



MetroHealth

Institute for H.O.P.E.™



2022 IN REVIEW

2022 Year in Review

In 2019, The MetroHealth System took on a daunting challenge: Identify how social and economic barriers make it difficult for members of our community to achieve and maintain good health – and then knock those barriers down.

Three years later, the Institute for H.O.P.E.™ (Health, Opportunity, Partnership, Empowerment) is meeting that challenge in ways that have improved the lives and **health** of our neighbors and inspired the admiration of others in the field.

We continue to refine our work by evaluating where we can be most effective and identifying more **opportunities** to make meaningful change in those areas. We've multiplied our impact through **partnerships** with others who share our vision. This is all toward the goal of creating a self-sustaining community in which everyone is **empowered** to live their healthiest life.

In this report, you will learn about the extraordinary progress we made toward that goal in 2022. You will read that our work addressing the social drivers of health (SDoH) – like food insecurity, social isolation and lack of internet connectivity – has received national attention and accolades, which means we have the chance to make change, through example, that extends beyond our Cleveland community.

We sponsored the American Hospital Association's Accelerating Health Equity Conference. We also presented at 24 national forums and published eight articles in academic journals in collaboration with our internal and external stakeholders. And we are proud that our School Health Program was a recipient of America's Essential Hospitals' prestigious Gage Award.

Through the hard work of our dedicated staff and volunteers, and with the help of our supporters and partners, 2022 was a year of achievement and growth. We are proud to tell you all about it in the pages that follow.

With gratitude and hope,



Susan Fuehrer
President
Institute for H.O.P.E.™



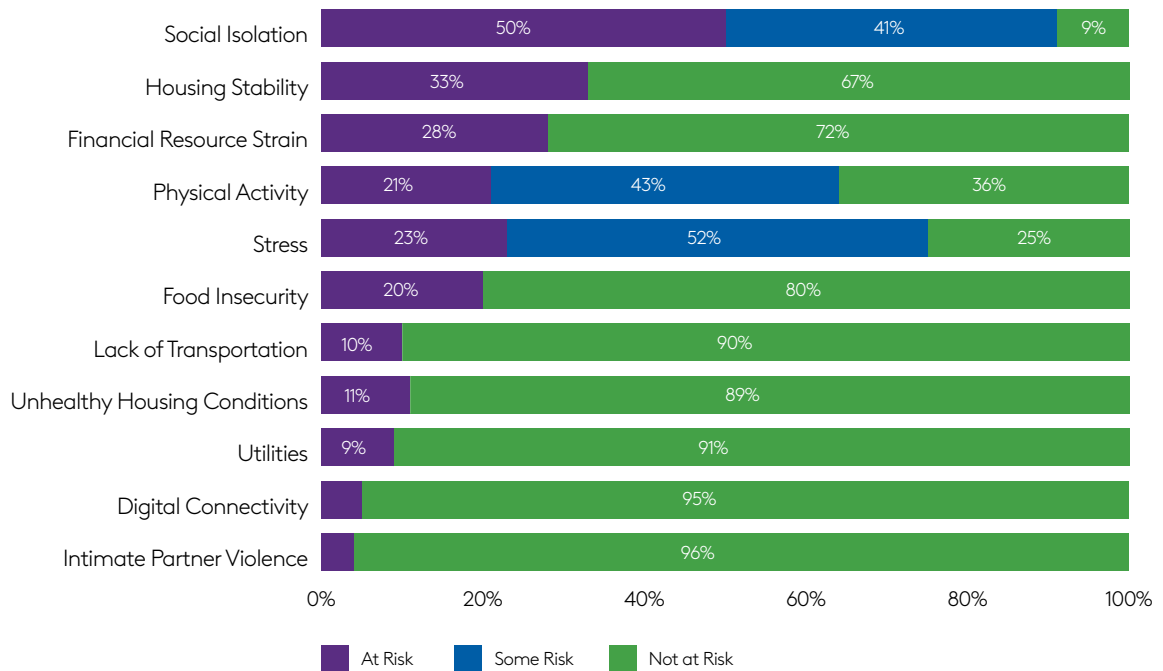
James Misak, MD
Medical Director
Institute for H.O.P.E.™

Screening for the Social Drivers of Health

MetroHealth aims to screen all patients for their health-related social needs – things like access to food, safe housing, transportation, job opportunities and the like. We also ask about stress, social isolation and intimate partner violence.

With this data about the social drivers of health, we can tailor our programming and elevate the work of our partners that address the community’s most pressing needs. In 2022, we screened **32,523** patients.

Here’s what we found:



In 2020, MetroHealth partnered with Unite Us to build Unite Ohio – a coordinated care network of health and social care providers designed to link individuals with resources they need to live healthier lives, including fresh food, utility help, transportation and more.

1,415 registered users in Cuyahoga County

278 community partners serving Cuyahoga County

7,450 referrals by MetroHealth users

4,341 unique MetroHealth patients served

Today, the network has expanded beyond Northeast Ohio to throughout the state. To learn more, visit ohio.uniteus.com.



Healing Through the Arts

The Center for Arts in Health completed high-profile projects in 2022 – coordinating the curation and installation of more than 1,000 pieces of artwork in the MetroHealth System’s new facilities – all while continuing its referral work for art and music therapy services and conducting research to evaluate the outcomes of its SAFE (Students Are Free to Express) Project.

The Visual Arts Program’s guiding themes of hope, healing and community were on full display with this year’s opening of The Glick Center on main campus. The Center for Arts in Health, in partnership with LAND studio, was responsible for bringing more than 1,008 works of art to the state-of-the-art hospital tower. Seventy-four percent of the 695 unique artworks were created by local artists or artists with a local connection. The collection includes 86 commissioned works, of which 91% were by local artists or artists with a local connection. The program also brought more than 30 photographic murals, all by local artists, to MetroHealth’s new Behavioral Health Hospital in Cleveland Heights.

The Clark-Fulton Public Art Project was completed at the end of the year. The project – a partnership with LAND studio, Metro West Community Development Organization and MetroHealth – was funded by MetroHealth, LAND studio and supported in part by the National Endowment for the Arts. Local artists were engaged to create nine murals, a series of pole banners and stencil kits, which were distributed to residents and businesses for use throughout the neighborhood. The \$235,000 project celebrates the vibrant culture of the Clark-Fulton neighborhood. [SEE VIDEO](#)

The Creative Arts Therapies program, which offers referral-based arts and music therapy services to address biopsychosocial needs, serves patients in individual and group sessions and through co-treatment with ancillary clinical care teams. This year, the program provided services through over 3,000 patient visits and expanded services to ambulatory senior care at MetroHealth’s Old Brooklyn Health Center.

The Center continues its work in support of the community’s children and adolescents through the SAFE (Students are Free to Express) Project. A collaborative effort with the MetroHealth School Health Program, the SAFE Project is an arts-based psychologically informed primary prevention curriculum to address trauma and toxic stress among Cleveland Metropolitan School District (CMSD) students.

The Arts in Health program partners with CMSD, Kulture Kids, Arts Impact, Inlet Dance Theatre and FIG/Future Ink Graphics to bring teaching artists to conduct residencies at four CMSD schools: Lincoln-West School of Science and Health, Lincoln-West Global Studies, Garrett Morgan School of Engineering and Innovation and Harvey Rice Wraparound School.

The SAFE Project has served approximately 2,700 students in six grade levels – Pre-K, K, 1st, 9th, 10th and 11th – since its launch in 2018. It was honored with the first-place award for Arts Advancing Social Justice in the 2020 National Organization for Arts in Health Hamilton Arts in Health Awards. With the support of the National Endowment for the Arts, a research initiative is underway with the Cleveland State University Center for Urban Education to evaluate the project’s outcomes. The goal is to use this research to establish the SAFE Project as evidence-based and market it as a replicable model for other school systems. In the coming years, the aim is to expand programming to CMSD’s 2nd and 12th grades and eventually all grade levels.





Nourishing Good Health

We know that a lack of access to enough nutritious food will have a long-term impact on a person's health. But for those with chronic illnesses like diabetes, hypertension and heart disease, food insecurity is a serious, often urgent health threat. Given that Cuyahoga County has the highest rate of food insecurity of any county in Ohio, the problem has MetroHealth's attention.

In 2018, MetroHealth established the Food as Medicine Clinic. Eligible patients who face food insecurity and have certain health conditions can visit the clinic twice a month for a three-day supply of nutritious food for their household at no cost.

Last year, the clinic served 290 households over more than 2,400 visits, an 86% increase in visits over the previous year. The program resulted in a significant reduction in inpatient visits among the participants, an increase in primary care visits and a smaller increase in health care costs compared to a control group. Trending improvements in patients' A1C and systolic blood pressure values can be attributed to the service provided through the Food as Medicine Clinic and home-delivery service.

Since 2021, MetroHealth has contributed to a pilot program that home-delivers medically tailored meals to qualifying, food-insecure patients as part of its participation in Collaborative Investments + Health, a partnership of United Way of Greater Cleveland, the Rose Centers for Aging Well and several local hospitals and health insurance providers.

The project is based on the financing model Collaborative Approach to Public Goods Investment (CAPGI), an innovative approach to financing that incentivizes health industry stakeholders to come together in support of SDoH initiatives. The idea is that by combining efforts, they will maximize their impact and reduce costs. In the first phase of the pilot, MetroHealth's program reduced medical spending by an estimated \$1,632 per patient per month compared to a control group. The MetroHealth program's strong patient engagement and outreach also resulted in a high patient retention rate (80%).

Stepping into Support Trauma Survivors



The days immediately following traumatic injury can be frightening and overwhelming for patients and their families. Since 2013, the Trauma Recovery Center (TRC) has been there to help.

The TRC provides recovery coaching, peer support and mentorship programs, care coordination, financial assistance and referrals to other resources to patients of The MetroHealth System, as well as to other members of the community who are in need. And the need is great.

In 2022, the TRC served a record 2,300 patients, a number that reflects the increase in traumatic injuries, especially those caused by violent crime.

The team also completed the first full year of its groundbreaking partnership with the Cuyahoga County Court of Common Pleas to provide trauma counseling and mental health support for defendants in the Violence Intervention Prevention (VIP) Docket. The three-year pilot project aims to provide services for 150 participants with a goal to target young adults and focus on their healing before they become involved in violent crime.

The TRC's dedicated VIP Clinical Counselor whose role expands beyond mental health therapies, incorporates psychoeducation, advocacy, as well as care navigation to addressing and alleviating barriers to care. In early summer 2022, the VIP Docket held its first inaugural graduation for four defendants. As part of the program, the graduates' felony gun convictions were dismissed. Over the course of the year, 47 clients completed 706 individual sessions with the Clinical Counselor.

Funding to support these programs comes from the federal Victims of Crime Act (VOCA) grant programs distributed through the State of Ohio and through the U.S. Department of Justice, Bureau of Justice Assistance Improving Community Supervision Outcomes Through Swift, Certain and Fair Responses Grant Program awarded to the Cuyahoga County Corrections Planning Board.

The TRC team also published research that examined the impact of mental illness on patients recovering from violence-related traumatic injuries and the benefit of programs like those operated by the TRC. The research showed that these patients had higher rates of mental illness, both pre-existing and post-injury, compared to national averages. But those who received services through Victims of Crime Advocacy and Recovery Programs (VOCARP) had lower odds of developing new mental illness following their traumatic injuries.





Opportunities for Good Health

MetroHealth goes beyond medical care to help members of our community live healthy lives. That's the purpose of the Opportunity Center at Buckeye Health Center, which provides access to services that help with needs like finding a place to live, securing a job and learning to manage debt. The center also offers computer training, utility assistance, legal services and nutrition resources, including an on-site food pantry.

In 2022, the center assisted 1,135 people with access to help with social needs and provided financial coaching to 64 clients through 230 coaching sessions. Plans are in place for the Opportunity Center to expand in 2023 to the Via Sana housing development near MetroHealth's main campus in Cleveland's Clark-Fulton neighborhood.

Reliable and affordable internet access is essential to healthy living. Yet, Cleveland has historically been named one of the least connected big cities in the nation. The center launched its digital connectivity initiative in response to this community need. Through a partnership with DigitalC, Cuyahoga Metropolitan Housing Authority (CMHA) and Dollar Bank, the center celebrated connecting more than 1,000 households in the community surrounding MetroHealth's main campus with low-cost, high-speed internet service. The project was funded through a \$600,000 gift from Dollar Bank. A recent \$901,000 award from the Federal Communications Commission will allow the initiative to expand its services to six additional CMHA sites.

The center also collaborated with the Center for Arts in Health for a mural project at Scranton Castle, which sought to address social isolation among residents of the CMHA property. The project, supported in part by Baldwin Wallace University's Jacket Philanthropy program, convened a committee of residents to help select an artist, provide guiding themes and review design concepts. Local artist Alicia Vasquez completed painting the mural in late spring of 2022. In addition to the mural committee, the project also aims to use the arts to provide opportunities for ongoing engagement and to build social cohesion among the people who call Scranton Castle home.



Expanding the Reach of the School Health Program

The School Health Program was widely recognized in 2022 for its outstanding work to improve the lives of Greater Cleveland's children. In March, the state of Ohio awarded the program \$4.5 million in funding to expand its services and connect with more members of the community. Later in the year, America's Essential Hospitals, a national association of 300 hospitals that serve low-income and other marginalized people, honored the program with its prestigious Gage Award.

The grant to MetroHealth's School Health Program, part of the **Institute for H.O.P.E.™**, and the MetroHealth Community Health Centers, was the largest portion of a total \$25.9 million awarded to 136 new or expanded school-based health centers throughout Ohio. The funding enables MetroHealth's School Health Program to increase the hours and days of operation for its school health clinics in both the Cleveland Metropolitan School District (CMSD) and the Cleveland Heights – University Heights School District. The expansion also allows the program to begin offering services to school staff and students' families and support the build-out of four new in-school clinics at sites across both school districts.

The grant funding comes through the American Rescue Plan Act of 2021 and the Governor's Emergency Education Relief Fund. Management of construction and capital expenses will be coordinated in partnership with the Ohio Department of Education and the Ohio Department of Health.

Over the year, the School Health Program completed 2,701 clinical visits and 5,992 outreach encounters for care coordination as well as Social Drivers of Health and prevention programming for more than 4,000 students, staff and families. These numbers are an increase from prior pre-pandemic outcomes and have been accomplished



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in part through the addition of Community Health Workers to the team. The School Health Program also partnered with schools to serve as Medical and Behavioral Health Directors, supporting schools with clinical knowledge to guide policies, best practices and professional development.

The program's other achievements over the past year include improving the rates at which children complete their immunizations, as they continue to expand services and grow throughout Northeast Ohio. These services not only improve health, but they also improve educational success, resulting in fewer absences and higher grade-point averages.

2022 Community Health Needs Assessment

Understanding the needs of our community is a central piece of what we do at the **Institute for H.O.P.E.™**. Another way we have done that is by partnering with other health systems, local health departments and community stakeholders on the 2022 Cuyahoga County Community Health Needs Assessment.

Based on rigorous data collection and active community engagement, the assessment provides key information that will inform the work of MetroHealth and our partners to address health disparities and improve the health of Cuyahoga County residents. Through this effort, the collaborative partners have identified three areas of focus: Behavioral Health (Mental Health and Drug Use/Misuse), Accessible and Affordable Health Care and Community Conditions (Access to Healthy Food and Community Safety). Further, Eliminating Structural Racism and Enhancing Trust across Sectors, People and Communities will continue to be two overarching focal areas for work in Cuyahoga County. To learn more visit metrohealth.me/2022chna or scan the QR code.



Safe and Healthy Housing



The conditions in which we live can have drastic impacts on our overall health and well-being, which is why the **Institute for H.O.P.E.™** is actively working with partners in the community to address housing quality in Greater Cleveland.

Unhealthy housing, for example, can exacerbate a child's asthma. Working with MetroHealth's pediatric pulmonology clinics, the **Institute for H.O.P.E.™** identifies and connects families with Rebuilding Together Northeast Ohio, a community-based organization that provides healthy modifications and moderate home repairs for vulnerable low-income homeowners.

Also, even a small amount of lead exposure can be dangerous and can slow healthy development in a child. In partnership with MetroHealth pediatrics and other departments, the **Institute for H.O.P.E.™** provides lead education and home inspections, supplies lead-cleaning kits and connects those who are at risk with community resources that can help reduce lead hazards in their homes.

Faith-Based Programs



MetroHealth's Faith-Based outreach was active in the community throughout 2022. Among the year's program highlights:

- Rev. Dr. Thomas "Tony" Minor, Manager of Faith Community Outreach, **Institute for H.O.P.E.™**, was selected to serve as National Community Engagement Co-Chair of the NIH funded Researching COVID to Enhance Recovery (RECOVER) Initiative, designed to study the impact of Long COVID on the body and to discover effective treatments. This study is led locally by Case Western Reserve University and its hospital partners, University Hospitals, the MetroHealth System and the Louis Stokes Cleveland VA Medical Center. As part of its participation in a research study, the program hired five community ambassadors to enroll study patients with a focus on low-income people of color. The goal is to enroll at least 25 patients.
 - Healing Circles connected school health and trauma recovery patients with congregation members to help with employment, reduced criminal activity, reintegration into family systems and support with recovery plans. Referrals are made to congregations by the School Health Program and the Trauma Recovery Center.
 - Through a collaboration with Calvary Church of God, the program initiated a digital connectivity pilot program with PCs for People targeting 50 residents on five streets in the Buckeye Neighborhood.
- The program hosted meetings with clergy pertaining to trauma, social isolation, health disparities and social drivers of health and recruited 50 congregations to support programs such as Open Table, Calls for HOPE and the Minority Men's Health Fair.

Education and Evaluation

As a national leader in its field, the **Institute for H.O.P.E.™** is committed to rigorous evaluation and broad dissemination of our work.

In 2022, we:

19

Presented at 19 national and regional conferences



Published eight articles in academic journals



Delivered seven webinars to nationwide audiences



Sponsored the American Hospital Association's annual Accelerating Health Equity Conference in Cleveland in May 2022



Initiated a long COVID research study centered on patients in vulnerable neighborhoods

Institute for H.O.P.E.™ 2022 Donors

Thank you, donors! The following individuals and organizations provided generous philanthropic support to help make our work possible. Donors listed below contributed \$5,000 or more in 2022.

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