

Multicultural Integrated
MIKE
Kidney Education

Annual Report 2014-2015



MIKE Program youth engage fifth graders with a presentation on nutrition for their health leadership project.

MISSION

Empower youth to be health leaders through education, mentorship and community outreach

VISION

All people meeting their potential of vibrant good health, contributing as citizens of a vibrant, strong society

VALUES

Respect
Inclusion
Empowerment
Integrity

MIKE Program 2014-2015

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MIKE Program 2014-2015

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From the Founder

Cheryl Neal, MD

MIKE Program launched this fiscal year from a community 360-degree planning session facilitated by the Nonprofit Association of Oregon's Senior Consultant, Barb Gibbs, and sponsored by Technical Assistance funding from Kaiser Permanente's Community Benefits. As an outgrowth of this very exciting planning session, MIKE's Board of Directors has crafted our current five-year Strategic Plan, building on a strong foundation while improving the structure and vitality of MIKE Program into the future.

Our plan addresses three key areas:

Social impact: MIKE will concentrate growth on our school-based mentored health science education and researched program delivery. Our findings can inform future educational delivery, public health policy and standards. We are positioned uniquely to build on our investments and proficiencies in teens' school environments. Plans encompass local expansion, regional service delivery and exploration of regional and even national programming in partnership with networked schools.

Financial sustainability: MIKE will combine contributed income, product sales and business related income tied to program expansion to achieve sustainable program delivery and growth. Although we must rely on your contributions and contributions from others like you, MIKE Program has developed the products and training to work with our multiple partners in order to tie program expansion to financial sustainability.

Infrastructure and leadership succession: As MIKE Program undergoes organizational development, current leaders are laying the foundation for strong leadership into the future.

MIKE Program has been able to take critical steps forward due to the commitment and support of the individuals, organizations, businesses and academic institutions which form MIKE's confluence of support. It's in gratitude that we acknowledge these partnerships as central to our accomplishments and our future resilience in 2015-2016.



Want to be a part of MIKE's strategic planning process? Contact Cheryl Neal to review MIKE's current strategic plan dashboard and discuss the current/planned mission-related accomplishments.

From the President

Lori Fedje, RD

As I assume the position of President for MIKE Program's Board of Directors in 2015-2016, I look back at 2014-2015 as a transformational year. Last fiscal year the Board of Directors steered MIKE Program toward a strategic plan centered on expanding our school-based programming, implementing a variety of business-earned income projects, and piloting organizational capacity through a succession plan.

Our focus is to build upon MIKE's impact in the community. As we prepare for a healthier future, the organization must build capacity to sustain growth and outreach. The Board has taken a broad look at our mission and goals to determine how we achieved our current outcomes and how to prepare for the future.

It is not simply about "doing good work." MIKE is positioned to make a significant difference in the lives of youth, their peers and families, and their communities. All members of the Board understand the vital role we play in shaping MIKE as a viable entity for years to come.

Members of the Board have devoted hundreds of hours refining MIKE's internal governance and financial structure. Mirroring the foundational process of guiding youth toward healthier lives, the Board has similarly established a healthy base for MIKE. I, along with all the members of the Board, invite you to join us in shaping a healthy future for all.



MIKE Programming

Youth 2014-2015



(Pictured) MIKE mentors and youth at Miller Education Center in Hillsboro, Oregon.

YOUTH

Number of youth served: **163**

Health leadership project teams: **34**

Health leadership project outreach:
(individual audience count) **1,203+**

MENTORS

Number of mentor positions: **33**

Number of individual mentors: **25**
(some mentors volunteer for multiple assignments)

Number of mentor hours: **1,798**

VOLUNTEERS

Number of volunteers: **190**

Number of volunteers hours:
(excluding mentor hours) **4,417**

Volunteers served on MIKE's Board of Directors, Advisory Board, Governance Committee, Finance Committee, Education & Mentoring Committee, Marketing & Fund Development Committee, An Autumn Evening (multiple positions), and youth programs (multiple positions).



(Pictured) Miles Seeley, MD, Susan Bagby, MD, and Harmon Laurin at a strategic planning meeting.



MIKE Program

Youth Program in Action

MIKE delivered health science education programming at:

De La Salle North Catholic High School:

Location: Portland, Oregon

Partnership History: 6 years

Type of School: private, work/college prep

Program Length: two semesters (Fall & Spring)

Delivery Type: in-school health class

Student Profiles: all 9th graders

Miller Education Center West:

Location: Hillsboro, Oregon

Partnership History: 5 years

Type of School: alternative high school

Program Length: one semester (Spring)

Delivery Type: afterschool credit recovery

Student Profiles: eligible 11th and 12th graders

Liberty High School:

Location: Hillsboro, Oregon

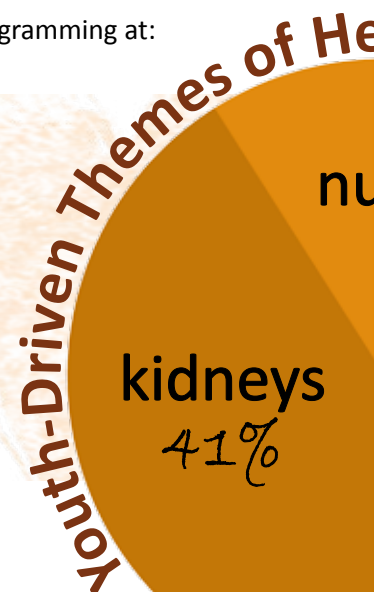
Partnership History: 1 year (inaugural)

Type of School: public high school

Program Length: one semester (Spring)

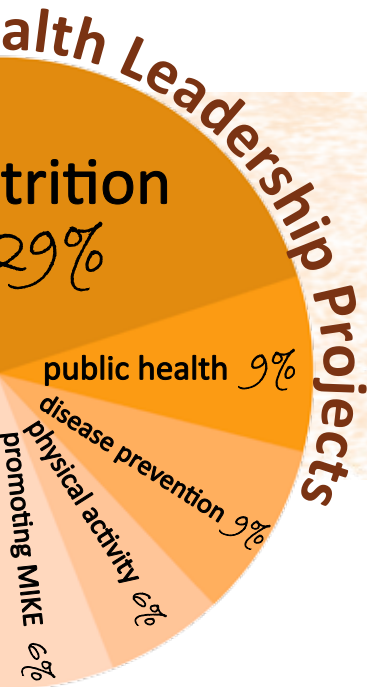
Delivery Type: afterschool health class

Student Profiles: eligible 11th and 12th graders





MIKE Program
 Youth Program Highlights



MIKE Program youth present Health Leadership Projects to mobilize a message of health within their communities. The projects center on youth-driven solutions to increase positive health outcomes.

While guided by mentors, the youth develop the theme, select their target audience, create the presentation, then share it with the public. Many of the youth use this opportunity to engage younger peers, reflecting the mentor relationships they experience throughout the program.

In 2014-2015, 34 MIKE youth teams promoted health at schools in Portland and Hillsboro. The youth expressed their ideas in a variety of ways with colorful posters, cooking demonstrations, videos and slideshows, and interactive activities.



MIKE Programming
 Mentors 2014-2015



Vanessa Hansen (on left) with De La Salle North Catholic High School youth during a Health Leadership Project presentation.

MIKE Mentor Profile:
 Vanessa Hansen

Vanessa Hansen is a volunteer mentor with MIKE Program at De La Salle North Catholic High School. She is majoring in community health education at Portland State University.

Vanessa's goal: I want to work with youth to promote healthy lifestyles and advocate for healthy meals, and become a teacher.

Why Vanessa volunteers with MIKE:
 "Volunteering to me is giving without any expectations, yet with this program, the rewards keep coming. I was searching for an opportunity to work with youth in my community to benefit their health. With MIKE, mentors get the chance to watch the youth transition into advocating for their own health."

MIKE has prepared me to work in a classroom setting and given me the tools to be a successful mentor. It's my favorite part of the week."



Vanessa guides De La Salle North Catholic High School youth toward healthier food options.

MIKE'S Financials

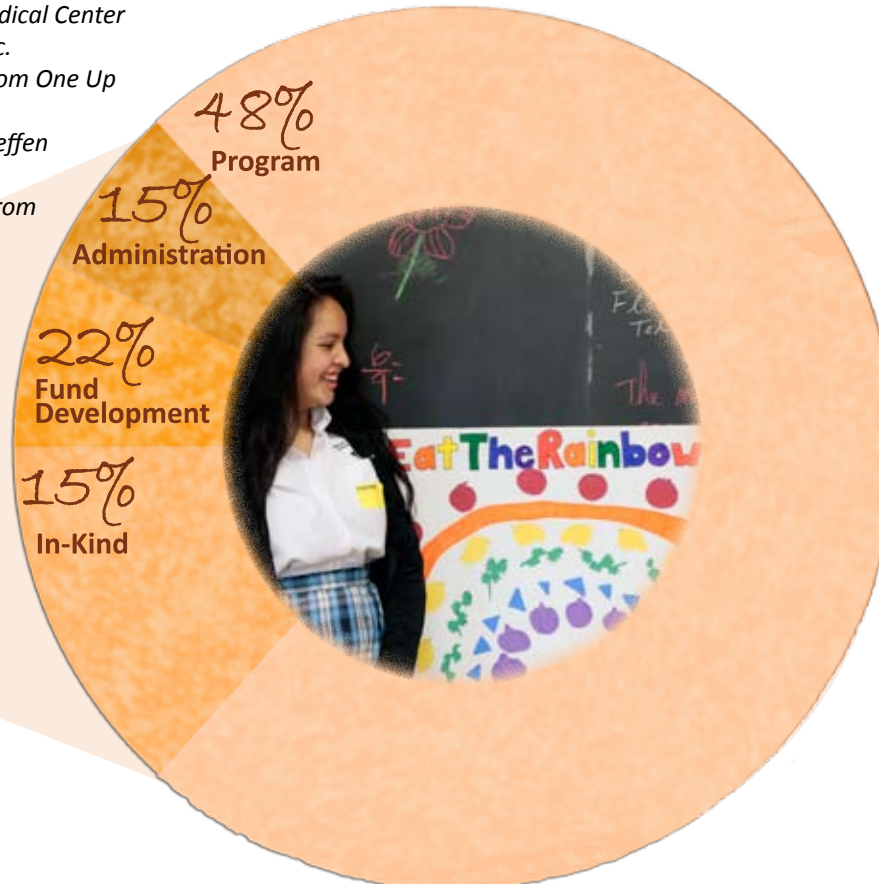
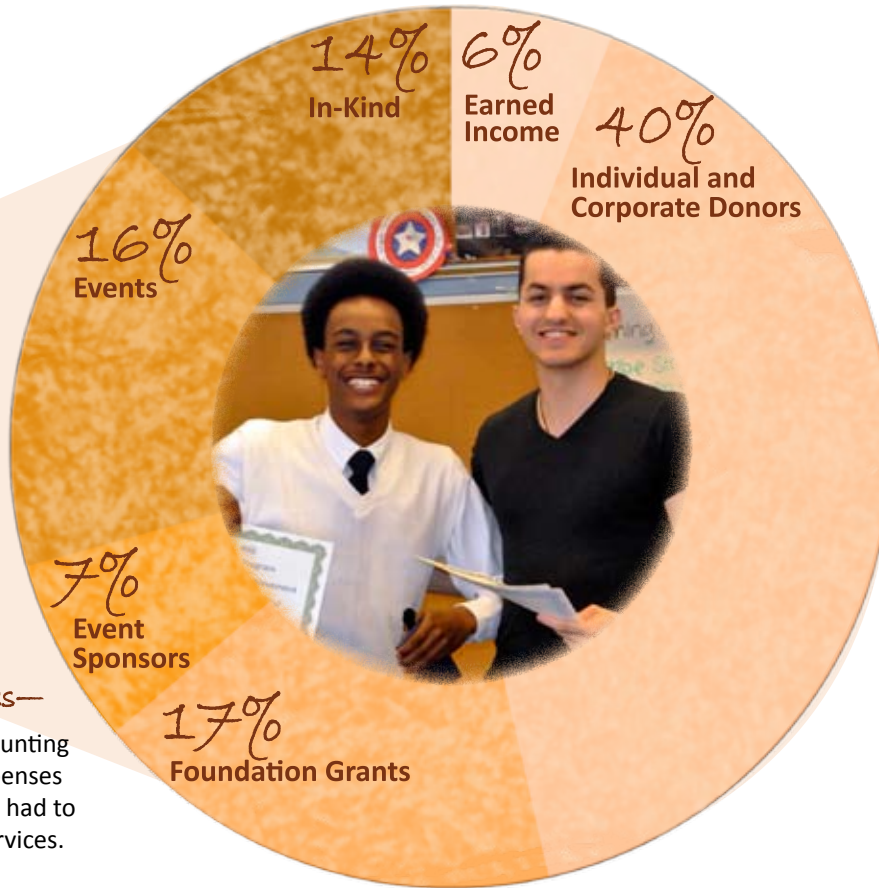
REVENUE
\$256,179

A Note about In-kind Donations and Expenses—

In keeping with general accounting practices, MIKE Program expenses all in-kind donations as if we had to purchase such goods and services. In-kind donations include:

- Office, training and meeting space from Providence St. Vincent Medical Center
- Printing from PrintSync, Inc.
- IT and technical support from One Up Solutions Northwest
- Financial guidance from Geffen Mesher & Company
- Public service messaging from KBNP Radio 1410 AM
- Media support from The Skanner News

EXPENSES
\$227,156



Revenue Summary

Individual and corporate donors make up the majority of revenue sources for MIKE during 2014-2015. Earned income includes revenue from the sale of MIKE's *My Healthy Pocket Shopper* in partnership with the OHSU Bob and Charlee Moore Institute for Nutrition and Wellness, and Christmas trees from the Miles Seeley Farm. MIKE's community partners which help support programming include Pacific University, School of Professional Psychology, for research and evaluation; and other local universities for mentor recruitment.

Expense Summary

Programming costs include support for MIKE's health science education delivery, curriculum and other educational materials, research and evaluation, field trips to dialysis centers and grocery stores, healthy snacks, mentor recruitment and support, along with materials, transportation and support for youth health leadership projects.

MIKE Program

Sponsors and Donors

Donors listed reflect contributions received from August 1, 2014, to July 31, 2015. Any omissions or errors are entirely inadvertent and sincerely regretted. Please contact MIKE Program at 503-296-7705 with any questions.

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