



# MCKENNA

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## FOUNDATION

Since its beginning in 2009, the McKenna Foundation has awarded almost \$11 million in grants to non-profits in Comal County that strive to fulfill the Foundation's mission to "advance the well-being of the New Braunfels community." McKenna funds efforts that seek to improve the lives of local residents in five Grant Portfolios, which include: (1) Basic Living Needs (2) Health (3) Education (4) Family Relationships and (5) Community Development. In 2015, grants were awarded in all of these portfolios with a special attention focused on the mental and behavioral health needs of our Comal County family.

In this Annual Report, you will discover local non-profit programs funded by the McKenna Foundation that address the mental and behavioral health needs of our neighbors. McKenna committed \$977,420 in 2015 to six area non-profits with a focus on: counseling for children recovering from child abuse; expanding student mental health services; counseling for all age groups; reacting 24/7 to those experiencing mental health crisis; and facilitating peer counseling sessions.

In addition, the McKenna Foundation also distributed just over \$700,000 in 2015 in the Grant Portfolio areas. Among those receiving funds in the Community Development arena were the NB Public Library, the Comal Trails Alliance and the Mid-Texas Symphony. Grants to address basic living needs were to the Family Life Center, the Bulverde Food Pantry and the Kitchen Table. The Crisis Center of Comal County and the Comal County Senior Citizens' Foundation received funding to improve family relationships while grant funding to Volunteers in Medicine helped them to continue to provide medical and dental services at no charge. A new recipient for 2015 is Canine Classmates, where specially trained dogs assist kids struggling with reading proficiency.

The McKenna Foundation continues to operate our own top-quality programs, including the McKenna Children's Museum, where almost 90,000 patrons visited in 2015. Our New Braunfels Gym hosted citizens for daily exercise and our youth athletic leagues continue to burst at the seams. The McKenna Parenting Program is the go-to place for parents seeking support. The McKenna Events Center was used almost exclusively by non-profit organizations as the Foundation donated space valued at \$300,000 for groups ranging in size from 3 to 300.

Your friends at the McKenna Foundation say a big "Thank You" to everyone who helped us make 2015 a banner year. Life is not easy for a lot of folks out there. We are blessed to be in a position to offer assistance to groups that are dedicated to helping others. We wish the issues were small enough for us to fix by ourselves. They're not. It truly does take a village.

Thanks for your support.



Michael Spain, Chair

Jerry Major, CEO

# MOBILE CRISIS OUTREACH TEAM

The McKenna Foundation Mental and Behavioral Health Task Force recognized a Mobile Crisis Outreach Team (MCOT) as a major need in their plan to serve the mental and behavioral health needs of New Braunfels and Comal County.

MCOT is an evidence-based program that serves adults, children and families in crisis. The purpose is to decrease suicide, increase safety, increase housing stability, increase employability, provide outreach to people with unmet psychiatric needs and reduce psychiatric hospitalizations and mental health symptoms through immediate access to services. This will significantly reduce stress on law enforcement, hospitals, school districts, and other community resources utilized for current psychiatric emergencies.

## COMMUNITY IMPACT

The Mobile Crisis Outreach Team (MCOT) has seen a positive impact in Comal County during their first five months of services. One example is the story of a 36-year-old local woman. She went to the CHRISTUS Emergency Room complaining of pain, and when the nurses and doctor heard her speak of wanting to kill herself, they called the MCOT crisis hotline. Once activated, the MCOT worker assessed her and listened as she bravely spoke about her feelings of hopelessness since losing her job and the possibility of losing parental rights to her 11-year-old daughter. At the end of the assessment, both the MCOT worker and doctor agreed that psychiatric hospitalization was necessary. She spent seven days at the Crisis Stabilization Unit (CSU) in Kerrville, where she received psychiatric evaluation, diagnosis, medications and therapy. Before she was discharged, the CSU scheduled an after-care appointment with Hill Country MHDD on Landa Street. MCOT staff provides her with continuity of care services, including assessments, psychosocial rehabilitation and community resources. The MCOT team assisted her in substance abuse counseling, as well as referral and transportation to the Kitchen Table, Bible study groups and River City Advocacy for engagement in peer support groups. They have empowered and assisted her with applying for SNAP benefits as well as SSI and Medicaid. She found gainful employment and is staying sober. MCOT benefits the community from crisis intervention through recovery.

Hill Country Mental Health and Developmental Disability Centers (Hill Country) submitted a two-year grant request to the McKenna Foundation for \$443,140 to fund a MCOT in Comal County, which was awarded in June 2015.

The MCOT became operational in November 2015, which means MCOT took over crisis assessment responsibilities from the Comal Mental Health Clinic. This team of qualified mental health professionals strives to:

- Save lives by reducing the number of completed suicides.
- Reduce preventable psychiatric inpatient admission and readmissions.
- Respond to crisis situations in a timely manner with the most appropriate action.
- Reduce overall community costs, including health system costs to persons utilizing Emergency Room services for chronic mental and behavioral health issues.
- Reduce law enforcement interventions, time on the crisis scene, and City/County costs.
- Create safety plans and follow-up services for all people who experience crisis.
- Educate the community on mental health and MCOT services.

## COMMUNITIES IN SCHOOLS

### Therapeutic Interventional Counseling Services for Students

The mental health needs of youth cannot be ignored, and the McKenna Foundation Mental Health Task Force believes the school setting can be the best place to provide professional care. As the preeminent provider of direct social services in schools, Communities in Schools of South Central Texas (CIS) will stop at nothing to provide help for students in the most desperate circumstances.

With solid foundations in Comal and New Braunfels ISDs, CIS Site Directors serve 1,500 students each year with basic needs to help them succeed in school. For some students, however, this is not enough. Success in school and in life requires professional attention to heal their past and present, and give them hope for the future. CIS submitted a two-year grant request to the McKenna Foundation for \$324,200 to fund direct therapeutic interventional counseling services for secondary students, as well as direct case management support, which was awarded in August 2015.

*"The counselors have been wonderful to the students, showing great care and advocacy. At CIS, our students are our family and we want the absolute best for them and their futures." – Chris Douglas, CEO for CIS*

This expansion of CIS services focuses on students at New Braunfels HS, New Braunfels MS, Oak Run MS, Canyon HS, Church Hill MS, Canyon MS, Mt. Valley MS and CIS alumni who exhibit the most serious of issues, including but not limited to depression, anxiety, self-harming and suicide ideation. CIS Site Directors coordinate with nonprofit and private counseling practitioners to serve students at school during school hours.

CIS staff reports that because students are seen by counselors at school, access and consistency of care are better. One student learned how to control his anger and impulsiveness. Another student discussed sexual abuse that had not previously been revealed. A CIS Site Coordinator noticed that the students receiving counseling see their school in a new light – they feel a higher level of trust at the school because the counseling takes place there, and they are building more positive relationships within the school setting.

# MCKENNA FOUNDATION MENTAL AND BEHAVIORAL HEALTH TASK FORCE

Beginning in October 2014, the McKenna Foundation established and convened a Mental Health Task Force with the goal of identifying community needs, gaps in services, and ultimately a comprehensive list of funding priorities related to mental and behavioral health. Thirty provider agencies as well as city and county officials participated in the series of six meetings, which culminated in February, 2015, with a discussion about carrying forward the enthusiasm and momentum created by the initiative. The Task Force developed a community vision related to mental and behavioral health services and goals to create a comprehensive continuum of services that will effectively meet the needs of New Braunfels, Comal County and the surrounding areas.

## COMMUNITY VISION

- We envision unfettered access to quality, community-based mental health services throughout Comal County for families, children and adults. We expect that services will reflect evidence-based practices whenever possible. In order to accomplish this vision, we intend to work together in multiple ways to:
- Promote community education and prevention;
- Develop a comprehensive continuum of locally available services that addresses the needs of the community, and
- Expand and improve access to services for our outlying communities.

## SUMMARY OF CRITICAL NEEDS

1. Crisis services, inclusive of both inpatient stabilization and outpatient emergency intervention services
2. Mental and behavioral health services for teens and young adults via school-based interventions and student engagement opportunities
3. Parent education focusing on recognition and early intervention in mental and behavioral health issues
4. Qualified psychiatrists, nurse practitioners, licensed social workers and counselors to create a continuum of services
5. Local inpatient treatment options, either through recruiting new providers or establishing treatment beds through local hospitals
6. Integrated treatment programs for those consumers dealing with dual diagnosis issues (mental health and substance abuse)
7. Community education and advocacy to ensure successful prevention, early identification and intervention, and an increased understanding of mental health issues with a corresponding reduction in stigma and its many consequences

## COMMUNITY GOALS

### Community Education and Prevention

- Goal 1: Reduce stigma associated with mental and behavioral health disorders by educating the community regarding prevention of mental illness, early warning signs and the impact of stigma.
- Goal 2: Explore research and educational opportunities to increase the availability of qualified mental and behavioral health service providers in our area.

### Comprehensive Continuum of Community Services

- Goal 3: Expand local services to establish a complete continuum of care that can respond to mental health crises 24 hours per day.
- Goal 4: Develop a shared client database that is HIPAA compliant.

Goal 5: Prioritize the development of integrated treatment programs for both mental and behavioral health, inclusive of both inpatient and outpatient services.

Goal 6: Develop programs to provide continuous employment support for persons with mental and behavioral health disorders.

Goal 7: Create an effective support system and prevent relapses by collaborating to form a partnership between mental and behavioral health providers and local hospitals to establish detox beds and follow-up services.

### Accessibility to Care

Goal 8: Expand the availability of services through collaborative efforts that include sharing public facilities and the innovative use of technology.

Goal 9: Utilize satellite offices and home visits throughout the community to ensure services are accessible by consumers.

Goal 10: Implement and expand the use of tele-med services to improve accessibility.

Goal 11: Develop transportation services to improve accessibility for all, including outlying communities.

### Strategic Partnerships

Goal 12: Build relationships with the medical community and create a partnership aimed at increasing the availability of psychiatrists in the area.

Goal 13: Establish a Mobile Crisis Outreach Team (MCOT).

Goal 14: Expand successful prevention and intervention programs (ERC, DARE, etc.) to new partners and consumers.

Goal 15: Utilize existing financial resources by working together to eliminate the duplication of services and to identify needed additions to our service continuum.

### Children and Families

Goal 16: Develop programs designed to relieve isolation and corresponding mental health issues among senior citizens.

Goal 17: Increase the number of social workers/mental health professionals in the schools to help with early identification and intervention and to provide education for families.

Goal 18: Create a mobile school-based mental health center, staffed with a psychiatrist or licensed therapist, which rotates between school campuses.

## 2015 GRANT COMMITMENTS | \$2,566,809

ORGANIZATION	AMOUNT	PROGRAM
Any Baby Can	\$20,000	Comal County Case Management
Big Brothers Big Sisters of South Texas	\$20,000	Workplace Mentoring
Brauntex Theatre	\$15,000	Forward Campaign Phase 1
Bulverde Food Pantry	\$25,000	Client Choice Food Pantry
Bulverde Senior Center	\$25,000	Senior Center Operations
Canine Classmates	\$10,000	PreK-5 Reading Program
CASA of Central Texas	\$50,000	Comal County Operations
Central Texas Dispute Resolution Center	\$15,000	Comal County Mediation Services
Children's Advocacy Center of Comal County, Inc.	\$50,000	Counseling for Victims of Child Abuse
Comal County Senior Citizens' Foundation	\$77,000	Senior Wellness Services
Comal Trails Alliance	\$16,400	Comal County Trails Support
Communities in Schools	\$324,200	Student Mental Health Services Expansion
Community Action of Central Texas	\$20,000	Breast Cancer Navigation Program
Connections Individual and Family Services, Inc.	\$95,080	Mental and Behavioral Health Services
Crisis Center of Comal County	\$24,196	Crisis Center Operations
Door of Hope Counseling Center	\$15,000	Counseling Services
Family Life Center	\$25,000	Benevolent Program
Friends of CHRISTUS Santa Rosa Foundation	\$25,000	Every Baby Matters Mission
Hill Country Mental Health and Developmental Disabilities	\$443,140	Mobile Crisis Outreach Team
Mid-Texas Symphony	\$10,000	New Braunfels Children's Concerts
McKenna Children's Museum	\$154,356	Learning Through Play
McKenna Events Center	\$290,843	Community Gathering Space
New Braunfels Public Library Foundation	\$30,000	Bookmobile
New Braunfels Works	\$65,000	Workforce and Employability Program
New BraunFit Gym	\$327,041	Health and Wellness Programs
Options for Life	\$12,300	Child Passenger Safety Program
Precious Minds New Connections	\$102,253	Parenting Program at McKenna
River City Advocacy, Inc.	\$50,000	Counseling and Peer Support
San Antonio Food Bank - The Kitchen Table	\$50,000	The Kitchen Table and Fresh and Perishables Program
San Antonio Lighthouse for the Blind	\$15,000	Comal County Seniors Program
St. Jude's Ranch for Children	\$50,000	Trust-Based Relational Interventions
STEPS	\$10,000	Life Coach Program
Texas Ramp Project	\$10,000	Comal County Ramp Construction
Upbring	\$20,000	Family Intervention
Volunteers in Medicine	\$75,000	VIM Clinic Operations





## CONSOLIDATED STATEMENT OF FINANCIAL POSITION | DECEMBER 31, 2015

### ASSETS

Cash and Cash Equivalents	97,148
Grants Receivable	27,335
Prepaid Expenses and Other Current Assets	92,600
<b>Total Current Assets</b>	<b>\$217,083</b>

### OTHER ASSETS

Long-Term Investments	68,748,499
Assets Limited as to Use	2,265,071
Other Receivables	212,813
<b>Total Other Assets</b>	<b>71,226,383</b>
Property, Plant and Equipment, less accumulated depreciation of \$5,965,311	6,057,180
<b>Total Assets</b>	<b>\$77,500,646</b>

### LIABILITIES AND NET ASSETS

<b>Current Liabilities</b>	
Accounts Payable and Accrued Expenses	122,588
Grants Payable	1,142,772
Other Liabilities	23,324
<b>Total Current Liabilities</b>	<b>\$1,288,684</b>

### NET ASSETS

Unrestricted	73,932,200
Temporarily or Permanently Restricted	2,279,762
<b>Total Net Assets</b>	<b>76,211,962</b>
<b>Total Liabilities and Net Assets</b>	<b>\$77,500,646</b>



# MCKENNA FOUNDATION

To advance the well-being of the  
New Braunfels community.

The McKenna Center, located at 801 West San Antonio Street in New Braunfels, serves as a community center and the flagship for all McKenna operations. For years McKenna has remained focused on unmet needs in the community, some of which are best served through a McKenna program. While all McKenna programs are initiated and executed by McKenna team members, we partner with as many community organizations as possible to ensure McKenna programs are accessible, affordable, and successful.

### McKenna Foundation Board of Trustees

- Michael Spain, Chair
- Jim Wesson, Vice Chair
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- Jeff Albrecht
- Norma Herrera
- Mario Luna
- David Starch, M.D.
- Wes Studdard
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### McKenna Foundation Staff

- Jerry Major, CEO
- Chandy Engelke, Executive Director of Accounting
- Alice Jewell, Executive Director of Grants
- Kristen Fain, Grants Manager
- Lindsay Morgan, Grants Manager



## MCKENNA EVENTS CENTER

Total savings to nonprofits through  
free or reduced rental in 2015:

**\$290,843**



## MCKENNA PARENTING PROGRAM

Total participants in 2015:

**339**



## MCKENNA NEW BRAUNFIT

Total gym entries in 2015:

**24,262**



## MCKENNA CHILDREN'S MUSEUM

Total attendance in 2015:

**86,808**