



METROWEST  
HEALTH  
FOUNDATION

# BRIDGE *to* SUCCESS

2017 REPORT TO THE COMMUNITY

# Emotion

... Create different emotions

Shopping



Watch a  
funny TV  
Show or  
movie

Get active  
when you  
are sad or  
down.

Listen to  
ocean  
waves

Talk to  
someone who  
makes you  
happy.

Read a  
Book or tell  
a joke

The numbers are startling: approximately 20% of adolescents have a diagnosable mental health disorder; suicide is the 3rd leading cause of death for youth age 10-24; 50% of all lifetime cases of mental illness begin by age 14; and approximately 50% of students age 14 and older with a mental illness drop out of school.

Over the last five years, the foundation has partnered with local school systems and community mental health agencies across the region to improve the mental health of adolescents. We have invested more than \$6.4 million in universal depression screening, school-based mental health services, suicide prevention education and, as this report highlights, replication of the Bridge for Resilient Youth in Transition (BRYT) program across 16 MetroWest schools. Programs like these have direct benefits for youth, their families, and the schools and communities that support them.

Whether its mental health, access to care, the opioid epidemic or helping elders to remain healthy in their homes, the foundation's grantmaking and program activities help improve the lives of more than 450,000 residents across our 25 communities.

On behalf of the foundation's board of trustees, we want to thank our many community partners, committee and panel members and other volunteers who support our work. Your efforts allow us to fulfill our mission of "improving the health status of the community, its individuals and families."

Meyer Levy  
*Chair, Board of Trustees*

Martin Cohen  
*President/CEO*



**Reflecting on her experience and the program, Hannah has this to say:**

**“I can’t imagine finishing the year if I didn’t participate in the transition program. Having Diane help my teachers understand what I was going through and advocate for homework accommodations was so important. And Austin has taught me to keep things in perspective and that I have ways to cope now that are more productive.”**

# HANNAH'S STORY\*

Hannah was always a high achiever. A gifted athlete at a young age, she excelled at soccer and track, and ran her first half marathon at age 12. She challenged herself academically as well and had a particular aptitude for math and science.

Hannah remembers vividly the first time she self injured. Following a disappointing test grade, she was in the kitchen chopping vegetables when she was suddenly overcome with the urge to cut herself. Instead of feeling pain, she felt a rush. She would continue to cut herself, unnoticed, for over a year.

Then in the fall of her junior year, Hannah suffered an ACL injury and was unable to return to soccer. She became depressed, sleeping more and more and refusing to go to school. She fell behind in school work and was overwhelmed with the thought she wouldn't get into college. Her parents were frantic with worry and brought her to her pediatrician where she revealed suicidal ideation. She entered and successfully completed a residential treatment program, but she worried that people would ask her where she had been and that she was too far behind in her studies to ever catch up.

Thankfully, Hannah attends a MetroWest high school that offers a transition program. Based on the Bridge to Resilient Youth in Transition (BRYT) model, these programs offer students who have missed school due to psychiatric hospitalization or medical issues a short-term therapeutic classroom where students receive academic support and clinical care to help them successfully transition back to the regular classroom.

Walking into the BRYT room, Hannah instantly felt safe. There was a beanbag chair and a refrigerator where she could put her lunch so she didn't have to experience the stress of the cafeteria. She also met Austin and Diane. Austin was the clinical coordinator who listened to Hannah talk about her depression and temptation to self injure. Over the next few weeks, Austin reinforced the coping skills training she had learned during her hospitalization.

Diane, the program's academic tutor, worked with her teachers to negotiate which assignments were truly necessary and which could be foregone. Two of her AP teachers were accommodating but her AP math teacher was initially hesitant to waive certain assignments. But Diane persisted, and ultimately, they came to an agreement on what was doable.

Within three weeks, Hannah was able to return to regular classes approximately half the time. By six weeks, she had fully transitioned back to her regular schedule. She still sometimes gets overwhelmed by emotions, but she has learned valuable coping skills like mindfulness that help manage her symptoms.

*\*Although this story is based on real people, this represents a composite created to protect the privacy of students.*

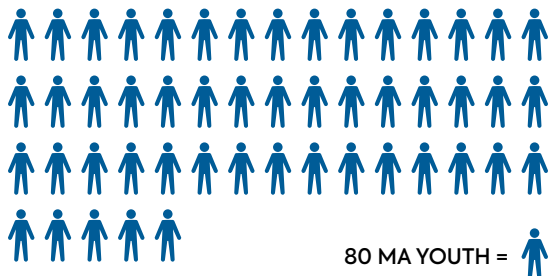


# HISTORY OF BRYT

BRYT (pronounced “bright”) was developed by Henry White, MD, Clinical Director of the Brookline Community Mental Health Center. BRYT started in Brookline High School and has since been replicated in 74 cities and towns across the Commonwealth.



**\$50,000  
PER YEAR**



OVER **4,000 MA YOUTH** ARE PLACED OUT-OF-DISTRICT EACH YEAR AS A RESULT OF EMOTIONAL DISABILITIES; PLACEMENTS CAN COST DISTRICTS UPWARDS OF \$50K PER STUDENT PER YEAR

IN 2016, 18.1% OF METROWEST HIGH SCHOOL STUDENTS REPORT **DEPRESSIVE SYMPTOMS** IN THE PAST 12 MONTHS AND 12.3% **CONSIDERED SUICIDE**



THE RATE OF CONCUSSIONS IN U.S. HIGH SCHOOL ATHLETES **MORE THAN DOUBLED** BETWEEN 2005 AND 2012



CONCUSSIONS CAN LEAD TO LONG-LASTING DIFFICULTIES INCLUDING **COGNITIVE PROBLEMS** AND **PSYCHOLOGICAL SYMPTOMS** THAT MAKE RETURNING TO SCHOOL VERY DIFFICULT

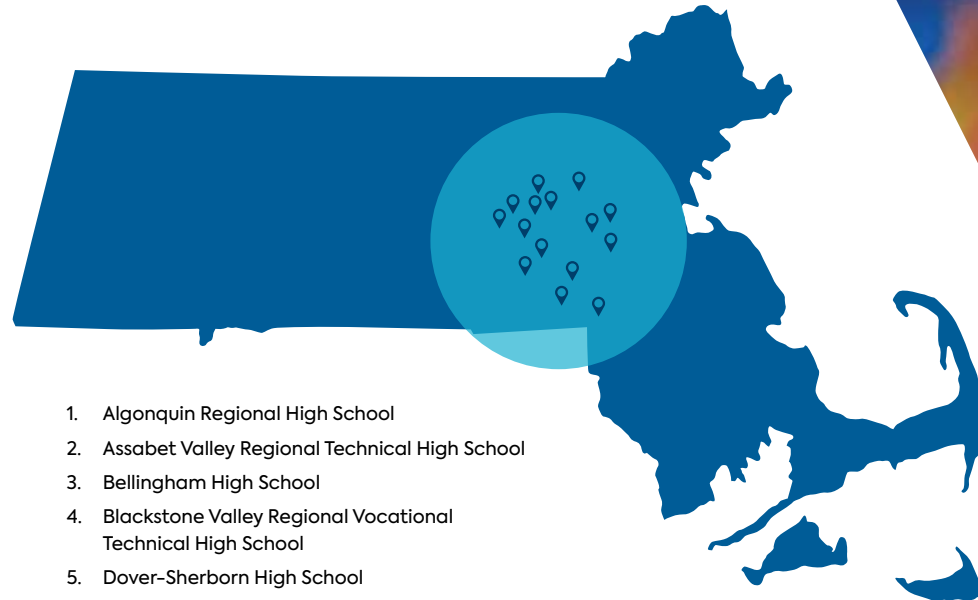


# FOUNDATION SUPPORT

The foundation funded its first replication of BRYT in 2006, with a \$65,000 grant to Human Relations Service to offer the program at Wellesley High School. The program was so successful that the Wellesley School Committee agreed to pick up the cost after just one year.

Later the foundation included replication of BRYT as one of its 2013-2017 strategic plan objectives under its Adolescent Mental Health initiative. Since then, the foundation has funded 15 programs, for a total of \$2,793,086. Five communities have fully funded the program post foundation support.

These grants leveraged over \$700,000 in school funding through the contribution of academic support personnel.



1. Algonquin Regional High School
2. Assabet Valley Regional Technical High School
3. Bellingham High School
4. Blackstone Valley Regional Vocational Technical High School
5. Dover-Sherborn High School
6. Hopkinton High School
7. Hopkinton Middle School
8. King Philip Regional High School
9. Lincoln-Sudbury High School
10. Medway High School
11. Melican Middle School (Northborough)
12. Natick High School
13. Quinn Middle School (Hudson)
14. Wellesley High School
15. Westborough High School
16. Whitcomb Middle School (Marlborough)





Speaking about the program's success, Evan Bishop, Principal of Hopkinton High School said,

**“The START program has been extremely beneficial to our high school community over the last 3 years. Our START room is a place where students go to get support and gain skills to increase their ability to function independently, transition back to school and succeed within the community. At this point, I can’t imagine not having a support system like START for our students. I would strongly encourage any high school to have a program like this if they don’t already.**”

# GRANTS

## ACCESS TO CARE

### **Advocates, Inc.**

*To improve access to psychiatric services.*

**\$74,268.32**

### **Advocates, Inc.**

*To improve access to behavioral health services for MetroWest community members.*

**\$74,952.79**

### **Edward M. Kennedy Community Health Center, Inc.**

*To improve clinical care management for those with a high risk of chronic disease.*

**\$135,000.00**

### **Health Care For All**

*To educate consumers about Accountable Care Organizations.*

**\$50,000.00**

### **Hockomock Area YMCA–Bernon Family Branch**

*To offer a diabetes prevention program.*

**\$10,695.00**

### **MetroWest Legal Services**

*To support a medical-legal partnership with the Kennedy Health Center in Framingham.*

**\$38,260.80**

### **Natick Housing Authority**

*To coordinate health and social services for elderly and disabled residents.<sup>2</sup>*

**\$133,970.00**

### **Natick Visiting Nurse Association**

*To provide prescription drug assistance to uninsured in the MetroWest area.<sup>1&2</sup>*

**\$261,891.00**

### **South Middlesex Opportunity Council, Inc.**

*To provide a coordinated approach to homelessness.<sup>1</sup>*

**\$75,323.00**

## ADOLESCENT HEALTH

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### Education Development Center, Inc.

*To conduct the 2018 MetroWest Adolescent Health Survey.*

**\$633,034.00**

### Bellingham Public Schools

*To support a social-emotional learning program.*

**\$105,000.00**

### Blackstone Valley Vocational Regional School District

*To support school-based mental health services.*

**\$5,776.00**

### Bridge of Central Massachusetts, Inc.

*To provide training to local school systems on self-injury and suicide prevention.*

**\$31,000.00**

### Brookline Community Mental Health Center

*To provide technical assistance for school-based mental health transition programs.*

**\$30,000.00**

### Dover-Sherborn Regional Schools

*To provide a school-based mental health transition program.*

**\$158,040.00**

### Family Continuity (FCP Inc.)

*To support school-based mental health services.*

**\$65,040.07**

### Framingham Public Schools

*To support a social-emotional learning program.<sup>1</sup>*

**\$105,000.00**

### Marlborough Public Schools

*To provide a school-based mental health transition program.*

**\$108,100.00**

### Milford Public Schools

*To support a social-emotional learning program.*

**\$105,000.00**

### Northborough and Southborough Public Schools

*To provide a school-based mental health transition program.*

**\$218,020.15**

### SPARK Kindness, Inc.

*To provide parent education services.<sup>2</sup>*

**\$46,475.82**

### Wayside Youth & Family Support Network, Inc.

*To provide mental health services for LGBTQ youth.*

**\$43,097.00**

### Wellesley College, Wellesley Centers for Women

*To implement depression screening and suicide prevention programs in the Holliston Public Schools.*

**\$148,356.00**

# GRANTS

## ADVOCACY

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### Health Care For All

*To further develop consumer health advocacy in the region.*

**\$12,500.00**

## THINK BIG CHANGE LIVES

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### Daniel's Table

*To address food insecurity in Framingham.<sup>1</sup>*

**\$157,062.00**

## HEALTHY AGING

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### BayPath Elder Services, Inc.

*To improve access to services for LGBTQ elders.*

**\$36,501.00**

### BayPath Elder Services, Inc.

*To support chronic disease management programs for older adults.*

**\$19,875.00**

### Metropolitan Area Planning Council

*To support age-friendly community planning in the Town of Framingham.<sup>1</sup>*

**\$20,000.00**

### Milford Council on Aging

*To support a comprehensive exercise and wellness program.*

**\$16,000.00**

### Needham Health Department

*To support age-friendly community planning.*

**\$20,000.00**

## OPIOID EPIDEMIC

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### Edward M. Kennedy Community Health Center, Inc.

*To support provider education on the prescribing of opioids.*

**\$7,017.00**

### Hopkinton Youth & Family Services

*To create a regional youth summit on substance use prevention.*

**\$12,247.50**

### Massachusetts Medical Society and Alliance Charitable Foundation

*Translation and dissemination of physician and patient fact sheets on opioids.*

**\$10,000.00**

### Needham Public Schools

*To train school personnel on the use of SBIRT - Screening, Brief Intervention & Referral to Treatment.*

**\$7,400.00**

### South Middlesex Opportunity Council, Inc.

*To provide peer recovery coaching.*

**\$141,704.60**

### Town of Framingham—Board of Health

*To support a wider distribution of naloxone.<sup>1</sup>*

**\$39,360.79**



## RESPONSIVE

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### Appalachian Mountain Club

*To support the Outdoors Rx Project.<sup>1</sup>*

**\$10,000.00**

### Bethany Hill Place

*Capacity building.<sup>1</sup>*

**\$12,460.00**

### Bridge of Central Massachusetts, Inc.

*To support the implementation of a new electronic health record system.*

**\$20,000.00**

### Common Street Spiritual Center

*To support the Natick gun buy-back program.<sup>2</sup>*

**\$10,000.00**

### Commonwealth of Massachusetts

*Support for Mass in Motion–MetroWest Moves.*

**\$60,000.00**





# GRANTS

## RESPONSIVE

### Family Promise MetroWest

To provide assistance to families that are homeless.

**\$19,965.00**

### Framingham Police Athletic Association

To support the Framingham gun buy-back project.<sup>1</sup>

**\$5,000.00**

### Framingham State University

To improve mental health screening.<sup>1</sup>

**\$15,123.47**

### Framingham State University

To train counseling staff in the use of Dialectical Behavioral Therapy.<sup>1</sup>

**\$9,100.00**

### Health Care Without Walls, Inc.

To provide health care for families residing in homeless shelters.<sup>1</sup>

**\$20,000.00**

### Hoops and Homework Inc.

To further train staff on health, safety and wellness procedures.<sup>1</sup>

**\$10,000.00**

### Jeff's Place Children's Bereavement Center, Inc.

Capacity building.

**\$20,000.00**

### Jewish Family Service of Metrowest

To address the social-emotional needs of new immigrant and refugee communities.<sup>1</sup>

**\$20,000.00**

### MetroWest Free Medical Program

To support health and nutrition education.

**\$20,000.00**

### MetroWest Legal Services

To support legal services for immigrant youth.<sup>1</sup>

**\$70,770.20**

### MetroWest Regional Transit Authority (MWRTA)

To equip paratransit vehicles with Automatic External Defibrillators.

**\$20,000.00**

### Morse Institute Library

To support a Health Documentary Series.<sup>2</sup>

**\$11,000.00**

### Natick Public Schools

To improve support to the school's LGBTQ community.<sup>2</sup>

**\$20,000.00**

### Natick Service Council, Inc.

To offer healthy/active living skills training for youth.<sup>2</sup>

**\$20,000.00**

### Natick Service Council, Inc.

To make needed improvements to the organization's food pantry.<sup>2</sup>

**\$25,000.00**

## RESPONSIVE

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### Natick Service Council, Inc.

*Capacity building - equipment.<sup>2</sup>*

**\$10,900.00**

### RIA House Inc.,—Ready.Inspire.Act

*Capacity building.*

**\$5,000.00**

### RIA House Inc.,—Ready.Inspire.Act

*To further train staff in intervention techniques.*

**\$1,750.00**

### Wayside Youth & Family Support Network, Inc.

*Cultural competency training.*

**\$14,336.43**

## SCHOLARSHIPS

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### Nursing (28)

**\$46,000**

### Medical/Clinical (21)

**\$40,000**

1 Grants made by the Framingham Union Grants Panel

2 Grants made by the Leonard Morse Grants Panel

# METROWEST HEALTH LEADERSHIP PROGRAM CLASS OF 2018

### Amanda Coughlin, MSW

*Director, Program Operations, Jewish Family Service of Metrowest*

### Melicia DaCosta, MS

*Community Health Worker Supervisor,*

*Edward M. Kennedy Community Health Center*

### Catherine Delano, MPH

*Senior Substance Use Prevention Coordinator, Needham Health Department*

### Christine Fortune Guthery, JD

*Founder and Executive Director, SPARK Kindness*

### Jacob Hanson, M.Ed.

*McKinney-Vento Clinical Care Coordinator, Framingham Public Schools*

### Kelly Joseph, MS

*Program Coordinator, Framingham Health Department*

### Margaretta Kroeger, Esq.

*Staff Attorney, Metro West Legal Services*

### Sabrina Mueller, MA

*Clinical Supervisor, Advocates, Inc.*

### Adriane Queiroz, MPH

*Program Manager, Latino Health Insurance Program*

### Catherine Sugarman, MA

*Prevention and Outreach Program Manager, Town of Natick*

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*Senior Program Officer*

Rebecca Gallo

*Program Officer*

Cathy Glover

*Grants Management Director*

# FINANCIALS

## STATEMENT OF FINANCIAL POSITION • SEPTEMBER 30, 2017

(with summarized comparative totals as of September 30, 2016)

| <b>ASSETS</b>                                     | <b>2017</b>           | <b>2016</b>          |
|---|-----------------------|----------------------|
| Cash and Cash Equivalents                         | \$ 1,238,423          | \$ 802,888           |
| Investments                                       | \$ 96,811,160         | \$ 90,282,344        |
| Beneficial Interests in Perpetual Trusts          | \$ 7,314,195          | \$ 7,033,821         |
| Other Assets                                      | \$ 210,899            | \$ 89,751            |
| <b>TOTAL ASSETS</b>                               | <b>\$ 105,574,677</b> | <b>\$ 98,208,804</b> |
| <b>LIABILITIES &amp; NET ASSETS</b>               | <b>2017</b>           | <b>2016</b>          |
| Accrued Expenses and Other                        | \$ 876,053            | \$ 573,850           |
| Grants Payable                                    | \$ 1,837,723          | \$ 1,546,809         |
| Deferred Excise Taxes                             | \$ 460,798            | \$ 324,751           |
| <b>TOTAL LIABILITIES</b>                          | <b>\$ 3,174,574</b>   | <b>\$ 2,445,410</b>  |
| <b>Net Assets</b>                                 |                       |                      |
| <i>Without donor restrictions:</i>                |                       |                      |
| General purpose funds                             | \$ 32,457,723         | \$ 31,662,321        |
| Grants Panels                                     | \$ 52,806,200         | \$ 48,123,347        |
| <b>TOTAL WITHOUT DONOR RESTRICTIONS</b>           | <b>\$ 85,263,923</b>  | <b>\$ 79,785,668</b> |
| <i>With donor restrictions:</i>                   |                       |                      |
| Purpose restricted, including Grants Panel funds: |                       |                      |
| Expendable  | \$ 6,245,928          | \$ 5,671,242         |
| Endowments  | \$ 3,576,057          | \$ 3,272,663         |
| Beneficial interests in perpetual trusts          | \$ 7,314,195          | \$ 7,033,821         |
| <b>TOTAL WITH DONOR RESTRICTIONS</b>              | <b>\$ 17,136,180</b>  | <b>\$ 15,977,726</b> |
| <b>TOTAL NET ASSETS</b>                           | <b>\$ 102,400,103</b> | <b>\$ 95,763,394</b> |
| <b>TOTAL LIABILITIES AND NET ASSETS</b>           | <b>\$ 105,574,677</b> | <b>\$ 98,208,804</b> |

## STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS • SEPTEMBER 30, 2017

(with summarized comparative totals for the year ended September 30, 2016)

| <b>REVENUES</b>                                       | <b>2017</b>           | <b>2016</b>          |
|---|-----------------------|----------------------|
| Investment income, net                                | \$ 10,872,425         | \$ 6,664,760         |
| Income from outside trusts and other                  | \$ 339,783            | \$ 430,540           |
| Net gains on beneficial interests in perpetual trusts | \$ 280,374            | \$ 44,667            |
| Net assets released from purpose restrictions         | —                     | —                    |
| <b>TOTAL REVENUES</b>                                 | <b>\$ 11,492,582</b>  | <b>\$ 7,139,967</b>  |
| <b>OPERATING EXPENSES</b>                             | <b>2017</b>           | <b>2016</b>          |
| <b>Program services</b>                               |                       |                      |
| Community Education and Advocacy                      | \$ 133,846            | \$ 196,454           |
| Grant and related                                     | \$ 4,140,704          | \$ 3,219,815         |
| <b>TOTAL PROGRAM SERVICES</b>                         | <b>\$ 4,274,550</b>   | <b>\$ 3,416,269</b>  |
| <b>Management and general</b>                         | <b>\$ 581,323</b>     | <b>\$ 499,700</b>    |
| <b>TOTAL OPERATING EXPENSES</b>                       | <b>\$ 4,855,873</b>   | <b>\$ 3,915,969</b>  |
| Changes in net assets                                 | \$ 6,636,709          | \$ 3,223,998         |
| <b>NET ASSETS, BEGINNING OF YEAR</b>                  | <b>\$ 95,763,394</b>  | <b>\$ 92,539,396</b> |
| <b>NET ASSETS, END OF YEAR</b>                        | <b>\$ 102,400,103</b> | <b>\$ 95,763,394</b> |

The Board of Trustees has engaged AAFCPAs of Westborough, Massachusetts to perform the annual audit. A copy of their complete audit report is available for review from the Foundation.

# GET INVOLVED

## APPLYING FOR GRANTS

The MetroWest Health Foundation makes grants to non-profit 501(c)(3) community organizations and governmental entities. Requests for grant proposals are issued at various times throughout the year and address specific health issues and areas of concern to the foundation as identified through community needs assessments. The foundation also provides scholarships for individuals interested in pursuing formal educational programs in nursing, medicine and other health professions. Organizations interested in applying for grants should submit a concept paper to the foundation in advance of a full proposal.

For more information on applying for a grant or scholarship, call us at 508.879.7625 or visit our website at [www.mwhealth.org](http://www.mwhealth.org).

## UNDERSTANDING COMMUNITY HEALTH NEEDS

Since our mission is to address the unmet health needs of the communities in the MetroWest area, we invite individuals and organizations with information or data concerning the current or projected health needs of the area to share them with the foundation. This information will help us shape our grantmaking activities and aid in the development of funding priorities for the foundation and its grants panels.

## MAKING A GIFT TO THE FOUNDATION

You can support the work of the MetroWest Health Foundation by making a tax-deductible contribution or by including the foundation in your estate planning. The foundation can assist you in planning a bequest or charitable donation to benefit the health needs of your community. For more information or assistance, contact us at 508.879.7625.

## BECOMING A VOLUNTEER

The work of the foundation is largely volunteer. Members of the MetroWest community serve on committees and panels that shape the work of the foundation. If you have an interest in serving on a committee or panel, please let us know.

## QUESTIONS

We encourage questions about our grantmaking and community health activities, and welcome opportunities to meet with or speak to community groups and individuals about our funding philosophies, priorities and grantmaking process.



# METROWEST HEALTH FOUNDATION

Our mission is to improve the health status of the community, its individuals, and families through informed and innovative leadership.

We serve the communities of: Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medfield, Medway, Mendon, Milford, Millis, Natick, Needham, Norfolk, Northborough, Sherborn, Southborough, Sudbury, Wayland, Wellesley and Westborough.

METROWEST  
HEALTH  
FOUNDATION

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