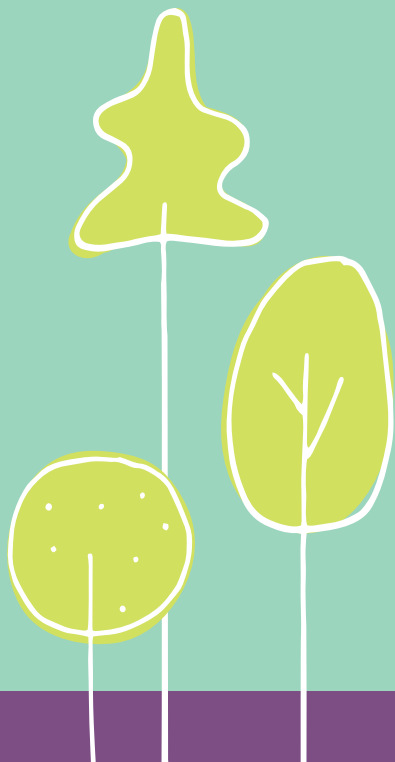


WHERE BETTER BEGINS

The Brookline Center for Community Mental Health
2018 ANNUAL REPORT



“When we talk about the kind of community-based, family-centered mental health care that we want for kids and their families, The Brookline Center is it. The Center is welcoming, stigma-busting, and responsive to the community.”

KATE GINNIS

Director, Behavioral Health Policy and Advocacy
Boston Children's Hospital



DEAR FRIENDS,

Through your support of The Brookline Center, you ensure that all children and families in our community can get the care they need to heal and to thrive.

Thanks to you, Brookline — and The Brookline Center — is where better mental health begins.

Today in Massachusetts, children with mental health issues wait on average two to three months to get care. The more complicated or severe their symptoms, the longer they wait. Only half of all mental health providers accept health insurance, making wait lists even longer for providers that do. More than 53% of children (30,000 kids) with serious mental illnesses receive no care at all.

We can do better for our kids. And with you as our partners, we have.

Children and youth represent close to half of the 4,000 lives made better by your generosity to The Brookline Center this year. And many of the adults we serve are parents whose children are equally impacted by the care you make possible. Your support brings help to kids at the Center's home in Washington Square and at our satellite office in Brookline Village, in all eight Brookline grade schools and at Brookline High, and at family homes throughout our community.

Together we deliver outstanding, affordable mental health care to individuals of all ages. The focus on our work with children and families in this year's Annual Report reflects the urgent need to address critical shortcomings in the children's mental health system, the growing incidence of children's mental illness, and the transformative impact that early care makes in a child's life.

In these pages, you'll meet just a few of the many families finding better, brighter futures for their children with your help.

We are deeply grateful for your partnership and your commitment.

Thank you for all you do.



MARK C. JENSEN, President



IANA A. LANG, Executive Director





THE LONG FAMILY

LITTLE VICTORIES

Emily Long's sons couldn't be more different. "Evan's a spitfire," laughs Emily, "full of energy and a fan of robots and Minecraft." Her son Aiden is a sensitive, deep thinker. "He's a mini Dr. Dolittle. His favorite thing in the world is cats."

One thing the boys share: an autism diagnosis. Thanks to early interventions, Evan and Aiden are highly verbal, creative kids. But when being pulled out of class for support became disruptive and one of the boys began to self-harm, Brookline Center staff proposed something new: in-home therapy.

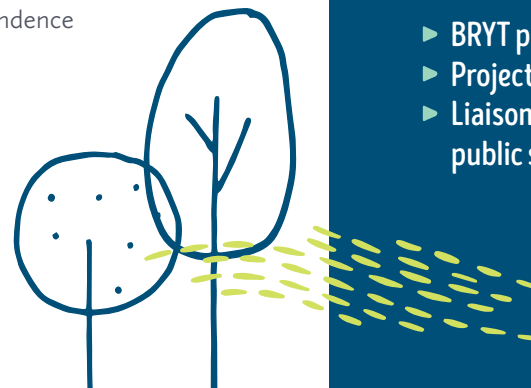
During twelve months of weekly visits with Lake Berry and Meghan Sullivan, members of the Center's In-Home Therapy team, one therapist spent time working with the boys on social skills and cooperative play, while the other helped Emily understand and build on her strengths as a mother. The team offered practical ideas to organize and manage daily tasks in order to give the whole family more structure and stability, and together, explored the importance of consistency and predictability for kids with autism.

"Our IHT team was the best," says Emily. "They could look at our situation and see just what would help." Meghan assisted Emily with accessing SNAP food assistance and Social Security for her sons. Last summer, with Center support, the boys attended a camp for children with spectrum disorders, giving their busy mom some much-needed time to decompress.

There's a lot of judgment on my boys. People don't treat mental health the same as they treat physical health.

After a year in IHT, every little victory is still cause for celebration. "You never beat autism," says Emily, "but knowing Evan and Aiden are on the road to independence makes me feel happy."

* Names have been changed in this story.



BETTER SERVICES FOR KIDS

With your support, Brookline kids and their families can access a broad array of mental health and social services — regardless of their ability to pay, the type of insurance they have, or the severity of their symptoms:

- ▶ Individual counseling
- ▶ School-based counseling
- ▶ In-home therapy
- ▶ Social skills groups
- ▶ Case management and assistance

IN-SCHOOL PROGRAMS

- ▶ BRYT program (school reentry)
- ▶ Project GROW (adolescent girls)
- ▶ Liaisons in all Brookline public schools

BETTER SCHOOLS WITH BRYT

With the help of The Brookline Center, close to 100 schools across Massachusetts have launched BRYT programs to help students successfully transition back to school following extended mental health related absences. Created in 2004 by Brookline Center Clinical Director Dr. Henry White, BRYT has an exceptional track record.

BRYT HELPS STUDENTS THRIVE
Fewer than 20% of BRYT participants experience re-hospitalization.

BRYT SUPPORTS STUDENT SUCCESS
Compared with a national dropout rate of 50% for high school students with serious mental illnesses, 90% of BRYT participants remain on track to graduate.

In addition to directly supporting students, BRYT serves as a broader resource and catalyst for effective mental health practice, helping schools adapt academic structures and policies that promote good mental health and full inclusion of students with significant mental health needs.

Read more about BRYT's schoolwide impact at www.brooklinecenter.org/brytnotes

FROM FRAGILITY STRENGTH

High school was starting off much differently than Murielle had expected. After spending a month in the hospital halfway through freshman year, Murielle was anxious about returning to her regular school routines. "I was still pretty fragile," she remembers.

To ease her transition, Brookline High School's BRYT team connected with Murielle and her family. BRYT, a program run by The Brookline Center at BHS, helped Murielle navigate her academic workload, coordinated with her teachers, and provided therapeutic support in a space where Murielle could immediately feel comfortable with her peers.

BRYT allowed Murielle to catch up on work while regaining her health, strength, and self-confidence. "BRYT definitely helped me become more confident," she says. "Sometimes just knowing there's support makes it easier."

BRYT also supported Murielle through another big change — her gender identity. During her hospitalization, Murielle began seeking answers to questions she'd been asking herself for some time. "I realized a lot of things I disliked about myself were things I considered masculine," she says. "I had been thinking about my gender for a while, but this time, I allowed myself to ask serious questions about who I was and what I wanted."

When Murielle came out to herself as transgender, she was relieved. "My depression didn't go away instantly, but things got way better," she explains.

**A year ago, I was in a bad place.
Today, even if I don't know what's
going to happen next, I'm looking
forward to the future.**

Now a sophomore, Murielle no longer relies on BRYT for daily support but she still checks in regularly. Amazed at how much has changed in just a year, Murielle is excited about what's next and ready to make the most of high school.



MURIELLE





IZY

FINDING HIS WAY



Izy's family was in crisis. After adopting their son when he was two days old, Mark and Andrea were struggling to help their now 7-year-old with his frequent outbursts and oppositional behaviors, even questioning if Izy would have to leave his beloved private school where he had just finished kindergarten.

"Izy has always had a little anxiety. It's part of who he is," says Mark. "But now we didn't know what to do, and he was scared."

Help came by way of a Brookline Center clinician, a personal friend who recommended Mark and Andrea reach out to the Center. It was an instant fit. "The Center is in our neighborhood, we see people we know, and there isn't any stigma. Everyone is very friendly and positive," explains Mark.

Izy began working with Devon Oosting, a child therapist, to learn how to deal with his anxiety and modify his behavior. Devon used some of Izy's favorite activities like playing board games to learn skills like saying "sorry" and taking turns.

"Working with Devon is incredibly helpful," says Mark. "She helps Izy feel like things are in control, safe, and good."

Mark says support from the Center has also made him a better parent. "The input we got from Devon and the conversations we've had have fundamentally changed our approach to parenting," he explains. "We think kids are going to figure out all of these social things. But it's often really hard."

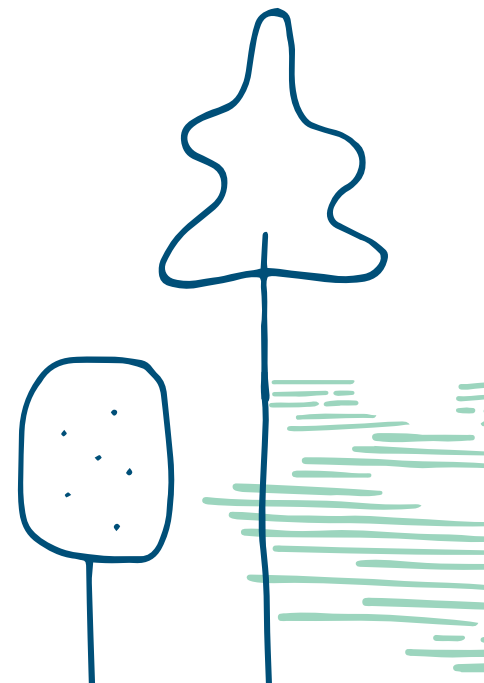
Just having another adult in Izy's life who was calm, confident, and unfazed by anything he did was instantly helpful.

Devon also worked with Izy's school. Through in-person and phone meetings, Devon counseled Izy's teachers about situations that are difficult for him and how to respond in ways that work. "Devon worked with the teachers to refine how they were assessing him and how to communicate with him," explains Mark. "Having someone who could advise his teachers was so important."

Today, Mark reports that Izy is doing really well. "He's still smart and charismatic and stubborn,

but he has a lot more self-control and the adults in his life understand him better and can react in positive ways," says Mark. "None of this would have been possible without the Center's help."

* Names have been changed in this story.

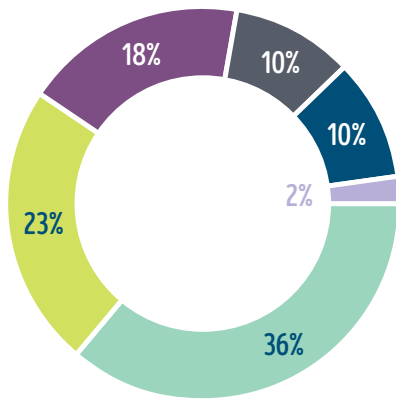


PHILANTHROPY MAKES IT BETTER

With your support, The Brookline Center is growing. In the past five years, our operating budget has increased by 27%. That means better mental health and wellbeing for more members of our community.

Your philanthropy makes it possible for The Brookline Center to continue offering the most comprehensive child and youth mental health services, particularly for those who would otherwise be unable to access affordable, timely care. Your generosity keeps wait lists down and allows us to serve the most vulnerable members of our community.

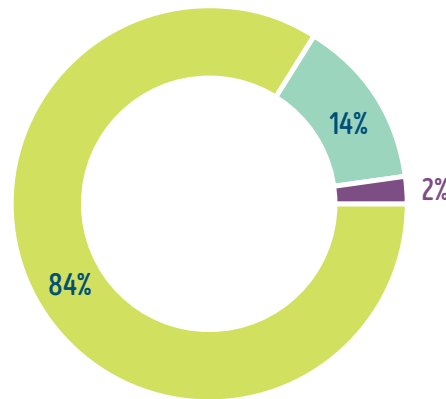
For additional financial information, please contact Johanna Chilingirian, Director of Finance, at 617-277-8107.



- Insurance and Fees
- Private Philanthropy
- State and Federal Funding
- Town of Brookline and Brookline Agencies
- Program Revenue
- United Way

Philanthropy accounted for 23% of The Brookline Center's income this year. In total, 2,075 generous individuals, companies, and foundations made \$1.65 million in gifts that brought outstanding mental health care to our Brookline clients and fueled growth in programs offered in our community and across Massachusetts.

REVENUE



- Program Services
- Administration
- Depreciation

We carefully manage our \$6.97 million budget to ensure every donation has the intended impact. This year, 84% of our operating budget was spent on mental health programs, services, and clinic operations.

EXPENSES



“ At The Brookline Center, no one ever gave up on me, even when I had given up on myself. Any time I got stuck, there was another option to try.”

TAM
Teen Client

BETTER BEGINS WITH YOU



Thank you for making The Brookline Center the place where better mental health begins.
We are immensely grateful for your ongoing support.

\$100,000 +

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Brookline Community Foundation
Klarman Family Foundation
United Way of Massachusetts Bay and
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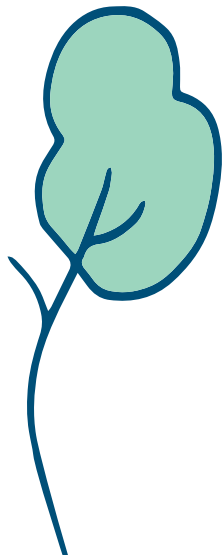
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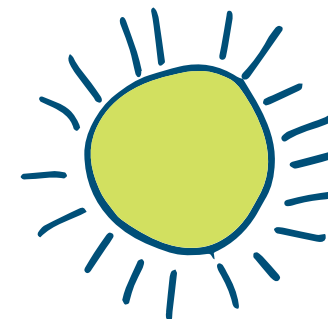
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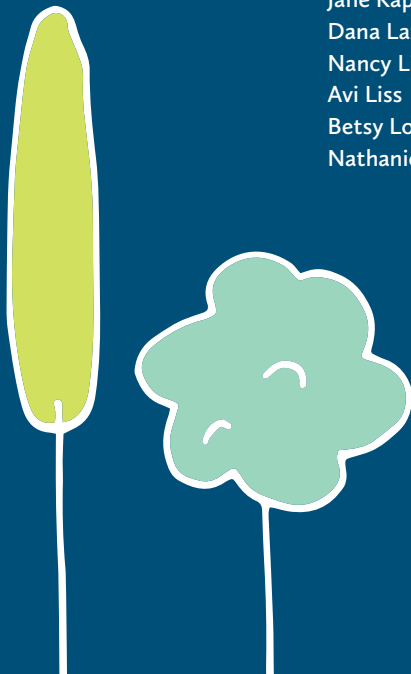
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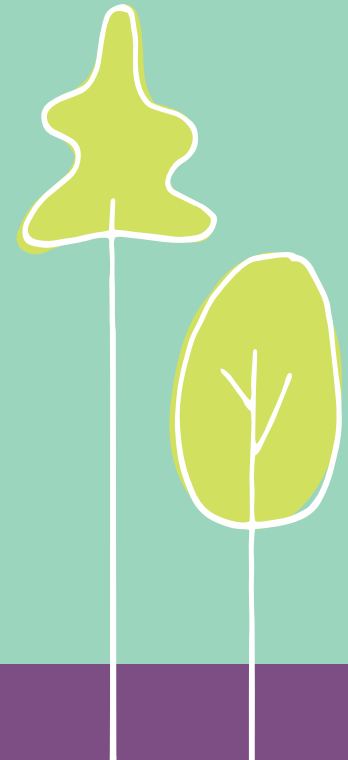
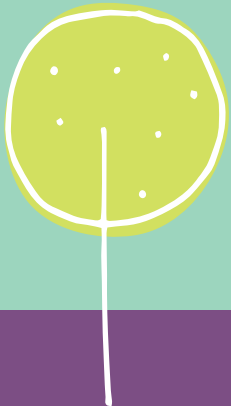
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