

# MIKE Program Annual Report 2015-2016



Our vision is for all people meeting their potential of vibrant good health, contributing as citizens of a vibrant, strong society.

# MIKE Program Donors and Sponsors

MIKE Program is proud to acknowledge the donors and sponsors who contributed during Fiscal Year 2015-2016. All donors listed reflect contributions received from August 1, 2015 to July 31, 2016. Any omissions or errors are entirely inadvertent and sincerely regretted. Please contact MIKE Program at 503-296-7705 with any questions.

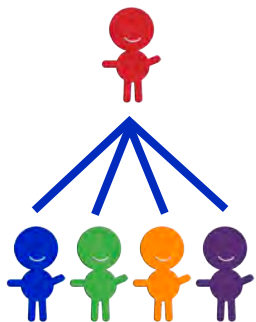
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 James Windell  
 Thomas Wood, MD  
 Yamhill Valley Vineyards

## Youth Program: 2015-2016



**Volunteer Mentors: 24**

**Mentor Sessions: 31**

*Seven mentors each volunteered for two sessions.*

**Schools Served: 3**

- De La Salle North Catholic High School, Portland
- Miller Education Center West, Hillsboro
- Liberty High School, Hillsboro

**Youth Served: 153**

### Youth Health Leadership Projects

MIKE youth fanned out across their communities to present 29 health messages, reaching more than 743 peers and adults. The youth-driven messages focused on themes of nutrition, healthy kidneys, mental health, physical activity, chronic disease prevention and overall healthy behaviors.

*(Pictured: MIKE mentor Jessica Palacios (on right) guides her team through final checks before their "Healthy Snacks" presentation to eighth graders at Miller Education Center West.*



# Financials for Fiscal Year 2015-2016

**About In-Kind Donations and Expenses:** In keeping with general accounting practices, MIKE Program expenses all in-kind donations to reflect all income and costs. 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 Scanner News

## Income — \$292,690

 <b>In-Kind Donations</b>	<b>\$141,639</b>
 <b>Contributions</b>	<b>\$75,497</b>
 <b>Events</b>	<b>\$80,557</b>
 <b>Miscellaneous</b>	<b>\$62</b>

Individual and corporate donors make up the majority of contributions for MIKE Program's Fiscal Year 2015-2016. MIKE's annual fundraising event, An Autumn Evening, generates the majority of the events income.

## Expenses — \$345,821

 <b>In-Kind Expenses</b>	<b>\$141,639</b>
 <b>Programming</b>	<b>\$100,770</b>
 <b>Contracted Services</b>	<b>\$38,779</b>
 <b>Event Management</b>	<b>\$35,160</b>
 <b>Administrative, Equipment &amp; Supplies</b>	<b>\$29,473</b>

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

## A Note from MIKE Program Founder and Executive Director, Cheryl Neal, MD

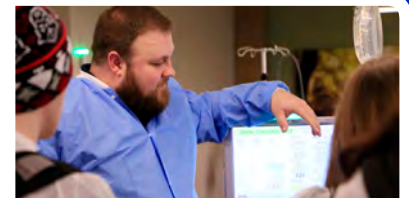
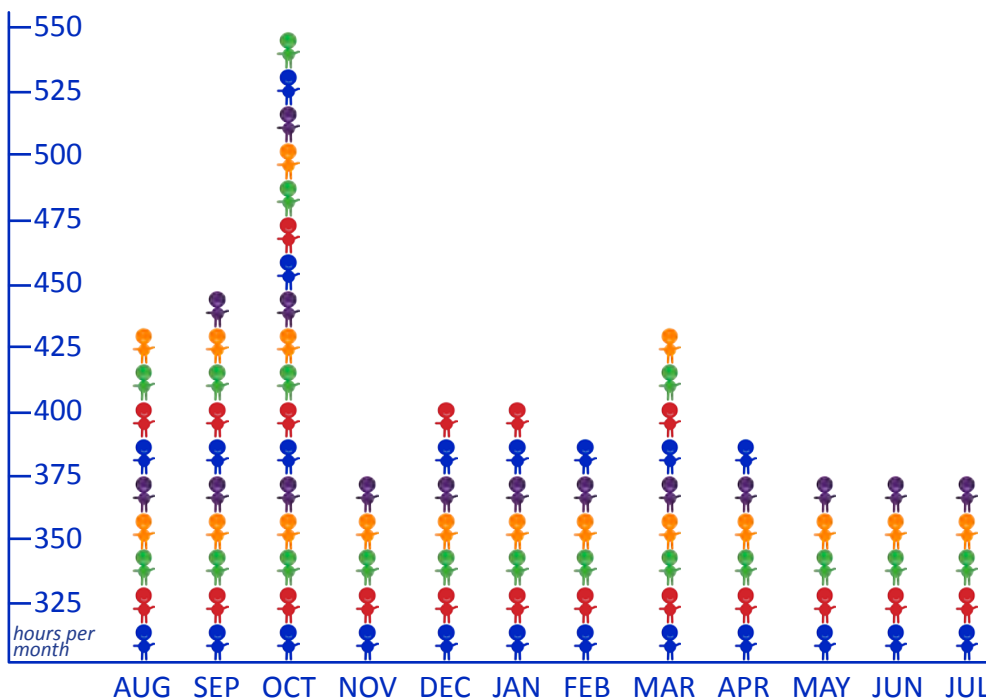
As MIKE Program grows, we rely on community partners for program delivery and organizational strength. I am grateful for and, frankly, in awe of the value of community input in guiding us to reach our mission: Empower youth to be health leaders through education, mentorship and community outreach. We layer youth development through mentoring, adolescent health science education through guided activities which meets educational standards so youth receive needed high-school credit, and community leadership opportunities. Together we pave a path to self-sufficiency for today's youth and tomorrow's parents and workforce.

We couldn't operate without you, nor without the partners listed as in-kind support on this page. Local university faculty partners help us recruit volunteer mentors who themselves may be on a path to healthcare careers; staff at healthcare institutions open their doors to MIKE Program's high school youth; the high school youth develop health leadership projects for younger children; and high school staff help us tie it all together in their classrooms.

Dr. Susan Li, Director of Diversity and Professor in the School of Professional Psychology at Pacific University and her team help us analyze our programming. In the past four years, MP's community impact and results have been featured in twelve scientific, professional and peer-reviewed conference. We are slated to appear in early January, 2017 at the National Multicultural Conference and Summit in Portland, Oregon where we will highlight the importance of community partnerships and program evaluation.

## Volunteer Hours per Month for 2015-2016

MIKE Program volunteers are dedicated individuals who commit their time, skills and expertise to MIKE's governance, youth program and annual fundraising event, An Autumn Evening.







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Find us on:



[www.mikeprogram.org](http://www.mikeprogram.org)

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*Founder/Executive Director*

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