



MT. SINAI
HEALTH CARE FOUNDATION

Legacy

FOUNDATION NEWS

WINTER 2017

METROHEALTH LAUNCHES NURSE-FAMILY PARTNERSHIP

Mt. Sinai, partners bring Nurse-Family Partnership to Cleveland for the first time.

NFP Receives Federal and State Funding

In December 2016, the State of Ohio Department of Health, Bureau of Maternal and Child Health, awarded \$540,000 to Cleveland's new Nurse-Family Partnership program. The grant, part of the federal Maternal Infant Early Childhood Home Visiting (MIECHV) funds, will serve up to 140 families in Year I. While MIECHV came about as part of the 2010 federal Affordable Care Act, this is the first MIECHV award in Cuyahoga County.

"This is a huge win for our efforts to establish NFP in Cleveland and for Cleveland's youngest, most vulnerable families," said Mt. Sinai Health Care Foundation President Mitchell Balk.

MetroHealth Medical Center has enrolled its first families in Cleveland's new Nurse-Family Partnership (NFP) program supported by a three-year, \$1.2 million grant from the Mt. Sinai Health Care Foundation. "Thirty years of research have provided evidence that NFP nurse home visits, beginning prenatally, reduce infant mortality and have lifelong beneficial effects for both mother and baby," said Foundation President Mitchell Balk. "Mt. Sinai is proud to bring NFP to Cleveland with the help of MetroHealth and numerous public and private funding partners." *(Continued on Page 2)*



Members of the Nurse-Family Partnership Community Advisory Committee gather for the Committee's inaugural meeting on January 20, 2017. At rear, fourth from left is Belleruth Naparstek, Mt. Sinai Director and past Chair of the Foundation Board's Urban Health Strategic Grantmaking Committee. Naparstek chairs the NFP Advisory Committee.

PUBLIC HEALTH EXPERT APPOINTED TO PROGRAM STAFF



Karil Bialostosky has been appointed to the position of program officer and assumed her new role at the Foundation on January 4, 2017. She joins Daniel Cohn in this role on the program staff and will lead the Foundation's Jewish and community-responsive grantmaking in addition to supporting the Foundation's other grantmaking areas.

Ms. Bialostosky comes to Mt. Sinai from the Joseph and Florence Mandel Jewish Day School where she served as Endowment Director and Grants Coordinator. She previously served as a program officer at the Mandel Foundation and as the first executive director of MedWorks, a Mt. Sinai grantee. Prior to this, Karil had a distinguished career in health policy, serving for five years as Assistant Director of the Cleveland Department of Public Health. From 1992 to 2003, Karil lived in Washington, D.C., and worked on nutrition and anti-tobacco policy in the office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services and at the Centers for Disease Control and Prevention. Prior to moving to Cleveland, she served as nutrition and food security policy advisor to Senator Tom Harkin of Iowa, who chaired the U.S. Senate Committee on Agriculture, Nutrition and Forestry.

Karil earned a Bachelor of Science degree in Biology with a minor in Chemistry and Hebrew from the University of Texas at Austin and a Master of Science degree in Nutrition and Public Health from Columbia University. She and her husband, Steve Dettelbach, are the parents of two children. The family resides in Solon.

NURSE-FAMILY PARTNERSHIP

(Continued from Page 1)

Nurse-Family Partnership is a nurse home visitation program to improve pregnancy outcomes, child health and development, and self-sufficiency for eligible, first-time parents. The program pairs mothers with trained nurses who counsel each mother throughout the pregnancy and until her child's second birthday. The nurses visit the mothers frequently in their homes and offer guidance on everything from nutrition during pregnancy to breastfeeding, from caring for a newborn to child development. The nurses also connect mothers to social supports and community resources and provide mentoring.

In 30 studies over as many years, NFP has proven to be an effective intervention in reducing infant mortality (by 63% compared with mothers not enrolled in NFP). Children who participate in NFP, for example, are 60% less likely to be involved in the juvenile justice system.

In addition to the Mt. Sinai Health Care Foundation, start-up funding to date for NFP is being provided by the David and Inez Myers Foundation (\$300,000), the George Gund Foundation (\$100,000) and the Sisters of Charity Foundation of Cleveland (\$100,000). The Sisters of Charity Foundation's grant will support the Nurse-Family Partnership in Cleveland's Central neighborhood, based at the new Care Alliance Health Center. The City of Cleveland-Cuyahoga County infant mortality public/private partnership, known as First Year Cleveland, has also encouraged initiation of the program.

More Background on NFP

NFP is an evidence-based, patient-centric, maternal-child health program provided to first-time, low-income mothers and their babies. The goal of NFP is to promote the child's development and to provide support and instructive parenting skills to parents. The program is designed to serve young, unmarried, first-time mothers who are from economically-disadvantaged backgrounds or households. Women voluntarily enroll as early in their pregnancy as possible, ideally by the 16th week of pregnancy, but no later than the 28th week, and continue with the program through the first two years of the child's life. NFP focuses on first-time mothers because it is during a first pregnancy that the best chance exists to promote and teach positive health and developmental behaviors between a mother and her baby.

The NFP model combines case management and preventive services, including nursing assessments, screenings, non-medical direct services, and health education and guidance. Early intervention during pregnancy provides the proper environment and time to allow for critical behavioral changes (nutrition, exercise, substance use, mental health, etc.) needed to improve the health and welfare of both mother and child. The NFP nurse develops and implements a care plan that reflects the needs of the client, as well as the client's goals for herself.

During the postpartum period, the nurse assesses the health status of the mother and child, educates the mother on infant/toddler nutrition, health,

growth, development and environmental safety (e.g., safe sleep); promotes parent/child interactions; promotes appropriate use of well-child care; and tracks the infant's immunization status and growth and developmental milestones. The NFP nurse works to improve the parental life-course by helping parents develop a vision for their future, plan subsequent pregnancies, and continue with their education and/or career goals.

A 2013 report from the Pacific Institute for Research and Evaluation, *Nurse-Family Partnership Home Visitation: Costs, Outcome, and Return on Investment*, found that NFP offers significant benefits to the families it serves and substantial cost savings to society and government funders.

Ohio currently has two NFP programs in place, Dayton and Columbus, with Dayton being one of the longest running NFP programs nationally. The current research suggest the following outcomes could be achieved in Ohio:

- Prenatal: Reduction in smoking during pregnancy, pregnancy-induced hypertension, first preterm births (<37 weeks), infant mortality;
- Post-partum: Reduction in closely-spaced second births, subsequent preterm births; and
- Post-partum (child): Reduction in emergency department use related to childhood injuries; child maltreatment; language delay; youth crimes and arrests (ages 11-17); alcohol, tobacco & marijuana use (ages 12-15).
- Other targets:
 - Reduction in Temporary Assistance to Needy Families (TANF) payments (through 9 years post-partum)
 - Increase in full immunization status (ages 0-2);
 - Reduction in SNAP (Food Stamps) payments (through 9 years post-partum);
 - Reduction in person/months of Medicaid coverage (through 15 years post-partum);
 - Reduction in costs, if on Medicaid, through age 18; and
 - Reduction in subsidized child care caseload.

With more than 30 years of randomized controlled trials, NFP has demonstrated the positive impact of this nurse-home-visitor approach. Longitudinal studies of the benefits of home visitation programs have cited the NFP program as a stand out example of this approach.

This assessment is based, in large part, on series of studies NFP has completed that have employed a wide range of measures, with increasingly sophisticated ones being used as these studies have continued over the years. The studies have followed three diverse client populations in each city: Elmira, NY; Memphis, TN; and Denver, CO. In addition to these three program sites, each representing a different demographic, NFP requires all sites to enter specified data into a national database for analysis and quality assurance.

www.nursefamilypartnership.org

NEWS IN BRIEF

Philip S. Sims recently stepped down as Chair of The Mt. Sinai Medical Center, commonly referred to as "Old Mt. Sinai," the non-profit entity responsible for the close-down operation resulting from the sale of Mt. Sinai's University Circle facility and related Cleveland hospitals.

Mr. Sims served in this role for twenty years and oversaw the liquidation of Mt. Sinai assets for the benefit of the Mt. Sinai Foundation.

Foundation Board Chair **Susan Ratner** appointed Immediate Past Board Chair **Keith Libman** as the new Board Chair of "Old Mt. Sinai." Foundation Director **Kenneth G. Hochman** and former Director **Zachary T. Paris** also serve on the Board.

Foundation Director **Reneé Chelm** received the Kipnis-Wilson/Friedland Award from the Jewish Federations of North America's National Women's Philanthropy. Ms. Chelm is immediate past board chair of the Jewish Federation of Cleveland.

Foundation Director Judge **Dan A. Polster**, U.S. District Court for the Northern District of Ohio, received the Elaine R. "Boots" Fisher Award from the Federal Bar Association.

Program Officer **Daniel J. Cohn** was elected to the Board of the Health Policy Institute of Ohio, and has also been appointed to the Lakewood Wellness Foundation Planning Task Force. He also serves on the Board of Facing History and Ourselves, Cleveland.

GARRET MORGAN HIGH SCHOOL RECEIVES AMERICA'S HEALTHIEST SCHOOLS 2016 GOLD AWARD

Garrett Morgan High School, a Cleveland Metropolitan School District school, was named one of America's Healthiest Schools by the Alliance for a Healthier Generation.

The school met stringent standards set by the Alliance's Healthy Schools Program for serving healthier meals and snacks, getting students to move more, offering high-quality physical and health education, and empowering school leaders to become healthy role models. The Cleveland operation of the Alliance for a Healthier Generation is supported by the Mt. Sinai Health Care Foundation, the Saint Luke's Foundation and United Way of Greater Cleveland.



\$1 MILLION GRANT HELPS LAUNCH CLEVELAND BRAIN HEALTH INITIATIVE

Mt. Sinai, as part of its December 2016 grant cycle, approved a \$1 million grant to launch a city-wide initiative that aims to make Northeast Ohio an epicenter of brain health research.

The grant to Case Western Reserve University, host of the Cleveland Brain Health Initiative, marks another example of area institutions combining complementary strengths to accelerate progress in medical discovery and treatment.

The Cleveland Brain Health Initiative ultimately hopes to raise more than \$17 million to advance its work, and already has received commitments from each of the project's partners: Cleveland Clinic, the Louis Stokes Cleveland VA Medical Center, MetroHealth Medical Center and University Hospitals.

Case School of Medicine Dean Pamela B. Davis, MD, PhD, also thanked the Mt. Sinai Health Care Foundation, for its earlier commitment of \$100,000 to support promising early stage projects on one of The Cleveland Brain Health Initiative's areas of emphasis: Autism. The Case International Center for Autism Research and Education is based at the University but also partners with area hospitals.

"The Mt. Sinai Health Care Foundation has invested in the brain health initiative because we see great potential for the partners to achieve together what they might not be able to on their own—or at least not as quickly," said Mitchell Balk, Foundation president. "Encouraging this kind of cooperation advances a key part of our mission: Growing Cleveland's prominence in medicine and bioscience."

The Cleveland Brain Health Initiative aims to draw on the enormous expertise that exists within this region to address some of the most devastating conditions and disorders that individuals can face. Strokes and Alzheimer's disease are, respectively, the fifth- and sixth-leading causes of death in the United States. A 2016 study found that more than 50 million Americans experienced some form of brain disease or disorder in the previous 12 months, with a total economic impact comparable to nearly nine percent of the nation's gross domestic product.

Meanwhile, the most recent report from the World Health Organization estimates that nearly one billion people across the globe suffer from some form of neurological disorder or injury. Over the past four years, the U.S., European nations, China and several other countries have begun major interdisciplinary brain research projects; last fall, U.S. officials announced the launch of an International Brain Initiative designed to capitalize on the growing potential of this global work.

Funding from the Mt. Sinai and Cleveland Foundations (Cleveland Foundation has committed \$1.5 million to the project) will be used to recruit promising new faculty as well as an accomplished, innovative director for the initiative. This director also will serve as chair of the Case School of Medicine's Department of Neurosciences.

**SAVE
THE
DATE!**

**2017 ANNUAL MEETING • THURSDAY, JUNE 15 • 5:15 PM
SEVERANCE HALL • REINBERGER CHAMBER HALL**

• Election of Officers and Directors • Presentation of the 2017 Maurice Saltzman Award

RECENT GRANT AWARDS

Grant Awards for September and December 2016

ACADEMIC MEDICINE & BIOSCIENCE

Case Western Reserve University
\$1,000,000 over five years for the Cleveland Brain Health Initiative

Case Western Reserve University
\$4,080 for the Horizons Program:
Student-Run High School Outreach Health Careers Program

HEALTH OF THE JEWISH COMMUNITY

Jewish Federation of Cleveland
\$1,637,636 for the 2017 Campaign for Jewish Needs

Care Alliance Health Center
\$10,000 for the CEO succession plan

Cleveland Minority Organ & Tissue Transplant
Education Program (MOTTEP)
\$15,000 for Healthy Teens, Healthy Tomorrow: Teen Summit Program

SEGULA
\$12,500 for general support

FrontLine Service
\$25,000 for the Integrated Care Coordination Program

HEALTH POLICY

The Center for Community Solutions
\$100,000 over two years for AIDS Funding Collaborative
partner membership

Helen Keller International
\$200,000 over two years for ChildSight® Cleveland:
Providing Vision Care to Youth in Need

Greater Cleveland Congregations
\$20,000 for Gun Violence Reduction and Public Health

LifeAct (formerly Suicide Prevention Education Alliance)
\$32,500 for evaluating the effectiveness of LifeAct's
high school suicide prevention program

Voices for Ohio's Children
\$75,000 to support the well-being of Ohio's children and their families

Lutheran Metropolitan Ministry
Up to \$48,156 for the My Life, My Future obesity prevention project

HEALTH OF THE URBAN COMMUNITY

Ashbury Senior Computer Community Center
\$20,000 for the Digital Health Readiness Project

M.C. Chatman Center for Humanitarian Services
\$2,500 for the Healthy Living Expo (October 15, 2016)

Asian Services in Action
\$50,000 for the initiation of a 340B Prescription Drug Discount Program

May Dugan Center
\$30,000 for trauma-informed mental health and adult education

The Arc of Greater Cleveland
\$5,000 for the Health and Wellness for People with Disabilities Conference

OhioGuidstone
\$160,009 over two years for the Child-Parent Psychotherapy Project

Beech Brook
\$20,000 for consultant to plan preventive behavioral health services

St. Clair Superior Development
Up to \$74,500 over two years for planning and piloting
for Good to Go Foods

Better Health Partnership
\$200,000 over two years for the Children's Health Initiative

Senior Transportation Connection of Cuyahoga County
\$332,168 over three years for operations support

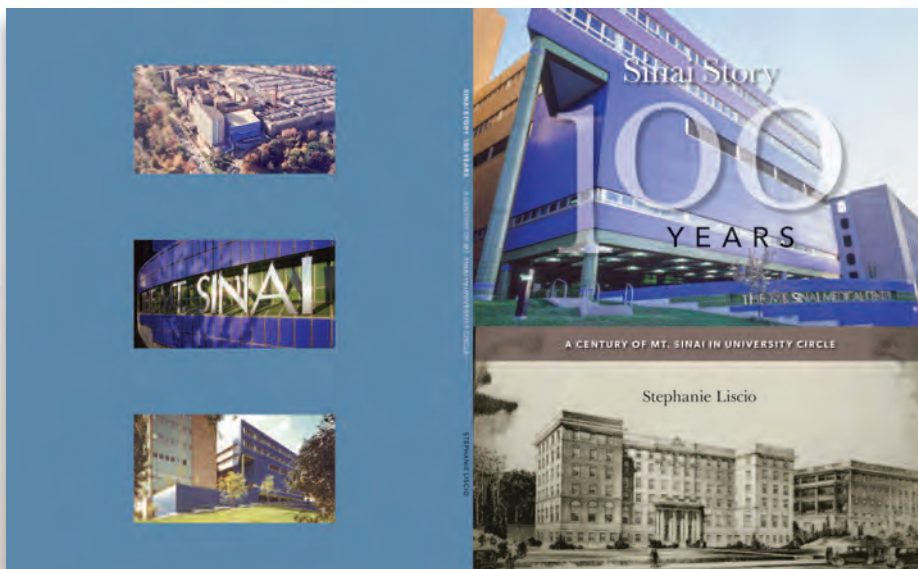
Bike Cleveland
\$10,000 for Healthy Cleveland/ciCLEvia: Open Streets Initiative

Thea Bowman Center
Up to \$18,000 for outreach and healthy living programs for the elderly

Boys & Girls Clubs of Cleveland
\$20,000 for the Cleveland Peacemakers Alliance

Veggie U
\$79,846 over two years for program evaluation

YMCA of Greater Cleveland
\$68,182 over two years for the
We Run This City Youth Marathon Program



100 YEARS: A CENTURY OF MT. SINAI IN UNIVERSITY CIRCLE

Copies of the history book are available
from the Foundation office or online at
www.MtSinaiFoundation.org.

CONTRIBUTIONS & BOARD OF DIRECTORS

The Mt. Sinai Health Care Foundation expresses its sincere appreciation to its friends and supporters for their many generous contributions. In addition to honoring or remembering loved ones, gifts to the various funds help to improve the health status of the Greater Cleveland community through the Foundation's grantmaking.

Contributions received between June 30, 2016, and January 31, 2017.

SPECIAL GIFTS

Dr. Rudolph S. Reich Lecture Fund
Edward A. Reich

CONTRIBUTIONS

Marjorie & Jerome M. Besuner Cancer Fund
In Memory of *Marjorie E. Besuner, Robert Visconi*
Marsha Besuner Klausner

Edgar and Roslyn Freedman Medical Teaching Fund
In Memory of *John I. Biskind, MD, June Biskind*
Mrs. & Mr. Edgar Freedman
Dr. and Mrs. Jeffrey Silver

The Mt. Sinai Health Care Foundation General Fund
Mr. and Mrs. Bernard Abrahams
Estate of Arthur S. Goldsmith
In Honor of *Mt. Sinai Hospital*
Susannah and Avery Cohen

FOUNDATIONS & TRUSTS

The Mt. Sinai Health Care Foundation is pleased to acknowledge that the following philanthropic distributions were recently received.

Dr. Hans J. and Betty Rubin Trust
Lewis Miller Memorial Fund of the Jewish Federation of Cleveland

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For further information, contact the Foundation office at 216-421-5500 or visit the Foundation's website at www.MtSinaiFoundation.org.

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FOUNDATION NEWS

CONGRESSIONAL
MEETINGS ON HEALTH
POLICY CHANGES

Foundation President **Mitchell Balk**, along with other leaders of the Cleveland Jewish Community, traveled to Washington, D.C., on January 23 to address concerns over proposed changes to federal health policy and programs, including repeal of the Affordable Care Act and the proposed Medicaid block grants. Balk addressed issues at the intersection of health care and poverty in Ohio, as well as the human and economic costs of the potential repeal of the Affordable Care Act to Cleveland and its health care institutions.

The leaders met with the chiefs of staff and health policy advisors to Ohio Senators **Sherrod Brown** and **Rob Portman**, as well as with the staff of the Senate Finance Committee in the office of Committee Chair Senator **Orrin Hatch**.



(left to right) Montefiore President and CEO **Seth Vilensky**, Ohio Jewish Communities Executive Director **Howie Beigelman**, Jewish Federations of North America Senior Vice President **William Daroff**, Jewish Federation of Cleveland Assistant Vice President for External Affairs **Amy Kaplan**, Jewish Federations of North America Senior Director Health Initiatives **Jonathan Westin**, Mt. Sinai Health Care Foundation President **Mitchell Balk**, Mt. Sinai Immediate Past Board Chair, past Menorah Park Board Chair and Jewish Federations of North America Board member **Keith Libman**.