

Mental Health Board & Covenant House Missouri



Covenant House of Missouri



- In our 24th Year:
 - 12,881 nights of shelter were provided
 - 250 youth supported
 - 153 Residential Youth
 - 97 Community Youth
 - 59 team members
 - 100% unconditional love and absolute respect



Young people of CHMO

- Many of the youth seeking services at CHMO come from underserved populations and have faced significant challenges.
- 83% of the youth we served identified as people of color and 23% identified as LGBTQ+ (2% transgender).
- Additionally, 36% of youth had a history with the criminal justice system, 41% had foster care history, and 38% are survivors of domestic violence.
- When they arrive at CHMO, 65% of youth are unemployed and 89% are not in school.

Young people at CHMO



- In FY22, 37% of youth living at CHMO experienced human trafficking
- According to the Institute for Community Alliances (ICA), there was a 26% increase in youth homelessness in Missouri between 2021 and 2022. The ICA also reports that between 2021 and 2022, the number of youth beds in Missouri have decreased by 10%.
- A 2013-17 study by Loyola University's Modern Slavery Research Project, shows that shelter was the number one commodity traded for sexual activity.
- Survival sex often morphs into sex trafficking for youth. 91% of youth experiencing homelessness reported being approached with work opportunities that were a scam or sex trafficking.
- The Daughters of Charity Foundation of St. Louis reported that St. Louis is a hub for human trafficking. Safe and accessible bed space is one of the most critical services for youth who are at-risk of or survivors of human trafficking.

FY20-22 Strategic Plan-A Look Back

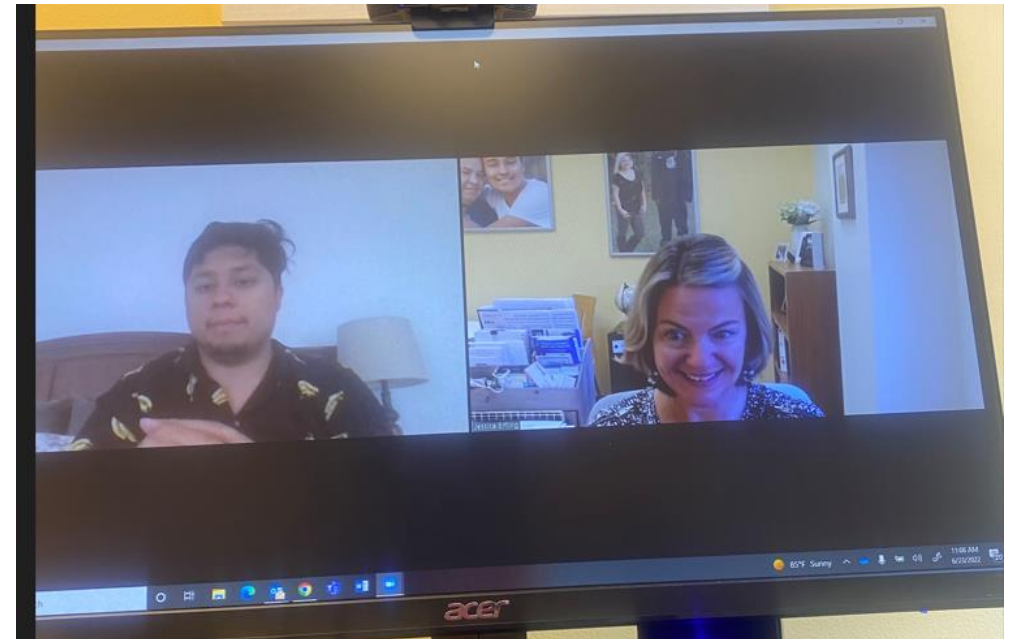
4 Key Priority Areas

- Grow Housing Opportunities
- Expand Employment and Education
- Develop Human Capital
- Increase Investments



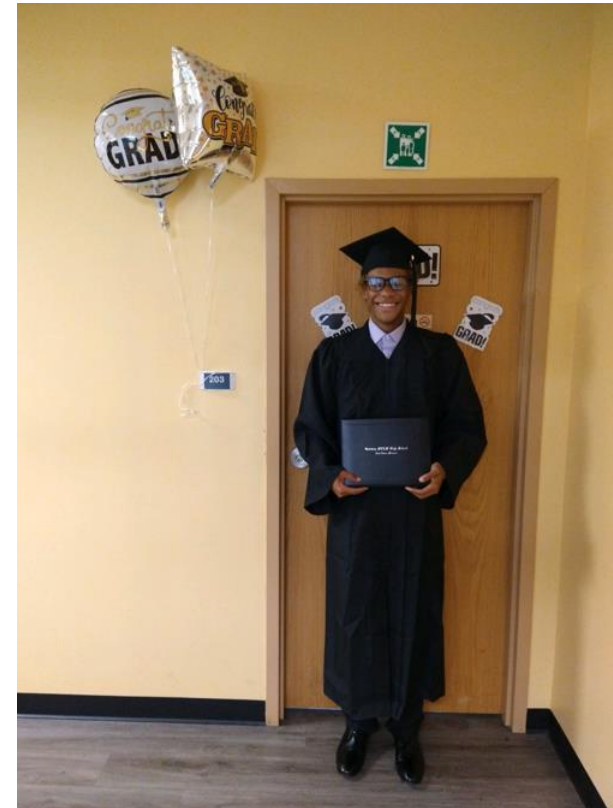
Grow Housing Opportunities FY22

- After care program piloted
- Treatment Planning
- Residential Staffing Model Redesigned
- Second Floor Renovations Started



Expand Employment and Education FY22

- Youth Program Calendar
- Mock Interviews and Career Panels
- IT Pilot Program with Accenture
- Graduates through partnership with SLPS



Develop Human Capital FY22

- Minimum Wage increased to \$15 an hour from \$12
- Minimum Education Levels Revised
- Talent Development Program piloted
- Employee Advisory Board



Increase Investments FY22

- Planned Giving Program (Cornerstone Legacy Society)
- Volunteer Program
- Student Sleep Outs piloted
- Relationships with Elected Officials



Looking Ahead: FY23-25 Strategic Plan



Increase Pathways to Stable Living



Delivering on our mission to guide youth from homelessness to productive and independent living begins with providing a welcoming, safe, and loving environment while they are with us. This happens by ensuring our residential service delivery is best-in-class, strengths-based, and grounded in trauma-informed care so that CHMO youth are best positioned to complete their education, pursue a promising career pathway, and maintain stable housing. To meet these goals, our work will expand transitional and ongoing services when youth move beyond CHMO, as well as access to housing resources offered both on and beyond our existing campus.

Promote Youth Well-Being and Workforce Readiness



Ensuring youth are appropriately prepared to identify, pursue, and remain engaged in the workforce is essential for independent living. This includes the development of key competencies, behaviors, and attitudes to succeed across multiple domains of their daily life. To promote these outcomes, our aim is to elevate a comprehensive continuum of internal and external support that offers multiple entry points into education and employment, while intentionally centering the mental, emotional and physical care and readiness of all CHMO youth.

Looking Ahead: FY23-25 Strategic Plan



Enhance our Team Experience



The mission of CHMO goes far beyond our four walls. The work stretches into our neighborhood, city, state, and throughout the network of Covenant House locations. Through our effort to expand our community support, we widen the window of possibility for the young people who need us. Ensuring we can provide for them today and tomorrow.

Expand Community Support



The mission of CHMO goes far beyond our four walls. The work stretches into our neighborhood, city, state, and throughout the network of Covenant House locations. Through our effort to expand our community support, we widen the window of possibility for the young people who need us. Ensuring we can provide for them today and tomorrow.

Our Project

Community Children's Services Fund and
Community Mental Health Fund Clinical Services
Project

Project Summary



Individuals who experience homelessness are more likely to access the more expensive health care services and stay in the hospital longer than non-homeless individuals (National Alliance to End Homelessness, 2018). The co-existence of mental health disorders and lack of physical health care leaves youth experiencing homelessness vulnerable to victimization and can interfere with their ability to work, further complicating their service needs (Hopper et al., 2010).

CHMO serves youth ages 16-24 who are runaway, trafficked, and at-risk of or experiencing homelessness through our residential and support services. Our ultimate goal is to help youth transition from homelessness to safe and stable housing and independent, fulfilling lives. Providing mental and physical health services to youth is key to achieving this goal.

Our on-site Wellness Center offers individual and group therapies, a weekly physical health clinic, access to prescription medications, and, if necessary, visits with a board-certified Psychiatrist. The majority of youth we serve identify as People of Color (83%) and have faced significant traumas in their lives.

Youth at-risk of or experiencing homelessness will experience improved mental health and well-being as a result of our high-quality Wellness Services.

Impact and Results



Impact

Based on individualized Treatment Plan developed by the youth with their case managers and clinical team member, 250 youth will receive services required to meet their desired goals including: counseling, psychiatric evaluations, substance abuse treatment, aftercare services, medication management, and medical services, as needed. The MHB Outcome indicator will be that 150 of 250 youth experience mental health and well-being as a result of high-quality intervention programs.

Impact and Results



Results

In order to successfully transition out of homelessness to safe and stable housing and independent, successful lives, youth will need to experience improved mental health and well-being. When youth first arrive at CHMO, they meet with a case manager to discuss their goals and create a plan to meet them. Within a few weeks of arrival, youth meet with members of the clinical team for a psychosocial assessment and develop a treatment plan. Youth also meet with Career Services specialist to discuss their educational and employment goals. Staff continue to follow-up with youth to see what supports they need to achieve their goals.

Through our high-quality intervention programs, we will serve 250 youth who are at-risk of or experiencing homelessness, of whom 150 will experience mental health and well-being. Programmatic activities at CHMO are recorded utilizing Efforts to Outcomes (ETO), a case management software system. Activities, denoted as touchpoints in ETO, reflect youth progress toward goals and all essential documentation. Residential and supportive services are captured on this platform. Case Managers document all referrals made during their meetings with youth.



Covenant
House
Missouri

Questions?