

# ACHE

ARKANSAS COLLEGES OF HEALTH EDUCATION





ARKANSAS COLLEGE OF  
OSTEOPATHIC MEDICINE



COLLEGE OF  
ENGINEERING





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# We are not just studying problems; w



Kyle D. Parker, JD  
President & CEO

# ve are creating solutions.

We hold dear - education,  
service, research and change.

With each year that passes at the Arkansas Colleges of Health Education (ACHE), I become more grateful for the opportunity to serve as President and CEO of this institution. ACHE is truly changing the direction of healthcare in Arkansas and the surrounding region - an accomplishment that wouldn't be possible without the hard work of our dedicated faculty and staff and the support of the Fort Smith community.

Over the past year, we have seen some of the fruits of our labor in the successful match and graduation of the inaugural class of the Arkansas College of Osteopathic Medicine

(ARCOM), the development of the ACHE Research Institute Health and Wellness Center, the expansion of the Village at Heritage, and the opening of the ACHE School of Physical Therapy. With each success, we are energized to continue the work to educate the next generation of healthcare professionals.

As you read through the following pages, you will see what really makes the ACHE culture unique - its people. From the generous donors that have supported our mission from day one, to our hardworking students and alumni, each day we are inspired by the remarkable people that promote the values we hold dear - education, service, research, and change.

Sincerely,



Kyle D. Parker, JD  
President & CEO

## OUR MISSION

To educate and train a diverse group of highly competent and compassionate healthcare professionals; to create health and research support facilities; and to provide healthy living environments to improve the lives of others.

## WHO WE ARE

Arkansas Colleges of Health Education (ACHE) is a private, not-for-profit institution located on 573 acres in Fort Smith, Arkansas. ACHE's first college, the Arkansas College of Osteopathic Medicine (ARCOM) graduated its inaugural class of 143 osteopathic medical students on May 15, 2021. ACHE opened its second institutional building, a 66,000 square-foot facility that is home to the ACHE School of Physical Therapy and the ACHE School of Occupational Therapy. The School of Physical Therapy welcomed its first class in June 2021. ACHE recently announced a \$32.3 million gift to fund the renovation of the ACHE Research Institute Health & Wellness Center, as well as a variety of health and wellness programs that will occupy in the 317,000 square-foot facility.



**ACHE is the first and only private institution in Arkansas that is dedicated solely to healthcare and wellness.**

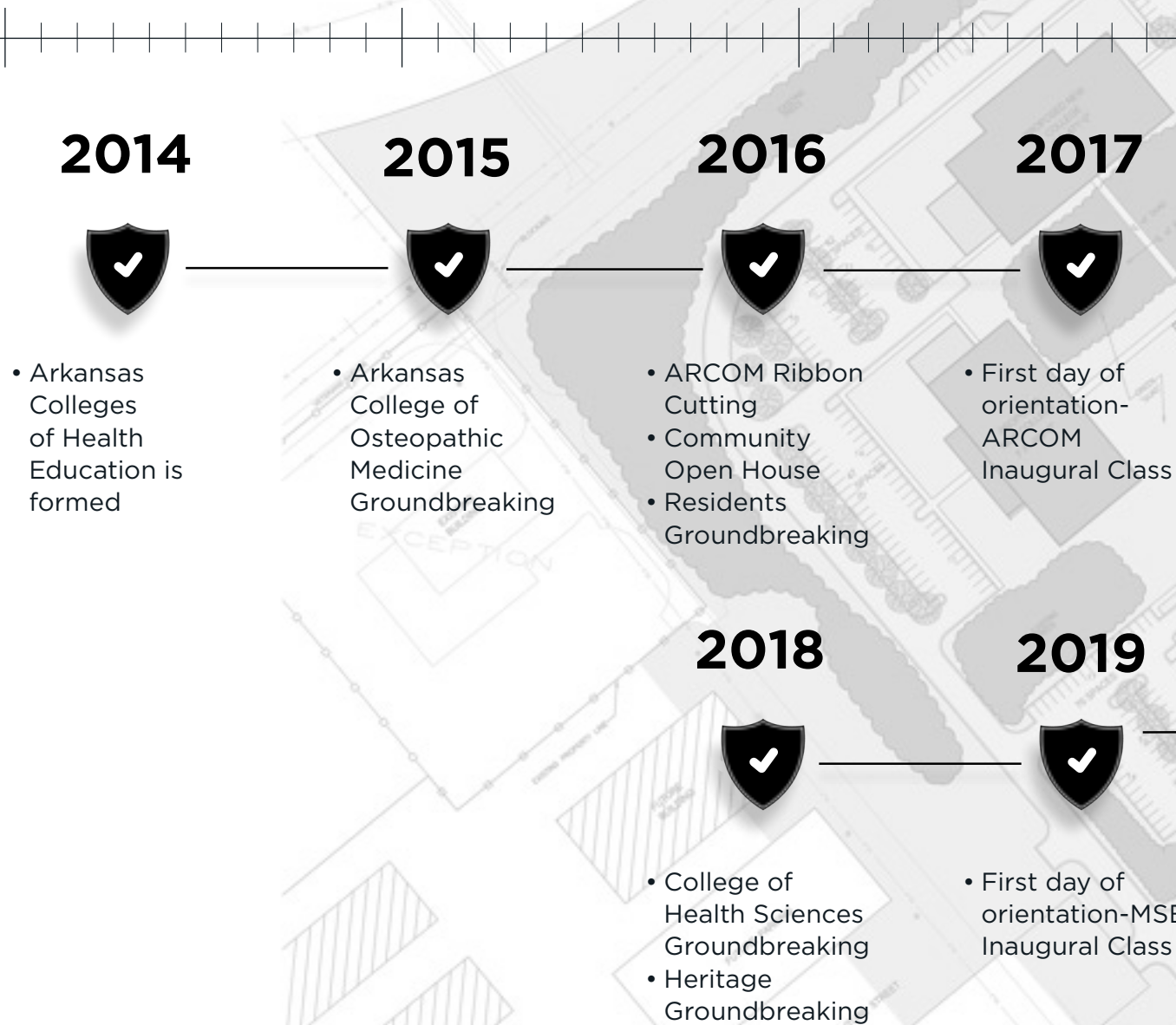


**bringing compassion to healthcare.**



**Your future healthcare provider.**

# Since 1990, our state has ranked in the top 10 in the nation for health outcomes, disparities, and chronic disease management.



# The bottom five states for chronic diseases. We're changing that.

**2020**



- First Commencement Ceremony- MSB Class of 2020 (Virtual)

**2021**



- Inaugural ARCOM Match Day
- Inaugural ARCOM Commencement
- First day of orientation- PT Inaugural class

**2022**



- OT Inaugural Class begins

**TBA**



TO SEE THE FUTURE

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ARKANSAS  
OSTEOPATHIC

7000

— YOU HAVE TO BUILD IT.



# ARKANSAS COLLEGE OF OSTEOPATHIC MEDICINE

The Arkansas College of Osteopathic Medicine (ARCOM) reached significant milestones this year with its inaugural Match Day

event and the graduation of its first class. As our alumni journey through their residencies, we look forward to witnessing all they accomplish.

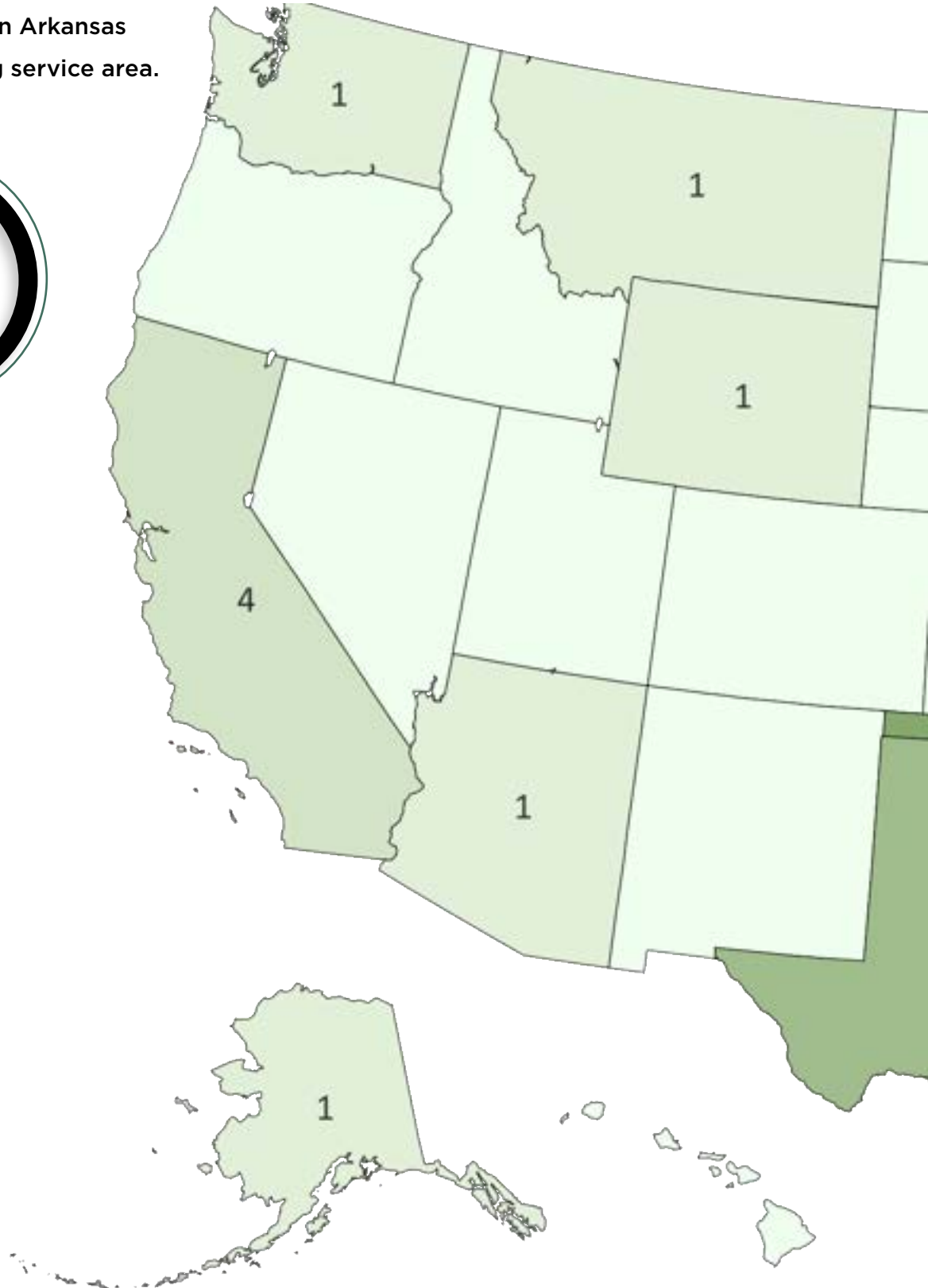


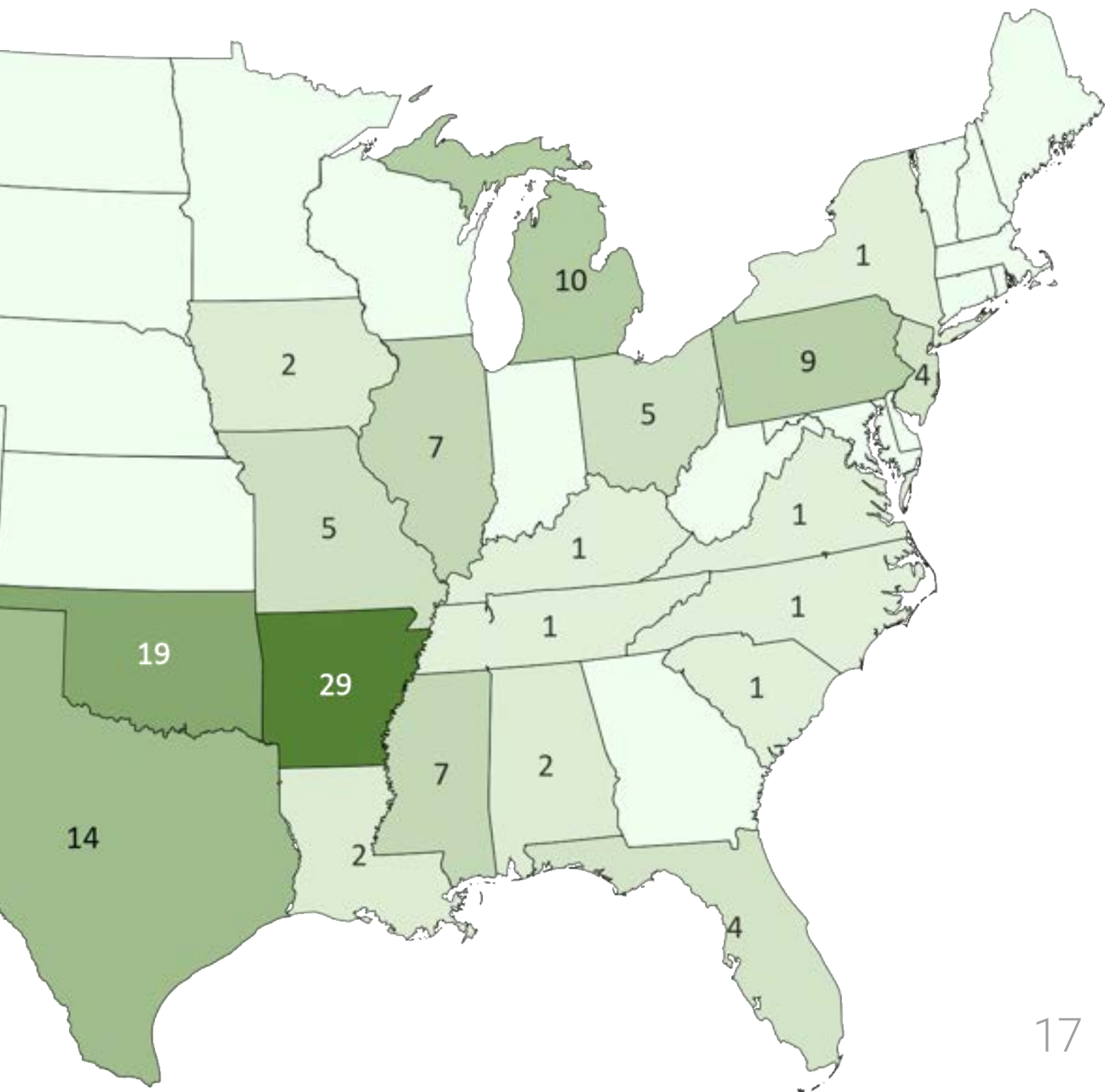
# Resident Placement.

A total of 78 student doctors placed residency in Arkansas or the surrounding service area.



**MATCH  
RATE**







**It all starts with the first graduating**



**class of doctors to inspire the rest.**

# INTERVIEW: Jodi Wiley, DO

Residency Program: Oklahoma State University Family Medicine

**Q** How did your experiences at ARCOM shape how you approach your residency?

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**A** ARCOM provided a unique opportunity because it was a new program. Students were able to witness the intense groundwork necessary for a successful program. There was a more intimate relationship between students and faculty because attention was undivided during the first year. This allowed us to build a strong foundation amongst the student body and with our faculty and early leadership. ARCOM instilled a sense of accomplishment within us because we were witness to their great accomplishment of growth of the school and its reputation.

**Q** What specifically led you to choose ARCOM?

---

**A** Interviewing at ARCOM left me feeling included. Interviewees were treated as honored guests and there was an infectious energy about being part of something new and great. We were promised growth, and we grew with all that ARCOM has become.

**Q** Tell us a little bit about your post-graduation life.

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**A** Life is great in Tulsa, Oklahoma! Family Medicine incorporates nearly all aspects of medicine. I'm able to practice medicine with incredible attendings who respect patients and allow us to grow as doctors. Sometimes the days are long and the learning never stops — nor does the feeling of satisfaction from helping a population in desperate need of great care.

# Q What inspired you to become DO?

A DOs are noteworthy for their ability to connect with their patients, to be well rounded, and practice in any field unhindered. ARCOM highlighted a DO's opportunity and gift to approach medicine holistically.



# MASTER OF SCIENCE IN BIOMEDICINE

The ACHE Master of Science in Biomedicine (MSB) program graduated its second class in the Spring of 2021. This program is specifically designed to prepare students aspiring to a career in medical and health professions

or other related fields. Our MSB graduates are motivated to serve others and the program has allowed them a smooth transition into continuing their education through other ACHE programs.



Restrooms  
→

→ Administration  
→ Performing Arts Center  
→ Meeting Rooms

MASTER  
OF  
SCIENCE  
IN  
BIOMEDICINE

# ACHE SCHOOL OF PHYSICAL THERAPY

The ACHE School of Physical Therapy welcomed its inaugural class of 36 students to the ACHE campus on June 1, 2021. This three-year doctoral program is focused on hands-on learning and includes 32 weeks of full-time clinical rotations.

The 66,000 square-foot, state-of-the-art College of Health Sciences building provides the perfect learning environment. We look forward to the accomplishments of the inaugural class in the years to come!



# ACHE SCHOOL OF OCCUPATIONAL THERAPY

Faculty and staff from the ACHE School of Occupational Therapy are hard at work preparing for their inaugural class arriving January 2022. Occupational therapists are hands-on and people-focused – qualities that will be reflected in

the program’s instruction style and curriculum. The OT program will share the spacious College of Health Sciences building with physical therapy students, creating an atmosphere of collaboration and interprofessional development.



## INTERPROFESSIONAL CLINIC

The ACHE Interprofessional Clinic opened its doors on April 15, 2021. Since then, the clinic has provided pro bono physical and occupational therapy services to 137 patients. The clinic doubles as a rotations site for our physical therapy students, who began rotations in August 2021. This gives ACHE the unique opportunity to provide students with early exposure to the delivery of care in a clinical setting in conjunction with skills presented in the classroom setting. All of this is done with the mission of transforming “the quality of healthcare through interprofessional education, practice, and research.”





## VILLAGE AT HERITAGE

The Village at Heritage continues to expand as ground has recently broken on building three. The existing buildings are home to a wonderful variety of businesses, including Carrot Dirt, Vargas Fruteria, Luxe Beauty Bar, The Heritage Group, Chasen Garrett Architects, Parker Chiropractic and Wellness, Las Americas Restaurant,

Heritage Pizza Parlour, Nailology and Card and Cloth. The Village also houses the ACHE Fit Lab, a 24/7 fitness center available to ACHE students, faculty, and staff. The Village has become a hub for community events, celebrations, and entertainment! Bringing our community together has always been the goal.

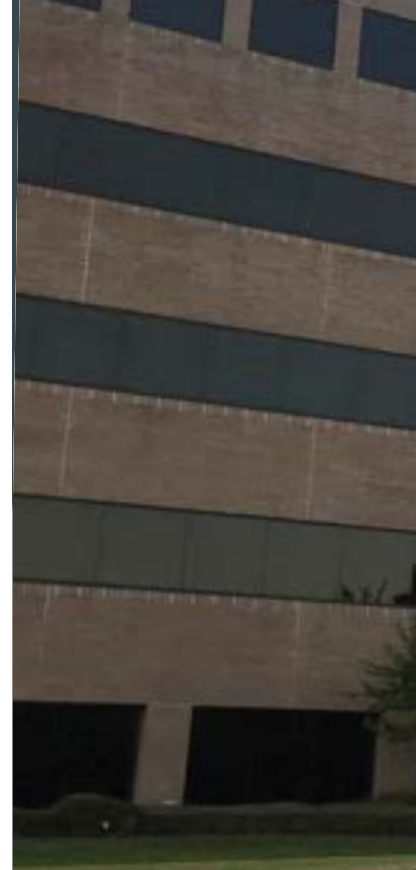


# THE VILLAGE AT HERITAGE

7209 CHAD COLLEY BLVD

Hot Dirt ORGANICS INC. Carrot Dirt

# \$32.3 MILLION DOLLAR GIFT



This year, ACHE received a 32.3 million dollar gift to fund health and wellness initiatives in Fort Smith and beyond. “This tremendous, anonymous gift will help ACHE continue to fulfill its mission at a much faster pace,” shared Kyle D. Parker, JD, President & CEO of ACHE. “We are not just studying problems; we are creating solutions.”

ACHE has been renovating the ACHE Research Institute Health and Wellness Center (RI/HWC), the former home to Golden Living. The RI will provide a unique opportunity for students from a variety of disciplines and institutions to engage in interprofessional education, integrating the arts and clinical intervention with discovery

research activities, all with a goal of transforming health and wellness throughout the community.

The 60,000 square-foot first floor will be converted to the Health and Wellness Center. This will include a community art gallery with our partners Fort Smith Regional Art Museum (RAM) and Center for Art and Education (CAE),



**RI/HWC will be the largest research institution of any osteopathic school in the nation.**



spaces for art instruction and an artist in residence program, applied arts spaces with a 3-D printer, a ceramics lab with kiln, and a performing arts theatre for productions and dance. The space will also include multiple cooking stations within a community kitchen, a baking kitchen, and a culinary kitchen where cooking and nutrition education will

be provided. The 15,000 square-foot outdoor space will feature an Art Walk, Community Classroom, and food gardens. A multi-use trail system, ADA-accessible trail, children's bike park, and much more will surround the building.

The fourth floor of RI will become the Research Center. This space will include a 90,000 square-

foot biomedical research lab, fully equipped with the latest scientific instruments and state-of-the-art technology.

**The initial phase of renovations are expected to be completed in December 2022.**

**Combining art and science.**

# Building a Culture of Community Health

ACHE will concentrate on promoting a game changing culture of health for individuals across the region. “Since 1990, our state has ranked in the bottom five states for health outcomes including health disparities and chronic disease. We have an amazing opportunity to promote healthy lifestyles through collaborative partnerships and civic engagement supporting health equity. By making health a shared value, we can prioritize and promote the connections that create and sustain improved health outcomes resulting in communities that thrive. I am honored to be a part of this initiative,” stated Elizabeth McClain, PhD, Chief Wellness Officer at ACHE.

ACHE will first target the “art of well-being”. This includes nutrition, culinary arts, mindfulness, visual arts, applied arts, physical mobility, and active lifestyle. Programs will be delivered within the framework of an integrated creative arts education model, or STEAM education approach. STEAM education provides a learning environment for creative problem solving, flexibility, resilience, and increased empathy, which are pillars of a positive lifestyle. Research will be an integral component for identifying, establishing, and validating sustainable change in health and wellness.



# Power of Partnerships

Community partners will be a key component to the success of ACHE's health and wellness initiatives. ACHE will work with organizations such as the United Way of Fort Smith and Antioch for Youth & Family. Through these partnerships and many more, ACHE intends to develop new programs that provide culturally diverse nutrition education and healthy cooking options that are inclusive to all members of the community.

Traditional, outdoor community gardens that are part of the design are being discussed for future partnerships. These programs will help

strengthen the community gardens created by Antioch for Youth & Family. ACHE will continue to work with Mayor George McGill and the City of Fort Smith to deploy these initiatives throughout the city.

Charlotte Tidwell, founder of Antioch, stated, "Community gardens are collaborative projects on shared open spaces where participants share and engage in physical activity, build garden skills, build green spaces, and maintain products of the garden, including healthful and affordable fresh fruits and vegetables. Our community engagement will be enhanced."



# Mobility and Physical Activity

ACHE's RI/HWC mobility lab will focus on "physical activity as medicine" research initiatives for all ages and levels of ability. Developing habits of regular physical activity are associated with reduced risk of obesity and chronic disease in individuals at all ages. Physical activity has also been associated with improved cognitive functions and academic performance in children.

ACHE is working with K-12 schools and community organizations to increase opportunities for physical activity with youth, while systematically studying interventions and wellness outcomes in its research facility. ACHE will also provide access to exercise/adaptive exercise equipment and

programming. Changes in quality of life associated with increased access to physical activity and health and disease prevention will be measured with participants. These programs will be inclusive and available to individuals with physical and cognitive challenges to provide opportunities for health for all community members. Additional areas of study will include mental health, including but not limited to stress and depression. Physical activity has demonstrated physical and psychological benefits that improve mood and reduce anxiety increasing feelings of wellbeing.

Fort Smith Mayor, George McGill said, "I truly believe if a city or community wants to be attractive for economic growth and

Fort Smith Mayor,  
George McGill

**I truly believe if a city or community wants to be attractive for economic growth and development it must display a strong passion for health and wellness.**

development it must display a strong passion for health and wellness. The initiative started by The Arkansas Colleges of Health Education to develop a new health and wellness research center is evidence that Fort Smith is determined to become a strong, healthy community. When we make decisions and take actions like these, we become very attractive to industry and families. It says to those who are interested in quality of life that Fort Smith is the place to be. We not only practice good health and wellness, but we are on the cutting edge for health and wellness research that could change the health standard of this nation.”

# Impact of the ARTS

Art exploration through visual arts, fiber arts, and ceramics instruction will be a critical component of the ACHE RI. The applied arts will provide health professionals, students, and the community the ability to use creative design with logical and systematic approaches to address daily living, mobility, health and wellness, or community challenges. In addition, an artist in residence program will infuse ongoing artistic innovation, engaging a variety of regional artists to teach, lecture and showcase artwork in the art spaces. ACHE's strong partnerships with RAM and CAE will

ensure effective and innovative programming in the arts. All aspects of the arts will be potential areas of focus as research initiatives are developed. They will be used to drive creative discovery, scientific advancement, diversity in healthcare services available to our community. In parallel, they will promote and measure excellence in all levels of STEAM education, teacher, and leadership programming. The integration of scientific research will promote a stronger, healthier community.



FOOD OR  
DRINK  
IS NOT  
PERMITTED  
AT THE PIANO

# We're not just teaching information; we're generating new knowledge.

The National Institutes of Health (NIH) is the largest public funder of biomedical research in the world, which is one of the reasons its funding of research taking place at the Arkansas Colleges of Health Education (ACHE) is so significant. Obtaining NIH funding is a highly competitive and rigorous process as most funding lines are within the ten to fifteenth percentile success rate. Applications undergo a two-level, peer-review process that analyzes their scientific quality, merit, and impact. ACHE researchers, Lance Bridges, PhD and Brandy Ree, PhD, received NIH funding for their research project exploring a family of proteins, called ADAMS, implicated in cancer. Through their research, they have discovered a unique function of this protein family that has never been known before. They see their NIH funding as not only a means to conduct research, but to contribute new knowledge into the scientific community. "We're not just

teaching information; we are actively engaged in generating new knowledge. That's a very important milestone for a younger institution like our own," shared Dr. Bridges.

The NIH grant has also provided an avenue for career impact. ACHE has employed two full-time lab technicians at no cost to the institution. The first lab technician, Andrea Powers, is now a second-year medical student at Arkansas College of Osteopathic Medicine (ARCOM) and president of the Student Government Association. Powers shared, "Working as the lab technician allowed me to get to know a lot of the faculty who I hoped would be teaching me before I knew I got accepted to ARCOM. I was able to establish a rapport with them that allowed me to feel very comfortable discussing material I was struggling with as a student. I owe the success of my first year to their ability to guide me as a research technician." The

# we are actively engaged in

grant has also supported five undergraduate researchers from regional universities, including Arkansas Tech University, University of Arkansas – Fayetteville, University of Arkansas – Fort Smith, and Ouachita Baptist University. Two high school students have also gained research experience through this program, one of whom will attend University of California, Berkeley in the fall. The other is a student in the honors college at Oklahoma State University. “We’re able to recruit students, employ them, and get them into the pipeline for careers in healthcare and research,” said Dr. Bridges.

The work of ACHE faculty like Dr. Bridges and Dr. Ree are part of what sets Arkansas Colleges of Health Education apart from other healthcare institutions. The future is filled with potential for ACHE Research.



Andrea Powers, OMS II

Lance Bridges, PhD  
Professor of Biochemistry, Molecular &  
Cellular Sciences and Biomedical Sciences

STUDENT DATA

717



As of the Fall 2021 semester, ACHE had a total of 717 students.

117 reported being a first generation college student.

**53**

**MSB**

MASTER OF SCIENCE  
IN BIOMEDICINE

**631**

**DO**

ARKANSAS COLLEGE OF  
OSTEOPATHIC MEDICINE

**33**

**PT**

SCHOOL OF  
PHYSICAL THERAPY



ACHE is the first and only private institution in Arkansas that is dedicated solely to healthcare and wellness.

# STUDENT STATISTICS



AVERAGE  
OVERALL  
GPA



AVERAGE  
OVERALL  
SCIENCE GPA



STUDENT  
DOCTOR  
FEMALE TO MALE  
RATIO



FROM  
ARKANSAS



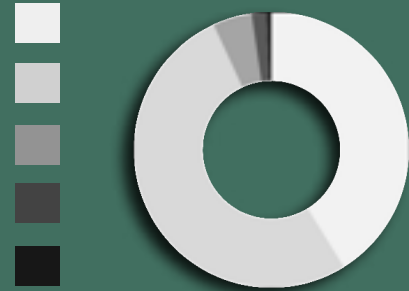
FROM  
SERVICE AREA

Reported as current or  
permanent address

The growth in numbers.

# June 30, 2021 Financials

Revenues (in thousands)		2021	
1.	Tuition and Fees	\$29,077	41.2%
2.	Gifts and Grants	36,688	51.9%
3.	Rental Income	3,241	4.6%
4.	Investment Income	1,233	1.7%
5.	Other	406	0.6%
<b>Total</b>		<b>\$70,645</b>	<b>100%</b>



Revenues (in thousands)			
1.	Program	\$21,951	60.0%
2.	Management and General	14,368	39.3%
3.	Fundraising and Development	265	0.7%
<b>Total</b>		<b>\$36,584</b>	<b>100%</b>



## 5 Year Total Assets and Liabilities (in thousands)

	Total Assets	Total Liabilities
2021	\$152,804	\$53,303
2020	\$125,131	\$59,691
2019	\$113,982	\$47,119
2018	\$103,982	\$33,907
2017	\$60,220	\$23,196



ACHE STUDENT SCHOLARSHIP ENDOWMENT



This year, the ACHE Board of Trustees established the Arkansas Colleges of Health Education Scholarship Endowment Fund. This exciting development has enabled the institution to build permanent scholarship funds for all current and future educational programs. The Fort Smith Regional Health Care Foundation made an initial contribution to the endowment fund of \$350,000. The Degen Foundation contributed an additional \$350,000 to the endowment,

for a total of \$700,000. These generous gifts make up the corpus, which is never spent, but each year the fund will distribute earnings for critical student scholarships. As the endowment grows with additional gifts, the number and size of scholarships will grow as well. Initial gifts from this fund could be distributed as early as 2022. ACHE is filled with gratitude and appreciation for the generosity of The Fort Smith Regional Health Care Foundation and The Degen Foundation.

“There is an interconnectedness between this school and the community that I would dare say is unique.”

Philanthropists at heart, Mark and Lynn Horn first give to their church but also generously look to improve and stay connected with the community in which they have built their home for close to 30 years. After

retiring from the University of Arkansas Fort Smith as the Vice Chancellor of University Relations and Chief of Staff, Mark was asked to volunteer as a community interviewer for the Arkansas College of Osteopathic Medicine (ARCOM) inaugural class in 2016. During his first interview process, he had to recuse himself from an interview because he saw a very familiar name on the roster - Amanda Lemp. Mark and Lynn knew Amanda's family, and Amanda was in Lynn's Sunday School class years ago. After the Horns learned that Amanda was accepted into ARCOM, they recalled information they received about the

Student Stethoscope Scholarship Program and decided to support in honor of Amanda. Over the years, with Mark and Lynn's help, the program has given out 794 engraved stethoscopes and raised over \$304,000 in scholarship funds. As Mark explained, “We are not big donors, but our hearts are behind it.”

With a passion for education, the Horns see the importance of ACHE

Connections  
That  
Last.



in the opportunity for children in the community to connect with healthcare at an early age. Lynn has been a substitute teacher in the Fort Smith School District for over 20 years and finds value in the ACHE Pipeline Program led by Barry Owen, EdD Director of Institutional Relations. Lynn understands that often children have a homelife that is hard, or they do not receive the guidance from their parents regarding

opportunities for their futures. The Pipeline Program is designed to connect kindergarten through college students to a future in healthcare, be it a profession or a healthy lifestyle.

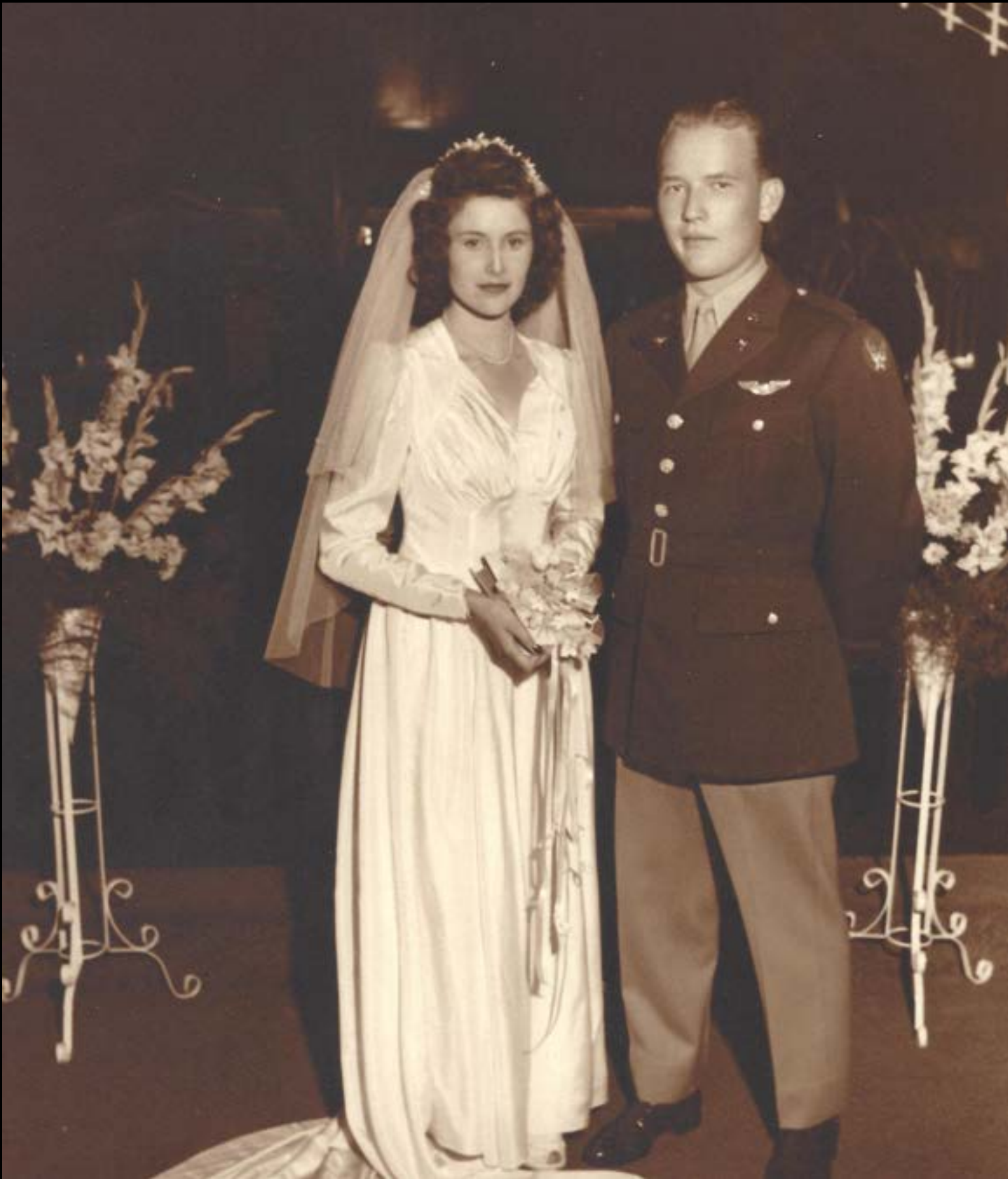
Previously being in the military, Mark and Lynn have lived many places. They claim they have never experienced anything quite like what they have found at ACHE. Mark shared, “There is an intertwining

or interconnectedness between this school and the community that I dare say is unique.” ACHE students are making multiple connections in the community and have experienced the encouragement and support of the Horns. The Horns, like many, believe that students graduating from ACHE programs will fall in love with the community like they did and make it their home, too.

# Loretta A. Parker

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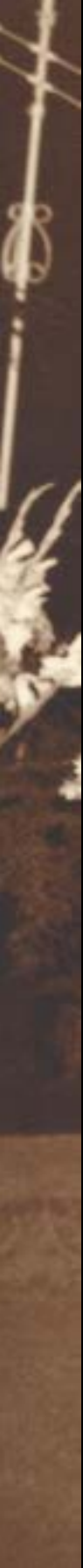
June 29, 1927 — October 12, 2021



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**Douglas E. Parker**

November 21, 1924 — May 6, 2018



**“Arkansas  
Colleges of  
Health  
Education  
will change  
Fort Smith  
forever.”**

# Douglas E. Parker

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November 21, 1924 — May 6, 2018

## A LEGACY.

A legacy is not a story created about someone that boasts their accomplishments or fame, that is just a story. A true legacy is the impact that one life has on others. As members of the “Greatest Generation”, Douglas and Loretta Parker embraced the world with hard work, service, honesty, kindness, compassion, generosity and love. Rooted deep in their Christian faith, these two individuals began building their legacy with their marriage in 1945 after Douglas returned from his military career in the Army Air Corps, having served as a pilot in World War II. After attending the University of Arkansas, the couple moved to Fort Smith in 1948 where they would live out their lives.

Love of God guided this couple as they built their lives and family; and they lived by the words, “It is more blessed to give than to receive.” Raising their two sons, Douglas W. Parker, MD and Kyle D. Parker, JD was paramount in Doug and Loretta’s lives. Beyond their dedication to family, keystones of the Parker household were civic engagement,

community service and philanthropy. Giving of their time, talent and treasure was how Doug and Loretta spent their 73 years together.

### **Doug and Loretta Parker’s impact in the community is immeasurable.**

Doug was instrumental in water conservation and the development of Sugar Loaf Lake, Sebastian Lake, and the James Fork Reservoir. Numerous committees and public appointments provided Doug with the opportunity to share his diverse talents and serve others. He served on the Arkansas Waterways Commission; was a charter member and Chairman of Leadership Fort Smith and president of the Fort Smith Noon Exchange Club. A renown attorney, Doug was also an entrepreneur and inventor. Using his gift as a legendary angler, Doug invented and patented Rabble Rouser lures.

Loretta was heavily involved in the Fort Smith community, as well. Her time and talent was



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# Loretta A. Parker

June 29, 1927 — October 12, 2021

given freely with her service to the Fort Smith First United Methodist Church as a choir member, youth counselor and board member of both the Administration and Foundation boards. She held over thirty leadership positions throughout the city providing service and support to the missions she held dear. With special passion for meeting the community's needs in healthcare, Loretta served 24 years as a member of the Sparks Hospital Foundation. No one could have been more pleased than Loretta to hear that a new medical school would be built in the Parker's beloved Fort Smith. It was with great excitement and love that both she and Doug attended the dedication of the Arkansas College of Osteopathic Medicine (ARCOM) in 2016.

Continuing their far-sighted and generous philanthropy, the Parker's furthered their legacy in 2017 by providing the lead gift for the Arkansas Colleges of Health Education (ACHE) campus development with the naming of the Kyle D. Parker, JD Atrium in the ARCOM

building. This gift kicked off efforts for the private campaign to build the Celebration Garden and Wellness Park, which will open in 2022.

After Doug's passing in May of 2018, Loretta took the lead in supporting ACHE and her son, Kyle, President and CEO of ACHE. At each Sunday visit, Loretta would ask about the development of the college, the hiring of staff, and the admission of new students. Loretta always wanted to know about ACHE's progress and would say, "Tell me what is happening out there this week." She would chuckle about the acronym ACHE and say, "Isn't that cute," and then follow by saying, "Arkansas Colleges of Health Education will change Fort Smith forever."

**Loretta Parker's life of service and philanthropy ended on October 12, 2021. Doug and Loretta Parker's legacy did not. Their impact will always be felt at ACHE.**

## ACCREDITATION MARKS GROWTH

This year, the Higher Learning Commission granted Early Initial Accreditation to the Arkansas Colleges of Health Education. This event represented a critical milestone in ACHE's growth from a start-up to a multi-program institution of higher education. Institutional accreditation serves as the foundation for current and future degree programs.

Individual degree programs are at various stages of accreditation from their respective programmatic accreditors including the Commission of Osteopathic College Accreditation, the Commission on Accreditation for Physical Therapy Education, and the Accreditation Council on Occupational Therapy Education. As future programs become active, each will pursue appropriate accreditation to reflect compliance with the highest standards in the respective field.

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