

# 2014 ANNUAL REPORT



Potomac Health Foundation



IMPROVING THE HEALTH OF THE COMMUNITY

# LETTER FROM BOARD

## POTOMAC HEALTH FOUNDATION BOARD OF DIRECTORS 2015

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Dear Friends:

In 1972, Potomac Hospital in Woodbridge, Virginia was opened as the result of the grassroots efforts of local concerned citizens who recognized that residents in our community did not have ready access to acute health care services. The motto of these local citizens while raising funds and support for the community hospital was, "A Life Is Reason Enough." Once the hospital was established, the services provided there were dictated by the needs of the community.

Potomac Hospital delivered care to the community until 2009 when a merger with Sentara Healthcare occurred. Following that merger, a new role evolved the Potomac Health Foundation. For the past six years, the Foundation Board of Directors has endeavored to maintain the legacy and spirit of Potomac Hospital's 40 years of service to the community. The Foundation has distributed over \$23 million in grant dollars in Eastern Prince William County, North Stafford and Southeastern Fairfax. The Foundation's grant making has been to those issues of greatest need to the community by focusing on access, prevention, and innovation.

As the Potomac Health Foundation reflects on the work of our first five years and plan for the next five, we are pleased to present our annual report which highlights the Foundation's investments in the many dedicated area agencies and programs working to improve the health of our community in 2014-2015.

Within these pages you will find snapshots of the grantee organizations whose tireless staff work every day to improve the health of the community because "A Life is Reason Enough." Whether keeping the children of the community healthy and active or providing families in need primary health care, the men and women working across the community to improve the health of your colleagues, sons and daughters, and neighbors are doing so with a compassion that suggests despite the years that have passed and changes that have come to the community since 1972, things have not changed that much after all.

Sincerely,

Marion M. Wall  
Chairman, Board of Directors

# ABOUT THE FOUNDATION & SERVICE AREA



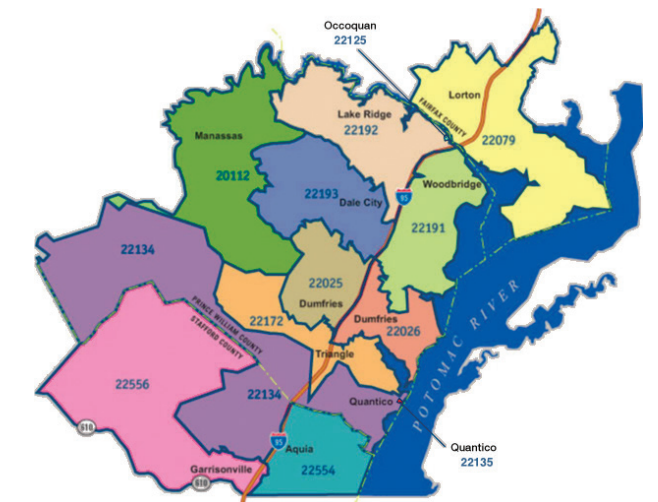
Potomac Health Foundation was established in 2009 as a result of the merger between Potomac Hospital and Sentara Healthcare, Inc. Potomac Hospital used proceeds from the merger to establish the Foundation. The Foundation started its grant making in 2011. The mission of the Foundation is to improve the health of the community by increasing access to primary health care for the medically underserved, reducing the incidence of preventable diseases, and supporting innovation around emerging health needs.

The Foundation makes grants to community health programs serving individuals in Eastern Prince William County, Virginia and adjacent communities in Southeastern Fairfax and North Stafford Counties. The community served by the Foundation is delineated by 13 zip codes and according to 2010 U.S. Census data, is comprised of more than 366,000 people. Needs assessments have indicated that within the region, there is significant unmet need and substantial room for improvement in health-related lifestyles, health status, and access to health services. In order to address these, the Foundation makes several types of grants.

**Howard L. Greenhouse Large Grant Program:** The signature grant program of the Foundation makes three-year project-based grants on an annual basis through an open Request for Proposals (RFP) process. The inaugural Large Grants were made in 2011. The Large Grants address a variety of health issues focusing on access, prevention, and innovation. Many projects initiated with funding by a Howard L. Greenhouse Large Grant have been sustained with other resources.

**Health Safety Net (HSN) Program:** The Health Safety Net program was started in 2014. Through this window, the Foundation grants awards to agencies making up the health safety net for the medically underserved in the community. This includes access to primary, dental, medication, mental health, vision or other health programs designed to increase access. These grants are made on an invitation only and annual basis and there is no limit to number of years funded.

**Management Assistance Program (MAP):** MAP grants are one year capacity-building grants to agencies that currently have a Large Grant award and are made by invitation only. The first MAP grants were made in 2014. This strategy was created to ensure that PHF investments in large grant programs could be sustained by grantees. The goal of MAP is to help grantees deliver the same or higher levels of care after graduating from PHF large grant funding by promoting agency and program sustainability.



## FOUNDATION STAFF

Susie Lee  
*Executive Director*  
Timothy McCue  
*Director of Grant Programs*  
Donna Saunders  
*Administrative Assistant*



# FEATURED GRANTEES



## ACCESS

### Prince William Area Free Clinic

The Foundation is committed to ensuring access to primary health care services for community members who have difficulty doing so because of cost and insurance barriers. The Foundation addresses much of this need through its Health Safety Net (HSN) grants. HSN grants fund general operating support for agencies who provide much needed health care services for medically underserved. One of those agencies is the Prince William Area Free Clinic, located in Woodbridge, Virginia. The Free Clinic serves uninsured residents of Prince William County who earn 125% or below of state poverty guidelines. The Clinic provides a permanent patient-centered medical home to residents of Prince William County. Services are free of charge to clients and include diagnostic studies, specialty care and referrals, dental care, mental health services, case management, patient education, medication access, and preventive care. In 2014, the Clinic had more than 17,000 patient visits. The Clinic managed these patient visits while maintaining high quality of care, decreasing wait times, and accommodating an increased number of walk in clients over previous years. Many of the patients who have made the Free Clinic their medical home have stopped using the emergency room as their primary source of care and have also taken advantage of extended Free Clinic hours, enabling them to schedule visits as not to miss days of work and earned pay.

HEALTH SAFETY NET SERVICES  
ENSURE THAT THE MOST VULNERABLE  
MEMBERS OF OUR COMMUNITY DO  
NOT GET LEFT BEHIND AND ARE ABLE  
TO GET THE CARE THEY NEED

## PREVENTION

### Prince William Soccer Courage Fun

In order to address the increasing issues around obesity and related health conditions such as Type II diabetes in young people in the community, the Foundation made a grant to the Prince William Soccer Courage F.U.N. program. The Courage F.U.N. program is a preventative program, tackling issues of obesity and Type II diabetes before they occur. The program meets children where they are as it takes place after school at Title I area elementary schools where a high percentage of students are in poverty. Students at these schools from ages eight to ten are invited to participate. In collaboration with school officials, trained coaches engage the students in physical activity through various soccer skills three days a week. Also on a weekly basis, kids learn lessons about nutrition and healthy lifestyles. The program is based on an evidence-based curriculum issued by the U.S. Soccer Foundation and replicated across the country. In our community, the program has had great success. Over the course of the first year of the program, 90% of the participating youth maintained or decreased their body mass index, 70% maintained or decreased their waist circumference and 90% increased or maintained their aerobic capacity. As a result of the program, students exhibited greater confidence in themselves and have also been moving to engage their families at home by sharing information about healthy lifestyles and nutrition.

OUR YOUTH FACE INCREASING  
CHALLENGES WITH OBESITY AND  
MENTAL HEALTH ISSUES

## INNOVATION

### The House, Inc. EmpowerMent Center

According to the Centers for Disease Control and Prevention, up to one in five children experience a mental disorder in a given year. The Foundation has made several grants to address youth mental health issues in the community. One of these grants was to The House Inc., Student Leadership Center. The House, Inc. is based in Woodbridge, VA and provides innovative out-of-school time programs for pre-teens and teens. Their program, the EmpowerMent Center, received a Howard L. Greenhouse Large Grant Program grant in 2014. With grant support, the EmpowerMent Center offered a full continuum of mental health services to underserved youth in Woodbridge, Dale City, Dumfries, Triangle, Manassas, Lake Ridge, and Lorton. The program empowers youth to take charge of their mental health and emotional well being. The EmpowerMent Center promotes positive social and emotional development and intervenes early with students who have or are at risk of developing mental health problems. It also intervenes directly with students with more serious mental health disorders. In 2014-2015, the program reached over 450 students and of the students participating, 76% showed increased self-esteem and decreased aggression and self-inflicted wounds. The students participating in the EmpowerMent Center gained coping mechanisms and confidence to make strides in handling their challenges.



## CONTACT INFORMATION

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# LIST OF GRANTS

## GRANTS AWARDED IN 2014

HEALTH SAFETY NET GRANTS (1/1/2014-12/31/2014)		GRANT AMOUNT
Greater Prince William Community Health Center	Integrated and Coordinated Health Care Home	\$150,000.00
Lloyd F. Moss Free Clinic	General Operating Funds	\$150,000.00
NOVA ScriptsCentral, Inc.	Improving Health Access in Prince William, Stafford and Lorton: Prescription Medications for the Low-income Uninsured	\$200,000.00
Pediatric Primary Care Project	Kids Connect	\$35,000.00
Rx Partnership	Medication Access for the Uninsured	\$25,000.00
Sentara Northern Virginia Medical Center	Family Health Connection Mobile Clinic	\$150,000.00
Manassas Midwifery	Improving Birth and Early Childhood Outcomes through Centering Health Care	\$25,000.00
National Capital Poison Center	Poison Control Services to Foundation's Service Area	\$165,000.00
Prince William Area Free Clinic	Prince William Area Free Clinic Unified Health Center	\$134,919.00
<b>SUBTOTAL</b>		<b>\$1,034,919.00</b>

## MANAGEMENT ASSISTANCE PROGRAM (MAP) GRANTS (1/1/2014 - 12/31/2014)

Action in Community Through Service	ACTS Helpline Assistance and Outreach Project	\$20,000.00
Action in Community Through Service	ACTS Medical Caregivers Training Program	\$20,000.00
Brain Injury Services	An Innovative Approach to Neurobehavioral Treatment for Brain Injury in Eastern Prince William County	\$21,300.00
Employment Solutions for Deaf and Hard of Hearing	Providing Access to Healthcare for the Deaf Community (PAH!)	\$25,000.00
Prince William Health Partnership	HEAL (Healthy Eating and Active Living) Sustainability and Expansion Program	\$23,000.00
The House, Inc. Student Leadership Center	Fitting In	\$12,000.00
<b>SUBTOTAL</b>		<b>\$121,300.00</b>

## HOWARD L. GREENHOUSE LARGE GRANTS YEAR 1 (7/1/2014 - 6/30/2015)

American Heart Association	CPR Anytime	\$50,400.00
ASPIRA Association, Inc.	Promoting Health and Wellness by Empowering Latino Youth and Community	\$90,341.50
Northern Virginia Family Service	Prince William HealthLink	\$69,827.00
Prince William County Public Schools	Coordinated Mental Health Support for At-Risk Youth	\$86,236.00
Prince William Soccer Inc.	The Courage F.U.N. Project	\$25,777.00
The Arc of Greater Prince William/INSIGHT, Inc.	Medical Case Management	\$68,000.00
Virginia Foundation for Community College Education	Potomac Health Foundation Fellows Program	\$125,000.00
<b>SUBTOTAL</b>		<b>\$515,581.50</b>

HOWARD L. GREENHOUSE LARGE GRANTS YEAR 2 (7/1/2014 - 6/30/2015)		GRANT AMOUNT
Gang Response Intervention Team	Gang Prevention and Intervention Health Support Services	n/a
Medical Care for Children Partnership Foundation	MCCP Foundation Project Pearly Whites-Lorton	\$42,007.00
Nueva Vida, Inc	Reducing fragmentation and improving continuity of care across the best cancer continuum	\$91,076.00
Prince William County Public Schools	Human Trafficking Prevention, Identification, and Referral	\$78,713.00
Prince William Health District	BEAT Cancer Breast Education Awareness & Treatment	\$60,779.00
Rappahannock Area Agency on Aging	The RAA Aquia Garrisonville Healthcare Project	\$30,000.00
Streetlight Community Outreach Ministries	Permanent Supported Housing & Respite Care for Medically Fragile Homeless Adults	\$49,990.00
<b>SUBTOTAL</b>		<b>\$352,565.00</b>

## HOWARD L. GREENHOUSE LARGE GRANTS YEAR 3 (7/1/2014-6/30/2015)

Action in Community Through Service	ACTS Supportive After Care Wellness Program	n/a
Change in Action Inc.	Behavioral Management for Healthy Relationships	\$181,813.00
Greater Prince William Community Health Center	Expanding Access to Dental Services in Prince William County	\$70,510.00
Medical Care for Children Partnership Foundation	Medical Care for Children Partnership Foundation	\$42,007.00
Potomac and Rappahannock Transportation Commission	Transportation Voucher Program to facilitate access to health care needs	\$401,701.00
Prince William County Dept of Social Services	Case Coordinator for Health and Supporting Services: Access for the most vulnerable homeless adults	\$29,990.00
Prince William County Public Schools	Prince William County School of Practical Nursing	\$31,500.00
Project Mend-A-House, Inc.	Preventing Falls for Seniors and Persons with Disabilities	\$85,000.00
Sentara Northern Virginia Medical Center	Family Health Connection Outreach Worker	\$25,367.00
Sentara Northern Virginia Medical Center	Hispanic Diabetes Outreach Program	\$60,646.00
Sentara Northern Virginia Medical Center	Sentara Potomac Women's Health Mammovan	\$360,461.00
The House, Inc. Student Leadership Center	The House, Inc.'s EmpowerMENT Center	\$159,000.00
Youth for Tomorrow	YFT Diagnostic and Assessment Center	\$213,124.00
<b>SUBTOTAL</b>		<b>\$1,661,119.00</b>
<b>TOTAL</b>		<b>\$3,685,484.50</b>

# STATEMENTS OF FINANCIAL POSITION & ACTIVITIES

OCTOBER 31, 2014 AND 2013

## FINANCIAL POSITION

### ASSETS

Current Assets	2014	2013
Cash and cash equivalents	\$ 337,890	\$ 247,722
Interest receivable	31,648	54,843
Settlement receivable current	97,168	101,650
Prepaid expenses	6,417	25,548
Federal excise tax overpayment applied	16,994	
Total non-current assets	490,117	429,763
<b>Non-Current Assets</b>		
Settlement receivable	350,199	431,166
Investments	102,569,934	100,443,660
Property and equipment, net of accumulated depreciation of \$23,014 and \$17,070	10,549	16,493
Total non-current assets	102,930,682	100,891,319
<b>TOTAL ASSETS</b>	<b>\$ 103,420,799</b>	<b>\$ 101,321,082</b>

### LIABILITIES AND NET ASSETS

Current Liabilities	2014	2013
Accounts payable	\$ 130,098	\$ 117,848
Due to related parties	10,621	13,769
Grants payable	1,391,995	987,370
Federal excise tax payable		5,008
Total current liabilities	1,532,714	1,123,995

### Other Liabilities

Deferred federal excise taxes	102,977	94,566
Total current liabilities	1,635,691	1,218,561

### Net Assets

Unrestricted net assets	101,785,108	100,102,521
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$ 103,420,799</b>	<b>\$ 101,321,082</b>

## ACTIVITIES

Revenue and Support	2014	2013
Investment income, net	\$ 6,958,086	\$ 10,439,684
Public support	100	
Total revenue and support	6,958,186	10,439,684

### Expenses

Program expense	4,986,436	2,150,416
Management and administrative	289,163	323,573
Total expenses	5,275,599	2,473,989

<b>Changes in Net Assets</b>	<b>1,682,587</b>	<b>7,965,695</b>
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<b>Unrestricted Net Assets, beginning of year</b>	<b>100,102,521</b>	<b>92,136,826</b>
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<b>Unrestricted Net Assets, end of year</b>	<b>\$ 101,785,108</b>	<b>\$ 100,102,521</b>
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