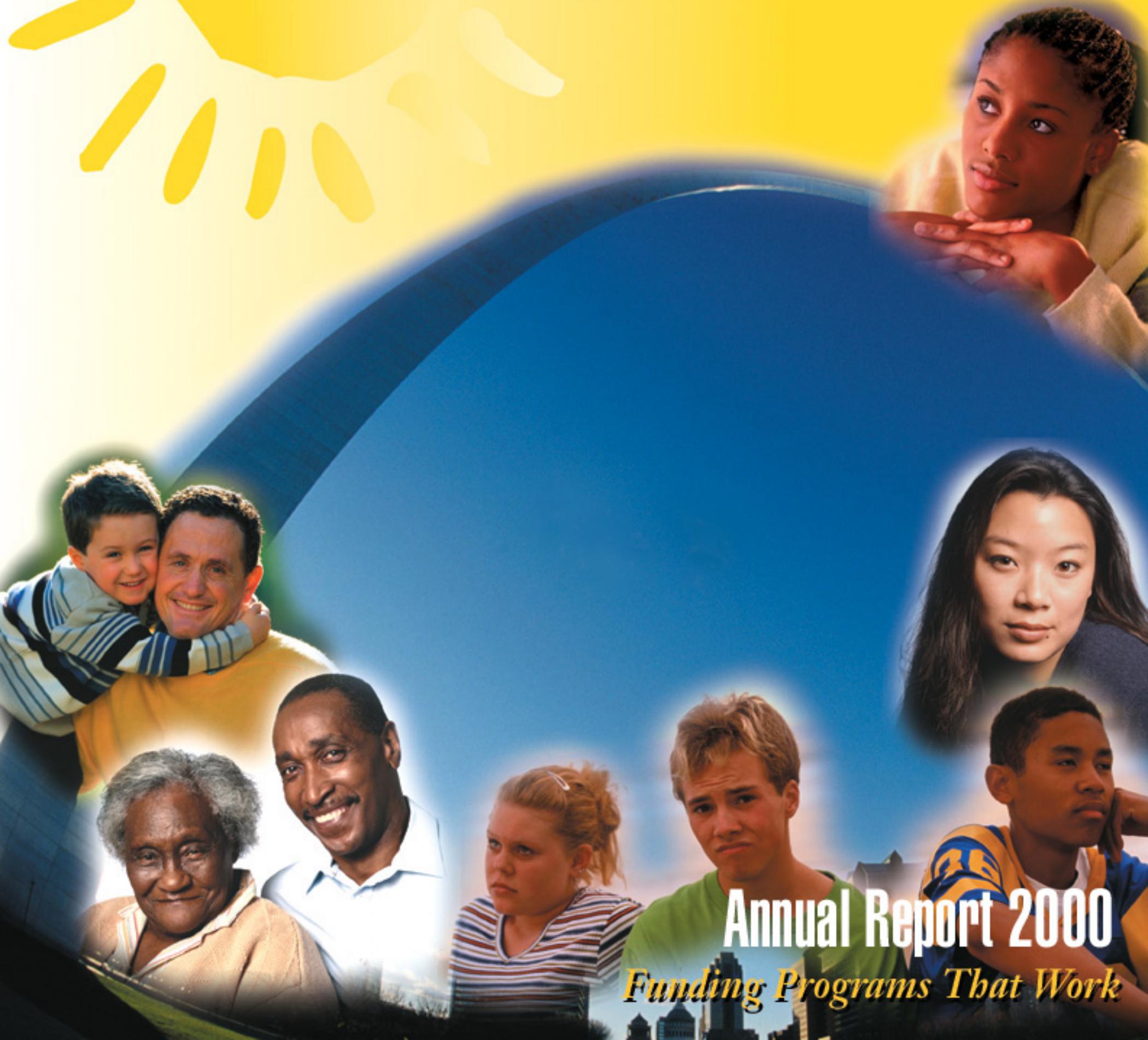


City of St. Louis

Mental Health Board

of Trustees



Annual Report 2000

Funding Programs That Work

Greetings from our Board President & Executive Director



As you read through this year's report, you'll see that much has been accomplished by the City of St. Louis Mental Health Board of Trustees. The gains made in improving mental health and substance abuse services for St. Louis residents are most evident when we visit agencies to monitor their use of city funds. We read records and reports and review the finances, but the real story is in the faces of those whose lives are better as a result of MHB funding.

A formerly homeless woman at St. Patrick Center now has a permanent roof over her head and attends AA meetings regularly. A seriously disturbed youth is no longer in detention and his family receives home-based counseling from Community Alternatives. A man with bi-polar disorder is working with the support he receives from Independence Center. Children are learning alternatives to drugs and violence at Northside Community Center.

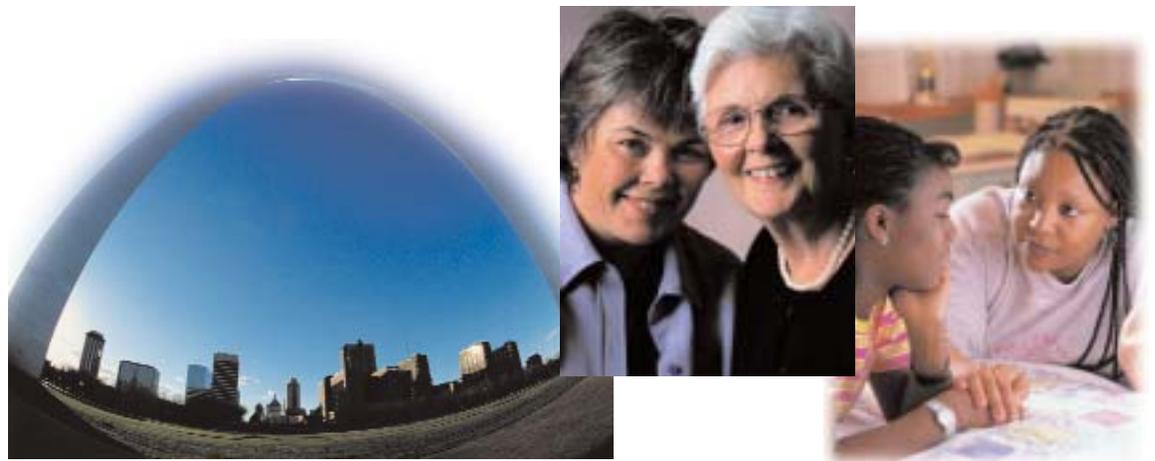
Even with all these gains we were recently reminded of how much more needs to be done. A new Surgeon General's Report, issued Jan. 3, pointed out that lack of attention to children's mental health has brought about a public health crisis. The report says that 10 percent of all children suffer from a serious mental disorder, yet fewer than one in five are receiving help. In St. Louis, the picture is even worse.

Last year MHB provided leadership to two initiatives to improve children's mental health. The Safe Schools/Healthy Students Initiative placed mental health counselors who work with parents, children and school personnel to reduce drug abuse and acts of violence in 12 St. Louis schools. And we've continued providing services at the juvenile court so youth with mental health needs receive treatment rather than detention.

We sincerely appreciate the community's confidence and support for MHB's efforts to improve mental health and substance abuse treatment and prevention for city residents. The tax dollars you provide **are** making a difference!

Flint W. Fowler, Ph.D.
Board President
Skinker-DeBaliviere
Neighborhood

Don Cuvo
Executive Director
Benton Park
Neighborhood



Helping People in City Neighborhoods

For the past six years, MHB has been a major player in meeting the mental health/substance abuse prevention and treatment needs of St. Louisans by distributing to local service agencies grants funded by city tax dollars. Local funding pays for programs designed specifically for our community, rather than adapted from one-size-fits all state or federal approaches. The 17 agencies listed below are the current recipients of three-year grants awarded in 1998 to address service gaps identified by need assessments. In 2001 MHB will be awarding a new series of three-year grants.

OUTPATIENT SUBSTANCE ABUSE TREATMENT

DART - for substance abuse treatment aftercare, \$92,815

Metropolitan Employment and Rehabilitation Service (MERS) - for substance abuse treatment aftercare and job training, \$278,308

New Beginnings C-STAR - for comprehensive substance abuse treatment and rehabilitation for adults, \$103,568¹

St. Patrick Center - for substance abuse treatment for the homeless, \$99,000¹

OUTPATIENT MENTAL HEALTH TREATMENT

Community Alternatives: Innovations in Behavioral Care - assertive community treatment for homeless and mentally-ill individuals, \$90,862

Hopewell Center - for out-patient services for the mentally ill, \$217,455

Independence Center - for psychiatric services, case management, testing, medications and long-term employment support for the mentally-ill, \$231,293

Peter & Paul Community Services - for community support services for homeless, mentally-ill individuals, \$116,485

Places for People - for support services for mentally-ill individuals to develop the skills necessary for independent living, \$131,642

Queen of Peace Center - for a therapeutic childcare program, \$42,000

SUBSTANCE ABUSE PREVENTION

Better Family Life - for after-and in-school drug-prevention activities, \$200,000¹

Living Word Apostolic Church - for school-based drug and violence prevention activities, \$254,684¹

National Council on Alcoholism and Drug Abuse - for school-based prevention activities, \$112,200¹

Northside Community Center - for a neighborhood-based drug prevention program, \$16,800¹

The Olive Branch - for drug prevention programs for young parents, \$50,064¹

SELF-HELP PROGRAMS

Mental Health Association and the Depressive/Manic Depressive Association - for a consumer drop-in center, friendship line, peer support and self-help groups, \$279,491

NAMI of St. Louis - for outreach to minority families, \$99,724

¹ Grant amount includes matching funds from the Missouri Department of Mental Health.

² Grant amount includes funds from the Missouri Department of Social Services.

³ Grant amount includes funds from the U.S. Department of Justice, the U.S. Department of Education and the U.S. Department of Health and Human Services.



Special Purpose Grants

In addition to the three-year service grants, MHB also awards periodic special purpose grants, as well as one-time funding for special projects which include:

CAPITAL GRANTS

(For repairs, improvements and/or expansion of program facilities)

Harris House	\$43,808
National Council on Alcoholism & Drug Abuse	\$9,200
Northside Community Center	\$64,677

YOUTH PROGRAM GRANTS

• Juvenile Justice Initiative

(Mental health services for youth with serious emotional disorders at St. Louis Family Court)

BJC Behavioral Health	\$54,977 ¹
Community Alternatives: Innovations in Behavioral Care	\$186,023
Hopewell Center	\$99,257 ¹
Provident Counseling	\$39,600
UMSL-Office of Research and Administration	\$20,000

• Safe Schools/Healthy Students

(For school-based mental health counselors in 12 St. Louis City Schools)

Hopewell Center	\$348,332 ³
------------------------	------------------------

• Step In NOW!

(A free service designed to help families keep youth on the right track)

Greater St. Louis Treatment Network	\$238,328 ¹
--	------------------------

OTHER FUNDING

• Substance Abuse Mental Health Information Online (SAMHI)

BJC Behavioral Health	\$79,800
------------------------------	----------

• St. Patrick Partnership Center St. Patrick Center

\$500,000²

• New Program Start-Up Funds

Mental Health Association of Greater St. Louis	\$72,216
---	----------

Provident Counseling	\$75,000
-----------------------------	----------

Keeping Faith With Taxpayers

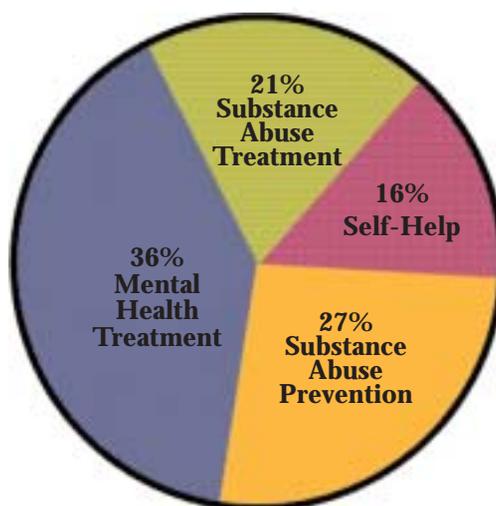
Just over one percent of St. Louis residents' total property tax bill is earmarked for mental health services. The \$2.2 million it generates each year pays for priceless help to individuals, families and neighborhoods.

Because MHB receives the tax revenue before its fiscal year begins, but distributes it over a 12-month period, the money earns enough interest during the time it is invested to more than cover all of MHB's administrative expenses. So every penny of tax revenue is spent on services.

MHB trustees have always taken very seriously their responsibility for safeguarding the funds with which they are entrusted. Financial matters are overseen on a day-to-day basis by both MHB's staff and an outside accounting firm. An independent audit is conducted annually by a second accounting firm. Agencies that receive grants are also required to have independent audits.



Fiscal Year 2000 Three-Year Service Grants



Our Mission

The mission of the City of St. Louis Mental Health Board of Trustees is to enhance and promote a system of mental health and substance abuse services for city residents.

Our History

1990 - The first members of the City of St. Louis Mental Health Board of Trustees were appointed by the mayor to work toward the passage of a special tax.

1992 - Voters approved a modest property tax increase to provide \$2.2 million a year for mental health and substance abuse services in the City of St. Louis.

1994 - MHB's first funds were received in January.

- MHB hired its first executive director and conducted the city's first-ever mental health needs assessment.

- Twenty agencies received one-time grants for capital improvements.

1995 - Three-year service grants totaling \$6 million were awarded to 17 agencies.

1998 - MHB moved into a new era with the theme, "A New Vision for Mental Health," emphasizing a much broader scope than traditional mental illnesses.

- A second round of three-year service grants totaling nearly \$7 million were awarded to 17 agencies.

1999 - Two new programs, the Juvenile Justice Initiative and the Step In NOW! Prevention Program, produced many success stories for young St. Louisans and their families.

- Under a new federal grant, MHB and St. Louis Public Schools began the cooperative partnership on the Safe Schools/Healthy Students Initiative to create a safer, more productive environment. Working with the school system, mental health counselors help prevent violence, serve as resource people in the areas of conflict resolution and anger management, provide crisis intervention and make appropriate referrals, as needed.

- MHB stepped up its public education activities in response to a survey which indicated that many community residents still lack information about mental health and drug abuse issues and the help available to deal with these problems.

- MHB began a cable show on Channel 16, "How's Your Mental Health?"

2000 - MHB rescued a \$500,000 state grant to St. Patrick Center that would otherwise have been lost to St. Louis.

- In cooperation with St. Louis Public Schools and the City of St. Louis Police Department, MHB planned and developed mental health services for 12 city schools.

- MHB facilitated the Empowerment Center joining a federal project, bringing an additional \$125,000 to the city.

MHB Board...Close Ties With City Neighborhoods



Seated from left: Marguerite Grandelious, Neil Duncan, Dr. Leon Ashford, Dr. William Kincaid and Ruby Jones; Standing: Dr. Amy Hilgemann, Don Cuvo, Cheryl Walker, Tom Nolan, Dr. Wilson Compton III, Mary Haberberger, Mary Calzaretta and Mary Fellenz, who recently resigned from the board. Not pictured: Dr. Flint Fowler and Chrissie Barfield

President

Flint W. Fowler, Ph.D., Skinker-DeBalviere Neighborhood, is the executive director of the Herbert Hoover Boys and Girls Club of St. Louis.

Vice President

Wilson Compton III, M.D., Central West End Neighborhood, is an assistant professor of psychiatry at the Washington University School of Medicine, director of Barnes-Jewish Chemical Dependency Services and the attending psychiatrist at Barnes-Jewish Hospital.

Secretary-Treasurer

Marguerite E. Grandelious, Central West End Neighborhood, is a counselor at Buder Elementary School in the Ritenour District.

Leon E. Ashford, Ph.D., Kingsway West Neighborhood, is retired from the staff of Washington University. He served as MHB's third president.

Mary Lou Calzaretta, Esq., Bevo Mill Neighborhood, is an attorney with Evans and Dixon and represents minor children in Family Court.

Neil Duncan, South Hampton Neighborhood, is a disabled veteran who has extensive advocacy experience and volunteers with such groups as the Depressive and Manic Depressive Association (DMDA) and the St. Louis Empowerment Center.

Mary Haberberger, Central West End Neighborhood, is employed by Life Crisis Services and was previously part of the Compeer Program of the Mental Health Association of Greater St. Louis, providing help and encouragement to a psychiatric patient.

Amy Hilgemann, Ph.D., McRee Town Neighborhood, is director of Behavioral Health Alternatives, Inc. She served as MHB's first president.

Ruby Jones, West End Neighborhood, is an advocate and independent consultant for health initiatives for children and youth.

William L. Kincaid, M.D., MPH, Lafayette Square Neighborhood, is a medical director of United Healthcare of the Midwest.

Thomas Nolan, Central West End Neighborhood, is executive director for Loyola Academy of St. Louis and is involved with social justice issues relating to children.

Cheryl D. S. Walker, Esq., Eads Park Neighborhood, is an attorney with Bryan Cave. She served as MHB's second president.

Chrissie A. Barfield, Hyde Park Neighborhood, is a career foster parent.

Efficiency and Service Give Life to New Programs for the Homeless

Because MHB has no huge bureaucracy, it can react quickly, with minimal red tape. St. Louisans are benefiting from two new programs as a result.

The St. Louis Empowerment Center, a project of the Mental Health Association of Greater St. Louis and the Depressive and Manic Depressive Association, is a self-help program operated by and for consumers. It provides a drop-in center, a friendship line, advocacy for better services and a buddy program to help individuals master such skills as filling out forms or taking a bus to the grocery store.

Consumer-operated support programs have sprung up around the country in the last few years. A national study is currently underway to examine the cost-effectiveness of these new innovative programs.



When a site in Iowa dropped out of the study, the

Empowerment Center had the opportunity to join if it acted very quickly. MHB facilitated the St. Louis response, ensuring a \$125,000-per-year grant, which allowed the center to expand its services.

A similar situation existed for the Homeless No More Program at the St. Patrick Partnership Center, a work in progress that will provide one-stop assistance by 30 agencies in a 100,000-square-foot facility in the former Sverdrup Building downtown. A grant from the Missouri Department of Social Services was available to provide the technology infrastructure to handle centralized intake, case management and a tracking system, enabling a homeless person to register with the program and receive all the services he or she needed without filling out duplicate forms in each office.

To receive the money, a fiscal agent was required. The city was willing to serve in that capacity but, because of its more complicated bureaucracy, it could not act quickly enough. Within six weeks, MHB approved, contracted for and completed a contract for \$500,000. The \$500,000 grant triggered \$3.8 million in out of state foundation grants.



Prevention and Early Intervention: Successful Programs for City Youth

Kids - and their families - often need assistance in navigating today's treacherous road from child to adult. MHB is helping by co-sponsoring three successful programs to prevent children and teenagers from making disastrous wrong turns.

Step In *NOW!* was launched two years ago by MHB and the Division of Drug and Alcohol Abuse, Missouri Department of Mental Health. Instead of waiting until a youth is addicted to drugs, pregnant or otherwise suffering the consequences of risky decisions, Step In *NOW!* helps families intervene early to prevent such problems. Hundreds of city families have been helped to get their lives back on track.

Research indicates that a young person generally has several minor brushes with the law before getting involved in serious trouble. Each of these early incidents is an opportunity to redirect a youngster's life.

The Juvenile Justice Initiative, sponsored by MHB and the Missouri Department of Mental Health and the St. Louis Family Court-Juvenile Division, offers a wide range of services to juvenile offenders with serious emotional problems.

The Safe Schools/Healthy Students Initiative provides federal grants to cities to encourage integrated, community-wide strategies to improve school safety and healthy childhood development. St. Louis is the recipient of one of the grants. Here the program is sponsored by MHB, St. Louis Public Schools and the City of St. Louis Police Department. The goal is to help young people develop the skills and resources they need to avoid drug use and violent behavior and to establish and maintain safe, disciplined and drug-free school environments.

For Help or More Information Call:

City of St. Louis Mental Health Board of Trustees	(314) 535-6964
MHB Comment Line	(314) 658-3603
Behavioral Health Response	(314) 469-6644
The Greater St. Louis Treatment Network	1-(888) 287-6060
Missouri Department of Mental Health	1-(800) 364-9687
Mental Health Association of Greater St. Louis	(314) 773-1399