



KEVIN J. SEXTON FUND

to Increase Access and Improve Community Health

CELEBRATING 5 YEARS OF COMMUNITY SUPPORT AND IMPACT

Your generosity has led to a five-fold increase in Holy Cross Health's investment in our most vulnerable community members through the Kevin J. Sexton Fund - from \$64,000 to over \$363,000 since 2017. Named in honor of Kevin J. Sexton, Holy Cross Health's former CEO, who was committed to improving access to healthcare, the fund was launched with \$2 million from Holy Cross investment earnings with additional gifts from donors who shared the vision for removing barriers to better health.

Because of your support, thousands of people have benefited from the care provided by Holy Cross Health Network's compassionate and creative team members who see a need and find a way to meet it. We know that up to 80 percent of health outcomes are driven by socioeconomic factors, health behaviors and the environment. This fund helps Holy Cross Health address these issues to improve health outcomes.

Funds from the Kevin J. Sexton Fund are used in three broad categories that range from helping individuals to building service capacity to strengthening our community.

- DIRECT SUPPORT**
Addressing needs of individuals
- CAPACITY DEVELOPMENT**
Leveraging the social work team to develop sustainable solutions for individuals
- COMMUNITY PARTNERSHIPS**
Helping local community groups realize their visions for a healthier neighborhood

DIRECT PATIENT SUPPORT makes it possible for Holy Cross Health to fill in the gaps that are not covered by insurance and address the unmet needs of individual patients that create significant barriers to good health and well-being. FY21 Investment \$145,605.

CAPACITY DEVELOPMENT By building social work capacity to provide individual counseling as well as case management, we leverage dollars from the Kevin J. Sexton Fund to help more people manage behavioral health challenges and create sustainable solutions to address their social needs. FY21 Investment \$205,306.

Through **COMMUNITY PARTNERSHIPS** with grass-roots groups already engaged in the neighborhoods surrounding our four health centers, we help advance community-identified priorities for health and well-being. FY21 Investment \$12,259.

Moving Life AheadSM



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INCREASING ACCESS TO CARE: DIRECT PATIENT SUPPORT

Through the COVID-19 pandemic, many of our essential worker patients and their families suffered both COVID-19 infections and financial hardship, which was felt most severely by lower income workers. The fund mitigated these challenges by providing:

- Food assistance through six-month subscriptions to bi-monthly home-delivered fruits and vegetables via Hungry Harvest. Each box provides enough food for eight meals over two weeks. Last year, we provided 176 subscriptions to supplement the nutritional needs of our health center patients and their families.
- Rental assistance to 37 health center patients who fell behind on monthly payments on their leases or sub-leases due to illness or job loss during the pandemic.

Our health centers and obstetric and gynecology clinics routinely provide primary care and pre-natal care, respectively, to low-income patients. But without insurance, these patients struggle to secure affordable access to specialty care. While we work with specialty networks such as Project Access and the Archdiocesan Health Network, capacity of these programs is limited, and wait times can be very long. When care cannot wait, the Kevin J. Sexton Fund works with community specialists to pay for necessary

treatments at discounted rates. This has included patients who suffered injuries and need orthopedic care, patients with chronic kidney disease who need a port to facilitate dialysis care and expectant mothers who need diagnostic ultrasounds to ensure a healthy pregnancy.

Sometimes, the key barrier to someone's health may be assistive equipment that enables independence. The Kevin J. Sexton Fund has provided limb prosthetics that have dramatically reduced trips to the emergency room due to pain and allowed patients to return to work. Hearing aids made it possible for another patient to return to work and to more fully engage in his family life. Providing a portable oxygen concentrator allowed a patient to maintain his mobility and reduced his need to buy and replace oxygen canisters. Purchasing medicated eye drops helped a patient who was nearly blind complete successful eye surgery in both eyes, restoring his vision. This patient was able to return to work and provide for his family, impacting both his physical and mental well-being.

In FY21, we made a significant commitment to equity by buying prescription medications for patients who live outside of Montgomery County and are therefore not eligible for the Montgomery Cares Pharmedix program. Thank you for making these successes possible.

ENHANCING OVERALL WELL-BEING: SOCIAL WORK CAPACITY

Another way to make a meaningful impact on the lives of patients and families is the coupling of direct financial support with case management from our social work team. Donor support to the fund has given us the ability to expand our team to include two additional social workers and a community health worker who help patients build sustainable solutions and connect them with community resources.

This allows us to work "in-house" to help patients directly, often same day, instead of referring them to other agencies which may have longer wait times. The social workers and community health workers help patients apply for Metro Access or free public transportation services to ensure transportation for patients with disabilities. They also help low income patients access medications for diabetes,

asthma, deep vein thrombosis and chronic kidney disease and other medications that can prevent emergencies that result in lengthy hospital stays.

In addition to helping our patients address their socio-economic needs, the addition of a licensed, master's level social worker funded by the Kevin J. Sexton Fund has enabled us to increase our behavioral health capacity for adults and strategically grow our support to include children and families, areas where more help is needed due to the stresses of COVID-19 and subsequent social and economic recovery. Overall, the dual impact of the pandemic on our patients' health and economic status has led to an increase in depression, anxiety and adjustment disorders as families are forced to adjust to the loss of loved ones and vital family income.



Our social work team serves over 1,200 unique patients per year, including an average of approximately 20 patient visits per day, 5,000 visits per year.

Of the 5,000 visits annually, approximately 80% are case management and 20% are psychotherapy.

BUILDING HEALTHY NEIGHBORHOODS: COMMUNITY PARTNERSHIPS

The third area of focus for the Kevin J. Sexton Fund is helping to build healthier communities in the neighborhoods surrounding our four health centers. Through a series of conversations with both health center patients and local residents, the community identified a range of needs, with food security as the highest priority.

In FY21, we partnered with Cross Community in Gaithersburg to support four part-time community health and wellness workers who engaged community members at food distribution and pop-up COVID-19 vaccine sites to assess needs and make referrals for health and wellness education and financial literacy training. Case management was provided by a variety of community partners.

PROGRAM INVESTMENT

FY17	\$64,461
FY18	\$96,867
FY19	\$129,288
FY20	\$282,771
FY21	\$363,170

IMPACT: Giving Rose Mobility for a Better Life

Rose Nakagwa was tired and in pain. Both of her hips were so painful she had to rely on a walker to get around, and she was unable to work. A friend suggested she go to the Holy Cross Health Center in Silver Spring for help. But Rose, now 74, without health insurance, had been denied care so often, she resisted. Rose remembers her friend saying, “Please, try these people. They are good.”

Rose finally acted on her friend’s encouragement, and discovered a community of health professionals unlike any she had met before. “Everyone treated me well, from the first person I met in reception to the nurses and doctors, everyone knows me. It’s really amazing,” Rose says.

Funded through generous donations to the Kevin J. Sexton Fund to Increase Access and Improve Community Health, the social work team partnered with the health center’s clinicians to help get Rose the care and services she needed. They arranged a Metro Pass so she could access health services more easily. They helped her obtain health insurance so she could have X-rays, surgery, and physical therapy at Holy Cross Hospital in Silver Spring. After her surgery, the center’s caregivers visited her at home, even providing medical equipment that would aid in Rose’s recovery.

You were there for Rose through your generous gifts to the Kevin J. Sexton Fund in her time of great need. Today, free of a cane or walker, she assists a client who is himself confined to a wheelchair, helping him get around.

“The care they give me has changed my life forever,” said Rose. “I am so grateful.”



Rose keeps current with her health through preventive care at the Holy Cross Health Center in Silver Spring. Part of the Holy Cross Health Network, four Holy Cross Health Centers serve individuals who are uninsured and underinsured. The health centers provide primary care, integrated behavioral health, social work services, health education and access to medications and specialty care. This coordinated team of caregivers helps patients manage chronic conditions to reduce unnecessary hospitalizations and improve their overall wellbeing.

FUNDING PRIORITIES



The community needs for our four health centers and two obstetric and gynecology clinics are far greater than what this fund can currently support.

Additional operating funds will allow us to expand the number of patients we serve and address inequality in access to specialty care and medications faced by patients who are not eligible for insurance.



Our social work team serves approximately 12% of our patients.

Additional funding will enable us to expand the team to provide case management and behavioral health counseling to more of our patients.



Comprehensive care for patients with chronic kidney disease.

Gifts to the fund will help us provide people with chronic kidney disease the medications and medical care necessary to slow their disease progression and delay the need for dialysis care.



Comprehensive case management for newborns.

Additional funding will help us expand community health worker capacity to ensure that every newborn family at our health centers has navigation support for Medicaid, WIC and SNAP enrollment, as well as connecting parents to resources for diapers, cribs, car seats and breast/bottle-feeding supplies. Frequent connection with new mothers will allow for prompt referrals to manage post-partum depression and/or anxiety.



As we complete the first five years of this fund, we are grateful for Kevin Sexton's legacy of improving access and community health, the Holy Cross Health Board of Directors who honored his legacy by establishing this fund and, most importantly, generous donors who have expanded the fund's impact.

Gifts to the Kevin J. Sexton Fund provide support to patients at Holy Cross Health's four primary care health centers and two obstetrics and gynecology care clinics that would otherwise be unavailable to them. It also funds programs that improve the health of communities near our health centers.

Through your generosity, Holy Cross promotes health equity, striving to create opportunities for all members of our community to attain their full health potential without being disadvantaged by socially determined circumstances.

By expanding access to care, building our health center infrastructure and engaging partners in systemic change, this fund will continue to make a meaningful difference. Your support makes this vital work possible.

To make a donation, visit HolyCrossHealth.org/donate or call 301-557-GIVE (4483).

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