



arisa
health
annual report

July 2021 - June 2022





Arisa Health is a CARF-accredited behavioral health center and is Arkansas' largest and most comprehensive nonprofit behavioral healthcare provider and is certified by the Arkansas Department of Human Services. Arisa functions as the safety net provider serving those most in need through evidence-based care.



Our mission is to lead with exceptional care that nurtures health and well-being for all.



Services

928,457 services were provided to 64,512 clients as of June 30, 2022



Population

*Population estimates from the U.S. Census Bureau as of July 2021.

2,070,831 residents out of 2,988,248 (Arkansas' total population) live in the Arisa coverage area

Arisa Health Service Numbers

- 9,301 Emergency Screenings
- 446 Schools with Arisa School-based Svcs.
- 3 Primary Care Clinics
- 3 Therapeutic Day Treatment Programs
- 25 Rehabilitative Day Programs
- 1 Qualified Residential Treatment (Haven)
- 2 Residential Recovery Programs

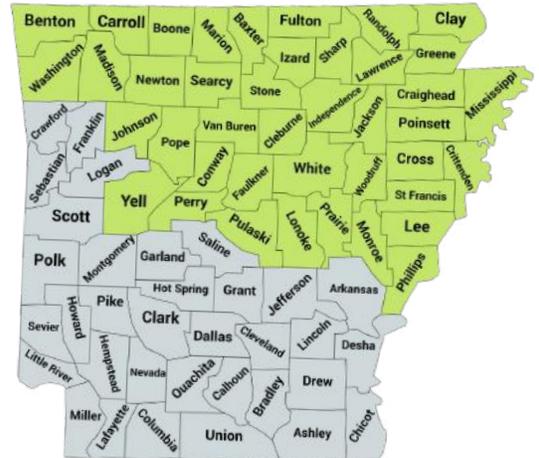
Numbers as of June 30, 2022

41

counties served in Arkansas

75

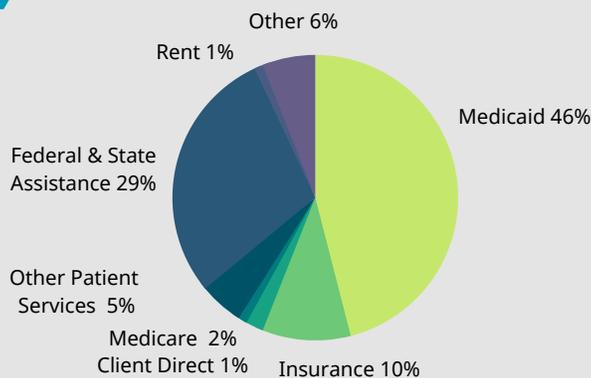
locations throughout Arisa Health



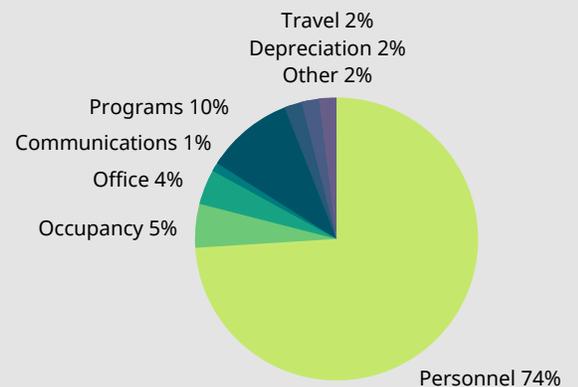
\$89.5 million annual operating revenue

FY22 Operating Revenues and Expenses (unaudited)

Revenue



Expenses



Associates

Arisa has 1,050 associates, which include:

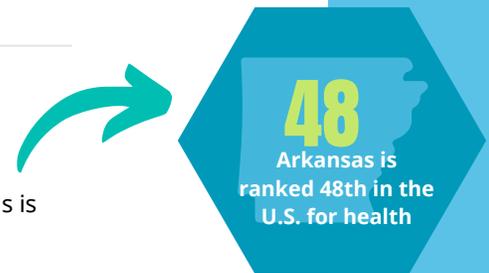
- Prescribers:
 - General Psychiatrists
 - Child & Adolescent Psychiatrists
 - Psychiatric Mental Health Nurse Practitioners
- Licensed Mental Health Professionals:
 - Psychologists
 - Licensed Counselors
 - Psychological Examiners
 - Licensed Social Workers
- Nurses:
 - Registered Nurses
 - Licensed Practical Nurses
 - Certified Nursing Assistants
- Certified Addiction Professionals
- Special Education Teachers
- Qualified Behavioral Health Providers
- Interpreters
- Outreach Specialists
- Peer Specialists
- Customer Service Representatives
- Non-Clinical Associates (Administration, Billing, Compliance, Facilities, Finance, Human Resources, Information Technology, etc.)



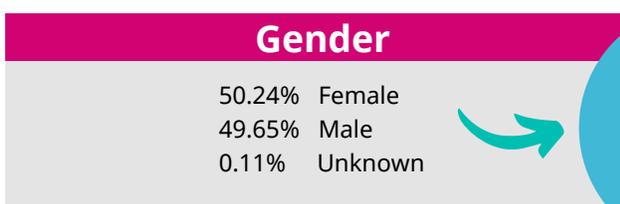
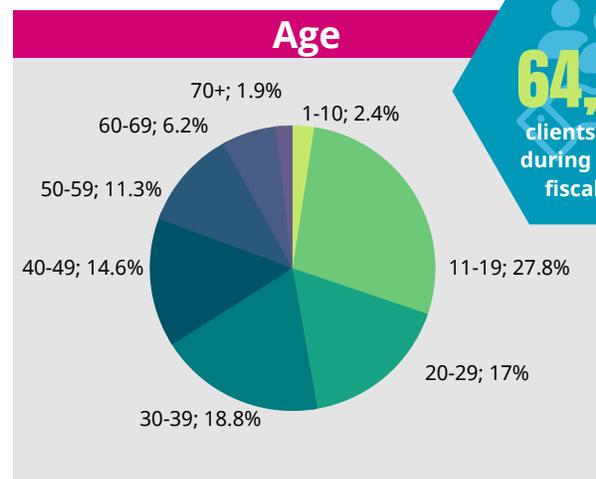
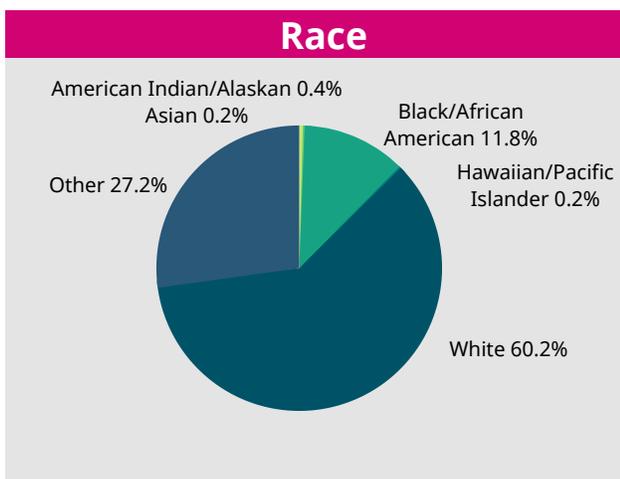
Rankings

According to a study from 2020 by the Arkansas Department of Health, Arkansas is ranked 48th in the U.S. for overall health.

Arisa Health is applying the Whole-Health approach and working to utilize Certified Community Behavioral Health Clinics to provide holistic and coordinated care for Arkansans to lead to better outcomes.



Clients



Arisa Health offers care for Arkansans who are insured, underinsured, and those who have no insurance based on a sliding fee schedule.

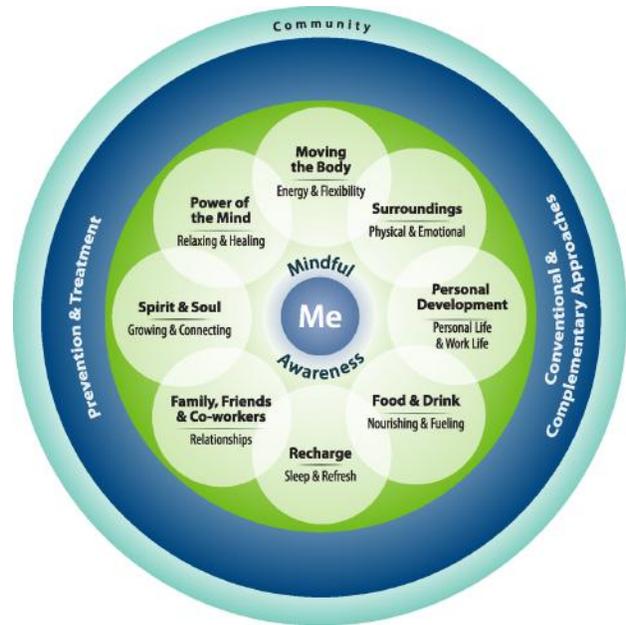


Whole Health Efforts Ramping Up at Arisa Health

The Whole Health Institute is a non-profit organization founded in 2019 by philanthropist Alice Walton. Located in Bentonville, the Institute's mission is to transform the way healthcare is delivered by focusing on "what matters to" people rather than on "what is the matter with" people. This approach is rooted in helping us clarify our "Meaning, Aspiration, and Purpose" and then using that as motivation to consistently attend to multiple aspects of our self-care (see the Circle of Health diagram).

This approach has demonstrated powerful results in the VA Healthcare System by improving population health, reducing costs, enhancing patient experience, and improving work life for providers. The Whole Health Institute is collaborating with Arisa as a primary health partner to see if we can replicate those results within our system of care.

In addition to having 225 associates trained so far in the Whole Health approach, Arisa recently received a grant to hire a full-time Whole Health Project Coordinator. This is an investment in associates and persons served.



"A whole-person approach to mental health care is a groundbreaking place for change. Implementation of a Whole Health Approach to clinical care for clients, and support for Arisa associates is an exciting adventure, as well as a big undertaking that cannot be done alone. Together, I look forward to working towards transforming Arisa Health to be an illustration of living our Whole Health. By nourishing our physical, mental, and spiritual health, we pave a new path to turn illness into wellness, and loss of purpose into a meaning-filled, purpose-driven life. Let's do this!"

Anna Koehler
Whole Health Project Coordinator

This program will help us take the next steps in integrating this approach into the treatment of our clients and will support the health and wellness of our associates by helping us build our organizational culture around good self-care practices. This process began in May, with all Arisa Health associates receiving Mindful Monday emails each week, with tips on taking good care of ourselves. Thanks to all "Whole Health Champions" who are taking this journey with us at Arisa Health.

254

Primary Care Clients



Primary Care

Arisa Health Primary Care provides a full range of medical care including chronic disease management and treatment of new, non-life threatening conditions.

We focus on treating the whole person by recognizing the strong link between mind and body. Our goal is to improve the patient experience through an approach to overall physical and mental well-being.

We care for those insured, underinsured and uninsured based on a sliding fee schedule.



Northeast Region

2707 Browns Lane
Jonesboro, AR 72401
870.336.2077
Mon-Fri 8:00 – 5:00 PM

Central Region (Mobile)

350 Salem Rd., Suite 1
Conway, AR 72034
833.737.1197

Northwest Region

2400 S. 48th Street
Springdale, AR 72762
479.725.5216
Mon-Fri 8:00 – 5:00 PM

Central Region (Opening Soon)

110 Skyline Drive
Russellville, AR 72801
833.737.1197



Outpatient Services

Arisa offers a variety of outpatient counseling options such as child, adult, family and marriage therapy.



Every Child Deserves A Home

Haven is a residential treatment center in Conway serving girls 13-18 years of age who have been referred by the Arkansas Division of Children & Family Services (DCFS). Haven provides intensive interventions, including individual and family therapy, psychoeducation, medication management, as well as life skills instruction.

Therapeutic Foster Care

Arisa Health's Therapeutic Foster Care program provides children and youth with structured, consistent treatment in a clinical setting and in the home environment of specially trained therapeutic foster parents.

43,184

counseling clients

12

Haven beds available for clients

377

Therapeutic Foster Care clients



School-based Services

Arisa Health employs school-based providers located in 446 schools across the Arisa footprint, providing services to 11,931 students within the school setting each year. Services are designed to help students in preschool through high school who are facing emotional and/or behavioral challenges that interfere at school and home.

Therapeutic Day Treatment

Arisa Health collaborates with local school districts to provide both behavioral health care services and classroom education to students with Serious Emotional Disturbance who require intensive services with their education and are able to reside at their homes. The goal is to help the child succeed educationally and socially so they can be integrated back into the public school setting.



Adult Rehabilitative Day Services

Through the 25 programs, the ultimate goal is for the client to live as successfully and independently as possible in the community setting by maximizing the client's personal, social and vocational competencies. Adults in these programs receive ongoing case management and therapy.

Crisis Services

Arisa strives to provide care in the least restrictive setting, avoiding costly hospitalizations whenever possible. In the 2022 fiscal year, Arisa associates conducted 7,504 crisis screenings and successfully diverted 3,497 people from hospital admission. These individuals were provided alternative services, such as crisis stabilization, outpatient therapy, medication management, etc.



Therapeutic Communities

Therapeutic Community programs are located in Jonesboro, Corning, and Helena. These communities provide supervision and round-the-clock mental health care to adult men and women who typically enter the program as the result of a court order. A client's stay can range from six months to several years.

Recovery Services

Arisa Health provides an array of treatments for people suffering from substance use disorder, such as outpatient assessment and counseling to residential treatment at Arisa-owned facilities in Searcy and Forrest City (a total of 66 beds). We also provide Medication Assisted Therapy (MAT).



759

total number of clients from Recovery Services from last fiscal year

131

total number of clients from Therapeutic Communities from last fiscal year

66

beds available in Recovery Services

84

housing opportunities available

DASEP

Arisa Health contracts with the Arkansas Department of Human Services, Division of Aging, Adult, & Behavioral Health Services, to provide Drug & Alcohol Safety Educational Program (DASEP) services in the counties of Baxter, Benton, Boone, Carroll, Madison, Marion, Newton, Washington, Cleburne, Conway, Faulkner, Johnson, Perry, Pope, Searcy, Stone, Van Buren, Yell, Fulton, Izard, Sharp, Randolph, Lawrence, Greene, Clay, Craighead, Crittenden, Jackson, Independence, White, Woodruff, Monroe, Poinsett, Mississippi, Lee, St. Francis, Phillips, and Cross. DASEP associates teach the mandated DASEP class and/or classes required for reinstatement of driving privileges. This team also makes recommendations to the courts.

Residential Services

These subsidized independent living and group homes help individuals with serious mental illnesses who might otherwise find themselves homeless. Rent is based on the resident's monthly income. Additional services such as day treatment, case management, medication management, and therapy are also offered to clients. McCormack Apartments in Conway, Hartford Square Apartments in Russellville, Watson Street in Fayetteville, Oak Tree in Rogers, and Hemingway in Springdale all offer apartments. Additionally, Arisa Health provides transitional housing in Searcy.



The best views are always at the end of the roughest roads. Let Arisa Health change your view on life.

Certified Community Behavioral Health Clinic (CCBHC) Grants

Arisa Health has been awarded 3 CCBHC grants. These 2-year grants fund designated clinics that provide a comprehensive range of mental health and substance use services. CCBHC's:

- Embrace a recovery-oriented philosophy, supporting multiple pathways for individuals to recover from mental illness and substance use disorders.
- Are designed to provide Whole-Person Care, which considers all aspects of a person's health, including their physical, mental, and behavioral health, as well as their socioeconomic status, housing situation, and other social determinants of health, which can exacerbate health issues.
- Provide trauma-informed care.
- Serve clients regardless of reimbursement source.
- Allow clients to receive these additional services while keeping their current psychiatrist, therapist, and Qualified Behavioral Health Provider.

Mental Health First Aid

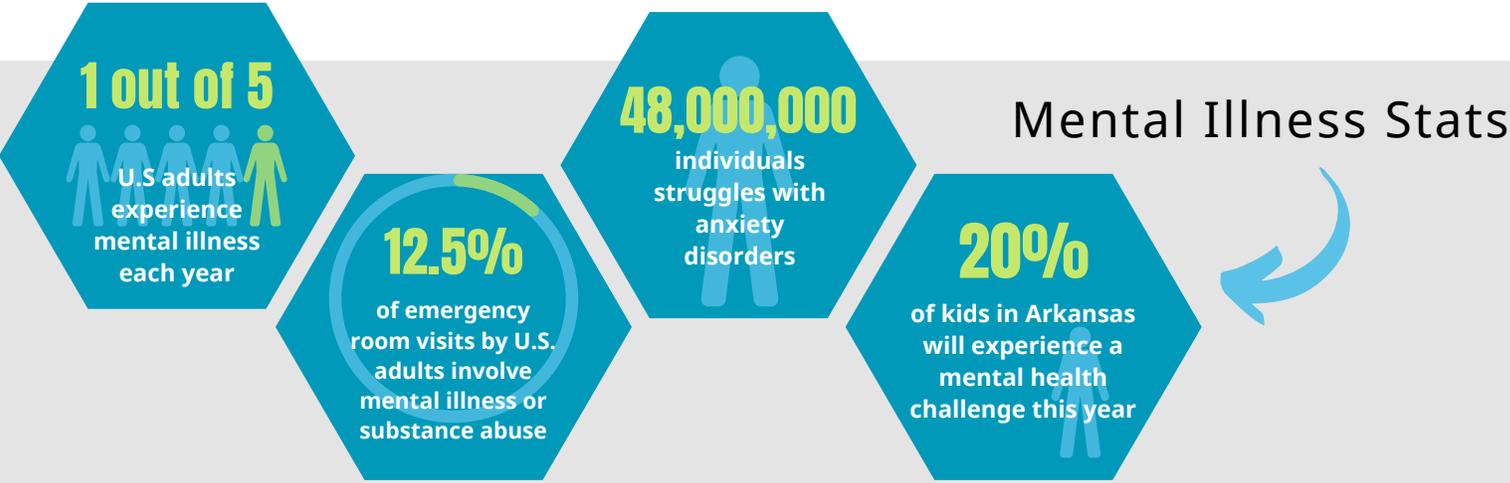
Arisa offers Youth, Adult, Veteran and Law Enforcement specific Mental Health First Aid training which teaches how to identify and help each of those who are experiencing mental illness or substance use disorders.

These comprehensive trainings teach the best practices for responding.

Arisa Health supports many community partners, including law enforcement, universities and church groups, to name a few.

This curriculum specifically covers:

- Signs and symptoms of substance use
- Signs and symptoms of mental illness
- Responding to youth in crisis
- Connecting with helpful resources





Arisa Diversity, Equity & Inclusion (DEI) Project

Arisa's vision is transforming communities one life at a time by leading with exceptional care that nurtures health and well-being for all. We know we cannot do this without a steadfast commitment to diversity, equity and inclusion.



Over the last two years, Arisa's commitment to diversity, equity and inclusion is demonstrated by the organization's support and involvement of associates in key initiatives, such as:



- Identifying interventions surrounding unconscious bias to help Arisa move beyond mere compliance and toward a work culture that is more aware and inclusive.
- Addressing systematic racism and promoting a more equitable and inclusive service region.
- Recognizing the significance and potential impact of such a commitment taking steps to enact it throughout our entire 41-county service region.
- Participating as part of the 2021 TRUE Northwest TRAIN Cohort - an intensive program designed to build leaders for diversity, equity, and inclusion through peer learning opportunities and coaching sessions.
- Recognizing the importance of creating momentum, compiling our collective knowledge and materializing our efforts into a workable plan. Grant funding from the Walmart and Walton Family Foundations allowed Arisa to partner with Diversity Window to develop a comprehensive DEI Plan and Initiative.



The Integral Pieces of Arisa Health



Arisa Health is comprised of 1,050 associates who do incredible work every day to transform our local communities one life at a time. From our direct service providers to those who are in crucial support roles, we are grateful for our dedicated team.

Arisa Health would not be what it is today without the commitment and passion of our associates and the board members from each county we serve. Thank you for your efforts in this mission.



2021 Arisa Health Leadership Academy Graduates

We are dedicated to training tomorrow's leaders today. In November 2021, our very first class of Arisa Leadership Academy graduated.

The purpose of the Arisa Leadership Academy is to bring together the expertise of every region of Arisa to provide a comprehensive one-year training program for leaders and future leaders of Arisa Health.

This curriculum provides 12 sessions which cover topics such as strengths, hiring, crucial

conversations, dysfunctions of a team, compliance, mentoring and learning from others and financials. These topics help each participant gain insight on managing teams and programs within Arisa Health.

After Arisa's first successful Leadership Academy, applications opened in December for another great year of training Arisa Health's future leaders. This year has been another great year and is coming to an end again in November.



Congratulations to our Arisa Leadership participants from the inaugural class in 2021! Participants are listed below.

Libby Bier
Taelor Blankenship
Kimberley Boyett
Linda Cromer
Sarah Elkins
Pam Harness

Leslie Hickman
Vernita Howard
Bonita Jackson-Amos
Kristy Kennedy
Madison Livingston
Leigh Maxwell

John Dan McCuin
Destiny McGee
Angela McLain
Catherine Nelson
Thomas Norton
Casandra Patterson

Mike Patterson
Tessa Riffell
Christie Ring
Donita Ross
Haden Shepherd
Wayne Smith

Jeremy Stark
Jaime Starling
Gary Taber
Leslie Tullos
Erin Willcutt
Haley Yarbrough



Leadership

Laura H. Tyler, PhD, LPC

Chief Executive Officer

John C. Ryan, EdD, LPC

Chief Operations Officer

Bill Scheerer, CPA

Chief Financial Officer (retiring)

Keith Faught, MPA, CPA

Chief Financial Officer (incoming 9/1/22)

Ruth Allison Dover, JD

Chief Legal Officer

Brian Davis, MSW, LCSW

Chief Clinical Officer

Chris DeBernard, MD

Chief Medical Officer

Tim Hudson, BA

Chief Philanthropy & Marketing Officer

"The Arisa Health, Inc. Board and leadership team are excited to share this snapshot of the fiscal year which ended 6/30/22. Obviously, a document like this contains a lot of data and descriptions. More importantly, it also reflects the hard work and commitment of our dedicated associates as well as the hopes and dreams of the people we serve.

The numbers are just one indication of the amazing and often difficult work that goes into community mental health. The growth in numbers of people served and clinical services provided is proof that we are stronger together, when we join with colleagues throughout Arisa's 41 counties to be the safety net for many in our communities who are otherwise overlooked.

The people who choose to work at Arisa make us who we are - the behavioral health center that is truly, 'For Health. For Hope. For You.'"



Laura H. Tyler, PhD, LPC
Chief Executive Officer

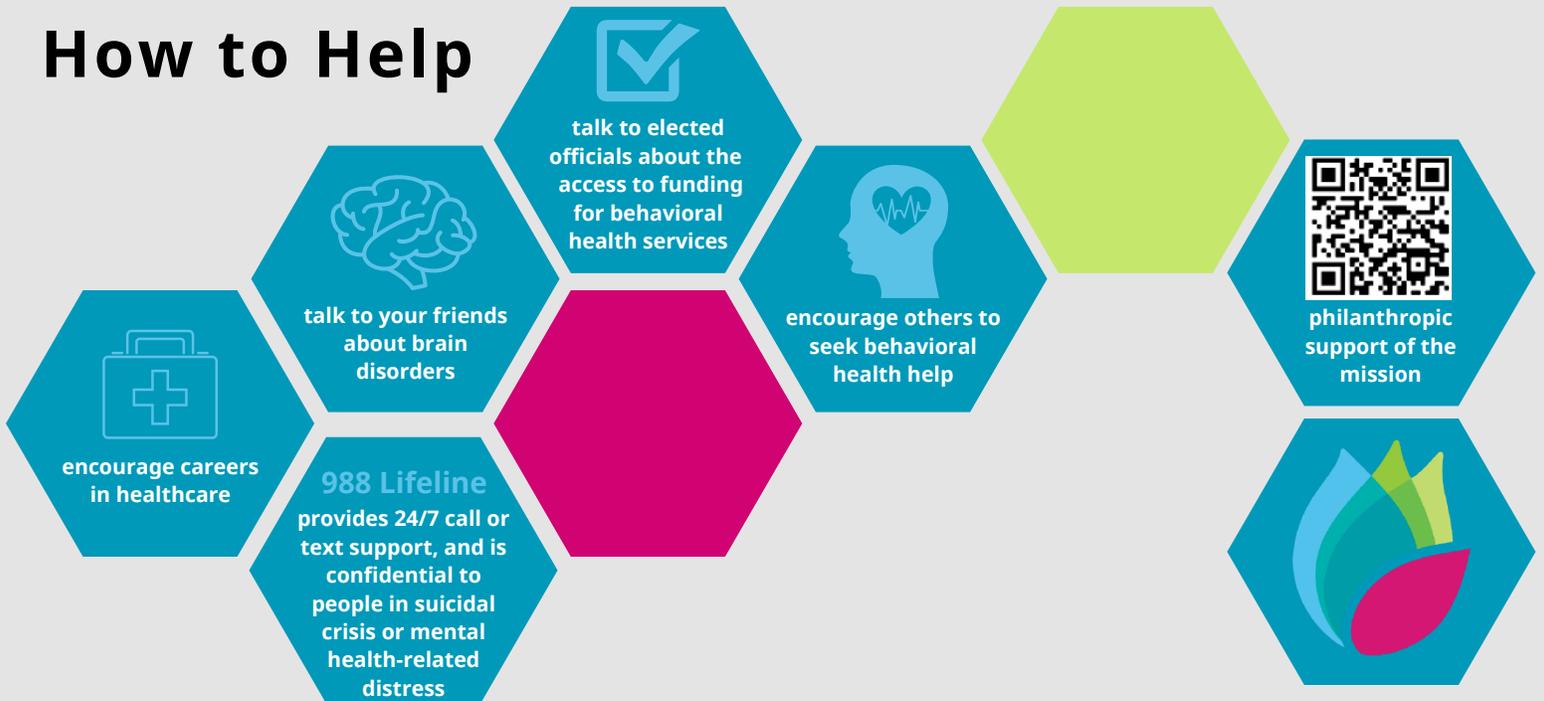
Board Members

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Regina Burkett | Woodruff County
Paige Catt | Clay County
Charles T. Cross | Carroll County
Donnie Davis | Washington County
Farris DeBoard | Benton County
Paul Dielmann | Perry County
Abbey Eddy | Pope County
Hayward Finks | Pulaski County
Julia Frost | Johnson County
Connie Gardner | Washington County
Lucilla S. Garrett | Carroll County
Becky Hall, Ed.D. | Phillips County
Marcia Harding | Pulaski County
Becky Hartsfield | White County
Kevin L. Hatfield | Madison County
Gary R. Head | Washington County
Mark Herbst | Pulaski County
Jeanie B. Hill | Washington County

Alice Hines, Ph.D. | Conway County
Rhonda Hodges | Mississippi County
Vixen James | Boone County
Frank Johnson | Washington County
Marsha Jones | Washington County
Rebecca Jones | Benton County
Rose Jones | Lonoke County
Elizabeth Kelley | Carroll County
David V. McBee | Marion County
Kevin Molder | Poinsett County
Mike Morgenthaler | At-Large
Mike Newman | Conway County
Clyde E. Noel | Lee County
Dewayne Phelan | Poinsett County
Ruth Provost | Jackson County
Harold L. Pyle | Yell County
Maribel C. Rogers | Pulaski County
Lori P. Ross | Faulkner County

Lynn G. Russell | Washington County
Jerrod Sandefur | Independence County
Jerri Skaggs | Benton County
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Henry Torres | Craighead County
Teresa Vaughan | Cleburne County
Herb Washington | Pulaski County
David West | Cross County
Cedric Williams | St. Francis County
Jessica Withrow | Baxter County
Leigh Ann Wright | Greene County
Kenny J. Wyatt | Stone County
Robert Young | Greene County
Jan F. Ziegler | Randolph County

How to Help



1-800-592-9503

arisahealth.org