Our Mission

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.

Our Values

- Focus on the underserved and vulnerable populations
- Provide leadership within the philanthropic and non profit community to increase resources for mental health
- Evaluate the outcomes and impact of our grantmaking

COVER: Students at universities and college campuses throughout Michigan are taking active roles in promoting mental health.
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,

There is a consistent message from people with mental health conditions, and it is often echoed by those who care for them. The Flinn Foundation understands that message. Access to quality mental health services must become less of a puzzle, and more of a direct process which can bring better treatment outcomes and shorten the period between initial symptoms and recovery.

In our commitment to improving the quality, scope and delivery of mental health services to the residents of Michigan, the Flinn Foundation supports best practice treatment programs which address the need for greater accessibility. In 2017, we partnered with a diverse list of organizations and service providers to advance this goal, with particular emphasis on at-risk populations.

These partnerships include a number of initiatives which expand our goal to integrate behavioral health services and treatment in primary care, a sustained effort which promotes early intervention for all, including the very young.

Those who care for children and young adults affected by trauma and toxic stress must be able to easily access trauma-focused treatment programs, that are provided in a range of settings including health care facilities, youth service agencies, and the justice system.

The Flinn Foundation recognizes that it is more important than ever to be connected and responsive to changes which affect people with mental health conditions and their families.

Fresh examples of this commitment to improve delivery of mental health services are detailed in this report. Resources are being provided to respond to a legislative change which offers potential for community health agencies and courts in administering Assisted Outpatient Treatment (AOT). Expansion of AOT is considered an important step in reducing repeated hospitalization for those with mental health conditions who deteriorate or relapse due to non-compliance with outpatient treatment.
We are also addressing the rising toll of mental health conditions at Michigan universities and colleges with the launch of the JED Campus Program. Together with the JED Foundation and major partners, a growing list of schools across the state will gain resources for suicide and substance abuse prevention.

Much has been learned about mental illness since our philanthropic foundation was established in 1976, and treatments are more effective than ever, especially when conditions are diagnosed early. We are working to change attitudes that can prevent many from seeking help when needed through our on-going OPENING MINDS ENDING STIGMA campaign, all with the intent of improving access to services.

Jim Flinn’s long and rewarding life continues to serve as an inspiration to our founding principle that a caring environment and effective treatment can lead to a good quality of life for those with mental health conditions.

Leonard W. Smith
Chairman & CIO

Andrea M Cole
Executive Director & CEO
Early Intervention

Physical and mental health conditions are similar in that early diagnosis for both brings better treatment outcomes. A growing number of primary care settings are shifting their focus to prevention and wellness. Physicians are being trained to integrate mental health screening as a routine part of patient visits. When behavioral and developmental checks are conducted in pediatric offices, we all benefit from the extra attention given to our body and mind through this integrated approach.

Our grantmaking activities continue to address the need to screen children and adolescents for behavioral health conditions. Pediatric Foundation of Michigan, Inc. is training primary care physicians and their clinics to develop an evidence-based medical model that integrates mental, behavioral and substance abuse support for those between 12-18 years of age. Michigan youth exceed the national average in illicit drug and binge alcohol use. The expansion of behavioral health support services in primary care is underway to reverse that trend.
Henry Ford Health System (HFHS) is implementing annual behavioral health screening for all patients 12 years and older through its Integrated Medical-Behavioral Care in Pediatrics Initiative. Checks for depression, anxiety, and safety concerns such as suicide and self-injury will take place in primary care settings. An integrated psychotherapist has been added to treat patients who screen positive.

To bring primary care physicians and patients greater access to behavioral health specialists, HFHS is also piloting a telemedicine program to allow psychotherapists to evaluate the patient via video call. Consultation with the supervising psychiatrist and recommendations may be available before the patient is discharged.

Research shows that students are more willing to use mental health services at schools than in other community settings. A model program to expand the capacity of school health professionals to provide early and effective behavioral health services in middle and high schools is unfolding in Washtenaw County. TRAILS, an initiative of the Regents of the University of Michigan, recognizes the need to improve access to prevention and treatment services among this vulnerable and at-risk group of young people.

“Fortunately, we are in a very good time for mental health care in that we have many options when it comes to therapy and medication...and almost always with common mental illnesses can come very good treatments.”

Dr. Arash Javanbakht, M.D.
Director of Stress, Trauma & Anxiety Research Clinic
Wayne State University
Children who experience neglectful or dangerous environments are susceptible to trauma and the effects of toxic stress. These conditions put young people at high risk for many negative outcomes, including depression, substance abuse and suicide. Fortunately, childhood trauma is among the most treatable of mental health conditions, especially when support begins at the onset of symptoms.

**Oakland Family Services** is developing a trauma-focused Cognitive Behavioral Therapy program, an evidence-based child and parent psychotherapy approach for children and adolescents who are experiencing serious emotional behavioral difficulties. Clinicians are being trained to teach new skills for processing feelings as well as resolving distressing thoughts and negative behaviors related to traumatic life events. Services cover children, parents, and those in foster care.
Children in foster care are often victims of past abuse and neglect, which can lead to developmental delays and behavioral problems. Christ Child House provides a home to males from ages 6 to 16 affected by trauma and offers care, daily structure and necessary treatment. The Flinn Foundation support is assisting the agency to transform into a trauma-focused treatment center. Clinical and peer support will expand on the life skills development currently offered to help the boys recover and lead successful, healthy lives.

Young adult survivors of community violence face another major obstacle once their wounds have healed. Post Traumatic Stress Disorder (PTSD) may continue to disrupt their lives and put them at risk for future violence and incarceration. City Connect Detroit has launched DLIVE (Detroit Life Is Valuable Everyday), a model program based at Sinai-Grace Hospital that aims to go beyond providing basic needs for the victims of community violence. Flinn Foundation support has allowed the program to implement Cognitive Behavioral Therapy and a Trauma Peer Support Group. The long term objective is to bring Detroit its first trauma informed and evidence-based PTSD treatment center for survivors of violence.

Spectrum Juvenile Justice Services offers residential treatment to court-involved male adolescents at two facilities in Highland Park. More than 90-percent of the young people in its program have trauma-related disorders. A pilot project to screen and treat those identified with significant trauma symptoms and functional impairment is being conducted with 250 young people. Spectrum anticipates three major outcomes: reduction in trauma symptoms, improved functional ability, and a lower long-term recidivism rate.

“This represents the first specifically tailored intervention initiative in Detroit that meets the mental health needs of a young adult population that is at the center of the PTSD crisis in the city where rates of PTSD from community violence are higher than those of returning war veterans. Without this program, the default treatments of self-medication and/or self-arming with a firearm will only serve to further fuel the cycle of violence and add to the toxic stress of the community.”

Dr. Tolulope Sonuyi
DLIVE Founder and Medical Director
Assisted Outpatient Treatment

Assisted Outpatient Treatment (AOT), known as Kevin’s Law, was enacted in 2005 as a means for courts and community health agencies to help individuals whose failure to comply with prescribed medications and outpatient treatment resulted in readmission to the hospital. A 2017 revision to the law extends the need of treatment to individuals with impaired judgement. The intent is to prevent substantial risk of harm and hospitalization through directed outpatient treatment.

Efforts to create greater understanding of AOT and its use for mental health treatment are unfolding in southeast Michigan and throughout the state.

In Wayne County and statewide, The Michigan Chapter of the National Alliance on Mental Illness (NAMI) is coordinating an effort to build public awareness and lead training for social workers and providers to implement AOT.

“Assisted Outpatient Treatment is now more accessible to people sooner so they don’t have to be in a crucial situation to take advantage of what the law offers. There is a need to boost public awareness and training so that case managers, courts, social workers, and community mental health providers can be prepared to make it available as needed to every citizen in every county.”

Kevin Fischer
Executive Director
Michigan Chapter of the National Alliance on Mental Illness
Macomb County Community Mental Health will provide awareness and education while aiming to increase the number of AOT cases filed in Macomb County Probate Court. Training for mental health providers and hospitals is included with materials used as education resources.

Oakland Community Health Network (OCHN), in collaboration with Oakland County Probate Court and a network of providers, also seeks to increase knowledge of AOT by distributing information and technical assistance. OCHN has launched an awareness campaign to serve Oakland County families, and to assist other communities in replicating its process.

“There is substantial evidence showing youth between 12-18 years are underdiagnosed and undertreated when it comes to their mental and behavioral health needs and identifying their potential substance abuse concerns. We have the opportunity to address the integration of mental health and substance abuse services into physical health, working through primary care physicians at three pilot sites in Macomb County.”

Jared Burkhart
Executive Director
Michigan Chapter American Academy of Pediatrics (MIAAP)
College students are particularly vulnerable to mental health conditions, including depression, anxiety, and co-occuring substance abuse. Statistics show that 1 in 5 will experience a form of mental illness during a given year, and that 1 in 11 students will attempt suicide.

In response, the Flinn Foundation has joined with the JED Foundation, a nationally-recognized advocate for prevention of suicide and substance abuse on campus. Flinn and JED will sponsor a cohort of Michigan universities and colleges to participate in the JED Campus Program which will provide new resources to build on existing behavioral health and suicide prevention efforts. Collaborating philanthropic partners are the Blue Cross Blue Shield of Michigan Foundation, the Michigan Health Endowment Fund, the Community Foundation for Southeast Michigan, and Children’s Hospital of Michigan.
The program offers customized support for each of the 13 schools in the initial Michigan cohort, including creation of a strategic plan and resources to help each school achieve its goals.

Among the specific initiatives is the *Healthy Minds Study*. Based at the University of Michigan, the research will result in an assessment of students’ awareness, attitudes and behaviors on mental health issues, conducted at the beginning of the program and at the three-year mark.

The Steve Fund, the nation’s leading organization focused on supporting the mental health and emotional well-being of students of color, is another specific initiative of this program. The Steve Fund will provide technical assistance to the cohort to implement practical equity strategies into their framework and resources.

As student-driven campaigns to bring greater safety and eliminate the stigma of mental illness continue to expand on Michigan campuses, the JED Campus Program will be an essential resource. Data sharing and insights developed across universities will build on strengths and remove the gaps in the prevention of suicide and substance abuse.
Mental disorders are health conditions that are treatable, but misconceptions and the stigma associated with mental illness often delays diagnosis, treatment and recovery.

**Opening Minds Ending Stigma**, a public education and media campaign produced by the Flinn Foundation and the Michigan Department of Health and Human Services, aims at creating greater understanding about mental illness.

In 2017, the campaign produced two broadcast and community education videos in the Opening Minds Ending Stigma series.

**Breaking Barriers**, which was presented in May in observance of Mental Health Awareness Month, featured candid and inspiring stories of Michigan families affected by mental illness, and, after confronting stigma, found treatment and recovery. The documentary illuminated how family, cultural, and religious views, along with one’s own expectations, can present obstacles.

**Campus Challenges**, aired in September in conjunction with Suicide Prevention Month, revealed the stories of Michigan college students who have experienced mental health challenges which put them at risk. Programs and resources at Wayne State, Eastern Michigan, Western Michigan, Oakland, Michigan and other universities were spotlighted, along with information on when and where to seek help.

The Opening Minds Ending Stigma campaign also includes public service announcements to bring awareness about mental illness and end the stigma that discourages many from pursuing treatment.

Educational videos and other materials and information associated with the effort may be accessed at the campaign web site, [www.endingstigma.org](http://www.endingstigma.org).
I’ve struggled with depression since 7th grade, but at the time I didn’t know that’s what it was. I remember feeling lonely, isolated, sad, and second questioning a lot of my relationships with people. These struggles persisted on and off until my first year of graduate school at Eastern Michigan University. It got to a point where every day felt like such a struggle, I didn’t want to talk to anyone, getting the motivation to do homework was a battle and I had to do everything I could just to make it to the next day. The only thing that got me through was my passion for helping others. I finally decided to see a therapist at the Counseling and Psychological Services center, which helped tremendously. She finally gave me a name for my experience: persistent depressive disorder. From there I could get the support I needed.

Because of my experience, I have come to realize the importance of reducing the stigma and raising awareness surrounding mental health. Through my own experience with mental health I have come to realize that there is no weakness in struggling with it. In fact, it takes immense strength to ask for help.

Eastern Michigan University student Melina Tumpkin works in the EMU Counseling and Psychological Services Center.

Depression is an utterly lonely, confusing, and brutal disease. I know from experience. I was unable to fully admit that I was depressed due to the immense shame surrounding my mental state. If I wanted things to change, then I had to do something about it. After a couple of half-hearted unsuccessful counseling sessions, I was referred to a group where I could discuss my experiences with others in similar situations. I learned that depression is not my fault, it is a neurological malady. I also learned that the stigma of mental illness had been a barrier to getting the help that I needed.

Thankfully, I can now truly say that I’ve been able to reclaim my own happiness and contain my depression, thanks to listening, believing and acting. Mental illness typically has its onset between the ages of 14 and 24. My depression began in my teens and escalated in my college years. It’s important to understand the warning signs, and to know where to find help when needed for you, a friend, or a family member. Your primary care physician, community mental health, and school counseling centers are good places to turn.

Mike Kelley works with the Tailored Mental Health Management Support (taMMs) program at the University of Michigan.

Melina Tumpkin and Mike Kelley are featured in *Opening Minds Ending Stigma: Campus Challenges.*
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Jim Flinn, Jr. and
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Balance Sheet
DECEMBER 31, 2017 (PRESENTED AT FAIR VALUE)

ASSETS
Cash $322,272
Money Market 498,498
Bonds 13,774,423
Equities 26,878,635
Multi Asset Funds 6,483,843
Alternatives
  Marketable/Hedge 7,049,325
  Marketable/Hard Assets 4,423,247
  Mining and Natural Gas 798,589
  Private Equity 6,005,364
TOTAL ASSETS 12/31/17 $66,234,196

CHANGE IN ASSETS
Beginning Assets 12/31/16 $60,910,751
Revenues $3,770,077
Expenses (3,428,435)
Net Income $341,642
Change in Unrealized
  Market Appreciation 4,981,803
TOTAL ASSETS 12/31/17 $66,234,196

Grant Summary
In total, the Foundation awarded $2.4 million in grants for the year. Twenty-one two-year grants were awarded to develop and implement evidence-based treatment programs. Eighteen one-year grants were awarded for a wide variety of projects that improve organizational capacity, awareness and education, advocacy policy research and evaluation.
To advance best practice mental health treatment programs, six (6) two-year grant awards totaling $552,000 were awarded.

Evidence-Based Practices ADULT

City Connect Detroit, Inc. $100,000
To enhance hospital-based Detroit Life Is Valuable Everyday (DLIVE) by implementing Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) into violence intervention model at Sinai-Grace Hospital.

Hegira Programs, Inc. $81,000
To implement Cognitive Enhancement Therapy treatment program for schizophrenia and related serious mental illnesses.

Henry Ford Health System $100,000
To implement Dialectical Behavioral Therapy program at Kingswood Hospital.

Henry Ford Health System $96,000
To enhance behavioral health integration across the 27 primary care sites of Henry Ford Health System with implementation of telemedicine.

St. Joseph Mercy Ann Arbor (Trinity Health - Michigan) $100,000
To develop a short-term outpatient behavioral health consultation model to serve as a bridge for patients transitioning from inpatient to outpatient care and between mental health providers.

St. Joseph Mercy Ann Arbor (Trinity Health - Michigan) $75,000
To expand behavioral health services to older adults in Washtenaw County and provide support to primary care and long-term care providers working with geriatric patients.
To advance best practice mental health treatment programs, fourteen (14) two-year grant awards totaling $1,039,000 were awarded.

**Evidence-Based Practices**

**CHILDREN**

- **Children’s Center of Wayne County, Inc.**
  - $75,000

- **Christ Child Society of Detroit**
  - $75,000
  - To implement trauma-informed practices throughout the agency that serves young boys ages 6 to 16.

- **Detroit Wayne Mental Health Authority**
  - $75,000
  - To address trauma in school-based settings for children and youth in Detroit and Wayne County.

- **Ennis Center for Children, Inc.**
  - $70,000
  - To create therapeutic arts program for children in foster care.

- **Henry Ford Health System**
  - $75,000
  - To develop a fully-integrated behavioral health service delivery model for all Henry Ford Health System pediatric primary care settings.

- **Judson Center**
  - $75,000
  - To develop a behavioral health model dedicated to providing evidence-based treatment and outreach.

- **Oakland Family Services**
  - $50,000
  - To implement a Trauma-Focused Cognitive Behavior Therapy (TF-CBT) program to treat children with trauma and/or toxic stress.

- **Pediatric Foundation of Michigan, Inc.**
  - $60,000
  - To train primary care physicians and their clinics to implement evidence-based assessment and screening tools to more comprehensively treat youth, 12-18 years old, for behavioral health conditions and substance abuse.
Grants Awarded

Evidence-Based Practices

**CHILDREN**

**Regents of University of Michigan**
$75,000
To develop a systematic model ensuring children receive best practice screening, assessment and evidence-based therapy for ADHD in the General Pediatrics clinics within the Michigan medicine system.

**Regents of University of Michigan**
$75,000
To develop and implement TRAILS, a school-based behavioral healthcare model that could potentially be replicated statewide.

**Spectrum Juvenile Justice Services**
$58,000
To implement and evaluate Trauma Focused-Cognitive Behavior Therapy (TF-CBT) to male justice system-involved teens.

**Starfish Family Services, Inc.**
$70,000
To implement Child Parent Psychotherapy across early childhood programs for children ages 0 to 5.

**Starfish Family Services, Inc.**
$66,000
To implement Trauma Focused-Cognitive Behavior Therapy (TF-CBT) for children and adolescents.

**Wayne State University**
$65,000
To implement Trauma Focused-Cognitive Behavior Therapy (TF-CBT) for children and adolescents.

To improve capacity of mental health providers; increase awareness and education; support consumer and policy research advocacy; and advance early screening and assessment, twelve (12) one-year grants totaling $405,000 were awarded.

Grantmaking Opportunities

**Adult Well-Being Services**
$50,000
To implement Cognitive Enhancement Therapy (CET) into service delivery.
Association for Children’s Mental Health (ACMH)  
$10,000  
For general operating support. ACMH provides advocacy support for individual children and their families across Michigan.

Covenant Community Care, Inc.  
$50,000  
To support a behavioral health counselor in OB-GYN focused clinic.

Detroit Central City CMH  
$50,000  
To implement Cognitive Enhancement Therapy treatment program for consumers diagnosed with severe mental illnesses, particularly schizophrenia.

Leaders Advancing And Helping Communities (LAHC)  
$50,000  
To expand LAHC’s Behavioral Health Life Skills program to high school students in Dearborn.

Mariners Inn  
$30,000  
To train Mariners Inn peer coaches to help people with co-occuring substance use and mental health disorders.

Mental Health Association in Michigan  
$35,000  
For general operation support for mental health public policy advocacy statewide.

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

NAMI Metro  
$10,000  
For general operating support for consumer and family advocacy in Wayne, Oakland and Macomb County.

NAMI Michigan  
$10,000  
For general operating support for consumer and family mental health advocacy statewide.

NAMI Washtenaw County  
$10,000  
For general operating support for consumer and family mental health advocacy in Washtenaw County.

Regents of University of Michigan  
$50,000  
To support advanced psychopharmacology training and related management of major psychiatric disorders for Nurse Practitioners.
The Foundation also awarded six (6) one-year collaborative grants totaling $355,000 to improve mental health delivery services in Michigan.

### Collaborative Grantmaking

<table>
<thead>
<tr>
<th>Grant Recipient</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Juvenile Assessment Center</strong></td>
<td>$50,000</td>
<td>To expand assessment, case management and mental health treatment services for at risk young adults (age 17) in the juvenile justice system.</td>
</tr>
<tr>
<td><strong>Macomb County Community Mental Health</strong></td>
<td>$25,000</td>
<td>To increase Assisted Outpatient Treatment (AOT) case capacity and awareness and education efforts in the community.</td>
</tr>
<tr>
<td><strong>Mental Health Association in Michigan</strong></td>
<td>$25,000</td>
<td>For general operating support to increase awareness and education training about Assisted Outpatient Treatment (AOT).</td>
</tr>
<tr>
<td><strong>NAMI Michigan</strong></td>
<td>$40,000</td>
<td>For general operating support to increase awareness and education training about Assisted Outpatient Treatment (AOT) in Wayne County.</td>
</tr>
<tr>
<td><strong>Oakland County Community Mental Health Authority</strong></td>
<td>$15,000</td>
<td>To increase Assisted Outpatient Treatment (AOT) case capacity and awareness in Oakland County.</td>
</tr>
<tr>
<td><strong>Regents of the University of Michigan</strong></td>
<td>$200,000</td>
<td>To integrate peer program “Buddy-to-Buddy” into Veteran Community Action Teams (VCATS) in Michigan.</td>
</tr>
</tbody>
</table>
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.

**How to Apply For a Grant**

Grants are awarded once a year in September. Listed below is the typical timeline and process for applying for a grant:

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>Late May</td>
<td>Open RFPs announced</td>
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<tr>
<td>Late July</td>
<td>Deadline for proposal applications</td>
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<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:

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Executive Director and CEO  
333 West Fort Street, Suite 1950, Detroit, MI 48226-3167  
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www.flinnfoundation.org | Twitter: @EJFlinnFDN | Facebook: @EJFlinnFoundation
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!