



FY 2023 Report to the Community
Saint Louis Mental Health Board
July 1, 2022 to June 30, 2023





In FY23, MHB continued its strong tradition of serving the behavioral health, prevention, and children’s service needs of city residents. Here are just a few of the highlights:

Distributed \$2M Early Childhood American Rescue Plan Act (ARPA) funding on behalf of the Community Development Administration, increasing funding to home- and center-based early childhood providers;

Together with staff leaders we **participated in Forward Through Ferguson’s Philanthropic Racial Equity Roundtable** to develop a racial equity action plan that will enable MHB to apply a racial equity lens to its grant making;

In partnership with the City Senior Fund, MHB engaged UMSL to conduct a **tax analysis to examine the impact of SB190 on city seniors and tax revenue**; and

In June 2023, MHB **moved to Peabody Plaza Downtown** following 10 years at Union Station in the Downtown West Neighborhood.

In FY23, MHB-funded programs **served 8,636 participants**, 2,002 children from birth to age 5, 4,055 children and youth ages 6 – 18, and 2,073 adults age 19 and older. Of those served, 695 participants **or 8.0% experienced homelessness** or were housing unstable of those who reported this data. A total of 506 participants served did not provide a date of birth representing 5.9% of all participants served.



Terrell Carter



A message from Terrell Carter, DMin MHB Board Chair 2022 - 2024

Peabody Plaza 701 Market St, 63101



partnering
investing
empowering

ABOUT MHB

The Saint Louis Mental Health Board (MHB) is a special taxing authority charged with collecting and distributing two separate tax funds (Community Mental Health Fund and Community Children’s Services Fund) for purposes consistent with Missouri State Statutes and approved by the voters.

In 1994, voters in the City of St. Louis approved a dedicated property tax assessment to establish the Community Mental Health Fund (CMHF) for St. Louis City residents. Ten years later, in 2004, voters in the City of St. Louis approved another dedicated property tax assessment to establish the Community Children’s Services Fund (CCSF). The monies assessed are disbursed through a competitive application process and granted to non-profit organizations that provide children’s services and behavioral health services (including mental health and substance use) for City residents across all ages.

MHB actively pursues other sources of funding to supplement local tax dollars. Currently, MHB serves as the lead grantee for two Substance Abuse and Mental Health Services Administration (SAMHSA) federal collaborative grants. The first is the St. Louis System of Care (SOC), a network of institutions, government agencies, and youth and family representatives committed to making sure children and youth get the mental health care they need to be successful at home, at school, and in the community. The second federal grant, the Gun Violence Response Network (GVRN), helps individuals and communities recover from the mental and emotional trauma of gun violence by providing non-traditional healing support and clinical services.






The funds administered by MHB are intended to supplement, not replace, other existing resources with the aim of increasing impacts that would not otherwise be possible. As good stewards of public funds, MHB uses an outcome-focused approach, investing in projects that are able to show measurable and verifiable changes in the lives of those they serve.

Community Mental Health Fund

Established in 1994, the Community Mental Health Fund works to improve the quality of life for city residents with mental health and/or substance use disorders, primarily serving adults ages 18 and older. The fund supports a range of services that address behavioral health wellness leading to prevention or recovery in the dimensions of health, home, purpose, and community.

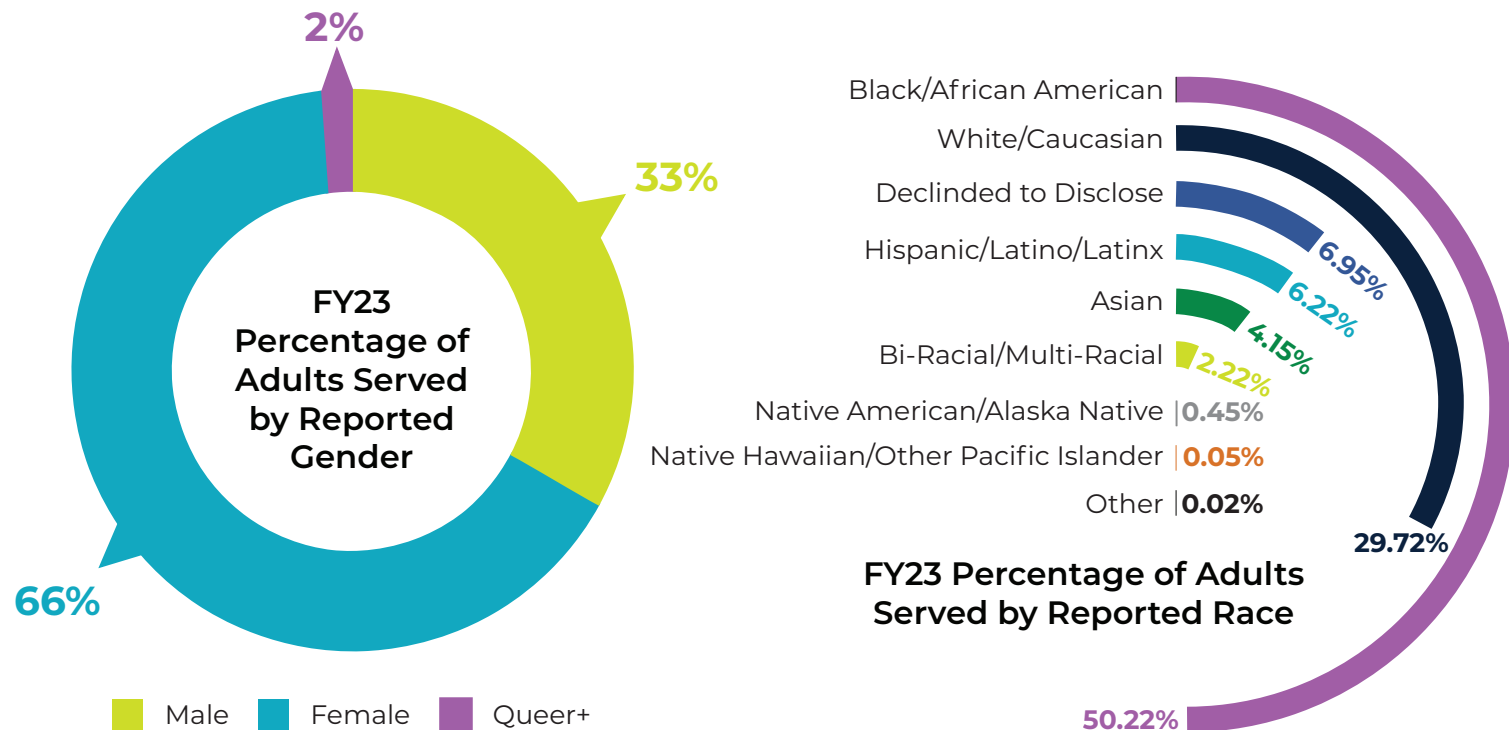
Achieving Wellness and Recovery

In FY23, one of every two adults participating in MHB-funded programs improved their behavioral health wellness as demonstrated by these changes:

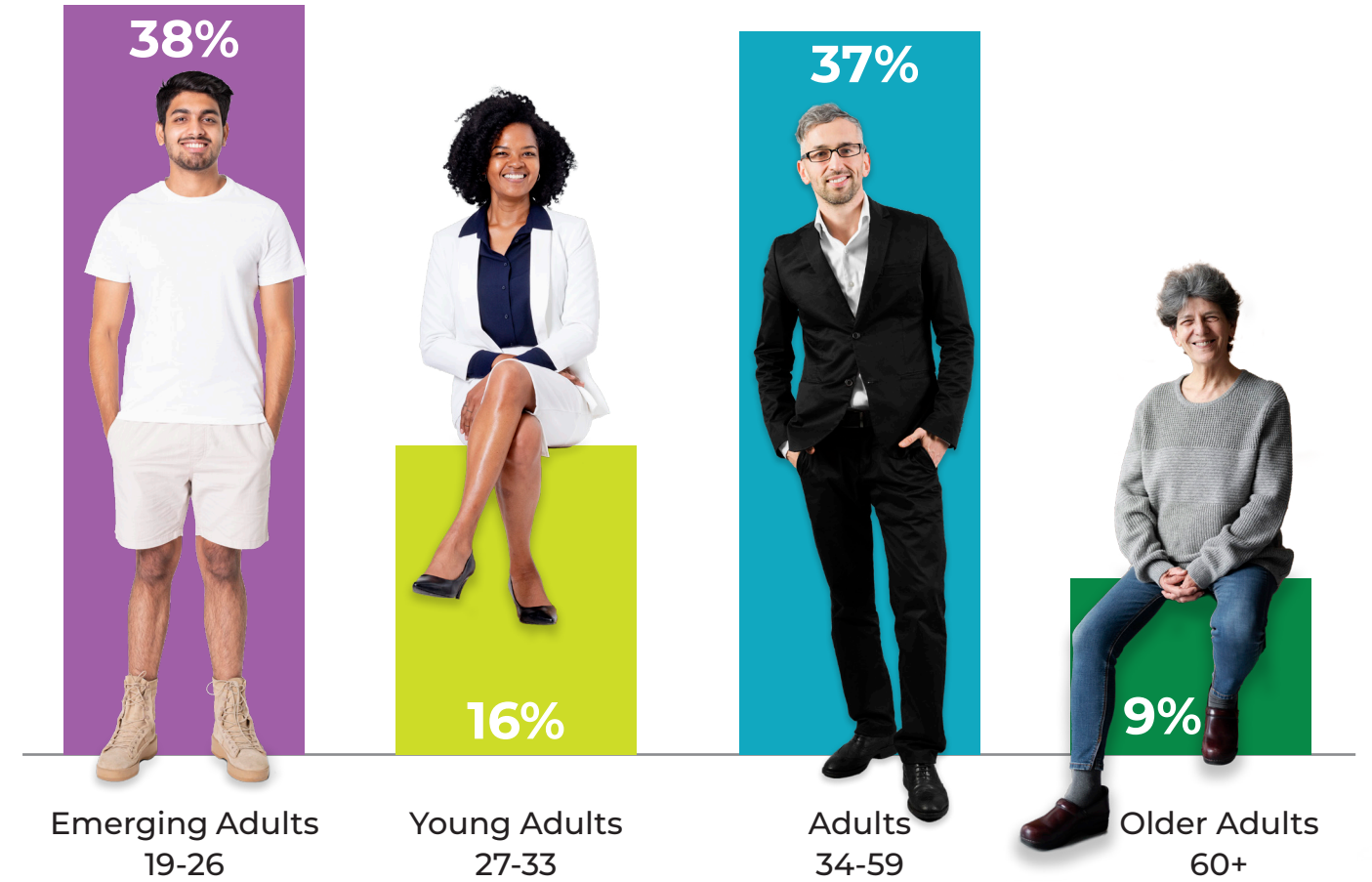
-  Improved management of behavioral health and physical health conditions
-  Maintaining stable housing
-  Fewer mental health symptoms
-  Resolving legal issues impeding recovery
-  Becoming/remaining employed

Demographics of Adults Served

During FY23, the fourth and final year of the funding cycle that was extended by one year due to the COVID-19 pandemic, 2,073 adults participated in MHB-funded services.



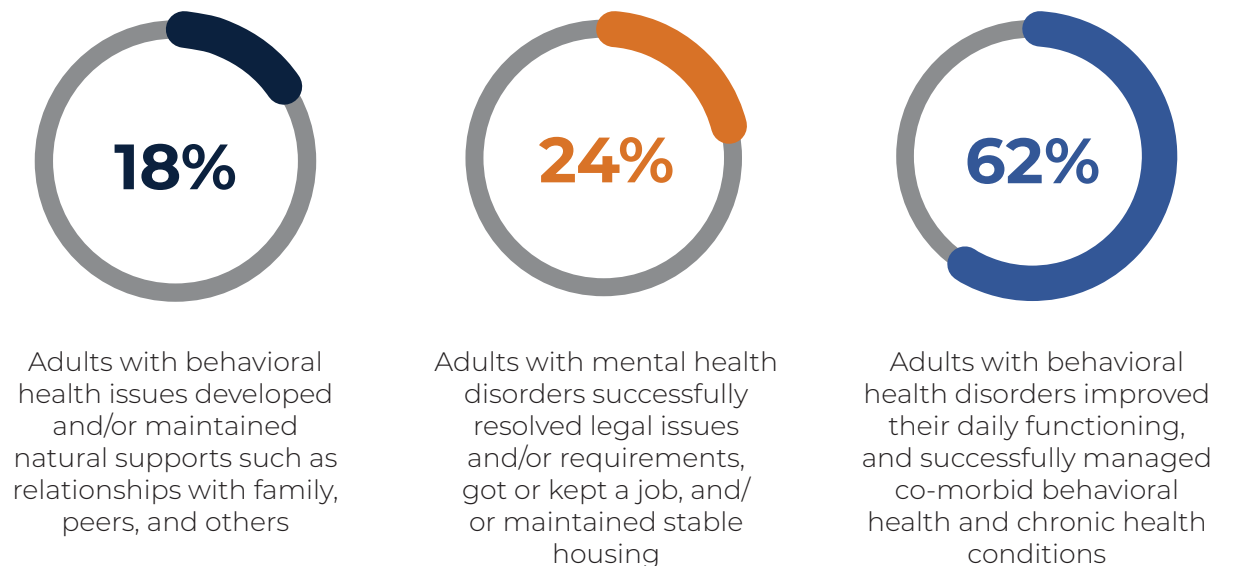
FY23 Percentage of Adults Served by Age Group



CMHF has one Outcome Area: Behavioral Health Wellness & Recovery

54% of adults with behavioral health disorders improved their behavioral health wellness & recovery as demonstrated by the following outcome indicator achievement displayed in the visual below.

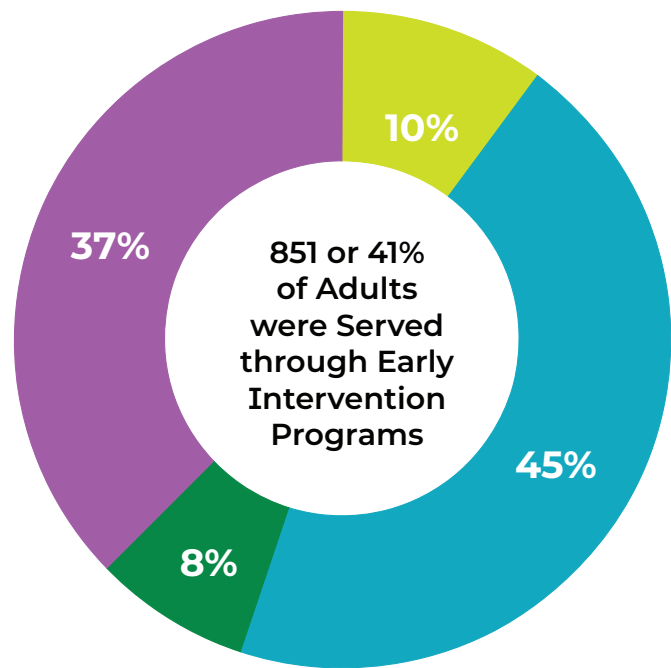
54% of Adults Served Improved their Behavioral Health Wellness & Recovery



Community Mental Health Fund

Early Intervention Programming

851 adults or 41% of those served (2,073) participated in early intervention-focused programming in FY23. Early intervention refers to recognizing the warning signs of a mental health or substance use challenge and acting before it gets worse (Mental Health First Aid, 2021).



Top 10 Home and Service Zip Codes for Adults Ages 19 and Older

Top 10 Home Zip Codes for Adults Ages 19 and Older	Adults Served	% of All Participants served	Top 10 Service Zip Codes for Adults Ages 19 and Older	Adults Served	% of All Participants served
63116	380	18.3%	63110	349	16.8%
63118	283	13.7%	63108	316	15.2%
63111	269	13.0%	63111	285	13.7%
63113	119	5.7%	63103	157	7.6%
63115	99	4.8%	63139	147	7.1%
63109	92	4.4%	63118	116	5.6%
63112	90	4.3%	63138	63	3.0%
63110	82	4.0%	63113	42	2.0%
63104	81	3.9%	63116	42	2.0%
63108	79	4.3%	63101	39	1.9%

Permanent Supportive Housing Initiative

FY23 represents the 12th year of investment through MHB's Permanent Supportive Housing Initiative (PSH). Since its establishment, the initiative has created 239 new PSH units in the City of St. Louis and funded 22 PSH projects through an investment of \$4,130,892.



Two new projects were added to MHB's portfolio in FY23: Doorway's Elliott Place Apartments (pictured) and the Lutheran Development Corporation's scattered-site Marquette Apartments. These two projects represent a total of 49 new PSH units in the city. These investments exhausted the original \$4+ million set aside in 2011 to support new projects, but the need remains high. There are many individuals and families that find themselves struggling not only

with homelessness, but because they may have serious and persistent behavioral health and/or health issues that may include substance use, mental illness, and HIV/AIDS. In FY24, MHB's Housing Committee will evaluate its impact in the creation of new permanent supportive housing units and in conjunction with community needs and priorities, determine if and what type of future investments to support individuals in recovery are merited.

Behavioral Health Network Bridges to Care and Recovery

"Bridges" mobilizes churches primarily in African American communities to reduce stigma and increase knowledge and acceptance of behavioral health issues by creating "Behavioral Health-Friendly" churches. Participating churches train volunteers in Mental Health First Aid to serve as "Wellness Champions," conduct screening events, and provide referral coordination to mental health and substance use services.

Family Care Health Centers Circle of Care Adults

Circle of Care integrates behavioral health and primary care, providing same-day consultation, care management, and when needed specialty behavioral health consultation/care for adult patients who have a behavioral health condition that impairs their functioning. The program is designed to improve access, reduce stigma, and support the primary care provider in whole person care with the goal of helping patients to improve their overall health and functioning.

International Institute of St. Louis Care Access for New Americans

Care Access for New Americans provides early intervention services and community-based interventions to support the behavioral health needs of newly arrived refugees, those with special immigrant visas, and parolees. The program screens newly arrived foreign-born residents using the RHS-13. Enrolled clients receive case management, behavioral health literacy, brief interventions, and referrals to behavioral health therapy as needed.

The Washington University The SPOT - AWARE

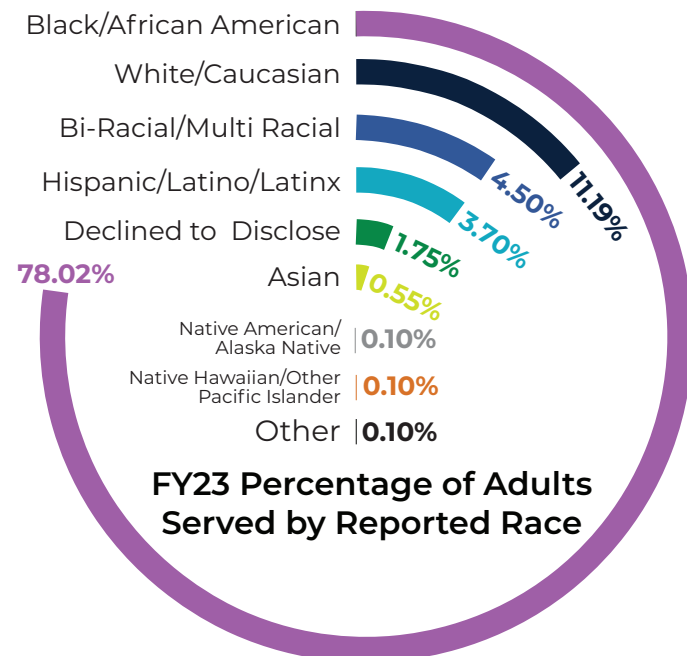
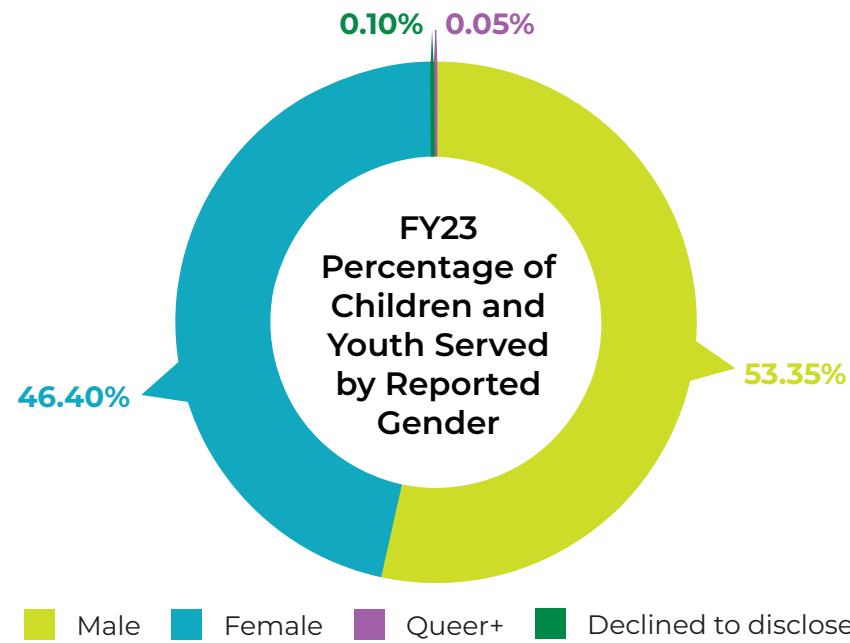
AWARE provides early intervention, behavioral health screening and linkage to counseling, psychiatry, case management, and drop-in services to transition-age young adults ages 19 to 24. The population of focus are those who are LGBTQ+ identified, have a history of community violence or trauma, and have co-morbid behavioral and physical health needs.

Community Children's Services Fund

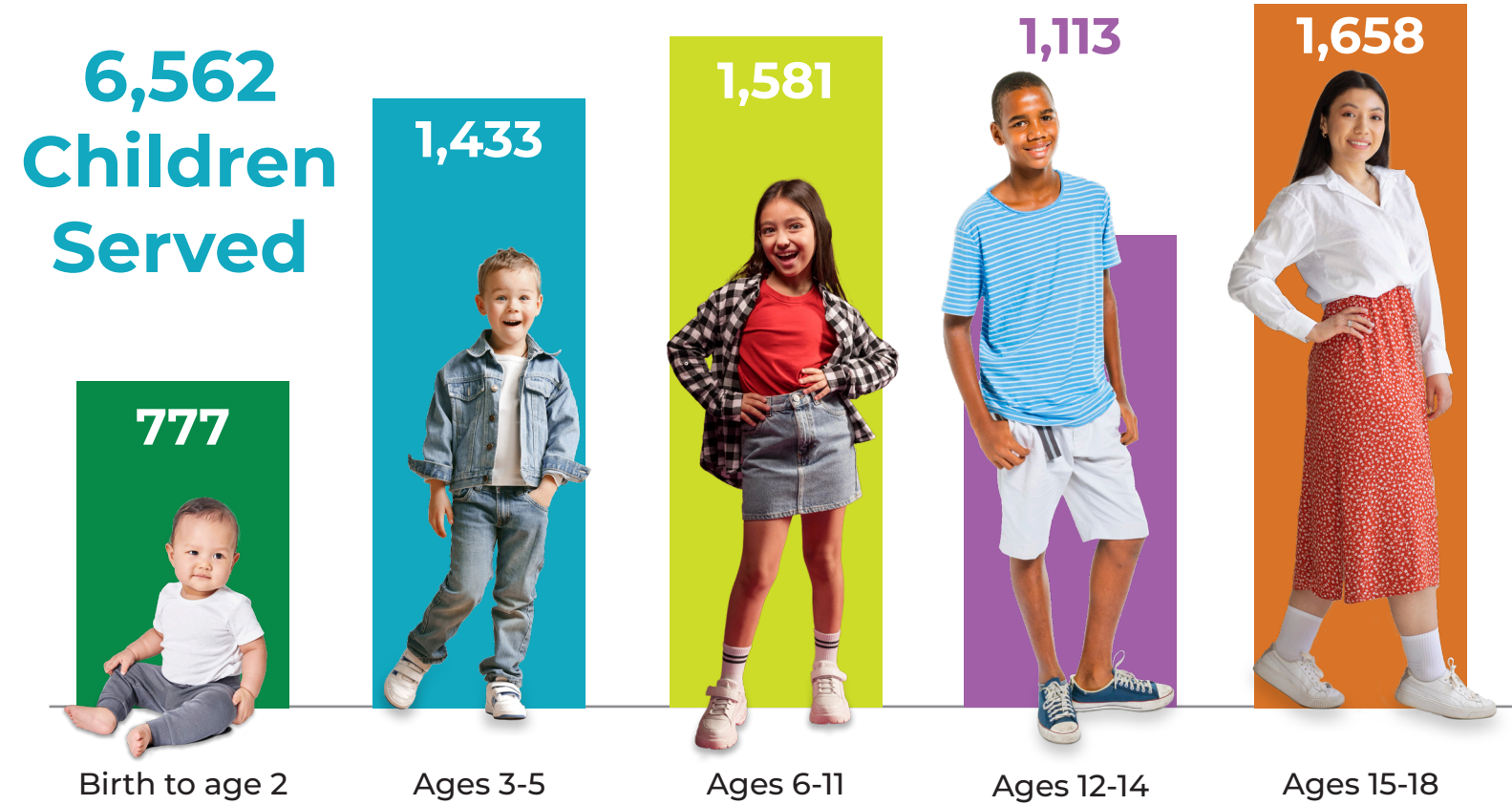
Established in 2004, the Community Children's Services Fund (CCSF) is dedicated to improving the well-being of St. Louis City children and youth from birth to age 18. Through three-year competitive grants and participation in community collaborations supporting the development of a coordinated system of care for children, the fund supports a wide variety of programs and services that address children's emotional health and social connectedness by focusing on their behavioral health, addressing trauma and violence, and providing family support.

Achieving Wellnes and Recovery

In FY23, 40 funded projects served 6,057 children and youth. Additionally, 297 parents and caregivers were served through programs focused on helping them to have the knowledge, skills, and support for positive parenting. Demographic data for children and youth served in FY23 may be found in the following charts and graphs. Early Childhood programs are reported separately



FY23 Number of Children and Youth Served by Age Group

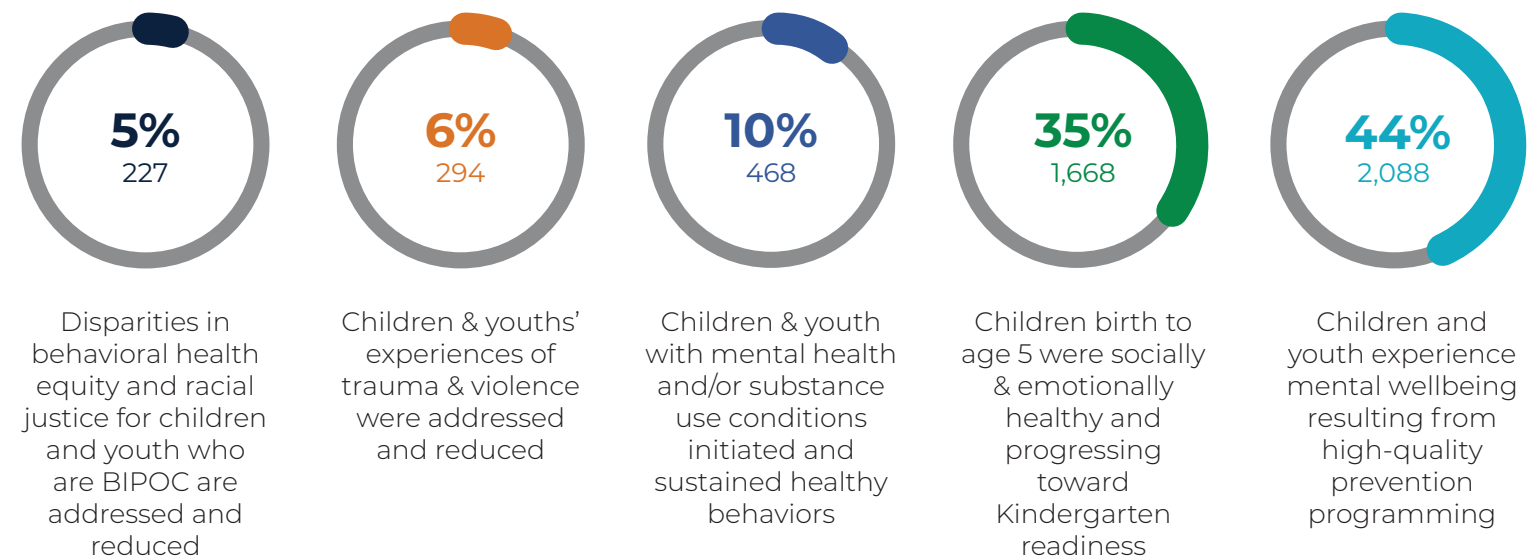


Additionally, 11% of all children and youth served in FY23 reported experiencing homelessness and/or housing instability representing an increase from the 5.11% that reported experiencing homelessness in FY22.

CCSF Outcomes

4,745 children and youth or 72% (6,562) of all children and youth served through MHB-funded programs, achieved one of the five child & youth outcomes as displayed in the visual below.

4,745 Children & Youth Successfully Achieved the Following Outcomes



Community Children's Services Fund



Prevention Programming

In FY23, 1,796 or 30% (6,057) of children and youth served through MHB-funded programs participated in prevention-focused programming for whom we have demographic data and performance metrics.

An additional 1,264 children and youth in grades K-8 participated in universal, school-based prevention programming focused on violence prevention and substance use prevention.



Top 10 Home and Service Zip Codes for Children and Youth from Birth - Age 18

Top 10 Home Zip Codes for Children & Youth ages birth - 18 years	Children & Youth Served	% of All Participants served	Top 10 Service Zip Codes for Children & Youth ages birth - 18 years	Children & Youth Served	% of All Participants served
63118	687	11.3%	63108	611	10.1%
63116	577	9.5%	63104	591	9.8%
63111	516	8.5%	63111	590	9.7%
63115	443	7.3%	63103	567	9.4%
63112	360	5.9%	63118	371	6.1%
63106	355	5.9%	63115	334	5.5%
63108	348	5.7%	63113	295	4.9%
63104	333	5.5%	63147	289	4.8%
63113	324	5.3%	63106	286	4.7%
63107	244	4.0%	63110	238	3.9%

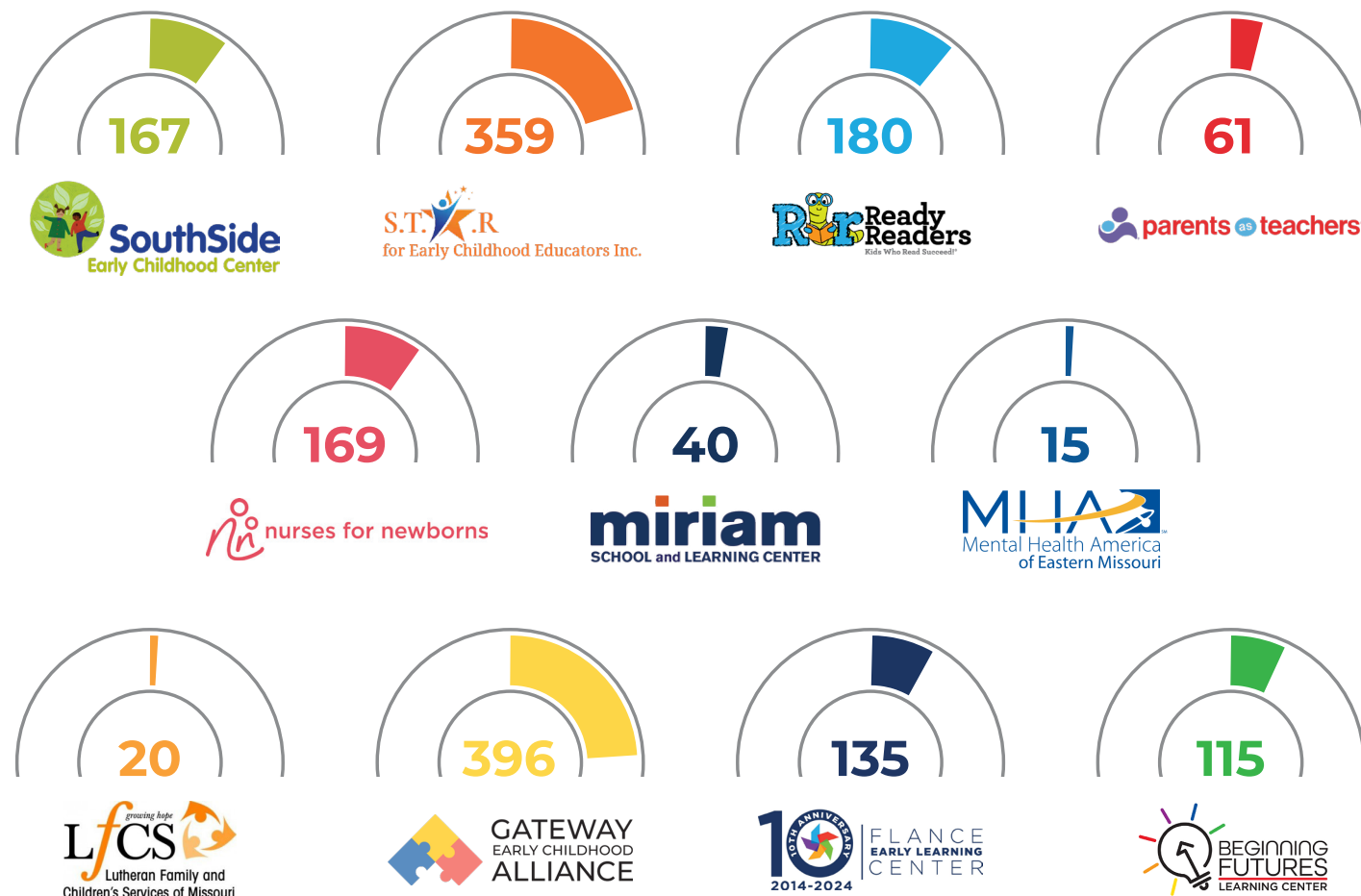
Community

Children's Services Funding Dedicated for Early Childhood Programs & Services

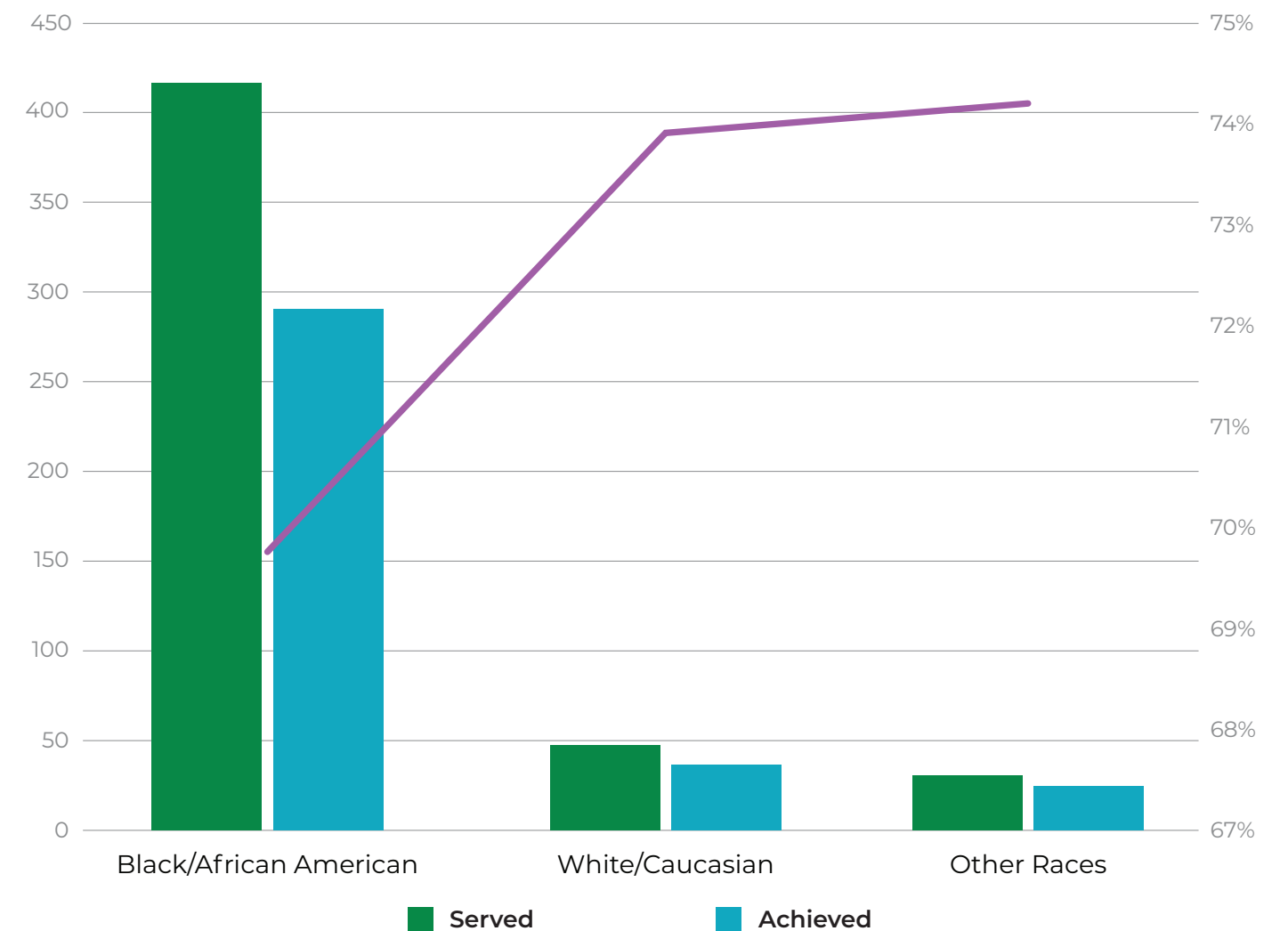
Through the Community Children's Services Fund (CCSF), MHB has funded early childhood programs and services, such as onsite mental health therapy, home visitation programs, and parenting group prevention programming since 2006. In November 2020, voters approved a \$0.06 increase in the CCSF property tax rate dedicated to expanding early childhood programming for children from birth to age 5. During the spring of fiscal year 2022, MHB completed its CCSF grant application cycle and allocated funding from the new early childhood fund to award over \$2 million to eleven childcare programs for the FY23 – 25 grant cycle.

As recipients of MHB early childhood funding, providers will 1) increase caregiver social emotional knowledge, tools, and resources; 2) increase family access to community resources, referrals, and support; 3) increase the availability of behavioral health prevention and early intervention services to ensure that young children are socially and emotionally healthy and ready for kindergarten; 4) increase children and families' sense of belonging; and 5) provide peer support to create the desired home or classroom environments that support children, caregivers, and families.

1,657 Children Birth - Age 5 were Served by Early Childhood Funded Partners in FY23



Disaggregated Baseline Data for Children Ages 4-5 Served by Early Childhood Funded Partners




As evidenced by the chart above, for children ages 4 – 5 served by MHB's 11 funded partners in FY23, there is no statistically significant difference in outcome achievement when compared by race. The purple trend line in the chart above represents the percentage of children ages 4 – 5 served that achieved the contracted outcome. When comparing the percentage of children served to children that achieved the outcome by race, there is no significant difference among Black/African American (70% achieved outcome) children, white children (74% achieved outcome) and children of other races (74% achieved outcome).


MHB Strategic Initiatives


St. Louis Area Violence Prevention Commission

The St. Louis Area Violence Prevention Commission (VPC) works to reduce violent crime in the region by promoting and advocating for coordinated, well-resourced policies, support systems, and interventions among area governments, institutions and agencies that serve individuals and families most at risk for violent crime. As a regional, cross-sector collaboration, VPC's role is to align, convene, communicate, and connect the organizations addressing Gun Violence Prevention and Reduction. VPC's goal is a reduction in gun-related crimes, injuries, and deaths throughout the St. Louis Region focusing on high-risk youth. The VPC envisions:



 A St. Louis region where communities enjoy quiet nights and the sounds of children playing during the days

 A St. Louis that is a safe and desirable destination for businesses and residents

 A St. Louis in which all community members feel protected and served by law enforcement and empowered to have a voice in important regional issues.

In 2023, VPC was once again selected to be the Action Team Lead for the Community Health Improvement Plan, a partnership between the City and County Health Departments and numerous other partners. As part of that plan, VPC updated the Commission's three objectives:

1 Coordinate the community level response to nonfatal shootings to increase the number of individuals affected by gun violence who access services

2 Increase the number evidence-based programs and trauma-informed violence prevention programs funded by VPC and core funding partners that address root causes of violence

3 Work with regional stakeholders to advance recommendations from previous regional public safety plans

Since 2017, MHB has served as the fiscal sponsor and backbone organization supporting VPC toward achievement of its goal and objectives, working together for a safer St. Louis.

In response to a shooting on Father's Day weekend, VPC was asked to partner with the City of St. Louis on programming for youth during weekend evening hours. In response, VPC launched extended hours at two Recreation Centers Wohl and Marquette and Downtown Youth Zone programming during the summer months. Wohl Recreation Center hosted 127 youth through the summer extended recreation hours from June 23 when the program began, until the final night on August 4. Marquette Recreation Center served nearly 1,000 children and teens over the course of the summer. The largest Downtown Youth Zone attendance was achieved at the August 5 event where more than 300 youth attended an outdoor concert.

Gun Violence Response Network



The St. Louis Area Violence Prevention Commission (VPC) created the Gun Violence Response Network (GVRN) in 2020 as a step toward the objective of coordinating the community-level response to nonfatal shootings. GVRN aims to help individuals and communities recover from the mental and emotional trauma of gun violence by providing nontraditional healing supports and clinical services. In 2022 (FY2023), VPC secured a \$600,000 grant from the Substance Abuse and Mental Health Services Administration to provide funding to organizations that respond to victims of gun violence in real time. Core partners included Provident Behavioral Health Access Center, Crime Victim Center, Power4STL, InPower Institute, Haven of Light Christian Counseling, and Safe Streets Safe Neighborhoods.

GVRN was designed in response to the Department of Justice's (DOJ) 2017 Diagnostic Analysis for the City of St. Louis which recommended that violence prevention efforts focus on nonfatal shootings to interrupt the escalating cycle of violence. Additionally, victims of crime are more likely than nonvictims to develop Post-Traumatic Stress

Disorder. Symptoms of Post-Traumatic Stress Disorder include difficulty sleeping, difficulty performing activities of daily life, irritability and flashbacks. All of these can negatively impair functioning and increase the likelihood of future victimization. The GVRN network achieved the following results in FY23.

Collective Impact of GVRN:

- » Neighborhood Healing Training Hours Conducted: **176**
- » Mental Health Counseling Services Provided: **780**
- » Referrals to Supportive Services for Victims of Gun Violence: **62**
- » Violence Interruption Service Requests: **60**
- » Professionals Trained in Grief Group Facilitation: **16**
- » Number of Individuals who Received Counseling Services: **163**
- » Number of Individuals who Received Basic Needs Supports: **41**
- » Number of Individuals who Received Grief Counseling: **23**
- » First Responder Training: **28**
- » Number of Street Outreach Team Real Time Responses to Shootings/Homicides: **89**
- » Community Engagement Hours: **198**

MHB Strategic Initiatives



Support is all around you
SYSTEM OF CARE | ST. LOUIS REGION

The System of Care (SOC) St. Louis is a network of child serving systems, agencies, community organizations, and families focused on the well-being of children and youth with serious emotional conditions and their families. The work of SOC is carried out by the SOC Council, Network of Practice, and a 20-Member Parent Advisory Council.

Members of the Parent Advisory Council often serve as ambassadors for SOC sharing their personal stories and experiences navigating the children’s mental health system. Parent Advisory Council members are supported by Family Support Partners (FSP) from Vision for Children at Risk. Family Support Partners have lived experience as a parent or family member of a child with a serious emotional disorder, as well as a deep connection to the St. Louis community. Family Support Partners believe that parents are the experts on their families, which is evident in the empathy and compassion they bring to their work.

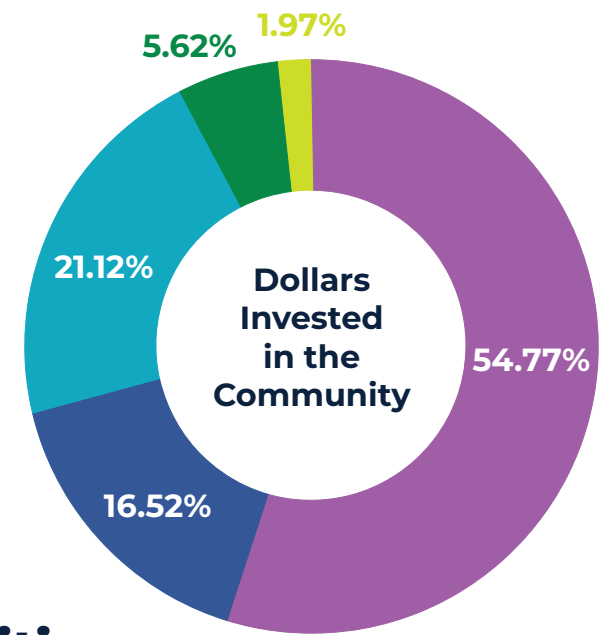
Federal Fiscal Year 2023, marked the final year of the System of Care St. Louis Cooperative Agreement that began in September 2019. During the four-year project period, the System of Care St. Louis provided evidence-based family support partner services to 251 families. In 2023, SOC launched the Family Journey Assessment to measure the impact of the FSP program. In partnership with the Missouri Institute for Mental Health, they completed 138 assessments and determined that participants were demonstrating statistically significant improvements across all domains. This is a significant milestone for establishing a children’s mental health system of care that reaches families where they are.



FY23 Financials

Children's Service Fund Projects	\$9,524,693
Mental Health Fund Projects	\$2,873,152
Federal Programs	\$3,673,671
Direct Project Expenses	\$976,938
Forgiveness of loans	\$342,342

Total Dollars Invested in the Community \$17,390,796



Condensed Statement of Net Position for the Period July 1, 2022 - June 30, 2023

Assets and Deferred Outflows

Cash and Investments	\$26,956,939
Grants, Taxes and Other Receivables	\$721,056
Forgivable Loans	\$1,934,142
Other Assets	\$691,479

Total Assets \$30,303,616

Deferred Outflows of Resources

Pension Related	\$486,586
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TOTAL ASSETS AND DEFERRED OUTFLOWS \$30,790,202

Liabilities, Deferred Inflows and Net Position

Payables and Accrued Liabilities	\$1,652,479
Net pension liability	\$1,169,377

Total Liabilities \$2,821,856

Deferred Inflows of Resources

Pension Related	\$95,623
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Net Position \$27,872,723

TOTAL LIABILITIES, DEFERRED INFLOWS AND NET POSITION \$30,790,202

Condensed Statement Revenues, Expenses, and Changes in Net Position

Revenues

Children's Services Fund Taxes	\$12,475,146
Mental Health Fund Taxes	\$4,553,076
Operating Grants - Federal	\$3,673,978
Operating Grants - Nonfederal	\$604,535
Investment Income	\$193,878
Other Income	\$46,477

Total Revenues \$21,547,089

Expenses

Children's Services Fund Projects	\$9,524,693
Mental Health Fund Projects	\$2,873,152
Federal Programs	\$3,673,671
Project Support	\$976,938
Administration	\$1,101,672
Other	\$342,342

Total Expenses \$18,492,469

Excess of Operating Revenues Over Expenses	\$3,054,620
Net Position, Beginning of Year	\$24,823,008

Net Position, End of Year \$27,877,628

FY 2023 Who We Funded

Community Mental Health Fund (CMHF)

Behavioral Health Network of Greater St. Louis	Monarch Immigrant Services
Criminal Justice Ministry	Places for People
Employment Connection	Power4STL
Healing Action Network	Safe Connections
International Institute of St. Louis	St. Francis Community Services
Legal Services of Eastern Missouri	UMSL – Center for Trauma Recovery

Community Children’s Services Fund (CCSF)

22nd Judicial Circuit of Missouri, Family Court – Juvenile Division	Monarch Immigrant Services
Boys & Girls Clubs of Greater St. Louis	Northside Youth And Senior Service Center, Inc.
CASA of St. Louis	Places for People
CHADS Coalition for Mental Health	PreventEd
College Bound	Queen of Peace Center
Community of Hope	Safe Connections
Conflict Resolution Center-St. Louis	Saint Louis Crisis Nursery
Crime Victim Center	Sherwood Forest Camp
FamilyForward	St. Francis Community Services
Fathers and Families’ Support Center	St. Louis Area Violence Prevention Commission
Foster Care Coalition of Greater St. Louis	St. Louis ArtWorks
International Institute of St. Louis	The Little Bit Foundation
Legal Services of Eastern Missouri	The Washington University – The SPOT
Lutheran Family and Children’s Services of Missouri	UMSL - Center for Behavioral Health
Missouri Department of Mental Health (Preferred Family Healthcare)	UMSL - Children’s Advocacy Services of Greater St.Louis
Missouri Eating Disorders Association	Unleashing Potential
	Vitendo4Africa
	Youth in Need

CCSF/CMHF Intergenerational

Behavioral Health Response	Power4STL
Covenant House Missouri	The Washington University – The SPOT
Family Care Health Centers	

CCSF (PROP R)

Beginning Futures	Miriam School and Learning Center
Flance Early Learning Center	Nurses for Newborns
Gateway Early Childhood Alliance	Parents as Teachers
Lutheran Family and Children’s Services of Missouri	Ready Readers
Mental Health America of Eastern Missouri	S.T.A.R Inc.
	Southside Early Childhood Center

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