Changing Lives

Chanda Hinton Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. The Foundation’s mission is to improve the quality of life for persons with long-term physical disabilities. It provides direct access to integrative therapies at provider locations throughout the nation and also free at the Foundation’s clinic in Lakewood, Colorado.

Treating symptoms of: Spinal cord injuries | Muscular dystrophy | Cerebral palsy | Multiple sclerosis | Spina bifida | Brain injuries

The Chanda Plan provided 3,927 individual treatments through direct services last year, saving participants more than $200,000 in estimated out-of-pocket costs.

Integrative Therapies Available: Adaptive yoga | Adaptive exercise | Massage | Acupuncture | Physical Therapy | Chiropractic

Opening in 2017, a Patient Centered Medical Home will house most integrated therapies under one roof, doubling the number of treatments offered and expanding services to include primary medical care, nutrition and behavioral health.

Integrative Therapy Results: Reduced pain and need for pain medication | Less time spent at medical visits | Increased hours engaged in community or work
Chanda Plan Foundation Executive Director Chanda Hinton Leichtle has been paralyzed below the chest since age 9, when an accidental shooting severed her spinal cord. She is an advocate for people with disabilities and sits on many committees related to that population. Hinton Leichtle has been recognized with the Unsung Hero Award from former Denver Mayor John Hickenlooper, the Health & Wellness Award from the Commission for People with Disabilities, the Pam Dale Award from Ms. Wheelchair Colorado, the Kathy Vincent Award from the Colorado Cross Disability Coalition, and the Diversity Award from Denver Mayor Michael Hancock.

Systemic Change

The Chanda Plan Foundation works to increase access to integrative therapies, lower health care costs and improve health outcomes for people with physical disabilities who rely on Medicaid. In 2009 the Foundation worked with policymakers to pass the Spinal Cord Injury Medicaid Waiver, which is evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for persons with spinal cord injuries in Colorado. In 2015 the Foundation renewed the SCI Waiver through 2020, and SCI Waiver enrollment was expanded to give more people access to acupuncture, massage and chiropractic care. In 2016 the Chanda Plan became an SCI Waiver provider.

Results for SCI Waiver participants:

- 90% reported less pain and experienced pain on fewer days
- 77% reported an increased range of motion
- 57% reported a decrease in prescription medication use
A Single Point of Service

The first-of-its-kind Patient Centered Medical Home (PCMH) will provide holistic, person-centered medical care for people with long-term physical disabilities. Located in Lakewood, Colorado, the new PCMH will offer all Chanda Plan services under one roof, providing better health access, coordination and outcomes.

The Foundation is collaborating with the construction community to develop the project, spearheaded by leadership within Hensel Phelps and Saunders Construction.

Funding for the $3 million project includes a $500,000 Colorado Health Foundation grant and a $200,000 grant from the Daniels Fund.

New location to offer:

- 6,000 square feet
- Primary medical care
- Behavioral health services
- Nutrition
- Adaptive yoga
- Massage, acupuncture and chiropractic

Breaking ground—September 2016
Opening—February 2017

LEARN MORE:
www.iamtheplan.org
For Immediate Release
March 1, 2016

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Chanda Plan Foundation Receives Daniels Fund Grant

$200,000 grant will help equip a Patient Centered Medical Home for people with long-term disabilities

DENVER – The Chanda Plan Foundation has received a $200,000 Daniels Fund grant to supply equipment for a new Patient Centered Medical Home (PCMH), the first federally qualified facility of this type in Colorado.

The PCMH, slated to open this year in Lakewood, Colorado, will provide a single point of service for the health needs of people with long-term physical disabilities. This holistic, person-centered approach will include a primary care physician, nutrition and mental health counseling in addition to adaptive yoga, massage, chiropractic and acupuncture.

“We’re so grateful to the Daniels Fund for supporting our mission to improve the quality of life for people living with long-term physical disabilities by providing them with comprehensive, person-centered primary care and wellness services and enhancing their ability to engage in work, community and other activities,” says Chanda Hinton-Leichtle, Chanda Plan founder and executive director. “A lack of accommodating health care equipment such as special weight scales, exam tables and ceiling hovers can prevent people with physical disabilities from accessing health care independently. By helping us meet the specialized equipment needs for the new Patient Centered Medical Home, the Daniels Fund is helping us expand our capacity for treating patients and improving lives.”

Hinton-Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton-Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. The Foundation’s mission is to improve the quality of life for persons with physical disabilities. It provides direct access to integrative therapies such as acupuncture, massage and adaptive yoga to treat symptoms of spinal cord injuries, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida and brain injury. The results of the integrated approach are reduced pain and need for pain medication, lessened time spent at medical visits, and increased hours engaged in community or work.

The Foundation’s equipment enhancements will benefit clients like Curt Wolff, 59, from Thornton, Colorado. Paralyzed from the neck down due to complications of West Nile virus, Wolff has regained some function in his upper body thanks to massage therapy and adaptive exercise offered by the Chanda Plan. “I can’t just go to Massage Envy,” Wolff says. “I have to go to a place where they can pick me up and get me on the massage table.

“Just because you’re in a wheelchair, you don’t have to be sick,” Wolff adds, noting that he’s now regained enough upper-body function to operate a computer and work part time. He’s also beginning to take lessons in adaptive driving. “I need
to make certain I continue doing [massage and adaptive exercise]. People wrote me off, but now I’m on a trajectory to continue to improve.”

The Foundation also works to create systemic change to increase access to integrative therapies, lower health care costs and improve health outcomes for persons with physical disabilities who rely on Medicaid. In 2009 the Foundation worked with policy makers to pass the Spinal Cord Injury Medicaid Waiver, which is evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for persons with spinal cord injuries in Colorado.

Chanda Plan programs are offered at provider locations throughout the nation and also free-of-charge at a small facility in Lakewood. But with a waiting list for services, the Foundation has outgrown its current location. The new 6,000 square foot PCMH will house all Chanda Plan services under one roof for better health access, coordination and outcomes. With the new Medical Home, the Foundation expects to double the number of treatments it can offer, providing more than 200 individual treatments each week.

The Foundation is collaborating with the construction community to develop the project, spearheaded by leadership within Hensel Phelps and Saunders Construction. The Chanda Plan also is collaborating with the Metro Community Provider Network to offer primary care services at the Medical Home.

The Foundation’s “Let’s Build” capital campaign — underway throughout 2016 — aims to raise $3 million for the new building and $1 million to support programs. Nearly two-thirds of the funds have been raised.

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About Chanda Hinton-Leichtle
Chanda Plan Foundation Executive Director Chanda Hinton-Leichtle founded the nonprofit in 2005 after her own life was saved by integrated therapies. Hinton-Leichtle has been paralyzed below the chest since age 9, when an accidental shooting severed her spinal cord. She is an advocate for persons with disabilities and sits on many committees related to that population. Hinton-Leichtle has been recognized with the Unsung Hero Award from former Denver Mayor John Hickenlooper, the Health & Wellness Award from the Commission for People with Disabilities, the Pam Dale Award from Ms. Wheelchair Colorado, the Kathy Vincent Award from the Colorado Cross Disability Coalition, and the Diversity Award from Denver Mayor Michael Hancock. Visit www.chandaplanfoundation.org for more information.

About the Daniels Fund
The Daniels Fund, established by cable television pioneer Bill Daniels, is a private charitable foundation dedicated to making life better for the people of Colorado, New Mexico, Utah, and Wyoming through its grants program, scholarship program, and ethics initiative. Visit DanielsFund.org to learn more.
For Immediate Release
March 8, 2016

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Chanda Plan Foundation Receives Colorado Health Foundation Grant
$500,000 grant will help fund a Patient Centered Medical Home for people with long-term disabilities

DENVER – The Chanda Plan Foundation has received a $500,000 Colorado Health Foundation grant for capital support of a Patient Centered Medical Home (PCMH).

The PCMH, slated to open this year in Lakewood, Colorado, will provide a single point of service for the health needs of people with long-term physical disabilities. This holistic, person-centered approach will include a primary care physician, nutrition and mental health counseling in addition to adaptive yoga, massage, chiropractic and acupuncture.

“We’re grateful to the Colorado Health Foundation for championing our efforts to create the very first Patient Centered Medical Home for persons with long-term physical disabilities in Colorado,” says Chanda Hinton-Leichtle, Chanda Plan founder and executive director. “The Medical Home will make a lasting impact for an underserved population, dramatically improving the quality of life for people living with disabilities by providing them with comprehensive, person-centered primary care and wellness services and improving their ability to engage in work, community and other activities.”

The funding is part of the Colorado Health Foundation’s Strengthening the Safety Net initiative and supports the expansion, construction or renovation of clinics to increase their capacity to provide team-based and patient-centered primary care to underserved Coloradans.

“Every detail in the design and construction of the clinic encourages team-based, person-centered care,” says Sara Overby, program officer at the Colorado Health Foundation. “We’re honored to be a part of this innovative project.”

Hinton-Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton-Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. The Foundation’s mission is to improve the quality of life for persons with physical disabilities. It provides direct access to integrative therapies such as acupuncture, massage and adaptive yoga to treat symptoms of spinal cord injuries, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida and brain injury. The results of the integrated approach are reduced pain and need for pain medication, lessened time spent at medical visits, and increased hours engaged in community or work.
The Foundation also works to create systemic change to increase access to integrative therapies, lower health care costs and improve health outcomes for persons with physical disabilities who rely on Medicaid. In 2009 the Foundation worked with policy makers to pass the Spinal Cord Injury Medicaid Waiver, which is evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for persons with spinal cord injuries in Colorado.

Chanda Plan programs are offered at provider locations throughout the nation and also free-of-charge at a small facility in Lakewood. But with a waiting list for services, the Foundation has outgrown its current location. The new 6,000 square foot PCMH will house all Chanda Plan services under one roof for better health access, coordination and outcomes.

The Foundation is collaborating with the construction community to develop the project, spearheaded by leadership within Hensel Phelps and Saunders Construction. The Chanda Plan also is collaborating with the Metro Community Provider Network to offer primary care services at the Medical Home.

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About the Colorado Health Foundation
The Colorado Health Foundation works to make Colorado the healthiest state in the nation by ensuring that all Colorado kids are fit and healthy and that all Coloradans achieve stable, affordable and adequate health coverage to improve their health with support from a network of primary health care and community services. To advance our mission, the Foundation engages the community through grantmaking, public policy and advocacy, private sector engagement, strategic communications, evaluation for learning and assessment and by operating primary care residency training programs. For more information, please visit www.ColoradoHealth.org.
Chanda Plan Foundation Receives Medicaid Provider Designation

Foundation to offer integrative therapies to patients covered by Colorado Medicaid Spinal Cord Injury Waiver

DENVER – The Chanda Plan Foundation is becoming a Medicaid provider to offer acupuncture, massage and chiropractic care to individuals covered by Colorado’s Medicaid Spinal Cord Injury (SCI) Waiver. The Foundation will be one of two Medicaid SCI-designated providers in the state.

Philanthropic funds provide continuing care at the Chanda Plan Foundation for patients with a range of long-term physical disabilities. For individuals eligible under the SCI Waiver, Medicaid will reimburse for services provided by the Foundation beginning May 16.

“Our goal is that these services will become permanently integrated into Medicaid for all long-term care conditions in Colorado and other states nationwide,” says Chanda Hinton-Leichtle, Chanda Plan founder and executive director. “We’re trying to create a new model for sustainable health care for people with long-term physical disabilities.”

In 2009 the Foundation worked with policymakers to create the waiver, a pilot project that is evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for people with spinal cord injuries in Colorado. Current SCI Waiver coverage is limited to 67 individuals per year, and 30 people are on a waiting list for coverage. Last week the Centers for Medicaid and Medicare Services approved an extension of the SCI waiver through 2020 and expanded the annual capacity to 120 individuals.

“People with spinal cord injuries have experienced dramatic improvement with the use of integrative therapies such as massage and acupuncture, including regaining physical function and reducing pain. And this comes at a lower cost,” says Hinton-Leichtle, who is a member of Colorado’s Medicaid Provider Rate Review Advisory Committee. “The Spinal Cord Injury Waiver is improving the lives of people with long-term disabilities, and it is saving money for the state of Colorado.”

Hinton-Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton-Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. The Foundation’s mission is to improve the quality of life for persons with physical disabilities. It provides direct access to integrative therapies such as acupuncture, massage and adaptive yoga to treat symptoms of spinal
cord injuries, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida and brain injury. The results of the integrated approach are reduced pain and need for pain medication, lessened time spent at medical visits, and increased hours engaged in community or work. The Foundation also works to create systemic change to increase access to integrative therapies, lower health care costs and improve health outcomes for persons with physical disabilities who rely on Medicaid.

Chanda Plan programs are offered at provider locations throughout the nation and also at a small facility in Lakewood, Colorado. But with a waiting list for services, the Foundation has outgrown its current location. A new 6,000 square foot Patient Centered Medical Home (PCMH) in Lakewood will house all Chanda Plan services under one roof for better health access, coordination and outcomes. The PCMH, slated to open in late 2016, will offer holistic, person-centered care that includes a primary care physician, nutrition and mental health counseling, adaptive yoga, massage, chiropractic and acupuncture.

The Foundation is collaborating with the construction community to develop the project, spearheaded by leadership within Hensel Phelps and Saunders Construction. The Chanda Plan also is collaborating with the Metro Community Provider Network to offer primary care services at the Medical Home. Funding for project includes a $500,000 Colorado Health Foundation grant and a $200,000 grant from the Daniels Fund.

The Foundation’s “Let’s Build” capital campaign — underway throughout 2016 — aims to raise $3 million for the new building and $1 million to support programs. Nearly two-thirds of the funds have been raised.

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About Chanda Hinton-Leichtle
Chanda Plan Foundation Executive Director Chanda Hinton-Leichtle founded the nonprofit in 2005 after her own life was saved by integrated therapies. Hinton-Leichtle has been paralyzed below the chest since age 9, when an accidental shooting severed her spinal cord. She is an advocate for persons with disabilities and sits on many committees related to that population. Hinton-Leichtle has been recognized with the Unsung Hero Award from former Denver Mayor John Hickenlooper, the Health & Wellness Award from the Commission for People with Disabilities, the Pam Dale Award from Ms. Wheelchair Colorado, the Kathy Vincent Award from the Colorado Cross Disability Coalition, and the Diversity Award from Denver Mayor Michael Hancock. Visit www.chandaplanfoundation.org for more information.

About the Medicaid Spinal Cord Injury Waiver
In 2009, the Colorado General Assembly passed House Bill 09-1047 (C.R.S. 25.5-6-1301 et seq.) that authorized the Department of Health Care Policy and Financing to seek federal approval from the Centers for Medicare and Medicaid Services (CMS) to implement the Home and Community Based Services Spinal Cord Injury (HCBS-SCI) waiver as a three-year pilot program. The purpose of the waiver was to offer and evaluate the effectiveness of acupuncture, massage, and chiropractic services for individuals with a spinal cord injury. The pilot waiver was implemented July 1, 2012, and expired on June 30, 2015. Senate Bill 15-011 was passed by the General Assembly in June 2015 and authorized the Department to seek federal approval from to renew the HCBS-SCI waiver for an additional 5-year period and continue the evaluation of the program. For more information, download the Spinal Cord Injury Waiver fact sheet.
Chanda Plan Foundation Named Finalist for 2016 Denver Healthy Communities Award

Good Neighbor Award recognizes efforts to improve public health in Denver

DENVER – The Denver Department of Environmental Health has recognized the Chanda Plan Foundation as a Healthy Communities Good Neighbor Award finalist.

Launched in 2015 by Denver Environmental Health, the Healthy Communities Awards recognize individuals as well as public, private and community organizations working to promote public health and environmental sustainability. The Good Neighbor Award recognizes efforts to protect and improve the environment in Denver, promote healthy people or promote healthy pets. Awards also are given in the categories of compliance and innovation.

Denver Mayor Michael B. Hancock presented the awards at an April 7 ceremony at the History Colorado Center. Walk2Connect won the 2016 Good Neighbor Award. Other winners were the Early Excellence Program of Denver (Village Inn at 4250 Federal Blvd. was the finalist) in the compliance category, and Weigh and Win (City Park Time Bank was the finalist) in the innovation category.

“This award celebrates the Chanda Plan’s ongoing impact on public health as we serve persons with disabilities whose health and wellness needs are not being met by traditional medical interventions,” says Chanda Hinton-Leichtle, Chanda Plan founder and executive director. “I’m honored that the Chanda Plan was recognized as a finalist among such incredible individuals and organizations. We’re all working hard to make our community healthier.”

Hinton-Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton-Leichtle experienced significant health improvements through the use of integrative therapies for symp-
toms caused by a spinal cord injury. The Foundation’s mission is to improve the quality of life for persons with physical disabilities. It provides direct access to integrative therapies such as acupuncture, massage and adaptive yoga to treat symptoms of spinal cord injuries, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida and brain injury. The results of the integrated approach are reduced pain and need for pain medication, lessened time spent at medical visits, and increased hours engaged in community or work. The Foundation also works to create systemic change to increase access to integrative therapies, lower health care costs and improve health outcomes for persons with physical disabilities who rely on Medicaid.

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The Foundation also works to create systemic change to increase access to integrative therapies, lower health care costs and improve health outcomes for persons with physical disabilities who rely on Medicaid. In 2009 the Foundation worked with policymakers to create the Medicaid Spinal Cord Injury (SCI) Waiver, a pilot project that is evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for people with spinal cord injuries in Colorado. The waiver recently was extended and expanded through 2020, and the Chanda Plan Foundation has been designated one of two Medicaid SCI Waiver provider locations in the state.

The Foundation is collaborating with the construction community to develop the PCMH, spearheaded by leadership within Hensel Phelps and Saunders Construction. The Chanda Plan also is collaborating with the Metro Community Provider Network to offer primary care services at the Medical Home. Funding for project includes a $500,000 Colorado Health Foundation grant and a $200,000 grant from the Daniels Fund.

Underway throughout 2016, the Plan's Let's Build capital campaign aims to raise $3 million for the new building and $1 million to support programs. Nearly two-thirds of the funds have been raised.

—END—

About Chanda Hinton-Leichtle
Chanda Plan Foundation Executive Director Chanda Hinton-Leichtle founded the nonprofit in 2005 after her own life was saved by integrated therapies. Hinton-Leichtle has been paralyzed below the chest since age 9, when an accidental shooting severed her spinal cord. She is an advocate for persons with disabilities and sits on many committees related to that population. Hinton-Leichtle has been recognized with the Unsung Hero Award from former Denver Mayor John Hickenlooper, the Health & Wellness Award from the Commission for People with Disabilities, the Pam Dale Award from Ms. Wheelchair Colorado, the Kathy Vincent Award from the Colorado Cross Disability Coalition, and the Diversity Award from Denver Mayor Michael Hancock. Visit www.chandaplanfoundation.org for more information.
About the Denver Department of Environmental Health
Denver’s Department of Environmental Health (DEH) is dedicated to advancing Denver’s environmental and public health goals. The divisions of DEH are: Animal Protection, Community Health, Environmental Quality, Office of the Medical Examiner, and Public Health Inspections. For more information about Environmental Health visit www.denvergov.org/DEH. For more information about the Denver Healthy Communities Awards, visit www.denvergov.org/hca.
For Immediate Release
June 7, 2016

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Hensel Phelps Donating General Contractor Services for Chanda Plan Foundation Health Center
The nonprofit clinic will be the first of its kind for people with long-term physical disabilities

LAKEWOOD, Colorado – Hensel Phelps Construction Co., one of the nation’s largest general contractors and construction managers, is donating its general contractor services for construction of the Chanda Plan Foundation Patient Centered Medical Home (PCMH) for people with long-term physical disabilities. Construction will start in July, with the clinic expected to open in January 2017.

The 6,000-square-foot Medical Home, located in Lakewood, Colorado, will provide a single point of service for the health needs of people with long-term physical disabilities. This holistic, person-centered approach will include a primary care provider, nutrition and mental health counseling in addition to adaptive yoga, massage, chiropractic and acupuncture. The Chanda Plan will be the nation’s first patient-centered medical home specializing in long-term physical disabilities with all of these services under one roof.

“This project would not be possible without the generosity of Hensel Phelps. Every dollar we save on construction is a dollar we can put directly toward helping persons with disabilities,” says Chanda Plan Foundation Executive Director Chanda Hinton-Leichtle. “We’re not just building a health center. We’re building a completely new model of care for people with long-term physical disabilities, dramatically improving their quality of life and increasing their ability to engage in work, community and other activities.”

Hensel Phelps became involved with the Chanda Plan Foundation in fall 2015 through Chief Estimator Ryan Martorano, who Hinton-Leichtle had approached for construction advice. Martorano is not only a construction pro; he also uses a wheelchair.

“Living with a spinal cord injury, I know the value of the services the Chanda Plan Foundation provides. I’d discovered them on my own as I was trying hard to get better and looking for something other than a pill,” says Martorano, who broke his neck in a fall nearly 20 years ago and used massage and chiropractic to increase his range of motion and manage painful, debilitating muscle spasms. “The pills worked, but they made me more paralyzed. They were effective in treating the spasms but counterproductive to making progress.”

When he was injured, Martorano was a senior in college, about to graduate from Colorado State University with a degree in construction management. Hensel Phelps had just hired him as a field engineer and he hadn’t yet worked a single day. “One of the first guys who comes in to see me [in the hospital] is the guy from Hensel Phelps who interviewed me,”
Martorano recalls. “He said, ‘We hired you for your brain, and your doctors tell me your brain is still intact. We’re waiting for you when you’re ready.’ I couldn’t figure out why they’d do that for me, but that’s the company that they are.”

Martorano has been with Hensel Phelps ever since.

“When I met Chanda and she described her mission, teaming up traditional and integrative providers for the benefit of the patient, that made a lot of sense.” Martorano started out by advising the Chanda Plan on the purchase of a building and renovation and construction planning. In January 2016 he joined the Chanda Plan Foundation Board of Directors. He’s enlisted a number of subcontractors to help with the Chanda Plan project, and this spring he asked Hensel Phelps to formally get involved.

“Everybody here instantly understood how important it was, so as a company they jumped behind it,” Martorano says.

The Chanda Plan Foundation’s mission is to improve the quality of life for persons with physical disabilities by providing direct access to integrative therapies to treat symptoms of spinal cord injuries, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida and brain injury. The results of the integrated approach are reduced pain and need for pain medication, lessened time spent at medical visits, and increased hours engaged in community or work. The Foundation also creates systemic change to increase access to integrative therapies, lower health care costs and improve health outcomes for persons with physical disabilities who rely on Medicaid. In 2009 the Foundation worked with policymakers to pass the Spinal Cord Injury Medicaid Waiver, which is evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for persons with spinal cord injuries in Colorado.

Underway throughout 2016, the Chanda Plan’s Let's Build capital campaign aims to raise $3 million for the Patient Centered Medical Home and $1 million to support programs. The Chanda Plan is offering monthly hard-hat tours of the Medical Home beginning June 28. Contact Maggie Stephenson at Maggie@iamtheplan.org to RSVP for a tour.

Chanda Plan Foundation
Patient Centered Medical Home Hard-Hat Tour
June 28, 4 – 6 p.m.
1630 Carr St., Lakewood, Colorado

—END—

About Chanda Hinton-Leichtle
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About Hensel Phelps Construction Co.
Hensel Phelps Construction Co. plans, builds and manages a diverse range of domestic and international project types that encompass new construction and renovation of a variety of project types, including aviation and transportation, commercial office, educational, government, healthcare, mission critical, hospitality and leisure, industrial, justice and public safety, lab and research, multi-residence, museum and library, and more. Hensel Phelps is an industry leader in the successful delivery of projects for both the public and private sectors, providing development, construction and facilities management services to support client needs. Hensel Phelps is committed to delivering the highest quality solutions and creating the most efficient facilities for its clients, from the conception of a project through construction, operations and asset management. Visit www.henselphelps.com for more information.
Media Advisory  
July 12, 2016

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**Chanda Plan Foundation Receives Caring for Colorado Foundation Grant**  
*The grant will support behavioral health services for people with long-term physical disabilities*

DENVER, July 12, 2016 — The Chanda Plan Foundation has received a $75,000 grant from the Caring for Colorado Foundation. The one-year grant will support the integration of behavioral health services at the Chanda Plan Foundation, which serves people with long-term physical disabilities.

Behavioral health will be a new service available to Chanda Plan participants at no additional cost or on a sliding scale.

“Our participants have identified behavioral health services as a critical need,” says Chanda Plan Executive Director Chanda Hinton Leichtle. “The trauma, chronic pain, isolation and stress of living with a long-term physical disability can contribute to a range of mental health issues, including depression. With this grant, we’ll be able to integrate behavioral health and primary care to offer this much-needed service to Chanda Plan participants in a way that is accessible, affordable and convenient.”

“Our goal is to reduce health disparities and ensure that all Coloradans have access to quality, affordable health care,” says Chris Wiant, Caring for Colorado Foundation CEO. “We’ve been impressed by the thorough planning and deliberative process that the Chanda Plan has been going through to expand services to an underserved population. The Chanda Plan is filling an unmet need in Colorado in a way that is innovative and resourceful.”

In early 2017 the Chanda Plan will move into its new 6,000-square-foot Patient Centered Medical Home (PCMH), located in Lakewood, Colorado. The Medical Home will provide a single point of service for the health needs of people with long-term physical disabilities. This holistic, person-centered approach will include a primary care provider, nutrition and behavioral health services in addition to adaptive yoga, massage, chiropractic and acupuncture. The Chanda Plan will be the nation’s first patient centered medical home specializing in long-term physical disabilities with all of these services under one roof.

Hinton Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. The Foundation’s mission is to improve the quality of life for persons with physical disabilities by providing direct access to integrative therapies to treat symptoms of spinal cord injuries, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida and brain injuries. The results of this integrated approach are reduced pain and need for pain medication, lessened time spent at medical visits, and increased hours engaged in community and work. The
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The Foundation is collaborating with the construction community to build the PCMH, spearheaded by leadership within Saunders Construction and Hensel Phelps Construction Co. Metro Community Provider Network will provide primary care services at the Medical Home, and funding for the project includes a $500,000 Colorado Health Foundation grant and a $200,000 grant from the Daniels Fund.

Underway throughout 2016, the Chanda Plan’s Let’s Build capital campaign aims to raise $3 million for the new building and $1 million to support programs. Nearly $3 million has been raised to date.

—END—

About Chanda Hinton Leichtle
Chanda Plan Foundation Executive Director Chanda Hinton Leichtle founded the nonprofit in 2005 after her own life was saved by integrated therapies. Hinton Leichtle has been paralyzed below the chest since age 9, when an accidental shooting severed her spinal cord. She is an advocate for people with disabilities and sits on many committees related to that population. Hinton Leichtle has been recognized with the Unsung Hero Award from former Denver Mayor John Hickenlooper, the Health & Wellness Award from the Commission for People with Disabilities, the Pam Dale Award from Ms. Wheelchair Colorado, the Kathy Vincent Award from the Colorado Cross Disability Coalition, and the Diversity Award from Denver Mayor Michael Hancock. Visit www.iamtheplan.org for more information.

About the Caring for Colorado Foundation
Caring for Colorado is a nonprofit grantmaking foundation dedicated to improving the health and health care of the people of Colorado. The foundation was created in 1999 from the proceeds of the sale of Blue Cross Blue Shield of Colorado. It is committed to improving health systems, focusing on population health and prevention, and working to solve the most pressing health needs of vulnerable and underserved populations in the state. The foundation serves as a catalyst, building consensus and coalitions to create sustainable health system improvements. Visit www.caringforcolorado.org for more information.
Chanda Plan Foundation Client Profile: Curt Wolff

A mosquito bite cost Curt Wolff almost everything — his business, his credit, his life savings. He nearly lost his life as well.

Three years ago Wolff went to the doctor after a week of feeling ill. What he thought was a simple case of the flu was actually West Nile virus — transmitted by mosquitoes — which was causing his organs to fail.

“I woke up three weeks later paralyzed,” says Wolff, 59.

The man who’d once enjoyed hiking, camping, mountain biking and golfing could barely hold up his head and was able to move one finger just enough to operate a miniature joystick. “If my arm wasn’t positioned just right I couldn’t do anything,” Wolff recalls. “I was one step away from a sip-and-puff wheelchair.”

Although Wolff is paralyzed, he still has complete feeling throughout his body. He spent his first six months in the hospital in excruciating pain caused by swelling and neuropathy. Medical convention said he wouldn’t improve, Wolff says, but “I was looking for anything I could do to get better.” He landed on the Chanda Plan Foundation, which provided massage therapy and adaptive exercise.

When he was admitted to the hospital, Wolff owned his own construction business with more than a dozen employees. His insurance paid the first $2 million in medical bills, but he was left with $500,000 to cover on his own. Unable to work, he had to close his business and declare bankruptcy.

“People think that you get hurt and go off and the insurance companies take care of you. That couldn’t be further from the truth,” Wolff says.

Like many people with long-term physical disabilities, Wolff can’t afford integrated therapies like acupuncture or massage. Medicaid paid for a wheelchair, a bed and only six hours of adaptive exercise a year, Wolff explains. “The Chanda Plan helped with the rest.”

That help has yielded impressive results. Since starting with the Chanda Plan, Wolff says, he no longer needs pain medicine beyond an occasional ibuprofen and hasn’t even had a cold. He’s also regained enough function in his arms that he’s able to type on a laptop and use a computer mouse, and he’s beginning adaptive driving lessons as well. “I was thinking I would never get out of the house again, and now I’ll be driving in another couple of months,” he says.
Wolff is able to work part-time from home now and is considering a possible return to his previous career in shipping and manufacturing logistics. He’s also pondering a move to motivational speaking and training. “I would like to get back to making six figures again.”

“Just because you’re in a wheelchair, you don’t have to be sick,” Wolff says. “I need to make certain I continue doing [massages and adaptive exercise]. People wrote me off — I was in palliative care! — but now I’m on a trajectory to continue to improve.

“I’m not going to fade away.”

_Curt Wolff lives in Thornton, Colorado, and is available for media interviews. To request an interview, contact Chelsey Baker-Hauck at 303-880-9711 or chelsey@capitalcitypr.com._

About the Chanda Plan Foundation
Chanda Hinton-Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton-Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. Hinton-Leichtle has been paralyzed below the chest since age 9, when an accidental shooting severed her spinal cord.

The Foundation’s mission is to improve the quality of life for persons with physical disabilities. It provides direct access to integrative therapies such as acupuncture, massage and adaptive yoga to treat symptoms of spinal cord injuries, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida and brain injury. The results of the integrated approach are reduced pain and need for pain medication, lessened time spent at medical visits, and increased hours engaged in community or work. The Foundation also works to create systemic change to increase access to integrative therapies, lower health care costs and improve health outcomes for persons with physical disabilities who rely on Medicaid. In 2009 the Foundation worked with policy makers to pass the Spinal Cord Injury Medicaid Waiver, which is evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for persons with spinal cord injuries in Colorado.

Chanda Plan programs are offered at provider locations throughout the nation and also free-of-charge at a small facility in Lakewood. But with a waiting list for services, the Foundation has outgrown its current location. A new 6,000 square foot Patient Centered Medical Home will house all Chanda Plan services under one roof for better health access, coordination and outcomes.

Visit www.chandaplanfoundation.org for more information.
Chanda Plan Foundation Client Profile: Carlos Flores

In April 2012, Carlos Flores’ life was turned upside down when a car accident left him a quadriplegic.

But as far as quadriplegia goes, Flores says, he’s lucky. “I have good upper body strength and can do most things on my own — feed myself, pick up most things off the ground, write, bathe myself, do my hair, brush my teeth, sit up on my own.”

Regaining function after a spinal cord injury isn’t easy, or pain free. Flores has muscle spasms — a common complication of spinal cord injuries — and because he’s using his upper body so much, he has pain in his shoulders and back.

So twice a month, Flores travels to Lakewood from his home in Fort Lupton, Colorado, to get acupuncture and massage at the Chanda Plan Foundation.

“Massage and acupuncture help out greatly, whether you’re injured or not,” says Flores, who notes that the treatments also have helped him manage stress. “I enjoy it, and it keeps me off pain medication.”

Flores says adaptive exercise provided by the Chanda Plan Foundation helped him improve his upper body strength, but his funding for that service has run out. As a Medicaid recipient, Flores explains, the nonprofit Chanda Plan Foundation is the only way he can access adaptive exercise, massage and acupuncture — services that have helped turn his life right-side up again.

Today he’s a student at Aims Community College, where he’s earning an Associate’s Degree in liberal arts. He’d eventually like to attend Metropolitan State University of Denver to study in the sports industry program.

“My life goals are to be a successful person in every aspect — a father, husband, son, brother, sibling, career, Christian,” Flores says. Physically, he’s hoping to gain back control of his bowel and bladder “and walk again, which I believe will happen.”

Whatever the future holds, he says, the Chanda Plan Foundation will be part of his success story.

Carlos Flores speaks English and is fluent in Spanish as a second language; he is available for media interviews. To schedule an interview, contact Chelsey Baker-Hauck at 303-880-9711 or chelsey@capitalcitypr.com.

—END—
About the Chanda Plan Foundation
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Visit www.chandaplanfoundation.org for more information.
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Senior Writer and Publicist
Capital City Public Relations
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chelsey@capitalcitypr.com

Chanda Hinton-Leichtle
Executive Director and Founder
The Chanda Plan Foundation
1.800.766.4255
ch@iamtheplan.org

Chanda Plan Foundation Client Profile: Stefan Moton

Before July 20, 2012, Stefan Moton was like any other teenager. Then a bullet severed his spinal cord during a mass shooting in an Aurora, Colorado, movie theatre, and the trajectory of his life shifted.

The athlete who once dreamed of becoming a professional martial artist now has no use of his lower extremities and just a “little bit” of function in his arms. “I can’t take showers by myself, eat, get out of bed,” says Moton, 22. “I depend on other people to help me with everything physically.”

And then there’s the nerve pain. It’s bad enough, he says, “You can’t concentrate. You can’t even concentrate on talking.”

But regular acupuncture and massage therapy at the Chanda Plan Foundation help him manage that pain. The treatments also have helped him move his arms and upper body more, and that, in turn, has helped him focus on the future.

That future, he says, will include more hours in the gym and continued work rebuilding his strength. He’d like to talk to people about gun violence. He also hopes to start college and earn a degree in sports science — and possibly work with other people with physical disabilities.

Stefan Moton lives in Aurora, Colorado, and is available for media interviews about how integrative therapies offered by the Chanda Plan Foundation are helping him to improve his strength and manage pain. He cannot comment on ongoing legal proceedings. To request an interview, contact Chelsey Baker-Hauck at 303-880-9711 or chelsey@capitalcitypr.com.

—END—

About the Chanda Plan Foundation
Chanda Hinton-Leichtle and her sister, Crystal Hinton, established the nonprofit Chanda Plan Foundation in 2005 after Hinton-Leichtle experienced significant health improvements through the use of integrative therapies for symptoms caused by a spinal cord injury. Hinton-Leichtle has been paralyzed below the chest since age 9, when an accidental shooting severed her spinal cord.

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Visit www.chandaplanfoundation.org for more information.
Mission: Improve the quality of life for persons with physical disabilities through direct services and systemic change to access integrative health care.

2015 Annual Report | Involvement | Innovation | Impact
# TABLE OF CONTENTS

## INVOLVEMENT
- Message from the Executive Director ........................................................................................................... 2
- Message from the Chair of the Board .................................................................................................................. 3

## INNOVATION
- Movement Is Life..................................................................................................................................................... 4
- Direct Services......................................................................................................................................................... 5
- Meet Dawn............................................................................................................................................................... 6
- Systemic Change....................................................................................................................................................... 7

## IMPACT
- Participant Outcomes ............................................................................................................................................... 8
- Meet Michael............................................................................................................................................................ 9
- Financial Statements ................................................................................................................................................. 10
- Meet Our Donors .................................................................................................................................................. 13
I’m proud to share that 2015 was another successful year for the Chanda Plan Foundation. We measure success by our outcomes and by growth in the number of people we serve. We also measure success by evaluating our organization’s response to the needs of the people we serve, even when those needs fall outside the scope of our existing programs.

In 2015 we asked our participants an important question: What health and wellness needs are not being met by the Chanda Plan or other community health organizations? Primary care, behavioral health services and nutrition topped the list of unmet needs.

Guided by our mission to improve quality of life, we knew the Chanda Plan must respond by redefining our delivery of health care services to persons with long-term physical disabilities.

As we researched these expressed needs, we discovered that we could and should expand our services to provide a truly comprehensive, integrated health and wellness experience for people with long-term physical disabilities.

We embarked on a whirlwind year of research, planning and collaboration, laying the groundwork to create the Chanda Plan Foundation Patient Centered Medical Home, a new standard of integrative, person-centered health care for people with long-term physical disabilities.

With so much to look forward to in 2016—including completion of our $4 million capital campaign, expansion of services and the opening of the Medical Home—it can be difficult to stop long enough to look back, to celebrate the successes of 2015. But as I reflect on all we’ve accomplished together over the last year, I have such appreciation for the vision, guidance and support that brought us to this point.

Thank you for helping to make 2015 a successful year for our participants and for our future.

Chanda Hinton Leichtle, Executive Director, Chanda Plan Foundation
When I reflect on the Chanda Plan Foundation’s many accomplishments in 2015, these words come to mind: “It’s a dream come true.”

Generosity, wellness and excellence in medical care have come together, and the Patient Centered Medical Home for people with long-term physical disabilities is no longer just a dream.

In 2015 the Chanda Plan purchased a building, designed the architectural plan and engaged the Metro Community Provider Network in a primary-care partnership. Building contractors are poised to start, and 80 percent of construction funds have been raised for the expansion project, which will model a new standard of holistic health care for people with long-term physical disabilities.

Lofty goals are nothing new for the Chanda Plan, and the Board took the “Let’s Build” call-to-action to heart, focusing in 2015 on transforming the dream of a comprehensive wellness clinic into reality:

• We hired consultants to determine the feasibility of the project and our ability to secure the funds.
• We added members to the Board with the background and skills to assist us through this process.
• We conducted a survey with our participants, who were most concerned with finding a primary care physician, their nutrition and a lack of mental health care.
• We coordinated our efforts with members of the health care community.

While we made headway on the future expansion, we also continued to serve our participants through Provider-Based Services, Location-Based Services and our Intensive Fund; you’ll read more about the impact of those programs in this report.

I am honored to have served for 6 years with such dedicated Board members, who worked tirelessly to bring an ambitious expansion plan to fruition in record time.

I’m grateful to our many donors and partners, whose ongoing support and generosity have made the Chanda Plan Foundation a health care pioneer.

I’m also inspired by our Chanda Plan participants, who demonstrate every day the importance of our mission.

Virginia Carducci,
Outgoing Chair, Board of Directors
When donors, community members and sponsors unite, movement becomes possible. As an organization, we don’t focus on making people walk again. Rather, we focus on giving their bodies the opportunity to move, and that movement happens in many different ways. By giving movement, we give life to the body and honor the recovery and improvements movement creates.
At the Chanda Plan Foundation, we think differently about health care and demonstrate every day that wellness and disability can go together.

A holistic, integrative, person-centered approach is fundamental to wellness for people living with long-term physical disabilities. We promote wellness and healing for acute and chronic conditions caused by physical disabilities through our Location-Based and Provider-Based direct services, offered at the Chanda Plan Foundation and at a national network of provider locations. These innovative services include:

- Acupuncture
- Massage
- Chiropractic
- Adaptive Exercise
- Adaptive Yoga

Within direct services, the Chanda Plan Intensive Fund provides assistance to individuals who urgently need funds to access therapy immediately post-injury or to continue therapy after making significant advancements in their recovery. We understand that needs change quickly, and the Intensive Fund gives us the flexibility to meet the needs of those who are in critical phases of their recovery.
Participant of Location-Based Services.

“In 1965 I was born prematurely, and the closest hospital was more than an hour away. I was placed in an incubator, where the doctor knowingly left the door open for temperature control. However, a nurse closed the door—this is when my brain injury probably occurred. Between the ages of 3 and 13, I was in and out of an institution due to my disability—cerebral palsy.”

Q: What health issues do you experience due to your disability?

A: Health issues involved with my cerebral palsy are tight muscles, impaired gross and fine motor skills, reflexes and posture. Other health issues are related to grief; these are anxiety, lack of focus, loss of sleep and appetite.

Q: Why is integrative health care important to you?

A: Because of acupuncture and massage I don’t need prescription drugs.

Q: What results have you experienced due to your participation in the Chanda Plan Foundation’s Direct Services?

A: Decreased muscle tension, pain, increased mobility, and increased focus, sleep and appetite. I am also learning to manage my anxiety.

Q: What do you have to say to a donor who supports the Chanda Plan Foundation?

A: “Thank you!!! Because of your donation, I and others have access to integrative healthcare”
The Chanda Plan approach provides better health outcomes at a lower cost, and this has galvanized our pursuit for systemic change to have integrative healthcare covered by Medicaid.

It’s been more than three years since the Chanda Plan Foundation and policymakers worked together to pass the Colorado Medicaid Spinal Cord Injury (SCI) Waiver, which has been evaluating the efficacy of acupuncture, massage and chiropractic services and the consequential cost savings for persons with spinal cord injuries in Colorado. This evaluation has validated what we’ve witnessed through our direct services: improved health outcomes at lower costs. Preliminary findings from 2012–15 include:

- Over 75% of individuals receiving these services had a reduction in their self-assessed pain rating, while almost 90% of individuals reported less pain and experienced pain on fewer days.
- 77% of individuals have reported an increased range of motion.
- Average ratings from the World Health Organization Quality of Life–BREF instrument showed an increase in physical, psychological, social and environmental health domains for individuals receiving these services.
- 57% of individuals reported a decrease in prescription medication.
- Average pharmacy costs, practitioner care expenses, outpatient service costs and skilled home health service costs decreased for individuals who received these services for at least one year.
- 100% of individuals receiving these services recommended that others with spinal cord injury join this program.

In 2015 the Chanda Plan Foundation successfully renewed the SCI Waiver through 2020 with legislative support from Sen. Nancy Todd and Rep. Dianne Primavera. In addition to the five-year renewal, the SCI Waiver delivery of services was remodeled to allow more individuals to access acupuncture, massage and chiropractic care. SCI Waiver changes implemented include:

- Waiver enrollment increased from 67 to 120 and may continue to increase based on demand.
- Individual providers of acupuncture, massage and chiropractic care can enroll to deliver services.
- Designated providers of acupuncture, massage and chiropractic can provide those services in participants’ homes.

The Chanda Plan Foundation is now an SCI Waiver provider and we hope to encourage other provider enrollment—individually or as Chanda Plan satellite locations. As we expand waiver eligibility, we’re paving the way for continued demographic and geographic expansion and, ultimately, adoption on a national level.
We continue to administer surveys to Chanda Plan participants, and our 2015 data demonstrate the life-changing potential of integrative healthcare.

We provided 3,927 individual treatments in 2015 through direct services, saving participants an estimated $208,496 in out-of-pocket costs.

61% of the participants who responded that they were “unable to work” or “extremely isolated” during the pre-treatment survey improved their involvement in the community through their ability to work and join in social activities.

Participants in location-based and provider-based services reported a consistent reduction in pain level, pain medications and health care visits.

2015 OUTCOMES | DIRECT SERVICES PARTICIPANTS

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Participants in location-based and provider-based services reported a consistent reduction in pain level, pain medications and health care visits.
Location- and Provider-Based Direct Services Participant.

“In July of 2013 I suffered a spinal cord injury in an ATV accident. Before that accident, I was a ‘gym rat’ who’d worked in law enforcement for most of my adult life. I applied for services through the Chanda Plan Foundation; the services they provide are very expensive otherwise, and I needed them.”

Q: What health issues do you experience due to your disability?

A: I experience pain in my neck and back because of my injury. I have to take pain medications in order to decrease this pain, but I don’t want to because they compromise my long-term health.

Q: Why is integrative health care important to you?

A: When I do therapies it reduces pain and my need for pain medication. Because of this, my quality of life is also increased.

Q: What results have you experienced due to your participation in the Chanda Plan Foundation’s Direct Services?

A: The biggest change I’ve seen is the fact that I am more independent. I am able to work more hours and days per week and I am much more productive.

Q: What do you have to say to a donor who supports the Chanda Plan Foundation?

A: “Thank you for your support. It helps me and others access something we wouldn’t be able to afford, and that creates healthy and productive citizens.”
## 2015 Year End Unaudited Statement of Activity
January 1, 2015 - December 31, 2015

### REVENUE

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<td>Individual Donations</td>
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<td>In-Kind Donations</td>
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<td><strong>Total Revenue</strong></td>
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### EXPENSES

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<td>Program Personnel</td>
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<tr>
<td>Program Operations</td>
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<tr>
<td>Provider-Based Services</td>
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<td>Location-Based Services</td>
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<td>Intensive Fund</td>
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<td>Systemic Change</td>
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<td><strong>Total Programs</strong></td>
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<td>Capital Campaign Planning Fees</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$547,548.31</strong></td>
</tr>
</tbody>
</table>
## Financial Statements

### 2015 Year End Unaudited Statement of Position

**January 1, 2015 - December 31, 2015**

#### Current Assets

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<thead>
<tr>
<th>Asset</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Bank Accounts</td>
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<td>Accounts Receivable</td>
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<td>Inventory</td>
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<tr>
<td>Prepaid Fundraising Expenses</td>
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**Total Current Assets**

$184,517.50

#### Fixed Assets

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<th>Asset</th>
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<td>Buildings</td>
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<td>Land</td>
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<tr>
<td>Accumulated Depreciation</td>
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</tbody>
</table>

**Total Fixed Assets**

$1,046,649.25

#### Other Assets

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<thead>
<tr>
<th>Asset</th>
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</thead>
<tbody>
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<td>Loan Fees</td>
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<tr>
<td>Board Designated Reserve</td>
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</table>

**Total Other Assets**

$178,545.52

#### Total Assets

$1,409,712.27

#### Liabilities and Net Assets

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<thead>
<tr>
<th>Liability</th>
<th>Amount</th>
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</thead>
<tbody>
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</table>

**Total Liabilities**

$764,735.56

<table>
<thead>
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<th>Asset</th>
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<tbody>
<tr>
<td>Board Designated Funds</td>
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<tr>
<td>Unrestricted Net Assets</td>
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<tr>
<td>Temporarily Restricted Funds</td>
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</tr>
<tr>
<td>Net Income</td>
<td>321,618.36</td>
</tr>
</tbody>
</table>

**Total Net Assets**

$644,976.71

**Total Liabilities and Net Assets**

$1,409,712.27
FINANCIAL STATEMENTS

SERVICE COST PROVIDED BY PROGRAM

- Location-Based Services: $105,761
- Provider-Based Services: $75,965
- Intensive Services: $27,510

INCOME

- Grants: 1.96%
- Special Events: 8.28%
- Individual Donors: 16.72%
- Capital Campaign: 29.11%
- Intensive Services: 43.93%

LOCATION-BASED SERVICES PROVIDER-BASED SERVICES

INTENSIVE SERVICES
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