



The promise of a better life.

**REPORT EVALUATES OUTCOME OF
MENTAL HEALTH GIVING BY ST. DAVID'S FOUNDATION**

\$2.65 Million Announced to Further Support Mental Health Needs in Central Texas

AUSTIN – St. David's Community Health Foundation announced today that it is awarding \$2.85 million in grants to 21 area nonprofit organizations that provide mental health and healthy living services for Central Texans.

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Since 2006, improving mental health care has been a key focus for the Foundation, and more than \$7 million has been invested toward that goal. A significant investment was made in the development of integrated behavioral health (IBH) programs at People's Community Clinic and Lone Star Circle of Care. Both programs represent a progressive approach that recognizes the interconnections between mental and physical health by offering mental health services on-site and in collaboration with primary care.

As part of the investment in mental health, the Foundation commissioned Dr. Toni Watt, a sociologist at Texas State University, to conduct a three-year process and outcome evaluation of the two programs. The report is being issued in conjunction with today's funding announcement by the Foundation. The complete report is available online at <http://sdchf.org/evaluation.pdf>.

The report concludes there has been a reduction in depression scores in both programs that exceeds established outcomes for other similar programs, a reduction in emergency room use by patients enrolled in one of the programs, and cost-savings to one of the clinics as soon as one year after implementation.

“Over the past four years, we have awarded mental health grants in our community in excess of \$7 million, and we are starting to see significant results,” said Earl Maxwell, chief executive officer. “As Dr. Watt's study shows, integrated behavioral health care appears to be a promising solution, and we are pleased to support these innovative programs.”

Dr. Watt's report states that both IBH programs are exceeding established mental health goals, improving the physical health and functioning of patients, and reducing or containing costs of IBH patients. In addition, both programs have addressed needs of the uninsured and underinsured populations.

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In addition to the mental health grants, St. David's Community Health Foundation announced \$200,250 in community grants will be awarded to three area nonprofit organizations that provide healthy living services in our community. The Healthy Living program is the Foundation's latest initiative, designed to encourage community awareness and promote healthy lifestyles for Central Texans.

"St. David's Community Health Foundation, together with other community leaders, continues to look for ways to tackle the complex health care challenges facing Central Texas," said Bobbie Barker, Foundation vice president for grants and community programs.

St. David's Community Health Foundation awards grants to area nonprofits twice each year. Mental health and healthy living grants and are announced in June, while physical health and services for the aging grants are announced in December.

**St. David's Community Health Foundation - 2009 Mental Health Grant Recipients
Total Amount Awarded: \$2,650,000**

Grants for Community-Based Mental Health Services

Any Baby Can	\$148,709	<i>No Estás Solo Counseling Program</i>
Austin Child Guidance Center	\$151,656	<i>Children's Psychological Services Unit</i>
Austin Recovery	\$266,961	<i>Recovery Step Down (Year Two)</i>
Austin Travis County MHMR	\$200,000	<i>Beds for Mental Health Crisis Respite Facility</i>
Family Crisis Center	\$42,000	<i>Youth Counseling and Intervention Project</i>
FamilyConnections	\$30,000	<i>Blue Moon Project</i>
Hays-Caldwell Women's Center	\$77,338	<i>Counseling Services for Victims of Abuse</i>
LifeWorks	\$150,000	<i>Youth and Adult Counseling Program and East Austin Counseling Expansion</i>
SafePlace	\$60,000	<i>Counseling Services Program</i>
Samaritan Center for Pastoral Care	\$125,000	<i>Food Samaritan Funds</i>
SIMS Foundation	\$60,000	<i>SIMS Clinical Services</i>
Waterloo Counseling	\$112,182	<i>Project Open Door</i>
TOTAL AMOUNT AWARDED	\$1,423,846	

Grants for Integrated Behavioral Health

Lone Star Circle of Care	\$550,500	<i>Behavioral Health Program</i>
People's Community Clinic	\$199,833	<i>Healing the Body and Mind Program</i>

El Buen Samaritano	\$63,311	<i>Integrated Mental Health Program</i>
TOTAL AMOUNT AWARDED	\$813,644	

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Grants for School-Based Mental Health Services

Communities in Schools	\$220,000	<i>Middle School Individualized Student Support and Operational Support</i>
Interagency Support Council of East Williamson County	\$140,040	<i>East Williamson County School-Based Mental Health Project</i>
Leander Independent School District	\$52,470	<i>School-Based Counseling Program</i>
TOTAL AMOUNT AWARDED	\$412,510	

St. David's Community Health Foundation - 2009 Healthy Living Grant Recipients
Total Amount Awarded: \$200,250

Con Mi Madre	\$26,250	<i>Health and Wellbeing Program</i>
El Buen Samaritano	\$24,000	<i>Family Health and Fitness Project</i>
MEND – Move, Exercise, Nutrition, Do it!	\$150,000	<i>Central Texas on the MEND</i>
TOTAL AMOUNT AWARDED	\$200,250	

The vision of St. David's Community Health Foundation is to keep the promise of a better life by improving health and health care for all Central Texans. The Foundation's mission is to work with commitment, integrity, and respect to achieve our vision in our hospitals, programs, and community partnerships. The 2009 budget for the Foundation is \$21 million, which includes grants to mental health agencies, agencies serving the elderly, ill and homeless, and many of the area's private safety net clinics, and the St. David's Dental Program. For more information on St. David's Community Health Foundation, visit www.sdchf.org.