

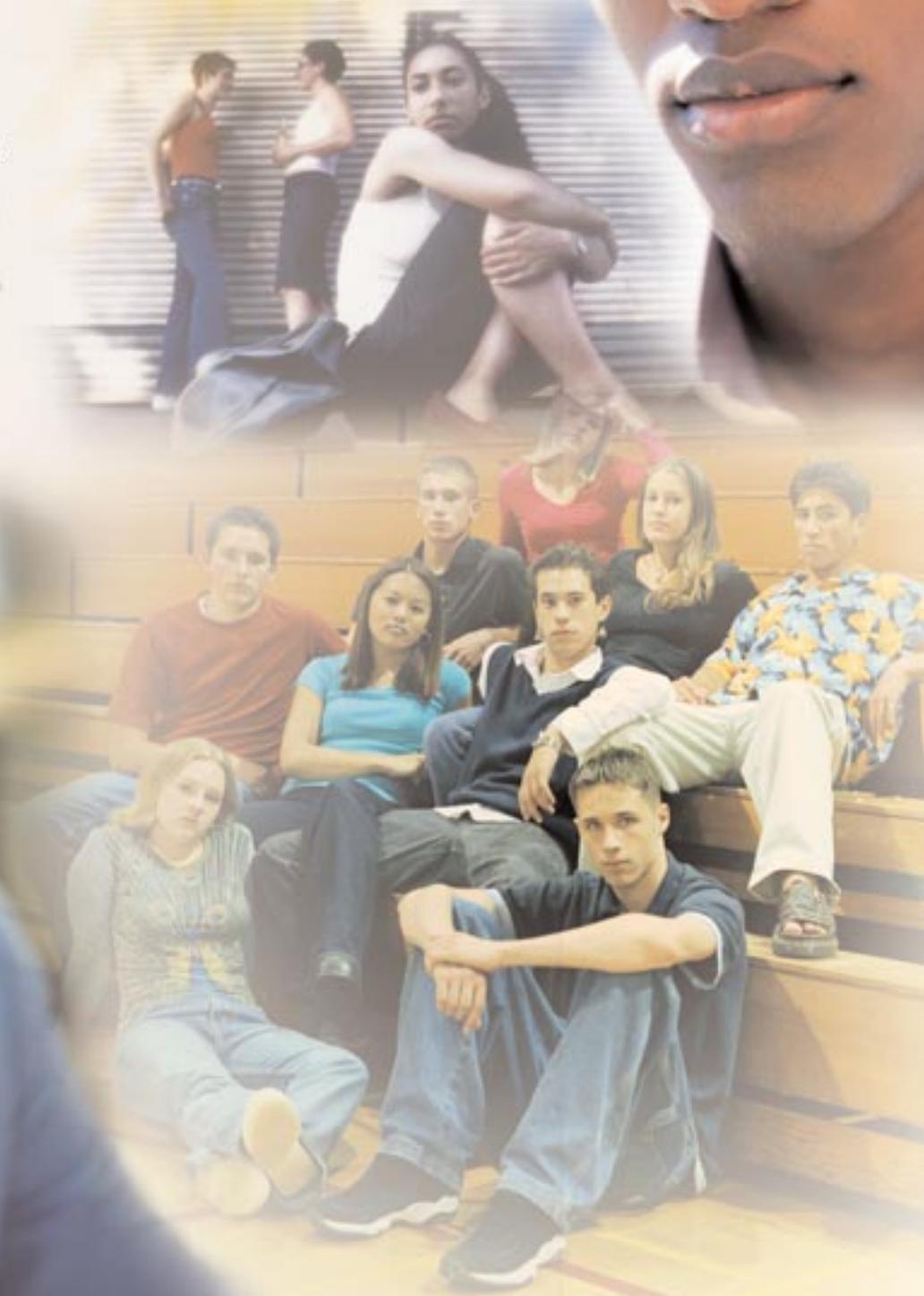
City of St. Louis

Mental Health Board

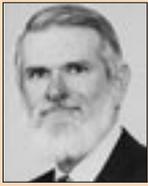
Funding Programs That Work

of Trustees

Annual Report
2002



Greetings From Our Board President & Executive Director



The past year has been a year of challenges, as a community and as a nation. The City of St. Louis Mental Health Board of Trustees (MHB) and the service agencies we fund have reached out to the community with financial and human resources to aid and encourage the people of St. Louis. While we fund at an institutional level, our real work happens on a very intimate, personal level, helping make life better for those in need of mental health/substance abuse prevention and treatment, awareness and education.

In the past year, Missouri has found itself in a state of economic crisis. Tax dollars that had been expected did not materialize leaving Missouri in what Governor Bob Holden called an economic disaster.

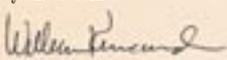
Mental health budgets were slated to take the lion's share of the cuts. Knowing how essential our mental health services are to the community, MHB joined forces with various other mental health agencies and consumers to rally to protect funds for mental health care. Over the past 20 years, the Department of Mental Health's share of state tax revenue has already declined from more than 10 percent to less than seven percent. Vulnerable St. Louisans just could not bear another cut.

On March 22, 2002, we partnered with the St. Louis Office for MR/DD Resources to hold a rally at Kiener Plaza for the Friends of Mental Health to urge our elected officials to protect the budgets for mental health. We are happy to report that we were successful. Cuts to the mental health budget were much fairer and greatly reduced from the draconian level that was originally proposed.

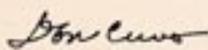
The problem was not solved, however. The year 2003 is projected to be a year of recession as well. We must continue our efforts to protect funds for helping some of the neediest among us.

We can no longer rely on city and state dollars alone to ensure the well being of our community. Therefore, we have pursued and won close to \$1 million in new federal grants. Based on MHB's efforts, more St. Louisans will receive well-researched, effective services. Many of these approaches have never been tried here, and bring increased intensity and frequency of contact.

As we learned at the conclusion of our strategic planning process, while we made progress over the past year, new, world challenges are never ending, causing a great impact on local communities everywhere. In the wake of the host of crises facing our nation, MHB is committed to identifying and funding programs that work for St. Louis taxpayers in the years to come.



William L. Kincaid, M.D., MPH
Board President
Lafayette Square Neighborhood



Don Cuvo
Executive Director
Benton Park Neighborhood

Health and Hope for Our Neighbors

MHB has been a vital force in providing the mental health/substance abuse prevention and treatment needs of St. Louisans since 1992. We distribute grant money and city tax dollars to local service agencies. The agencies listed below were renewed as recipients of three-year grants to address service gaps identified by MHB's most recent needs assessment.

Outpatient Substance Abuse Treatment

DART - for substance abuse treatment and employment supports for relapse prevention, \$172,788.

MERS/Missouri Goodwill Industries - for assisting adults with substance abuse treatment aftercare, \$317,964.

St. Patrick Center - for substance abuse treatment for the homeless, \$191,016.*

Outpatient Mental Health Treatment

Community Alternatives - for outreach and assertive treatment for the homeless, \$168,936.

Aid for Victims of Crime - for counseling services for victims of crime, up to \$50,496.

Mental Health Association of Greater St. Louis - for assistance with budgetary and bill paying services for people with mental illnesses, \$15,000.

Places for People - for support services to help mentally ill people develop the skills necessary for independent living, \$178,200.

War Trauma Recovery Project - outreach and therapy for immigrants and refugees with post-traumatic stress, \$128,424.

Substance Abuse Prevention and Early Intervention/Services for Children and Youth

Family Resource Center - for therapeutic day-treatment for pre-school children and their families, \$105,444.

Family Support Network - for in-home services to provide early assessment and treatment for young children, \$55,992.

IAM CARES - for assisting youth to avoid drug use through mentoring and job-readiness training, \$104,544.*

Living Word Apostolic Church (Friends with a Better Plan) - for after-school drug and violence prevention activities, \$307,080.*

National Council on Alcoholism and Drug Abuse - St. Louis Area (NCADA) - for school-based prevention activities, \$116,808.

Provident Counseling - for assisting youth to avoid drug use through mentoring and job-readiness training, \$64,896.

Self-Help Programs

Mental Health Association (in cooperation with the Depressive/Manic Depressive Association) - for consumer-run drop-in center, friendship line, peer support and self-help groups, \$313,674.

National Alliance for the Mentally Ill, NAMI of St. Louis - for outreach to minority families, \$52,992.



Bringing New Mental Health Dollars to St. Louis



Special Purpose Grants

During the past year, MHB has been awarded new federal grants to provide services for the homeless, for youth in the juvenile justice system, and for our city's newcomers from war-torn countries as follows:

• Juvenile Justice Initiative

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

BJC Behavioral Health	\$ 50,000*
Hopewell Center	\$117,360*
Community Alternatives: Innovations in Behavioral Care	\$ 4,679
St. Louis Office for MR/DD Resources	\$ 61,750

(Early intervention services for youth at the St. Louis Family Court)

Community Alternatives	\$295,552**
MST Services	\$ 32,250**
University of Missouri-St. Louis	\$ 52,899**

• Safe Schools/Healthy Students

(For school-based mental health counselors in 13 Saint Louis Public Schools)

Family Support Network	\$208,523**
Provident Counseling	\$223,214**

• HOME Project

(For Mental Health Services For New Americans)

Urban Behavioral Healthcare Institute	\$ 40,835
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• Multicultural Training Grant

(To provide multicultural training to mental health professionals)

Urban Behavioral Healthcare Institute	\$ 79,920
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• Homeless Services

(To provide outreach and assertive treatment to homeless individuals with both mental illness and substance abuse disorders)

Community Alternatives	\$445,405**
University of Missouri-St. Louis	\$100,476**

*Includes matching grant from the Missouri Department of Mental Health

**Federal grant funds

Strategic Planning for a Stronger Focus

As a board, we take our responsibility as stewards of the funds entrusted to us by taxpayers very seriously. To assure we are responsive to the needs of the community, we conduct periodic, comprehensive needs assessments which includes gathering input from consumers, service providers, key informants and other city residents. The needs assessments provide a road map for our response to issues arising from the community. This business-like approach ensures that we have clear goals, objectives and strategies.

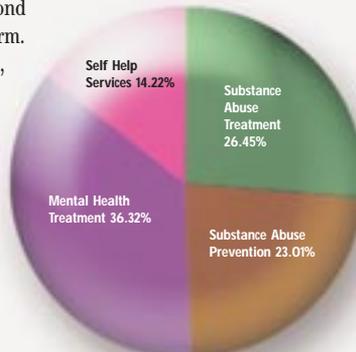
This was hard and important work. The board completed its most recent strategic plan in 2002. Resources are never sufficient to respond to all the needs in our city. Prioritizing our response and creating a clear strategy for implementing it ensures that we stay on target.

Maintaining Taxpayer Faith Through Fiscal Accountability

If you pay taxes in the City of St. Louis, just 1.2 percent of your total property tax goes to pay for mental health and substance abuse services. That's not much on an individual basis, but when it's multiplied by the entire city, it generates about \$2.2 million every year to help thousands of people receive free services from agencies funded by the City of St. Louis Mental Health Board of Trustees.

MHB receives tax revenue before its fiscal year begins, but distributes it over a 12-month period. This money is invested while waiting to be utilized by the various agencies, and earns enough interest to pay all of MHB's administrative expenses. That means every penny of your tax dollar is spent on services for the people of St. Louis, not administration.

Both the professional staff and an independent accounting firm keep track of these funds to assure they are safeguarded. MHB is committed to ongoing fiscal accountability, and is independently audited each year by a second accounting firm. Further-more, every agency receiving a grant is also required to have an independent audit.



Making a Difference in Peoples' Lives



Following are excerpts from interviews with two consumers who have directly benefited from MHB-funded agencies. Their names have been changed to protect their privacy.

Louis' Successful Recovery

Louis is a 47-year-old man with one of the most difficult-to-treat mental illnesses there is: borderline personality disorder. For years, he lived on the street and struggled with an inability to form lasting relationships, addiction and diabetes.

Now, through the St. Louis Empowerment Center, which is a consumer-run drop-in center offering friendship line, peer support and self-help programs, he is working full time, is on medication, is in recovery, has been married for six years and is helping raise a 17-year-old stepdaughter. "My recovery is based on a tripod of support from family, work and my 12-step program," he explained. "Shame kept me hostage to my old behavior, but now I can even help others with my experience, strength and hope."

Sasia's Survival of Ethnic Cleansing

Imagine having lost everyone you love and everyone you know in such a heinous manner that it is incomprehensible to anyone who was not there. This is the story of many St. Louis residents. They come from all over the world, but the majority are Bosnian survivors of ethnic cleansing.

Thanks to the outreach and therapy grant funded by the MHB, through the War Trama Recovery Project, Sasia spends her days giving therapy to our city's immigrants and refugees. A serene woman from the former Yugoslavia, she has lived here for 20 years.

Having escaped genocide, many War Trama Recovery Project clients now suffer from disabling post-traumatic stress disorder, depression and eating disorders. There is a common list of symptoms ranging from chronic nightmares and not being able to bathe, dress and feed oneself to an inability to learn English, work, and nurture others. "It is not healthy for me to tell you what these people have experienced. It is too much to hear unless you are trained for it," she says.

Our Core Values

MHB's core values include stewardship; leadership; compassion and equity; understanding and commitment; innovation; collaboration; strategic alliances; and partnerships with other social service and governmental authorities.

Our specific strategic goals include leadership; alliances; investment focus and priorities; funding/revenue strategies; fiscal management; relationships with funded agencies; operational effectiveness; marketing and public education.

Reaching the Community

MHB is committed to public accountability and to informing residents about mental health and substance abuse issues and services available to city residents. Our contact and information resources are available as follows:

MHB Comment Line: **314-658-3603**
 MHB Website: **www.stlmhb.com**

City 10 ongoing cable television series, "How's Your Mental Health?"

St. Louis American, Southside Journal-City Network and West End Word, ongoing "How's Your Mental Health?" question and answer columns.

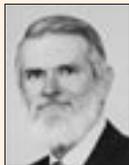
SAMHI (Substance Abuse & Mental Health Information), a web-based resource site. It is designed to provide St. Louis area residents with helpful information about mental health and substance abuse issues and development disabilities/mental retardation. The site provides complete information on more than 30 area agencies, as well as links to other helpful sources of information. To obtain information you can use to improve your life, log on to www.samhi.org.

For Help or More Information:

If you or someone you know needs help finding a mental health or substance abuse service, please call:

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

The MHB Trustees: Of the Community, For the Community



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



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



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



Flint W. Fowler, Ph.D., Skinker-DeBaliviere Neighborhood is the executive director of the Herbert Hoover Boys and Girls Club of St. Louis. He was last year's MHB Board President.



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



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



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, 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 psychiatric patients.



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



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



Deborah Simmons Wilson, Central West End Neighborhood is the Deputy Area Manager of Operations for Parsons, Brinckerhoff, Quade & Douglas, Inc.



Sharon Fairchild, Central West End Neighborhood is a volunteer coordinator for St. Louis ConnectCare and a psychology instructor at St. Louis Community College.

Our Mission

The Mission of the City of St. Louis Mental Health Board of Trustees is to provide leadership as a catalyst for enhancing and promoting a system of mental health and substance abuse services for City residents.