

ADAPTATION INNOVATION COMPASSION

A LOOK BACK AT THE CHALLENGES & TRIUMPHS OF

2020





WHAT'S INSIDE

"It's really nice that you all try to make us feel comfortable — even through the hardest part of our lives."

-HOPES PATIENT

Vision, Mission, Values

From Our CEO

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From Our Board President



We provide affordable, high-quality medical, behavioral health and support services for all.



VISION

We strive to build a healthier community.



VALUES

At HOPES, we value: kindness, dignity, inclusion, creativity and adaptability.

WHO WE SERVE

62%

of HOPES patients live at or below 200% of Federal Poverty Level (FPL)

46%

of HOPES patients live at or below 138% of FPL

17%

of HOPES patients are experiencing homelessness

FROM THE CEO



Reflecting on a year that brought challenges and uncertainty, I feel honored to be part of a team who handled each day with grace and fortitude.

HOPES' values — kindness, dignity, inclusion, creativity and adaptability — guided our work in 2020 as we persevered to ensure our patients' access to the care they need and depend on.

Relying on the strength of our team and our ability to adapt, we found creative solutions that met our community's needs during the pandemic and reflected our role as a regional healthcare leader.

Early in March of 2020, we implemented telehealth services for both medical and behavioral health. By reducing barriers to care and increasing efficiency, we were able to serve more patients in 2020 than we served in 2019. We brought a modular unit onsite to see patients with COVID-19 symptoms and added drive-up COVID-19 testing, reducing the burden on a stressed local health system.

We maintained our commitment to our houseless neighbors, and, with the generosity of this community, raised \$2.5 million for Hope Springs.

As this goes to print, Hope Springs will open its doors, serving as a safe place for individuals experiencing homelessness to live and access all the services they need to overcome, heal and grow.

As we close the door on 2020, we believe better days lie ahead. Inspired by the support of our community and steadfast in our commitment to providing kind and inclusive care, we look forward with hope to improving lives throughout our community.

Sincerely,

Sharon Chamberlain CEO, Northern Nevada HOPES





REAFFIRMING OUR BELIEF IN TEAM-BASED, WRAP-AROUND CARE

From the day we opened our doors in 1997 as an HIV/AIDS clinic, Northern Nevada HOPES has been focused on offering integrative, innovative and inclusive care.

Being on the frontlines of the HIV epidemic provided lessons on caring for our community that directly informed our care during the COVID-19 pandemic, and further affirmed our commitment to wrap-around services.

THAT WAS THEN

In 1997, many of our HIV positive patients felt a constant sense of fear — fear of accessing care because of stigma; fear of losing a job due to illness; fear of losing their home and not having enough to eat.

THIS IS NOW

In 2020, many of our patients also felt overwhelming fear — fear they would be exposed to COVID-19 outside their home; fear they would lose their job due to the pandemic; fear they would lose their home and not have enough to eat.

In 2020, as in 1997, HOPES was a source of kindness and inclusivity for our patients, providing comprehensive care that helped ease those fears by connecting patients to resources that met their basic needs, like food and medications.

MEETING A GROWING NEED 10,851 PATIENTS SERVED IN 2020

10,399 PATIENTS SERVED IN 2019



45,035 MEDICAL

11,205 BEHAVIORAL HEALTH 1,438 PSYCHIATRY

5,576 CASE MANAGEMENT

1,969 OTHER









A CULTURE OF ADAPTABILITY PUT TO THE TEST

HOPES relied on our core values to keep us moving forward in 2020 — key among them, adaptability. The entire HOPES team rose to the challenge, making timely adjustments in patient care, patient access, and staff and patient safety, all while experiencing staffing shortages due to COVID-19 infections and quarantining.

Our IT and Facilities teams played integral roles, quickly implementing telemedicine services for both medical and behavioral health care — putting systems in place to enable our entire behavioral health team, most of our administrative team, and several providers to work remotely. The team also created a modular clinic in our parking lot to safely see patients with COVID-19 symptoms and added tents for drive-up COVID-19 tests. Our Facilities team rapidly implemented increased sanitation and cleaning schedules, while assisting our Clinic team with information to keep patients and staff informed, physically distant and safe.

Due to our ability to adapt to new and changing circumstances, we were able to continue seeing patients and provide them with the life-saving and life-changing care they need and deserve.

VITAL COMMUNITY SUPPORT

Once again, our community stepped up to support HOPES in 2020. We were able to maintain in-person clinic operations because countless individuals and organizations donated PPE, masks and supplies, some even making homemade masks for our staff.

We our community.



VITAL CARE FOR A VULNERABLE POPULATION PATIENTS RECEIVED HOUSING SERVICES

93% HIV PATIENTS WITH UNDETECTABLE VIRAL LOAD

5,164

STI TESTS (EXCLUDING HIV)

2020 RESPONSE TIMELINE

With the support of an adaptable team and generous donors, HOPES was able to maintain fulltime, in-person clinic operations.

MARCH

- Virtual medical appointments offered via telehealth.
- Behavioral Health, Medication-Assisted Treatment, Behavioral Health Integration Consultants and Adult Psychiatry offered via telehealth.

APRIL

 Virtual group therapy for Women in Recovery restarted in an online, virtual format.

JUNE

 New virtual group therapy — Connections 2020 created to address social isolation and therapy needs of Behavioral Health patients.

JULY

 New services: STI testing, PrEP and PEP Clinic, Peer Support, Pediatric Psychiatry and Gender and Sexual Health Clinic started onsite.

OCTOBER

- Behavioral Health Integration returned onsite.
- Case Management referrals and HOPES Heroes, our employee giving program, assisted clients with obtaining phones to maintain therapy.





DEVELOPING VIRTUAL CARE, VIRTUALLY OVERNIGHT

With no virtual services offered prior to 2020, HOPES created an entirely new care model within weeks. While we were able to continue our in-person clinic operations, many patients simply did not feel safe leaving their homes. Telehealth, offered via phone or video, ensured patients could still get vital medical and wraparound care.

Providers were able to connect patients who recently lost jobs with behavioral health services to address anxiety, and with case management to provide food resources. They connected patients experiencing substance use problems with Medication-Assisted Treatment therapists.

Our team-based care helped pave a path toward wellness and stability, bringing patients the care and resources they needed.

The sours as their lints.

STI TESTING AND PROGRAMS AND PREP AND PREP AND PREP CLINICAL STICKS. We cultivated team connectivity in weekly clinic meetings and biweekly operations meetings, providing support for clinicians working from home who were experiencing many of the same stressors as their clients.

13,919 TOTAL VIRTUAL VISITS



1,094 COVID-19 TESTS 419 COVID-19 ANTIBODY TESTS

GENDER AND SEXUAL **HEALTH** CLINIC





CHALLENGING TIMES LEAD TO VALUABLE **CHANGES**

The circumstances of 2020 forced us to make many changes in order to continue serving our community. Some of these changes will be temporary, but others have proven to be highly beneficial to our patients, improving their access to consistent care. On the following pages are some of the many ways our amazing team members adjusted, adapted, rethought and reimagined how we can best serve our community.

MEDICATION-ASSISTED TREATMENT (MAT)

In 2020, the lack of stability, increased uncertainty and lack of access to services led to increased substance use and relapse for many struggling with substance-use disorders. Our MAT program, with its behavioral health focused multidisciplinary team, acted to ensure patients in recovery had access to the services they depended on.

MAT COVID-19 ADJUSTMENTS:

In March 2020, HOPES made all group and individual therapy sessions virtual and offered at-risk patients telehealth appointments.

- O MAT prescribers and case management stayed onsite to provide needed services and adopted virtual or in-person sessions based upon need.
- O Biweekly MAT groups restarted onsite in early July for vulnerable populations, with safety measures in place.

"In 2020, we didn't ask our patients to make major lifestyle changes during such a scary, unpredictable time. We operated as a safe place for people to connect, share their feelings and concerns, and be validated."

-AMANDA LA TORRE, HOPES CHRONIC DISEASE PROGRAM COORDINATOR

BEHAVIORAL HEALTH

HOPES offers behavioral health counseling that includes individual (children through seniors) and couples therapy, as well as substance-use counseling. We practice harm reduction, which involves meeting patients wherever they are in their recovery journey and developing a holistic treatment plan based on their goals.

BEHAVIORAL HEALTH COVID-19 ADJUSTMENTS

- Telehealth visits improved attendance for clients with transportation challenges.
- Clients afraid to leave their home because of COVID-19 risk, or an anxiety disorder, were able to continue treatment through virtual visits.
- Pediatric therapists were able to collaborate with school counselors to provide virtual services to kids onsite in school, increasing accessibility of therapy services.

DIABETES PREVENTION

Through a generous grant from Renown Health, HOPES launched a Diabetes Prevention Program in January 2019 that has since earned preliminary recognition from the CDC for its effective, quality, evidence-based curriculum.

DIABETES PROGRAM COVID-19 ADJUSTMENTS:

- Group sessions moved to the virtual space, earning positive patient feedback.
- We increased the frequency of virtual group meetings to keep patients connected to each other and resources.
- Virtual classes became impromptu therapy sessions, offering patients a forum to share their fears, stress, anger, sadness, frustration and anxiety over the virus, racism, police brutality and even civil unrest.

ESSENTIAL SERVICES DELIVERED







OPERATIONS

Our medical clinic was able to continue in-person operations throughout 2020.

PATIENT SERVICES COVID-19 ADJUSTMENTS:

- The patient services team streamlined patient processes to improve safety and efficiency.
- O Patients were called before their appointment to explain COVID-19 protocols and encourage attendance.
- Cancellations and no-shows quickly triggered outreach to a new patient on a waiting list for care.
- Appointment reminders were sent to patients with forms to complete before their appointments. Previously done onsite, the new process allowed providers to focus on patient care instead of paperwork.

CLINIC COVID-19 ADJUSTMENTS:

- First floor COVID-19 symptom screening and physical distancing in the lobby added for all visitors.
- A nurse triage line was implemented to address patients who answered positive to any screening question.
- Restaurant-style pagers were used to enable patients to wait safely in their cars for their appointments.
- Parking lot testing was added, and we built a mobile onsite clinic for:
 - Drive-up COVID-19 testing;
 - Treating patients who failed screening, despite COVID-19 negative test; and
 - HIV testing.
- A drive-through, weekend flu vaccine clinic was added.
- O Daily internal COVID-19 clinical operations meetings helped us ensure patient needs were being met.

CHANGE POINT IMPACT

Change Point is HOPES' innovative and inclusive harm-reduction program, focused on meeting the needs of medically underserved groups. We offer harm-reduction supplies, counseling, walk-in HIV and hepatitis C testing, STI testing and PrEP and PEP HIV prevention services.

556,813
USED NEEDLES
RETURNED

526,969 CLEAN NEEDLES DISTRIBUTED OVERDOSE
PREVENTION KITS
DISTRIBUTED
(2 DOSES PER KIT)

228
HEPATITIS C
TESTS

1,554 HIV TESTS

21 PEP 56 PrEP VISITS

FINANCIALS

91%PROGRAMMING \$30,825,926

8%ADMINISTRATIVE
\$2,878,750

1%DEVELOPMENT
\$327,647

\$35,533,746 REVENUE

\$34,032,323 EXPENSES



HOPE SPRINGS IS A FIRST-OF-ITS-KIND HOUSING SOLUTION

Everyone deserves a safe and stable place to sleep — that is the belief that guided the development of Hope Springs. But it wasn't just HOPES' belief, it was our community's as well. Every individual and organization who donated to Hope Springs contributed to the creation of something much bigger than any one of us.

Hope Springs fills a critical gap in the housing continuum, improving lives by providing bridge housing and high-quality intensive support services to our unsheltered neighbors. A full-time staff, onsite seven days a week, will help residents overcome, heal and grow.

In the spring of 2021, Hope Springs will welcome its first residents.

HOPE SPRINGS OVERVIEW

- 30 heated, furnished, individual shelters
- 3,200-square-foot community center with kitchen, laundry, showers, restrooms and community meeting space

ONSITE SERVICES

- Housing case management
- Money management
- Drug treatment
- Primary care

- Community garden
- Gas grill and firepit
- Dog park and kennels
- 24/7 security
- Food and nutrition
- Transportation resources
- Other life skills programs





WHO HOPE SPRINGS WILL HELP: GET TO KNOW JESSICA

Jessica, a hypothetical Reno resident, lost her part-time job during the pandemic, and around the same time, custody of her son after a tough divorce. With no income, she was evicted from her apartment and ended up in a shelter. The shelter is crowded due to the pandemic, and Jessica is concerned for her safety.

Jessica looks forward to the safety and security of having her own place at Hope Springs. She looks forward to working in the community garden, an activity she remembers fondly from her time with her son. With the skills she can learn at Hope Springs — from gardening and cooking to finding a job and saving money — Jessica is hopeful she will soon get back on her feet, find permanent housing and reunite with her son.



Jessica, age 40
HYPOTHETICAL HOPE
SPRINGS RESIDENT





HOPE SPRINGS LIFE-CHANGING CONTRIBUTORS

William N. Pennington Foundation











"There's a one-

letter difference

HOPES PATIENT









Robert Z. Hawkins
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David & Judy Hess





E.L. Cord
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Helen Close Foundation Sandy Raffealli

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Sandra Saunders

Dana Winn

IN HONOR OF

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Marianne Broughton

Ol Love

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FROM OUR BOARD PRESIDENT

Since HOPES opened in 1997 as an HIV/AIDS clinic, it's played an invaluable role as a regional public health leader, filling gaps in care for the most vulnerable members of our community. In 2020, equipped with the knowledge and tools to address a global public health crisis locally, HOPES stepped up and became part of the solution to our region's response to the COVID-19 pandemic.

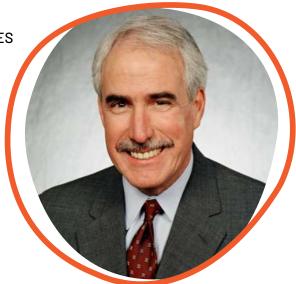
Each member of the HOPES team is selflessly committed to doing their part to meet the extraordinary new daily challenges placed upon frontline healthcare workers. The team took swift action to implement increased safety protocols and adjusted services to continue providing care for more than 10,000 individuals and families.

What makes HOPES special is its mission to ensure all members of our community have the opportunity to thrive, including our houseless neighbors. In 2020, our community came together to complete the Hope Springs project to provide part of the solution to our homeless problem. At the time of this writing, Hope Springs will soon begin operation as a safe and dignified place for our community's most disenfranchised to live while they access support services to help them heal and also improve their quality of life. Hope Springs is a true steppingstone to safer, healthier, more stable living, that will serve 60-90 people annually.

A year of great challenge brought with it great opportunity. We have added new services like telehealth that will be instrumental in achieving HOPES' vision to create a healthier community, breaking down barriers and increasing access to care for hard to reach and vulnerable populations. Thanks to the support of this community and the dedication of the HOPES team, I welcome this next year with optimism and gratitude.

Douglas H. Brewer, CFP

Board President, Northern Nevada HOPES





"My provider is amazing, and I have learned so much from her that has improved my parenting skills tenfold. The office staff is also very friendly and make check-in and scheduling easy."

—HOPES PATIENT

