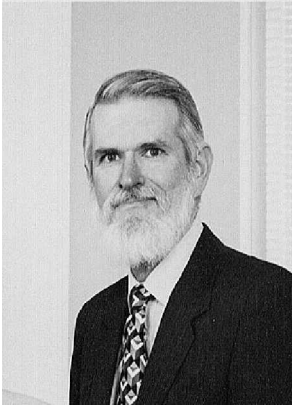


Saint Louis
Mental Health Board
Annual Report



Mental Health Board



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

A Year of Progress: Taking a Giant Step Forward for Children and Families

A message from the President and Executive Director

The year 2004 was a monumental year for the St. Louis Mental Health Board (MHB). In November, voters approved a new and dedicated tax to fund much-needed children's services. This event was the culmination of a goal MHB established in 1995. Not only are children and families winners, but the new revenue frees up funds from the existing mental health tax making more available to fund services for adults with serious mental illnesses. This is certainly a winning situation.

Much of the credit for the passage of Proposition K: The Community Children's Services Fund goes to a group of children's agency directors and community leaders, known as the *St. Louis Leaders Advancing the Agenda for Children* who produced a children's services plan for the City of St. Louis. The plan, which incorporates input from citizens, provides a road map for the distribution of the funds.

In 2004, MHB embraced a fundamental shift from funding programs or agencies to investing in the community. Unquestionably, agencies need funds to provide services. But, in an era when needs far exceed available resources, MHB believes that a focus on results makes most sense.

MHB continues its successful track record of attracting federal funds to the City. As the public mental health authority for the City, MHB is able to capture federal funds to use locally. One new grant seeks to engage persons at high risk of contracting HIV/AIDS into drug treatment, another provides any array of services to new Americans who were victims of torture.

MHB takes its role of custodian of public funds seriously. We too have experienced budget strain, primarily due to a marked four-year decline in investment income. Prior to the economic downturn, MHB was able to fund all administrative expenses from investment income, leaving every penny of tax funds for services. Even though we can't make this claim this year, our audited administrative expenditures did not exceed nine percent.

Each of MHB's trustees brings unique expertise to their public service. Half of the trustees have experienced the mental health system, either for themselves or a family member. All are highly committed to improving access and the availability of services. The same can be said for our staff.

Even though MHB has had a successful year, we remain aware that so much more needs to be done. We are committed to proving leadership and resources to improve the lives of City residents.



Don Cuvo
MHB Executive Director
Benton Park Neighborhood

William L. Kincaid *Don Cuvo*

Mental Health Board



Our Mission

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



Our Core Values

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

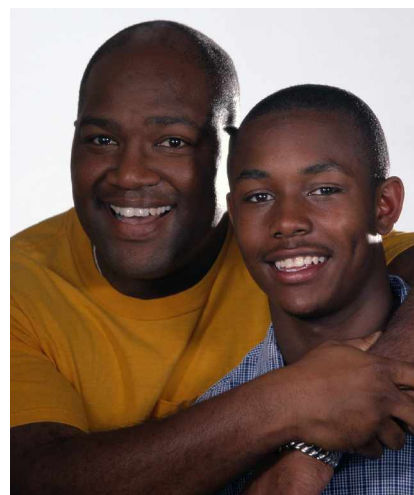
- Stewardship
- Compassion and equity
- Understanding and commitment
- Innovation
- Collaboration
- Strategic alliances
- Partnerships with other social service and governmental authorities



Our Strategic Goals

These goals guide MHB in our decisions as we work toward enhancing and promoting a system of services for City residents, which includes:

- Leadership
- Alliances
- Investment focus and priorities
- Funding/revenue strategies
- Fiscal management
- Relationships with funded agencies
- Operational effectiveness
- Marketing and public education



Mental Health Board



Funding Programs that Work

Strengthening neighborhoods, helping people

For over 10 years, MHB has been working toward meeting the mental health and substance abuse treatment and prevention needs of City residents. We do this by distributing grants funded by tax dollars to local service agencies. After careful review, the agencies listed below were selected as recipients of three-year grants to help them deliver needed services to St. Louisans.

Projects that Improve Accessibility to Services

- ◆ **International Institute of Metropolitan St. Louis**
FACES (Families Acquiring, Coping, and Empowerment Skills)
Outreach, psycho-education and referral for New American families with mentally ill relatives, \$122,006
- ◆ **Places for People**
Outreach and Engagement for Homeless Mentally Ill
Outreach and engagement for seriously and persistently mentally ill homeless people, \$207,054
- ◆ **St. Patrick Center**
Substance Abuse Treatment Program
Improve access to substance abuse treatment for homeless people, \$125,000



Projects that Improve Availability of Services



- ◆ **BJC Behavioral Health**
Jail Diversion Project
Community-based mental health treatment instead of incarceration, \$116,954
- ◆ **Family Resource Center**
Therapeutic Preschool—Day Treatment Program
Therapeutic preschool and day treatment for children under the age of five, \$120,000
- ◆ **Hopewell Center**
Hopewell Center Co-Occurring/Substance Abuse Program
Outpatient treatment for consumers with co-occurring mental illness & substance abuse disorders, \$170,495
- ◆ **Queen of Peace Center**
Adult Outpatient C-STAR Services for Women
Outpatient substance abuse treatment for women, \$87,858

Projects that Improve Quality of Services

- ◆ **Big Brothers Big Sisters of Eastern Missouri**
Big Brothers Big Sisters/Loyola Academy After-School Mentoring Program
Substance abuse prevention through 1:1 mentoring for children 14 and under, \$30,000
- ◆ **Discovering Options**
PREP (Promoting Responsibility through Education and Preparation)
Substance abuse prevention and 1:1 mentoring for children 14 and under, \$68,855



Projects that Improve Quality of Services, cont'd

- ◆ **Living Word Apostolic Church**
Friends With A Better Plan Role Models and Mentoring
Substance abuse prevention with Botvin's Life Skills Training
for youth 15 and older, \$124,374
- ◆ **Preferred Family Healthcare, Inc.**
Relapse Prevention Mentoring
Intensive relapse prevention and mentoring, \$115,000

Special Initiatives

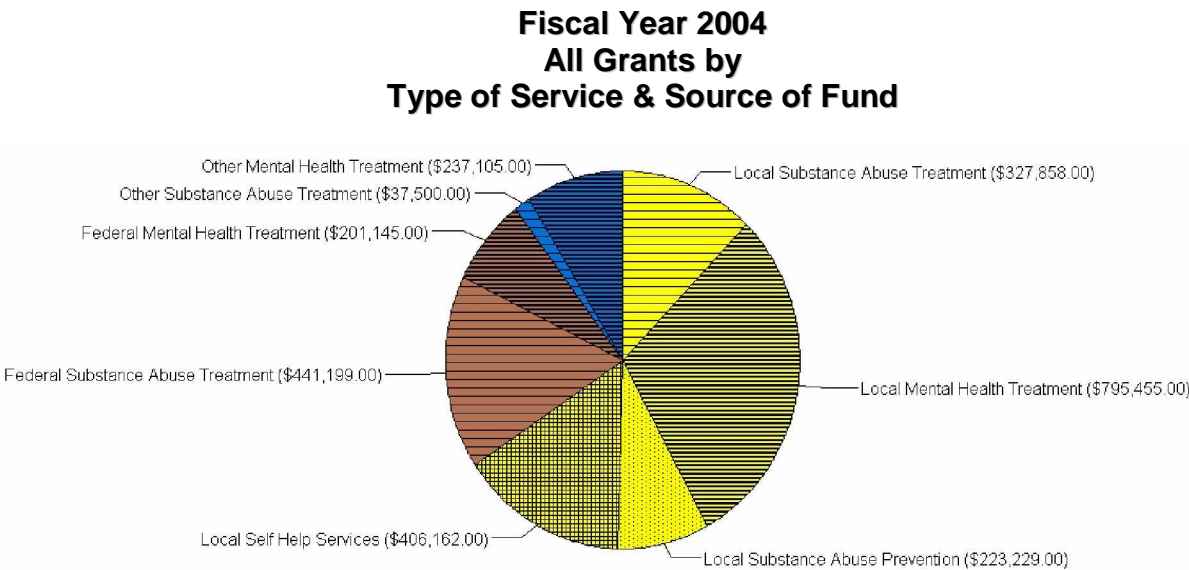
- ◆ **Mental Health Association of Greater St. Louis and Depression/ Bipolar Support Association in conjunction with Paraquad**
St. Louis Empowerment Center
Consumer run self-help, \$184,156
- ◆ **Hopewell Center**
Mental Health Liaison to the St. Louis Family Court – Juvenile Division
Appropriate referral to community-based service
for court-involved youth, \$71,462
- ◆ **St. Louis Office for MR/DD Resources**
Community Educational Coaching
Educating parents to advocate for children's special education needs, \$63,612
- ◆ **Missouri Institute for Mental Health/Dartmouth College**
Adult homeless and mental health initiative, \$8,000



Maintaining Financial Accountability to City Taxpayers

A small portion of City residents' property tax adds up to funds that make a big difference in the lives of many. Just 1.3 percent of property tax generates approximately \$2.2 million every year that is used to fund mental health and substance abuse services for St. Louisans. These funds are dispersed by MHB over 12 months to agencies that will deliver the services.

Because MHB is committed to ongoing fiscal accountability, it is audited each year by an independent certified public accountant. In addition, every agency receiving a grant is also independently audited.



Mental Health Board



Widening the Circle of Support with Federal Grants

MHB has been committed to making city tax dollars go even further for local agencies that provide mental health and substance abuse programs to St. Louis residents. To do this, they have successfully brought additional funds to the community by applying for, and receiving, federal grants. These grants have allowed MHB to expand the areas where they can help, such as when we began funding to help children in the juvenile justice system. Below are examples of programs that are funded thanks to federal dollars brought to the community by MHB.



- **Preventing the Spread of HIV/AIDS**

African-Americans at risk for HIV/AIDS in St. Louis are benefiting from a grant MHB received a year ago from the Substance Abuse and Mental Health Services Administration. This year \$479,112 of the five-year grant was awarded to three agencies to provide outreach, HIV testing and screening, pretreatment, and substance abuse treatment. The agencies are: City of St. Louis Department of Health, Bridgeway Counseling Services and Queen of Peace Center.

- **Helping New Americans**

A program started by MHB in 2004 deals with the emotional and mental health of immigrants and refugees who have settled in the City of St. Louis. Called Care Access for New Americans (CANA), it is offered through a network of service providers working together so that individuals in need are identified as early as possible and given access to care.



The federal government's Office of Refugee Resettlement Administration has awarded a two-year grant to the CANA provider network. Through a program called Focus on Survivors of Torture (FOST), new Americans living in St. Louis who exhibit symptoms of having been tortured or victimized by war will be able to be treated. The award of \$345,069 was allocated between the Center for Victims of Torture and War Trauma, and the St. Louis Department of Psychiatry. Legal services for those in need are being provided by Interfaith Legal Services for Immigrants.

The newest component of the CANA initiative is the Missouri Foundation for Health-MFH/CANA Project. It will be funded by a three-year federal grant that was awarded this spring for \$1,328,467. The project will provide mental health services and substance abuse treatment, including interpretation services, to immigrants and refugees who have settled in St. Louis. Services are being provided by nine agencies and are being coordinated through a centralized intake, assessment and referral system.

Mental Health Board



Reaching the Community

MHB is committed to public accountability and to informing City residents about mental health and substance abuse issues and services available to city residents. For help or more information contact MHB:

St. Louis Mental Health Board

4144 Lindell Blvd., Suite 300
St. Louis, MO 63108
(314) 535-6964
Website: www.stlmhb.com

Behavioral Health Response (BHR)

24-hour crisis hotline staffed by professional counselors
(314) 469-6644
Website: www.bhrstl.org

Life Crisis Services

24-hour hotline staffed by trained volunteers
(314) 647-4357
Website: www.lifecrisis.org

National Alliance for the Mentally Ill – NAMI of St. Louis

(314) 966-4670
Website: www.namistl.org

Depression/Bipolar Support Alliance of St. Louis

(314) 776-3969
Website: www.dbsalliance.org

Mental Health Association of Greater St. Louis

(314) 773-1399
Website: www.mhagstl.org