New Collaborations in Mental Health

Jail Diversion • Opioid Use Disorder • Trauma-Informed Care

ETHEL & JAMES FLINN FOUNDATION 2018 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.

Our Values

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



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.



James "Jim" H. Flinn, Jr.



Ethel "Peggy" W. Flinn



Jim Flinn, Jr. and Leonard W. Smith

Our Work

Dear Friends,

As we look back on the priorities which encompassed our grantmaking activities in 2018, it is plain to see that many of the initiatives that are imperatives now were not when the Flinn Foundation was established in 1976. Change is inevitable. We realize that to improve the quality, scope and delivery of mental health services, our mission and values must guide us as we address the needs for effective programs in Southeast Michigan.

For example, the Flinn Foundation's long-standing support for accessible treatment programs for co-occurring mental illness and substance use disorders must expand in response to the opioid crisis which impacts all communities. This report has news about **The Michigan Opioid Partnership**, and our role with this public-private collaborative of the State of Michigan and key nonprofit funders. We recognize that leadership within the philanthropic and non-profit community is one way to increase resources for mental health.

To increase access, we must continue our focus on underserved and vulnerable populations. It begins with pediatric care, where behavioral and developmental factors are screened as a normal part of well visits. This commitment must be sustained through the adolescent years, to detect early stages of treatable disorders, such as trauma, anxiety, and Attention-Deficit/Hyperactivity Disorder (ADHD).

Our reach extends to those who are facing overwhelming obstacles from traumatic life experiences. Young adult survivors of community violence are receiving trauma-informed therapy treatment through **DLIVE (Detroit Life is Valuable Everyday)**.

Collaborative efforts can help reverse the unproductive practice of incarcerating people with mental illness, including substance use disorder, who may not have access to effective treatment. Examples include our emerging partnership that unites law enforcement, judicial, the Michigan Department of Health and Human Services, health organizations, and others in forming a **sustainable jail diversion plan.** The goal is to reduce incarcerations of persons with mental health conditions in favor of recovery and community supports. The **Third Circuit Juvenile Drug Court's** **STAND** and **The Detroit Wayne Mental Health Authority's** diversion program for persons with mental health disorders and misdemeanor offenses fit this vision.

Our efforts must be grounded in the understanding that simple, short-term solutions for making mental health services more accessible are important, but issues are often complicated in our fragmented system, and the resources we have to improve the quality, scope and delivery of best practice treatment programs will reflect that.

As we join with new partners and long time advocates for people with mental illness to respond to emerging mental health care challenges in our communities, there are many founding principles that guide us.

We know that mental illness does not discriminate. It impacts families in all neighborhoods, regardless of financial, cultural, or other social status. We know that effective treatments for many disorders are available, and will produce the best outcomes with early diagnosis. We recognize the human and financial toll of untreated mental illness. With effective and compassionate treatment, those with mental health conditions can live a good quality of life.





Leonard W. Smith Chairman & CIO

Early Intervention

Covenant Community Care is addressing factors that place new and expectant mothers at-risk for postpartum depression and other mental health issues by implementing Centering Pregnancy, an evidence-based practice which uses group visits of women due at the same time together for care and support. With the Flinn Foundation's support, expectant mothers will have access to a Behavioral Health Counselor who can provide trauma-informed screening and facilitate intervention. These are services that can bring much needed support to Covenant's patients, who are predominantly Black and Latino. Studies show that new mothers of color have a much higher incidence of postpartum depression, which may stem from domestic violence, substance use, and other factors that may lead to behavioral health challenges.

ADHD is the most common behavioral health problem in primary care, and it ranks as the second most costly pediatric health expenditure. Although it is common for children to receive medication treatment for the disorder, other important components for successful outcomes lag behind. Only about half receive an evaluation that meets the best practice standards for diagnosis, and only 13-percent of patients in a national study were receiving evidenced-based behavioral therapy.

> "We now can integrate maternal mental health services for all moms coming into Covenant Community Care's Pregnancy Center to prevent, screen and treat perinatal mood disorders. Moms are becoming more aware about the importance of mental health and are assessed and treated throughout the perinatal period. We cannot have healthy babies if we do not have healthy moms."

Karla Sanchez, LLMSW

Maternal and Child Behavioral Therapist Covenant Pregnancy Center "All districts face obstacles with regard to limited resources to meet the demand for mental health services among their students. In Detroit Public Schools, the challenges may be even greater. TRAILS brings evidence-based therapies that offer all students the supports they need to thrive."

Dr. Elizabeth Koschmann, Department of Psychiatry, University of Michigan

Photo: Eric Bronson/Michigan Photography

Michigan Medicine, which serves more than 50,000 pediatric patients each year at its nine clinics in Washtenaw, Livingston and Wayne counties, is developing a model designed to improve access for identification, assessment, and treatment of ADHD. With the Flinn Foundation's support, implementation of the model would be expanded to all general pediatric clinics, including those in primary care.

The **TRAILS** program offered by the University of Michigan Depression Center addresses a need to train school professionals in evidence-based strategies for responding to student mental health.

Through support by the Flinn Foundation and eight other health funders, the TRAILS program is providing instruction to professionals in all Detroit Public Schools including mental health approaches such as Cognitive Behavioral Therapy (CBT) and mindfulness. Linkages between schools and community mental health providers will be strengthened with follow-up coaching and services. The TRAILS program will also develop parent education and student awareness programs as well as provide suicide prevention and intervention training district wide. For children experiencing symptoms of depression, PTSD and anxiety, the results can improve self-awareness and equip young people with a toolkit of healthful coping strategies.

> Photo: Eric Bronson/ Michigan Photography

Treating Trauma



Young adult survivors of community violence are receiving support through City Connect **Detroit's DLIVE (Detroit Life Is Valuable Everyday)**. It's a model program based at Sinai-Grace Hospital which provides access to traumainformed services such as Cognitive Behavioral Therapy and a Trauma Peer Support Group. It is a major step in providing treatment for mental health disorders such as Post Traumatic Stress Disorder (PTSD) which can disrupt lives and increase the risks of future violence and incarceration. Ultimately, the objective is to bring Detroit its first trauma informed and evidence-based PTSD treatment center for survivors of violence.

Those who seek asylum at **Freedom House Detroit** may come from dozens of countries and for different reasons. Basic services, such as shelter, workplace assistance, and medical care are provided, along with legal, cultural and language aid to navigate a potentially overwhelming set of circumstances. With many who seek sanctuary, the ultimate challenge is overcoming trauma related to a recent past event, including torture. By bringing care counseling and evidence-based practices into the facility, appropriate psychotherapy and psychosocial treatment is available to residents. As with many physical and mental health disorders, early diagnosis can lead to improved treatment outcomes. At-risk and traumatized pre-school and school-age children are receiving comprehensive assessments through **Starr Commonwealth**. The organization extends its therapy to adolescents at a time when more advanced symptoms of trauma often present. The Flinn Foundation's support is also reaching children and adolescents served by **Starfish Family Services** through access to Trauma-Focused Cognitive Behavioral Therapy.

A pilot program offered by **Spectrum Juvenile Justice Services** is providing screening and residential treatment to adolescent males involved in the court system at two facilities in Highland Park. More than 90-percent of the young people in the program have trauma-related disorders. In addition to reducing symptoms, there is an improvement in their ability to function well in society and a lower long-term recidivism rate.

Confronting Opioid Use Disorder

The Michigan Opioid Partnership unites the State of Michigan with key health and philanthropic organizations to address the opioid crisis.

Overuse of opioid drugs and the toll it has taken has been declared a national public health emergency as it affects families in all communities. Here in Michigan, deaths related to opioid use disorder have quadrupled in the last fifteen years and are among the highest in the nation. Drug overdose deaths in Michigan exceeded traffic and gun deaths in 2017, with more than 1,900 attributed to opioid use.

The Michigan Opioid Partnership (MOP) is a publicprivate collaborative of the State of Michigan and key non-profit funders that includes the Flinn Foundation. MOP is administered by the Community Foundation for Southeast Michigan. Recognizing the need to develop continuous care for those suffering from opioid use disorder, the initial stage of the partnership provided grants to community coalitions to respond to the crisis in 2017. Expansion in 2018 brought support to increase access to effective treatment by uniting hospitals and outpatient programs to address the crisis through prevention, treatment, harm reduction and sustained recovery. "Opioid Use Disorder impacts a growing number of Michigan families. MOP's goal is to help improve access to treatment."

Sarah Baltman Wedepohl

Senior Program Officer Community Foundation for Southeast Michigan

As with other forms of substance use disorder, solutions are complex. The focus is on making it easier to receive effective treatment in hospital settings through Medication Assisted Treatment (MAT) and the transition to long-term office-based treatment upon release.

MOP is committed to a sustainable approach that began with a 2017 grant program "Taking Action on Opioid and Prescription Drug Abuse in Michigan by Supporting Community Responses." Efforts by community coalitions across Michigan received funding to address opioid use disorder. In 2018, the partnership expanded to include medical and behavioral health providers, who will develop and initiate programs to provide evidence-based Medication Assisted Treatment (MAT). The long-term goal of the Michigan Department of Health and Human Services, Michigan Health Endowment Fund, Blue Cross Blue Shield of Michigan, Blue Cross Blue Shield of Michigan Foundation, Superior Health Foundation, The Jewish Fund, and Community Foundation for Southeast Michigan and the Flinn Foundation is to establish a system that yields successful results which may be shared and replicated with other programs and providers.

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The Movement for Treatment Over Jail Time

Families affected by mental illness and co-occurring substance use disorders share a viewpoint with law enforcement, criminal justice and health officials. The consensus is that a person who commits a misdemeanor offense due to a mental health condition is best served by community treatment, not jail.

It is widely accepted that incarceration is not effective, yet it remains a common practice because better options may not be immediately available.

The Flinn Foundation supported a Wayne County Sequential Intercept Model (SIM) mapping workshop in October 2018. The workshop included 45 key stakeholders including the Michigan Department of Health and Human Services, courts, jails, law enforcement, mental health, substance use, social services, housing and many others. Facilitators and participants developed a comprehensive picture of how people flow through the Wayne County system and identified gaps, resources and opportunities at each of those intercept points to improve prevention and diversion efforts. The workshop was followed up with a two-day conference and visit of a smaller contingent of leaders to learn from Miami-Dade's experience with their highly successful diversion program.

Spearheaded by Wayne County Chief Judges Freddie Burton, Jr. and Timothy Kenny, of the Probate Court and 3rd Circuit Judicial Court respectively, and Dr. Debra Pinals, Michigan Department of Health and Human Services, the Mental Health Jail Diversion Program Committee has been formalized to develop and implement a comprehensive diversion plan. The priorities of the plan are aimed at improving cross system data sharing and training; improving pre-booking alternatives for law enforcement, including Crisis Intervention Training; and exploring implementation of other successful diversion models.



Members of the Wayne County Mental Health Jail Diversion Program Committee visited the Miami-Dade Diversion Program spearheaded by Judge Steven Leifman and Cindy Schwartz.

Photo:

Back (L-R), Tim Coffey, Honorable Warren Evans, Honorable Milton Mack, Ted Roelofs, Andrea Cole, Honorable Timothy Kenny, Honorable Freddie Burton, Jr., Robert Dunlap.

Front (L-R), Cindy Schwartz, Honorable Alisha Bell, Honorable Laura Mack, Honorable Steven Leifman, Dr. Debra Pinals, Honorable Nancy Blount, Willie Brooks.

"The Wayne County Jail Diversion program is a collaborative effort that effectively says: Enough is enough!!

During the past 25 years citizens of Wayne County and the State of Michigan who suffer mental illness often find themselves without adequate mental health services. If a citizen needs treatment, it is very possible that rather than a clinic or a hospital, that citizen could land in a defacto hospital — the county jail. This approach to mental health treatment must change.

There are resources to address mental health problems, but the lack of coordination of services, the need for crisis intervention training and the establishment of a multi-service crisis intervention center, make the efforts of this program critical to improving the way we provide care for our citizens affected by mental illness."

The Honorable Freddie Burton, Jr. Chief Judge *Probate Court of Wayne County*

New Approaches for Greater Access to Services

The Flinn Foundation's ongoing partnership with the **Pediatric Foundation of Michigan, Inc.** took another step forward with support for building on the successful "Screen for 3" program model, which has advanced mental health development and screening for children in primary care settings. An adolescent version is in development to accommodate the mental, behavioral, and substance use support needs for youth aged 12 to 18. Macomb County has established Adolescent "Screen for 3" to reach underdiagnosed youth at risk of substance abuse issues.

Henry Ford Health Systems (HFHS) is advancing its use of telemedicine as a means to improve health integration across its 27 primary care sites. The move can address the issues related to a recognized shortage of mental health professionals, and reduce wait times for children and adults with symptoms of disorders.

HFHS is also developing and implementing a comprehensive model of opioid use disorder treatment by integrating telepsychiatry/teletherapy and mobile health-based Cognitive-Behavioral Therapy with existing Medication-Assisted Treatment. On the campus of **Eastern Michigan University**, a new health center will bring integrated care to students. The Flinn Foundation's support will assist in the implementation of an evidence-based integrated physical and behavioral health care approach that can simplify the process of diagnosing and treating mental health conditions.

Another alternative to the criminal justice system for juveniles is the Supervised Treatment for Alcohol and Narcotic Dependency program (S.T.A.N.D.) offered by the **Third Judicial Circuit Drug Court**. It is structured in four phases, each lasting approximately three months, with young people and their families in the program required to maintain sobriety and complete assigned tasks designed to curb delinquent behavior. The Flinn Foundation's support is allowing for expansion of the program to eligible youth.

> A rendering of Eastern Michgan University's new health center which will provide integrated physical and behavioral health care. Courtesy of Eastern Michigan University.

Board of Trustees



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Balance Sheet

DECEMBER 31, 2018 (PRESENTED AT FAIR VALUE)

ASSETS		
Cash	\$	209, <mark>874</mark>
Money Market		569,649
Bonds		13,364,040
Equities		22,269,131
Multi Asset Funds		5,724,780
Alternatives		
Marketable/Hedge		6,547,500
Marketable/Hard Assets		4,541,206
Mining and Natural Gas		798,589
Private Equity		6,391,420
TOTAL ASSETS 12/31/18	\$	60,416,189
CHANGE IN ASSETS		
Beginning Assets 12/31/17	\$	66,384,578
Revenues\$ 3,908,680Expenses(3,329,874)		
Net Income	\$	578,806
Change in Unrealized	Ŧ	010,000
Market Appreciation		(6,547,195)
TOTAL ASSETS 12/31/18	\$	60,416,189

Grant Summary

In total, the Foundation awarded \$2.4 million in grants for the year. Twenty-two two-year grants were awarded to develop and implement evidence-based treatment programs. Fifteen one-year grants were awarded for a wide variety of projects that improve organizational capacity, awareness and education, advocacy policy research and evaluation.



Grants Awarded

To advance best practice mental health treatment programs, nine (9) two-year grant awards totaling \$1,642,000 (\$821,000 in 2018) were awarded.

Evidence-Based Practices ADULT

City Connect Detroit, Inc.

\$200,000

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.

Covenant Community Care, Inc. \$200,000

To integrate behavioral health care into Michigan Avenue Clinic and Covenant Pregnancy Center.

Covenant House Michigan

\$200,000

To support residential facility for homeless young adults with co-occurring disorders (mental illness and substance abuse).

Detroit Wayne Mental Health Authority \$200,000

To support a post-booking diversion program for persons with mental health disorders and misdemeanor offenses.

Freedom House Detroit \$100,000

To hire a licensed care counselor to provide on-site psychotherapy and psychosocial treatment to survivors of torture/trauma and/or asylum seekers.

Henry Ford Health System \$200,000

To develop and implement a comprehensive model of opioid use disorder treatment by integrating biweekly telepsychiatry/teletherapy and mobile health-based Cognitive-Behavioral Therapy with existing Medication-Assisted Treatment.

Henry Ford Health System \$192.000

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

Northeast Guidance Center \$200,000

To expand Community and Police Partnership Advocacy (CAPPA) to better assist 1,500 homeless and people in psychotic crises.

Trinity Health-Michigan \$150,000

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, thirteen (13) two-year grant awards totaling \$1,808,000 (\$904,000 in 2018) were awarded.

Evidence-Based Practices CHILDREN

Judson Center

\$150,000 To develop an evidence-based treatment model.

Judson Center

\$150,000

To launch the region's first evidence-based independent livings skill program for teens with autism.

Pediatric Foundation of Michigan, Inc. \$120,000

To train Primary Care physicians and their clinics, to implement evidence-based assessment and screening tools to more comprehensively assess and treat youth, 12-18 years old, for behavioral health and substance abuse support needs.

Regents of University of Michigan \$150,000

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 \$150,000

To develop and implement a school-based behavioral healthcare model for Washtenaw school district.

Regents of University of Michigan \$150,000

To integrate adolescent screening, brief intervention, and referral to treatment (SBIRT) for substance use at the University of Michigan C.S. Mott Children's Hospital.

Samaritas Foundation

\$112,000

To provide mental health screening, assessment, support, and therapy for children in homeless shelters.

Spectrum Juvenile Justice Services \$116,000

To implement and evaluate Trauma-Focused Cognitive-Behavioral Therapy to male justice system-involved teens.

Grants Awarded

Evidence-Based Practices CHILDREN (Continued)

Starfish Family Services, Inc.

\$132,000

To implement Trauma Focused-Cognitive Behavior Therapy (TF-CBT) for children and adolescents.

Starr Commonwealth

\$148,000

To provide conduct comprehensive trauma assessments and provide individuals and group therapy for at-risk and traumatized preschool and school-aged children and adolescents.

The Board of Governors aka Wayne State University \$130,000

To develop two stage program that will first use mass screening to identify youths at risk of developing psychosis and CBT program to preempt schizophrenia.

Trinity Health-Michigan

\$150,000

To implement an evidence-based integrative physical health and behavioral health care approach at a new university-based clinic in Ypsilanti serving Eastern Michigan University (EMU).

Wayne County Third Circuit Court \$150,000

To expand the Supervising Treatment for Alcohol and Narcotics Dependency (S.T.A.N.D.) program in Third Judicial Circuit of Michigan's Juvenile Drug Treatment Court to Non-Medicaid eligible youth.

To improve capacity of mental health providers; increase awareness and education; support consumer and policy research advocacy; and advance early screening and assessment, thirteen (13) one-year grants totaling \$444,000 were awarded.

Grantmaking Opportunities

Association for Children's Mental Health \$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.

Grantmaking Opportunities (Continued)

C-Assist

\$35,000

To increase access to physical and mental health care for at-risk and under-served individuals in Wayne County.

Common Ground

\$50,000

To support Resource and Crisis Helpline with 24/7 text and chat support for members experiencing crises, including mental health emergencies.

Hegira Programs, Inc.

\$49,000 To implement the Zero Suicide Model into continuum of care.

Henry Ford Health System \$43,000

To develop a comprehensive health care transition process for youth with Attention Deficit Hyperactivity Disorder transitioning from pediatric to adult care.

Mental Health Association in Michigan \$40,000

For general operating support. MHAM is the state's oldest nonprofit organization concerned with mental illness and is the leading policy and research advocate. MHAM seeks regulatory action from the State government that it deems is in the best interest of adults and youth experiencing or at risk of mental illness.

Michigan's Children \$50,000

For general operating support. Michigan's Children will bolster the public policy research advocacy capacity of mental health services providers, and youth and families.

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

\$30,000

For general operating support. NAMI Michigan and its statewide affiliates advocate at the state level for persons affected by mental illness and provide support within their communities.

Grants Awarded

NAMI Washtenaw County \$10,000

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

Oakland Family Services

\$50,000

To develop evaluation process to improve the quality and outcomes of behavioral health services.

Rose Hill Center

\$30,000

To implement Trauma-Informed Care (TIC) into treatment program.

Spectrum Child and Family Services

\$37,000 To implement a trauma-focused environment agency-wide. The Foundation also awarded two (2) one-year collaborative grants totaling \$225,000 to improve mental health delivery services in Michigan.

Collaborative Grantmaking

Community Foundation for Southeastern Michigan \$75,000

To support the Michigan Opioid Partnerships (MOP). The MOP is a public-private collaborative including the State of Michigan and key nonprofit funders awarding grants for hospital-based projects that develop continuous care for those suffering from opioid use disorder, from hospital entry to treatment maintenance in the community.

Regents of the University of Michigan \$150,000

To support nine health funder collaborative to implement comprehensive TRAILS mental wellness programing in all Detroit Public Schools district-wide, K-12.



ETHEL & JAMES OF FLINN FOUNDATION

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:

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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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!