

2024 Ak-Chin Indian Community Grant Application Cover Sheet

Name of Applicant: Dignity Health Foundation – East Valley		Applicant is a: ☐ City/Town/County (circle) ☒ Other	
Mayor/Supervisor/Chairman/President: Kevin Hartke, Mayor			
Contact Person and Title: Dawn Lang, Deputy City Manager/CFO			
Applicant Address (administrative office): Dignity Health: 1727 W. Frye Road, Suite 230			
City: Chandler, AZ		Zip Code: 85224	
Applicant Mailing Address (if different):			
City:		Zip Code:	
Phone Number: 480-728-3130		Fax Number: 480-728-3945	
E-mail Address: laurel.vetsch@commonspirit.org			
Fiscal Agent for any Applicant that is not a City, Town, or County (Special Taxing Districts/Fire Districts must have a Fiscal Agent)			
Contact Person: Laurel Vetsch			
City/Town/County Mailing Address: 1727 W. Frye Road, Suite 230			
City: Chandler, AZ		Zip Code: 85297	
Phone Number: 480-728-3130		Fax Number: 480-728-3945	
E-mail Address: laurel.vetsch@commonspirit.org			

Program or Project Name: Behavioral Health Response and Education	
Purpose (Check all that apply) ☐ education ☐ public safety ☒ health ☐ environment ☐ promotion of commerce ☐ economic and community development	
Purpose of Grant (brief statement): Our request to Ak-Chin Indian Community this year is to help provide a pilot Behavioral Health Program Manager position to guide development of a Behavioral Emergency Response Team in the emergency room. Also for nurses to teach teen Mental Health First Aid in all CUSD high school eleventh grade classes.	
Beginning and Ending Date of Program or Project: October 1, 2024 – September 30, 2025	
Amount Requested: \$206,648	Total Cost: \$276,648
Geographic Area Served: East Valley (Chandler, Gilbert, Maricopa, GRIC, Ak-Chin, Mesa, Queen Creek)	

By the execution of this Grant Application the undersigned agrees that the information contained in this Application is true, to the best of the Applicant's knowledge. The Applicant shall notify the Community if any information in this Application changes.

Signature: _____
For the Applicant: Laurel Vetsch Date: 4/15/2024

Typed/Printed Name and Title: Laurel Vetsch, Grant Director

For the Fiscal Agent: Dawn Lang Date: 5-3-2024
(If applicable)

Typed/Printed Name and Title: Dawn Lang, Deputy City Manager, CFO

Dignity Health Foundation – East Valley
Ak-Chin Indian Community Grant Application
Behavioral Health Response and Education

Program Description

Chandler Regional Medical Center is responding to the community's mental health needs in a variety of ways. Within the hospital, we must treat the increasing numbers of patients with mental health issues seeking help in our emergency department. In the community, we are impacting high school students in Chandler Unified School District to identify and respond to the signs of mental distress. We are requesting Ak-Chin Indian Community's partnership with two innovative mental health programs.

Behavioral Health in the Emergency Department. Over the past decade, across the United States, EDs have seen a 40% increase in adult patients presenting with acute psychiatric crises. Patients with acute psychiatric conditions that may make them a danger to themselves or others are considered to have emergency medical conditions and must be evaluated in the ED and cannot be discharged until they are stable. The boarding of behavioral health patients in the ED is a national issue that has only worsened after the pandemic. Chandler Regional is seeking to improve the ED behavioral health process for psychiatric patients boarded in the ED as well as caring for behavioral patients in our inpatient medical units with an emphasis on compassionate and safe care.

Chandler Regional is creating a pilot program led by a newly created position, a Nurse Practitioner Behavioral Health Program Manager. In an effort to improve patient care, improve front line staff satisfaction, and decrease cost, this position will implement mental health response and treatment best practices into our hospital to provide better, compassionate care. This position will develop programming to improve the behavioral health patient experience while also improving the satisfaction of front line staff caring for these patients. And, it will empower nursing and social work staff to collaborate and innovate ways to improve behavioral patient care.

Finally, the position will lead the development of a Behavioral Emergency Response Team. Comprised of a psychiatric RN, bedside RNs, social workers, security, and psychiatric providers, the team, led by the Behavioral Health Program Manager, will round on patients who are dealing with substance abuse, postpartum depression, dementia, and other psychiatric needs. They will respond quickly to psychiatric patients entering the ED. When consulting, the team will provide evidence-based recommendations with pointed interventions. They will help to set up guidelines for managing behavioral patients and provide psychiatric training to staff.

We are requesting Ak-Chin Indian Community contribute \$206,648 towards the pilot Behavioral Health Program Manager position. After one year of piloting the position and developing Chandler Regional's Behavioral Emergency Response Team, we will gather data on the expected results. The data will be shared with other hospitals in our region. At that point, hospital leadership will evaluate to add the position permanently and it is expected to grow to manage the behavioral health response at other CommonSpirit hospitals throughout Arizona and Nevada.

Teen Mental Health First Aid (tMHFA). According to the National Center for Health Statistics, suicide is the second leading cause of death for youth ages 15-19 and nearly 50% of adolescents ages 13-18 live with a mental disorder (National Institute of Mental Health). Increasingly, teens are coming to the ED in crisis and currently there are not many resources available to help them. One of the best prevention tools is education. But we have found that teens needing mental health support don't usually go to

adults right away. First they go to their friends. We want to teach teens how to provide help and resources to support their friends.

tMHFA is a classroom-based mental health literacy and skill-building program for students aged 15-18 which promotes mental health literacy and help-seeking behaviors. The program teaches adolescents to help a peer or friend through a mental health crisis and also helps to reduce the general stigma around seeking mental health help.

The course includes lectures, films, group activities, creative expression through writing and drawing, discussions, and skill-building practice through case studies and role play. It **does not** teach teens how to diagnose — instead, teens learn information about being a supportive friend, encouraging friends to seek help and knowing when it's time to get an adult involved. The program focuses on three pillars: mental health literacy, health-seeking behaviors, and reducing stigma. It is described as CPR for mental health.

Topics covered include:

- Common signs and symptoms of mental health and substance use challenges.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- The impact of school violence and bullying on mental health.
- How to open the conversation about mental illnesses and substance use with friends.
- How to seek the help of a responsible and trusted adult.

In conjunction with Chandler Unified School District (CUSD), Dignity Health began a pilot program in 2022 which introduced the tMHFA program to a small group of nine teens in the 11th grade. The next year the pilot was expanded to 800 students at one CUSD high school. The students loved the program and in a survey following the final session, we found statistically significant results showing improvement in attendees' mental health literacy, stigma reduction and mental health first aid skills.

The program has been so successful that the Chandler Unified School District has decided to present it to every eleventh grade student in all CUSD high schools. Classroom instruction is provided with two instructors, one a social worker and one a nurse. CUSD has received funding for school social workers. Dignity Health is requesting funding from the Ak-Chin Indian Community for nurses to provide the medical training component in the classes.

tMHFA instructors are on the frontlines of the program, training teens how to assess, respond and bring in a trusted adult if a peer seems to be having a mental health or substance use challenge. Instructors are certified to teach the course from a national curriculum, tailor discussions to their participants and compile a list of local resources for help. Fifteen nurses would be required to ensure a nurse/social worker partnership in each class.

Target Population

Behavioral Health in the Emergency Department. The emergency department at Chandler Regional cares for approximately 2,500 patients per year (1 in 7 patients) who present with the primary diagnosis of a behavioral health issue. The majority of these patients are transferred to behavioral health facilities or discharged home with an average length of stay of 10 hours but if they are discharged to a facility, the wait could be much longer. The annual cost of boarding these patients in the ED while they wait for transfer is about \$2 million per year. In addition, we experience approximately 56 patients a year who

are combative because of mental health issues resulting in 321 incidents of workplace violence. The Behavioral Health Program Manager and Behavioral Emergency Response Team will be deployed to help with all these situations, ensuring patients get the help that they need and that staff remain safe in the workplace. Patients from the east valley who come to Chandler Regional are the targeted population.

Teen Mental Health First Aid. Adolescents throughout the Chandler area are the targeted population. This past spring, the tMHFA program was presented to 800 Chandler Unified School District students in one high school. The results were so impressive that the program is again expanding to include every eleventh grade student in the district's six high schools — about 4,300 students — for the 2024-25 school year.

Program Goals

Behavioral Health in the Emergency Department. Together, the Program Manager and the Behavioral Emergency Response Team will be engaged as soon as a patient needing assistance enters the ED and throughout their ED or hospital stay, if admitted. The team will help staff to assess the situation, calm the patient, determine next steps, and make appropriate referrals. The goals of the Behavioral Health Program Manager and the Behavioral Emergency Response Team are to:

- Deliver quality patient-centered and trauma-centered care;
- Improve patient safety and staff safety during behavioral health emergencies;
- Reduce the number of patient encounters that turn combative;
- Decrease staff burnout;
- Reduce the use of involuntary physical and chemical restraints; and
- Ultimately, reduce costs for the hospitals and need for resources.

Teen Mental Health First Aid. All Chandler high school juniors will participate in three 90-minute educational sessions. The classes are highly interactive and have been found to be interesting and engaging for student participants. The goals of the program for the teens are:

- Recognize early warning signs that a friend is developing a mental health or substance use challenge.
- Recognize warning signs that a friend may be experiencing a mental health or substance use crisis.
- Describe how to talk to a friend about mental health and seeking help.
- Explain when and how to get a responsible adult involved.
- Discuss where to find appropriate and helpful resources about mental health challenges and professional help.
- Apply the tMHFA Action Plan to help a friend with a mental health or substance use challenge or crisis.

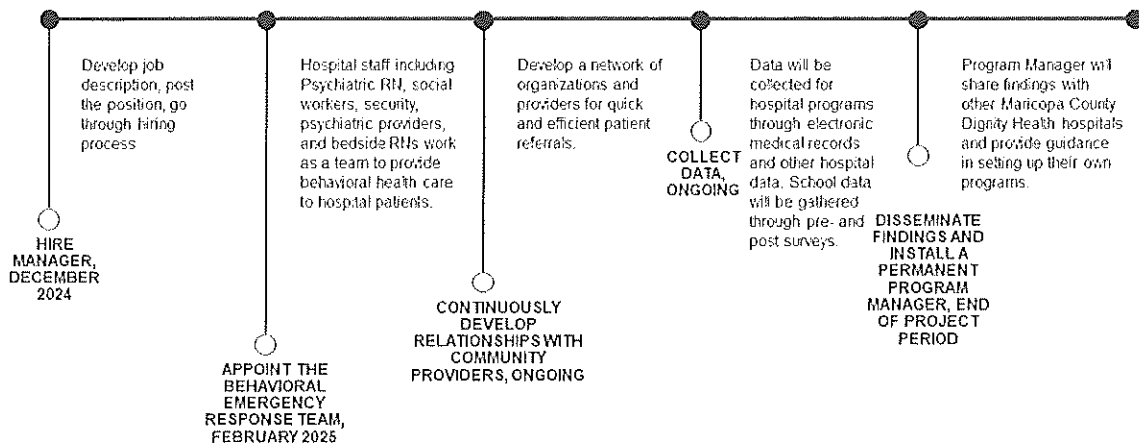
Pre- and post-surveys reveal a significant increase in the students' mental health literacy, help-seeking behaviors, and decreased stigma. Students have been reporting overall positive experiences based on a subjective question at the end of the survey.

"I think all students should get a class like this."

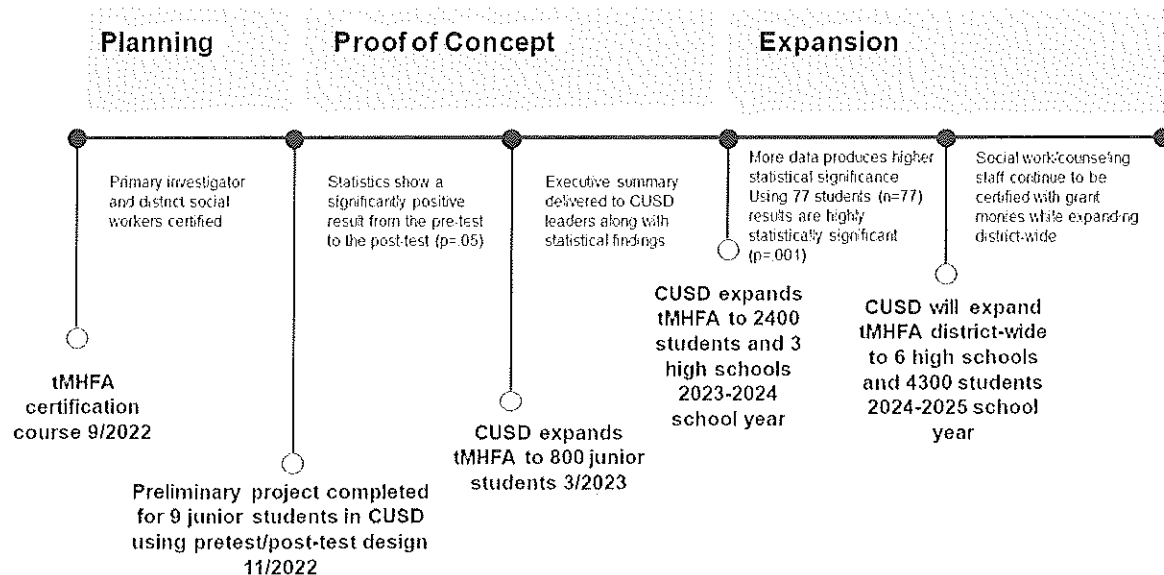
-CUSD Eleventh Grade Student

Program Timelines

BEHAVIORAL HEALTH PROGRAM MANAGER BEHAVIORAL EMERGENCY RESPONSE TEAM



TMHFA PROJECT TIMELINE



Current Funding Sources

Behavioral Health in the Emergency Department. We are requesting \$109,148 from the Ak-Chin Indian Community which would match an already existing \$70,000 provided through other grants. This would allow us to create the full-time one-year pilot position of Program Manager who would guide the formation of the Behavioral Emergency Response Team.

Teen Mental Health First Aid. CUSD has received grants enabling school social workers to teach the tMHFA program. Ak-Chin's contribution of \$97,500 would enable Dignity Health nurses to provide the program's medical component of the trainings.

Project Partners

Behavioral Health in the Emergency Department. The Program Manager and team will develop relationships with behavioral health organizations throughout the community such as Southwest Behavioral and Health Services, Mind 24/7, Copper Springs, and additional resources for counseling, in-patient treatment, and other referrals.

Teen Mental Health First Aid. This program is primarily a partnership between Dignity Health and Chandler Unified School District. After further analysis of the data, it is hoped that the program will expand to other school districts.

Sustainability

Behavioral Health in the Emergency Department. The Program Manager and Behavioral Emergency Response Team are a new project. Initially, the new position will support Chandler Regional. Following analysis of the data, it is hoped the position will be sustainable by being operationalized and may grow to lead Dignity Health's behavioral health response efforts throughout our region.

Teen Mental Health First Aid. As described above, this is an expanded project based on a smaller pilot project. It will be sustained through school district partnerships and additional fundraising activities including individual gift opportunities and corporate and foundation support.

Indian Tribe Requests

Pending and unsuccessful requests within the last eighteen months include:

- Fort McDowell Yavapai Nation – Support for the purchase of additional point of care ultrasound devices (unsuccessful)
- Gila River Indian Community - \$500,000 for cystoscopy equipment (unsuccessful)
- Gila River Indian Community - \$193,000 for point of care ultrasound equipment (unsuccessful)

Funded requests in the last five years include:

- Ak-Chin Indian Community - \$120,505 awarded for point of care ultrasound equipment
- Ak-Chin Indian Community - \$199,782 awarded for GME construction
- Ak-Chin Indian Community - \$240,000 awarded for tower construction at Chandler Regional Medical Center
- Salt River Pima-Maricopa Indian Community - \$150,000 awarded for children's dental services and \$100,000 for medications for the uninsured
- Gila River Indian Community – \$119,000 awarded for ECMO pump purchase

Budget

ITEM	AMOUNT	DESCRIPTION
Behavioral Health Program Manager		
Salary	85,943	\$66.11/hour x 25 hours x 52 weeks (additional 15 hours paid for by another grant)
Employee Benefits	23,205	0.27 x salary
TOTAL Program Manager	\$109,148	
Teen Mental Health First Aid		
Nurse Salaries to deliver tMHFA in high schools (15 nurses)	37,500	Full Delivery at each high school is 50 hours. \$50 x 50 hours = \$ 2,500 x 15 nurses = \$37,500
Nurse Salaries to take the certification course	18,000	Time during the three-day (24-hour) course, that would be \$50 x 24 = 1,320 per nurse x 15 = \$18,000
Certification course for nurses	27,000	tMHFA 3-day certification "train the trainer" course---15 nurses x \$1800 = \$27,000
Supplies for high school classes	15,000	Incentives such as food gift cards, pipe cleaners for fidgeting, and cardstock for certificates
TOTAL tMHFA	\$97,500	Programming for 2024-2025 school year in all six high schools
TOTAL REQUESTED	\$206,648	

Internal Revenue Service
P.O. Box 2508
Cincinnati, OH 45201

Department of the Treasury

Date: FEB 05 2015

**DIGNITY HEALTH FOUNDATION EAST
VALLEY**
1727 W FRYE RD STE 230
CHANDLER, AZ 85224

Employer Identification Number:
74-2418514

Person to Contact - ID Number:
Ed Schlaack - 0203326

Contact Telephone Number:
877-829-5500 Toll-Free

Dear Sir or Madam:

Our letter dated October 9, 2012 stated that you were exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code and classified as a public charity under section 509(a)(3) of the Code.

Based on your request dated October 22, 2014, we have determined that you meet the requirements for reclassification as a Type 1 supporting organization under section 509(a)(3). A Type 1 is operated, supervised, or controlled by, a Type 2 is supervised or controlled in connection with, and a Type 3 is operated in connection with one or more publicly supported organizations. Since your exempt status was not under consideration, you continue to be classified as an organization exempt from federal income tax under section 501(c)(3) of the Code.

For important information about your responsibilities as a tax-exempt organization, go to www.irs.gov/charities. Enter "4221-PC" in the search bar to view Publication 4221-PC, *Compliance Guide for 501(c)(3) Public Charities*, which describes your recordkeeping, reporting, and disclosure requirements.

We have sent a copy of this letter to your representative as indicated in Form 2848, Power of Attorney and Declaration of Representative.

Because this letter could help resolve any questions regarding your foundation status, you should keep it in your permanent records.

If you have any questions, please call our toll free number shown in the heading of this letter.

Sincerely,



Director, Exempt Organizations

**DIGNITY HEALTH
FOUNDATION EV**

FEB 9 2015

Letter 4716 (5-2011)
Catalog Number 57711M