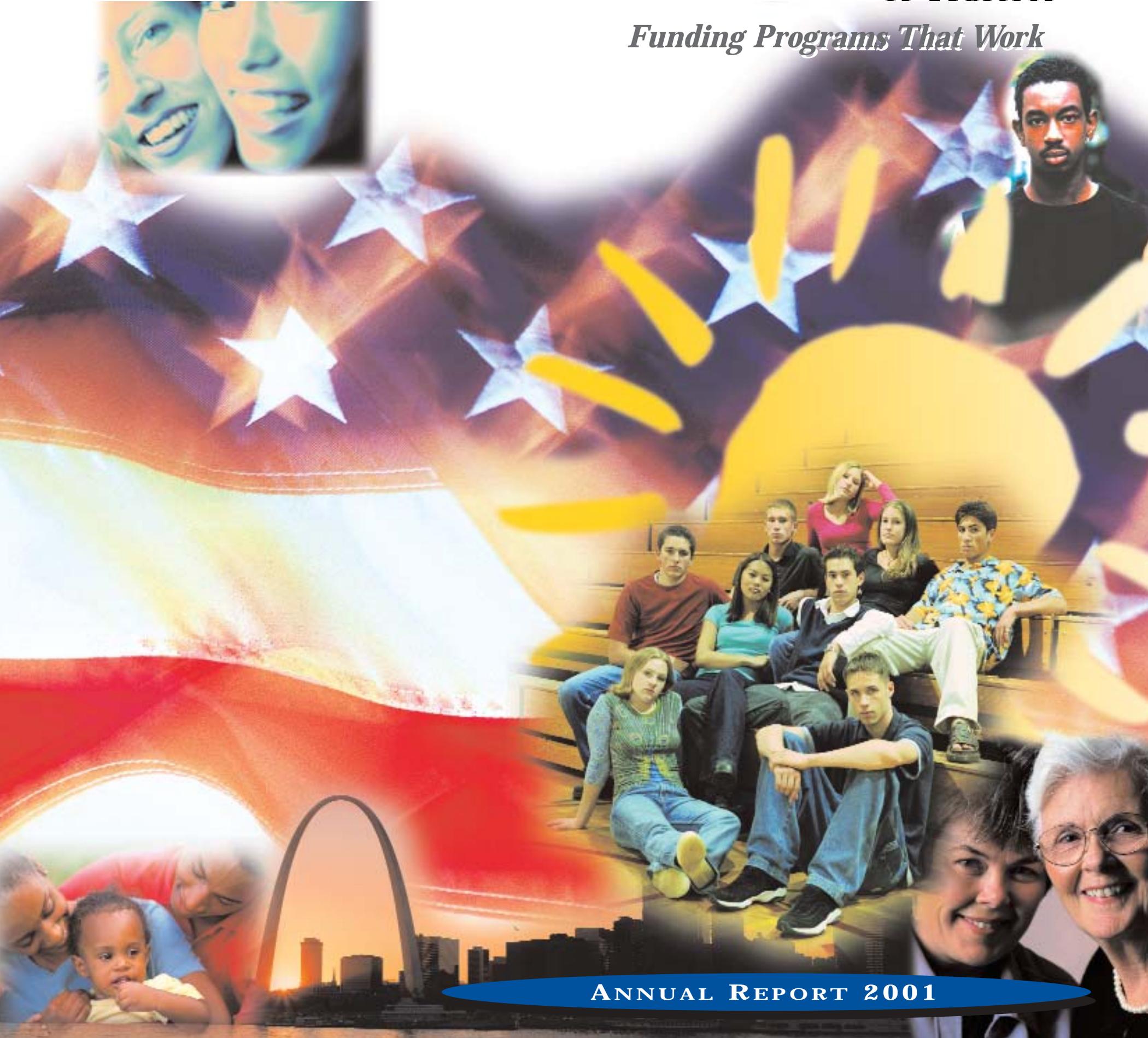


City of St. Louis

Mental Health Board

of Trustees

Funding Programs That Work



ANNUAL REPORT 2001

Greetings
from our

Board President & Executive Director



During a year when our country has faced unparalleled tragedy and challenges, the City of St. Louis Mental Health Board of Trustees and the service agencies we fund have stretched our financial and human resources to provide additional aid and encouragement to the community. Since the desperate days after Sept. 11, MHB has proved that our network of agencies is capable of dealing with an emergency that affects the entire nation while not missing a beat in their day-to-day services to thousands of St. Louis residents. No financial report can do justice to the value of those services, but their worth is eloquently reflected in the lives of the people they touch.

Meeting the needs of city children and youth also continues to top MHB's list of priorities. Three-quarters of a million dollars of our budget for the last three years has funded our commitment to a community-based care system linking mental health services and the juvenile justice system. In October we received a \$420,238 federal grant to expand these services to mentally ill youths younger than 14 who are referred through the truancy court.

We are continuing our involvement with the Safe Schools/Healthy Students Initiative, which has placed mental health counselors who work with parents, children and school personnel to reduce drug abuse and acts of violence in 13 St. Louis schools. In addition, children from 22 elementary schools worked with social workers who assist refugees refer children to agencies contracted with MHB. And in 2001 we co-sponsored a study on accessibility to children's mental health services in St. Louis, a project which we hope will lead to stronger advocacy at the state level.

Thirty percent of the total population surveyed in MHB's 2001 needs assessment were youths ages four through 19, with an average age of 12. Forty-three percent of them were receiving services for a mental health problem, 35 percent were receiving substance abuse services and 52 percent were receiving some type of support service. Yet, despite special projects and the excellent ongoing services provided by MHB-funded agencies, the needs of thousands of children and youth are still unmet.

The challenges never end. MHB has begun a strategic planning process that will lend direction to our efforts for the next three years. Backed with the confidence and support of the community - and the tax dollars you provide - we will continue to meet those challenges.

Flint W. Fowler *Don Cuvo*

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

Don Cuvo
Executive Director
Benton Park
Neighborhood



MHB Salutes Our Nation's Heroes

At MHB, we've always known they were important – the police officers, firefighters and emergency medical personnel who come in response to calls to 911 every day. But, because they are always there when we need them, it was easy to take their services for granted. We never truly appreciated the depth of their commitment until Sept. 11th when hundreds of them, without hesitation, risked and lost their lives in an attempt to save others. The trustees and staff of MHB proudly salute our nation's heroes.

Funding The Best Programs

Since 1992, MHB has been a major force in meeting the mental health/substance abuse prevention and treatment needs of St. Louisans by distributing to local service agencies grants designed specifically for our community and funded by city tax dollars. After careful evaluation of 42 proposals, the 16 agencies listed below were selected as recipients of three-year grants awarded in 2001 to address service gaps identified by MHB's most recent needs assessment.

SUBSTANCE ABUSE PREVENTION/EARLY INTERVENTION SERVICES FOR CHILDREN & YOUTH:

Family Resource Center – for therapeutic day-treatment for pre-schoolers and their families, \$85,980

Family Support Network - for in-home services to provide early assessment and treatment for young children, \$43,690

IAM CARES - for assisting youth to avoid drug use through mentoring and job-readiness training, \$87,180*

Living Word Apostolic Church (Friends with a Better Plan) - for school-based drug and violence prevention activities, \$225,900*

National Council on Alcoholism and Drug Abuse-St. Louis Area (NCADA) - for school-based prevention activities, \$189,000*

Provident Counseling - for assisting youth to avoid drug use through mentoring and job-readiness training, \$52,500



OUTPATIENT MENTAL HEALTH SERVICES

Aid for Victims of Crime - for counseling services for victims of crime, \$42,080

Community Alternatives - for assertive community treatment for homeless and mentally-ill individuals, \$136,670

Mental Health Association of Greater St. Louis - for assistance with budgetary and bill-paying services for persons with mental illnesses, \$12,500

Places for People - for support services to help mentally-ill individuals develop the skills necessary for independent living, \$148,500

War Trauma Recovery Project - for assistance to immigrants and refugees with post-traumatic stress, \$103,980

SELF-HELP SERVICES

Mental Health Association (in cooperation with the Depressive/Manic Depressive Association) - for a consumer drop-in center, friendship line, peer support and self-help groups, \$257,805

National Alliance for the Mentally Ill, NAMI of St. Louis - for outreach to Minority families, \$44,545



OUTPATIENT SUBSTANCE ABUSE SERVICES

DART - for substance abuse treatment aftercare, \$135,830

Metropolitan Employment and Rehabilitation Service (MERS) Missouri Goodwill Industries - for substance abuse treatment aftercare and job training, \$264,960

St. Patrick Center - for substance abuse treatment for the homeless, \$79,170

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:

YOUTH PROGRAM GRANTS

- **Juvenile Justice Initiative**
(Mental health services for youth with serious emotional disorders at St. Louis Family Court)

BJC Behavioral Health \$ 13,280

Community Alternatives: Innovations in Behavioral Care \$277,908

Hopewell Center \$ 67,364

St. Louis Office for MR/DD Resources \$ 57,388

UMSL-Office of Research and Administration \$ 21,218

- **Safe Schools/Healthy Students**
(For school-based mental health counselors in 13 St. Louis Public Schools)

Family Support Network \$328,262**

Provident Counseling \$366,742**

*Includes matching grant from the Missouri Department of Mental Health

**Federal grant funds

OTHER FUNDING

Because of a delay in the completion of MHB's 2001 needs assessment, a two-month extension of the previous year's grants, totaling \$336,724, was awarded to 16 agencies. Transition funds totaling \$100,269 were awarded to five agencies funded in the previous three-year cycle, but not in the new one, to ensure continuity of care for their consumers.

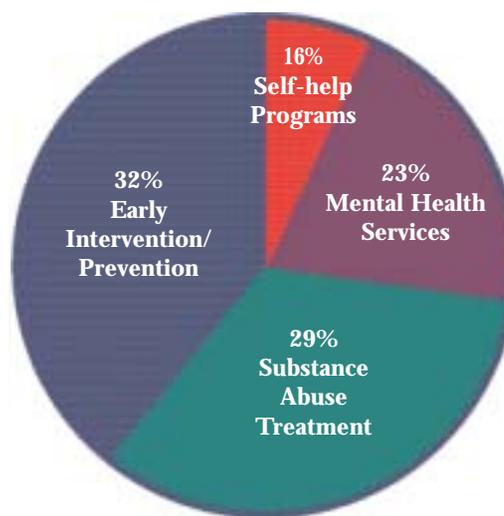
MHB's Accountability To City Taxpayers

If you're a taxpayer in the City of St. Louis, just 1.3 percent of your total property tax is earmarked for mental health and substance abuse services. For an individual, it's an insignificant amount, but it generates about \$2.2 million a year to enable thousands of people to receive free services from agencies funded by the City of St. Louis Mental Health Board of Trustees.

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's invested to more than pay MHB's administrative expenses. Therefore, every penny of tax revenue is spent on services for St. Louis residents.

The funds for which MHB is responsible are carefully safeguarded. Both the professional staff and an independent accounting firm keep track of financial matters on an ongoing basis, and an independent audit is conducted each year by a second accounting firm. Each agency that receives a grant is also required to have an independent audit.

**Fiscal Year 2001
Three-Year Service Grants**



Woman Helped by DMDA Is Now Executive Secretary There



Marian Dugger

For 16 years after she was diagnosed with manic depression at age 17, Marian Dugger got little medical help because she couldn't afford it. As a college student, she moved to St. Louis to study speech pathology, but was asked by the university to leave before she completed her degree.

"This was nearly 40 years ago," Marian says. "There wasn't much sympathy for mentally ill people in those days." She attended another local school, majoring in secretarial science, and accumulated 140 hours of credit, but no degree. Still, she was able to support herself and got some help, including medication, from clinics.

Marian married at 33 and at 36 had a son whose birth caused her to experience post-partum psychosis. "I was wheeled directly from the maternity ward to the psychiatric wing," she says. Fortunately, before facing the trauma of her husband's death from cancer at age 44, Marian had discovered the Depressive/ Manic Depressive Association. "I saw an item about the national organization in Dear Abby about 17 years ago," she says, "and wrote to ask if there was a group in St. Louis. I was lonely and needed contact with people who could understand what I was going through without a lot of explanation.

DMDA and its Empowerment Center have been tremendously helpful. They're as important to me as my psychiatrist and my medication. We have weekly meetings led by members of the group who are not professionals, but have had leader training. We exchange coping strategies, support one another and have frequent social activities. There are also specialized monthly meetings for family members of persons with mental illness."

Marian says that one of the best features of DMDA is the opportunity it offers to "give back" and feel that you've helped other people like yourself. For the past two years she has done just that by serving as executive secretary to Helen Minth, DMDA's executive director.

DMDA, is located at 1905 S. Grand Blvd. The phone number is (314) 776-3969.

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.

MHB Board . . . Close Ties With City Neighborhoods



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



**Mary Haberberger,
Southwest
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.



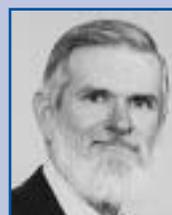
Vice President
**Wilson Compton III,
M.D.,
Central West End
Neighborhood**, is an assistant professor of psychiatry at the Washington University School of Medicine, director of Barnes-Jewish Chemical Dependency Services and the attending psychiatrist at Barnes-Jewish Hospital.



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



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



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



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



**Derek C. Mays, Esq.,
Compton Heights
Neighborhood**, is an attorney with Bryan Cave.



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



**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.



**Mary Calzaretta, Esq.,
Holly Hills
Neighborhood**, is an attorney with Evans and Dixon and represents minor children in Family Court.

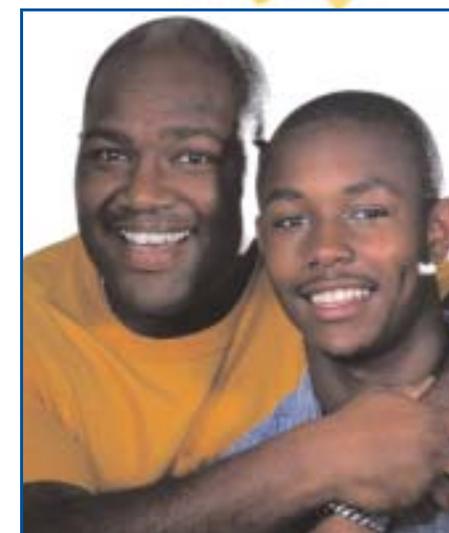


**Lois M. Tegethoff,
South Hampton
Neighborhood**, is a hospital chaplain at St. John's Medical Center.



**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.

MHB Receives Two New Federal Grants, Co-sponsors Survey on Mental Health Needs of Children



Homeless St. Louisans with substance abuse and mental health disorders and juvenile offenders younger than 14 with mental health symptoms will benefit from two federal grants totaling nearly \$1 million awarded to MHB in October.

About 18,000 people are homeless in St. Louis each year. More than half of them suffer from both a substance abuse and a mental health disorder, and nearly one-fourth have both a substance abuse and a psychotic disorder. A \$581,596 grant from a branch of the U.S. Department of Health and Human Services will be implemented by Community Alternatives, a St. Louis agency that receives part of its funding from MHB. The funds will be used to identify and assess homeless persons with substance abuse and co-occurring mental health disorders and to develop a community team to provide treatment and assistance in the areas of housing, social support, daily living and vocational needs.

This will help more people like Carla Conway, who was homeless, manic-depressive and addicted to drugs when she came to Community Alternatives about five years ago. "Community Alternatives is my life blood, my heart and brain," Carla says. "They helped me get a place to live and arranged for the consistent therapy that makes it possible for me to hold a job. I'm not eligible for Medicare or Medicaid, and I had no insurance. There's no way I could have made it without their help." Today Carla has her own home, does data entry for a department of the University of Missouri Medical School and is a consumer representative for Community Alternatives, giving talks about the organization and meeting regularly with a group of homeless women.

The second grant provides \$420,238 for expanding to mentally ill youths younger than 14 who are referred through the truancy court the intensive mental health and substance abuse services that have been available since 1998 to older youths involved with the juvenile justice system.

MHB recently co-sponsored a study on the accessibility of children's mental health services in St. Louis. Although the results are not yet available, Don Cuvo, MHB's executive director, is sure they will confirm the shameful inadequacy of such services. "Children's mental health needs are often overlooked and services for them are inadequately funded," Cuvo says. "I hope identifying the gaps that exist in children's mental health services will bring this need into the mainstream of children's advocacy and cause the legislature to provide additional funding."

FOR HELP OR MORE INFORMATION:

**City of St. Louis Mental
Health Board of Trustees:**
314-535-6964

MHB Comment Line:
314-658-3603

**Behavioral Health
Response:**
314-469-6644

**Missouri Department of
Mental Health:**
1-800-364-9687

**Mental Health Association
of Greater St. Louis:**
314-773-1399

MHB 's Web Site:
www.stlmhb.com