



# 2020 Community Benefit Annual Report

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12/2020



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## Introduction

Rehabilitation Hospital of Indiana (RHI) is an acute care rehabilitation hospital for inpatient and outpatient rehabilitation. RHI specializes in brain injury, spinal cord injury, stroke, and comprehensive medical rehabilitation for injuries or illnesses resulting in loss of function. RHI is a community collaboration between Indiana University Health and St. Vincent Health.

RHI follows federal guidelines for reporting community benefit – programs designed to improve health and increase access to healthcare services – and other community investments. As defined by these guidelines, community benefit includes charity care, unreimbursed costs of government-sponsored programs and support for medical research and other healthcare services that provide care to promote health and wellness in response to identified community needs.

The impact of the coronavirus (COVID-19) pandemic, a declared national and state public health emergency, has been felt by all individuals on both personal and professional levels. From a community benefit perspective, RHI has had to cancel or postpone several of our outreach initiatives for 2020. The state of Indiana and RHI coronavirus response requirements have limited or completely prohibited certain interactions between individuals for safety reasons. Schools were forced to shut their doors and students were not allowed to attend in classroom instruction. A number of our community initiatives were forced to be placed on temporary hold because program success is built on in-person interactions. These initiatives include:

- Blessings in a Backsack
- Volunteer reading programs
- Drug Takeback for expired medications
- Education on safe medicine best practices
- Community fitness program
- IPS sports physicals for students

This past year has altered the way we strive to impact our community and it looks to stay the same for the beginning of 2021. We look forward to resuming implementation of these targeted initiatives when safe and appropriate or planning other initiatives that both meet significant health needs in the community and follow coronavirus response requirements.

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## *“Positively Impacting Our Community”*

The following highlights programs and activities implemented by RHI this past year to impact the priority needs identified by the most recent Community Health Needs Assessment (CHNA):

### **Obesity and Diabetes**

**Health and Wellness Program** On January 8th and 9<sup>th</sup> of 2020, RHI team members involved in the development of the Health and Wellness Program volunteered their time to provide education sessions to 4th through 6th graders at Jonathon Jennings Elementary School 109. These sessions covered education on how physical activity can reduce the risk and prevent Obesity, Type II Diabetes, and Heart Disease. The team members incorporated activities within the education to help the students understand the correlation between different physical activities, activity minutes and steps. The activities consisted of jogging in place, jump rope, and dance. Weekly exercise charts were created and distributed to the students during the education sessions for a 3 month activity challenge with their teachers. The students were instructed to record their daily activity minutes on the chart and turn them in weekly to their teacher. The classroom winners, including teachers, were allowed to wear gym clothes/active wear for one day at the end of each month. In February 2020, 165 pedometers were provided for students and staff to incorporate and monitor steps for the activity challenge.

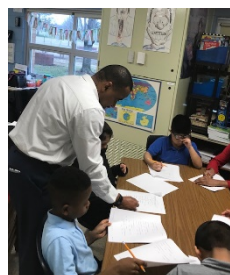


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**RHI Sports Community Fitness Program** occurred twice weekly in January and February at our main hospital location. In recognizing that an individual with a disability needs to continue leading a healthy lifestyle, RHI makes the therapy gym and specialized equipment available at no cost to all members of the community that have a physical disability. Additionally, the program is supported by RHI therapy volunteers that provide participant instruction and equipment set-up as needed at each session. RHI believes this program is important in helping those with disabilities stay active and fit. While the COVID pandemic caused us to pause the program beginning in March, we did have a total attendance of 107 over 15 Fitness Program sessions in the first two months of 2020.

**Social Determinants of Health**

**Winter Volunteer Reading Program** A big THANK YOU to our RHI employees for the time, energy and effort each demonstrated while participating in the Winter Volunteer Reading Program at Jonathan Jennings Elementary School 109. This was a six-week community benefit initiative that focused on supporting the local school to improve educational opportunities for students. Our volunteers committed to spending an hour each Wednesday afternoon assisting teachers and the 85 students comprising the 2nd and 3rd grade classrooms with reading, journaling, and other lesson planning activities. Reading volunteers truly make a difference. Educational research supports the idea that children who are involved in programs with adult reading volunteers improve their school success including increased school attendance, a major predictor of graduation rates. The Winter Reading Program volunteers were truly “All Stars” in carrying the RHI mission outside the walls of our hospital to impact the specific identified needs of our community.



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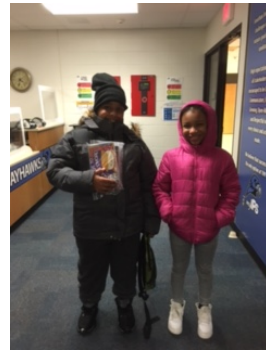
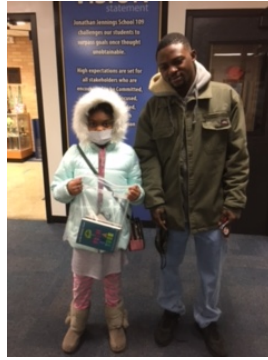
**Junior Achievement JobSparks** On September 22nd and 23rd more than 10,200 8th graders logged on and tuned in to over 300 live demonstrations, Q&A panels with professionals, pre-recorded videos and interactive activities that opened their eyes to the thousands of jobs and career paths out there that align with their individual interests and unique skills. It was truly amazing to be a part of the engagement between students and volunteers in this virtual world. The focus of this two-day career event is to offer Marion County 8th graders insights into real-life jobs and careers, salary and educational requirements, what it is like to work in a certain industry, and, and most importantly, inspire students in what they can aspire to professionally. Research has shown that when a student has a real idea of what they want to do after high school, they are much more likely to stay in school and graduate. RHI again joined forces with other local hospitals and organizations to volunteer in the Health and Life Sciences Cluster. The COVID pandemic forced a shift of this year's event from an "in person, hands on" experience to a student focused, virtual, online environment. RHI therapy participation included sharing an interactive, educational video highlighting the field of occupational therapy and "sparking" an interest for a number of students potentially interested in future careers in rehabilitation.



**Student Book Gifting Program** RHI was proud to implement this program with the 5<sup>th</sup> and 6<sup>th</sup> grade students and teachers at Jonathan Jennings Elementary School 109. Research suggests that students who read have increased success both inside and out of the classroom. The focus is to ensure that children, regardless of family income levels, have access to new books that can promote positive home literacy environments, children's attitudes toward reading, and early literacy skills. RHI purchased a total of 256 new, age appropriate books for the 82 students and 3 teachers that comprise the 5<sup>th</sup> and 6<sup>th</sup> grades at IPS School 109. These are books that they can

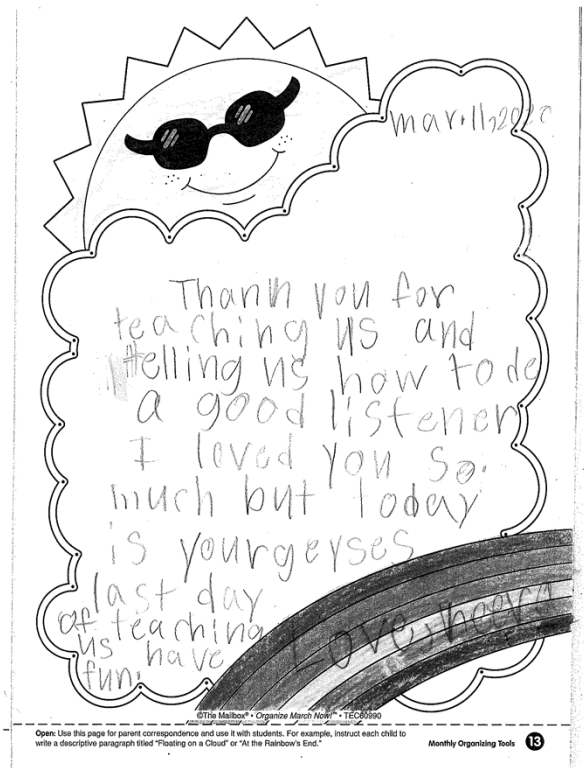
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call their own. Our hospital looks forward to continuing our support of the various reading and educational programs that facilitate academic achievement in Marion County.

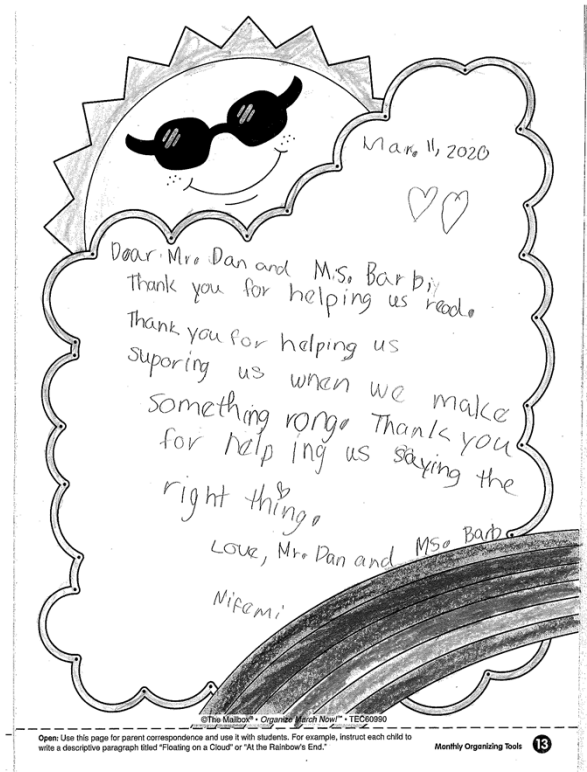


***“I hope you all truly grasp the impact you have had on our school community over the years because it is immense!”***

–Kevin McMahan Principal, Jonathan Jennings School #109



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**Attachments:**

**Version Number:** 6.0

**References/Citations:**

**Reviewed Dates:** 01/2016, 01/2017, 01/2018, 01/2019, 01/2020, 03/2021

**Revised Dates:** 01/2017, 01/2018, 01/2019, 01/2020, 02/2021

**Approvals:**

Community Benefits: 01/2016, 01/2017, 01/2018, 01/2019, 01/2020, 03/2021

**Signatures:**