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Kathryn Nelson's Dream is Now a Reality for Our City's Children

The Community Children's Services Fund comes after years of planning and effort to put the issues before the voters. Community visionaries, such as the late Kathryn E. Nelson, a St. Louis leader, educator and child advocate, were behind the initiative.

Nelson felt that something had to be done for St. Louis kids. In 2002, the U.S. Census Bureau reported that 27,635 children, or 32.3 percent of the total population under age 18, lived in poverty. Nearly 60 percent of all parents with children in St. Louis received food stamps. And, more than 74 percent were enrolled in Medicaid.

Nelson and others became aware that the annual *Kids Count Survey*, produced by Citizens for Missouri's Children, ranked St. Louis 115th on the quality of life for children. The City was dead last or near the bottom in every category.

Thanks to the efforts of Kathryn Nelson and over 300 children's agencies, the Community Children's Services Fund became a source of regular annual revenues for children that could be counted on year after year.



COMMUNITY CHILDREN'S SERVICE FUND

The year 2005 was a year when MHB made great strides to make a significant impact in the lives of children, youth and families in St. Louis. The wheels were set in motion in 2004 when voters approved a new and dedicated tax to fund much-needed children's services with the passage of Proposition K: The Community Children's Services Fund. Just as MHB has for the last decade worked with agencies on mental health and substance abuse issues, MHB will now also work with agencies that address issues relating to children and families.

MHB's trustees engaged in a year-long planning process to determine how to make best use of the funds. Input was sought from the community as well as experts, and goals and objectives were developed with measurable outcomes. MHB continues to fund both large established agencies, as well as community-based organizations for which no other funding could be found, as long as they can provide evidence of their ability to

achieve outcomes. MHB will also seek funding partnerships with federal and state agencies, foundations and other organizations with funds to invest.

Vision Statement and Goals

As part of the year of strategic implementation for the Community Children's Services Fund, a vision statement was written with two themes: first, that children should be safe in their homes and community, and secondly, that children need adult help to grow up with strong character and be prepared to work.

The following five goals were developed stating what should be achieved using the fund:

1. Support parents
2. Help kids learn
3. Prepare teens to support their future families
4. Help children with problems
5. Help families find the services they need

Reaching Out to the Community

For help or more information about the investments funded by MHB:

CONTACT US

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COMMUNITY



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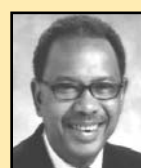
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SERVICE

PUBLIC INFORMATION

Mental Health/Substance Abuse Services

MHB's "How's YOUR Mental Health?" which includes a community-based cable show on City TV 10, a newspaper question and answer series in local papers and an electronic newsletter, to help St. Louis residents become better informed about issues surrounding mental health and substance abuse.

Visit our website at: www.stlmhb.com under Mental Health/Substance Abuse Services – "Timely Topics" for the issues featured in our electronic news magazines.

Go to: www.stlouis.missouri.org/citygov/citytv10/, for a listing of topics and show times for **"How's YOUR Mental Health?"** on CITY TV 10.

Watch for the **"How's YOUR Mental Health?"** rotating question and answer series featured in the *St. Louis American*, the *West End Word* and the *Suburban Journals South City Network* newspapers.

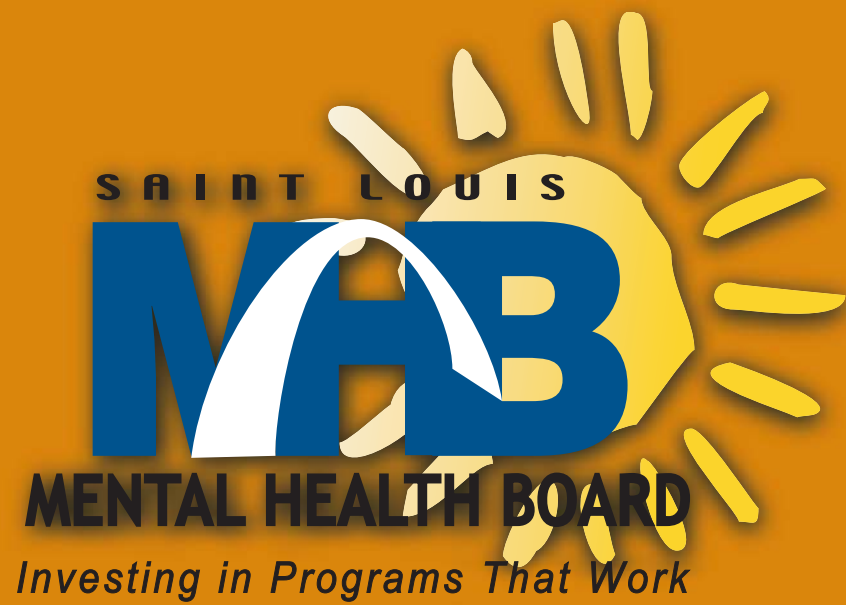
Children's Services

A group of teens gathered recently, talking about what it's like dealing with violence and disruptions at school while still maintaining their grades. Later they spoke about drinking and drugs - who's doing it, when they started, what they have seen it do to friends.

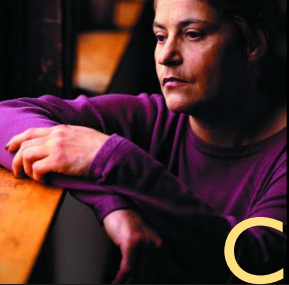
What was different about this frank discussion was the TV cameras were rolling as they spoke. The group of teenagers, representing a number of area

schools, was part of a new talk show for teens called, **"What's Up?"**

"What's Up?" is the first public education initiative to be rolled out by MHB in managing the Community Children's Services Fund. The four-show pilot series is simulcast on St. Louis Public Schools' Channel 20. Go to: www.stlouis.missouri.org/citygov/citytv10/, for a listing of topics and show times for **"What's Up?"** on CITY TV 10.



2005 Annual Report



CHANGE



COMMITTED TO INVESTING IN OUR COMMUNITY

Outcomes Focus: A Broader Outlook

In 2004, the St. Louis Mental Health Board (MHB) embraced a fundamental shift from funding programs or agencies to investing in the community.

MHB has adopted an “outcomes” focus for all funded organizations. As investors, MHB is looking for a return on its investment - evidence that shows that an improvement has been made in the conditions of families, children and the mentally ill. Under this change, agencies using MHB funds are responsible for achieving goals set by MHB.

Going forward, agencies approved for funding will be expected to achieve outcomes by a preset date. MHB project directors will regularly monitor progress and offer help where needed to reach those goals.

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

The following goals guide us in our decisions as we work toward enhancing and promoting a system of services for City residents:

- Leadership
- Administrative Effectiveness
- Grants Management
- Marketing and Public Education

Accountability to Our City's Taxpayers

A small portion of City residents' property taxes add up to funds that make a big difference in the lives of many. Just 1.2 percent of revenues generated through property taxes are used to fund mental health/substance abuse services and 2.7 percent of the revenues will be invested in and made available for children, youth and family services beginning in 2006. Revenues from both funds are dispersed by MHB over 12 months to co-investors (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 MHB funds is also independently audited.

MENTAL/SUBSTANCE ABUSE SERVICES FUND

For over 10 years, MHB has been strengthening neighborhoods by meeting the mental health and substance abuse treatment and prevention needs of City residents. We carefully review agencies, and then invest in only those programs that have the most potential of reaching our desired outcomes. We do this by investing tax dollars in service agencies chosen, such as those listed below. These co-investors received three-year grants to help them deliver needed services to St. Louisans.

Local Investments

Projects that Improve Accessibility to Services

International Institute of Metropolitan St. Louis
FACES (Families Acquiring, Coping, and Empowerment Skills), \$125,640

Places for People
Outreach and Engagement for Homeless Mentally Ill, \$213,276

St. Patrick Center
Substance Abuse Treatment Program, \$128,628

Projects that Improve Availability of Services

BJC Behavioral Health
Jail Diversion Project, \$120,000

Family Resource Center
Therapeutic Preschool - Day Treatment Program, \$120,000

Hopewell Center
Hopewell Center Co-occurring/Substance Abuse Program, \$175,620

Queen of Peace Center
Adult Outpatient C-STAR Services for Women, \$90,492

Projects that Improve Quality of Services

Big Brothers Big Sisters of Eastern Missouri
Big Brothers Big Sisters/Loyola Academy After-School Mentoring Program, \$30,000

Discovering Options
PREP (Promoting Responsibility through Education and Preparation), \$74,988

Living Word Apostolic Church
Friends with a Better Plan Role Models and Mentoring, \$127,980

Preferred Family Healthcare, Inc.
Relapse Prevention Mentoring, \$117,252

From Our Board President



Mary Calzaretta, Esq.
Board President

Thanks to the citizens of the City of St. Louis, last year was a year that made history for the St. Louis Mental Health Board (MHB). We took on the administration of St. Louis' new tax fund - the Community Children's Services Fund.

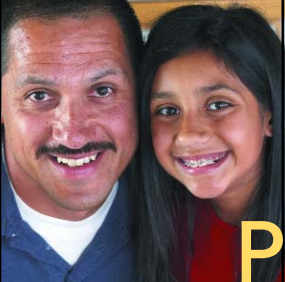
This means that MHB now has stewardship over programs that not only make a difference to the mental health of the community, but also now reach so many more in the St. Louis community at a point in their young lives where we can truly make a difference.

Over the past several months, our strategic planning activities have entailed initiating a process to determine how best to allocate the funds through our co-investors, special initiatives and partnerships. We have focused on understanding the needs of the community and mapping the best ways to reach the most positive outcomes for children, youth and their families in order to have more children prepared to learn, have more youth graduate, and understand the best ways to support parents in their efforts. In addition, we began and will continue



FAMILY





PEOPLE

Investing in Programs That Work



President & Executive Director



Don Cuvo
MHB Executive Director

to work to redefine our organization from the inside out to become a stronger investor ready for our newly expanded role.

Through all of this, we are moving forward into 2006 laying the groundwork to ensure the successful administration of the two tax districts. But with all of our change and new responsibilities we still have the same goal: to improve the lives of those we serve.

Our pledge to you is that we will continue to be wise stewards over your tax dollars and put them to the best use for the people of the City of St. Louis - both young and old. For more information about MHB-funded mental health/substance abuse and/or children, youth and family services available for City residents, go to www.stlmhb.com.

Sincerely,

Mary Calzaretta, Esq.
Board President
Holly Hills Neighborhood

Don Cuvo

Don Cuvo
MHB Executive Director
Benton Park Neighborhood

Special Initiatives

Juvenile and Family Court Initiative

Community Alternatives
Multi-systemic Therapy, \$200,014

Hopewell Center
Mental Health Liaison to the St. Louis Family Court - Juvenile Division, \$72,984

Kids in the Middle
Workshops on Parenting After Separation, \$31,002

Provident
Heritage House Supervised Visitation and Safe Custody Exchange, \$137,533

22nd Circuit Court - Family Court - Juvenile Division
Staff Psychologist and Specialized Community-based Behavior Interventions, \$304,679

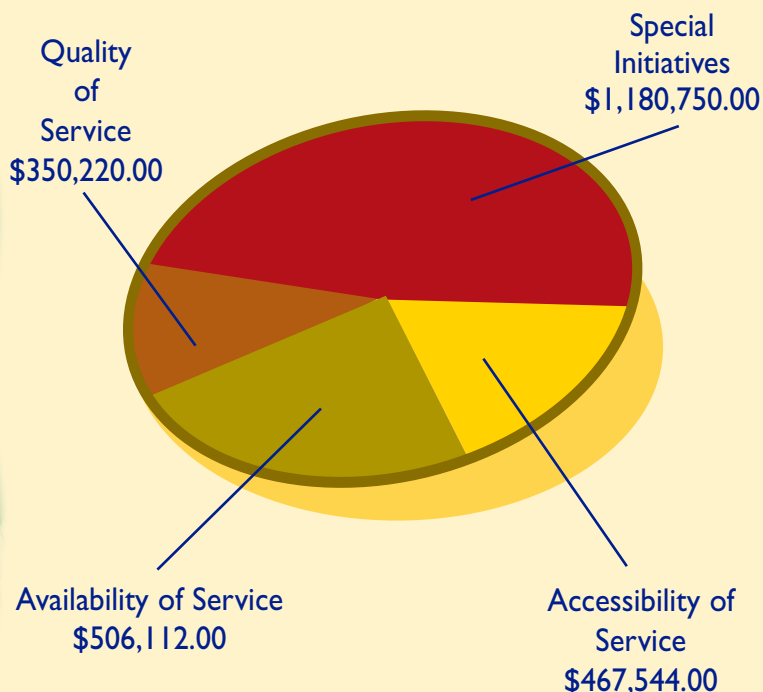
Voices for Children
Guardian Ad Litem Services, \$118,998

Paraquad in Conjunction with Depression/Bipolar Support Association
St. Louis Empowerment Center, \$250,008

St. Louis Office for MR/DD Resources
Community Educational Coaching, \$65,532

Fiscal Year 2005

ALL LOCAL INVESTMENTS BY TYPE OF SERVICE



Bringing Additional Investment Dollars to the Community through Federal Grants

For several years now, MHB has continued to bring additional revenues to the community by applying for, and receiving, federal grants. These new funds have allowed our organization to widen our circle of support and stretch local dollars by supplementing them with additional grants. In addition, these funds have enabled MHB to develop programs such as helping children in the juvenile justice system or individuals new to this country that arrive with numerous psychological and mental issues. Below are examples of some of those federally-funded programs that have helped us expand our investment portfolio, resulting in more services available to City residents:

HIV/AIDS Education, Screening and Treatment

African-American men and women at risk for HIV/AIDS in St. Louis are benefiting from a grant MHB received three years ago from the Substance Abuse and Mental Health Services Administration. Last year \$484,351 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: Community Alternatives, Bridgeway Counseling Services and Queen of Peace Center.

A New Start for 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 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 experienced torture will receive service. The award of \$333,533 was allocated between the Center for Survivors of Torture and War Trauma, and the St. Louis Department of Psychiatry. Legal assistance to achieve asylum or documentation is being provided by Interfaith Legal Services for Immigrants.

The newest component of the CANA initiative is the Missouri Foundation for Health-MFH/CANA Project, which is funded by a three-year grant awarded last year. This project, which current year's funding is \$430,263, will provide mental health counseling, psychiatric assessment, medication management 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.



Slice of Life Consumer Story

Ozell Young

I was first diagnosed with schizophrenia when I was about 21 or so. I was screaming out loud and talking to myself. My mother sent me to the doctor. I thought nothing was wrong with me, but once I got on medication I realized how sick I was. It started coming into my mind that those images and thoughts I had had in my mind weren't true. When I take my medication I have a good grasp of things and can look back in retrospect and see that what I was doing didn't make sense. Life is worth living if you can get the help you need.

LIVES

