



CENTERED ON **BROOKLINE**



BROOKLINE COMMUNITY MENTAL HEALTH CENTER

2015 ANNUAL REPORT



CENTERED ON WELLBEING



Dear Friends,

After decades when mental health topics were largely ignored or avoided, recent events have focused attention on the urgent need to expand access to and adequately fund mental health care.

The reality is that mental health has always been a central driver of our overall health, influencing everything from our physical functioning to our financial stability to our closest relationships. It is a fundamental part of our wellbeing and affects every layer of our community. Yet, we often take mental health for granted until something goes wrong.

Thanks to our generous supporters, Brookline Community Mental Health Center is centered on Brookline's mental health and wellbeing every day. Whether we're supporting a teen in crisis or helping a family get back on its feet, our services stabilize and transform thousands of lives each year.

Our reach is even greater: Through our collaborations with dozens of local agencies, we've created an invisible web of support throughout the community.

In this report, you'll hear from some of the community professionals who work with the Brookline Center. They are partners who witness the impact of mental health in our community and know what a difference it makes when we invest in community wellbeing.

None of this could happen without your support and partnership. Thank you for keeping mental health at the center in Brookline.

Cynthia D. Price
Executive Director

Peter Norstrand
President

Brookline Community Mental Health Center works to make Brookline the strongest, healthiest community possible. We open our doors to all who need us, no matter the severity of their condition or ability to pay. From our home on Garrison Road and through dozens of community-based programs and services, we make outstanding care possible wherever and whenever Brookline needs us.

Your support this year strengthened...

FAMILY
PROVIDING **5,773** IN-HOME FAMILY THERAPY VISITS

HEALTH
DELIVERING OUTSTANDING, INTEGRATED CARE TO **3,856** INDIVIDUALS IN NEED

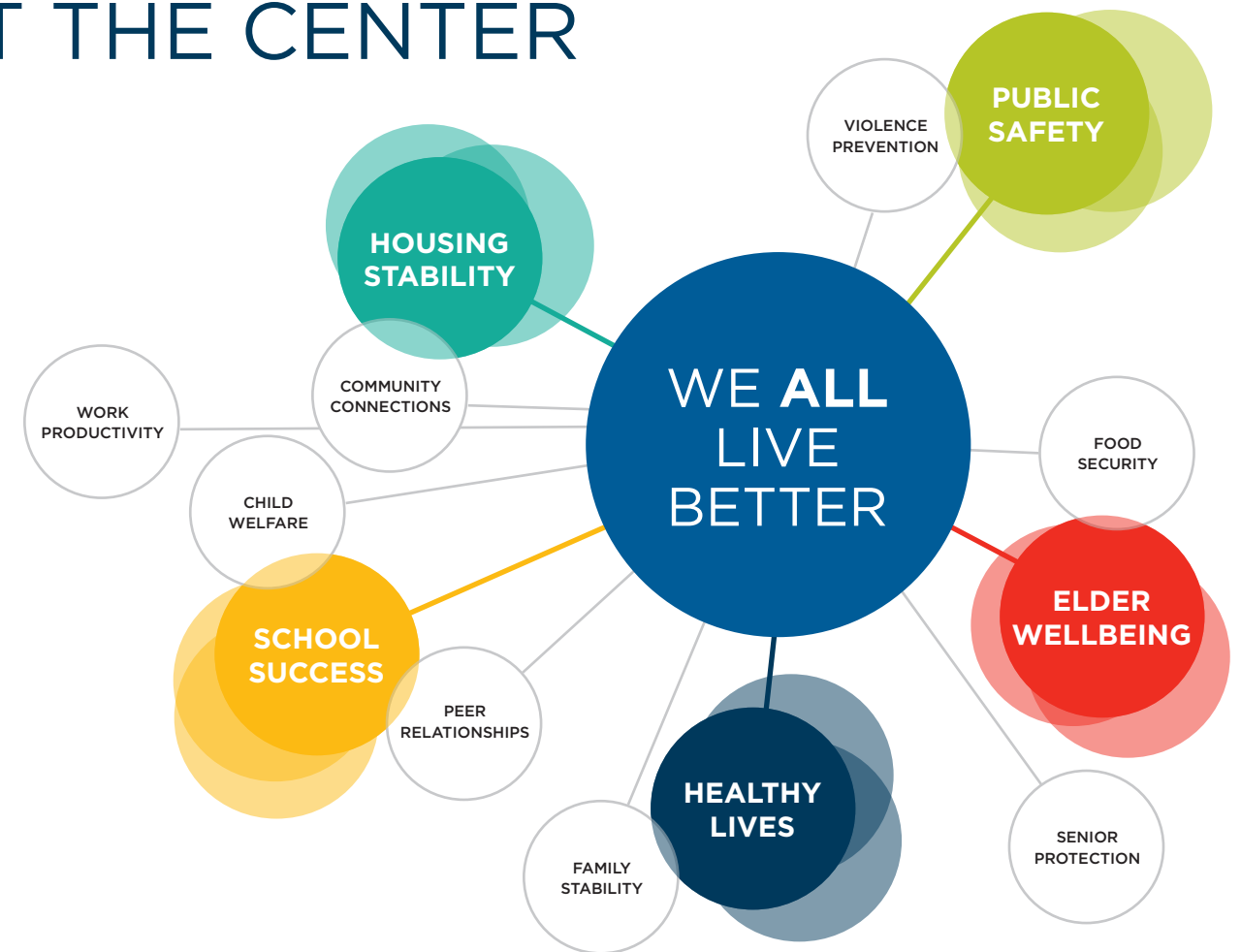
COMMUNITY
SUSTAINING CRITICAL PARTNERSHIPS WITH **54** LOCAL AGENCIES

WELLBEING
KEEPING **373** INDIVIDUALS AND FAMILIES FACING HOMELESSNESS SAFELY HOUSED

SAFETY
SAFEGUARDING THE WELLBEING OF BROOKLINE STUDENTS IN ALL **9** PUBLIC SCHOOLS

Brookline

WITH MENTAL HEALTH AT THE CENTER



TOGETHER, WITH OUR PARTNERS. HERE, WITH YOU.

Good mental health produces positive outcomes in so many areas—from schools to housing to health care. Few communities are strategic, though, in addressing the interwoven, often complex mental health and social needs of their residents. Brookline is different.

As the town's lead resource for mental health, Brookline Community Mental Health

Center partners with dozens of agencies to provide comprehensive and highly effective services to individuals and families. We help our partners incorporate a deeper appreciation for mental health and wellbeing in their work, as well. Through these formal collaborations and in many less visible ways, the Brookline Center is here, providing essential mental health

services and valuable expertise in a variety of settings. By taking the lead on our town's mental health needs, we help our partners focus on what they do best and elevate our collective impact.

Together, we're creating a healthier Brookline for all.

Patrick Dober
BROOKLINE HOUSING AUTHORITY

“Sometimes people face difficulties—economic trouble, an abusive relationship, various types of mental health issues—that make it difficult to comply with the terms of their housing lease. It’s much more likely that difficult situations will get resolved when we have the Brookline Center to support residents who need assistance. Our property managers know that the Brookline Center is always available to step in, whether it’s with short-term urgent counseling or a longer-term program of support. Many, many of our residents have benefited in life-changing ways from this partnership. And our property managers are better able to focus on doing a great job maintaining public housing properties as positive places to live.”

CENTERED ON
HOUSING STABILITY



Principal Pipier Smith-Mumford
PIERCE SCHOOL

“Increased enrollment means we’re seeing many more students at younger and younger ages with psychological issues that schools are hard pressed to tackle on their own. Our goal is to have every student reach their greatest potential, but if students are preoccupied with social-emotional concerns, then teaching and learning can’t go on. Trying to address these needs is a huge responsibility.

The Brookline Center helps us put resources in place that students need to be able to benefit fully from school. The Center works with students and families directly in multiple ways, and their teams confer with our staff. Because of this collaboration, I can confidently say we’re doing everything we can to support our kids. And we can teach more effectively because we have kids who feel healthier, who know that they have someone listening to them and helping them work things out.”

1,464

THIS YEAR, 1,464 OF THE BROOKLINE CENTER’S CLIENTS WERE CHILDREN.

2,816

WE PROVIDED 2,816 HOURS OF SCHOOL-BASED COUNSELING AND RAN 26 SUPPORT GROUPS FOR BROOKLINE KIDS.

42

OUR BRIDGE FOR RESILIENT YOUTH IN TRANSITION PROGRAM IS NOW OPERATING IN 42 MASSACHUSETTS COMMUNITIES, INCLUDING OUR FLAGSHIP PROGRAM AT BROOKLINE HIGH SCHOOL.



Sue Welpton
BROOKLINE COUNCIL ON AGING

“The Brookline Center’s consultation services are great. Any of our social workers can call them up to say, ‘This is a bit of a puzzle. How would you deal with this?’ The Center also has programs that we have used a lot—homelessness prevention, for example. Brookline is a high-cost community and you don’t find affordable housing very easily. The Center has housing resources and emergency funds that we can access to support seniors who may need to make a move.

Seniors in Brookline get the expertise of two groups who have great synergy and, together, can develop plans to take the best care of people. It’s hard for me to imagine where we would have found a better partner.”

CENTERED ON
ELDER WELLBEING



CENTERED
ON SCHOOL
SUCCESS



CENTERED ON HEALTHY LIVES

Dr. Peter Gonzalez
BETH ISRAEL DEACONESS
MEDICAL CENTER

“It’s frustrating when you know that you could take better care of medical problems—conditions like high blood pressure and diabetes are actually pretty manageable—but you don’t get anywhere with certain patients whose complex socio-economic or mental health issues stand in the way.

The Brookline Center’s team provides intensive care management for patients who, left to their own devices, wouldn’t know where to go or what to do. There are problems the team has been able to solve—like finding suitable housing or accessing benefits—that doctors are not as equipped to address. Once these psychosocial needs are taken care of, the medical problems become easier to treat. I think success depends on making a personal connection. The Brookline Center team doesn’t give up after one phone call or missed appointment; this makes all the difference. Without them, these patients would wind up spending a lot of their time in the emergency room.”

35% WE PARTNER WITH BOSTON-BASED PRIMARY CARE PRACTICES TO IMPROVE HEALTH OUTCOMES FOR ADULTS WITH CHRONIC MEDICAL CONDITIONS AND SERIOUS MENTAL HEALTH ISSUES. IN 2015, OUR PATIENTS SAW A 35% DROP IN E.R. VISITS AND A 19% REDUCTION IN HOSPITALIZATIONS.



CENTERED ON PUBLIC SAFETY

Sergeant Jennifer Paster
BROOKLINE POLICE DEPARTMENT

“Up until a few years ago, our response to assisting residents with mental health issues was a reactive one; we were putting on Band-Aids. By partnering with the Brookline Center, we’ve become more proactive, building relationships with people in the community and finding solutions to head off a crisis, instead of being a last-resort emergency call.

Ultimately, our goal is to keep people out of the criminal justice system who don’t belong there. Without the Brookline Center in place, our options would be limited to an emergency room, making an arrest, or even walking away. The Brookline Center has been a tremendous partner for us—we can make a referral on the spot. They’ve even come out and responded with our officers to assist people in a time of crisis.”

51

THIS YEAR, THE BROOKLINE CENTER HANDLED 51 ON-CALL CRISIS CASES WITH THE BROOKLINE POLICE DEPARTMENT.

229

THROUGH OVER 229 CONSULTATIONS WITH THE BPD IN 2015, WE HELPED OFFICERS BETTER RECOGNIZE AND RESPOND TO MENTAL HEALTH CHALLENGES.

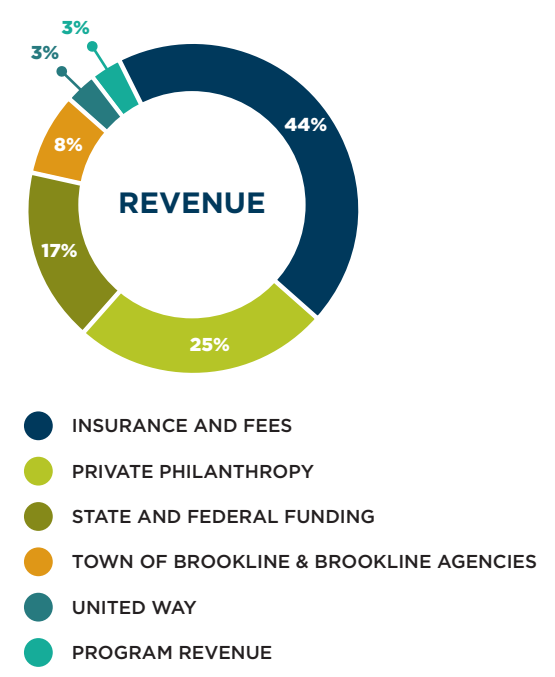
24/7

LIKE OUR POLICE COLLEAGUES, WE’RE HERE 24 HOURS A DAY, 7 DAYS A WEEK, LOOKING OUT FOR THOSE WHO NEED OUR HELP.



Few communities can count on a comprehensive mental health resource like Brookline Community Mental Health Center. To make it possible, we rely on individual and institutional donors who understand the critical importance of access to mental health care and recognize the role the Center plays in creating a healthier community for all.

For additional financial information, please contact Director of Finance Johanna Chilingirian at 617.277.8107.

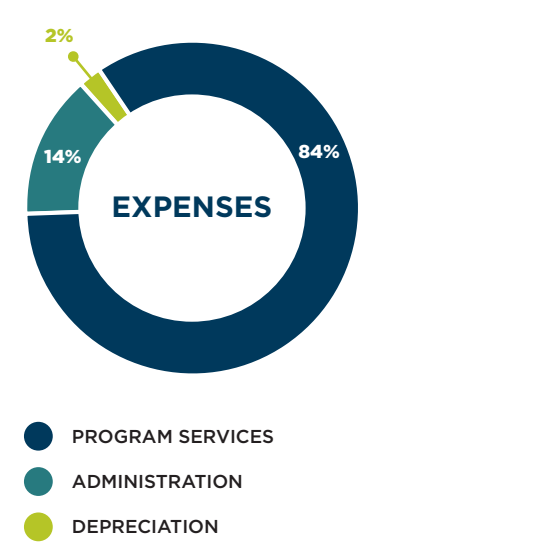


REVENUE

Philanthropy contributes 25 percent of the Brookline Center's income. This year for the first time charitable giving to the Center topped \$2 million in annual and multi-year gifts.

Support from private foundations accounted for 57 percent of philanthropic revenue, much of it restricted for innovative Center programs like Bridge for Resilient Youth in Transition, Healthy Lives, Women and Girls Thriving in Brookline, and In-Home Therapy.

More than 793 generous individuals and companies made donations totaling \$861,903 this year, reflecting an 8 percent increase from fiscal year 2014. These gifts sustain core services, reduce waiting lists for our most in-demand programs, and expand outpatient care to reach more individuals in need.



EXPENSES

Our operating budget in fiscal year 2015 was \$6.1 million. We carefully manage our finances to strengthen our ability to meet the evolving mental health and social services needs of adults, children, and seniors in Brookline and neighboring communities.

Eighty-four percent of every dollar contributed to the Brookline Center this year directly funded mental health programs and services, including clinic operations at 41 Garrison Road and 40 Webster Place. The remaining 16 percent was used to fund administrative and management activities, including billing, financial management, fundraising, and depreciation.

CENTERED ON A HEALTHIER COMMUNITY FOR ALL

CENTERED ON GRATITUDE

Your generosity moves us closer to a day when every adult and child in our community can access mental health care in times of need. We are so deeply grateful for your support. **Thank you.**

\$100,000+

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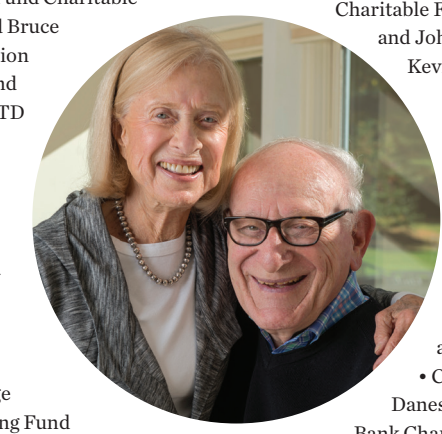
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WRITING Katie Bayerl

CENTERED ON
WHAT'S NEXT

Together, we are providing outstanding care that transforms lives.

JOIN US IN 2016 FOR

WOMEN AT THE CENTER
FEBRUARY 4, 2016

BELIEVE IN BROOKLINE KIDS
MAY 21, 2016

- GET DETAILS BY EMAIL
at brooklinecenter.org/contact
- MAKE A GIFT
at brooklinecenter.org/donate





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41 Garrison Road | Brookline, MA 02445
www.brooklinecenter.org | 617.277.8107

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Brookline Community Mental Health Center
41 Garrison Road | Brookline, MA 02445



Daniel Bennett

Commissioner, Brookline Building Department
Brookline Town Hall
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Brookline, MA 02445

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