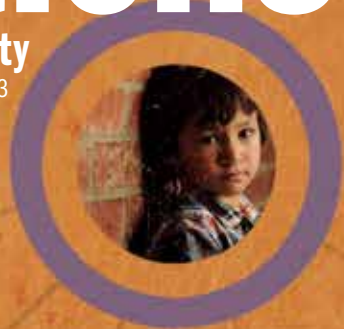




# Making Connections

FY2013 Report to the Community

July 1, 2012 – June 30, 2013



Saint Louis Mental Health Board



(top) KIRBY BURKHOLDER  
CHAIR, BOARD OF TRUSTEES



(bottom) JAMA DODSON  
EXECUTIVE DIRECTOR

## Life’s most persistent and urgent question is, ‘What are you doing for others?’

– Martin Luther King, Jr.

Dear Friends,

This quote reminds us each and every day of the singular importance of our mission at the Saint Louis Mental Health Board...to invest public funds in high quality behavioral health services that are accessible to the most vulnerable City residents.

As we reflect on the past year—it has been one of remarkable internal growth for the organization, as well as significant community collaborations. These collaborations allow us to put into action the three anchors of our Strategic Plan:

1. **Maintain exemplary stewardship of public resources**
2. **Strengthen a coordinated system of high quality behavioral health services**
3. **Work creatively with others to improve behavioral health in the community**

One example was our *Mental Health First Aid Training™* initiative. In the wake of school shootings and gun violence by mentally ill individuals, Governor Nixon determined the need for a greater awareness of mental illness across the state. He endorsed dissemination of *Mental Health First Aid Training™* a highly respected training program designed to increase awareness of mental health disorders that teaches people what to do when encountering a person exhibiting symptoms.

The children’s tax districts in the St. Louis region (Lincoln, Jefferson, St. Louis and St. Charles counties, and the City of St. Louis) worked in collaboration to reach as many educators as possible via training of school district personnel. Using a “train the trainer” model—we were able to train 25 initial participants, and estimate that through their efforts another 1,500 educators will become trained throughout the region. This investment has a direct impact on school safety, teaching and learning.

None of the children’s tax districts could have done this alone. Through cost-sharing, creative problem solving and collaboration, we made a significant and quantifiable impact on the St. Louis region. We now have educators who can recognize the signs of mental health problems in their students, which will result in more children receiving the correct intervention before a crisis occurs.

*Mental Health First Aid Training™* is just one example of the many collaborations we are spearheading. We encourage you to visit our website ([www.stlmhb.com](http://www.stlmhb.com)) to learn more about how we are working with our many grantees on the City’s most pressing problems, including heroin abuse, youth violence, summer youth employment, homelessness, and a myriad of other issues impacting our City’s most vulnerable citizens.

Our work is ever evolving...and each accomplishment leads us to the next. The Trustees and Staff are committed to the continuing process that will fully realize the mission of MHB and ensure our community provides the opportunities and supports for our most vulnerable children and adults to continue to grow, thrive and become positive contributors to the community.

Sincerely,

  
**Kirby Burkholder**  
Board Chair

  
**Jama L. Dodson**  
Executive Director



# about

## Saint Louis Mental Health Board

# MHB



Established in 1994, the Saint Louis Mental Health Board (MHB) is responsible for ensuring that the City's most vulnerable residents receive the care they need. We do this by collecting and distributing two separate tax funds:

- **Community Mental Health Fund**—Focused on needs of persons with severe behavioral health disorders.
- **Community Children's Services Fund**—Focused on a wide array of behavioral health-related needs from prevention to treatment for children and youth up to age 19.

MHB does not provide services directly; rather, we partner with leading community programs that are focused on the two areas above and make strategic investments in programs that work.

The Mental Health Fund invests in the following impact areas:

- 1) Individuals with serious behavioral health disorders achieve and sustain progress toward recovery.
- 2) Individuals with serious behavioral health disorders who require frequent interventions across service systems manage their conditions to avoid relapse, or emergencies.
- 3) Individuals with serious behavioral health disorders and other chronic conditions manage their overall health across their lifespan.

The Children's Services Fund invests in the following impact areas:

- 1) Parents provide safe and nurturing environments for their children.
- 2) Children and youth are successful learners.
- 3) Children and youth have healthy life skills.
- 4) At-risk and troubled children and youth are stabilized.

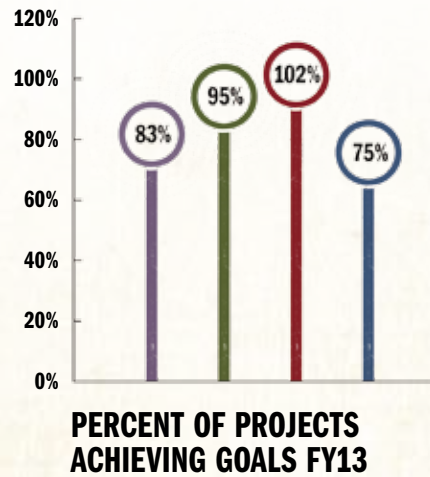
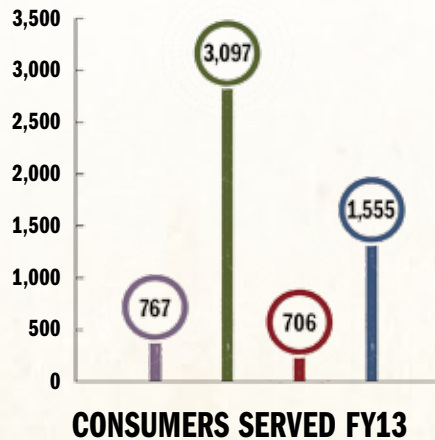
All MHB funds are invested solely for the benefit of St. Louis City residents.

# community CHILDREN'S services fund



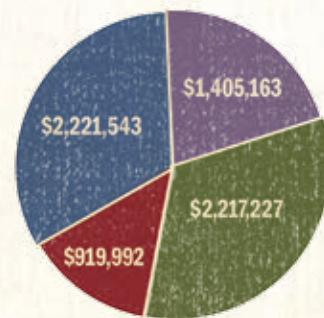
Through the Community Children's Services Fund, the Saint Louis Mental Health Board helps St. Louis City children grow up in a safe environment, with opportunities to be successful. Via a highly competitive process, we award grants for three-year cycles to the leading community programs that are meeting the needs of the City's most vulnerable children. As stewards of the City's tax dollars, our job is to ensure that this money is invested wisely, and all programs are making a significant impact in the lives of the children in our community. The Community Children's Services Fund focuses on the following impact areas:

- 1) **Parents** provide safe and nurturing environments for their children.
- 2) Children and youth are **successful learners**.
- 3) Children and youth have healthy **life skills**.
- 4) **At-risk** and troubled children and youth are stabilized.



**IMPACT AREAS:**

- Parenting
- Successful Learners
- Life Skills
- At-Risk Youth



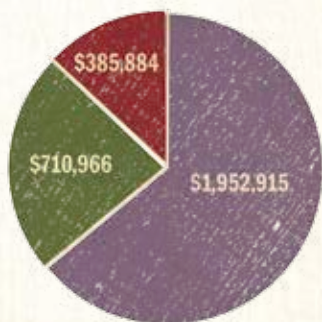
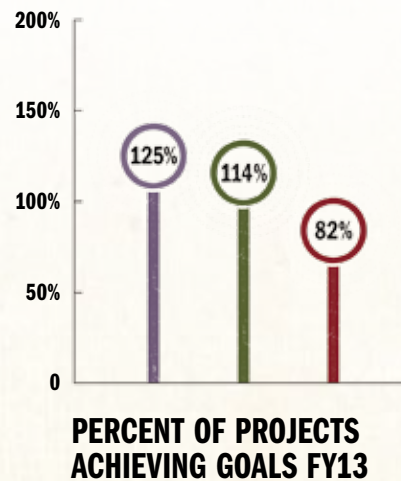
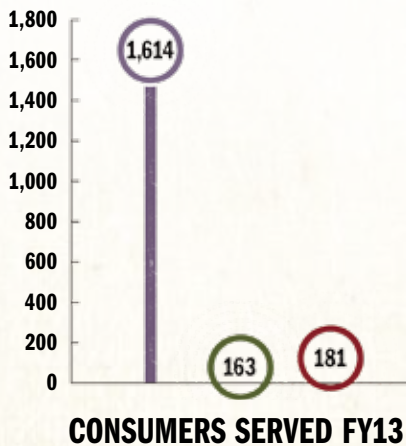
**DOLLARS INVESTED FY13**

# community MENTAL health fund

Through the Community Mental Health Fund, the Saint Louis Mental Health Board invests in meaningful programs that impact the lives of people in St. Louis who struggle with behavioral health disorders or substance abuse. Through our three impact areas, we award grants to the leading organizations that are showing measurable outcomes in behavioral health or substance abuse treatment. As with all of our funding, we strive to invest in high-impact partnerships—that over time can create community level change. The Community Mental Health Fund addresses the following impact areas:



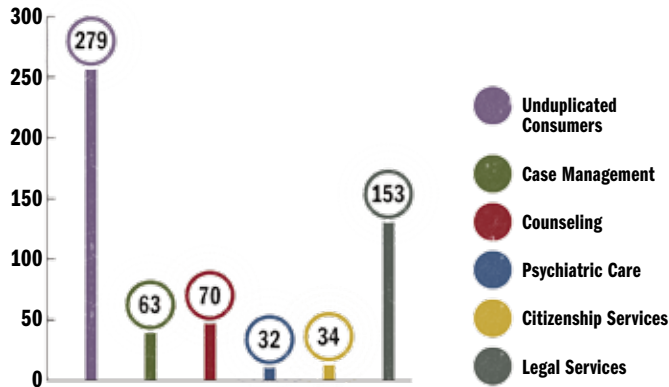
- 1) Individuals with serious behavioral health disorders achieve and **sustain progress toward recovery**.
- 2) Individuals with serious behavioral health disorders who require frequent interventions across service systems manage their conditions to **avoid relapse**, or emergencies.
- 3) Individuals with serious behavioral health disorders and other chronic conditions manage their overall **health across their lifespan**.



- IMPACT AREAS:
- Sustain Recovery
  - Avoid Relapse
  - Lifetime of Health

**DOLLARS INVESTED FY13**

# FEDERAL collaborative grants

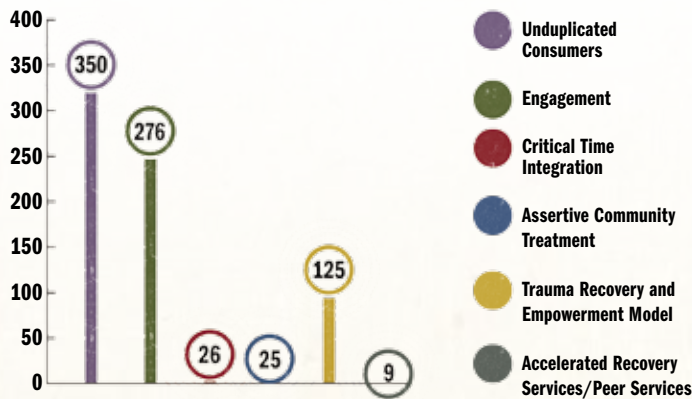


**OFFICE OF REFUGEE RESETTLEMENT/CARE ACCESS FOR NEW AMERICANS—CONSUMERS SERVED FY13**

## HHS, Office of Refugee Resettlement (Survivors Partnership) and Care Access for New Americans

Over the past 12 years, Saint Louis Mental Health Board has developed and led the Survivors Partnership—a holistic system of mental health, legal and related supports for a large and culturally diverse population of new immigrants, refugees and asylum seekers, drawn from the estimated 10,000 survivors of state-sponsored torture who have found a home in the St. Louis area.

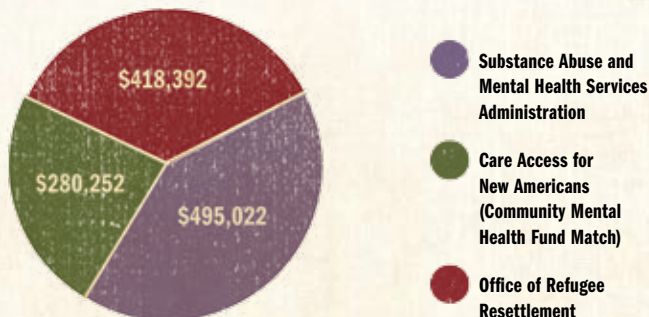
Blending local and Federal funds from the U.S. Department of Health and Human Services, Office of Refugee Resettlement, the Survivors Partnership has adapted evidence based programs such as *Motivational Interviewing* and *Assertive Community Treatment* to meet the unique needs of the survivor population; improved education of mental health interpreters; and established an effective service partnership that includes: Places for People, Bi-Lingual International Assistant Services, Center for Survivors of Torture and War Trauma, International Institute, Catholic Family Services, and CIC Consulting.



**SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION—CONSUMERS SERVED FY13**

## HHS, Substance Abuse and Mental Health Services Administration (The Transformation Partnership)

The Transformation Partnership was established to “transform” behavioral health services for homeless or near-homeless to be more accessible and responsive to the needs of people with severe behavioral health disorders. Saint Louis Mental Health Board has also created strategic partnerships that led to the integration into the partner agencies’ services, of a number of evidence based programs that vastly improved mental health outcomes for program participants. In addition, the Transformation Partnership has advanced an advocacy agenda that led to better utilization of Low Income Housing Tax Credits and production of 73 new units of supportive housing in three years. The Transformation Partnership leads the country in offering the most (7) evidence based programs. The partnership includes: Places for People, Queen of Peace Center, NAMI St. Louis, Dartmouth College, and UMSL, Missouri Institute of Mental Health.



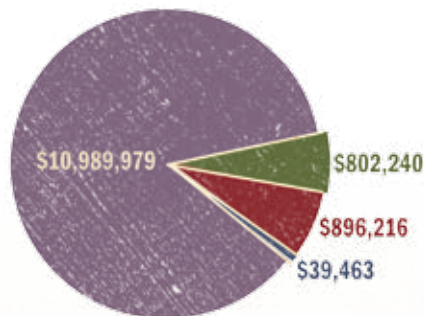
**DOLLARS INVESTED FY13**

# Condensed Statement of Revenues, Expenses and Fund Equity FY2013

July 1, 2012–June 30, 2013

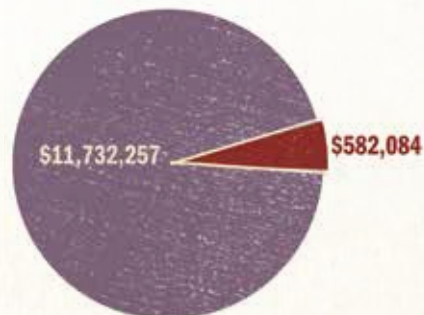
Operating Revenues	\$ 12,727,898
Operating Expenses	<u>12,314,341</u>
<b>Excess of Operating Revenues over Expenses</b>	<b><u>413,557</u></b>
Beginning Fund Equity	<u>23,464,900</u>
Ending Fund Equity	<u>23,878,457</u>
Unreserved, Undesignated Fund Equity	<u>\$ 4,780,309</u>

## REVENUE BY SOURCE FY13



- Property Taxes
- Manufacturing & Institutional Taxes
- Federal Grants
- Investment Income

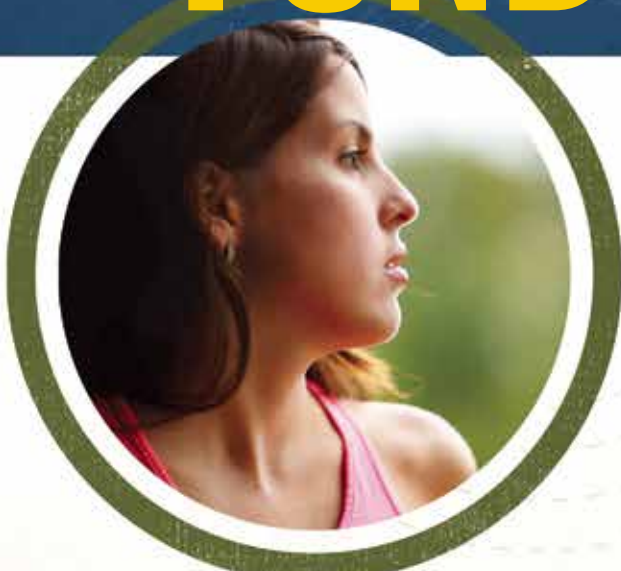
## EXPENDITURES FY13



- Community Investments (i.e., grants, partnerships, initiatives, direct-project expenses)
- Administrative Expenses

# FINANCIALS

# Who we **FUND** Community Children's Services Fund



## **Impact Area 1:**

**PARENTS PROVIDE SAFE AND NURTURING ENVIRONMENTS FOR THEIR CHILDREN**

- Children's Advocacy Services of Greater St. Louis**  
*TASK for Caregivers—Trauma Assessment, Skills & Knowledge*
- Epworth Children & Family Services**  
*Family Support Network Program*
- Family Resource Center**  
*St. Louis Volunteer Resource Parents*
- Fathers' Support Center, St. Louis**  
*Family Formation*  
*Youth Male Involvement Project*
- Foster and Adoptive Care Coalition**  
*30 Days to Family*
- Great Circle**  
*Fostering Futures*
- Neighborhood Houses**  
*Caroline Mission Family Support Program*
- Places for People, Inc.**  
*The Incredible Years*
- Redevelopment Opportunities for Women**  
*Family Strengths Program*
- Saint Louis Crisis Nursery**  
*Family Empowerment Program: Crisis Reduction Project*
- Wesley House Association**  
*Parents Helping Parents*

## **Impact Area 2:**

**CHILDREN AND YOUTH ARE SUCCESSFUL LEARNERS**

**Area Resources for Community and Human Services**  
*After School for All Partnership*

**Big Brothers Big Sisters of Eastern Missouri**  
*ABC Today!*

**Children's Advocacy Services of Greater St. Louis**  
*CBITS—Cognitive Behavioral Intervention  
for Trauma in Schools*

**Foster and Adoptive Care Coalition**  
*Educational Advocate for Foster/Adopted Children*

**Legal Services of Eastern Missouri**  
*Improving Educational Outcomes for Children*

**Marian Middle School**  
*College Readiness*

**Northside Youth And Senior Service Center, Inc.**  
*DREAMS Program at Northwest Academy of Law*  
*DREAMS Program at Sumner*

**Saints Teresa and Bridget Church**  
*Summer Enrichment Program*

**SouthSide Early Childhood Center**  
*Bright Futures*

**Today and Tomorrow Educational Foundation**  
*Non-Public After School Partnership*  
*Non-Public Schools Mini-Grants*  
*Parenting/Bullying Prevention*

**United 4 Children**  
*Social Emotional Competency*

**United Way of Greater St. Louis, Inc.**  
*Child Care Scholarships*  
*Programs Achieving Quality*  
*St. Louis Regional Early Childhood Council—  
Kindergarten Readiness Project*

**Wesley House Association**  
*Childhood Literacy Program*



*(Community Children's Services Fund continued)*

**Impact Area 3:**  
CHILDREN AND YOUTH HAVE HEALTHY LIFE SKILLS

**AmeriCorps St. Louis**

*Mayor's Community Service Team*

**CHARACTERplus**

*Bully Prevention, the CHARACTERplus Way*

**Covenant House Missouri**

*Supportive Living Program*

**Epworth Children & Family Services**

*Character Development and Life Skills Training*

**Incarinate Word Foundation**

*Summer Youth Employment Project*

**Lutheran Family and Children's Services**

*STEP Up (Strengthen, Teach, Empower, Prepare)*

**North Grand Neighborhood Services**

*Angel Baked*

**Safe Connections**

*Teen Dating Violence Prevention Education Program*

**St. Louis ArtWorks**

*St. Louis ArtWorks*

**St. Louis Internship Program**

*Community Internships*

**Impact Area 4:**

AT-RISK AND TROUBLED CHILDREN AND YOUTH  
ARE STABILIZED

**22nd Judicial Circuit Court of Missouri,  
Family Court-Juvenile Division**

*Family Subcontracted Services*

*Psychological Services Unit*

**Amanda Luckett Murphy Hopewell Center**

*Creative Expressions*

**Children's Advocacy Services of Greater St. Louis**

*Healthy Kids Connection Project*

*Trauma-Informed System of Care—*

*Therapy & Psychiatric Services*

**Children's Home Society of Missouri**

*Education and Counseling Services*

**Deaconess Foundation**

*Youth Violence Prevention Project*

**Epworth Children & Family Services**

*Aging Out*

**Family Resource Center**

*St. Louis City Child Abuse Prevention and Treatment Project*

**Foster and Adoptive Care Coalition**

*Adoption Preservation/Crisis Intervention*

**Kids in The Middle**

*School Outreach Counseling Program*

**One Hope United**

*Functional Family Therapy*

**Our Little Haven**

*Therapeutic Care for Children*

**Places for People, Inc.**

*Multisystemic Therapy*

**Missouri Department of Mental Health**

*Adolescent C-STAR*

**The SPOT**

*AWARE*

*Trauma Informed Care*

**United Way of Greater St. Louis, Inc.**

*Regional Heroin Response*

**Vision for Children At-Risk**

*Support for Mayor's Commission on Children, Youth & Families*

**Voices for Children**

*Healing and Prevention for Foster Youth*

# Who we **FUND** Community Mental Health Fund



## **Impact Area 1:**

INDIVIDUALS WITH SERIOUS BEHAVIORAL  
HEALTH DISORDERS ACHIEVE AND SUSTAIN  
PROGRESS TOWARD RECOVERY

### **Bi-Lingual International Assistant Services**

*Care Access for New Americans  
The Partnership Paradigm for St. Louis Survivors of Torture*

### **Catholic Family Services**

*Care Access for New Americans*

### **Center for Survivors of Torture and War Trauma**

*Care Access for New Americans  
The Partnership Paradigm for St. Louis Survivors of Torture*

### **Covenant House Missouri**

*Clinical Services*

### **Dartmouth College**

*St. Louis Partnership for Mental Health  
and Housing Transformation*

### **Employment Connection**

*Back to Health, Back to Work*

### **International Institute of St. Louis**

*Care Access for New Americans*

### **Maternal, Child and Family Health Coalition**

*Improving Mental Health of Pregnant and  
Postpartum Women Initiative*

### **Missouri Department of Mental Health**

*St. Louis Partnership for Mental Health  
and Housing Transformation Medicaid Match*

### **Missouri Institute of Mental Health**

*St. Louis Partnership for Mental Health  
and Housing Transformation*

### **NAMI St. Louis (National Alliance on Mental Illness)**

*St. Louis Partnership for Mental Health  
and Housing Transformation*

### **Places for People, Inc.**

*Care Access for New Americans  
Public Administrator Liaison  
St. Louis Partnership for Mental Health  
and Housing Transformation  
Supporting Recovery Opportunities  
The Partnership Paradigm for St. Louis Survivors of Torture*

### **Preferred Family Healthcare**

*Relapse Prevention Mentoring Plus*

### **Queen of Peace Center**

*St. Louis Partnership for Mental Health  
and Housing Transformation*

### **Society of St. Vincent de Paul**

*ACCESS (Access to Convenient Counselors in Environments  
that are Safe and Supportive)*

### **St. Patrick Center**

*St. Louis Partnership for Mental Health  
and Housing Transformation*

(Community Mental Health Fund continued)

**Impact Area 2:**

INDIVIDUALS WITH SERIOUS BEHAVIORAL HEALTH DISORDERS WHO REQUIRE FREQUENT INTERVENTIONS ACROSS SERVICE SYSTEMS MANAGE THEIR CONDITIONS TO AVOID RELAPSE OR EMERGENCIES

**City of St. Louis, Department of Human Services**

*St. Louis City Jail Diversion Project*

**Independence Center**

*Becoming Employed Through Recovery*

**Places for People, Inc.**

*Breaking the Cycle*

**St. Patrick Center**

*Rosati Intensive Recovery Project*

**United Way of Greater St. Louis, Inc.**

*Regional Heroin Response*

**Impact Area 3:**

INDIVIDUALS WITH SERIOUS BEHAVIORAL HEALTH DISORDERS AND OTHER CHRONIC CONDITIONS MANAGE THEIR OVERALL HEALTH ACROSS THEIR LIFESPAN

**Bi-Lingual International Assistant Services**

*Steps to Better Health*

**Family Care Health Centers**

*Recovery Support Project*

**Grace Hill Neighborhood Health Centers, Inc.**

*Mental Health Counseling for Older Adults with Chronic Conditions*



# Youth Mini-Grants



**African American Leadership Club – STAR Program**

*Project: Paint My Future*

**Bishop LM Wooten Family Life Center**

*Project: Prepared and Ready to Go*

**Covenant House Missouri's Youth Advisory Council**

*Project: Health & Safety Community Carnival*

*Project: Caring for a Cause*

**HopeBUILD**

*Project: H.Y.P.E. (Centennial & St. John's)*

**Pais Youth Development Center**

*Project: Pais Backpack Outreach*

**Shaw Neighborhood Youth & Family**

*Project: Just a Little Warmth Campaign*

**South Broadway Art Project**

*Project: City Wasteland – Portraits in Trash*

*Project: Trashy Fashion*

**Williams Temple Church of God in Christ**

*Project: Dress for Success*

**Youth Council for Positive Development**

*Project: Love a Book*

# Improving the lives of our city's most vulnerable children and adults

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*Project Director*

TRUSTEES AND STAFF LISTED ABOVE ACTIVELY SERVED ALL OR PART OF THE 2013 FISCAL YEAR



**Saint Louis Mental Health Board**

INVESTING IN PROGRAMS THAT WORK