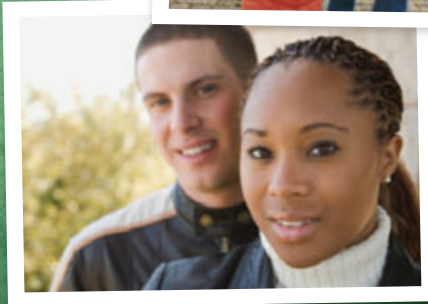


Measuring Progress. Transforming Lives.

2008 Annual Report



In 2005, the St. Louis Mental Health Board (MHB) asked the behavioral health and children's services agencies we support to join us in a new approach to our grant-making process. Our goal was to establish parameters by which our funded agencies could truly measure the progress they were making toward serving their clients. We knew this would not be an easy task. After all, these agencies don't manufacture or sell goods. Instead, they work daily with the most intangible of products—the human spirit.

Over the ensuing years, a cooperative spirit developed between MHB and these agencies as we worked to determine the milestones that best trace clients' progress toward a new life. It has been a learning experience for all of us, one that we now recognized as having significant importance in MHB's ability to truly fulfill its promise to city of St. Louis residents of "investing in programs that work."

In our 2008 annual report, MHB is pleased to focus on just a few of the programs we support whose work is truly transforming lives. You also will learn about several special funding projects that allowed us to reach out to even more agencies and communities throughout the city of St. Louis.



Don Cuvo
Executive Director



Marguerite Grandelious
Board Chair

Measuring Progress Transforming Lives.

DURING 2008, ONE OF THE GREATEST CONCERNS FOR US at the St. Louis Mental Health Board (MHB) was well beyond our scope of influence. We watched with growing unease as our country's financial crisis spread from the real estate mortgage industry to the stock market and banking systems. Along with our fellow citizens, we began reading about thousands of families losing their homes to foreclosure, massive layoffs in every facet of industry, and growing demands on food pantries and student free-lunch programs.

As an organization that provides grants to mental health and children's agencies, we quickly anticipated another consequence of our faltering economy—cutbacks in funding to charitable and service organizations at a time when more people than ever would need help. These cutbacks are beyond the

control of many charitable foundations, which were not immune to investment losses. Now, their struggle is to provide as much support as possible to a growing number of agencies needing funding—not a simple task and one that will require difficult decisions by foundations' board members.

At MHB, we were fortunate that our conservative investment strategy allowed us to remain stable. Our goal now is to continue supporting the service providers we fund by developing flexible ways to meet their needs. Despite recently completing a forward-thinking strategic plan for 2009–2011, we will modify our goals in any way necessary to ensure we remain responsive to those we support.

No matter what the economic climate of our nation as a whole, developing creative ways of fulfilling the needs of the St. Louis community has always been of vital importance to our funding approach at MHB. In 2008, two initiatives demonstrated this commitment and enabled us to reach out to even more deserving agencies. First, we offered mini-grants to organizations with established youth programs.

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These grants were designed to promote positive youth development and encourage young people to get involved in their community. The outcomes from a number of these mini-grants are highlighted in this report. Their achievements speak to the enthusiasm and generosity of our community’s young people.

Second, we provided capital improvement grants to organizations that demonstrated a need to upgrade their facilities in order to

better serve their clients. Funding of this type is often difficult to find, and at MHB we were pleased we could offer support in such a tangible way.

What these two initiatives had in common was that their results were easily measured: either the youth successfully completed a community project or facilities were improved. For community agencies receiving support through MHB’s Mental Health Fund and Children’s

Services Fund, measuring success is not always as simple. These agencies are dealing with sometimes incremental changes that slowly bring people to a better place in their lives. For several years, MHB has been



working with our agencies to discover ways in which they can measure their programs' success using specific parameters. This has not always been an easy process but it has begun to bear fruit in the form of improved services to the people served. Our agencies now have tools that allow them to see exactly how they are changing their clients' lives and to identify the need for improvement quickly and efficiently. We are grateful to them for taking this journey with us and look forward to more great accomplishments in the year ahead.

And as the agencies we support go about the task of measuring success, we at MHB become even more aware that for every goal reached, a person's life becomes better. It is sometimes a slow process, but in the end the true measure of success is that of an improved life.

Our Core Values

These core values are what MHB stands for and what guides us in every decision.

- Stewardship
- Compassion and Equity
- Understanding and Commitment
- Innovation
- Collaboration
- Strategic Alliances
- Partnerships with other Social Service and Governmental Authorities

Capital Improvement Grants Target Agencies Serving Children and their Families

For many nonprofit child service agencies, funds raised through benefit events and grant applications are used to support their basic mission. The ongoing nature of these efforts often doesn't leave much

time to secure funding that helps improve and upgrade buildings or purchase equipment.

"Obtaining capital improvement funding can sometimes be a challenge for an organization," says Bill Wiese, director, development and public relations, for Almost Home, which provides transitional housing and support for homeless teenage mothers and their children. "However, when capital improvements are funded, an organization can build or maintain a solid base from which it may continue providing its day-to-day services."

For that reason, in 2007 MHB began accepting applications for capital improvements/equipment

"When capital improvements are funded, an organization can build or maintain a solid base from which it may continue providing its day-to-day services."

acquisition grants from organizations that provide services to children and/or their families residing in the city of St. Louis. MHB offered a workshop and technical assistance to help those applying submit complete, well-documented applications. Requirements included securing three bids for all phases of the



projects and providing reasons why the final vendors were chosen. A subcommittee of the MHB Board of Directors then reviewed the submissions and decided upon the grant amounts. In all instances, the grants covered at least the minimum amount agencies stated they needed to achieve their basic improvement goals. Of the 44 applications received, 24 were approved for grants totaling \$746,740.

“In addition to providing much-needed funding, another goal of these grants was to help MHB establish relationships with agencies we didn’t already fund in some way,” says Sue Huelsing, administrative assistant, MHB business and technology. “This connection allowed these agencies to take advantage of other programs we offer, such as monthly brown



bag lunch sessions featuring speakers addressing topics of concern to nonprofit agencies. These gatherings are wonderful networking opportunities through which people find ways to work together toward common goals.”

Grant recipients had one year to complete their projects. As each phase was completed, MHB visited the site to verify the progress made and then reimbursed for the cost of the project to that point.

Mini-Grants Support Projects of Small, Established Youth Organizations

An important goal of MHB is to support as many youth-oriented programs as possible in the city of St. Louis through the Children's Services Fund. In 2008, it expanded its reach by providing mini-grants to 18 small, established grassroots or faith-based youth groups with basic annual budgets. The purpose of the mini-grants was to promote positive youth development and to encourage young people to get involved with their community. Those interested were required to complete a simple application that outlined their project's goals.

"Often these small groups are organized and run by volunteers, and their size makes them ineligible

for our larger partnership or competitive grant funding," says Jamala Rogers, program consultant. "However, they do important work in reaching out to children and teens in their neighborhoods, and we wanted to support those efforts. The mini-grants provided enough funding for the groups to develop a project that benefits both those participating and their communities."

One requirement of the mini-grants was that the youth be involved in planning and organizing the projects. "Our neighborhood dinner project truly was a learning experience for our members," says Regina Sullivan, youth director, Life Center Church of St. Louis. "They participated in

every aspect of the dinner, from deciding on the menu and distributing fliers throughout the neighborhood to serving the food and entertaining those attending. They even made the place mats and table decorations. It gave them a sense of achievement many hadn't experienced before."

Projects were completed during summer 2008. A showcase sponsored by MHB followed, at which each group set up displays illustrating their projects and gave an oral presentation.

As a result of the mini-grants' success, MHB has committed to making the program an annual offering to eligible youth organizations in St. Louis.

MHB Provides Major Funding for After-School Programs

In summer 2006, MHB entered into a three-year partnership with the St. Louis Public Schools (SLPS) to provide comprehensive after-school programs at 10 public elementary schools.

“We knew after-school programming was important to parents in St. Louis city because of work done by child advocates prior to the passage of Proposition K for Kids in 2004,” says Don Cuvo, MHB executive director. Proposition K provides funding for the Children’s Services Fund. “While developing a Children’s Services Plan, the advocates gathered input from

various sources including, St. Louis residents. Many of the needs these citizens identified were those that could be addressed by quality after-school programs.”

The programs sponsored by the MHB/SLPS partnership began during the 2006-2007 school year. Seven community-based agencies received state licensing to operate one or more of the programs. The licensing allowed each program to serve 48 children between the ages of 5 and 12 and operate two to three hours at the end of each school day.



The comprehensive programs integrated the five elements of effective after-school programming:

- Academic support/creativity/enrichment
- Physical fitness, recreation, health and nutrition
- Social/life skills
- Personal/character development
- Parental and family involvement

“Since MHB’s financial support for the partnership came from the Children’s Service Fund, each program needed to achieve MHB’s priority outcome, *Children will demonstrate improved motivation to learn*,” says Jan Ashbrook, MHB

project director. “Although the after-school providers have slightly different focuses because their strengths vary, each offers comprehensive services to the children they serve.”

To measure their success in achieving MHB’s priority outcome, the after-school providers selected one target goal each. Among these were increasing school attendance by 60 percent, increasing homework completion by 60 percent, improving behavior in classrooms by 25 percent or raising report card grades in two core subjects.

The effectiveness of the programming is reflected in the outstanding results achieved in 2007-2008. Of the children who fully participated, 91 percent of them improved their motivation to learn. In addition, the average cost of \$1,633 per child was comparable to the national average.

“Although the MHB/SLPS partnership ends with the 2008-2009 school year, MHB’s Board of Directors remains committed to after-school programming in St. Louis city schools,” says Cuvo. “We will take the steps necessary to ensure these programs continue.”

In 2008, 10 projects were selected from among 31 applications responding to the 2008 Community Mental Health Fund Call for Co-Investors. Each contributes toward attaining one of MHB's priority investment outcomes.

Mental Health Fund

Outcome: Individuals with co-occurring disorders will engage in treatment and follow their treatment protocols for six months.

Bridgeway Counseling Services

1027 S. Vandeventer
St. Louis, MO 63108
(314) 652-4200

www.bridgewaycounseling.com

The Individual Dual Diagnosis Treatment project helps consumers with co-occurring mental health and substance abuse disorders work toward recovery.

AWARD: \$113,028

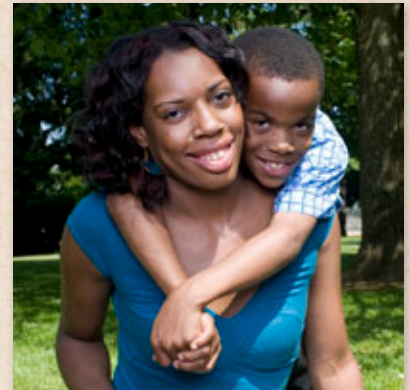
Hopewell Center

1504 South Grand Blvd.
St. Louis, MO 63104
(314) 531-1770

www.hopewellcenter.com

The Co-Occurring Substance Abuse program helps consumers with diagnosed co-occurring mental health and substance abuse disorders with a history of treatment failure to work toward recovery

AWARD: \$199,860



Outcome: Young adults under 25 years old will engage in treatment and follow their treatment protocols for six months.

BJC Behavioral Health

1430 Olive Street, Suite 500

St. Louis, MO 63103

(314) 206-3764

www.bjc.org

The Young Adult project helps consumers aged 18-25 not currently receiving mental health services to become engaged in and responsive to treatment.

AWARD: \$200,004



Housing Acquisition and Stabilization Program | Places for People

“Although there is a shortage of resources for the homeless, our five community support teams work to help people take advantage of what is available. Our goal is to identify the homeless people most in need—usually those with serious mental disorders and co-occurring substance abuse issues. The first step is getting them into housing. Then we work to keep them there by addressing the factors that caused them to become homeless in the first place.”

– **Scott Bayliff** | Associate Director | Places for People

Measuring Progress

A major milestone for those served by the community support teams is their remaining in permanent housing for three months. That length of time has proven a significant catalyst to people achieving additional goals resulting in life-changing behaviors—keeping doctor’s appointments, taking medication, sticking to budgets, finding work. To date, 57 percent of the teams’ clients have achieved the three-month goal.

Transforming Lives

The support teams worked with a homeless veteran to find him permanent housing, arrange ongoing medical treatment, ensure he received his pension checks and benefits, and even taught him to grocery shop and cook. His new-found security has helped him deal with his anger and frustration and become a person with whom others enjoy spending time.



Outcome: Individuals with behavioral health disorders will live in safe, stable housing and sustain it for at least three consecutive months

Places for People

4130 Lindell Blvd.
St. Louis, MO 63108
(314) 535-5600
www.placesforpeople.org

The Housing Acquisition and Stabilization program helps chronically homeless consumers with behavioral health disorders secure and maintain safe, stable housing.

AWARD: \$250,000

St. Patrick Center

800 N. Tucker
St. Louis, MO 63101
(314) 802-0700
www.stpatrickcenter.org

The Rosati House Apartments Assertive Community Treatment program helps chronically homeless consumers with serious and persistent mental illnesses remain housed in a supportive environment.

AWARD: \$50,000

Project PEACE

(Parenting and Empowerment to Avoid Crises and Emergencies)
Queen of Peace Center

“MHB’s grant plugged a gap in our service funding for women reaching 90–120 days of sobriety. At that point, they are looking to move into an apartment, regain custody of their children, find a job. Project PEACE provides six months of parenting education and, when needed, participation in TREM—our Trauma Recovery and Empowerment support group. Our retention rate in TREM is an astonishing 88 percent, literally doubling our average retention in our overall program.”

– Azi Hakim | Director of Operations | Queen of Peace Center



Measuring Progress

Project PEACE asks women recovering from substance abuse to identify two goals that represent significant changes in their lives, which need to be achieved during their six months in the program. Women choose personalized goals that range from reuniting their family and furthering their education to managing their recovery from traumatic events in their past and remaining on their medications.

Transforming Lives

A Queen of Peace Center client struggled with alcohol abuse, depression and anxiety for 15 years. Through TREM, she realized her drinking and depression were symptoms caused by childhood abuse. That insight combined with counseling has helped her remain sober for 18 months. She is no longer depressed, lives on her own, holds down a job and attends school.

Outcome: Individuals with behavioral health disorders will have sustainable, subsidized or unsubsidized employment.

Independence Center

4245 Forest Park Blvd.

St. Louis, MO 63108

(314) 286-4545

www.independencecenter.org

The Transforming Lives Through Work program helps consumers with serious and persistent mental illnesses who are reluctant to seek employment to find, secure and sustain continuous employment for competitive pay.

AWARD: \$218,712

Employment Connection

2838 Market Street

St. Louis, MO 63103

(314) 333-5645

www.employmentstl.org

The Back to Work/Back to Health program helps consumers who have held three or more jobs within the past 18 months or who may have been released from incarceration, presenting indications of behavioral health disorders, to obtain and sustain employment.

AWARD: \$208,344

Relapse Prevention Mentoring Program

| Preferred Family Healthcare

“The Relapse Prevention Mentoring (RPM) Program is a nontraditional approach to recovery from substance or alcohol abuse. Our goal for our clients is not complete abstinence but rather a 50 percent reduction in their use. We achieve this by maintaining small caseloads for our mentors so they may devote a lot of one-on-one time to their clients. Medication-assisted treatment helps clients abstain from using. And contingency management provides rewards for every milestone clients meet.”

– Kim Feaman | Adult Program Director | Preferred Family Healthcare, St. Louis

Measuring Progress

The RPM Program rewards clients with gift cards as they reach treatment milestones. The first is committing to the program, followed by attaining various levels of abstinence up to the 50 percent level. In addition, small rewards—books, coffee mugs, pocket cards—are given when clients achieve individualized weekly goals. This reward system has resulted in 65 percent of clients completing the program.

Transforming Lives

An addiction to alcohol resulted in an older man losing his teaching license, his family and his home. After completing inpatient treatment at Preferred Family Healthcare, he entered the RPM Program. There he received medication-assisted treatment, and his mentor helped identify a previously undiagnosed psychological problem. Today, he has been sober for more than a year and works full time.



Outcome: People with behavioral health disorders will manage their condition(s) and avoid crises or emergency circumstances.

Preferred Family Healthcare

2639 Miami, 4th Floor
St. Louis, MO 63118
(314) 361-1630
www.pfh.org

The Relapse Prevention Mentoring project helps consumers with chronic substance abuse disorders and relapses to reduce the frequency and duration of relapse episodes and avoid critical episodes.

AWARD: \$173,616

Queen of Peace Center

325 N. Newstead Ave.
St. Louis, MO 63108
(314) 531-0511
www.qopcstl.org

Project PEACE extends the duration and intensity of behavioral health services for mothers currently engaged in substance abuse treatment — in order to manage their conditions and avoid behavioral health crises or emergencies.

AWARD: \$69,444

Transforming Lives Through Work

Independence Center

“The Independence Center’s mission is to help people with serious mental illness find employment. While this is sometimes a challenge in itself, we developed the Transforming Lives Through Work program for a particularly vulnerable group—people whose experiences have left them with an internal stigma that prevents them from seeing any possibility of their ever working. This program offers the support they need to recognize their strengths and the potential they have for becoming employed.”

– Kate Blair | Associate Director | Independence Center



Measuring Progress

Just saying, “I want to go to work” is a major step forward for members of Transforming Lives Through Work, which is why it is the first major milestone measured. Members then progress to thinking about specifics regarding work and how it will change their lives. Finding a job and reaching employment goals measured in weeks and months are all milestones recognized and celebrated.

Transforming Lives

Since July 2007, Transforming Lives Through Work has helped 57 people with serious mental illness go to work; 37 worked a minimum of 90 days. Among them is a 43-year-old man who, after living with mental illness for 20 years and experiencing many failures, had despaired of ever becoming employed. He now works at a law firm coordinating conference room scheduling.

Outcome: Organizations will provide services for people with behavioral health disorders within a system that supports their holistic needs across their lifespan.

BJC Behavioral Health

1430 Olive Street, Suite 500

St. Louis, MO 63103

(314) 206-3764

www.bjc.org

The Lifestyles project helps consumers with serious and persistent mental illnesses and elevated glucose levels or hypertension to successfully manage both their behavioral and physical health conditions.

AWARD: \$222,600



In 2006, 24 projects were selected from among 94 applications responding to the 2006 Community Children's Services Fund Call for Co-Investors. Each contributes toward attaining one of MHB's priority investment outcomes.

Children's Services Fund

**This does not include funding partners*

Outcome: Parents and caregivers will consistently use newly acquired skills to provide positive discipline and structure to effectively manage problem behaviors.

Children's Advocacy Services

One University Blvd
St. Louis, MO 63121
(314) 516-6798
www.stlouiscac.org

The Parent Child Interactive Therapy program supports parents to use positive guidance and discipline with their children.

AWARD: \$199,852

Community Alternatives

3738 Chouteau Ave, Suite 200
St. Louis, MO 63110
(314) 772-8801
www.community-alternatives.org

The Incredible Years program assists parents of children who are at-risk for or currently have conduct problems to use positive approaches to parenting.

AWARD: \$250,000

Family Resource Center

3309 S. Kingshighway Blvd.
St. Louis, MO 63139
(314) 534-9350
www.frcmo.org

The Parenting & Education Support Project assists parents to provide positive structure and guidance to their children.

AWARD: \$126,566

Family Support Network

7514 Big Bend Boulevard
St. Louis, MO 63119
(314) 644-5055
www.familysupportnet.org

Project First Step works to help stabilize families by enhancing parenting skills, connecting families to needed community resources, and building positive family relationships.

AWARD: \$100,000

Parents and caregivers will consistently use newly acquired skills to provide positive discipline and structure to effectively manage problem behaviors. *(continued)*



Father's Support Center

4411 N. Newstead
St. Louis, MO 63115
(314) 333-4170

www.fatherssupportcenter.org

The Family Formation Program teaches parents five key skill for building positive relationships with their children:

- 1) modeling: rules, behaviors and values;
- 2) teaching self-discipline;
- 3) process of discipline and consequences of behavior;
- 4) ignoring and providing praise for specific behavior, and
- 5) solution building — problem-solving techniques.

AWARD: \$182,907

Our Little Haven

4316 Lindell Blvd
St. Louis, MO 63108
(314) 533-2229

www.ourlittlehaven.org

The Parent Learning program incorporates three approaches to supporting parents to use positive discipline: group therapy/education, traditional individual and family outpatient therapy, and psychological and parenting assessments.

AWARD: \$250,000

Building Developmental Assets Program | Covenant House

“MHB funding helps us reach out to youth ages 16, 17 and 18 living in the city of St. Louis. Our goal is to improve their family relationships and link them to resources in the community through counseling and case management. Often as we work with teens on broader issues like getting their GED or finding employment, we uncover more immediate needs we can help with—like applying for food stamps or finding child day care services.”

– Lori Meckles | Support Services Manager | Covenant House



Measuring Progress

Approximately 50 teens are enrolled in the Building Developmental Assets Program at any given time. They choose two goals from a list that includes such positive actions as attending church services, enrolling in a community program, improving family relationships, and engaging in education, learning and employment. They then decide on the steps they will take to achieve those goals.

Transforming Lives

For his first five months in the program, a 16-year-old teen—always with a hoodie pulled over his head—worked steadily on his GED but wouldn’t interact with the staff or his peers. After joining the Covenant House’s in-house job training program, however, he became a different person—sweet, a little sassy and well liked. The program helped him stop hiding from the world.

Outcome: 3rd graders will read at satisfactory or proficient levels.

Edgewood Children's Center

330 North Gore
St. Louis, MO 63119
(314) 968-2060
www.eccstl.org

The Reading is Great! program improves the literacy skills of children grades K-3 who are behind in their reading skills and comprehension.

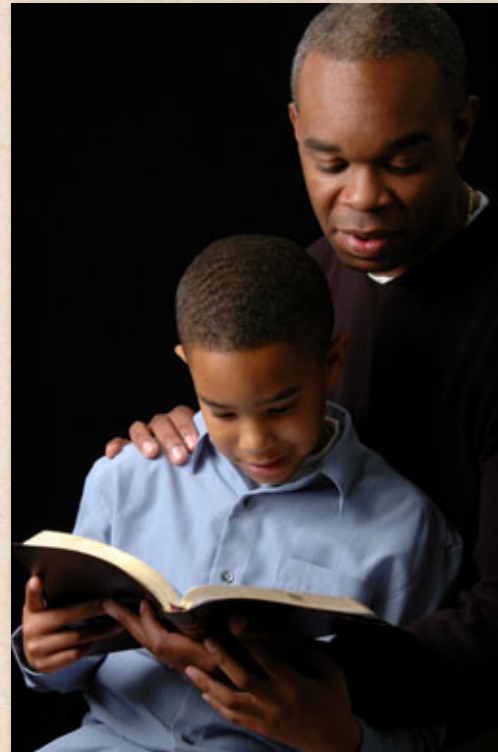
AWARD: \$241,238

Wesley House

4507 Lee Ave
St. Louis, MO 63115
(314) 385-1000

The Early Childhood Literacy project assists students in kindergarten through third grade to improve literacy skills so that they are reading at satisfactory or proficient levels as measured by the Missouri Assessment Program.

AWARD: \$65,654



Outcome: High School students will graduate from high school.

Harmony in Life

3615 Morganford
St. Louis, MO 63116
(314) 664-0835

The New Home project assists Bosnian, former Yugoslavian, and other immigrant high school-aged youth to improve their academic success, school attendance, and adjustment to the U.S. culture in order to stay in school and graduate.

AWARD: \$128,933

Marian Middle School

4130 Wyoming
St. Louis, MO 63116
(314) 771-7674
www.mms-stl.org

The Graduate Support project provides academic support to graduates in their high school

setting so that they stay in school and graduate. The Recruitment project increases enrollment at Marian Middle School, a Nativity School that serves economically disadvantaged adolescent girls so that they will be prepared to begin and complete high school.

AWARD: \$68,752

Northside Community Center

4120 Maffitt Avenue
St. Louis, MO 63113
(314) 531-4161
www.northsidecommunitycenter.net

The School Completion program assists students at Beaumont High School who are at risk for dropping out to stay in school and graduate.

AWARD: \$188,743

St. Louis Internship Program

4232 Forest Park Avenue, Room 1027
St. Louis, MO 63108
(314) 371-7547
www.stlouisinternship.org

The St. Louis Internship Program, Pre-Internship component, supports 9TH grade students in St. Louis Public Schools to stay in school and be promoted to the 10th grade.

AWARD: \$151,398

Sts. Teresa and Bridget Church

3636 North Market Street
St. Louis, MO 63113
(314) 371-1190
www.ststb.org

The Youth Enrichment program assists youth from low-income families to stay in high school and graduate.

AWARD: \$65,398

D.R.E.A.M.S.

(Dedicated, Responsible, Energetic and Motivated Students)
Northside Community Center, Inc.

"We work with Beaumont High School students who are at risk for dropping out. Our entire focus is making sure these students have the support they need to stay in school and secure their futures, either by attending college or becoming employed. We provide counseling, tutoring, ACT preparation, field trips, visits to college campuses, even school supplies. We think it's working—approximately 90 percent of the students who started with us as freshmen are still in the program."

— Sandra Norman | Executive Director | Northside Community Center, Inc.



Measuring Progress

For teens who often don't receive positive reinforcement or encouragement to reach goals, D.R.E.A.M.S. provides opportunities for both. Students must maintain a 2.3 grade point average, attend class regularly and set quarterly goals for themselves. Students not only begin to realize they can achieve what they set out to do, they also receive continuous praise and recognition for their hard work.

Transforming Lives

A freshman basketball player struggled to maintain the grade point average required by both D.R.E.A.M.S. and the St. Louis Public Schools' sports program. Intense work by D.R.E.A.M.S.' staff and tutors—coupled with the student's determination—enabled him to raise his GPA from a 0.5 to a 2.5. He's once more a member of the basketball team and on his way to graduation.

Outcome: Children and youth will build resilience to their immediate and critical risk factors.

Boys and Girls Town of Missouri

4753 South Grand Blvd.

St. Louis, MO 63111

(314) 535-7911

www.bgtm.org

The Fostering Futures program works to increase the stability of youth in foster homes in order to reduce numbers of placements.

AWARD: \$121,104

CDCA

4236 Lindell, Suite 300

St. Louis, MO 63108

(314) 531-1412

www.childcarestl.org

The Social Emotional Competency in Early Childhood program provides support for early childhood

professionals who work with children at risk in order to reduce the number of children being expelled from child care due to problem behaviors.

AWARD: \$91,433

Covenant House

2727 North Kingshighway

St. Louis, MO 63113

(314) 533-2241

www.covenanthousemo.org

The Building Developmental Assets program provides temporary shelter and supportive services for homeless or disconnected youth so they can become positive, productive members of society.

AWARD: \$250,000

Horizon North Housing Corporation

2334 Olive

St. Louis, MO 63103

(314) 421-0090

The Early Intervention Prevention program assists children whose mothers have a developmental disability to achieve academic success.

AWARD: \$54,300

Children and youth will build resilience to their immediate and critical risk factors. *(continued)*

Kids in the Middle

222 West Monroe
St. Louis, MO 63122
(314) 909-9922

www.kidsinthemiddle.org

The School Outreach Counseling project assists students in St. Louis Public Schools whose families are in transition to use age-appropriate coping skills and maintain school performance.

AWARD: \$205,020

St. Vincent Home for Children

7401 Florissant Road
St. Louis, MO 63121
(314) 261-6011

www.saintvincenthome.org

Emergency Shelter Program provides respite and intensive support to children at risk of residential placement so that they can maintain a safe, stable home environment.

AWARD: \$250,000



CHILDREN'S SERVICES FUND

Family Formation Program | Father's Support Center

“Men who didn't grow up observing good parenting in their childhood homes don't automatically know how to be good fathers once they have children of their own. Our Family Formation Program provides fathers with the parenting skills training they need to become a positive influence in their children's lives. We also teach personal development skills that help fathers communicate with their children's mothers. These relationships need to be centered on the children rather than the adults.”

– Halbert Sullivan | Chief Executive Officer | Father's Support Center

Measuring Progress

Men enroll in the Family Formation Program for a full year, which begins with their attending classes five days a week for six weeks. Since the goal is to change attitudes and behavior, observing the fathers' interactions with their children during bonding activities is the main measure of progress. Others include pre- and post-testing of parenting skills and follow-ups with the children's mothers.

Transforming Lives

More than 60 men complete the Family Formation Program annually, and it has become a model for other programs. Its successes include a father pursuing custody of his 2 year old after the mother's drug addiction led to child abuse. Although he began the program frustrated at having been shut out of his child's life, the training he received helped him gain full custody.



Outcome: Children and youth diagnosed with serious emotional disturbance and/or substance abuse issues will be stabilized.

Bridgeway Behavioral Health

1027 S. Vandeventer
St. Louis, MO 63108
(314) 652-4200

www.bridgewaycounseling.com

The Adolescent Treatment program provides education, counseling and support to students in St. Louis Public School's alternative school to stay alcohol and drug free.

AWARD: \$245,760

Children's Advocacy Services

One University Blvd
St. Louis, MO 63121
(314) 516-6798

www.stlouiscac.org

The Integrated Treatment of Complex Trauma program provides intensive therapy and

support to children who have experienced extreme and/or multiple traumas to achieve and sustain emotional stability.

AWARD: \$186,014

Family Resource Center

3309 S. Kingshighway Blvd.
St. Louis, MO 63139

(314) 534-9350

www.frcmo.org

The Therapeutic Preschool — Day Treatment supports children three to six years of age who are experiencing serious emotional disturbance and behavioral problems, to achieve stabilization within the home environment.

AWARD: \$204,658

Our Little Haven

4316 Lindell Blvd
St. Louis, MO 63108
(314) 533-2229

www.ourlittlehaven.org

The Child Stabilization project assists pre-school and kindergarten children who have serious emotional disturbance to achieve stability at home and participate in community-based pre-school or integrated kindergarten programs.

AWARD: \$91,136

Outcome: Individuals experiencing juvenile justice family court involvement will demonstrate stability

22nd Judicial Circuit Court

3827 Enright, 2nd Floor
St. Louis, MO 63108

(314) 552-2500

www.courts.mo.gov/hosted/circuit22/juvenile.htm

The Family Subcontracted Services program supports family court involved juveniles and their families to get connected to the behavioral interventions and/or services they need.

AWARD: \$96,768

22nd Judicial Circuit Court

920 Vandeventer
St. Louis, MO 63108

(314) 552-2500

www.courts.mo.gov/hosted/circuit22/juvenile.htm

The Court Psychologist project provides counseling services for detained juveniles to support improvement in behavioral health and social skills.

AWARD: \$226,994

Community Alternatives

3738 Chouteau Ave, Suite 200
St. Louis, MO 63110

(314) 772-8801

www.community-alternatives.org

Multi-Systemic Therapy provides intensive in-home therapeutic services addressing all life domains of a juvenile with serious emotional disturbance.

AWARD: \$210,922

Kids in the Middle

121 W. Monroe
St. Louis, MO 63122

(314) 909-9922

www.kidsinthemiddle.org

The PTAS program assists parents to be able to parent together after separation or divorce.

AWARD: \$32,712

Individuals experiencing juvenile justice family court involvement will demonstrate stability (*continued*)

Provident

2650 Olive Blvd.
St. Louis, MO 63103
(314) 371-6500
www.providentstl.org

The Heritage House program supports supervised visitation and safe custody exchange for separated parents under court order so that youth will experience stress-free visits with non-cusodial parents.

AWARD: \$145,092

St. Louis Office for DD Resources

2334 Olive Blvd.
St. Louis, MO 63103
(314) 421-0090

This Educational Coach program helps parents of family court involved youth enrolled in or requiring special education services to obtain all services and supports to which they are entitled.

AWARD: \$34,404

Voices for Children

920 Vandeventer
St. Louis, MO 63108
(314) 552-2278
www.voicesforchildrenstl.org

The Guardian Ad Litem program provides legal and volunteer advocacy on behalf of the best interest of children removed from homes and become wards of the state to assure their rights and get them connected to support services to which they are eligible and/or entitled.

AWARD: \$125,508

T.R.O.U.T.S.

(Teens Reaching Out Up Toward Success)

Saints Teresa and Bridget Church

"T.R.O.U.T.S. is an after-school program that encourages high school students to graduate by helping them recognize their strengths and capabilities. We provide members with educational, social and cultural opportunities that enlarge their worldview and show them the possibility of setting bigger goals for themselves. But we also realize teenagers need consistent love, discipline and caring. For that reason, we try to connect with the teens as an extended family to whom they can always turn."

– Sister Pat Bober, CSJ | Youth Ministry Coordinator | Saints Teresa and Bridget Church



Measuring Progress

T.R.O.U.T.S.' goal is to have at least 16 of its 24 members pass to the next grade level or graduate from high school each year. Members' progress is measured through report cards and program attendance and participation, including volunteering each week for community service projects. Members in good standing receive a weekly allowance of \$15 as an incentive and reward.

Transforming Lives

Two seniors who joined T.R.O.U.T.S. as sophomores are typical of those served by the program. Living in neighborhoods filled with gangs and drug dealing, they have resisted peer pressure and chosen paths to success. Both work part time for the North Grand Neighborhood Services Angel Baked Cookies project. The boy is an honor-roll student, and the girl has received a college scholarship.

Outcome: Youth will avoid using alcohol, tobacco and other drugs

Big Brothers Big Sisters

501 N. Grand Blvd.
St. Louis, MO 63103
(314) 361-5900

The Loyola Academy After School Mentoring program help youth build positive adult relationships and to stay alcohol, tobacco and drug free.

AWARD: \$30,720

Discovering Options

909 Purdue
St. Louis, MO 63130
(314) 721-8116

www.discoveringoptions.org

The Elementary Prep program supports at risk 4TH and 5TH grade students at selected elementary schools to remain alcohol, tobacco and drug free.

AWARD: \$72,612

Living Word Apostolic Church

5622 Delmar, Suite 108E
St. Louis, MO 63112
(314) 361-2371

Friends with a Better Plan helps students remain alcohol, tobacco and drug free and engaged in at least two new interests by the end of the school year.

AWARD: \$134,976

In February 2007, a Call for Co-Investors was released to request proposals for Capital Improvements and Equipment Acquisition as a one-time opportunity for eligible children's services organizations.

In total, approximately \$750,000 was awarded to 42 grant recipients for a variety of much-needed improvement projects.

Capital Improvement Fund

Almost Home

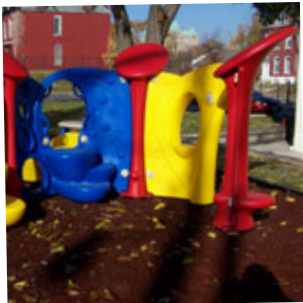
AWARD: \$43,316

“Through this grant, you can physically see the additions we’ve made to improve the living conditions, safety and security of our young mothers and their children. And you can feel their joy and new sense of pride in their home.”

– **Bill Wiese** | Director, Development and Public Relations
Almost Home

Almost Home provides a safe, transitional home and support for homeless teenage mothers and their children. MHB grant money was used to replace combination air conditioning/heating units in each of the residence’s

15 bedrooms, install a magnetic key system for added security, build a children’s playground, and purchase a new refrigerator, microwaves, mattresses, box springs, and furniture for the living and TV rooms.



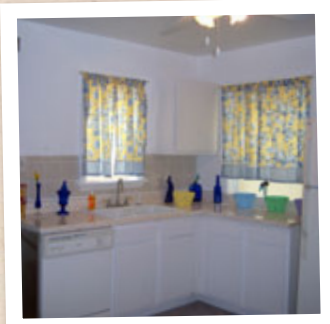
Creating Change Inc.

AWARD: \$32,810

“Respite care is difficult to find, especially for teenage boys. Getting our facility up to code meant being able to provide a range of services that help with development of life skills and employment.”

– **Chrissie Barfield** | President | Creating Change Inc.

Creating Change, Inc. provides free-of-charge, planned respite care/training services on weekends for teenage boys ages 13-17 with developmental disabilities and behavioral needs. MHB grant money enabled the new agency to upgrade its facility to meet St. Louis city and Department of Mental Health codes. Improvements were made to the fire alarm, exhaust compression and electrical systems, the plumbing and windows.



Herbert Hoover Boys & Girls Club

AWARD: \$50,000

"In recent years, conditions were such that we could only open the pool during summer months. Now it is open year-round for swimming lessons and recreational activities—even water aerobics classes for senior citizens. In addition, we've once again formed a swim team that is training to compete in summer 2009."

— **Flint Fowler** | President | Herbert Hoover Boys & Girls Club

The mission of Herbert Hoover Boys & Girls Club is to offer programs that inspire and enable youth ages 6 to 18 to realize their full potential as productive, responsible and caring citizens. MHB grant money helped the club renovate its indoor pool with a new roof, electrical wiring and HVAC system.



Northside Community Center, Inc.

AWARD: \$19,403

"Having access to computers allows the children in our program to complete their homework, do research on the Web and even study for their ACT/SAT tests. There's also space in the room for them to work on group projects and homework assignments. It's truly a hub of activity for the children we serve."

— **Leon Threat** | Development Director
Northside Community Center, Inc.

The Northside Community Center offers an after-school program for neighborhood children who don't have access to similar services through their schools. MHB grant money was used to repair structural and ventilation problems in the center's computer room as well as to purchase six new computers, tables and shelving.



In 2008, MHB awarded 18, \$500 mini-grants to organizations with established youth programs and annual budgets of less than \$100,000. The goal of the grants was to promote positive youth development and encourage young people to get involved with their community.

Youth Mini-Grants

Angel Baked Cookies Project

NORTH GRAND NEIGHBORHOOD SERVICES

"The kids had a lot of fun learning basic things like how to read a recipe and measure ingredients. But they also interacted with the teens working at Angel Baked Cookies, who served as good role models and talked to them about their dreams for the future."

— **Tim Severyn** | Angel Baked Cookies Program
Co-coordinator, North Grand Neighborhood Services



North Grand Neighborhood Services' Angel Baked Cookies program provides teenagers with part-time jobs baking cookies for retail sale. The MHB mini-grant funded a summer project for children ages 5 to 12 through which they learned how to bake cookies from start to finish—and then got to share the final product with their families.

Hip Hop Health Garden Project

HIP HOP HEALTH INITIATIVE

"In addition to discovering how plants grow, the children also learned how to take responsibility for living things. It was an opportunity to teach them how everything we do—from planting vegetables to throwing candy wrappers in the street—affects our environment."

— **Kyria Virshelle** | Program Facilitator | Hip Hop Health Initiative

The Hip Hop Health Garden Project developed from children's curiosity about how plants grow. During spring and summer 2008, 25 children each took charge of a garden bed, selecting what to grow, planting seeds, watering, weeding and harvesting their vegetables. The MBH mini-grant helped pay for garden bed building materials, seeds and a gardening journal for each child participating.



Neighborhood Dinner Project

LIFE CENTER CHURCH OF ST. LOUIS

"Our members range in age from 6 to 21. Organizing this dinner helped them learn about working cooperatively in groups as well as independently. It was also a good lesson for them about treating everyone with respect and compassion."

— **Regina Sullivan** | Youth Director | Life Center Church of St. Louis

With approximately five food pantries near their church, members of the youth group at Life Center Church know how important the pantries are for some people in their community. They decided to organize a sit-down dinner for the poor and homeless at which the group's members could personally serve them a good, hearty meal. The MHB mini-grant helped with food and supplies.

Stomp Out Teen Violence Project

CHANNEL OF BLESSINGS

"This was a real learning experience for members of our youth council. They helped decide on the theme and then were involved in every aspect of the program's organization. It gave them a chance to shine and really emerge as leaders, particularly when they were responsible for presenting their project at MHB's mini-grant showcase."

— **Kathleen Gamble** | Chief Executive Officer | Channel of Blessings



Committed to strengthening family bonds, Channel of Blessings organized a youth-oriented event—a step competition—with a serious message—ending date abuse among teens. Between step routines, three domestic violence shelters spoke to participants and audience members,

reinforcing the night's theme of "abuse by anyone is wrong for every one."

Initiatives & Partnerships

Current Initiatives

In addition to making direct investments and administering third party and Federal grants, the Mental Health Board utilizes two other strategies in Community Investments—Initiatives and Partnerships. Initiatives are projects in which MHB takes the lead to bring together key stakeholders to address a significant community issue in order to increase coordination, communication, and collaboration among the various participants.

St. Louis Empowerment Center

A consumer-run, self-help, drop-in program for people who are either suspicious of the behavioral health system or who feel that they were victimized by it. The Empowerment Center provides a safe and supportive environment for consumers to begin or to continue their recovery journeys.

Providers: Paraquad & Depressive and Bipolar Support Alliance

IMPACT St. Louis

(Fiscal Agent—100 Black Men of Metropolitan St. Louis)

IMPACT North East provides year around mentoring, education, health and economic empowerment services for youth in the city's North East corridor.

Current Partnerships

The Missouri Department of Mental Health, Division of Alcohol and Drug Abuse has been the Mental Health Board's longest standing Partner. ADA partners in the investment of Big Brother's Big Sister's Mentoring Program, Discovering Options Elementary Prep Program, Living Word Apostolic Church Friends with a Better Plan Program, Preferred Family Relapse Prevention Mentoring Program, Queen of Peace Project PEACE, Preferred Family Healthcare's Adolescent Treatment Program and Hopewell Center for Co-Occurring Substance Abuse program.

Faith-Based and Community-Based Youth Groups

Partner: Lutheran Foundation

Purpose: To invest in projects that promote positive youth development that increase the chances that youth are avoiding undesirable behaviors and their consequences. This was achieved by awarding mini-grants for youth driven community service activities.

Child Care

Partner: United Way of Greater St. Louis

Purpose: To ensure that children from low income working families in the City are cared for in a high quality child care program by providing partial scholarships toward child care for families that are not eligible for state child care subsidies.

Bullying Prevention

Partners: Incarnate Word Foundation, Lutheran Foundation, Catholic and Lutheran Elementary Schools in St. Louis City

Purpose: To provide the Comprehensive Bullying Prevention Model, Peaceful Solutions, to 20 Catholic and Lutheran schools in the City of St. Louis.

Current Partnerships (*continued*)**Parent Education**

Partners: Incarnate Word Foundation, Lutheran Foundation, Catholic and Lutheran Schools in St. Louis City

Purpose: To provide the Parent Education Program for parents of all children grades K, 3 and 6, attending Catholic and Lutheran schools in the City of St. Louis and ensure that parents receive the information they need to develop skills for dealing with issues and challenges facing children as they proceed through various growth and development transitions.

Non-Public After School Programs

Partners: Incarnate Word Foundation, Lutheran Foundation, Pettus Foundation, Catholic and Lutheran Schools in St. Louis City

Purpose: Provide high quality, comprehensive after-school programs which address intellectual, physical, social and affective domains.

Programming systematically incorporates:

- Academic Support/Creativity/Enrichment; (cognitive development)
- Physical Fitness, Recreation, Health and Nutrition; (psycho-motor skills)
- Social/Life Skills (relationship skills, practical decision making)
- Emotional and Mental Health/Character Development
- Parental and family involvement to support and reinforce gains in some or all of these child development areas.

Public After School Programs

Partner: St. Louis Public School District

Purpose: Provide high quality, comprehensive after-school programs which address intellectual, physical, social and affective domains.

Programming systematically incorporates:

- Academic Support/Creativity/Enrichment; (cognitive development)
- Physical Fitness, Recreation, Health and Nutrition; (psycho-motor skills)
- Social/Life Skills (relationship skills, practical decision making);
- Emotional and Mental Health/Character Development
- Parental and family involvement to support and reinforce gains in some or all of these child development areas.

Current Partnerships *(continued)*

Adolescent Substance Abuse Treatment

Partner: Missouri Department of Mental Health, Division of Alcohol and Drug Abuse

Purpose: To provide an adolescent substance abuse treatment program for youth 12-17 years of age.

Aging Out of Foster Care

Partners: Deaconess Foundation, Lutheran Foundation, Incarnate Word Foundation, Daughters of Charity & Trio Foundations, Missouri Foundation for Health, Commerce Bank, and Express Scripts

Purpose: To support youth to prepare for aging out of the foster care system to successfully transition to positive, productive adulthood.

Provider: Epworth Family and Children's Services

Transitions to Work Project

Partners: St. Louis Area Training & Employment (SLATE)

Purpose: To develop a unique, comprehensive youth employment program model to address the numerous barriers which impede city youth from acquiring skills training, gaining unsubsidized employment opportunities, and retaining those jobs over the long term. Both partners saw a true opportunity to join together the resources they had available and create a model program that neither could achieve alone.

Provider: Provident

Happenings 4 Youth Project

Partner: St. Louis for Kids

Purpose: To create a resource directory which will increase awareness and accessibility of City families to existing positive non-school hour youth programs and activities that will positively impact risk and protective factors in their lives.

Provider: St. Louis for Kids

Addictions Academy

Partner: Committed Caring Faith Communities

Purpose: To provide scholarships to clergy, lay leaders and congregation members of various faiths to attend an Addictions Academy. The Academy provides education on the topic of substance abuse and addiction.

The Mental Health Board identified Vulnerable Populations for which collaborations were created and federal funding obtained. They are foreign born or Limited English Proficient (LEP Persons, Persons at-Risk for HIV–AIDS, and Pre-Adjudicated Youth Dealing with Mental Health Issues.

Federal Grants

**Comprehensive Services
for Survivors of Torture,
United States Office of
Refugee Resettlement (ORR)**

ANNUAL AWARD: \$475,000

Providers: Bi-Lingual Assistant Services (BIAS), Center for Survivors of Torture and War Trauma (CSTWT), Community Alternatives, Interfaith Legal Services for Immigrants (ILSI), International Institute, Language Access Metro Project (LAMP–Catholic Family Services)

**Targeted Capacity Enhancement
for HIV-AIDS United States
Office of Substance Abuse/
Mental Health Services
Administration (SAMHSA)**

ANNUAL AWARD: \$495,000

Providers: Bridgeway Behavioral Health Services, Community Alternatives, Inc., Queen of Peace Center, Missouri Institute of Mental Health

**Multi-Systemic Treatment
for Pre-Adjudicated Youth
United States Office of Bureau
of Justice Assistance (BJA)**

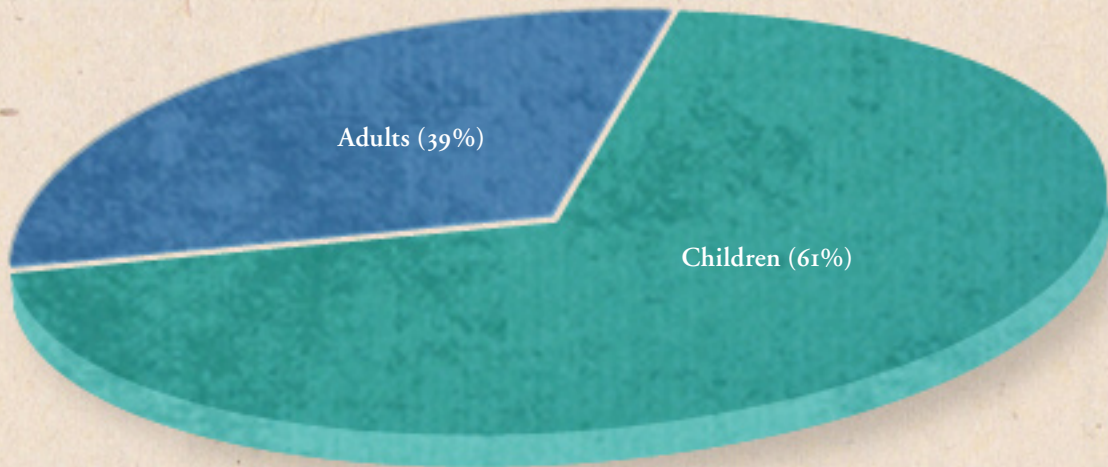
ANNUAL AWARD: \$100,000

Providers: Community Alternatives, Inc., St. Louis Family Court

Snapshots

FY08 Grants

(Children vs. Adults)

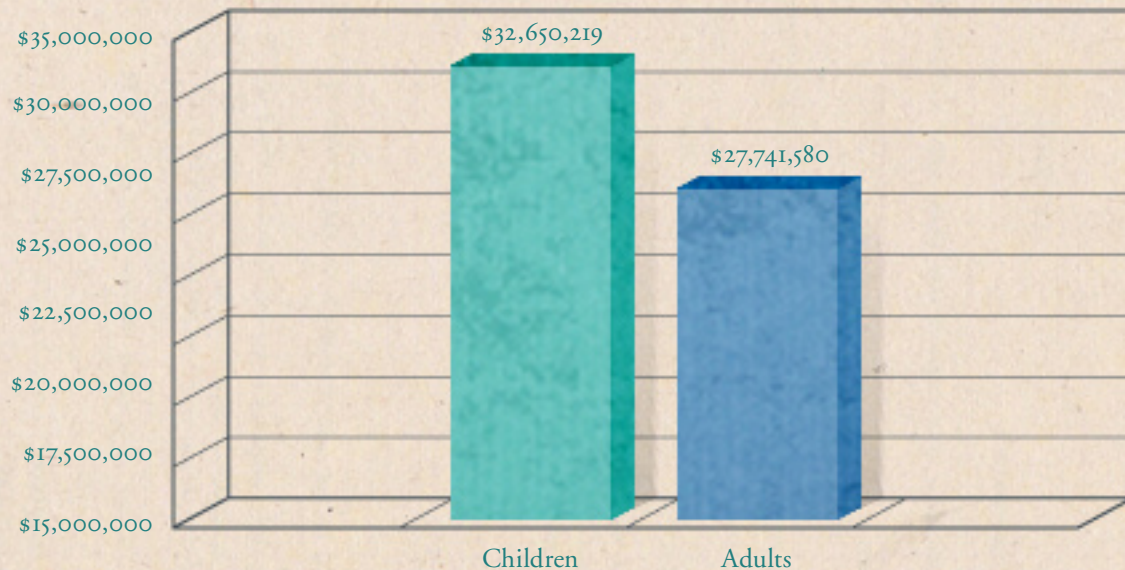


Current FY Grants Total Number: 134

(Children: 82 | Adults: 52)

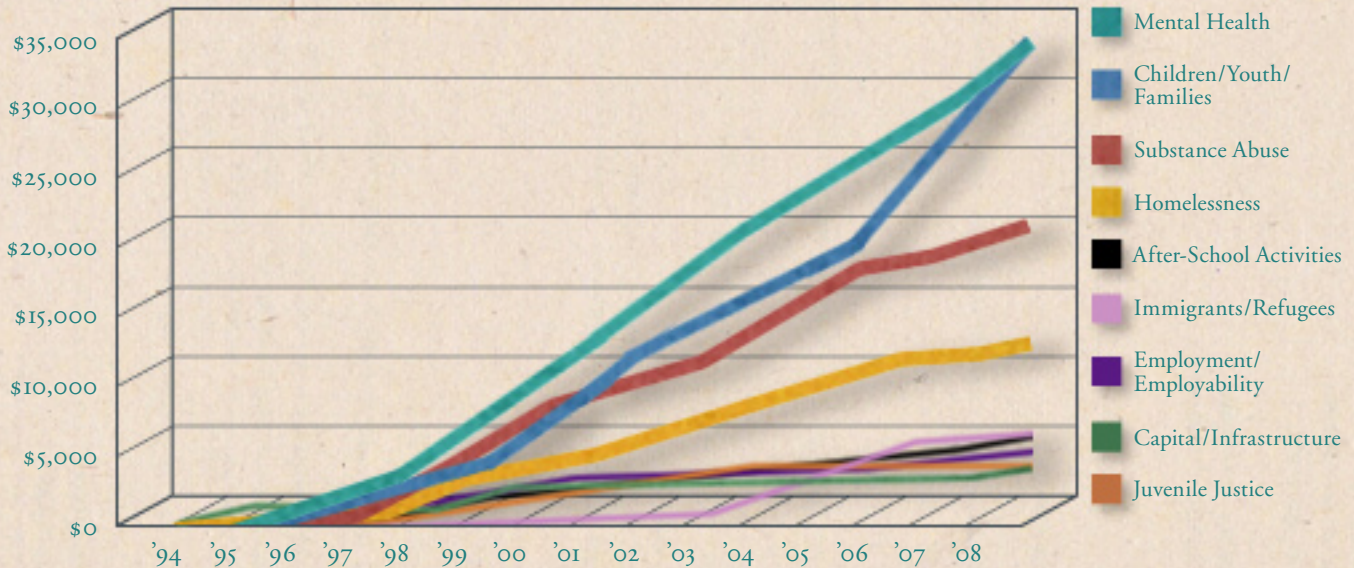
Cumulative Investments 1995-2008

(Children vs. Adults)

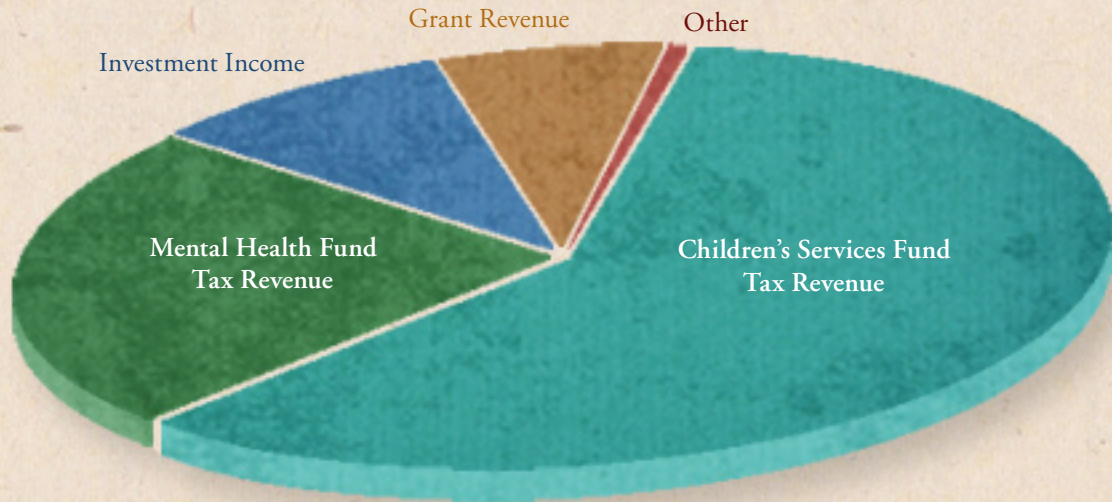


Investments, 1994-2008

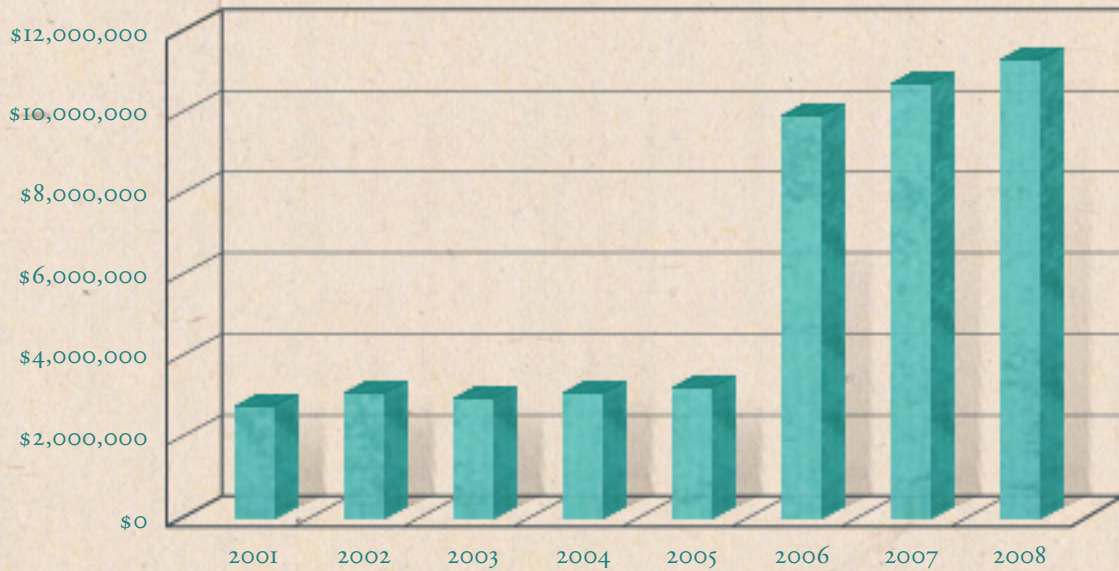
(St. Louis Mental Health Board)



FY08 Revenues by Source

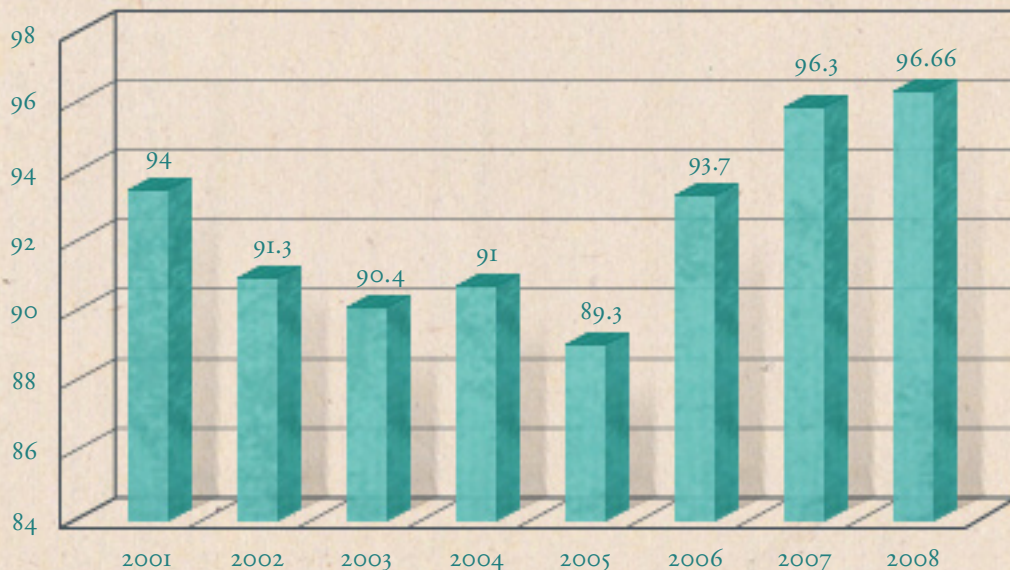


Tax Revenue



Project Expenditures to Total Expenditures

(in percentages)



Trustees

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Ritenour School District
Central West End Neighborhood



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Children and Youth
West End Neighborhood



Caroline Korybut

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Philip Minden

Senior Deputy Director
Fannie Mae Corporation
Forest Park Southeast Neighborhood

Nina R. North Murphy, LCSW

Director, Kingdom House
Senior Companion Program
Tower Grove East Neighborhood



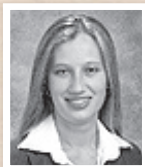
Marylou Calzaretta, Esq.

Corporate Counsel
Esse Health
Holly Hills Neighborhood



Brooke Sehy

Chief Executive Officer
St. Louis Integrated Health Network
Central West End



Robert Franken

Managing Director
Strataventure, LLC
DeBaliviere Place



Jason Spaetti

Program Development Specialist
MERS/Goodwill
Soulard Neighborhood

Staff

Don Cuvo

Executive Director



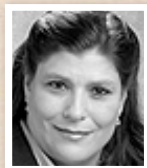
Allyce Bullock

Project Director
Shaw Neighborhood



Meg Monti

Deputy Director
Tower Grove East Neighborhood



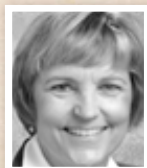
Alice Draper

Office Manager
Goodfellow-Wells Neighborhood



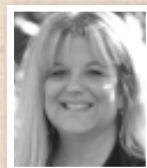
Jan Ashbrook

Project Director



Sue Huelsing

Administrative Assistant of
Business and Technology



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Project Director



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Secretary



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