



2018 Community Benefit Annual Report

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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.

“Positively Impacting Our Community”

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

Access to Healthcare

- On Tuesday, June 12th, RHI partnered with a number of local hospitals and health care organizations to co-sponsor the **fourth annual “Strike Out Stroke” event** at Victory Field. The focus of this event was to educate the public about the prevalence and symptoms of stroke and send the message that quick action in the event of a suspected stroke can save lives. Volunteer efforts included distributing promotional giveaways and providing stroke education information to over 6,000 attendees prior to the game. Additionally, 40 free blood pressure screenings were provided. As an added bonus, current RHI outpatient Bill Dynes was nominated as one of the stroke survivors to participate in this year’s event. He was selected to ring the Victory Bell and did an excellent job doing so following the Indians big win.



- RHI offers **free monthly support groups** related to **stroke** and **brain injury**, providing education, training and coping skills to over 300 survivors and caregivers. Additionally, these programs help to decrease social isolation and increase support in the community.

Nutrition and Healthy Weight

- On Thursday, May 31st, RHI team members volunteered at Arsenal Tech High School as we partnered with IU Health to provide 46 **free sports physicals for IPS students** from local schools. Volunteer activities included screening for vision and measuring the height, weight and blood pressure of student athletes. Because of these collaborative efforts, we have helped a large number of Marion County high school students stay active by passing their physicals that will allow them to participate in sports activities.



- **RHI Sports' Annual Water Ski Clinic** is a two day program held at Morse Reservoir. This clinic provides individuals with physical disabilities the opportunity to participate in the thrilling sport of water skiing, helping to increase the participant's overall physical fitness and self-confidence while decreasing feelings of isolation and helplessness. This year's two day event served 25 community individuals with physical disabilities.



- **RHI Sports Community Fitness Program** occurs twice weekly 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. With 682 individuals participating in 2018, RHI believes this program is important in helping those with disabilities stay active and fit.

Community Revitalization

- On Saturday, May 12th, Team RHI partnered with numerous community members for the **2018 Great Indy Cleanup**. Sponsored by Keep Indianapolis Beautiful, this is an anti-litter program in partnership with the City of Indianapolis that is designed to assist individuals and community groups combat heavy litter and debris that has accumulated in public spaces. Our team's efforts concentrated on the school grounds of Jonathan Jennings Elementary School and the surrounding neighborhoods on the west-side of Indianapolis. This allows for a safe and clean place for the school children to play and to get exercise. This also allows the families in the community to have an environment where they too can have a place for physical activities and a place for family bonding time with social get-togethers.



- On September 25th and 26th, the RHI therapy team partnered with Junior Achievement of Central Indiana and numerous industry leaders to support the third annual **JA JobSparks** event at the Indiana State Fairgrounds. The focus of this two day event was to offer Marion County students insights on what industries interest them, what specific jobs are like, and what education is required to perform them successfully. 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. Because of the efforts of team RHI, we have provided a “spark” in positively impacting more than 9,500 Indianapolis students by sharing with them our clinical expertise and providing insights into careers in the field of rehabilitation.



- On Friday, October 19th, Team RHI members partnered with **Greater Indy Habitat for Humanity** to spend the day in helping build a new home on the West side of Indianapolis. Our volunteers did an absolutely incredible job of braving the chilly temperatures and working together to successfully perform a number of key activities including measuring, cutting and installing siding in order to help build a home for a family in need. RHI continues to welcome the opportunity to serve our community. As a result of these collaborative efforts, the Omod family will soon be owning their first Habitat home. Thanks again to all our volunteers and their efforts in carrying our mission outside the walls of our hospital to positively impact the health needs of our community.



Behavioral Health and Substance Abuse

- Targeting mental health issues, RHI partnered with Families First of Indiana to sponsor fifteen **Mental Health First Aid** scholarships for Marion County community members (teachers, social workers, youth group leaders, etc.) to be trained to recognize the potential risk factors and warning signs for a range of mental health problems and provide guidance for those undergoing crisis to receive necessary resources, support, and treatments to achieve recovery. Getting more professionals trained in recognizing potential signs of mental health issues is a first step in helping our community to learn more about this significant need and addressing the issue.

“RHI is committed to serving our patients, fellow staff, and community unconditionally. We are so very excited and privileged to carry out this mission through days of community service, knowing that coming together and growing together within our community is the essence of true success.”

–Dan Woloszyn CEO, Rehabilitation Hospital of Indiana