



2016

ANNUAL REPORT

Introduction

As a local resource for the healthcare community, educators, and families, we strive to help improve the children's behavioral health system. We do this in partnership, collaborating, advocating, listening, and sharing results. We thank our volunteers for their guidance, leadership, and support.

OUR CURRENT BOARD OF DIRECTORS

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OUR MISSION

LOHF improves public health and wellbeing

in Lancaster County by focusing on two intersecting goals: **strengthening the capacity of the healthcare professionals, and improving children's behavioral health services.**

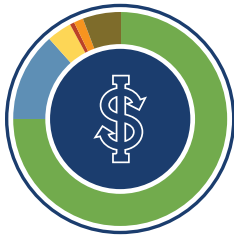


By the Numbers

We exist to provide a community benefit to Lancaster County from the proceeds of the sale of Community Hospital in 1999. These funds are invested to ensure their ongoing growth benefit to Lancaster County in accordance with our mission. We operate on 5 percent of the assets from a three-year rolling average of our endowment investments, plus the generous contributions of our donors. We allocate as much of these resources as possible to our programs.

Our financial goal is to grow the principal of our endowment for the community benefit to exist in perpetuity, so that when we accomplish our current goals, we can move on to tackling new community needs for the benefit of Lancaster County residents.

Revenue and Gains



TOTAL
\$433,191

● Investment Return, Net of Investment Fees	\$ 343,883
● Perpetual Trust Distribution	\$ 54,695
● Contributions	\$ 13,005
● Other Income	\$ 630
● Changes in Value of Split Interest Agreements	\$ (1,392)
● Asset Released from Restriction	\$ 22,370

Expenses



TOTAL
\$585,609

● Program	\$ 460,275
● General and Administration	\$ 109,666
● Fundraising	\$ 15,668

Net Assets

Change in net assets	\$ (149,117)
• Beginning	\$ 10,925,893
• Ending	\$ 10,776,776

Change in unrestricted net assets	\$ (152,418)
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Change in temporarily restricted net assets	\$ (4,121)
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• Contributions	\$ 18,249
• Assets released from restrictions	\$ (22,370)

Change in permanently restricted net assets	\$ (7,422)
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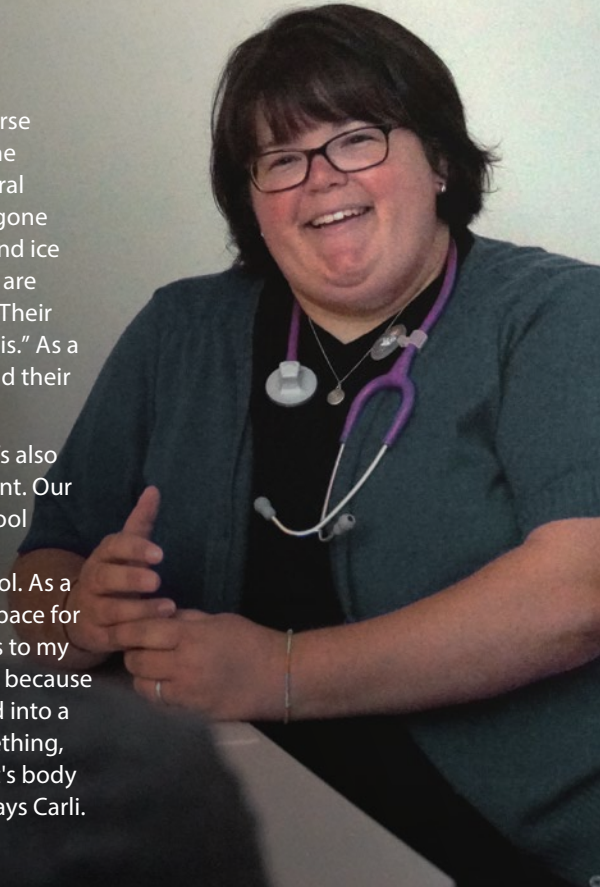
• Change in beneficial interest in perpetual trusts	\$ 7,422
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VOLUNTEER SPOTLIGHT

Meet Carli

Carli Youndt works as the certified school nurse at Warwick High School in Lititz, PA where she encounters students with profound behavioral health needs every day. As Carli says, "Long gone are the days of just handing out Band-Aids and ice packs from the nurse's office. Children today are overwhelmed and struggling with so much. Their ability to cope is challenged on a regular basis." As a school nurse, Carli is helping her students and their families improve their behavioral health.

But Carli has a long relationship with us. She's also a two-time LOHF nursing scholarship recipient. Our financial support helped Carli become a school nurse. Now she provides safety, support and guidance for students at Warwick High School. As a certified school nurse, Carli provides a safe space for students. "It could be through frequent visits to my office for an upset stomach, sleeping in class because of an inability to sleep at night, words carved into a student's forearm in an attempt to feel something, or wide eyes and a look of panic as a student's body craves the next hit of an illegal substance," says Carli.



2016 Highlights

APRIL

- Convened first NavWell Advisory Council with local and regional experts to inform, direct development.
- Supported children's behavioral health with \$58,300 in grant funds to CASA of Lancaster County, Coby's Family Services, Lancaster Public Library, and Samaritan Counseling Center's Teen Hope program.



MAY

- Hosted Continuing Medical Education training at Heart of Lancaster Regional Medical Center with Dr. Wenger on "nutrition and the metabolic malady."

JUNE, JULY, AUGUST

- Hosted Breakfast listening sessions with community stakeholders for feedback.

OUR GRANTS IN ACTION

Real People, Real Impact

“We are actually getting teens at-risk for depression, anxiety and/or suicide to have an immediate conversation with a mental health professional,” reported Samaritan Counseling Center’s Teen Hope screening and referral program. “Parents of at-risk students are having conversations with mental professionals about their child. Parents and teens are having conversations with each other about the teen’s mental health . . . There are teens who have now received treatment who would not have done so, if we had not provided the screenings and case management.”

Stories like this abound from programs supported by LOHF grants. Like this feedback from parents participating in COBYS Family Services Incredible Years Parent Intervention Program:

“This is an excellent course. I am learning so many powerful parenting tools and I am seeing changes in our home.”

“I love that we are not judgmental. We are using the skills we are learning.”

This is an excellent course. I am learning so many powerful parenting tools and I am seeing changes in our home.

AUGUST

- Hosted Continuing Medical Education training at Heart of Lancaster Regional Medical Center with Dr. Emily Pressley on “youth suicide prevention.”

SEPTEMBER

- Celebrated nursing in Lancaster County with annual Nurse Scholarship reception honoring 17 new 2016 nurse scholars with \$43,500 in scholarships and 11 continuing scholars with \$17,566 in scholarships.

OCTOBER

- Hosted Continuing Medical Education training at Heart of Lancaster Regional Medical Center with Dr. Adam Buickians & Dr. Lindsy DeArment on “How primary care and behavioral health can work together.”

NOVEMBER

- Supported children’s behavioral health with \$27,500 in grant funds to Phillhaven, United Way of Lancaster County, and Family First Health.

Achieving Great Outcomes

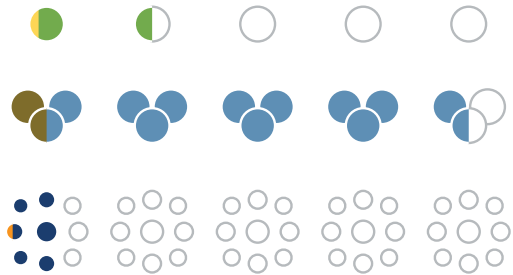
CHILDREN'S BEHAVIORAL HEALTH GRANTS PROGRAM

Each Children's Behavioral Health grant awarded impacted Lancaster County children, families, and community members in one or more of the following ways in 2016:

- Improved care coordination
- Strengths-based parenting education
- Embedded or integrated behavioral healthcare in primary care
- Family competency education
- Access to behavioral healthcare providers
- Expanded behavioral health screenings

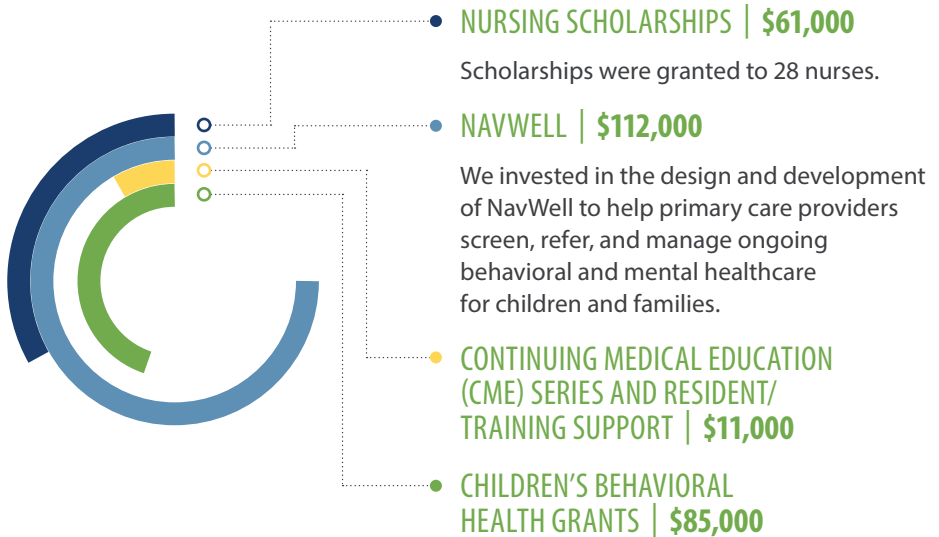
TARGET ESTIMATES*

- Helping 4,708 Children
- Helping 13,754 Family Members
- Helping 1,685 Community Members



SUBMITTED PROGRESS REPORTS**

- Helping 600 Children
- Helping 816 Family Members
- Helping 162 Community Members



* Estimations based on proposed outcomes in grants awarded; these numbers are unduplicated estimates

** Reported actual numbers from progress to date on grant activities; some grants are awarded but have not yet reported outcomes.

Community Support

We thank those who supported us in 2016 to improve children's behavioral health and strengthen the capacity of healthcare professionals in Lancaster County.

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(in memory of Janice Sexton,
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A. J. Skiptunas III, DO
Nicole Specht and
Ryan Witman
Kaitlin Specht
John and Susan Walker
Kathleen Witwer
Carli Youndt

SUPPORTING ORGANIZATIONS

United Way of Lancaster County, collective
impact grant in partnership with Let's Talk
Lancaster: Changing the Conversation about
Mental Health and Lancaster General Health/
Penn Medicine

Lancaster County School Nurses Association
for their support of school nurse scholars.

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