

# 2018-19 ANNUAL REPORT

EMPOWERING OTHERS



St. Louis County  
Children's Service Fund





**OUR MISSION** is to improve the lives of children, youth and families in St. Louis County by strategically investing in the creation and maintenance of an integrated system of care that delivers effective and quality mental health and substance abuse services.

**IT'S A NEW DAY.** We spent 18 months over 2018–2019 listening and have emerged stronger, more strategic and ready to take action in a pivotal leadership role focused on the social-emotional wellness of children and families.

Together with our partner organizations, we're making a life-changing difference every day for children in St. Louis County and beyond. By bringing our community's diverse services together, we amplify our collective impact through a robust, holistic system that addresses multiple needs.

To further improve this system, we're becoming more efficient. For example, after listening to our funded partners, we streamlined our grant process. Agencies now can apply for grants every three years versus every two years. This extended grant period gives funding partners more time to gather impactful data and to continue services without disruption.

The most significant, overarching accomplishment over 2018–2019 was the design of a strategic plan to create a more intentional, integrated system of care. As we look ahead, we're exploring collaborations to broaden our focus more regionally. We're also building stronger relationships with school districts. And we're expanding our reach as the community needs continue to grow.

Inspired by our philosophy of **Keeping Kids First**, we're always asking how we can better shape services for children and families. Our goal is to help the right child in the right place at the right time. Right now, our work has never been more important as the novel coronavirus has impacted so many children and their families.

Thank you for partnering with us as we continue to champion more innovative and impactful services to empower children and families.

**Dr. Sam Page**  
County Executive

**Dr. Randall Sterkel**  
Board Chair

**Emily Koenig**  
Acting Executive Director

**A Transformational Strategic Plan**

Our transformational strategic plan ensures children have social-emotional resources they need to achieve their fullest potential. The plan's focus areas include:

**Leadership** We will take a more active role in identifying behavioral health gaps and opportunities.

**Impact** We will create a framework for social-emotional wellness that supports ongoing assessment, highlights improvement opportunities, and promotes action to meet the areas of greatest need.

**Communication** We will share more information and engage the community in decision-making to enhance partnerships, inclusivity, transparency and communication.

**Alignment** We will align with existing initiatives and leverage available resources to support more efficient impact.

**Infrastructure** We will strengthen our infrastructure by building staff capacity, enhancing online capabilities, identifying new funding models, and leveraging funding to maximize behavioral health impact.

**ABOUT US** Thanks to the vision of area non-profits, a vital referendum was passed in 2008 that launched the St. Louis County Putting Kids First Campaign. This landmark initiative created a community children's service fund for 10 specific behavioral health service areas to address an important, growing need.

Since 2010, the St. Louis County Children's Service Fund (CSF) has invested over \$400 million in local nonprofits and governmental agencies to provide behavioral health services for children and youth in the county. Through collaboration and partnership with experienced agencies and programs, CSF ensures children and youth have the support and resources they need to achieve their potential and build a brighter future.



# AWARDS BY SERVICE AREA

St. Louis County Children’s Service Fund has invested nearly \$85 million in 2018-2019 Core. Of that \$85 million, CSF allocated in excess of 40%, or over \$34 million, into school-based services.

**\$32.9m/38.1%**

**COUNSELING SERVICES**

Individual, group, and family counseling services include psychological evaluations, mental health screenings, and individual, group, and family therapy.

**\$2.6m/2.8%**

**CRISIS INTERVENTION SERVICES**

Assessment and short-term treatment for individuals experiencing a mental health crisis to stabilize the client and determine additional therapeutic interventions.

**\$11.5m/13.5%**

**HOME AND COMMUNITY BASED SERVICES**

Supportive and therapeutic services provided in the home or community to support children and families where they are most comfortable.

**\$1.5m/1.7%**

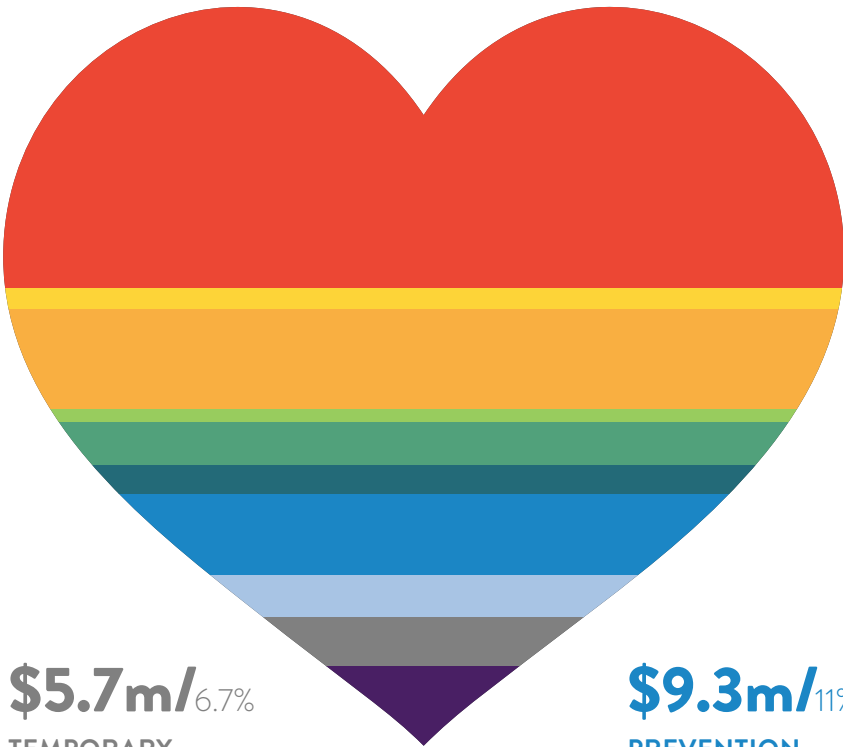
**SERVICE TO TEEN PARENTS**

Services and resources for positive parenting skills, counseling, and case management are provided to teen parents to create a stable home life.

**\$4.8m/5.7%**

**SUBSTANCE USE TREATMENT SERVICES**

Services include assessments and evaluations, early interventions, educational groups, individual, group and family counseling, and aftercare services.



**\$5m/5.9%**

**PSYCHIATRIC SERVICES**

Psychiatric evaluations to diagnose mental health issues and create treatment plans, as well as ongoing treatment and medication management.

**\$3.3m/3.9%**

**RESPIRE CARE**

Temporary alternative care and support services for children and youth of families needing a break which improves family stability and decreases the risk of abuse or neglect.

**\$5.7m/6.7%**

**TEMPORARY SHELTER SERVICES**

Services are provided for up to 30 days for youth experiencing abuse, neglect, crisis, homelessness, or other issues.

**\$9.1m/10.7%**

**TRANSITIONAL LIVING SERVICES**

Counseling and case management to successfully support and reintegrate a young person into a safe living space with opportunities for developing independent life skills.

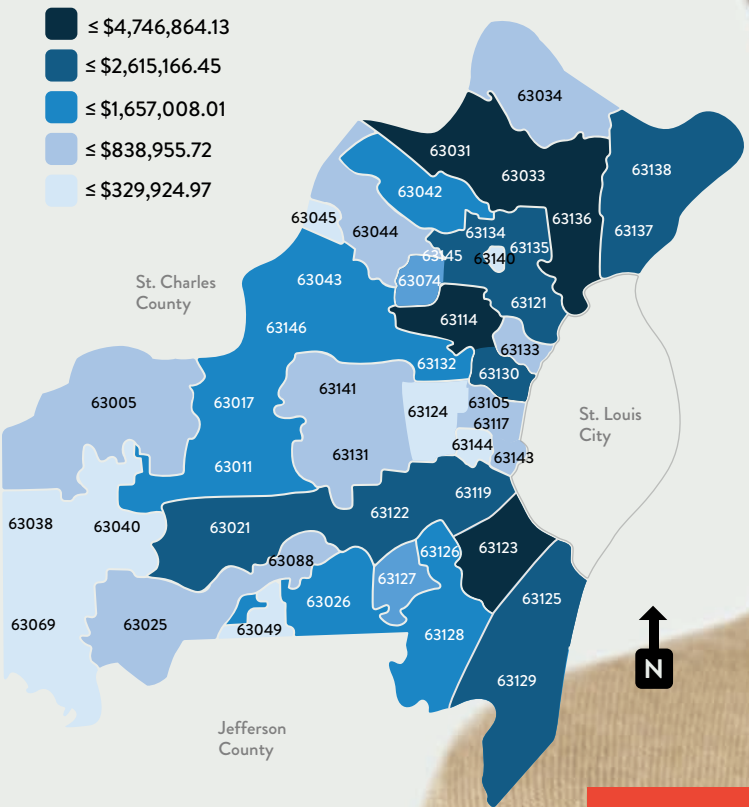
**\$9.3m/11%**

**PREVENTION SERVICES**

Services provided in the home or school to support mental health and allow children and youth to acquire skills for healthy lifestyles and positive youth development.

## Distribution of Funds

CSF spent more than \$76 million on services and programs for children, youth, and families across St. Louis County during the 2018-219 Core cycle. The map shows the distribution of over \$63 million of services based on the client’s residential zip code at the time the service was delivered. The map does not include funds spent on temporary and transitional living services during the 2018-2019 core funding cycle as client zip codes reflected the shelter or housing unit at the time services were delivered.



“CSF and its funded partners are committed to supporting children and youth where they are, by providing the necessary supports and services to ensure they grow up happy and healthy.”  
—Emily Koenig, CSF Acting Executive Director





**CHILDREN AND YOUTH** in our supported programs have grown in a number of ways. They have learned how to strengthen relationships with family members and gain essential life skills to manage and maintain a household. Counseling supported programs have allowed them to improve in behavioral healthy symptoms, reduce or eliminate substance use, and improve their relationships with family and peers. Many families have seen improvement in coping abilities, social and emotional functioning, and increased school engagement and academic success.

**140,579** nights of shelter provided

**431,358** counseling sessions provided

**17,422** days of respite care provided

**4,242** clients received psychological testing

**6,709** clients received psychiatric services and evaluations

**1,161** clients received substance use treatment



## New Developmental Trauma Center Helps Children Heal

In 2018, nearly 23,000 children in the St. Louis were reported to the Missouri Child Abuse and Neglect Hotline. This staggering figure illustrates the tremendous need for organizations like FamilyForward.

Each year, FamilyForward serves more than **6,000** children and family members through trauma assessment and psychological evaluation, therapy, coaching and education, foster care and adoption, therapeutic preschool, and care for children with developmental disabilities.

At the heart of FamilyForward is a deep understanding of trauma-informed care.

The agency's overarching philosophy is based in the Neurosequential Model of Therapeutics (NMT), developed by Bruce D. Perry, MD, PhD, an internationally renowned authority on childhood trauma. NMT is a trauma-informed, developmentally sensitive approach to understanding the impact of a child's history on current functioning.

Guided by NMT, FamilyForward's comprehensive services support the child, family, and broader community.

### Understanding Brain Science Behind Behavior

NMT focuses on the long-term effects of early trauma in a child's life and takes a scientific approach to the brain development stages and process, explains Rachel Neukirch, LCSW, chief program officer at FamilyForward.

"If the brain development process is interfered with or steps are missed or maladapted, then the brain forms differently. This NMT model shows us we have to look at what happened to a child in the past to effectively work with them."

The benefits of NMT and a growing need inspired FamilyForward to create a Developmental Trauma Center in 2017 with key support from Children's Service Fund.

Developmental Trauma Center services now include individual, family, and group counseling. While some of the services have been offered since 2010, they weren't as complete or integrated as they are under the Center's umbrella.

"We recognized there was a real need in the community for a place like this," Rachel says. "Because of support from the Children's Service Fund, FamilyForward was able to formalize the Center to pull the various services together into a more comprehensive set of programs."



“Our services at FamilyForward are individualized to each child. We look at a child's unique life circumstances rather than view trauma as all the same. We don't fit kids into a pre-existing protocol.”

### Encouraging Early Intervention

Trauma prevention is a key goal of the Center. Through the Developmental Trauma Center, FamilyForward offers prenatal services to expectant moms to support them and help them understand infant development. They also offer services from birth to 3 years old, in addition to a new therapeutic preschool for kids ages 3-5 who are struggling with trauma.

"The sooner we can intervene and work with the family and whole system around a child the better," Rachel adds. "Anything we can do as a community to make a child safer in infancy and early childhood is critical because it dictates what will happen to them going forward."

### Expanding to Meet Growing Needs

Karen Nolte, executive director of FamilyForward, says support from Children's Service Fund allowed FamilyForward to create a formalized Developmental Trauma Center sooner than planned to meet the growing community demand.

“We would not have progressed as quickly without support from Children's Service Fund. They were instrumental to allowing us to expand to serve more children.”

Since expanding, the Developmental Trauma Center has served more than 2,000 families with overwhelmingly positive results. These results include a higher rate of kids staying in their homes with fewer sent to foster care; a lower rate of children subjected to additional abuse; a reduction in behavior issues; and a significant improvement in relationships between kids and their families.

"The support from Children's Service Fund has given us the ability to serve a significant number of kids in the way they need to be served," Karen explains. "Children's Service Fund partnered with us to let our clinical specialists make treatment decisions specific to a child's needs. This was big."

Success inspires more success in the case of the Developmental Trauma Center. "People continue to seek services because it is making a difference," Karen says. "It has been a privilege to see a need, carry it forward to develop a life-changing program, and watch it evolve. We're very grateful."

## New Teen Center Builds Track to Success

After years of providing successful programs and working closely with school staff and students, it was time for The Boys and Girls Club of Greater St. Louis (BGCSTL) to graduate from the high school setting to make an even bigger impact. The result: a new Teen Center for Excellence that opened in Ferguson in November 2019.

This vibrant center builds on the BGCSTL's Be Great: Graduate program for elementary and high school students in the Normandy School District. The program, funded by the Children's Service Fund, is designed to keep kids engaged in school and promote positive behavior.

With the new Teen Center comes new opportunities for more young people. The Teen Center is open to teens ages 12-18 and serves a broader range of students from more areas, says Flint Fowler, PhD, president of BGCSTL.

"The Teen Center isn't dependent on school schedules or other school issues so when schools are closed, we can still be open as a place for teens to come."

Flint is excited about the possibilities the Teen Center offers the community. "The Teen Center gave us an opportunity to address the unmet needs that we heard about from students and the community. Through the Teen Center, we're able to extend the experiences students received in middle school focused on academic success, good character and citizenship, and a healthy lifestyle. Previously, these teens had a void after middle school during a critical time in the life of a child."

The Be Great: Graduate program continues in the Normandy School District for middle school students while high school students from across the area can access services through the Teen Center.

“The Children's Service Fund support all goes toward programs that help fulfill our mission to help the community,” Flint says. “It would have taken us longer to get where we are now without funding from Children's Service Fund. Thanks to this support, we've been able to broaden our reach and extend service to those who didn't have it before.”

### Play with a Purpose

The Teen Center of Excellence is one of the few facilities in the country dedicated to serving teens. The BGCSTL team is implementing nationally acclaimed programs at the Teen Center similar to those offered in the 10 locations it currently operates around St. Louis.

These programs focus on the four pillars of leadership and civic engagement; education and workforce readiness; health and wellness; and STEAM (Science, Technology, Engineering, Arts and Math).

In the bright, modern new facility, the team incorporates these four pillars in fun, creative ways. Flint says each activity serves a purpose to empower teens to learn, experience and achieve.

"At the Teen Center, students receive support from caring adults to help them navigate activities and explore career options," Flint says. "The Teen Center also offers academic support outside the school day, leadership experiences, community service projects, and more socialization opportunities."

### Strengthening Teens and Communities

The three-story, 27,000-square-foot Teen Center includes an innovation center; a fitness center; a music and art studio; a performing arts theater; an art room; a gym; an outdoor basketball court; a game room; a nutrition education center; an outdoor garden area; and a lounge area, among other spaces and amenities.

“The feedback about the Teen Center has been unbelievable,” Flint says. “Parents are excited because it's a safe place for their kids to go with professional staff leading the programs.”

Flint says it costs about \$4,000 a year to serve each child at the Teen Center. "However, because of Children's Service Fund support, the membership fee is just \$25 for the child to take part in all the experiences we offer. This funding removes the financial burden for families and makes a significant difference."

Flint recognizes that the Teen Center impacts more than teens—it can revitalize a hurting community.

"I'm most excited that this center is planting a seed. We bring our expertise to support the growth and development of young people and help them realize their potential. We have put things in place to help young people prepare for a better future."



“It would have taken us longer to get where we are now without the funding from Children's Service Fund. They helped us get a foothold in the community.”



# An Entry Point to a Better Life

While it’s a difficult population to count, about **1,500** youths in St. Louis County and the surrounding counties are experiencing homelessness every night.

Many teens spend nights couch surfing, bouncing place to place, staying with various friends or acquaintances. Other teens are “street homeless,” especially in the warmer months. They roam throughout the day and stay nights in vacant buildings, storage lockers and cars.

Regardless of where they stay or why they are experiencing homelessness, these youths are at high risk for exploitation and sex trafficking, among other dangers.

Youth in Need offers life-changing help to these young people through a street outreach program, emergency shelter program and a transitional living program, in addition to other services. The multi-pronged approach works in unison to offer the most effective assistance to youth experiencing homelessness.

“We are the entry point for youth experiencing homelessness in the region,” explains Pat Holterman-Hommes, Youth in Need chief executive officer. “Thanks to support from Children’s Service Fund, we’ve strengthened the system to get youth off the street as soon as possible. Through better coordination, we can offer the right services at the right time—as soon as youth become homeless so they’re not in a terrible situation for any length of time.”

One way the organization is reaching these youths is through its innovative 24/7 Youth Connection Helpline that youth or families in crisis can call or text.

The Youth Connection Helpline is integrated with Project Safe Place, a national crisis prevention program. Youth in Need is the regional provider of the national program.

In 2018, Youth in Need served more than **8,000** children and teens. The street outreach program transitioned 302 homeless and runaway youth to safety. In addition, 261 youth found a safe haven at the organization’s emergency shelter, while 222 youth in serious crisis found safety through Safe Place.



“Through our business partnerships, we have nearly 900 Safe Place locations throughout St. Louis.”

## Game-Changing Support for Growing Needs

Funding from Children’s Service Fund has been vital to expanding Youth in Need’s services to meet growing needs, Pat says.

“This funding has made a world of difference. Through Children’s Service Fund’s encouragement and support, we’re coordinating and collaborating more with other agencies to improve and expand services we can offer youths. This support has truly been a game changer in investing in the youth of our community and reaching more of them.”

She adds that Children’s Service Fund allows Youth in Need to be nimble and innovative to better address youth’s changing needs. “For example, in 2009, we brainstormed the idea for a Youth Connection Hotline and pitched it to Children’s Service Fund for support. They embraced the idea and now this hotline is an essential component of our work.”

The funding has had ripple effects throughout the community. “Thanks to support from Children’s Service Fund, we now can stretch over the St. Louis region and serve more youths because we have the staff capacity, the resources, and the funding for the programs we need.”

## STAFF

**Emily Koenig**  
Acting Executive Director

**Melissa Jamieson**  
Deputy Director

**Paulette Foerster**  
Chief Program Officer

**Rachelle Siverly**  
Assistant to the Executive Director

**Tammie Crumble**  
Program Officer

**Jim Eckrich**  
Program Officer

**Jenny Lynch**  
Program Officer

**Thomas Mennerick**  
Program Officer

**C. Ming Saelee**  
Program Officer

**Patrick Fox**  
Accounting Manager

**Regina Gustin**  
Grants Manager

**Elaine Kube**  
Grants Manager

**Jacob Siedle**  
IT Business Manager

**Meghan Jendusa**  
Data and Performance Analyst

**Karyn Spory**  
Communications and Outreach Coordinator

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Board Secretary  
Q&C International, Inc.

**Susan Block, JD**  
Paule, Camazine & Blumenthal P.C.

## THANK YOU

### Prior Staff Members<sup>(1)</sup>

**Connie J. Cunningham**  
Executive Director

**Alicia Smith**  
Community Outreach Coordinator

**Jackie Hunter**  
Accountant II

**Polo Deanes**  
IT Business Systems Analyst

**Molly Crisp**  
Communications Director

**Leticia Lara-Cassen**  
Assistant to the Executive Director

### Prior Board Members<sup>(2)</sup>

**Dr. Evelyn Irving**  
EAI Individual Counselor Consultants

**Dr. Erica Bumpers**  
Fontbonne University

**Patti Kelley**  
SSM Health

<sup>(1)</sup>Staff who worked in partially or all of 2018-2019 currently not with CSF

<sup>(2)</sup>Board Members who were partially or on the board all of 2018-2019 who are not currently with CSF

“There can be no  
keener revelation of  
a society’s soul than  
the way in which it  
treats its children.”

-Nelson Mandela



St. Louis County  
Children's Service Fund

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