On the cover: Edweena Swiney and her son James, West Bloomfield High School student Jordan Robinson and Western Wayne Family Health Center pediatric exam room, as featured in OPENING MINDS – ENDING STIGMA: EARLY INTERVENTION IS KEY.

Teaming up to bring a strong voice for all with mental illness. Youth United, as featured in “Opening Minds – Ending Stigma: A Young Person’s Perspective.”

The Ethel and James Flinn Foundation is committed to improving the quality, scope and delivery of mental health services in Michigan. The Foundation uses its resources to develop, evaluate and implement best practice treatment programs.

www.flinnfoundation.org
The Ethel and James Flinn Foundation was established in 1976 by Ethel “Peggy” W. Flinn. Her intent was to remember her parents, Ethel and James and her brother, Jim Flinn Jr. and to consolidate and direct the families’ philanthropy toward the purposes already expressed by her parents in their trusts documents; “research into the causes and/or research into the treatment of nervous and mental diseases.” Peggy graduated from Columbia Presbyterian College of Nursing in New York as a registered nurse and was a volunteer nurse with the Red Cross during World War II. She was interested in the health of children and was a longtime and life member of the Board of Trustees of Children’s Hospital of Michigan. She provided initial funding to the Foundation during her lifetime and left an endowment to the Foundation upon her death in 1994.

Jim Flinn, Jr. attended Princeton and Babson University. He was diagnosed with schizophrenia in his early 20’s and following the death of his father in 1952 resided for the rest of his adult life at the St. Joseph Mercy Health System in Ann Arbor, Michigan. The caregivers at St. Joseph Mercy Hospital provided a unique, close, caring and supportive environment that contributed to Jim’s long life and to his good quality of life. Jim’s interests were many and varied; reading, history, University of Michigan football, movies, gardening, bike riding and traveling. Helping the disadvantaged and philanthropy were of special interest to him. In later years he made substantial contributions to the Foundation and to charities generally. Upon Jim’s death all of the Flinn’s interests were transferred to the Foundation leaving as a legacy a philanthropic foundation to improve the lives of children, adolescents and adults with mental illness.
Dear Friends,

It is a time of sweeping change in the way our nation, our state, and our local communities deliver services to people with mental illness. The positive developments in policy stem from a consensus that integrating our physical and mental health care systems can reduce costs and bring better outcomes to those in need.

With its mission to improve the quality, scope and delivery of mental health services in Michigan, the Flinn Foundation sees great potential in this transition, which includes enactment of the Federal Mental Health Act, the Healthy Michigan program, and the on-going implementation of comprehensive recommendations by the recently formed statewide stakeholder workgroup.

For individuals and families, the process of seeking help and accessing services for a mental health condition must become routine, similar to getting treatment for diabetes, hypertension, or any other physical condition.

To develop, evaluate and implement best practice treatment programs to close service gaps in this new environment, we will focus on early intervention and create better understanding and remedies for the challenges that extend the period from the onset of symptoms to effective treatment.

This report presents an overview of Flinn Foundation initiatives taken and supported to achieve these goals. The movement toward integrated care may be found in pediatric offices throughout Michigan, where young people are being screened for mental health development as part of their routine well visits by trained professionals. Caring adults are finding easier access to trauma-informed therapy for children. The specific challenges of Michigan veterans and a blueprint for addressing their mental health needs are revealed in a newly-published study by Rand Health, funded by the Flinn Foundation and the Wins for Warriors Foundation. Through our partnership with Detroit Wayne Mental
MINDS – ENDING STIGMA, that corrects the misconceptions about mental illness and illustrates the treatable nature of many mental health disorders. With broadcast and educational videos as a centerpiece, the campaign is strengthening efforts of Michigan’s leading mental health advocates, health care and human service organizations, educators, and others to assist those in need of services.

As we look forward, we are guided by the knowledge that effective treatments are available for people with mental illness, and they lead to productive, rewarding lives.

Health Authority, first responders are provided with training that supports their efforts to resolve emergency situations involving a person with mental illness safely and humanely.

Yet, we recognize that policy changes and the new resources that accompany them provide no guarantees that delivery systems will bring mental health services to all who need them. The stigma and outdated attitudes associated with mental illness is a pervasive barrier to treatment, and must be addressed.

In 2015, the Flinn Foundation responded with a media and public education campaign, OPENING

Leonard W. Smith
Chairman & CIO

Andrea M. Cole
Executive Director & CEO
Early intervention efforts also extend to children and adolescents with Autism Spectrum Disorder. Evidence-based Applied Behavioral Analysis treatment services are being expanded through the Henry Ford Health System.

As with many physical health conditions, monitoring and screening become routine for individuals and families when behavioral health is integrated into primary care settings. In addition, broader prevention and early intervention mental health treatment programs will reduce later behavioral health problems. The Flinn Foundation continues to partner with organizations that advance these efforts.

Pediatric Foundation of Michigan, Inc. is at the forefront of this transition. Physicians and clinical staff at 20 Health Centers in Southeast Michigan are being trained to provide standardized behavioral health screening at well visits of children as young as 6 months old. It is a necessary step toward preventive care which encompasses physical and mental health, as well as, monitoring and screening that begins in early childhood and becomes a routine part of overall wellness. An example of this approach is taking place in Macomb County, where primary care providers, clinical staff and stakeholders involved in the foster care process are being trained to comprehensively assess, intervene, treat, and coordinate mental health care needs for this young and vulnerable population.

At Children’s Center of Wayne County, the Incredible Years is providing interlocking, evidence-based programs for parents, children, and teachers. The goal is to prevent and treat young children’s behavioral problems and promote their social, emotional, and academic competence.

* Early intervention efforts also extend to children and adolescents with Autism Spectrum Disorder. Evidence-based Applied Behavioral Analysis treatment services are being expanded through the Henry Ford Health System.
The Corner Health Center, an Ypsilanti-based primary care center using an integrated care approach, is providing comprehensive health care to young people ages 12 to 25. The Corner’s goals are to reduce risk-taking and encourage young people to be responsible for their own health and well-being. A program that implements co-occurring mental health and substance use disorder treatment services has received Flinn Foundation support.

“We know that early intervention works, but there’s still an 8 to 10 year delay from the onset of a mental illness to actually getting effective treatment. We know we have to work harder in making sure we’re providing routine screening and assessment, and people are receiving the help they need much earlier.”

Andrea Cole
Executive Director and CEO
The Ethel and James Flinn Foundation

“With the right supports for the parent and the right tools for the child, the child may not have those problems with functioning as an adult. They won’t have untreated trauma.”

Carlynn Nichols
Chief Clinical Officer
The Children’s Center

Starfish Family Services offers integrated health care initiatives for pediatric and OB/GYN practices.
When the mission is to protect and to serve, training can make the difference in humanely resolving incidents involving people with mental illness. **Mental Health First Aid** provides one week of instruction and other tools to police officers, emergency personnel, and other first responders across Wayne County so they are better prepared to identify and de-escalate situations.

People with mental illness are more likely to be a victim than the perpetrator of a crime, and developing skills to assess, appropriately intervene, and connect them to professional care is crucial in ensuring a safe environment in our schools, neighborhoods and places of worship.

Through a partnership of **Detroit Wayne Mental Health Authority** and the Ethel and James Flinn Foundation, Detroit and Wayne County local law enforcement officers and other first responders received training. They now have greater expertise to resolve conflict. Mobile crisis outreach teams will also work with law enforcement, emergency and hospital personnel to assist those experiencing a mental health challenge. Mental Health First Aid leads people in need to treatment, and not to inappropriate incarceration or other counter-productive outcomes.
Treatment of childhood trauma leads to better outcomes when it begins at the onset of symptoms. Early intervention is the goal with the trauma-informed therapeutic program for children ages 6 – 12 diagnosed with Serious Emotional Disturbances offered by Starfish Family Services. A comprehensive approach is offered in Wayne County, with clinicians trained in such programs as Real Life Heroes, Parent Child Interaction Therapy, and Integrated Health Care initiatives for Pediatric and OB/GYN practices.

Young people who have a history of trauma may experience serious disruption and impairments. Symptoms may be linked to a range of negative outcomes including depression, substance abuse and suicide. There is a high incidence of trauma among youth in the juvenile justice system.

Spectrum Child and Family Services responds with trauma-focused Cognitive Behavioral Therapy, a specialty treatment program offered in both community-based and residential settings. High risk youth in Detroit and Highland Park are benefiting from the therapy through a partnership with the Flinn Foundation, which offers young people the tools to respond to challenging circumstances.

Homeless young adults receive shelter and other life supports through Covenant House Michigan, but the symptoms that can accompany early traumatic events can continue to create obstacles. Clinicians now receive training in Cognitive Behavioral Therapy Treatment, an evidence-based practice intended to bring better long-term outcomes for an extremely vulnerable population of young people.

Research suggests that nearly one-third of adults that seek treatment for substance use disorders are also suffering symptoms of Post Traumatic Stress Disorder (PTSD). Historically, the practice may have been to treat the addiction first, but The Guidance Center is on the leading edge of a promising shift to integrated treatment, employing a therapeutic approach for the co-occurring disorders that is Trauma-informed.

Trauma is among the most treatable of mental health disorders, and the focus of many initiatives consistent with the Flinn Foundation’s mission to use its resources to develop, evaluate and implement best practice treatment programs.

“Childhood trauma is treatable. By offering training and trauma informed practices in educational, clinical and medical settings, we can better equip professionals, parents and caregivers to identify and respond to symptoms experienced by children in their care.”

Michelle Duprey
Director, Integrated Health Care
Starfish Family Services

Chloe Shears, reunited with her mother through Community Mental Health Baby Court program.
Through the launch of our public education and media campaign, OPENING MINDS – ENDING STIGMA, we have united with our partners and mental health advocates to bring greater understanding about mental illness. 

A series of videos is being produced for broadcast and educational use throughout Michigan. In 2015, the debut edition explored changes at the federal, state and local levels of government that are designed to improve delivery of mental health services. The videos illuminated the toll of mental illness in personal stories of those who have faced mental health challenges.

The follow-up documentary, OPENING MINDS – ENDING STIGMA: A YOUNG PERSON’S PERSPECTIVE, focused on raising awareness of efforts to address the needs of those most vulnerable, those being the one in five children and young adults who will experience mental illness. National Alliance on Mental Illness (NAMI) statistics show that 75-percent of mental illnesses have their onset between the ages of 14 and 24. From a young person’s perspective, new approaches in peer support and early intervention were presented, along with information on warning signs, and when and where to seek help.

The pervasive stigma that often delays diagnosis and treatment for treatable disorders was confronted in the revealing stories of former University of Michigan Football player Will Heininger, the Detroit-based peer support group Youth United, and the Depression Awareness Group at Community High School in Ann Arbor.

The Foundation will team with the Michigan Department of Health and Human Services in a comprehensive statewide effort which will be waged as a whole. The campaign will educate people about mental illness and resources that can help those in need of services and treatment.

The direction and focus of the campaign will continue to support early intervention efforts in primary care, schools and other community settings, while removing the obstacle of stigma.
“I’m envisioning that there will be more outpatient services that can reach out to young people especially in their natural settings – their school, pediatric offices, or even our jails, where there is a population of young people who have mental health problems and are not receiving the type of treatment that they need.”

Dr. Ted Hunter
Child and Adolescent Psychiatrist
Harbor Health Care
Statistics show that veterans who live in southeast Michigan are among the least likely in the nation to seek assistance with mental health needs. There are multiple reasons, as identified in a new Rand Health study and published report, “Supporting the Mental Health Needs of Veterans in the Metro Detroit Area.”

With a focus on the 225,000 veterans living in the metro Detroit area, the findings in the study provide an understanding of particular concerns related to mental health and other challenges. The report provides a detailed listing of recommendations for improving support and a resource guide.

Many Metro Detroit area veterans are unaware that help is available and feel their access to services is lacking. Other factors include limited public transportation, difficulty in navigating the benefits process, and a lingering discomfort with receiving treatment from civilians who they feel would have limited understanding of their problems. Veterans participating in the study had particular concerns about pursuing help for mental health problems, because of the stigma associated with mental illness cited as a barrier to treatment.

There is much good news to report. Support for our veterans with mental health-related needs has become a national, state and local priority in the post-9/11 era. Federal funding and services have expanded to meet demand, and non-governmental support is growing at a fast pace. The challenge is to match these new resources with specific mental health needs of veterans, which may vary by where they live. The Rand study concludes that a comprehensive approach is best in supporting our veterans, and its list of 12 recommendations provide a blueprint for successful outcomes in the crucial area of mental health.
At the core of the Rand study is the need to improve delivery of mental health services for Michigan’s military families. The response must be comprehensive – with greater awareness of the issues and easy access to information and resources. Many military families live in underserved rural areas of the state, and can benefit from efforts to extend the reach through an online registry of licensed professionals that provide care.

Copies are available by visiting Rand.org. “Supporting the Mental Health Needs of Veterans in the Metro Detroit Area” was sponsored by the Wins for Warriors Foundation and the Ethel and James Flinn Foundation.

The Flinn Foundation is partnering with Wins for Warriors to advance policy recommendations from the study that improve coordination of services. With the high numbers of Michigan-based reservists who may be deployed multiple times, a “no wrong door” policy is necessary so that our veterans and their families can obtain mental health services without obstacles.
In total, the Foundation awarded $2.3 million in grants for the year. Eighteen two-year grants were awarded to develop and implement evidence-based treatment programs. Twenty-two one-year grants were awarded for a wide variety of projects that improve organizational capacity, awareness and education, advocacy policy research and evaluation.
# Balance Sheet

**December 31, 2015 (presented at fair value)**

## ASSETS

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<tr>
<td>Private Equity</td>
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**TOTAL ASSETS 12/31/15**  
$59,861,948

## CHANGE IN ASSETS

<table>
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<tr>
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<td>Revenues</td>
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<td>Expenses</td>
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<td>Net Income</td>
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<tr>
<td>Change in Unrealized Market Appreciation</td>
<td>(1,918,425)</td>
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</table>

**TOTAL ASSETS 12/31/15**  
$59,861,948
EVIDENCE-BASED PRACTICES AND PROGRAMS

Adult Well-Being Services
$100,000
To implement Dialectical Behavioral Therapy and Trauma Recovery and Empowerment Models into core delivery services (second and final year, $200,000 grant).

Children’s Center of Wayne County, Inc.
$53,000
To implement evidence-based Incredible Years therapeutic model into core early childhood clinical treatment services for children with a diagnosed Serious Emotional Disturbance (first year of a two year, $106,000 grant).

Community Health and Social Services
$100,000
To integrate behavioral health care and treatment into primary care clinic that serves 12,000 patients annually (second and final year, $100,000 grant).

Corner Health Center
$98,000
To implement co-occurring mental health and substance use disorder treatment services into primary care (first year of a two year, $196,000 grant).

Covenant Community Care, Inc.
$100,000
To integrate substance use treatment into behavioral health delivery system at all clinics (second and final year, $100,000 grant).

Covenant House Michigan
$62,000
To train all clinicians in evidence-based Cognitive Behavior Therapy Treatment approaches to serve homeless young adults receiving shelter and residence (first year of a two year, $124,000 grant).

Guidance Center (The)
$88,000
To implement Trauma-Informed Treatment program for adults with co-occurring substance use disorders and Post Traumatic Stress Disorder (PTSD) (second and final year, $176,000 grant).

Hegira Programs, Inc.
$60,000
To integrate behavioral health treatment into a primary care setting serving Wayne and Washtenaw counties (second and final year, $120,000 grant).

Henry Ford Health System
$100,000
To integrate standardized behavioral health screening and treatment into routine care within the Henry Ford Macomb Hospital that serves 12,500 patients annually (second and final year, $200,000 grant).

Henry Ford Health System
$100,000
To expand evidence-based Applied Behavioral Analysis (ABA) treatment services for children and adolescents with Autism Spectrum Disorder (first year of a two year, $200,000 grant).
Juvenile Assessment Center
$100,000
To expand assessment, case management and mental health treatment services for at risk young adults (age 17) in the juvenile justice system (second and final year, $100,000 grant).

Michigan State University
$10,000
To continue training a network of licensed mental health professionals to serve Military families and Veterans and then connect them with these trained providers via an online registry (first and final year, $100,000 grant).

Pediatric Foundation of Michigan, Inc.
$88,000
To train physicians and clinical staff at 20 Federally Qualified Health Centers in southeast Michigan to implement evidence-based best practice standardized behavioral health screening tools at well-child visits (second and final year, $176,000 grant).

Regents of University of Michigan
$100,000
To expand services for students in need of comprehensive mental health (first year of a two year, $200,000 grant).

Spectrum Child and Family Services
$90,000
To implement Trauma-Focused Cognitive Behavioral Therapy program for high risk youth in Detroit and Highland Park (second and final year, $180,000 grant).

St. Joseph Mercy Ann Arbor
$100,000
To implement comprehensive integrated Behavioral Health/Primary Care Model within the health system (first year of a two year, $200,000 grant).

Starfish Family Services, Inc.
$56,000
To implement Trauma-Informed Therapeutic program for children ages 6-12 years old with diagnosed Serious Emotional Disturbances (SED) (second and final year, $112,000 grant).

Wayne State University
$100,000
To implement evidence-based best practices for the psychological treatment for people with chronic pain and mood and anxiety disorders (first year of a two year, $200,000 grant).
**Association for Children’s Mental Health**
$10,000
For general operating support. ACMH provides advocacy support for individual children and their families across Michigan.

**Association for Children’s Mental Health**
$25,000
To improve organizational capacity through redesign of website and social media education platforms.

**Deaf Community Advocacy Network, Inc.**
$30,000
To provide culturally and linguistically appropriate mental health resources and services to deaf, deaf-blind, and hard of hearing individuals in Southeastern Michigan.

**Depression and Bipolar Support Alliance**
$45,000
To improve capacity of peer support services in Southeast Michigan for individuals living with depression and bipolar disorder.

**Detroit Crime Commission**
$35,000
In partnership with the Detroit Wayne Mental Health Authority provided Mental Health First Aid training to Wayne County law enforcement agencies.

**Easter Seals-Michigan, Inc.**
$27,000
To design Screening Mental Health kiosks to improve awareness, links to services and promote community well-being.

**Mariners Inn**
$49,000
To expand integrated behavior and physical health care service delivery.

**Mental Health Association in Michigan**
$50,000
For general operating support. MHAM is the state’s oldest nonprofit organization concerned with mental illness and is the leading policy and research advocate.

**Michigan’s Children**
$50,000
For general operating support. Michigan’s Children will bolster the public policy advocacy capacity of mental health services providers, and youth and families.

**NAMI Metro**
$10,000
For general operating support. Located in southeast Michigan, NAMI Metro’s constituent members cover the Foundation’s geographic focus of Wayne, Oakland and Macomb County.

**NAMI Michigan**
$10,000
For general operating support. NAMI Michigan helps to strengthen local affiliates to provide support within their communities.
One-Year Awards to Improve Organizational Capacity of Mental Health Providers; Increase Awareness and Education; Support Consumer and Policy Research Advocacy; and Advance Early Screening and Assessment.

NAMI Washtenaw
$10,000
For general operating support. NAMI Washtenaw County constituent members cover the Foundation’s geographic focus of Washtenaw County.

Oakwood Healthcare System Foundation
$50,000
To expand school-based health centers mental health services.

Pediatric Foundation of Michigan, Inc.
$50,000
To train primary care providers, clinical staff and stakeholders involved in the foster care process in Macomb County to comprehensively assess, intervene, treat, and coordinate mental health care needs.

Rose Hill Center
$32,000
To provide clinical training to better address the needs of people who present with co-morbid mental and substance use disorders.

Southwest Counseling Solutions
$50,000
To build an integrated system of care around Head Start that provides mental health services.

Starfish Family Services, Inc.
$35,000
To advance implementation of pediatric integrated behavioral/physical health model for early childhood.

Starr Commonwealth
$50,000
To improve organizational capacity at the Starr-PsyhSystems Autism Center, a provider of center- and home-based behavioral and mental health and Autism services.

University of Detroit Mercy
$50,000
To evaluate the Emotional Skills Building Curriculum, a 12 week treatment program for court mandated clients.

Wayne State University
$15,000
To support the Future of Nursing PhD Scholarship Program to address health disparities, chronic illness, and urban health in collaboration with Blue Cross Blue Shield of Michigan Foundation, Community Foundation for Southeast Michigan, DMC Foundation, Metro Health Foundation and the Robert Wood Johnson Foundation.

Wayne State University
$50,000
To provide universal screening with motivational interviewing using evidence-based technology.
BOARD OF TRUSTEES

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Chairman and Treasurer

Duane Tarnacki
Vice Chairman

the Honorable Freddie Burton, Jr.

Dr. Linda Hryhorczuk

Jack Kresnak

George Nicholson, III

Lynn Schneider

TRUSTEE EMERITUS


J. Peter Smith (1986 – 2008)


Dr. Calmeze H. Dudley (2010 – 2012)

We offer grant opportunities through an annual competitive Request for Proposals (RFP) Process. The broader universe of non-profits that deliver mental health care and services in southeast Michigan (Wayne, Oakland, Macomb and Washtenaw) are eligible and welcome to apply.

The Flinn Foundation Board Chair, Leonard W. Smith, presents Jim Flinn, Jr. with a plaque at his 90th birthday celebration in 2005. The award honored him for his inspiration and support in assisting people with mental illness.
“We encourage families, if they are concerned with their child’s progress in school to definitely contact the school and have the assessment done, but very rarely is the pediatrician contacted to ask about their input on what they see all the time. So, I think that better integration between school and pediatric offices would probably be a lot better in terms of coordinating services and coordinating care than how it’s being done right now.”

Dr. Lynn Smitherman, Director of Pediatric Residency Program, Children’s Hospital of Michigan

“You can consent to brain surgery, you can consent to amputation, you can consent to treatment for cancer, but you can’t consent to involuntary hospitalization of a loved one who is mentally ill. It needs to be changed.”

Wayne County Probate Judge Freddie Burton, Jr.

“Almost 80-percent of students on college campuses use their health center, because they’re going there for a sore throat, cold, flu, broken foot, whatever it is. So if we’re screening for mental health and substance abuse when they’re going to their primary care appointment, we’re going to catch a whole lot of students that would otherwise fall through the cracks.”

Nance Roy, Clinical Director, The JED Foundation
Grants are awarded once a year in September. Listed below is the typical timeline and process for applying for a grant:

**FUNDING PROCESS AND TIMELINE**

<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late May</td>
<td>Open RFPs announced</td>
</tr>
<tr>
<td>Late July</td>
<td>Deadline for proposal applications</td>
</tr>
<tr>
<td>Late September</td>
<td>Notification of grant decision</td>
</tr>
<tr>
<td>Early December</td>
<td>Grants funds awarded</td>
</tr>
<tr>
<td>January</td>
<td>Grant term begins</td>
</tr>
</tbody>
</table>

Information on the foundation’s funding priorities, as well as inquiries and grant applications should be directed to:

**Andrea M. Cole**
Executive Director and CEO
333 West Fort Street, Suite 1950
Detroit, MI 48226-3167
Email: acole@flinnfoundation.org
Phone: (313) 309-3436
www.flinnfoundation.org
We want your feedback! Did you find our Annual Report informative? Useful? How can we improve it in the future? Please send comments to info@flinnfoundation.org. Thank you!