

THE YOUTH MOVEMENT

2016 ANNUAL REPORT



ETHEL & JAMES

FLINN FOUNDATION

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.

Students are taking the lead to end stigma associated with mental illness with peer support at colleges and universities. Anna Smith, featured in **OPENING MINDS ENDING STIGMA: SAVING YOUNG LIVES**, helps build awareness through the **Active Minds** chapter at the University of Michigan.





ETHEL & JAMES

FLINN FOUNDATION

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.



OUR WORK

Dear Friends,

Those who advocate for people with mental illness have long understood that many factors can affect the shared goal to improve the quality and delivery of mental health services.

There is much potential for progress as more is learned about diseases of the brain and the treatments that will bring better outcomes for common disorders. With this knowledge, a more realistic public perception of mental illness can emerge, one that erases barriers for those who are experiencing symptoms so they may have access to screening, diagnosis, and treatment options as needed.

Some of the most promising signs of progress are unfolding in the area of early intervention, particularly in pediatric offices in which standardized mental health and developmental screening has become a routine part of wellness visits for children of all ages. On college campuses, student mental health is the focus, with many programs extending beyond awareness to include progressive approaches to substance use and suicide prevention.

This report offers a look at the Flinn Foundation's commitment to initiatives that help clear the paths above to achieve our mission of improving the quality, scope and delivery of mental health services in Michigan. Resources are used to advance best practice treatment programs for adults and children, reaching out to some of the most vulnerable groups and individuals across the state, particularly Southeast Michigan, with access to care.

The treatable nature of many mental health disorders drives our efforts to expand such services as trauma-informed treatment programs, which often produce life-altering benefits.

Major progress is dependent on establishing parity in treating both physical and mental health conditions, and our partnerships with mental health organizations and other providers will reflect this necessary transition.

Through our **OPENING MINDS ENDING STIGMA** media campaign, presented in partnership with the Michigan Department of Health and Human Services, we will work to end the stigma about mental illness that often prevents diagnosis and treatment at its earliest, most treatable, stage. By changing attitudes and the conversation, we all become better equipped to help others, or even ourselves, get the help needed.



A handwritten signature in black ink that reads "Leonard W. Smith".

Leonard W. Smith
Chairman & CIO



A handwritten signature in black ink that reads "Andrea M. Cole".

Andrea M. Cole
Executive Director & CEO



BETTER OUTCOMES THROUGH EARLY INTERVENTION

As part of its mission to improve the delivery of mental health services, the Flinn Foundation recognizes that the lag from the onset of a mental illness to effective treatment is often too long. There are positive steps being taken to shorten that process.

Among the most encouraging signs are those occurring in pediatric offices and primary care settings. Monitoring and screening for behavioral health conditions and developmental delays is becoming more routine during well visits by families and individuals.

Early recognition and intervention helps children and families thrive. Programs are also being implemented in early childhood settings and human services agencies to support the social and emotional development of children.



Henry Ford Health System recognizes the need to focus on early intervention. Standardized mental health screenings and treatment protocols for behavioral health concerns will be integrated across its 11 pediatric outpatient settings. This proactive approach will make a tremendous difference in the mental health care for children, adolescents and young people.



Starfish Family Services offers early childhood programs which bring a family-centered approach to mental health wellness. It includes access to child/parent psychotherapy for children ages 0 to 5.



At **Children's Center** in Detroit, families receive support from The Incredible Years, a series of interlocking evidence-based programs for parents, children and teachers to prevent and treat young children's behavior problems and promote their social, emotional and academic competence. The program is used in schools and mental health centers, and has yielded impressive outcomes. Here, the focus is on implementing early childhood clinical treatment services for children with a diagnosed Serious Emotional Disturbance.

“It is deepening the understanding of the profound impact of childhood trauma on attachment, and giving us the best practice tools to address these concerns in a relationship-based way. Research has informed us that the key factor in supporting resilience for young children is healthy relationships.”

Gillian Oglivie
Maternal and Early Childhood
Clinical Services Manager
Starfish Family Services



Judson Center, is delivering an integrated health care program to serve at-risk, underserved children and families in Wayne County. It includes the establishment of a mental health care team which serves more than 500 families at the Center’s Redford office where the Center’s foster care children receive services.

There is a national shortage of child psychiatrists, and the use of Telesites is increasing as a means to provide quicker access to care with costs reimbursed through insurers. Judson Center has also formed a partnership with **Covenant Community Care** to collaborate on development of an integrated care model to serve at-risk families and children served by Covenant’s Care Clinic.

“Some of our foster care families are in need of receiving mental health services as well as primary health care. What we needed to do first as we move into integration is to open a mental health practice at that location, as well as Telesite services.”

Lenora Hardy-Foster
President and CEO
Judson Center



Tyanna McClain, a youth specialist at the Children’s Center, is helping others after receiving successful treatment for early childhood trauma and depression.

EXTENDING A TRAUMA-INFORMED SAFETY NET

As mental health treatment programs improve, it is imperative for the Flinn Foundation to see that evidence-based approaches are delivered to children who can benefit most from them. **Christ Child Society of Detroit** has been providing care for abused and neglected children since 1948. The agency's residential services include an intensive treatment center to assist boys aged 6 through 16 who suffer emotional, behavioral and physical impairment resulting from severe abuse and neglect. With a goal of ensuring the best possible outcomes for the young males in the program, trauma-informed practices are being implemented.

A Cognitive Behavioral Therapy program is being implemented through **Oakland Family Services** to treat children with trauma or experiencing toxic stress. Trauma-informed treatments for those with current or past traumatic incidents help children learn to express their feelings, increase their ability to cope, and decrease powerlessness.

“This specific approach not only encompasses the principles of safety, choices and empowerment, but it emphasizes the physical, psychological, and emotional safety for our residents. It's a strength-based program that will help them continue to heal, grow and lead productive lives.”

LaNeice Jones

President and CEO
Christ Child Society of Detroit



Tarah Hipple experienced the effects of trauma years after her brother's suicide. She tells her story in ***Saving Young Lives***, at endingstigma.org.

“These are our young people who have been sorely underserved throughout their early adolescence, and so it is important for us all to support them on college campuses. Being a flexible non-profit, if a young person has an acute mental health situation going on, we have a little more latitude to respond and see that crisis all the way through.”

Brian Todorow

Director of Clinical Services
Ozone House

Expanded mental health treatment programs are serving young adults who have aged out of foster care at **Ozone House**, a community based agency that provides support, intervention, training, and assistance to runaway, homeless, and high-risk youth and their families. A partnership with Eastern Michigan University and Washtenaw Community College is helping to fill a huge gap in supportive services for students who have aged out of foster care, or may be experiencing homelessness, complex trauma, toxic stress or other major challenges.

The program includes access to a therapist on campus and other assistance, says Ozone House Director of Clinical Services Brian Todorow.

The mental health challenges of homeless young adults are being addressed at **Covenant House Michigan**, in addition to serving this vulnerable population with shelter and residence. Support is offered through the training of all clinicians in evidence-based Cognitive Behavioral Therapy (CBT) treatment approaches.



Students are taking the lead in mental health awareness in college campuses with the growing **Active Minds** organization.

REACHING OUT ON CAMPUS

Many college students face mental health challenges that stem from a variety of factors. The rising costs of higher education, uncertain career opportunities, and the transition to greater independence and responsibility come during a period of great vulnerability.

In response, the Flinn Foundation partnered with Blue Cross Blue Shield of Michigan Foundation, Community Foundation of Southeast Michigan and the Michigan Health Endowment Fund to bring the JED program to Michigan.

The Jed Campus Program will be implemented in 15 Michigan colleges to enhance student mental health and substance abuse and suicide prevention efforts. Clinicians for the Campus Program team will collaborate with participating schools to identify opportunities and resources to ensure that schools have the strongest possible mental health safety nets.

A “**Send Silence Packing**” traveling exhibit visited Eastern Michigan University to spread mental health awareness and suicide prevention on campuses across the nation.



A NEW STARTING POINT FOR COLLEGE SCREENING

When symptoms of mental illness present themselves, taking that first step toward recovery can be difficult. To a cash-strapped college student who is struggling, a free, anonymous screening may be a much easier method of determining if it is time to seek help. A new MindKare kiosk located in the Kresge Library at **Oakland University** is providing stigma-free opportunity for students and others in the community to check on their mental health. The interactive touch-screen guides users through questions related to common mental health challenges, and can also provide information on where to turn for help.

The mental health kiosk is the first of its kind in Michigan, and results from a cooperative effort by the Flinn Foundation and Easter Seals-Michigan.

Visitors to Oakland University's Kresge Library can do a quick check on their mental health at the MindKare kiosk



OPENING MINDS, ENDING STIGMA

The Flinn Foundation's campaign to remove stigma as a barrier to treatment of mental illness is focused on the needs of those most vulnerable, with particular emphasis on young people.

In its second year, the statewide reach of the **OPENING MINDS ENDING STIGMA** media campaign was expanded through a new partnership with the Michigan Department of Health and Human Services (MDHHS). The effort included the production of two broadcast documentaries.

Early Intervention is Key, a documentary which aired on Michigan television stations during mental health month in May, revealed steps that are being taken to make mental health screening a routine part of a child's well visits to the doctor. Information to assist parents and showcase school programs that encourage mental health wellness was also provided.



"Removing stigma is an absolutely critical piece for getting people into treatment and support much earlier."

Lynda Zeller
Deputy Director of Behavioral Health and
Developmental Disabilities Administration,
Michigan Department of
Health and Human Services

Saving Young Lives, broadcast in September in conjunction with Suicide Awareness Month, presented the stories of families which have been affected by suicide and spotlighted prevention efforts in the home, on campus and in the community. The goal is to help us all identify warning signs, and learn where to turn to help a friend, family member or ourselves.

The reach of the **OPENING MINDS ENDING STIGMA** documentaries was amplified through traditional and social media throughout Michigan with messages delivered by Michigan State University basketball coach Tom Izzo and former University of Michigan football player Will Heining. The Flinn Foundation collaborated with MDHHS to provide information about mental health resources and access to series videos for community education at endingstigma.org.

Kevin Fischer
Executive Director
NAMI Michigan



Lynda Zeller

RAISING PARENT AWARENESS

One of the most challenging aspects of being a parent is determining whether a child's behavioral changes are normal or a symptom of a mental health condition.

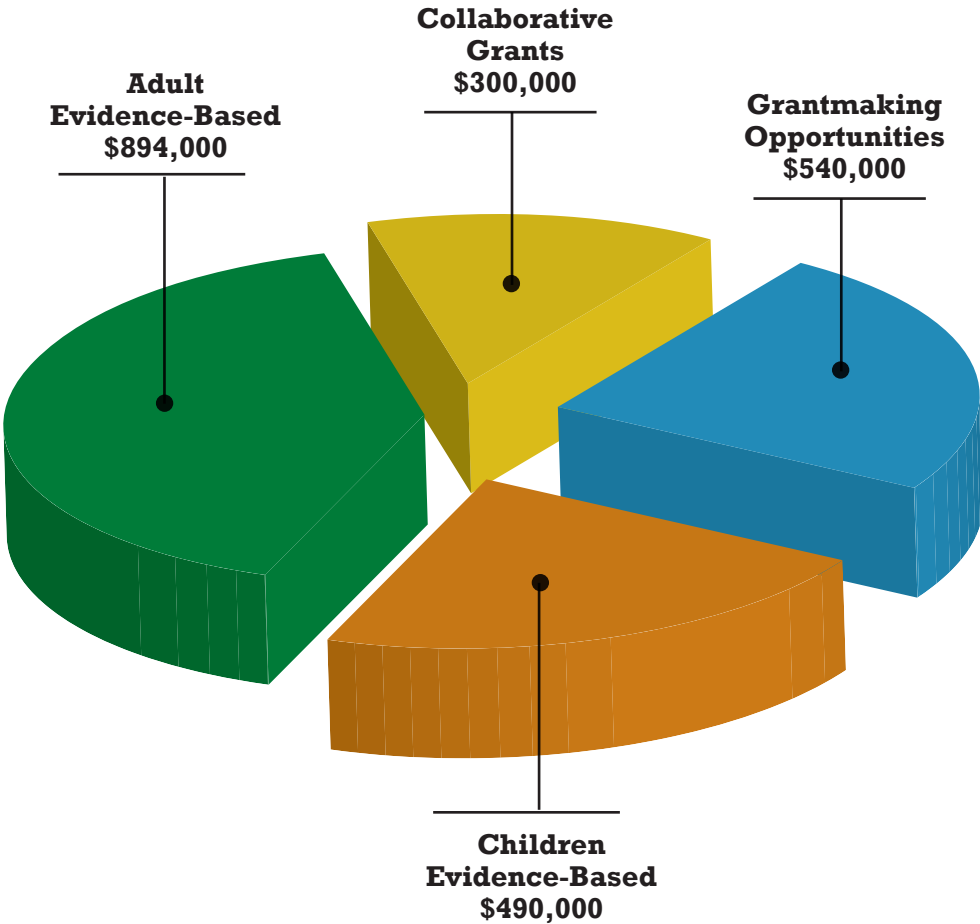
Through the launch of a new partnership with **Metro Parent Magazine**, the Flinn Foundation is reaching parents with information that can help guide them when their child's behavior raises concerns. The centerpiece is a monthly series of articles which promote better understanding about warning signs, common mental illnesses in kids, and how they may be successfully treated.

Another goal is to “normalize” mental health wellness so that it may be viewed with the same importance as a child's physical care. When presented alongside articles about family activities, preventing illness, and skill development, it provides a place for open discussion of how mental illness affects young people.



GRANT SUMMARY

In total, the Foundation awarded \$2.2 million in grants for the year. Seventeen two-year grants were awarded to develop and implement evidence-based treatment programs. Nineteen one-year grants were awarded for a wide variety of projects that improve organizational capacity, awareness and education, advocacy policy research and evaluation.



EVIDENCE-BASED PRACTICES — ADULTS

To advance best practice mental health treatment programs, ten (10) two-year grant awards totaling \$894,000 were awarded.

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.

Corner Health Center
\$98,000

To implement co-occurring mental health and substance use disorder treatment services into primary care.

Covenant Community Michigan
\$62,000

To train all clinicians in evidence-based Cognitive Behavior Therapy treatment approaches to serve homeless young adults receiving shelter and residence.

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
\$100,000

To expand evidence-based Applied Behavioral Analysis (ABA) treatment services for children and adolescents with Autism Spectrum Disorder.

Regents of University of Michigan
\$100,000

To expand school-based mental health services in Washtenaw County.

**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 Oakland
(Trinity Health - Michigan)**
\$100,000

To implement a comprehensive integrated Behavioral Health/Primary Care Model across the health system.

Wayne State University
\$100,000

To implement evidence-based best practices for the psychological treatment for people with chronic pain, mood and anxiety disorders.

EVIDENCE-BASED PRACTICES – CHILDREN

To advance best practice mental health treatment programs, seven (7) two-year grant awards totaling \$490,000 were awarded.

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

To expand evidence-based Applied Behavior Analysis therapy for children with Autism Spectrum Disorder.

**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.

**Oakland Family Services
\$50,000**

To implement a Trauma-Focused Cognitive Behavior Therapy program to treat children with trauma and/or toxic stress.

**Starfish Family Services, Inc.
\$70,000**

To implement Child Parent Psychotherapy across early childhood programs for children ages 0 to 5.

GRANTMAKING OPPORTUNITIES

To improve capacity of mental health providers; increase awareness and education; support consumer and policy research advocacy; and advance early screening and assessment, fifteen (15) one-year grants totaling \$540,000 were awarded.

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 by focusing on activities to enhance the system of services which address the needs of children with serious emotional disorders.

Detroit Central City CMH
\$50,000

To implement Cognitive Enhancement Therapy treatment program for consumers diagnosed with severe mental illnesses, particularly schizophrenia.

Guidance Center (The)
\$50,000

To implement NAVIGATE, an evidence-based program designed to treat persons experiencing a first episode of psychosis.

Judson Center
\$50,000

To implement an integrated behavioral and physical health care model with Covenant Community Care for children and families involved in the foster care system.

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.

Michigan State University
\$25,000

To expand music therapy interventions for children with Autism in Detroit.

NAMI Metro
\$10,000

For general operating support. 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 and its statewide affiliates advocate at the state level for persons affected by mental illness and serves as a leading proponent on consumer and family involvement in care, treatment and recovery.

NAMI Washtenaw County
\$10,000

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

Northeast Guidance Center
\$25,000

To implement trauma-informed treatment program for human trafficking victims.

Ozone House, Inc.
\$50,000

To expand mental health treatment program to young adults who aged out of foster care and attend Washtenaw Community College or Eastern Michigan University.

Regents of the University of Michigan
\$50,000

To develop Peer-to-Peer Depression Awareness Program for middle and high school students.

Regents of the University of Michigan
\$50,000

To incorporate peer support specialists into integrated behavioral healthcare team in primary care settings.

St. Joseph Mercy
(Trinity Health - Michigan)
\$50,000

To implement systematic screening and early detection of Post Stroke Depression.

Wayne State University
\$50,000

To develop a home-based telemedicine treatment model for people with serious mental illness.

The Foundation also awarded four (4) one-year collaborative grants totaling \$300,000 to improve mental health delivery services in Michigan.

Blue Cross Blue Shield of Michigan Foundation
\$100,000

To support integrated behavioral and primary care for safety net patients in Michigan in partnership with Blue Cross Blue Shield of Michigan, Blue Cross Blue Shield of Michigan Foundation and the Michigan Department of Health and Human Services.

Genesee Health System
\$50,000

To support mobile mental health services for Flint residents in partnership with other state foundations.

Regents of the University of Michigan
\$100,000

To evaluate the Infant Mental Health Home Visiting Model to sustain the availability of this high-quality and critical service for infants, toddlers, and families across the state.

The JED Foundation
\$50,000

To support implementation of the JED Campus Mental Health Program at Michigan colleges in partnership with Blue Cross Blue Shield of Michigan Foundation, Community Foundation for Southeast Michigan and the Michigan Health Endowment Fund.

BALANCE SHEET

DECEMBER 31, 2016 (PRESENTED AT FAIR VALUE)

ASSETS

Cash	\$	353,298
Money Market		331,844
Bonds		12,596,952
Equities		24,699,813
Multi Asset Funds		5,622,405
Alternatives		
Marketable/Hedge		6,833,311
Marketable/Hard Assets		4,337,386
Mining and Natural Gas		798,589
Private Equity		<u>5,337,153</u>
	\$	<u>60,910,751</u>

TOTAL ASSETS 12/31/16 \$ **60,910,751**

CHANGE IN ASSETS

Beginning Assets 12/31/15	\$	59,909,273
Revenues	\$	4,555,770
Expenses		<u>(3,276,694)</u>
Net Income	\$	1,279,076
Change in Unrealized		
Market Appreciation		<u>(277,598)</u>

TOTAL ASSETS 12/31/16 \$ **60,910,751**

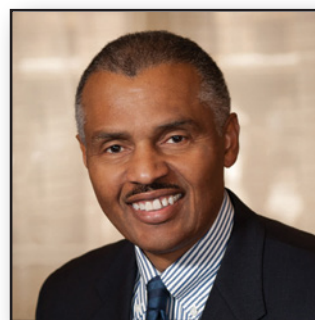
BOARD OF TRUSTEES



Leonard Smith
Chairman and Treasurer



Duane Tarnacki
Vice Chairman



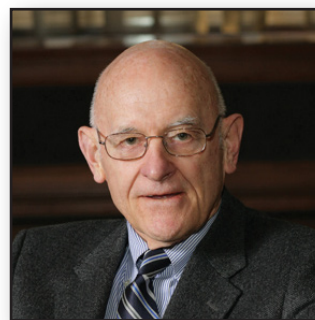
the Honorable
Freddie Burton, Jr.



Dr. Linda Hryhorczuk



Jack Kresnak



George Nicholson, III



Lynn Schneider

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)

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.



ETHEL & JAMES

FLINN FOUNDATION

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:

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:

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Detroit, MI 48226-3167
Email: acole@flinnfoundation.org
Phone: (313) 309-3436

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Facebook: @EJFlinnFoundation



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**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!**