

A photograph of two young girls of Asian descent smiling at the camera. They are wearing bright, colorful winter jackets (one yellow and blue, the other lime green and blue) over a red shirt. The background is a wooden fence. An orange banner is overlaid on the bottom half of the image, containing the title and other text.

ALL IN *for* BROOKLINE

HEALTHY MINDS | HEALTHY LIVES | STRONG COMMUNITY

ANNUAL REPORT 2013



BROOKLINE COMMUNITY MENTAL HEALTH CENTER

DEAR FRIENDS,

Mental health touches us all. When a family member, classmate, or neighbor struggles with poor mental health, it affects everyone around them. Brookline Community Mental Health Center partners with families, schools, and public agencies to provide outstanding, affordable care that helps residents of all ages and backgrounds feel better, function more effectively, and experience life more fully. We directly reach several thousand people each year and improve the well-being of all who live, work, and study in Brookline.

In a time of rising poverty and cuts to public services, your generous support allows us to meet critical community needs. Looking to 2014, we embark on a new strategic plan that will update infrastructure, deepen partnerships, and replicate programs recognized as national models of effective and efficient care.

Our impact grows every year, yet our core mission remains constant: expanding access to mental health services here in Brookline. We all have much to be proud of in 2013 and hope this report will inspire your continued commitment to a healthy, strong community.

Cynthia D. Price, Executive Director

Robin A. Atlas, Board President

Georgia M. Johnson, Strategic Development Committee Chair

PHOTOS: DAVID BINDER



HEALTHY MINDS



HEALTHY LIVES



STRONG COMMUNITY

ACCESS TO CARE *for* ALL

Brookline residents count on us for mental health and social services they can't access elsewhere. Many of the supports we provide are not offered by private practitioners, while others are unaffordable for low-to-moderate income families, even those with insurance. Some services, like child psychiatry, address practice areas underserved because of provider shortages. As a community mental health center, we open our doors to everyone, regardless of ability to pay or severity of condition.

IN 2013, YOU HELPED:

- Provide **42,000** outpatient visits.
- Extend **\$2 MILLION** in free and reduced-fee mental health services.
- Reach over **4,000** local residents, **75%** from low-to-moderate income households.
- Keep over **700** individuals and families safely housed.

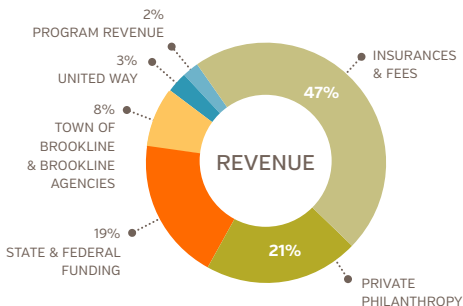
“ *Very few cities or towns can say they provide universal access to mental health care; because of Brookline Community Mental Health Center, Brookline is one of them.*”

MEL KLECKNER, BROOKLINE TOWN ADMINISTRATOR

PHILANTHROPY ENSURES ACCESS

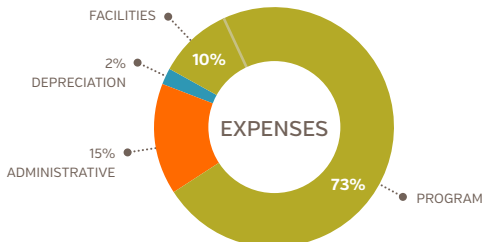
REVENUE

Support from individual donors and foundations surpassed \$1 million for the second consecutive year, 21% of the Center's \$5.5 million operating budget. As philanthropy grows at the Center, so does access for all who need care.



EXPENSES

Our average reimbursement by private health insurance is \$72 for an hour of care that costs \$135 to deliver. Philanthropy bridges the gap so that we can continue to accept insurance for mental health services; 83 cents of every dollar raised goes directly to our clinical program.



THANK YOU

The Brookline Center deeply appreciates every contribution. For a full listing of donors, please visit www.brooklinecenter.org/thankyou

CORPORATE, COMMUNITY, AND FOUNDATION PARTNERS

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Brookline Networkers	Robert Wood Johnson Foundation
Brookline Rotary Club	Stein Family Fund
Cosette Charitable Fund	United Way of Massachusetts and Merrimack Valley

EDNA STEIN LEADERSHIP GIVING SOCIETY

\$10,000+

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ALL IN *for* HEALTHY MINDS

Through on-site counseling and prevention in all nine public schools, the Brookline Community Mental Health Center reaches over 300 children each year. Our school-based clinicians collaborate with parents and educators to help students overcome crises and thrive in the classroom. Mentoring programs like **Project GROW**, serving elementary and middle school girls, and **Brothers and Sisters Toward Success**, serving Black and Latino teens, help students develop strong identities and skills to manage social and academic challenges. We bring our services directly to each child who needs us, improving long-term prospects and fostering positive, safe school communities for all.



BROOKLINE CENTER'S IMPACT

- ↑ School safety and classroom functioning
- ↑ Early diagnosis and treatment
- ↑ Academic performance and grade completion
- ↓ Disruptive and dangerous behaviors



1 TO 2 children in every classroom struggle with serious emotional issues.
U.S. Surgeon General 2013

PROGRAM SPOTLIGHT

A BRYT future for high-risk teens in Brookline and beyond

Bridge to Resilient Youth in Transition (BRYT) provides counseling and wraparound care to teens returning to school following a psychiatric hospitalization, serious mental illness, or an acute health problem. Launched a decade ago at Brookline High School, BRYT has been adopted by 20 Massachusetts schools, providing a safety net for 25,000 students and directly serving more than 2,000 teens each year. Planning is underway for national replication.

ALL IN *for* HEALTHY LIVES

The Brookline Center improves the well-being of individuals and families by going where we are needed and addressing a full spectrum of challenges. Through our **In-Home Therapy** program, clinicians work with high-risk families in home settings and make real-time therapeutic interventions. The **Community Assistance Network** helps adults with serious mental illness manage finances, medical care, housing, and other aspects of daily living. We partner with agencies that serve overlapping populations, working together to help our most vulnerable neighbors enjoy fuller, more engaged lives.

PROGRAM SPOTLIGHT

Healthy lives and lower costs through integrated mental health

Healthy Lives treats adults with dual diagnoses—serious mental illness and chronic medical conditions—who are often heavy users of emergency care. Supported by the Robert Wood Johnson Foundation, the Blue Cross Blue Shield of Massachusetts Foundation, and the Centers for Medicaid and Medicare Services, our pioneering approach pairs case managers with nurse practitioners to integrate services, manage disease, and introduce wellness activities, all designed to fit each patient’s conditions and abilities. Healthy Lives has demonstrated early success in improving health outcomes and lowering costs for care.

In any given year,
1 IN 4 adults experience a
mental health issue;



60% receive no treatment.

National Institutes of Health 2013

BROOKLINE CENTER'S IMPACT

- ▲ Family functioning and well-being
- ▲ Health outcomes for chronically ill
- ▲ Social engagement
- ▼ Hospitalizations and health care costs



Over the past decade, family and child poverty in Brookline **NEARLY DOUBLED**; today, **21%** of Brookline single-mother led families live in poverty.

U.S. Census 2000 and 2010

ALL IN *for* STRONG COMMUNITY

The Brookline Center acts as a source of stability for the entire community during times of adversity. We deploy timely interventions to address mass trauma—this year, in the wake of the Sandy Hook shooting and the Boston Marathon bombings. We extend similar assistance to individuals in distress, including Brookline residents living in or close to poverty. Our **Emergency Solutions Grant** program helps neighbors resolve financial and housing crises, and our **Homeless Families Support Services** program connects families to vital resources and stable, long-term housing.

“*Brookline is experiencing a marked increase in people struggling to meet their basic needs, including food, housing, utilities and health care.*”

BROOKLINE COMMUNITY FOUNDATION 2013

BROOKLINE CENTER'S IMPACT

- ↑ Community resilience
 - ↑ Connections to “safety net” resources
 - ↑ Public safety
 - ↓ Evictions and homelessness
-

34% of Brookline households face unsustainable housing costs, eviction, or another type of housing issue.



Brookline Community Foundation 2012

TEAM BROOKLINE: ONE TOWN, ONE TEAM

As the managing organization behind Team Brookline, the Town's official Boston Marathon team, we supported 26 runners in raising more than \$150,000 to benefit four town charities in 2013. This first-of-its-kind “one town, one team” approach, conceived by the Center, is now being duplicated by other local communities.



“ We support the Center because there is no greater contributor to the health and well-being of our community; if you live in Brookline, you have been affected by the Brookline Center's work.”

SANDY AND DAVID BAKALAR



PROGRAM SPOTLIGHT

Women at the Center creating well-being

Women at the Center brings Brookline women together to deepen social connections and explore mental health topics, while increasing philanthropic support for the Center's work to strengthen the well-being of women and girls in our community. Our ultimate goal: create positive change in women's lives and in Brookline as a whole.

Interested? Email us at women@brooklinecenter.org



ALL IN TOGETHER

Brookline is a town of many strengths and resources, yet none of us is immune to the effects of poor mental health in our own lives and the lives of our neighbors. Our collective commitment to the well-being of our community distinguishes us, and this “all in” mindset is exemplified by your support for Brookline Community Mental Health Center. Charitable giving now accounts for 21% of our operating budget; we are proud that close to 60% of all philanthropy to the Center comes from Brookline residents.

With center staff, agency partners, family members, clients and supporters, we are all in for a stronger Brookline for everyone.



To learn more about how you can deepen your support or fund a particular program or community need, please call us at **617.277.8107** or visit www.brooklinecenter.org/donate

PROGRAM SPOTLIGHT

Surviving, thriving, and building stronger futures

Surviving and Thriving connects Brookline women who face multiple socioeconomic, mental health, or medical issues. In a safe group space, participants share struggles, develop resilience, and build essential skills to meet their challenges. With support from the Brookline Community Foundation and other private funders, *Surviving and Thriving* helps women in our community gain employment, manage relationships, overcome domestic trauma, and address legal and housing issues—improving their lives and their families' futures one step at a time.

