

OPFENTHS



ETHEL & JAMES

FLINN FOUNDATION

2014 ANNUAL REPORT

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.

www.flinnfoundation.org

***“Don’t give up.”
Frank Taylor, 62, as featured in
Opening Minds - Ending Stigma***

Diagnosis and treatment for Frank’s mental illness was delayed until his late 40s. Once homeless with substance use issues, he now helps others through his work at Adult Well-Being Services, attends college, and is reconnected with his children.



OUR STORY

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 afflicted 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 that will improve the lives of children, adolescents and adults with mental illness.



ETHEL & JAMES

FLINN FOUNDATION

OUR WORK

Dear Friends,

In many ways, the year 2014 can be considered a time of great promise in our efforts to develop, implement and evaluate best practice treatment programs for people with mental illness. Better treatments are bringing better outcomes. Improved access to mental health services through the Affordable Care Act and Medicaid expansion is enabling many to receive mental health services for the first time, including those in at-risk populations and communities.

Initiatives to integrate standardized mental health screening in primary care, and an on-going Flinn Foundation strategy for expediting delivery of services through early intervention, are taking shape throughout Michigan.

At the state level, the Michigan Mental Health and Wellness Commission reported specific progress on a diverse list of key recommendations in support of our veterans, the homeless, those in the juvenile justice system, and all Michigan citizens with mental illness.

This report contains information about many Flinn Foundation supported programs that are fueling this widespread momentum. Our focus on integrating behavioral health services in primary care, along with addressing the mental health needs of our young people and at-risk populations, is in lockstep with the positive changes taking place, and the energy and initiatives behind them.

We recognize the work that needs to be done to fulfill the potential of these necessary changes in delivery systems for mental health services to those in need. A number of obstacles persist in program coordination, which we are addressing through our funded efforts to train physicians for standardized mental health screening as a routine part of primary care. We aim to improve connection to mental health professionals through an online registry and other approaches, and respond to victims of trauma, and socio-economic disadvantages.

We must leverage our partnerships with government leaders and agencies, mental health service providers, and other

advocates and funders to prevent service gaps and accelerate the push for integrated care and a shift to early intervention and prevention. Working together, we can also remove a common barrier that prevents many with mental illness from receiving timely diagnosis and effective treatment; the misconception and stigma that illnesses above the neck are different from any other medical condition.

As we close obstacles to progress in serving those with mental illness, we can open minds to the necessary shift in focus to prevention and early intervention.



A handwritten signature in black ink, reading "Leonard W. Smith".

Leonard W. Smith
Chairman & CIO



A handwritten signature in black ink, reading "Andrea M. Cole".

Andrea M. Cole
Executive Director & CEO

EARLY INTERVENTION

The movement to integrate behavioral health care into primary care settings is continuing to unfold in a manner that speeds diagnosis and treatment. Greater access to mental health services is spreading in pediatric offices, with major healthcare providers, agencies and human services organizations.

Through its primary care clinic which serves 12,000 patients annually, **Community Health and Social Services (CHASS)** is implementing behavioral health screenings as a routine course. The updated method helps detect the need for mental health services among a vulnerable population, while serving to eliminate barriers to treatment and inefficiencies in delivery.



Covenant Community Care, Inc. provides life-changing support which recognizes a common link between substance use and mental illness. Through a Flinn Foundation grant, patients are being screened for mental and substance use disorders.

Early results of screening have been noteworthy. Of nearly 1,200 patients at the pilot site, 111 people screened positive for a substance use issue, with 647 people identified with a behavioral health diagnosis. More than half of those who screened positive in this large sampling were able to

receive mental health or substance abuse treatment on site, often on the same day. Tracking of the program indicates that it is sustainable, and plans call for expansion to three other clinics.

The push for integrated care impacts providers large and small, from those with human service missions to major health care organizations. In partnership with **Henry Ford Health System**, standardized behavioral health screening and treatment is being integrated into routine care within **Henry Ford Macomb Hospital**. Dr. Brian Ahmedani says that it presents an opportunity to detect mental health conditions among people who may not have been identified in the past.

The Macomb facility serves 12,500 patients annually.



As with many medical conditions, early intervention with mental illness often paves the way to effective treatment. Well-visits for children are an ideal place to start, because the focus on early detection can be used for the whole child and promote physical and mental wellness.

Pediatric Foundation of Michigan, Inc. is training physicians and clinical staff at 32 Federally Qualified Health Centers in southeast Michigan to implement

evidence-based standardized behavioral health screening. Program Director Colleen Livingston says the positive response in pediatric offices has been a testament to the need.

“The training allows physicians to go forward with screening at their clinics so that there can be early identification and a follow-up if there is an issue.”

The process of developmental and behavioral monitoring and screening begins at a very early age, with 9, 15, 18, and 24-month Well Child Visits used as checkpoints. Parents and caregivers come to realize that integrated behavioral health and developmental health care is a routine way to promote physical and mental wellness.

“Pediatricians explain what they’re doing it for and having it as a regular standard of care in regular preventative visit is understood as a normal thing. There’s a lot more education overall in the general population and the training of pediatricians and office staff help in that effort as well.”

“It’s a new venture at our large medical hospitals. We’ve already implemented something similar in primary care where we’ve been screening for depression and other conditions in that setting. This is an opportunity to identify more people with mental disorders so that we can treat it earlier in the disease cycle.”

*Dr. Brian Ahmedani
Henry Ford Health System*

E'Londa Morris, 13, at The Guidance Center in River Rouge

JAIL DIVERSION, YOUTH AND TRAUMA

Young adults become involved with the justice system for a variety of reasons. Often, treatment is necessary to address trauma-related behavioral health symptoms and provide assistance with jail diversion to begin the journey to a better life.

Exposure in early life to repetitive, intensely stressful and toxic violence at home and in the community is a common factor. For 17-year olds who have been charged as adults and have served time in the Wayne County Jail, there's help through the **Juvenile Assessment Center's (JAC) *Turn Around*** program, which presents a diversion to incarceration, and connection to mental health treatment and services. For some, violence, substance use, depression, and unhealthy relationships may have been always been a part of their lives, and

basic needs like medical and mental health care have been deferred. Cynthia Smith, Juvenile Assessment Center Chief Executive Officer, says "*Turn Around* offers an alternative many in the program have never had." Smith believes there are also many young people with light to moderate symptoms who could benefit from effective behavioral health treatment, which helps reduce future numbers in the juvenile justice system and the need for out-of-home care.

Meanwhile, a program which offers Trauma-Focused Cognitive Behavioral Therapy to high-risk youth in Detroit and Highland Park is being implemented through our partnership with **Spectrum Child and Family Services**. Project Director Genise High says many of the



Left to right: Chris Jones (JAC), Tahajhae Young (seated), Devon Freeman, Jeriel Heard, Chief Director, Wayne County Jails and Ken Bates (JAC)

young people involved have negative effects from life experiences that must be overcome, and are just discovering a better way to respond to challenging circumstances.



Community mental health providers have seen a rise in children who have been exposed to violence, abuse, and neglect in recent years, creating an on-going need for evidence-based treatment models for those with a trauma history.

Trauma-Informed Therapy for younger children between the ages of 6 - 12 is available at **Starfish Family Services** through the *Real Life Heroes* program. Following an assessment and evaluation of strengths and conflicts, traumas and triggers, the goal is to show children who are diagnosed with serious emotional disturbances that caring adults can make their world safe.

According to Christina Grim, Director of Clinical and Trauma Services, the role of a caring adult as a trusted guide is crucial to the healing process for children who may be experiencing trauma, anxiety, depression and disruptive behavior disorders.

“Real Life Heroes is a trauma treatment that helps children and caring adults to work together to strengthen their emotionally supportive relationship and rebuild safety. Children learn about what makes a hero and identifies a hero in their life.”



Seeking Safety, a Trauma-Informed Treatment Program offered by **The Guidance Center**, assists those with co-occurring substance use disorder and Post Traumatic Stress Disorder (PTSD). Carolyn Metz, Director

of Behavioral Health, says that dealing with multiple issues is challenging.

“When you’re in an addiction, you can put yourself in a position where a traumatic event can happen. The other side is if you have a traumatic incident happen, oftentimes people use alcohol or drugs to try and compensate for those Post Traumatic Stress Disorder symptoms that you incur.”

**“Many of our children
in our neighborhoods
are suffering from
PTSD – just like our men
and women who have
served abroad.”**

*Detroit Police Chief
James E. Craig
Opening Minds – Ending Stigma*



ENDING STIGMA

OPENING MINDS – ENDING STIGMA

One in four adults will experience mental illness in a given year. One in five young people between the ages of 13 to 18 will experience a severe mental disorder, with suicide the third leading cause of death for ages 15 to 24 according to the National Alliance on Mental Illness. The staggering statistics reflect the fact that mental illness impacts those of every age, from every zip code and every socio-economic status. Yet, the stigma associated with seeking help for mental illness remains a pervasive block to diagnosis and effective treatment.

In partnership with the **Detroit Wayne Mental Health Authority** and other leading advocates for those with mental illness, the **Flinn Foundation** is confronting stigma through a public awareness campaign that shares the good news about the treatable nature of brain disorders, and the improved access to services.

The video production, *OPENING MINDS – ENDING STIGMA*, became the centerpiece of the campaign launch, generating enthusiastic participation from Michigan Senator Debbie Stabenow, Lt. Governor Brian Calley, Director of Michigan of Health and Human Services Nick Lyon, and many others involved in the effort. The video also featured inspiring stories from those who have made great strides in managing mental illness and are helping others by encouraging them to seek help.

Having made its broadcast debut, *OPENING MINDS – ENDING STIGMA* is now available for community education purposes and may be seen anytime at www.flinnfoundation.org.





Dominique Fischer, as featured in Opening Minds – Ending Stigma

**“With physical health
an early intervention
and prevention
approach was
adopted years ago.
We need to do
the same with
treatment of
mental illness.”**

***Andrea Cole
Executive Director & CEO***



***Nick Lyon, Director,
Michigan Department of
Health and Human Services***



***Lt. Governor Brian Calley, Flinn Foundation Executive Director
& CEO Andrea Cole, and Tom Watkins, President and CEO of
Detroit Wayne Mental Health Authority.***

A NEW TEAM FOR MICHIGAN VETERANS



Through a new partnership with **Wins For Warriors**, **The Flinn Foundation** is advancing efforts to speed mental health services to Michigan Veterans and reservists who experience challenges related to their service.

In teaming up with Wins for Warriors, founded in 2013 through a \$1-million dollar gift from Detroit Tiger pitcher Justin Verlander, the goal is to bring greater awareness, screening and treatment of mental health issues affecting Iraq and Afghanistan Veterans and their families. The partnership included an inaugural 9K fundraiser at Comerica Park, and extends to research of effective treatments for Post Traumatic Stress Disorder (PTSD) and other mental health disorders.

The Flinn Foundation's efforts on behalf of Michigan Veterans include such initiatives as the University of Michigan's **Homefront Strong**, and continued support for the Michigan State University program which is training a network of licensed mental health professionals to serve Military families and Veterans and includes a growing network of providers which may be accessed easily through an online registry. It coincides with a developing state initiative, a *No Wrong Door Policy*, which aims at bringing speedy, unobstructed mental health treatment to Veterans wherever they seek assistance.

“Through *Wins for Warriors* support, holistic and innovative mental health services are provided to these returning Veterans and their families, where they can find strength, healing and hope.

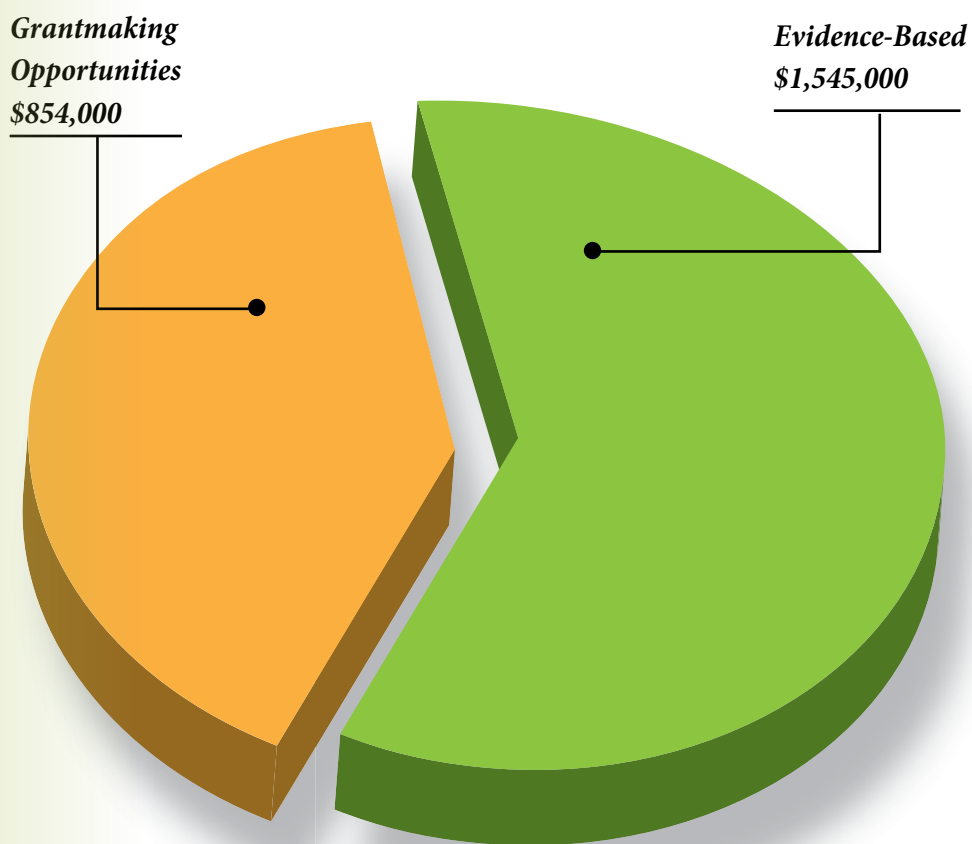
By supporting their overall mental health, we can impact not just their lives but the lives of their family, so they can pursue their dreams and reach their full potential.”

*Detroit Tigers All-Star Pitcher
Justin Verlander*



GRANT SUMMARY

In total, the Foundation awarded \$2.4 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, 2014 (presented at fair value)

ASSETS

Cash		
Retail Account	\$ 186,812	
Investment	<u>15,949</u>	\$ 202,271
Money Market		366,565
Bonds		12,569,842
Equities		25,812,996
Multi Asset Funds		7,451,467
Alternatives		
Marketable/Hedge		6,936,215
Marketable/Hard Assets		4,875,509
Mining and Natural Gas		798,589
Private Equity		<u>4,584,597</u>
		\$ 63,598,541

LIABILITIES

-0-

TOTAL ASSETS AND LIABILITIES 12/31/14	\$ 63,598,541
----------------------------------------------	----------------------

CHANGE IN ASSETS AND LIABILITIES

Beginning Assets and Liabilities 12/31/13		\$ 63,789,012
Revenues	\$ 3,677,671	
Expenses	<u>(3,106,079)</u>	
Net Income		\$ 571,592
Change in Unrealized Market Appreciation		<u>(762,063)</u>

TOTAL ASSETS AND LIABILITIES 12/31/14	\$ 63,598,541
----------------------------------------------	----------------------

At its September 16, 2014 Board of Trustees meeting, the Foundation awarded 37 grants totaling \$2.4 million to mental health organizations to support the following program areas:

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.

American Indian Health and Family \$100,000

To implement Trauma-Focused Cognitive Behavioral Therapy treatment program for American Indian/Alaskan Native and First Nations populations in the criminal justice system.

Catholic Charities of Southeast Michigan \$55,000

To implement an integrated treatment program for co-occurring mental and substance use disorders.

Covenant Community Care, Inc. \$100,000

To integrate substance use treatment into behavioral health delivery system at all clinics.

Detroit Central City CMH \$50,000

To expand the Young Adult Jail Diversion Program for young adult offenders ages 18-28 with mental illness who are transitioning in and out of jail.

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).

Hegira Programs, Inc. \$60,000

To integrate behavioral health treatment into a primary care setting serving Wayne and Washtenaw counties.

Henry Ford Health Systems \$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.

Jewish Family Service \$62,000

To implement the Acceptance and Commitment Therapy model into delivery system.

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.

To advance best practice mental health treatment programs, eighteen (18) two-year grant awards totaling \$1,545,000 were awarded.

**Michigan State University
\$100,000**

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.

**Pediatric Foundation
of Michigan, Inc.
\$88,000**

To train physicians and clinical staff at 32 federally qualified health centers in southeast Michigan to implement evidenced-based best practice standardized behavioral health screening tools at well-child visits.

**Regents of University
of Michigan
\$96,000**

To implement and evaluate an evidence-based online monitoring, psycho-education program for college students with depression and/or anxiety.

**Regents of University
of Michigan
\$100,000**

To train a network of licensed mental health professionals in treatment interventions developed specifically for families of active military members.

**St. John Providence
Health System
\$100,000**

To implement Dialectical Behavior Therapy and Motivational Interviewing treatment programs throughout the delivery system.

**Spectrum Child and
Family Services
\$90,000**

To implement Trauma-Focused Cognitive Behavioral Therapy program for high risk youth in Detroit and Highland Park.

**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).



*Haran and Nikki Rashes, as featured in
Opening Minds – Ending Stigma*

GRANTMAKING OPPORTUNITIES

Arab Community Center \$50,000

To implement an integrated behavioral and physical health model into primary care clinic that serves Wayne, Oakland and Macomb counties.

Association for Children's Mental Health \$10,000

For general operating support. ACMH provides advocacy support for individual children and their families across Michigan.

Community Assessment Referral & Education-CARE \$47,000

To develop a strategic plan to expand mental health and substance use treatment services in Macomb County.

Corner Health Center \$50,000

To develop and pilot an integrated care model for adolescents served at the primary care clinic.

Detroit Central City CMH \$50,000

To support a new Community Health Clinic that will expand access to integrated behavioral and physical health care and dental services to midtown's underserved and vulnerable populations.

Detroit Wayne County Community Mental Health Authority \$25,000

To evaluate mental health services provided in Wayne County Jails and recommend improvements of in-jail service delivery.

Development Centers, Inc. \$50,000

To establish a new Integrated Health Clinic to serve individuals with both behavioral and physical health care needs.

Jewish Family Services of Washtenaw County, Inc. \$50,000

To improve organizational capacity of the agency to provide mental health services in Washtenaw County.

Judson Center \$50,000

To develop and implement a peer recovery/peer support service program at the Center's Macomb County mental health facility.

Mariners Inn \$27,000

To implement an Electronic Health Record (EHR) system to improve mental health delivery and outcomes for consumers.

Mental Health Association in Michigan \$60,000

For policy research and evaluation to improve delivery of mental health care and services by examining the impact of the Affordable Care Act (ACA) on mental health parity in Michigan.

To improve capacity of mental health providers; increase awareness and education; support consumer and policy research advocacy; and advance early screening and assessment, twenty-one (20) one-year grants totaling \$854,000 were awarded.

**Michigan Association for
Infant Mental Health
\$10,000**

To expand training for infant mental health professionals serving high-risk infants/toddlers in Wayne County.

**Minds Program, Inc.
\$45,000**

To produce an education and awareness film to increase mental health literacy among youth ages 12-18 for dissemination in school settings.

**NAMI Metro
\$10,000**

For general operating support. NAMI Metro's constituent members cover the Foundation's geographic focus of Wayne, Oakland and Macomb counties.

**NAMI Michigan
\$60,000**

To expand support, education and advocacy programs for mental health consumers across the State of Michigan.

**NAMI Washtenaw
\$10,000**

For general operating support. NAMI Washtenaw County constituent members cover the Foundation's geographic focus of Washtenaw County.

**Oakland Integrated
Healthcare Network
\$50,000**

To develop and implement a patient registry and health management tool to improve integrated health care services and outcomes in FQHC serving 10,000 patients annually.

**Regents of the University
of Michigan
\$100,000**

To evaluate the Infant Mental Health Home Visiting services provided by the Michigan Department of Community Health.

**Wayne State University
\$50,000**

To implement and evaluate mental health treatment guideline for the transition from inpatient to outpatient care.

**Western Wayne Family
Health Centers
\$50,000**

To support the new Inkster site that will expand access to integrated behavioral and physical health care.

**William Beaumont Hospital
\$50,000**

To develop and implement an integrated behavioral and physical health care model in the Troy Family Medical Center that serves 1,500 patients annually.



***Lt. Andrew Turner as featured in
Opening Minds – Ending Stigma***

BOARD OF TRUSTEES



Leonard Smith
Chairman and Treasurer



Duane Tarnacki
Vice Chairman



the Honorable
Freddie Burton, Jr.



Dr. Linda Hryhorczuk



Jack Kresnak



George Nicholson, III



Lynn Schneider

TRUSTEE EMERITUS

Ethel "Peggy" W. Flinn
(1976 – 1994)

J. Peter Smith
(1986 – 2008)

David E. Nims, III
(1994 – 2010)

Dr. Calmeze H. Dudley
(2010 – 2012)

Allen Ledyard
(2006 – 2014)

IN MEMORIAM

With sadness, The Ethel and James Flinn Foundation marks the passing of two distinguished members of our Board of Trustees, whose contributions to those with mental illness continue to inspire and guide us.



Allen Ledyard

Allen Ledyard, served with deep commitment on the Board from 2006 until his death on October 21, 2014, at the age of 80. He and his family were close friends of the Flinn family and especially Peggy Flinn. Allen's insight and the challenges faced by those with a wide range of mental health issues is evident in many of our initiatives. In addition to his devotion to his family and faith, he will be remembered as a friend to many diverse organizations that serve at-risk and disadvantaged people in our local community, including Mariners Inn, which has dedicated its library in his memory.



J. Peter Smith

J. Peter Smith, who died May 30, 2015 at the age of 76, in Grand Haven, served on the Flinn Foundation Board with distinction for 22 years, from 1986 – 2008. Prior to his service on the Board, he was the Trust Advisor to Peggy Flinn and the family's financial interests. Peter's dedication and advocacy for those with mental illness helped to guide us through a period of great change in the delivery systems for a wide range of services. His legacy is one of unwavering service to those with mental health disorders. We're grateful to be one of the organizations he supported with passion, and we are better equipped to carry out a mission that results from his deep devotion to helping others in need.

FOUNDATION BENEFACTORS



James "Jim" H. Flinn, Jr.



Ethel "Peggy" W. Flinn



**Jim Flinn, Jr. and
Leonard W. Smith**

*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 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:**

FUNDING PROCESS AND TIMELINE

Late May	Open RFPs announced
Late July	Deadline for proposal applications
Late September	Notification of grant decision
Early December	Grants funds awarded
January	Grant term begins

**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



ETHEL & JAMES

FLINN FOUNDATION

Ethel & James Flinn Foundation

333 West Fort Street, Suite 1950

Detroit, MI 48226-3167

Phone: (313) 309-3436

Fax: (313) 309-3441

www.flinnfoundation.org

Design: Brenda Beene Shackleford, BeeneBag Creative | Printing: Phoenix Innovate | Writing/Content Services: John O'Donnell, JOD Media

www.flinnfoundation.org

**OPENING
MINDS**

**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!