



**Annual Report
2007-2008**

*A sponsored ministry
of the Congregation
of St. Joseph.*

**Sisters of St. Joseph
Health and Wellness
Foundation**

**Partnering with others to address the
health needs of West Virginia's children.**

OUR MISSION

The mission of the Sisters of Saint Joseph Health and Wellness Foundation is to improve and enhance the spiritual, physical and psychological health of all West Virginians by making resources available that promote and support collaboration and partnering among various local, state, national and government groups.

OBESITY IN SCHOOL-AGE CHILDREN



The number of overweight children in West Virginia is on the rise. Obesity can adversely affect many facets of children's lives including their physical and mental health. Children who are obese are often teased and made fun of, directly impacting their self-esteem, academic performance, and ability to socially interact with their

peers. Unfortunately, studies report these impacts typically carry on to adulthood resulting in life-long mental and physical health problems.

According to the Centers for Disease Control, overweight youth have more risk factors for heart disease, including high cholesterol, high blood pressure, and abnormal glucose tolerance. Children need access to programs that promote good health through proper nutrition and daily physical exercise. In West Virginia, access to such programs is impacted by: income, health insurance status, geographical accessibility, lack of dietitians, exercise physiologists and health educators, among others.

The Sisters of St. Joseph Health and Wellness Foundation was formed in 2001 with the intention of investing in specific projects with the most promise to impact the long-term health of West Virginia's children. The School-Based Health Initiative is a primary focus of the Foundation with funding committed to this issue through 2012. School-Based Health Centers are primary care clinics that provide preventative and primary care services, counseling, health education and dental services to children and adolescents where they spend much of the day – in school.

In five of West Virginia's School-Based Health Centers, a dietician or nutritionist is on staff to help children understand the importance of nutrition-related issues such as making healthy food choices and recognizing appropriate portion sizes. At the Lincoln County School-Based Health Center, an exercise physiologist is available to help children understand the benefits of regular physical exercise and identify physical activities they enjoy.

PROFILE: RIVERSIDE HEALTH CENTER AND CABIN CREEK HEALTH SYSTEM



In conjunction with Marshall University, students at Riverside High School have a state-of-the-art health management tool right at their fingertips - via touch screen. The program is called 5-2-1 Almost None and is one of several programs implemented by Riverside's school-based health center to help students understand the importance of healthful eating and being active.

“With the Sisters of St. Joseph Health and Wellness Foundation, and in conjunction with Marshall University, we are using the 5-2-1 Almost None program,” Mary Grandon, PA-C, said. “The program encourages students to eat five fruits or vegetables, watch two hours or less of screen time, participate in one hour of physical activity and consume almost no sugary drinks or snacks – per day.”

The program asks questions about students' daily health and lifestyle habits such as how many fruits and vegetables they eat per day and how often they exercise.

“The program creates a summary of their nutritional and physical activities,” Grandon said. “Items highlighted in red fall outside of the guidelines for eating healthy and being healthy. The program asks if they are interested in changing any of these habits. If they are interested, they can create an action plan, all on the touch-screen.”

“This gives kids the opportunity to do self-care management, instead of us saying ‘this is what you need to do’,” she said. “They can pick and choose which area they want to work on.” A student may choose to eat more vegetables one week. The next week they may try to reduce the amount of time they spend on the computer. It's up to them.

“My passion is school-based health. I've always thought the best place to help kids is where they are most of the day.”

- Mary Grandon PA-C

Students have access to an incentive point system that rewards them for taking part in healthy habits called the Warriors on Wellness Program.

“Each month we pick a health topic,” Grandon said. “If students get their immunizations they earn points. If they participate in a smoking cessation program they earn points. It depends on how healthy they want to get.” The students redeem their points for prizes.

Grandon and her staff also implemented the Healthy Warrior Program, a nine-week program geared toward nutrition and exercise. An exercise physiologist and dietician worked with the kids weekly for nine weeks, and parents were invited, too. Participants were identified when they were at-risk to be overweight. “We worked with kids who normally felt self-conscious exercising in big groups. We put them in a small group, and they kind of took ownership of the group.” A behaviorist helped them identify barriers to the goals they had set for themselves. “It was a really good program, and the kids really enjoyed it.”

Students will soon have access to a fitness center and health educator. “We are telling the kids they need to be more physically active, so we need to show them how to do it,” Grandon said. Funded in part by the Sisters of St. Joseph Health and Wellness Foundation and the community, the fitness center features Wii Fit, Zumba, the Total Gym, treadmills and a recumbent exercise bike.

The programs available through the school-based health center are helping to change lives. “My passion is school-based health,” Grandon said. “I've always thought the best place to help kids is where they are most of the day. If you are here with them they can get their needs met, whatever those might be.”

PROFILE: PANTHER CENTER FOR HEALTH & LINCOLN PRIMARY CARE CENTER



With the construction of a new high school in Lincoln County, the community was presented a unique opportunity to offer its students a state-of-the-art health care package. Built about three years ago, Lincoln County High School is a 21st Century School, infusing 21st century skills into the classroom as evidenced by its Smart Boards, science labs, and its new school-based health center.

“The Sisters of St. Joseph Health and Wellness Foundation pledged funding to help construct the new school-based health center,” Brian Crist, MSW, and CEO of Lincoln Primary Care Center, said. “The Sisters’ generous commitment gave our board the leverage to secure funding to help build the center. It was the Sisters who really got this started for us, and it’s worked out great.”

The Panther Center for Health occupies 1500 square feet of space and offers services to nearly 900 students. It features three exam rooms and a restroom with a shower. The center also uses an electronic health records system.

“If a student is seen at the school-based health center and then is seen by someone at our main site, the electronic system blends it all together allowing us to start tracking (the student’s) overall health. This is especially helpful in the case of childhood diabetes and other illnesses. It helps us better track outcomes,” Crist said.

A T1 line was built in allowing the center to provide TeleHealth services. “We can do nutritional and psychological consultations, all without leaving the building,” he said. This saves time and money by eliminating the need to travel.

At the school-based health center, Crist explained that they focus on immunizations, prevention, education and health fairs. “We want to help the kids stay healthy and help them stay in school,” he said. “Unfortunately a lot of our students don’t have easy access to health care. For some this may be the only means.”

One Monday, a student who appeared lethargic in class was sent to the school-based health center because the teacher thought he was tired. “It turns out the student hadn’t eaten since he had lunch at school on Friday,” Crist said. “So he had not eaten all weekend. Thank goodness we were there to help identify that and do the necessary things.”

In conjunction with the Wellness Center at Lincoln Primary Care Center, Crist and his staff operate after-school programs. The students have access to aerobic videos, junior kickboxing and Wii Fit at the Wellness Center. They can participate in educational programs teaching them how to make healthy meals and snacks and how to identify healthy portion sizes.

“Unfortunately, a lot of our students don’t have easy access to health care. For some this may be the only means.”

- Brian Crist, MSW, CEO, Lincoln Primary Care Center

“So you tie in keeping them in school with: access to care, access to prevention, immunizations, flu shots, screenings, physicals, obesity programs, asthma care, dieticians, diabetic educators and the exercise physiologist,” Crist said. “You have all those components wrapped into a whole package. It’s a package of care. If you put your arms around that you have a system of care that makes the students healthier and makes them more productive.”



SISTERS OF ST. JOSEPH HEALTH & WELLNESS FOUNDATION, INC.
STATEMENT OF FINANCIAL POSITION
JUNE 30, 2008

ASSETS

Current assets

Cash and cash equivalents	\$46,734
Accrued interest receivable	750
Total current assets	\$47,484

Property and equipment

Furniture and fixtures	\$3,980
Less: accumulated depreciation	798
Total property and equipment	\$3,182

Other assets

Investments, at fair market value	\$20,507,917
Notes receivable	100,000
Total other assets	\$20,607,917

TOTAL ASSETS **\$20,658,583**

LIABILITIES AND NET ASSETS

Current liabilities

None

Net assets

Unrestricted	\$20,658,583
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TOTAL LIABILITIES AND NET ASSETS **\$20,658,583**

SISTERS OF ST. JOSEPH
HEALTH AND WELLNESS FOUNDATION

FY 2007-2008 GRANT HISTORY

Since its creation in 2001, the Sisters of Saint Joseph Health and Wellness Foundation has awarded over \$5 million in grants. In fiscal year 2007-2008, the Foundation approved approximately \$1,012,420 for grant and discretionary funding for the following selected projects:

Cabin Creek Health Center
\$45,000.00

This second year renewal grant supports school-based mental health services at Riverside High School in Kanawha County by subsidizing the salary and benefits of a mental health counselor, travel, equipment and supervisory costs.

Cabin Creek Health Systems
\$5,000.00

This second year grant enables Cabin Creek Health Systems to work with Marshall University Technical Assistance Staff to develop and test models for the management of overweight children and adolescents at Riverside High School in Kanawha County.

Camden on Gauley Medical Center, Inc.
\$70,000.00

This first year grant enables Camden on Gauley Medical Center, Inc. to initiate a School-Based Health Center at Webster County High School in Webster County.

Center for Rural Health Development, Inc.
- West Virginia School-Based Health Center
Practice Improvement Project
\$28,648.00

This second year grant improves the billing/ collection policies/procedures used by School-Based Health Centers. Work on the project focuses on two/three SBHC-systems and will be done in collaboration with those working with the NASBHC project.

Clay Primary Care Systems, Inc.
\$5,000.00

This third year grant enables Clay Primary Care Systems to work with Marshall University Technical Assistance Staff to develop and test models for the management of overweight children and adolescents at Clay Elementary School.

E.A. Hawes Health Center
\$57,000.00

This second year renewal grant provides support to maintain school-based mental health services by funding therapist and social worker positions in the East Hardy school complex and in the Moorefield Elementary, Middle, and High Schools.

Just For Kids, Inc.
\$18,760.00

This grant provides funding to expand services at the two Child Advocacy Centers maintained by Just For Kids, Inc.

Marion County CAC
\$50,000.00

This grant provides funding to expand services at Child Advocacy Center in Marion County, WV.

Marshall University - University Physicians & Surgeons
\$92,580.00

This third year renewal grant supports the Technical Assistance and Evaluation Unit of the Family and Community Health Center of the Joan C. Edwards School of Medicine in order to expand its capacity to evaluate, assist, and guide West Virginia's school based health centers. The grant enables the Technical Assistance Unit to provide service to those school based health centers which have initiated mental health services.

Monongalia County Child Advocacy Center
\$42,500.00

This second year grant provides funding for the continued development of the Monongalia County Child Advocacy Center.

New River Health Association
\$30,360.00

This third year renewal grant supports the school-based mental health wellness and education program in the elementary, middle and high schools of Mt. Hope, WV; by subsidizing the salary and benefits of a mental health educator/case manager, travel, equipment and training costs.

New River Health Association
\$5,000.00

This third year grant enables New River Health Association to work with Marshall University Technical Assistance Staff to develop and test models for the management of overweight children and adolescents at Mt. Hope Elementary School.

Pendleton Community Care
\$45,125.00

This third year grant supports a school based mental health program at Pendleton Community Care; by subsidizing the salary and benefits of a mental health counselor, travel, equipment and supervisory costs.

Pendleton Community Care
\$47,500.00

This second year grant provides support for a mental health educator to develop and implement programming that intervenes at developmental risk points to prevent the complications that develop into acute and chronic mental health problems.

Rainelle Medical Center
\$51,395.00

This second year grant subsidized the salary and benefits of a full-time School-Based Health Counselor for Greenbrier West High School.



Rainelle Medical Center

\$9,025.00

This third year grant supports the mental health capacity at the Rainelle Medical Center's School Based Health Center; by subsidizing the salary of the mental health counselor, the cost of training, and the purchase of additional equipment and supplies.

Ritchie County Primary Care

\$40,375.00

This second year grant supports a school-based mental health program in Ritchie County; by subsidizing the salary and benefits of a mental health counselor, travel, equipment and supervisory costs.

Ritchie Co. Primary Care Association

\$40,000.00

This grant provides funding to renovate/expand space for the School-Based Health Center in Jefferson Elementary Center in Wood County.

Tug River Health Association, Inc.

\$50,000.00

This third year grant provides financial assistance for continued development of school-based health center at Mount View Middle/High School in McDowell County.

The West Virginia Catholic Foundation

\$149,152.07

This third year grant provides school-based health services for Wheeling Catholic Elementary School and Weirton St. Paul Elementary School.

Wirt County Health Services Association, Inc.

\$50,000.00

This grant funds the purchase of a double-wide trailer for use for school-based health services for Wirt County Schools.

WV Primary Care Association, Inc.

\$80,000.00 /year for 3 years

This second year renewal grant strengthens the WV School-Based Assembly Infrastructure by funding the Co-Executive Director position. Major strategies of mission expansion, partnership development at the federal and state levels, policy advocacy, communication, awareness strategies, and organizational development will hopefully result in the successful advancement of the WV School-Based Initiative.



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*A sponsored ministry of
the Sisters of St. Joseph of
Wheeling, West Virginia*

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