



# arisa health

**July 2022 - June 2023**

## *Annual Report*

Arisa Health is a CARF-accredited behavioral health center, and is Arkansas' largest and most comprehensive nonprofit behavioral healthcare provider. Arisa is certified by the Arkansas Department of Human Services. It 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.



**856,839**  
Services provided



**53,019**  
Clients served



**80+**  
Locations in Arkansas



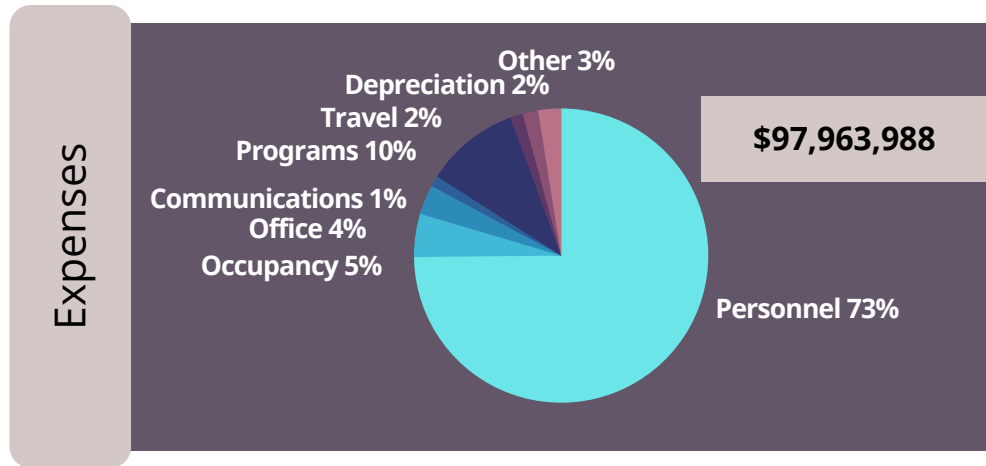
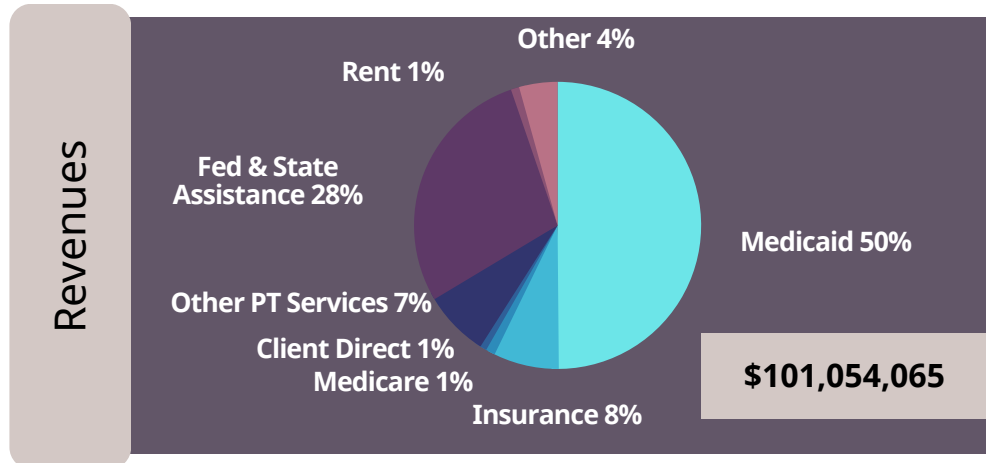
**41**  
Counties served in  
Arkansas



**\$94M**  
Annual operating  
budget



## Actual Operating Revenues & Expenses (Unaudited)



## Diversity, Equity, Inclusion & Belonging

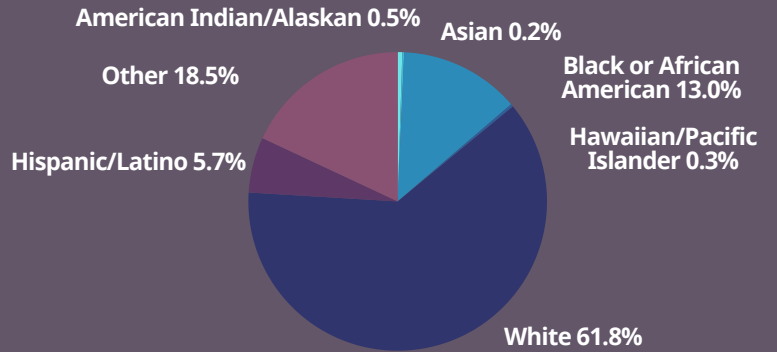
During the previous fiscal year, Arisa Health prioritized its internal diversity, equity, inclusion, and belonging (DEIB) efforts. These efforts included finalizing a DEIB Organizational Assessment and developing goals for the agency's DEIB Plan. Working closely with DEI Consultants at Diversity Window, Arisa organized 34 Inclusion Circles (focus groups) and conducted 6 Leadership Interviews, which were attended by a total of 472 associates. Additionally, 267 associates voluntarily participated in a Culture of Belonging Survey, enabling the agency to establish a baseline Inclusion and Belonging Index. This index measures the experience of marginalized groups within Arisa Health's workforce in terms of inclusion and belonging.

Externally, Arisa Health received recognition from the Craighead County Chapter of the NAACP for its outstanding diversity, equity, inclusion, and belonging work, and was also nominated for the prestigious NAACP's Racial Justice and Health Equity Award. Furthermore, Arisa Health actively co-sponsored and co-facilitated the impactful 4th Annual Diversity, Equity, and Inclusion Conference, hosted on the campus of Arkansas State University. This event was well-attended and included representatives from the Arisa Associate Advisory Committee. Arisa Health received a TRUE NW Grant from the Walton and Walmart Foundations to fund these efforts.

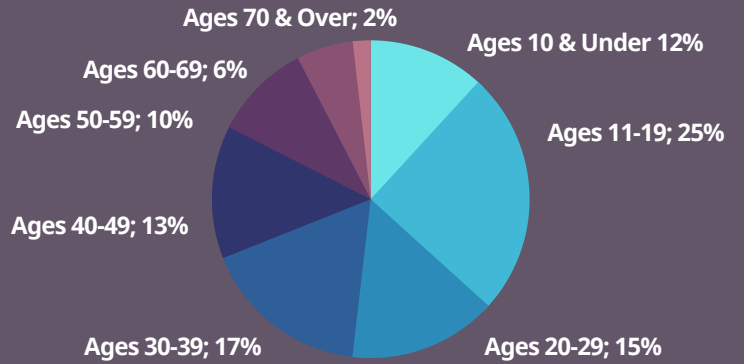


## Client Demographics

### Race & Ethnicity



### Age



## Program Statistics

### Outpatient Services

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



**29,411**

Counseling clients served

### Adult Intensive Services (AIS)

Through AIS 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.



**1,525**

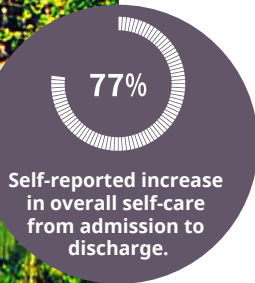
Clients served

## Whole Health Update

Whole Health at Arisa Health is dedicated to helping our associates and clients take charge of their physical, mental, and spiritual health, enabling them to work and live with more passion and purpose. Arisa Leadership, the Whole Health Project Coordinator, and the team of Whole Health Champions have been dedicated to providing and expanding various offerings to our associates to support their well-being journey.

The "Taking Charge of My Life and Health" training program is designed to guide Arisa Health associates in understanding what matters to them and how they can use this knowledge to improve their own health and well-being. We offer these trainings on an on-going, open registration basis to encourage open dialogues around taking care of ourselves, with 383 associates trained to date. Our Arisa-wide Whole Health offerings include the "Taking Charge of My Life and Health" training, weekly virtual fitness classes, monthly wellness webinars, wellness challenges, and specialty events.

We are also proud to see the positive impact of integrating Whole Health in client care. At Arisa Health's Recovery at Mills, residents participate in weekly Whole Health curriculum and complementary health offerings, resulting in a 77% self-reported increase in overall self-care from admission to discharge. "Our success at Mills has shown us that integrating Whole Health into treatment can have a lasting impact on the lives of our clients and we are excited to continue to expand our offerings across varying levels of care at Arisa Health" - Anna Koehler, Whole Health Project Coordinator. Arisa Health recently received a generous grant from the Alice L. Walton Foundation to support our Whole Health efforts through 2024.



## Behavioral Health Assistance Team (BHAT)

Throughout Arkansas and the nation, more police officers and dispatchers are responding to crisis situations involving mental health issues. Arisa Health has a Community Action Program which offers a Behavioral Health Assistance Team as well as a Crisis Intervention Team (CIT) training program.

The Behavioral Health Assistance Team is located in Craighead County. This team responds to crisis situations that do not require a trained police officer, but would benefit from a mental health professional. These crisis calls come from people throughout the community, and are responded to by our team twelve hours a day and six days a week.

Arisa's Crisis Intervention Team exists to train officers how to respond to crisis situations involving individuals experiencing mental illness out of jail and in treatment. In the words of NAMI, the National Alliance for the Mentally Ill, "Help, not handcuffs." Arisa Health currently employs 6 Certified Crisis Intervention Trainers who are also licensed mental health professionals.



## Crisis Services

Arisa strives to provide care in the least restrictive setting, avoiding costly hospitalizations whenever possible. In the 2022-23 fiscal year, Arisa associates conducted 9,174 crisis screenings and successfully diverted 2,955 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, Forrest City 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. Clients stay until they can safely return to the community.



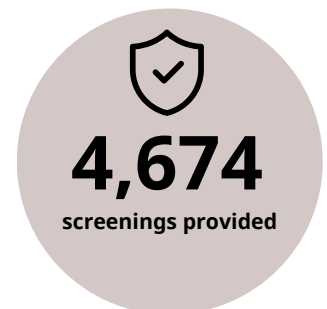
## Recovery Services

Arisa Health provides an array of treatments for people suffering from substance use disorders, such as outpatient assessment and counseling to our residential treatment facility, Arisa Health Recovery at Mills, in Searcy (a total of 62 beds). We also provide Medication Assisted Therapy (MAT).



## Drug & Alcohol Safety Education Program (DASEP)

The Arkansas Department of Human Services, Division of Aging, Adult, & Behavioral Health Services contracts with Arisa Health, to provide Drug & Alcohol Safety Educational Program (DASEP) services in the counties of Baxter, Benton, Boone, Carroll, Clay, Cleburne, Conway, Craighead, Crittenden, Cross, Faulkner, Fulton, Greene, Independence, Izard, Jackson, Johnson, Lawrence, Lee, Madison, Marion, Mississippi, Monroe, Newton, Perry, Phillips, Poinsett, Pope, Randolph, Searcy, Sharp, St. Francis, Stone, Van Buren, Washington, White, Woodruff, and Yell. Arisa 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. McCormick Apartments in Conway, Hartford Square Apartments in Russellville, Oak Tree in Rogers, and Hemingway in Springdale all offer apartments. Additionally, Arisa Health provides transitional housing in Searcy.



## 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

870.336.2077  
Mon-Fri 8:00 – 5:00 PM

2707 Browns Lane  
Jonesboro, AR 72401

905 North 7th Street  
West Memphis, AR 72301

28 Southpointe Drive  
Paragould, AR 72450

### Northwest Region

479.725.5216  
Mon-Fri 8:00 – 5:00 PM

2400 S. 48th Street  
Springdale, AR 72762

2508 SE 20th Street  
Bentonville, AR 72712

### Central Region

833.737.1197  
Mon-Fri 8:00 – 5:00 PM

350 Salem Rd., Suite 1  
Conway, AR 72034

110 Skyline Drive  
Russellville, AR 72801

8 Hospital Drive  
Morrlilton, AR 72110

244 Hwy 65 South  
Clinton, AR 72031

1021 Poplar  
Clarksville, AR 72830

206 W. Main Street  
Perryville, AR 72126



**Mobile Unit**  
833.737.1197

*\*Including telemedicine locations*

## Certified Community Behavioral Health Clinic Grants

**\$12M**

Three 2-year SAMHSA grants awarded to legacy organizations beginning in 2020.

From August of 2020 through August of 2021, three of Arisa's legacy organizations were awarded \$4 million SAMHSA grants, each for a two-year duration, marking the inception of the Certified Community Behavioral Health Clinic (CCBHC). This initiative aimed at introducing an integrated care approach within several of our 41 counties.

Through this funding, each of these legacy organizations were able to establish Primary Care clinics, emphasizing holistic care. Each of our legacy organizations were able to initiate additional programming surrounding the integrated care model to better serve clients within those areas.

Within Arisa's central region, the funding was also utilized for staff expansions, and innovative collaborations, such as the partnership with the Conway Police Department.

**\$8M**

Two new 4-year SAMHSA grants awarded.

As the commitment to holistic care and community well-being continues, Arisa has received two \$1 million/per year SAMHSA grants to extend these vital support services in Boone, Conway, Perry, Pope and Yell counties. This funding is for four years or \$8 million total. The goal of these new grants is to enhance the overall health of each community.

## School-based Reach Throughout Arisa

**20%**

Nearly 20% of children are experiencing behavioral health concerns.

With nearly 20% of children and youth experiencing behavioral health concerns, embedding therapy services in the school setting is an effective way to get the needed care to students while removing many of the barriers faced in seeking treatment. Arisa Health is proud to partner with 498 schools across 41 counties in Arkansas to place over 230 licensed Mental Health Providers and Qualified Behavioral Health providers within the school setting. Our school-based providers can work collaboratively with teachers and other school personnel along with the student and their parent to truly provide wrap-around care and support.

**498**

Schools involved with our School-based services

Services provided in the school include therapy services, crisis services, and behavioral support in the classroom setting. Arisa Health also provides extensive School Outreach services including professional development for school staff, student education, and parent trainings. Arisa Health school-based providers have become an integral part of the schools in Arkansas through the high quality of their services and their dedication to "transform communities one life at a time". As shared by one school principal, "Years ago we needed Arisa Health, but now we could not function without Arisa Health."



## Children's Programs Statistics

### 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.



**295**

Therapeutic Foster Care clients

### School-based Services

Arisa Health employs school-based providers located in 498 schools across the Arisa footprint, providing services to 13,667 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.



**13,667**

School-based clients

### Therapeutic Day Treatment

Arisa Health collaborates with local school districts to provide both behavioral health care services and classroom education by certified teachers 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.



**372**

Therapeutic Day Treatment clients



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.



**12**

Haven can accommodate 12 clients each day



## Donor Highlights

### *The Arisa Health Jane Hunt Clinic*



We are thrilled to announce that Arisa Health has been honored with an extraordinary gift of \$4 million from Ms. Jane Hunt. This generous contribution is a testament to her belief in our mission and is designated for a new clinical facility in Rogers (Benton Co.) and continuing education scholarship support for Arisa's associates. Ms. Hunt's remarkable gift is the largest donation ever received by Arisa Health or any of its affiliates.

This gift helps kick off a capital campaign in support of the forthcoming Arisa Health Jane Hunt Clinic in Rogers. This groundbreaking initiative will see the construction of a state-of-the-art facility, spanning approximately 20,000 square feet, with construction scheduled to commence in early 2024.

This new facility will serve as a lighthouse of hope for those in need, providing essential resources and support to individuals of all ages, backgrounds and circumstances. Together, we can create a brighter future where behavioral health services are accessible to all who need them.



Use the QR code to contribute to the campaign.



arisa health



### *Willard & Pat Walker Charitable Foundation*

We were recently awarded a \$1.25 million grant from the Willard & Pat Walker Charitable Foundation for facility renovations and upgrades to clinical buildings at our corporate offices in Springdale, AR.

Pictured (left to right) are Arisa Health Board President Frank Johnson, Walker Foundation Executive Director Mandy Macke, Arisa Health CEO Dr. Laura Tyler, and Arisa Health Chief Philanthropy and Marketing Officer Tim Hudson.

## 2022 Arisa Health Leadership Academy



We are committed to training tomorrow's leaders today. In November of 2021, we launched the inaugural class of the Arisa Leadership Academy.

In 2022, we launched our second class, and we congratulate the incredible graduates, pictured above.

The Arisa Leadership Academy serves a distinct purpose: to harness the collective knowledge and expertise from every corner of Arisa, offering an all-encompassing one-year training program tailored to both current and future leaders of Arisa Health.

This comprehensive curriculum consists of 12 sessions, each delving into vital subjects such as identifying strengths, effective hiring practices, navigating crucial conversations, addressing team dysfunctions, ensuring compliance, providing mentorship, learning from peers, and understanding financial matters. These topics equip every participant with invaluable insights on how to effectively manage teams and programs within Arisa Health.

These were the participants in the 2022 class:

Chantal Brice  
Chelsea Thielemier  
Cherie McFadin  
Claudia Hornbeck  
Eric Busby  
Heather Baker  
Heather Parker  
Jonathan Edwards  
Kelcee Sitzes  
Meghan Ryder

Morgan Vaughn  
Rebecca Nail  
Sharon Taylor  
Shena Lavespere  
Stacy Arnell  
Stacy Lee  
Susan Vanhook  
Tara Moore  
Zachary Austin

## Leadership



Pictured (left to right):

**Keith Faught, MPA, CPA**  
Chief Financial Officer

**Laura H. Tyler, LPC, PhD**  
Chief Executive Officer

**Tim Hudson, BA**  
Chief Philanthropy &  
Marketing Officer

**Brian Davis, MSW, LCSW**  
Chief Clinical Officer

**Kyle Johnson, MD**  
Chief Medical Officer

**John Ryan, EdD, LPC**  
Chief Operations Officer

**Ruth Allison Dover, JD**  
Chief Legal Officer

## Message from CEO

It is hard to believe that we have completed another fiscal year for Arisa Health, Inc. I am so honored to be part of this organization that is committed to mission-driven work. To lead with exceptional care that nurtures health and well-being for all is more than a phrase; it is a purpose for those who work in a non-profit. Despite suppressed staffing levels, we have served more than 53,000 individuals...bringing incredible life change.

As the safety net provider, we operate 24/7 every day of the year and we care for those with the highest acuity. The successes outlined in this Annual Report would not be possible without a supportive Board of Directors and a group of more than 1,100 associates who are creative, tenacious, and daily placing the needs of others above themselves.

Arkansas is lagging in many key health indicators including mental health. We must take action to challenge and change that. Lives are literally depending on us. I hope you'll join me in working with your local legislators to educate them about the importance of treatment. Treatment cannot occur without proper funding. Let's strive to bring Arkansas to the cutting edge when it comes to health care. Let's not settle for being at the bottom.

Laura H. Tyler, LPC, PhD  
Chief Executive Officer



## ***Board of Directors***

### ***President:***

Frank Johnson | Washington County

### ***Vice President(s):***

Rebecca Jones | Benton County

Maribel C. Rogers | Pulaski County

### ***Board Members:***

Amanda Joshlin | Lonoke County

Candra Brasel | Newton County

Jackie Brashears | Madison County

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

Hayward Finks | Pulaski County

Julia Frost | Johnson County

Connie Gardner | Washington County

Lucilla S. Garrett | Carroll County

Deborah King | Phillips County

Marcia Harding | Pulaski County

Timothy Harness | Searcy County

Becky Hartsfield | White County

Kevin L. Hatfield | Madison County

Gary R. Head | Washington County

Jeanie B. Hill | Washington County

Alice Hines, Ph.D. | Conway County

Rhonda Hodges | Mississippi County

Vixen James | Boone County

Marsha Jones | Washington County

Rose Jones | Lonoke County

Elizabeth Kelley | Carroll County

David V. McBee | Marion County

Kevin Molder | Poinsett County

Mike Morgenthaler | At-Large

Clyde E. Noel | Lee County

Dewayne Phelan | Poinsett County

Ruth Provost | Jackson County

Harold L. Pyle | Yell County

Lori P. Ross | Faulkner County

Lynn G. Russell | Washington County

Jerrod Sandefur | Independence County

Jerri Skaggs | Benton County

Eric Smith | IZard County

Sharon J. Spurlin | Carroll County

Chris Thornton | Washington County

Jeannie Tindall | Faulkner County

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

### **988 Lifeline**

Provides 24/7 call or text support, and is confidential to people in suicidal crisis or mental health-related distress



Encourage careers in healthcare



Talk to elected officials about the access to funding for behavioral health services



Encourage others to seek behavioral health help



Philanthropic support of the mission