

# Inspire Community



## Intro By Michelle Miller

Last year we continued efforts to inspire both our internal and external Carson Tahoe Health communities. With the ongoing pandemic, local fire disasters, and a multitude of other geographical and industrial challenges, CTH nevertheless remained committed to a balanced approach while making a positive impact. Equity, inclusion, and diversity remain intertwined with our mission in order to support the ever-changing needs of those in our community, as we continue to be inspired by the calling to serve the place that we call home.

## The Gift Of Giving

**P**From Angelina Craig, Director of Philanthropy—Our mission is to enhance the health and well-being of the communities we serve. While our incredible staff and resources work daily toward accomplishing this, it cannot be done through the hospital alone. We serve a population of more than 250,000 people spread out over 18,000 square miles—that's at least 93 trips around Lake Tahoe!

As a not-for-profit healthcare organization, Carson Tahoe Health relies on community members, local businesses, and partners to help us accomplish our mission.



The advancements in the care we were able to provide in 2021 are largely due to the generous support of our community members and their families. Thanks to everyone who made healthcare happen last year by donating to your favorite service line through CTH Center for Philanthropy.

Your donations meant something, from supporting the Cancer Resource Center to Behavioral Health Services and so much more. The regional community stepped up in significant ways in 2021, especially through two major initiatives, the first of which was our *Sponsor A Caregiver's Enviro N95* fundraiser that provided reusable and comfortable masks (along with two months' worth of filters) for our frontline workers amid the COVID-19 pandemic. In total, Carson Tahoe Health raised \$85,850 (117% of our goal), helping provide more than 1,100 masks to our staff. The feedback from staff was overwhelming.

*"I love it! It's wonderful and seals so tightly you can actually read and wear your glasses with zero fog."*

*—CTH Emergency Department Team Member, Kayleen*

The second initiative went beyond physical support, providing our staff with access to the *Calm* app, a digital platform that offers a full suite of resources to help mental and emotional well-being. From guided meditations to breathing exercises, this gift could not have come at a better time, especially following a tumultuous 2020 for healthcare employees. In total, more than \$20,300 was raised to sponsor our *Calm* for Caregivers initiative.

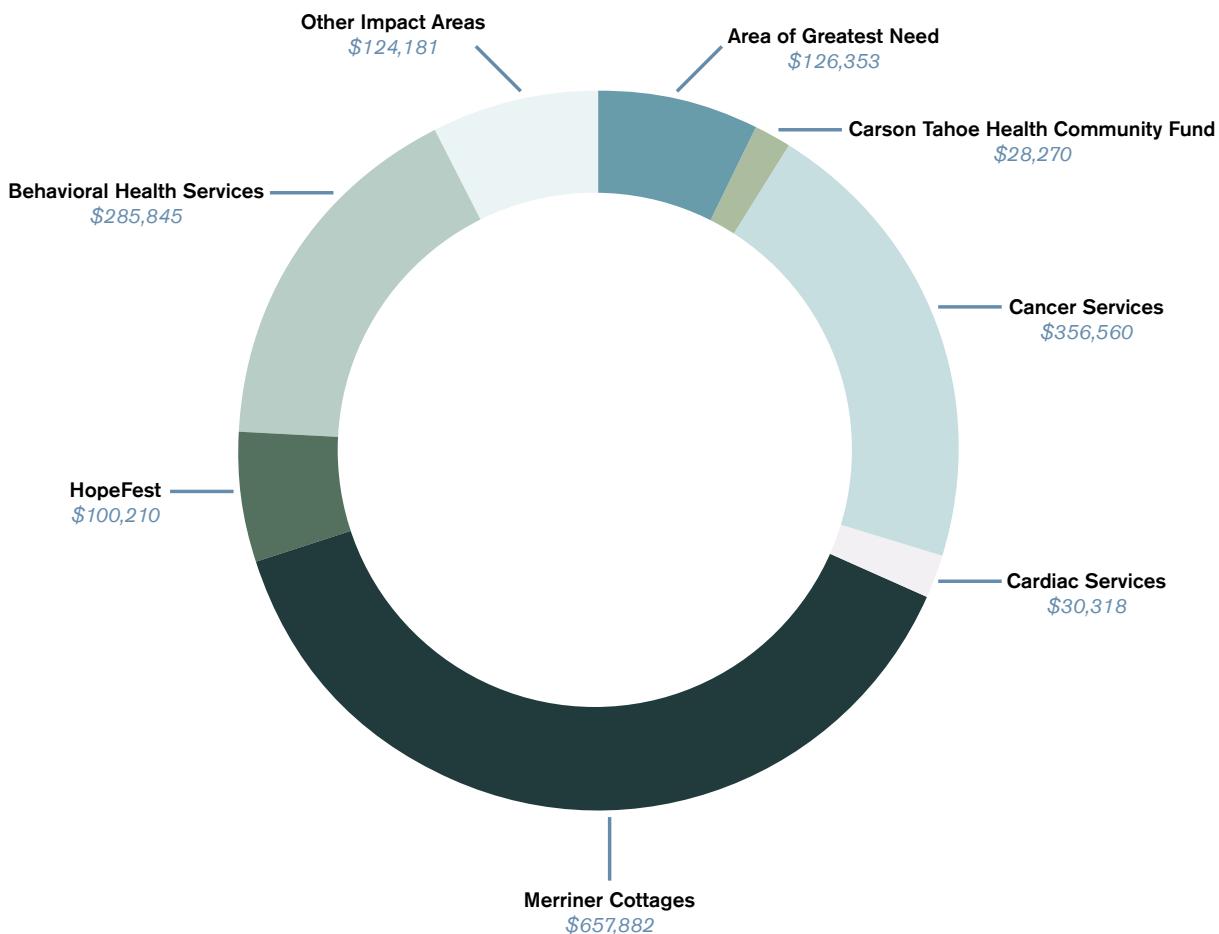


CTH's largest appeal in 2021 was for the Merriner Cottage Refurbishment. Once again, our community did not let our neighbors facing cancer down. Over the last several years, donations, grants, and HopeFest contributed over \$1,026,898 to the refurbishment of our region's ONLY no-cost lodging for patients facing cancer. The refurbishment is expected to be complete in 2022. CTH sends a BIG thank you to all supporters, including the William N. Pennington Foundation, for their generous \$543,898 grant.

In our small healthcare system, every dollar truly matters. Thank you for investing in the health and well-being of our

staff, helping make our community even stronger.

## Where You Gave In 2021: Total Contributions \$1,709,619



**Center for Philanthropy Team**

Angelina Craig, *Director*

Jordan Smoczyk, *Philanthropy Specialist*

**Center for Philanthropy Council**

Alan Garrett, *President and CEO Carson Tahoe Health*

Bob Sewell, *Chair*

Angelina Craig, *Director*

Pamela Litka

James Manning

Nicola Neilon

Bepsy Strasburg

Dr. Ryanne Walther

## Improving Access To Mental Healthcare & Expanding Crisis Care



around mental health awareness and suicide.

"Our primary goal for these programs is to improve access to mental and behavioral healthcare for individuals in our community who struggle to find resources," said Christina Sapien, LCSW, Director of Behavioral Health Services for Carson Tahoe Health. "Thanks to this donation, we were able to ensure that transportation is not a barrier to care. Our teams were able to bring patients to and from treatment, group sessions, and other appointments, while also supporting individuals through our community outreach education programs. We are immensely grateful to the Robert Z. Hawkins Foundation for championing community health through this gift."

A 501 (c) (3) private, not-for-profit healthcare system, Carson Tahoe Health includes Behavioral Health Services, the mental health division of the health system and the Mallory Behavioral Health Crisis Center, the region's only 24-hour mental health crisis facility. Additionally, CTH has two innovative behavioral health outreach programs (ACT and FEP), which focus on providing individuals in crisis the care they need through community-based treatment. This treatment keeps individuals connected to services and other treatments in their community, but transportation can still be a barrier for many. Through the Robert Z. Hawkins Foundation donation, trained staff will now assist these individuals in accessing crucial mental health resources.

Undoubtedly, the COVID-19 pandemic both highlighted and exacerbated the need for additional mental health resources in the community and schools. As a result, CTH has also used the vehicle for its community mental health education program, which provides suicide-risk assessments in local schools to support these populations.

"In 2019, roughly 32 percent of our served population showed symptoms of chronic depression, a number that, like the need for suicide risk assessments in schools, has only gone up due to the pandemic," said Jacob Ricks, Behavioral Health Services Nurse Manager. "This donated vehicle has provided our team with reliable transportation, regardless of distance, to assist students in elementary, middle, and high schools across the region."

When the vehicle is not used to transport patients to appointments, it is utilized for community mental health education programs and local school suicide-risk assessments. The vehicle ensures that patients in various CTH behavioral health programs can access the care and resources needed to avoid potential mental health crises. To learn more about Carson Tahoe Health's behavioral health services, visit [CarsonTahoe.com/BHS](http://CarsonTahoe.com/BHS).

## Community Partnership Fund, Year In Review

The Carson Tahoe Health Community Partnership Fund was established in 2019 as an extension of Carson Tahoe Health's mission. Utilizing the strengths and diversity of our neighbors, it provides funding and assistance to improve the health and well-being of the underserved and vulnerable in CTH's service area. Through the Fund, CTH seeks to advance health equity, a state where everyone has the opportunity to live their healthiest life.

In 2021, the fund supported 17 local organizations, including four with multi-year commitments, to help build capacity, with support disbursed across Carson City, Douglas, and Lyon county organizations. The resulting partnerships provided much-needed immediate assistance at a time when our community was experiencing significant physical, mental, financial, and economic strain as a result of the ongoing pandemic. From meals for chronically hungry youth through local non-profit Food for Thought to First Aid Stations at the Boys & Girls Clubs of Western Nevada, we addressed diverse needs in partnership with local organizations. Needs addressed include access to healthcare, access to safe and healthy spaces to recreate and play, housing for vulnerable populations, and support for seniors and veterans.

In addition to immediate assistance, the partnerships created a foundation for a more resilient community into the future by investing in and strengthening existing infrastructures, leveraging community strengths and funding sources, and creating linkages between clinical services and community health improvement activities. Nevada Rural Counties' RSVP program, the expansion of Nevada Urban Indians' Carson City Wellness Clinic, and The Nature Conservancy's docent program at the River Fork Ranch in Genoa are all CTH Community Fund-supported projects to look out for in 2022!

For more information on the Community Partnership Fund, visit [CarsonTahoe.com/Community](http://CarsonTahoe.com/Community).

### Organizations supported in 2021 by need addressed:

#### *Access to Healthcare*

- Kids & Horses
- Nevada Urban Indians
- Eagle Valley Children's Home
- Make-A-Wish of Northern Nevada

#### *Access to Behavioral Health Services*

- Ron Wood Family Resource Center

#### *Senior Services*

- Nevada Rural Counties RSVP

#### *Food security for youth, seniors, and families*

- The Greenhouse Project
- Food for Thought
- Salvation Army Turkey Drive



#### *Housing for Vulnerable Populations*

- Spirit of Hope

#### *Environmental Preservation*

- The Nature Conservancy (River Fork Ranch, Genoa)

#### *Access to Education*

- Boys & Girls Club of Western Nevada
- Carson City School Foundation

#### *Sports & Recreation for All*

- AYSO Carson City
- Carson City Parks & Recreation
- Boys & Girls Club of Mason Valley
- Carson High School