celebration**

We celebrated our 40th anniversary on a crisp October evening at Parkview Field where donors and supporters came to celebrate McMillen Health providing vital, effective preventive health education to more than 1.96 million children and adults. Over the last five years, we have expanded our services to now develop curricula, videos, and resources for organizations across the nation. This expansion of services has allowed us to become recognized nationally for our expertise in developing low-literacy resources. We continue to develop partnerships with others to ensure low-literacy health education is available for students of all ages, abilities, and backgrounds. We believe it is the right of every individual to receive health education in a format they can easily understand.



#### 2nd Annual Tee Off with TAM Raises \$36,292

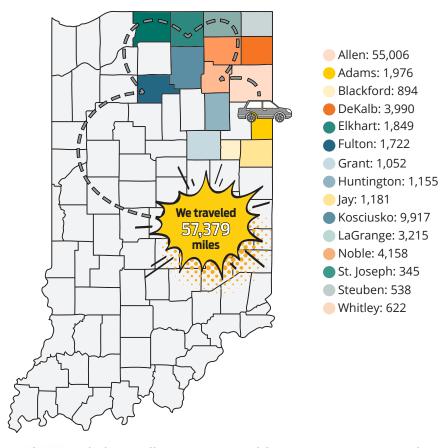
We held our second year of Tee Off with TAM at Cherry Hill Golf Course on June 9, 2022 with no rain! We would like to thank our sponsors and the 28 teams who came out to help make this event a success. Thanks to the generosity of everyone who took part, we can now provide 2,902 students with preventive health education who would otherwise be unable to receive our services. We are looking forward to our third year of this event on June 8, 2023 at Cherry Hill.







Meeting new friends continues to be a theme into the new year! We developed relationships with 98 new locations and traveled 57,379 miles over the last year. Our existing and new contacts allowed our professional health educators and trainers to reach 91,424 children and adult students of various abilities and backgrounds.



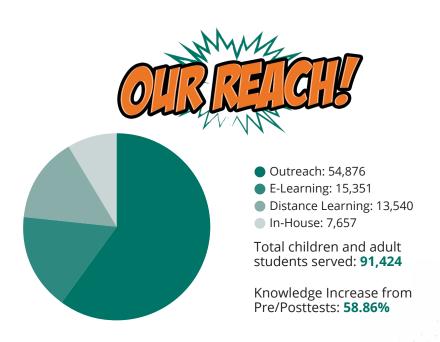
We also traveled virtually to Arizona, California, Connecticut, Michigan, Minnesota, Missouri, New Jersey, Ohio, Pennsylvania, Tennessee, and West Virginia. We met with our Canadian friends 32 times to provide vital, effective preventive health education programming. The majority of the students in Canada receiving our programs are near the Arctic circle with very limited resources to health and dental services.

Making all these new friends would not be possible without the help of our donors and local foundations who support the work we do. In 2021.2022, McMillen Health provided 2,931 preventive health education programming sessions, reaching 91,424 students of all ages, abilities, and backgrounds. Just over half, 54%, of these students received programming at no cost through the generosity of our donors and funders like you. We cannot thank you enough on behalf of the students we serve every day. Although we charged a nominal \$5 per student fee at the close of our last fiscal year, you can see the majority of schools and students are unable to cover this cost.

As McMillen Health continues to grow, so does the cost of our services. For more than 15 years, we have kept our admission fee at \$5 per student. We have not charged for parents or staff attending programs with students, and will continue to allow them to attend for free during general admissions. We will begin charging \$7 per student beginning July 1, 2022 to help close the funding gap for our services.

#### Parker Scholarship Saves the Day

For the first time in our 40 years, we provided preventive education programming to two Amish schools located in Allen County. We served 156 Amish students in grades 1-8. We are looking forward to expanding our reach into additional Amish communities.

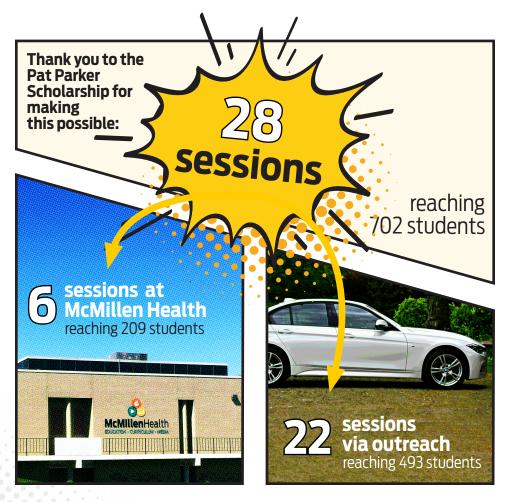


#### **Renaming the Parker Scholarship**

The Parker Scholarship was created in 2013 to honor Patricia "Pat" and Mac Parker's dedication to preventive health education. Pat was one of the original founders of McMillen Health and remained an active participant in the organization until 2019. Pat passed away in August of 2022, and in response to her more than 40 years of dedication to McMillen Health, we renamed the Parker Scholarship to the Pat Parker Memorial Scholarship.

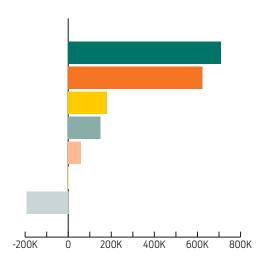
The Pat Parker Memorial Scholarship funds education for children and adults who are unable to pay the \$7 fee for our services. Nearly 5,000 students have benefited from this scholarship allowing them to learn about the importance healthy decisions, which lead to a healthy lifestyle.

You may designate your donation to the Pat Parker Memorial Scholarship Fund on our website.



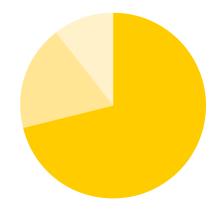


#### **Income**



- Contracted Work: \$710,093
- Grants & Donations: \$622,273
- Brush: \$180,695
- Admissions: \$150,226
- Special Events: \$58,502
- Other: \$2,741
- Investment Income (Loss): (\$194,578)

#### **Expenses**



- Program: \$1,202,563
- Management: \$312,029
- Development: \$175,633



#### Platinum \$20,000+

**AWS Foundation** 

Community Foundation of Greater Fort Wayne

Delta Dental Foundation

English-Bonter-Mitchell Foundation

Flora Dale Krouse Foundation

Indiana Department of Health

McMillen Foundation, Inc.

St. Joseph Community Health Foundation

The Olive B. Cole Foundation

The DEKKO Foundation

#### Diamond \$10,000+

Allen County Drug and Alcohol Consortium

Anonymous

Journal Gazette Foundation, Inc.

Parkview Health Community Health Improvement Program

PHP Foundation

#### Gold \$5,000+

Community Foundation of Noble County K21 Health Foundation

Magee-O'Connor Foundation, Inc.

M. E. Raker Foundation, Inc.

Dr. Dane & Mary Louise Miller Foundation

Northern Indiana Community Foundation-Hardesty Memorial Endowment

Parkview LaGrange Community Health Improvement Program

Parrott Charitable Foundation

**PNC** Foundation

Prophet Sisters Foundation

Steuben County REMC

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#### Silver \$1,000+

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Nancy and Jeff Mann

Miami-Cass REMC Operation Roundup

MKM architecture + design, inc

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Noble REMC Operation Round Up Trust

Northern Indiana Community Foundation Fulton County

Northern Indiana Community Foundation Miami County Boomerang Sisterhood

Parkview Huntington Community Health Improvement Program

Parkview Huntington County Healing Partners

Physicians Health Plan of Northern Indiana, Inc.

**PNC** 

PNC Foundation Central Indiana

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#### Bronze \$500+

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Boundary Oak Distillery

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Crazy Pinz

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Harmony Marketing Group

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Mark McKibben

Thomas and Kathleen Skiba

Sweetwater Sound



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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

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