

saint louis



partnering
investing
empowering

*We're on a mission to improve the quality of life
for city residents ➡ by investing and participating in
a coordinated system of social, behavioral, and
physical health services ➡ aligned with community
priorities. ➡ This is our Report to the Community
for Fiscal Year 2018.*

Saint Louis MHB is an independent government taxing authority administering two special property taxes that support behavioral health services via the Community Mental Health Fund and the Community Children's Services Fund.



These tax monies are disbursed through a competitive application process, then granted to non-profit organizations that provide high quality children's services and mental health/substance use services for City residents.



MHB also actively seeks to leverage City tax funds with other sources and has secured and manages two federal grants—Office of Refugee Resettlement: Torture Survivors Program and Substance Abuse and Mental Health Services Administration: System of Care (SOC) Program.



MHB does not provide direct services, but by supporting effective, non-profit service providers, MHB makes more high quality, accessible services available to the people of St Louis.

Dear Friend,

Saint Louis MHB is pleased to present our 2018 Annual Report to the community. Since 1994, MHB has focused on improving the lives of St. Louis City residents by providing financial and organizational support to non-profits offering critical services.

Our Mental Health Fund supports vital services such as treatment for drug or alcohol misuse and mental health conditions. Our Children's Service Fund makes it possible for non-profits to address the needs of City children and youth up to age 19. In FY18 MHB has earned a significant social return on investment by providing sound financial oversight in selecting and supporting organizations that can achieve real, lasting results in people's lives.

Some of our most important accomplishments in FY18 include:

MHB invested 92% of our budget to fund vital services to City residents:	MHB worked to improve services and resident participation:	MHB partnered to improve behavioral health service systems:
<div>✓</div> <div>Provided \$12.6 million in funding and program support to 50 non-profit agencies benefiting a total of 12,526 people</div>	<div>✓</div> <div>Sponsored training for 755 child/youth service providers to increase their capacity to deal with trauma using evidence-based approaches</div>	<div>✓</div> <div>The System of Care (SOC) is a federally funded initiative to strengthen a coordinated network of services & supports for children with serious emotional disturbance (SED)</div>
<div>✓</div> <div>Targeted our funding to the most critical needs and the most effective interventions to make every dollar count</div>	<div>✓</div> <div>FY18 marked the first time that neighborhood residents were engaged in the proposal review process along with MHB Trustees</div>	<div>✓</div> <div>SOC has been successful in bringing individuals and organizations together to coordinate services for children with SED and has developed tools to assist in navigation</div>
<div>✓</div> <div>Received unqualified ("clean") opinion of our financial statements by independent auditors, CliftonLarsonAllen LLP</div>	<div>✓</div> <div>Staff provided many hours of consultation to projects when requested or needed. Consultation was provided to all funded programs in FY18</div>	<div>✓</div> <div>SOC sustainability has been addressed by nesting it within the non-profit Vision for Children at Risk so that it can continue after federal funding ends</div>

The tagline of MHB's new brand is: *partnering, investing, empowering*. We believe that these values and the underlying respect that they reflect, is the best way MHB can help our community to thrive and become healthier and more equitable. Please don't hesitate to contact us if you have comments or questions. Thank you!

Sincerely,

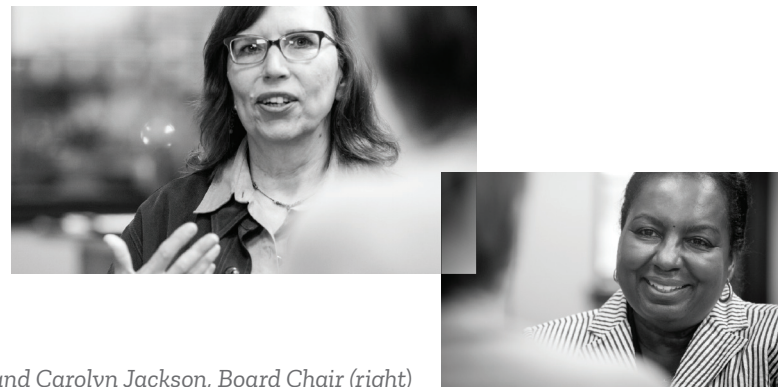
Carolyn A. Jackson

Carolyn Jackson
Board Chair

Jama Dodson

Jama Dodson
Executive Director

How Saint Louis MHB serves as a resource for a more just and equitable community for the people of the City of St. Louis.



Q&A with Jama Dodson, Executive Director (left), and Carolyn Jackson, Board Chair (right)

Building an equitable, thriving community is part of your vision statement. How are you following through to make sure that Saint Louis MHB is serving the community in an equitable manner?

Jama: Our current vision statement was adopted in 2015. It was partly inspired by the Ferguson events and the recognition that right now, our community is not equitable for many of its people.

It's quite possible to contribute to inequity without meaning to, so in our grantmaking, we work very hard to ensure we assess proposals carefully against meaningful criteria. We start by verifying that the program being proposed is serving a population and an area with high needs that is currently underserved. Next, we assess the quality of the program being proposed; i.e., Does it fit the need well? Is it a proven intervention with its own track record of positive results? Finally, we look at the trust and credibility between the organization and the people it proposes to serve. Does the organization have an existing presence in that community or with the people being served? If the answers are favorable to these questions, MHB will be inclined to invest.

Carolyn: The issue of trust comes up often when people are experiencing problems. Drug and alcohol misuse or mental health conditions are often the underlying causes. But due to stigma or lack of knowledge about behavioral health, people may not realize they need services, and the only way for them to get the help they need is to have a place where they feel safe and comfortable going for advice. Often, in order to build trust among people they want to serve, organizations must use non-traditional approaches, neighborhood partnerships or other trusted connections.

Jama: I believe that if we expect our grantees to function with an equity lens, then MHB must do the same. For the past three years, MHB Trustees and staff have participated in learning about systemic racism and implicit bias. MHB conducted an equity assessment to enhance our organization's ability to incorporate diversity, equity, and inclusion (DEI) into our funding practices. In addition, staff and Trustees have committed to attending various workshops and trainings on racial equity. I just attended a 3-day training by CrossRoads Anti-Racism Organizing and Training entitled *Understanding and Analyzing Systemic Racism*. My hope is that I will be able to bring new tools and methods from that experience to support MHB's DEI efforts.

This year, MHB introduced a new brand. What is the new MHB tagline, *Partnering Investing Empowering* meant to signify to the community?

Jama: As we've evolved, the name "Mental Health Board" no longer reflects the entirety of what we do. While mental and behavioral health still make up a large portion of our funding, we have branched out to other areas of need such as children's services, violence prevention, permanent supportive housing, human trafficking, and New Americans, by securing federal grants or partnering with other funders to increase our impact on important issues.

Carolyn: When I reflect on our new tagline, *partnering, investing, empowering*, "partnering" to me, means community outreach. We are partnering with agencies, with government officials and people in the community including grassroots organizations and educators to develop solutions to common problems. We're "investing" in the development of the community through our grants to non-profit direct service organizations. "Empowering" is when our resources are used to help strengthen direct service organizations who help the people they serve feel more capable and confident in themselves.

Jama: To me, it all gets back to respect. We respect the people and organizations we work with, and what they can do. We don't try to manage them and we make every effort to provide sufficient funding so the work they do can make a real difference.

OUR VISION

MHB is a strategic visionary leader investing in and strengthening an integrated system of social, behavioral and physical health services to build an equitable, thriving community.

MHB VALUES

Stewardship & Accountability

Consumer Centered

Collaborative Leadership

Excellence

Effectiveness Through Learning

Measurable Impact

How do you keep your fingers on the pulse of the community?

Carolyn: I live in the heart of the City of St. Louis, it's a great place to be, but, our community is in need of help; it's crying out for help. Being a part of this board, I can help keep us in touch with what is going on in the City.

Jama: We also keep up with what is going on by requiring each staff member to participate in an outside community group or committee that relates to their job and to which they can make a meaningful contribution. Preferably, it is with an initiative that they feel passionate about and have the skills to add value. This does a lot of good things. We help the community, but we also get a lot of information about what's happening as well.

Some examples of our staff connections include the St. Louis Regional System of Care — a federal initiative to create a coordinated system of services for children with severe emotional disturbances. Staff also participate in the Funders Learning & Evaluation Group (FLEG) consisting of funders coming together to create common metrics and community level data. Another member of our staff is the vice-chair of the St. Louis City Continuum of Care for the Homeless and another serves on the Ready by 21 St. Louis Leadership Council.

What would you like potential grantees to know about MHB?

Jama: The two City property taxes MHB administers, Mental Health Fund and Children's Services Fund, generate approximately \$12 million each year between them. (Children's Services: \$9 M; Mental Health: \$3 M). Though we are very prudent and take our stewardship seriously, due to the number of proposals we receive, we are able to fund only approximately half of them. As a result, we have to target our funding to the most critical needs and the most effective interventions. We want every dollar to count.

We also want grantees to know how important it is that they present quality proposals that address important needs. At the beginning of each new funding cycle, we release a Needs Assessment. It is an excellent source of information and is intended to be used to inform applicants on which high need populations and community level issues are most pressing. Furthermore, it's important to know that MHB's funding decisions are also guided by the Needs Assessment.

Finally, I want grantees to know that MHB has a talented, dedicated staff. The commitment of the people in this organization is extraordinary. So please call upon us if you need help or have any questions about human services in our community.

What accomplishments have taken place this year that you'd like your constituents to know about?

Carolyn: This year we invited City residents in to assist the Trustees with grant review. Listening to community members gave us an opportunity to hear other views on the proposals. It was really good for us to take the time to get that fresh perspective.

Jama: This was the first time MHB brought consumers into the grantmaking process. Eight people participated (two in each of four review teams) starting with an orientation on the selection criteria and MHB's process. I must say, they were just as well prepared as the Trustees and had a lot of good ideas. We're going to keep doing it!

Another key accomplishment this year, has been MHB's leadership with a group of partners working to reduce gun violence. MHB was asked to take the lead in organizing the initiative that has evolved into the Regional Violence Prevention Commission. MHB's role is to pull together people who are not normally in each other's presence, such as the police and neighborhood residents and solve problems focusing particularly on preventing violence. So, that's an initiative just getting off the ground and we feel really good about its prospects.

Carolyn: Since becoming board chair, one of the things I've focused on is working to communicate more about MHB's work and its impact on the City with our City's leadership, including the Mayor and members of the St. Louis Board of Aldermen.

Jama: Along those same lines, MHB and others are working with the Mayor on how the City of St. Louis might address more needs of children, youth and families.

"Listening to community members gave us an opportunity to hear another viewpoint on what's going on.

It was really good for us to take the time to get that fresh perspective."



"We don't just write checks. We want all of our stakeholders to value, understand and get involved as partners with us."

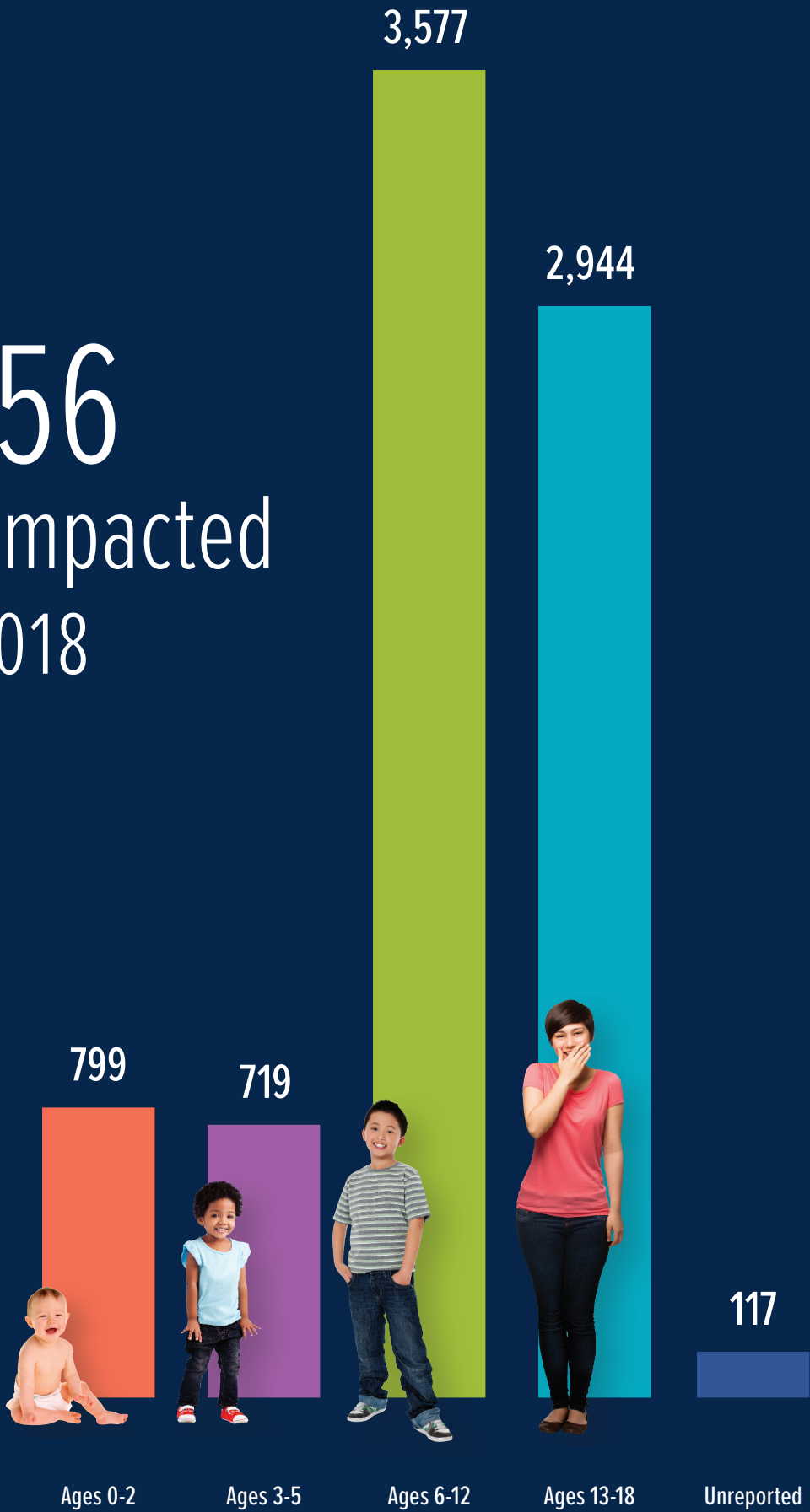
Any closing thoughts?

Carolyn: One of the things I most enjoy is when people from our grantee organizations bring in their clients to one of our board meetings to speak on their accomplishments. It really makes you feel good.

Jama: At our board meetings, there's a real opportunity to see how we work and also learn about the good things happening in the community. All board meetings are open to the public. The community is always welcome.

Carolyn: So, in closing, we'd like to invite anyone who is interested in our work to join us at one of our meetings. They usually take place once a month on the third Thursday at 5:45 PM. To find the schedule, visit our website at www.stlmhb.com and click on "Important Dates."

8,156 Children Impacted FY2018



The Community Children’s Services Fund

The Community Children’s Services Fund is committed to

improving
the well-being of
children in the
City of St. Louis.

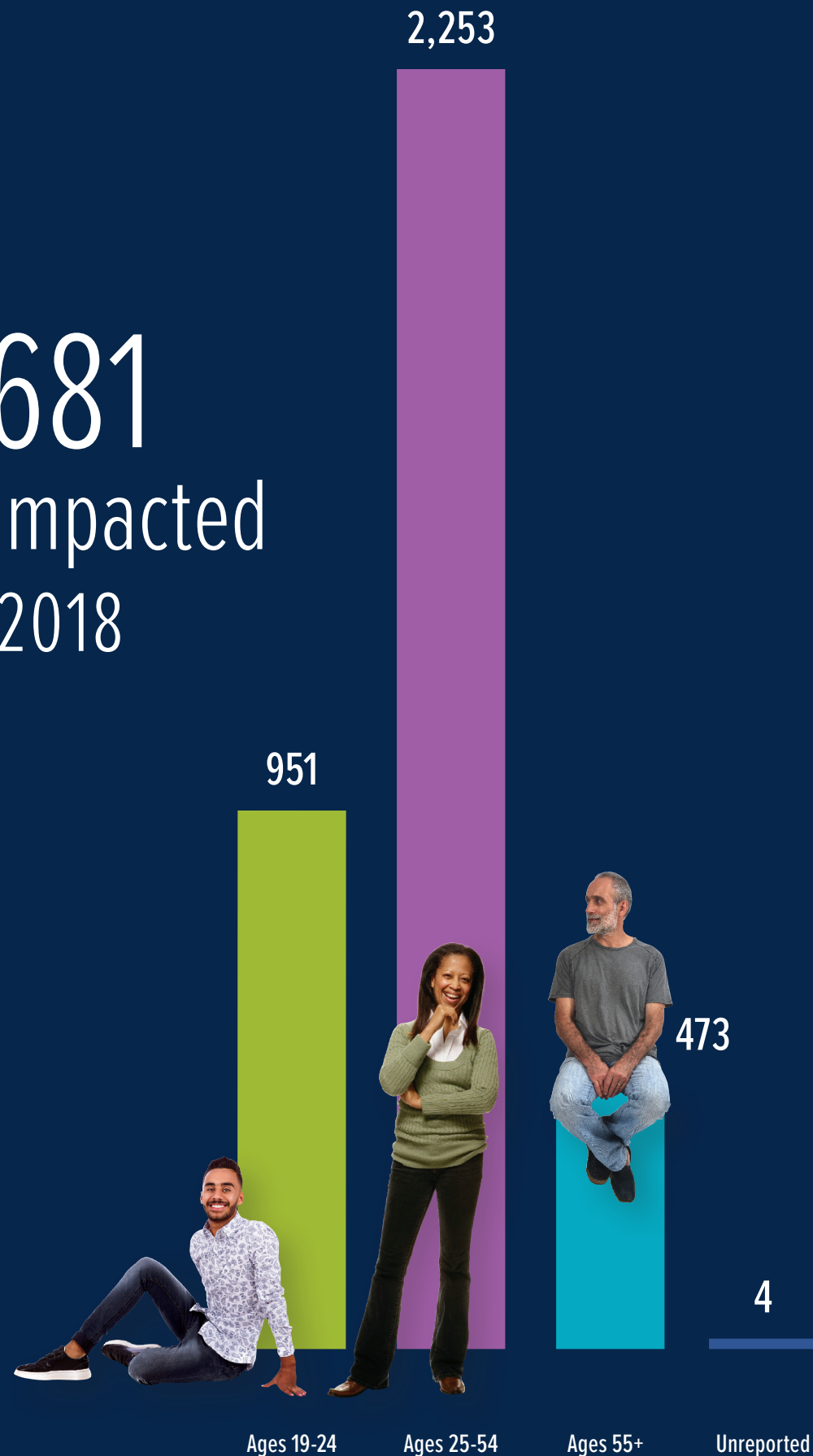
This is accomplished through participation in community collaborations that support the development of a coordinated system of care for children, as well as investing in a wide range of high quality community programs from prevention to treatment, chosen through a rigorous application process.

Funded programs address the social, emotional and behavioral health needs of City children, birth through age 18.

Successful Outcomes

		
1,058	1,799	4,700
children and youth were positively engaged in school or on track to graduate high school	youth developed leadership and job skills	children were kept safe and nurtured with healthy connections to others in their homes, schools and community

3,681
Adults Impacted
FY2018



The Community Mental Health Fund

The Community Mental Health Fund
invests in

accessible, high quality
behavioral health
and substance abuse
recovery services.

The evidence-based practices MHB funds are effective, efficient
and lead to measurable changes that improve the conditions of people
served as well as the overall quality of life for adult City residents.

Successful Outcomes



683

adults identified,
prevented, and/or
addressed behavioral
health conditions through
early intervention



901

adults improved
their mental health and/or
reduced substance use

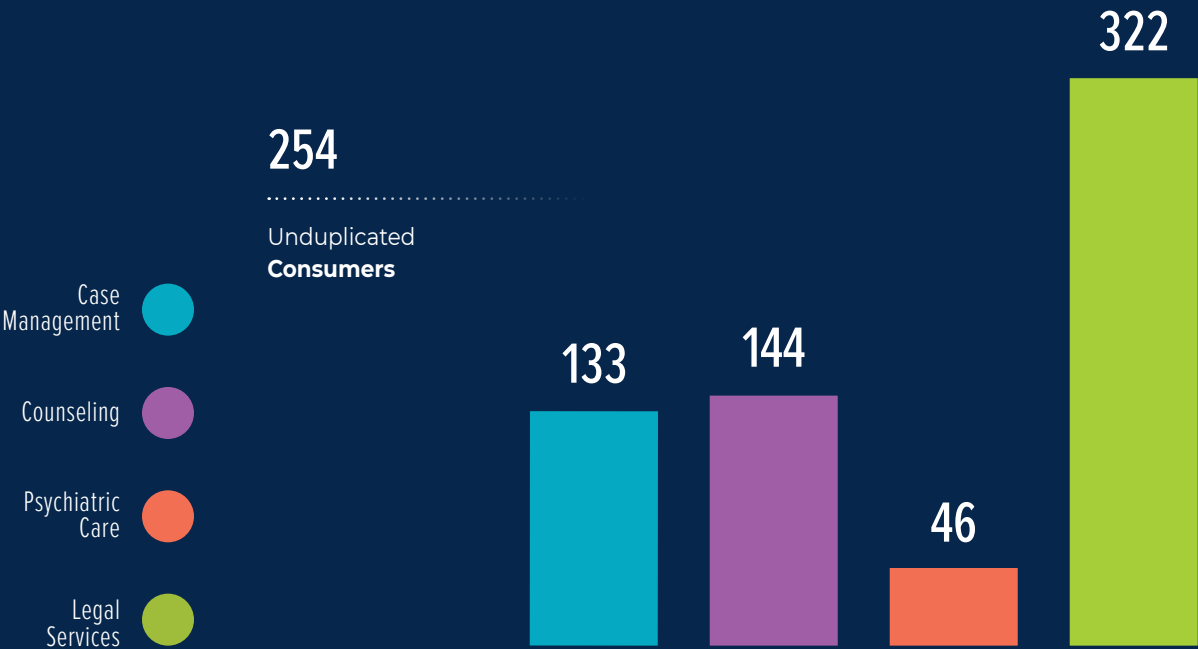


65

adults with severe
and persistent mental
illness improved their
daily functioning,
housing stability, and/or
employment

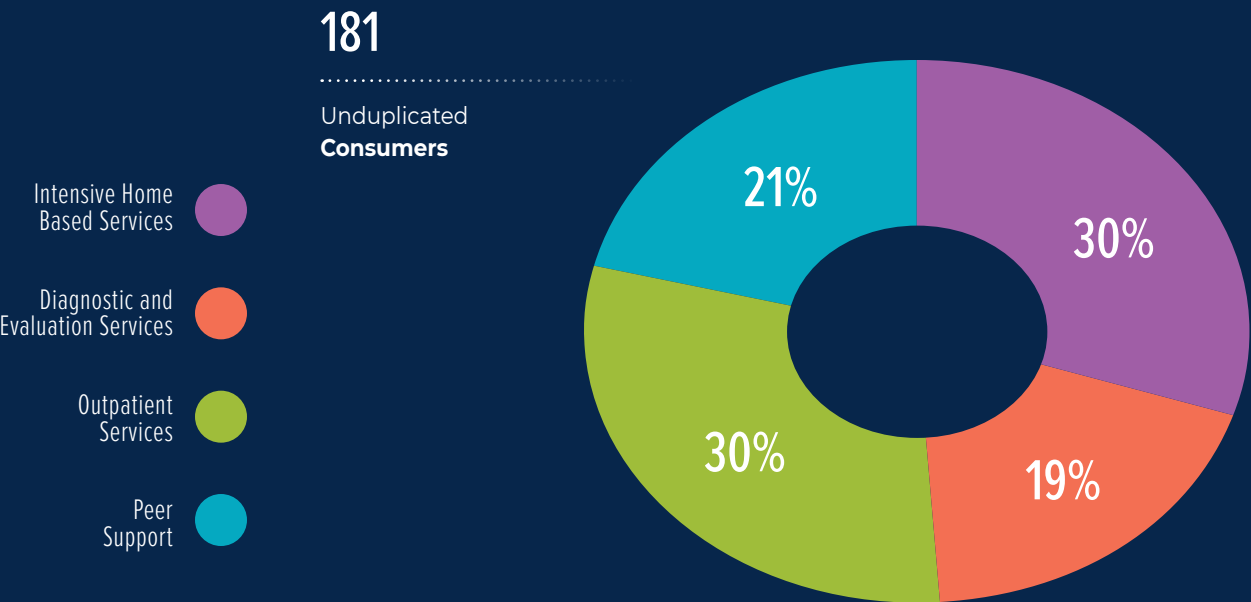
Office of Refugee Resettlement — Care Access for New Americans

Specialized services provided to refugees dealing with experiences of torture and trauma.



Substance Abuse and Mental Health Services Administration System of Care

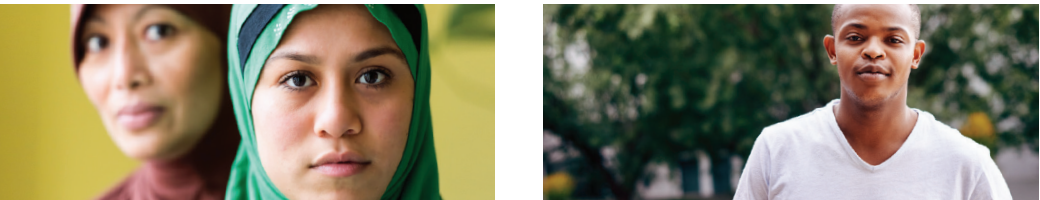
Percentage of direct service dollars allocated to critical gaps in the Children's Mental Health Service Array targeted to those with serious emotional disturbances.



Federal Operating Grants

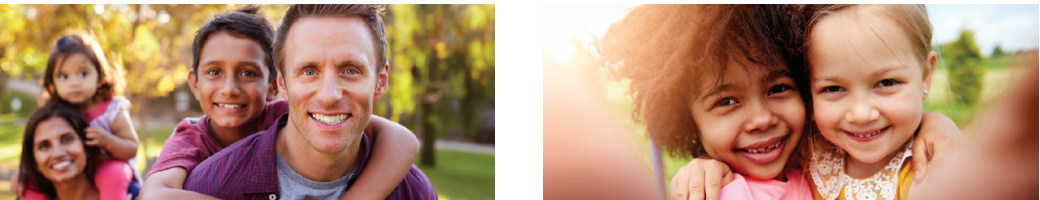
U.S. Department of Health and Human Services (HHS)

Office of Refugee Resettlement Survivors of Torture Program and Care Access for New Americans (CANa) For nearly two decades, Saint Louis MHB has led the Survivors of Torture Program in concert with CANa which together have formed a holistic system of mental health, legal and related supports for a large and culturally diverse population of immigrants, refugees and asylum seekers, drawn from the estimated 10,000 survivors of state-sponsored torture who have found a home in the St. Louis area. Blending local funds with federal HHS, Office of Refugee Resettlement funds, the Survivors Partnership has adapted evidence-based programs such as Motivational Interviewing to help the survivor population achieve and sustain progress toward recovery. Fiscal year 2018 marked the final year of MHB's role in managing ORR funded services. Going forward direct services will be managed and delivered by Bilingual International Assistant Services.



St. Louis Regional System of Care

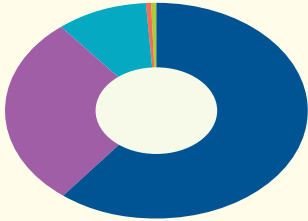
MHB administers a four-year Cooperative Agreement from the Substance Abuse and Mental Health Services Administration to support the St. Louis Regional System of Care. The purpose of the Cooperative Agreement is to enhance and expand the children's mental health system of care in St. Louis City and County. A system of care is a coordinated network of services and supports that builds meaningful partnerships between direct service organizations and families and youth in order to help youth with serious emotional disturbance function better at home, in school, in the community, and throughout life. To date, the System of Care has trained more than 13,000 people through strategic partnerships with the Missouri Institute of Mental Health and Alive and Well. Training topics have included trauma responsiveness using the Missouri Model, perinatal behavioral health, attachment and complex trauma, and many other service-provider directed topics. In Fiscal Year 2018, we trained 755 people, exceeding our stated goal.



FY 2018 Financial Statements

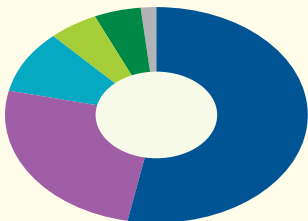
For the period
July 1, 2017 – June 30, 2018

REVENUES BY
SOURCE



- Children's Services Fund Tax
\$8,097,244
- Mental Health Fund Tax
\$3,834,527
- Federal Programs
\$1,311,049
- Investment Income
\$87,042
- Other Income
\$39,710

EXPENDITURES



- Children's Services Fund Projects
\$7,282,136
- Mental Health Fund Projects
\$3,466,304
- Federal Programs
\$1,311,049
- Project Support
\$688,452
- Administration
\$687,143
- Other
\$219,987

CONDENSED STATEMENT OF NET POSITION		
Assets and Deferred Outflows		
Cash and Investments		\$20,050,263
Grants, Taxes and Other Receivables		\$ 296,547
Forgivable Loans		\$ 1,415,171
Other Assets		\$ 185,453
Total Assets		\$21,947,434
Deferred Pension Contribution Outflows		\$ 84,494
Total Assets and Deferred Outflows		\$22,031,928
Liabilities, Deferred Inflows and Net Position		
Accounts and Grants Payable		\$ 599,304
Other Liabilities		\$ 618,782
Total Liabilities		\$ 1,218,086
Deferred Inflows		
From Pension Investment Return and Plan Experience		\$ 11,910
Net Position		\$20,801,932
Total Liabilities, Deferred Inflows and Net Position		\$22,031,928

CONDENSED STATEMENT OF REVENUES, EXPENSES, AND CHANGES IN NET POSITION		
Revenues		
Children's Services Fund Tax		\$ 8,097,244
Mental Health Fund Tax		\$ 3,834,527
Federal Programs		\$ 1,311,049
Investment Income		\$ 87,042
Other Income		\$ 39,710
Total Revenues		\$13,369,572
Expenses		
Children's Services Fund Projects		\$ 7,282,136
Mental Health Fund Projects		\$ 3,466,304
Federal Programs		\$ 1,311,049
Project Support		\$ 688,452
Administration		\$ 687,143
Other		\$ 219,987
Total Expenses		\$13,655,071
Excess of Expenses over Revenues		\$ (285,499)
Net Position, Beginning of Year		\$21,087,431
Net Position, End of Year		\$20,801,932

Who We Fund

MHB uses an outcome-focused approach, funding only projects that can show measurable and verifiable changes in the lives of those served. Grant recipients and their programs for Fiscal Year 2018 included:

22nd Judicial Circuit of Missouri, Family Court-Juvenile Division <ul style="list-style-type: none">• Family Sub-Contracted Services• Psychological Services Unit	Children's Advocacy Services of Greater St. Louis <ul style="list-style-type: none">• CBITS – Cognitive Behavioral Intervention for Trauma in Schools• Problem Sexual Behaviors• Project SOCKET• TASK for Caregivers - Trauma Awareness, Skills, & Knowledge• TISC – Trauma-Informed System of Care / Trauma-Focused Therapy Services	Great Circle <ul style="list-style-type: none">• Fostering Futures Independence Center <ul style="list-style-type: none">• Working Towards Recovery International Institute of Metropolitan St. Louis <ul style="list-style-type: none">• Care Access for New Americans• Extended Cultural Orientation for Refugees Kids In The Middle, Inc. <ul style="list-style-type: none">• School Outreach Counseling Program Legal Services of Eastern Missouri, Inc. <ul style="list-style-type: none">• Improving Educational Outcomes for Children• Legal Advocacy for Adults with Mental Illness Lutheran Family and Children's Services of Missouri <ul style="list-style-type: none">• STEP Up (Strengthen, Teach, Empower, Prepare) Marian Middle School <ul style="list-style-type: none">• College Readiness Program MERS/Missouri Goodwill Industries <ul style="list-style-type: none">• STL Youth Jobs Missouri Department of Mental Health <ul style="list-style-type: none">• Adolescent C-STAR Northside Youth And Senior Service Center, Inc. <ul style="list-style-type: none">• DREAMS School Completion Program Nurses for Newborns <ul style="list-style-type: none">• NFN Home Visitation for St. Louis Infants Our Little Haven <ul style="list-style-type: none">• Keystone Mental Health Services Places for People, Inc. <ul style="list-style-type: none">• Family Support Provider Services & Child Prescriber• Multisystemic Therapy• Public Administrator Liaison• Seeking Safety Trauma Support Groups• The Incredible Years	Preferred Family Healthcare, Inc. <ul style="list-style-type: none">• Partners in Recovery• Recovery Enhancement Queen of Peace Center <ul style="list-style-type: none">• Nurturing Networks• Project UNITE: Understanding the Need of Integrated Healthcare Treatment for Everyone Safe Connections <ul style="list-style-type: none">• Teen Dating Violence Prevention Groups• Therapy for Victims of Relationship and Sexual Violence Saint Louis University <ul style="list-style-type: none">• Positive Parenting Program: Healthy Children, Healthy Families (P-Square) St. Francis Community Services <ul style="list-style-type: none">• Mental Health Collaborative• Spanish Language Mental Health Project St. Louis Internship Program <ul style="list-style-type: none">• Work Readiness through Community Internships St. Louis Public Schools Foundation <ul style="list-style-type: none">• Strategic Nonprofit Alignment Initiative St. Louis Regional Health Commission <ul style="list-style-type: none">• Alive and Well Washington University: The SPOT <ul style="list-style-type: none">• AWARE United 4 Children <ul style="list-style-type: none">• Non-Public After School Investment Management Partnership• Social Emotional Early Childhood United Way of Greater St. Louis <ul style="list-style-type: none">• Ready By 21 St. Louis Voices for Children <ul style="list-style-type: none">• Healing and Prevention for Foster Youth
Aim High St. Louis <ul style="list-style-type: none">• Aim High Expansion Alive and Well <ul style="list-style-type: none">• School-Based Trauma Informed Learning Collaboratives Annie Malone Children and Family Service Center <ul style="list-style-type: none">• Crisis Services and Parent Education Support Area Resources for Community and Human Services <ul style="list-style-type: none">• ASAP After School Programs Investment Management Partnership Behavioral Health Response <ul style="list-style-type: none">• St. Louis City Youth Connection Helpline Big Brothers Big Sisters of Eastern Missouri, Inc. <ul style="list-style-type: none">• ABC Success Bilingual International Assistant Services <ul style="list-style-type: none">• Care Access for New Americans (CANA)• Project Safe Space: Trauma-Focused Mental Health Services for Refugee and Immigrant Children• STEPS to Better Health• The Partnership Paradigm for St. Louis Survivors of Torture• Trauma-Informed Consultancy CareSTL Health <ul style="list-style-type: none">• Integrated Care Center for Behavioral Health <ul style="list-style-type: none">• Psychological Evaluation Services for Children with Serious Emotional Disturbance	City of St. Louis, Department of Human Services <ul style="list-style-type: none">• Jail Diversion Project Covenant House Missouri <ul style="list-style-type: none">• Clinical Services• Supportive Living Program Employment Connection <ul style="list-style-type: none">• Back to Health, Back to Work• To Health and To Work Epworth Children & Family Services, Inc. <ul style="list-style-type: none">• Family Support Network Program Family Care Health Centers <ul style="list-style-type: none">• Circle of Care• Project Impact• Recovery Support FamilyForward <ul style="list-style-type: none">• Education and Counseling Services for Significantly Traumatized Children and their Families• Rebuilding Lives• ROW Family Strengths Program• St. Louis City Child Abuse Prevention and Treatment Fathers' Support Center, St. Louis <ul style="list-style-type: none">• Family Formation Program Foster and Adoptive Care Coalition <ul style="list-style-type: none">• 30 Days to Family• Family Works• Family Works STEPS Generate Health St. Louis <ul style="list-style-type: none">• Perinatal Behavioral Health Initiative		

OUR
INVESTMENT
FOCUS

MHB's investments in community programs, partnerships, and initiatives are focused on supporting City residents to achieve greater well-being by preventing or addressing behavioral health concerns.

MHB LEADERSHIP

Our ability to deliver outstanding outcomes for the community requires dedicated and capable trustees and staff. Our team brings a diverse set of experiences and backgrounds — and we pride ourselves on our strategic, integrated approach.

MHB Board of Trustees

Trustees must live in the City of St. Louis and represent the residents of the City. They are responsible for contracting with and disbursing moneys to non-profit organizations to provide behavioral health and children's services to City residents.

Carolyn Jackson, Chair

Manager
Upward Bound/TRIO
Saint Louis Community College
Forest Park

Linda Grayson, Vice Chair

Manager
May Company (Retired)

David Laslo, Secretary/Treasurer

President
Strategic Research
& Analytics

Marylou Calzaretta

Corporate Counsel
Esse Health

Terrell Carter

Director of Contextualized
Learning & Assistant Professor
Central Baptist Theological
Seminary

Steve Doss

President
S.S. Associates (Retired)

Marguerite Grandelious

School Counselor
Ritenour School District (Retired)

Darrell Hudson

Associate Professor
Brown School,
Washington University

Jennifer Matthew

Attorney and
Director of Mediation
Alaris

Phil Minden

Senior Vice President
Sterling Bank

Nina North Murphy

Senior Corps Program Director
Kingdom House
Senior Companion Program (Retired)

Rob Poirier

Clinical Chief of Emergency Medicine
Washington University
School of Medicine

Carla Rose

CEO
AerialSync
(UAV Software and Service Co.)

Donna Schmitt

Partner
Armstrong Teasdale, LLC

MHB Staff

MHB Staff provide oversight and stewardship of the tax funds and other revenue. Funded programs are assigned a project director that provides technical assistance. In addition to grantmaking, all project staff also have experience in non-profit service provision.

Jama Dodson

Executive Director

Cassandra Kaufman

Deputy Director

Kristin Cowart

Senior Project Director
Children's Services

Sue Culli

Senior Support Manager

Tom Giles

Director of Operations

Susan Kabat

Controller

Jennifer Morgan

Senior Project Director
Information Services

Serena Muhammad

Director of Strategic Initiatives

Lisa Potts

Project Director
Mental Health

Carter Whitson

Project Director
Mental Health (Retired)



partnering
investing
empowering

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stlmhb.com

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