

## DMF launches Mayors' Blue Ribbon Commission on Addiction to fight the opioid crisis

*Faced with a dramatic rise in overdose deaths, community leaders unite to build a brilliant community-wide strategy to stop the epidemic in its tracks*

Many of the resources needed to tackle substance abuse and addiction are already in the toolboxes of Cass and Clay counties. What's missing is collaboration and coordination among the institutions and individuals involved.

To address this, Dakota Medical Foundation spearheaded the Mayors' Blue Ribbon Commission on Addiction in fall 2016. The group of community leaders assembled is dedicated to identifying ways to curb the growing problem of addiction to opioids, alcohol and other substances.

The commission is focusing its efforts in three major areas: promotion and prevention, early intervention, and treatment and recovery.

"It's like putting a one-thousand-piece puzzle together," says John Vastag, who leads the commission's steering committee. "We have great resources, but we've been operating in silos."

The steering group includes government officials, law enforcement, healthcare leaders and policy makers. Panels of community experts provide information and background.

The group's work comes at a time when the challenges and dangers of addiction have shaken the community's core.

In Cass County, 46 people died of opiate overdoses from

2012 to 2015. The Centers for Disease Control identifies North Dakota as one of 14 states that had a significant increase in drug overdose deaths between 2013 and 2014, rising from 20 to 43 a year. Many of the deaths are caused by synthetic variants of the powerful painkiller fentanyl.

But the effects of addiction go deeper than the recent crisis. For example, research shows that youth who use alcohol and tobacco are more likely to use other drugs, Vastag says. People who abuse opioids often start by stealing them from family members who need the drugs for pain relief.

"We need to educate people and make them more aware of the issues and what they can do," he says.

The commission has identified recommendations to address substance abuse. Bills for the improvements identified have been submitted by legislators on the commission for the North Dakota Legislative Assembly to consider in 2017..

While addiction is a problem facing communities across the U.S., our region's mayors' commission stands out as community leaders work together to find coordinated solutions.

"When we have a flood in our community, we roll up our sleeves and get the sandbagging done," Vastag says. "That's what we need to do with this issue – roll up our sleeves and develop sustainable solutions."

### Mayors' Blue Ribbon Commission

Mayor Tim Mahoney, MD  
Mayor Rich Mattern  
Mayor Del Rae Williams  
Mayor Kory Peterson  
Mayor Chad Olson  
Pam Sogness  
John Strand  
Ruth Roman  
L Peyton Mastera  
Chief David Todd  
Chief Mike Reitan  
Chief David Ebinger  
Sheriff Paul Laney  
Birch Burdick  
Wayne Stenehjem  
Chris Myers  
Senator Judy Lee  
Senator Tim Mattern  
Rep. Kathy Hogan  
Rep. Peter Silbernagel  
Jan Eliason  
Gerri Leach  
Dr. Jeff Schatz  
Craig Whitney  
Joy Ryan  
Rod St. Aubyn  
John Vastag  
Pat Traynor, JD  
Ann Malmberg

Mike Meagher  
Carrie McLeod  
Kristi Huber  
Doug Restemayer  
Richard Vetter, MD  
Douglas Griffin, MD  
Pat Gulbranson  
Stephen Nelson, MD  
Lisa Faust  
Paul Richard  
Tim Saylor  
Jeff Herman  
Dr. Andrew McLean  
Darrin Tonsfeldt  
Mike Kaspardi  
Diana Hall  
Napoleon Espejo, MD  
Alana Salberg  
Steve Summers  
Jeremy Kelly  
Leah Siewert-Olberg  
Jan Eliassen  
Lynne Kovash  
Duane S. Borgeson  
Nicole Leiner  
Robin Nelson  
Pastor Jonas Bundy  
Jeff Larson  
Chip Ammerman  
Sarah Meyers

Mike Bloom  
Clinton Alexander  
John Baird, MD  
Robyn Litke Sall  
Dr. Jeff Schatz  
Dr. David Flowers  
Mike Slette  
Mike Hagstrom  
Dr. Chris Rood  
Ron Schneider  
Nick Redenius  
Kathy McKay  
Scott Matheson  
Abby Tow  
Pastor Cal Thompson  
Cindy Miller  
Donna Grandbois  
Laurie Baker  
Jennifer Reid  
Chris Anderson, MD  
Karry Leno  
Tanya Sorenson  
Kristi Ulrich  
Clinton Alexander  
Mary Beth Traynor  
Michael Traynor  
Nate Medhus  
Brad Brown  
Tracey Frei

## Annual Financial and Investment Report

*As of and for the years ended September 30, 2016 and 2015*

Dakota Medical Foundation is diligent in the choice of its investment firms and closely monitors the structure of its portfolio for risk, long-term stability and performance, as carefully outlined in our investment policy. DMF's chosen firms predominately use a "manager of managers" approach, rigorously selecting and overseeing proven individual asset managers. DMF assets are conservatively invested and broadly diversified. In fiscal year 2015, investment income was negative due to sharp stock market declines in the final quarter of our fiscal year. DMF has the income stream to operate initiatives, provide grants and meet operating expenses without liquidating long-term investments during market lows.

ASSETS	FY 2016	FY 2015
Cash and investments	\$99,356,295	\$96,423,916
Return on investments	7.54%	-0.6%
Receivables and other assets	729,533	758,343
Property and equipment, net	4,574,194	4,781,583
<b>Total Assets</b>	<b>\$104,660,022</b>	<b>\$101,963,842</b>
LIABILITIES AND NET ASSETS		
Payables and accrued expenses	\$708,668	\$411,504
Long-term debt, including current maturities	2,841,188	3,114,532
Unrestricted net assets	90,046,247	88,504,257
Restricted net assets	11,063,919	9,933,549
<b>Total Liabilities and Net Assets</b>	<b>\$104,660,022</b>	<b>\$101,963,842</b>
CHANGES IN UNRESTRICTED NET ASSETS		
Revenues, gains, losses and other support	\$7,022,044	\$(63,655)
Functional expenses		
Program costs	4,643,048	4,432,566
General and administrative	653,718	624,101
Fundraising	183,288	162,200
<b>Increase (Decrease) in Unrestricted Net Assets</b>	<b>\$1,541,990</b>	<b>\$(5,282,522)</b>



## OPERATIONS OVERVIEW 2016

## Message from the Executive Director and Chair

Dakota Medical Foundation has a long history of leading health improvement, building nonprofit success and investing in breakthrough innovation.

For 55 years DMF has been renowned for its pursuit of continual innovation. When operating Dakota Hospital, DMF supported development of a major healthcare referral center pioneering kidney dialysis, joint replacement, open heart surgery and other specialties while establishing a tradition of excellence.

That strong foundation of innovation and commitment to excellence continues to support and drive us today. In our modern history, DMF has launched initiatives to reduce childhood obesity, developed blueprints for schools to incorporate physical activity in the classroom, and placed hundreds of life-saving defibrillators throughout the region. We have connected the uninsured with health coverage, helped people receive free or low-cost prescription drugs, and worked with community members to establish medical scholarships to build tomorrow's healthcare workforce.

Working together, with the community and other nonprofits, we're more impactful.

Giving Hearts Day has marked nine years of helping charities improve their donor bases for sound financial footing. The framework taught at Impact Institute gives charities customizable fundraising tools they can use to grow and thrive. Giving Hearts Day 2008 – with 38 charities and 1,452 donations – raised \$479,028. Giving Hearts Day 2016 involved 326 charities and 37,139 individual donations, and raised \$8.3 million in 24 hours. In those nine years, generous donors have given \$30.9 million to charities in North Dakota and Minnesota.

Our Lend A Hand program is entering its 10<sup>th</sup> year of helping volunteers raise money for friends and neighbors struck by medical crisis. In that time, 400 local families have been uplifted by the generosity and love that fuels each fundraising effort.

DMF continues to explore paths for more profound reach and effectiveness. We are launching creative battle plans to attack today's health problems. The health issues we address are overwhelming and pervasive. There are no quick fixes, yet we remain undeterred. We are building effective collaborations between key actors to yield effectively better results.

This year we assembled a Cass and Clay counties Mayors' Blue Ribbon Commission. It unites families whose lives have been torn apart by the scourge of addiction, civic leaders and experts in treatment, prevention and recovery. Together, their shared knowledge, expertise and resources have produced solid recommendations to prevent and resolve the disease of addiction.

We funded technology to study students as they move throughout their school day, targeting the effect of exercise on the brain and ways schools can leverage those results to improve learning. We are helping the North Dakota Dental Foundation blanket the state with urgently needed mobile dental equipment to expand and improve access to care.

As we leverage our assets of innovation and connection, we remain dedicated to our goal of improving health, quality of life and access to healthcare in our region. We continue to host funds that enable community members to partner with us to invest in programs and charities they hold dear while building a legacy of philanthropy. We remain a dedicated catalyst for charities by giving them a platform to dream, grow and realize spectacular results for those they serve. We are humbled and grateful every day for the opportunity to work with those who help shape the bright future of the communities we serve.



J. Patrick Traynor, JD  
Executive Director  
Susan Mathison, MD  
Board Chair

Our board: J. Patrick Traynor, JD; Susan Mathison, MD; Richard Vetter, MD; Hope Yongsmlth, MD; Dave Akkerman, MD; Jane Skalsky, RN; Amanda Thomas; Robert Bakkum; Sindy Keller; Chris Kennelly, JD; Nancy Slotten; Seth Novak; David Clutter, MD; Larry Leitner. Not pictured: Fadel Nammour, MD; Eric Monson.



### Expert panel initial recommendations

- Launch a community-wide public awareness campaign on addiction
- Educate consumers on the misuse of prescription drugs
- Provide a searchable database of available services and resources to fight addiction
- Find safe and sober places to live for people addressing addiction
- Connect people with addiction to someone who can help them navigate the intervention and recovery systems
- Change insurance policies to reimburse proven treatment plans
- Develop a community-based, integrated system for treatment and recovery

Visit our website at [dakmed.org](http://dakmed.org) to learn more about Dakota Medical Foundation



@dakmedfdn



facebook.com/dakotamedicalfoundation



## Dental Foundation partnership improves access to care

In late 2015, The North Dakota Dental Foundation (NDDF) received \$6.3 million from the dissolution of the ND Dental Services Corporation. The NDDF placed these funds with DMF to provide management and strategic resources to ensure a substantial impact on the oral health of North Dakotans in perpetuity.

The sealant program will reach 2,000 children in both urban and rural settings in 2017. The concept of taking the treatment to the patients is not new, but the way NDDF manages it is: the goal is to move away from a grant-reliant cycle dependent on intermittent funds and build a sustainable program.

“I’ve been speaking to other organizations across the country to figure out what has worked well in other places to bring back good models,” Anderson said.

North Dakota is a rural state, which is particularly challenging to the dental office model, a barrier Anderson is eager to knock down. So NDDF is looking into piloting a teledentistry program, Virtual Dental Home, which enables the extension of dental offices into off-site locations like schools and long-term care facilities.

NDDF also participated in Minnesota Dental Foundation’s Mission of Mercy event this past July. More than 1,100 people with no access to dental care found pain relief, restored smiles, and newfound confidence at the free event. A 100-chair clinic was set up at Concordia College to provide cleanings, fillings, extractions, treatment for dental appliances and root canals. More than 800 volunteers made the event possible. NDDF hopes to host Mission of Mercy events in coming years at locations around North Dakota.

### NDDF’s focus

1. Removing barriers to dental care – specifically underserved populations and at-risk groups
2. Prevention of oral disease
3. Preparing a well-trained and adequate dental workforce

the Otto Bremer Trust to fund the purchase of portable dental equipment which will allow dental professionals to visit elementary schools statewide to apply sealants on the teeth of children – a proven technique to reduce

## Lend A Hand begins tenth year of paying it forward

When Shannon Farha passed away on August 2, 2016, the world lost a truly kind and generous soul. But her legacy lives on. Shannon became Lend A Hand’s first angel sponsor when her family made a thoughtful gift in excess of \$5,000 in her name.

### Platform: Improving Health & Access to Healthcare

In Sept 2015, Shannon and her family were the 345th recipients of a Lend A Hand-supported benefit after she was diagnosed with Acute Myeloid Leukemia. Since 2008, the program has helped volunteers raise over \$12 million for 400 families in medical crisis.

“The family presented the gift from her celebration of life and I got emotional. It was a bonding moment where we all truly felt Shannon’s presence,” said Lend A Hand director, Jeana Peinovich.

“It just felt right to give back,” said husband Patrick Farha. Shannon’s Lend A Hand-supported benefit had given so much to the family at a difficult time. “It was overwhelming. The turnout was incredible. The community support and donations were amazing,” Farha said.

Gifts like Shannon’s allow Lend A Hand to provide match funds to other families battling medical crisis – and was also a way for a family to leave a beautiful legacy for an amazing woman. Lend A Hand also enjoys the



support of generous business and community member sponsors, a committed group that reviews each application to verify need, and dedicated ambassadors who represent Lend A Hand and DMF at each benefit event. The Lend A Hand Endowment fund supports the program into perpetuity, allowing it to serve even more families in need. Talks for program expansion are in progress.

“Community support for the program has exploded,” Peinovich said. “I am thankful to live in a community of caring people who volunteer their time and gifts to uplift families through medical crisis.”

## Partnership fuels success for North Dakota students

Does P.E. help students become better learners? A new study – funded by DMF and conducted by South East Education Cooperative (SEEC) – is exploring whether kids perform better in the classroom after a period of physical activity.

Evidence suggests that elevated heart rates put more blood into areas of the brain that increase attention and absorption. A pilot program is collecting data from more than 30 percent of the K-12 student population in North

Dakota to study the correlation.

DMF granted \$62,689 to SEEC in 2016 to support Healthy Schools Programs, in which 11 schools participate.

A partnership with SEEC substantially broadens our ability to impact the health of children in southeast North Dakota. SEEC is one of eight Regional Education Associations (REA) in North Dakota serving 36 public school districts and four private schools. It covers 35,000 students and 3,500 teachers.

Ten sets of 24 innovative wearable technology devices,



which resemble smart watches, and the software to support them were purchased under the DMF grant to be used by physical education staff. This combination of wearable technology and software will enable teachers to measure the impact of all components of their curriculum. Data will be available at the student, classroom, building, district and state levels. The software can help correlate increased moderate to vigorous physical activity, physical literacy and fitness to improved academic performance.

DMF and SEEC have forged a strong relationship and will continue to work collaboratively on common goals: reducing overweight and obesity in children, increasing opportunities for students to be physically active while at school, and improving school nutrition environments.

“DMF is honored to work with SEEC in delivering pioneering efforts to help our region’s children develop lifelong healthy habits,” said Pat Traynor, DMF executive director.

## DMF donor advised funds build meaningful legacies

In August 2015, Brady Oberg became one of 22 American soldiers and veterans who take their own lives every day. An Army soldier who served in Afghanistan during Operation Enduring Freedom, Brady successfully hid his post-traumatic stress disorder from his parents, sister, and even his new bride, until it was too late. His death was

### Platform: Securing Additional Resources & Improving Impact

devastating. In the aftermath, his family, including wife Katie, struggled to find meaning in their loss. If PTSD could defeat a man as strong as Brady, how many others were suffering in silence? The statistics were sobering. More soldiers die of suicide each day than are killed in active duty. Nine others in Oberg’s division had already taken their own lives.

The Oberg family set out to show those returning soldiers that they were not alone. DMF donor impact director Deb Watne helped the Obergs establish the DMF Brady Oberg

Legacy Foundation Fund to help those who have served our country educate military families about PTSD and develop resources to deal with struggles that combat veterans all face.



DMF hosts 79 charitable funds opened by families and individuals. These charitable funds help translate donor values and beliefs into concrete and lasting impact. As fiscal hosts, DMF navigates complex IRS requirements and handles other detailed paperwork, making it easier for fundholders to achieve their philanthropic goals.

On Giving Hearts Day 2016, the Brady Oberg Legacy Foundation Fund was the top performer among all DMF funds. Their fundraising efforts won all five incentive prizes, including most dollars raised by a fund, \$55,432, and greatest number of donors, 456.

“Brady’s story and his family’s passion have fueled efforts to help veterans with PTSD. We are so very proud of their courage, their impact and their partnership with DMF,” said Watne.

## Giving Hearts Day is an avalanche of generosity in ND & MN

Giving Hearts Day continues to grow in visibility and reach. Charities in 57 communities across North Dakota and Minnesota took part in the 24-hour on-line giving event on February 11, 2016.

All Giving Hearts Day organizations meet participation requirements, including attendance

at Impact Institute fundraising training and commitment to other performance and accountability standards. Each participant is a 501(c)3 or a charitable fund hosted by a qualified IRS nonprofit organization.

Impact Institute led 211 fundraising coaching sessions with 87 charities in 2016.

### Platform: Building Capacity



**14,538** individual donors  
an increase of 3,037 from GHD 2010

**37439** donations  
an increase of 6,901 from GHD 2015

**\$150,000**  
largest single gift in 2016

**\$8,309,559**

raised on February 11, 2016

## Paramedic to Nurse Program fills gaps in rural healthcare service



### DMF funds innovative program to address nursing workforce shortage

Already facing a nursing shortage, North Dakota’s situation may become even more critical by 2026 when nearly a quarter of nurses practicing in the state will retire.

Their loss will be felt even more deeply by rural areas, which struggle to attract and retain qualified nursing staff.

To counter this shortage, Dakota Medical Foundation awarded a \$75,000 grant to develop curriculum at Lake Region State College (LRSC) in Devils Lake to fast-track paramedics into nursing careers. LRSC raised an additional \$25,000 to fully fund the curriculum.

The goal of the Paramedic to Nurse Program is two-fold: to provide more career opportunities to paramedics while filling open nursing positions with experienced and knowledgeable healthcare providers.

“In North Dakota, we often hire emergency travel nurses from out of state who don’t always have a lot of experience,” says Katherine Halvorson, the program manager. “Paramedics are excellent people to have in the emergency room and intensive care unit.”

To receive their practical nursing certificate, paramedics complete one semester of nursing requirements in addition to having general education pre-requisites. They are then eligible to test for Licensed Practical Nurse (LPN) licensure.

Graduates of the bridge program also can choose to complete another two semesters of education and

graduate from LRSC’s associate degree program, which makes them eligible to test for a Registered Nurse (RN) license.

The program essentially gives paramedics “credit” for their experience and knowledge.

“Paramedics are very good at emergency medicine. We broaden their thinking and help them think through the next steps of patient care,” says Karen Clementich, the nursing director at LRSC.

Paramedics with nursing qualifications can be valuable additions to the healthcare system, especially in smaller, rural communities, Halvorson says. For example, in some hospitals paramedics are asked to help with the admission process. In other areas, community paramedics are treating less critical patients in their home instead of taking them to the emergency room.

“Having nursing experience builds on paramedics’ knowledge and value,” Halvorson says. “This is beneficial for them, their patients and the communities they serve.”

Three students completed the first class, which was first offered in spring 2016. Several of the students are currently in the associate degree program at Lake Region State College. One of the graduates is also working as an LPN in an emergency room.

An additional three students started the program in 2017. Halvorson expects the program will expand to other community college campuses around the state.