

# A Window into the Well-Being of Brookline



**2012 REPORT ON GIVING**



BROOKLINE COMMUNITY MENTAL HEALTH CENTER

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MENTAL HEALTH CENTER

For a full listing of donors, please visit

[www.brooklinecenter.org/thankyou](http://www.brooklinecenter.org/thankyou)

The Brookline Center deeply appreciates every contribution.

Cover photo: Jules Ko Photography



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# YOUR PHILANTHROPY

enables the Brookline Center to:

1

**Provide universal access** by serving children, adults and elders regardless of their ability to pay, the severity of their condition, or their type of insurance — even when insurance coverage stops.

2

**Innovate** by responding quickly and effectively to emerging community needs with cutting-edge treatment models for the most vulnerable. We develop and adopt clinical systems that streamline care and reduce costs, so that philanthropic dollars go as far as possible.

3

**Accept health insurance** so that mental health care is available for low and moderate income families. Although many private mental health care practitioners no longer accept insurance due to falling reimbursements, the Center does. Even still, the average insurance reimbursement covers only 58% of the Center's cost to deliver care — and you help bridge the gap through philanthropy.

4

**Offer 360° care** by going beyond psychotherapy to address social, familial, economic, academic and other issues that impact each patient's well-being and functioning. Philanthropy supports the provision of these essential services, which most insurers do not cover.

5

**Collaborate** by giving our dedicated staff of top-notch clinicians the time and resources to work together to provide comprehensive care wherever it's needed. Philanthropy means we can compensate our staff for collaborative time at the Center and in partnership with community agencies whose missions intersect with ours, including housing, public schools, police and the courts.

“Brookline Community Mental Health Center has consistently proven to be one of the most impactful and effective healthcare organizations in Massachusetts.”

—Celeste Reid Lee, Senior Director of Grantmaking,  
Blue Cross Blue Shield of Massachusetts Foundation

# What sets community mental health apart?

Dear Friends,

Good mental health affects us all, every day; our well-being depends on it. Poor mental health knows no social or economic boundaries; its causes are often complex and intertwined. In response, **community mental health offers a model of care like no other, weaving clinical therapies into a network of community engagement.**

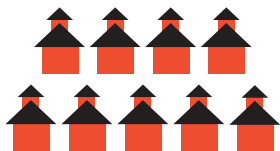
Here at Brookline Community Mental Health Center, we support the well-being of Brookline by partnering with families, physicians, schools and public agencies. Our clinicians address mental health issues, contributing factors and situations triggered by poor mental health. We hope that reading this 2012 Report on Giving makes you feel proud of programs that improve so many lives. We thank you for sharing in our commitment to the well-being of Brookline.

Cynthia Price, Executive Director | Robin Atlas, President, Board of Directors  
Georgia Johnson, Chair, Strategic Development Committee

## Improving the well-being of **CHILDREN**

### Spotlight Program

Among the mental health challenges we see in children, autism is on the rise. Children on the autism spectrum risk developing serious mental health conditions: 80% suffer from intense anxiety; 33% will develop clinical depression; they are four times more likely to be bullied. To strengthen their functioning and well-being, the **Brookline Center offers community-based social skills groups for youth ages 5–12.** A key difference: unlike many providers, the Center accepts insurance for these groups, enabling low and moderate income families to access support that helps kids succeed at home, in school and on the playground.



Brookline Center clinicians are on-site  
at all nine Brookline Public Schools



40% of  
the Center's  
work is with  
children  
and youth

**We work with children and youth facing challenges including:** Loss, family changes, anxiety, depression, homelessness, poor functioning, bullying, and eating disorders.

# Improving the well-being of ADULTS

## Spotlight Program

Adults with major mental illness live, on average, 25 years less than most Americans. In Massachusetts alone, Medicare/Medicaid costs to treat those with “dual diagnoses” (chronic medical and mental health conditions) can reach nearly \$2 billion each year. Care coordination could improve both health outcomes and costs, but strategies designed for the mentally well are often ineffective for those with chronic mental illness. **The Center’s pioneering Healthy Lives program combines care coordination, wellness interventions, and disease management designed for each patient’s abilities.** Early results show great success improving health and well-being, decreasing social isolation, and sharply reducing ER visits and hospitalizations (thereby lowering health care costs).

“Many of our adult patients have frequent contact with doctors, but poor outcomes in terms of functioning and life expectancy. Healthy Lives reverses this paradox.”

—Dr. Henry White,  
Clinical Director,  
The Brookline Center



One-third of the services we deliver are **not reimbursed** by insurance or fees

## 2012 Program Highlights:

- Doubled the number of Healthy Lives clients
- Launched a new collaboration with Beth Israel Deaconess Medical Center
- Secured new funding from Blue Cross Blue Shield of MA Foundation and Robert Wood Johnson Foundation enabling us to measure cost savings and health outcomes



75% of our clients live in low-to-moderate income households

# Improving the well-being of FAMILIES

## Spotlight Program

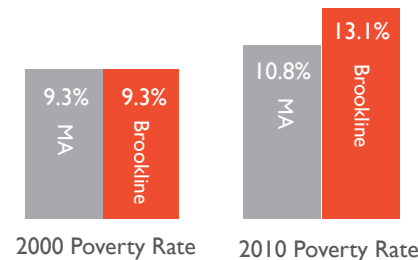
When a family’s capacity to seek help is overwhelmed by crises or challenges, we go to them. Our rapidly growing **In-Home Therapy program helps stabilize low income families with children facing multiple and significant behavioral, emotional and mental health challenges.** Often these are single parent families, struggling economically and emotionally; many are members of Brookline’s immigrant/newcomer populations, adjusting to new cultures and lacking extended family support. Highly-experienced clinicians mirroring the cultural-linguistic diversity of program families provide intensive therapeutic services at home, school and other community settings up to three times a week for six to nine months. Clinicians also help families learn about, access and use other community resources.

“I am passionate about improving access to mental health services for all, and The Brookline Center does this best. It brings me great pleasure to help advance the Center’s reach. The need grows every year.”

—Wendy Gordon,  
Brookline Center Board  
of Directors

## 2012 Program Highlights:

- Served 90 families (up 20% from the previous year), 113 parents and 189 youth
- Lowered the rates of school-based incidents involving children in the program



Poverty in Brookline has increased faster than in the rest of Massachusetts

# 1,062

Number of Brookline children living in poverty today

**Brookline Community Mental Health Center helps people facing difficult life circumstances or struggling with mental health issues feel better, function more effectively, and experience life more fully. For over 50 years, the Center’s comprehensive, culturally-responsive care has healed lives and built community. [www.brooklinecenter.org](http://www.brooklinecenter.org)**

# Improving the well-being of COMMUNITY

"The Brookline Center is integral to Brookline's well-being. Its services strengthen all of us who live, work and study here."

—Betsy DeWitt,  
Chair, Brookline Board  
of Selectmen

## Spotlight Programs

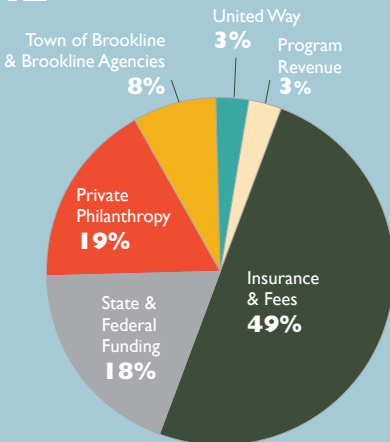
While we may all face sudden economic or family changes, for some of us these events may spiral into financial and emotional catastrophe that we cannot manage alone. **The Center's programs have helped hundreds of Brookline families avoid homelessness over the past three years.** Our work with at-risk families helps Brookline residents handle immediate crises such as impending eviction while developing resilience and skills that will lead to greater long-term sustainability.

# 295

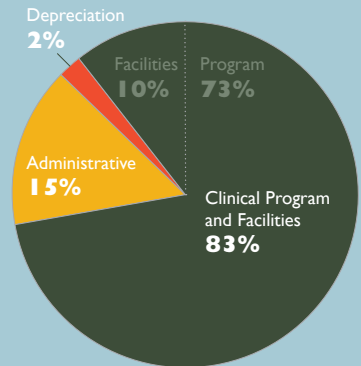
Brookline families have avoided homelessness with the help of our programs since 2009

## FY2012

# FINANCIALS



**REVENUE** For the first time we raised over \$1 million from individual donors and foundations, close to 20% of our \$5.2 million operating budget. As philanthropy grows at the Center, so does the impact of our work.



**EXPENSES** 83 cents of every dollar raised goes directly to our program work, to cover clinical and facility costs. Philanthropy allows us to develop systems that streamline care, reduce costs and improve quality.



Brookline Community Mental Health Center  
41 Garrison Road | Brookline Massachusetts 02445

**41,000**  
care visits this year.

You made this possible,  
and so much more...

[www.brooklinecenter.org](http://www.brooklinecenter.org)