Fiscal Year
2015
Annual Report

Challenges, Insights, Achievements
and a Forecast of Next Fiscal Year.

COMTREA
Founded 1973
COMTREA is the “safety net” for Jefferson County and operated this year as a Health Center that is designated as “Federally Qualified.”

This distinction increases the responsibilities of the agency in the physical health arena. This Year End Report includes information on substance abuse, mental illness, and behavioral issues as well as physical health and dental care provided to the patients served.

For many years COMTREA has been telling friends about accomplishments during the previous fiscal year. The Year End Report is the explanation of what the agency does here and in the other service areas where the agency is involved. This is a detailed report—far more detailed than of interest to most. However, only through a transparent system can people really know what they are getting for their investment.

The COMTREA FY 2015 report provides statistics, notes trends, and gives information needed to determine the needs for the future and evaluate current operations. The services provided during the period of July 1, 2014 through June 30, 2015 are described in detail in this report.

The agency received 5,080 new requests for services up from 3,217 last year. COMTREA provides a variety of mental health, medical and dental services for Jefferson County citizens as well as for many friends in South St. Louis County. More than forty nine percent of referrals were either self-referral or from family or friends! The legal system sent about twenty two percent of the clients. These statistics do not include educational services delivered. COMTREA actually provided direct professional services to about ten thousand Jefferson Countians this year! Many of the chronic patients will be seen the rest of their lives. Many patients have found a “medical home” where medical, dental, and behavioral care for the entire family is all possible through one system—COMTREA.

As COMTREA as an agency continues to expand, so do it’s information and communication needs. This past year, COMTREA grew from 7 to twenty-nine servers. In addition, we upgraded our antivirus in order to strengthen our commitment to preserving medical and personal information. We implemented the Athena Electronic Health Records system to ensure compliance with government regulations. SharePoint, our internal information sharing website, was also upgraded. In addition, we also upgraded document retention and storage capabilities for seven years or longer.

COMTREA is preparing for our certification audit with CARF International in February of 2017. CARF accreditation signals a service provider’s commitment to continually improving services, encouraging feedback, and serving the community. COMTREA is proud to meet and exceed the criteria for providing superior quality care. Additionally, the Continuous Quality Improvement Plan, Quality Improvement and Quality Assurance committee and staff and patient satisfaction surveys; assist staff in monitoring and improving quality controls to ensure best practices in client care, medical records and HIPAA compliance and billing audits.

COMTREA remains committed to its mission to be an innovative, effective, and responsive comprehensive community health services provider for Jefferson County. In addition, the adult substance abuse, adolescent substance abuse, family counseling, medical and dental efforts extend to South St. Louis County and other parts of the St. Louis Metropolitan area—COMTREA is committed to assisting these areas to secure adequate mental health, physical health, dental care, and family counseling. However, no Jefferson County funding supported services in other areas. The agency further reasserts that emotional and social problems, substance abuse, domestic violence, affordable physical and dental health care, and psychiatric illness are major concerns of today. COMTREA pledges to address these issues.
### Average Salary & Benefit per Employee

**$47,085**

### Fiscal Year 2015

#### Income

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>% of Total</th>
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<tbody>
<tr>
<td><strong>INCOME</strong></td>
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<tr>
<td>DMH-PSYCH</td>
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<tr>
<td>DMH-ADA</td>
<td><strong>$2,796,030</strong></td>
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<td>MIL TAX</td>
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<td>SALES TAX</td>
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<td>MEDICAID/MEDICARE</td>
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<td>GRANTS</td>
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<tr>
<td>OTHER</td>
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#### Expenses

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<tr>
<th>Description</th>
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<tr>
<td><strong>EXPENSES</strong></td>
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<td>SUPPLIES &amp; MINOR EQUIPMENT</td>
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<td>MEDICAL/LAB</td>
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<td>COMMUNICATIONS</td>
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<td>DEPRECIATION</td>
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<tr>
<td>MISC</td>
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**Excess of Income over expenses = 3.74%**  
**$759,548**

#### Selected Program Costs

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>% of Total</th>
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<tbody>
<tr>
<td>DOMESTIC VIOLENCE SHELTER</td>
<td><strong>$576,719</strong></td>
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<td>CHILDRENS ADVOCACY CENTER</td>
<td><strong>$558,270</strong></td>
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<td>COURT SERVICES</td>
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<td>BEHAVIORAL HEALTH - CHILDREN</td>
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<td>HEALTHCARE HOME</td>
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<td>COMMUNITY HEALTH CENTERS (MED/ DENTAL/BH)</td>
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<tr>
<td>ANIMAL/HUMAN INTERACTION</td>
<td><strong>$704,339</strong></td>
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</tr>
<tr>
<td>ALL OTHER</td>
<td><strong>$560,812</strong></td>
<td>3%</td>
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### Net Assets

- **$128,803**
- **$60,139**
- **$13,374,709**
- **$30,940**

### Special Events

- **$128,803**
- **$60,139**

### Gifts

- **$13,374,709**
- **$60,139**

### Donations

- **$128,803**
- **$60,139**

### Grants

- **$224,526** A Safe Place
- **$352,954** Children's Advocacy Center
- **$294,000** Missouri Foundation for Health—Oral Health Expansion
- **$1,216,824** HRSA—Federally Qualified Health Center
- **$103,097** Missouri Primary Care Oral Health Expansion

### Average daily billed revenue

- **$30,940**
“Simplify and serve” became the driving force in 2014 and 2015 for Quality Management. Previous quality measures focused on traditional Patient Satisfaction surveys and Provider Peer reviews. As the effects of being designated as a Federally Qualified Health Center (“FQHC”) set in, increased demands for “data” took place from external Federal, State and private insurances.

Programs like “Pay for Performance” and the “Chronic Disease Collaborative” have been added, applying for National Association of Community Health Centers’ Patient Center Medical Home status, and beginning the initial stages of becoming a Certified Community Behavioral Health Center. COMTREA services continue to be Internationally CARF accredited. All of these external programs require “data.”

The benefits of managing and synchronizing these multiple demands have led to services that focus on the preventative health needs of all of COMTREA’s consumers; mental health, substance abuse, primary care and oral health.

Consumer satisfaction dramatically rose from eighty nine percent last year to ninety six percent on the most recent survey when asked, “What is the likelihood of referring your friends/family to us?” In addition, when asked “How well did staff talk to you about your health goals?”, consumers appreciated the focus on prevention by rating the agency at ninety seven percent.

The COMTREA Board of Directors approved twenty three quality health measures to focus on outreach and provider care.

Some examples of that “focus” show Controlled Hypertension went from forty five percent last year to seventy eight percent controlled this year; Controlled Diabetes went from thirty percent controlled last year to sixty two percent controlled for all A1C levels. Childhood Immunizations increased from forty six percent last year to seventy nine percent this year.

Physical health is effected by mental health. Depression screening has reached sixty one percent of our consumers and substance abuse screening has reached ninety percent. When identified as high risk, a mental health coordinator and primary care coordinator worked together to offer services to consumers.

Lastly, Oral Health Services continue to increase with 3,317 total patients, 2,432 of those patients under the age of eighteen, or seventy three percent of patients under eighteen years of age. Oral health is considered one of the primary foundations of health.

Our consumers are interested in their health. COMTREA is becoming “their” health care home. The coordination of services across primary care, behavioral health and oral health increasingly meet their health needs.

“Simplify and serve will continue to be the focus of the Quality Management Division. Our focus is to provide our consumer with the means to live a healthier and better life.” - Katy Murray
COMTREA desires to become every patient and client’s Patient Centered Medical Home (“PCMH”). Our providers and support staff have the desire and ability to take a well-rounded approach to health care in ensuring all patient/client health needs are met. This is a goal we will continue to work towards in Fiscal Year 2016.

Currently, the primary care team consists of two Family Practitioners, one Pediatrician, two Family Nurse Practitioners, Licensed Social Worker, Care Coordinator and full support staff. Starting in November 2015, there will be a dental hygienist who will join the care team and will provide oral health preventative screenings and dental assessments for primary care patients.

Since January 2015, 1,905 primary care patients have visited our health centers. Out of those 1,905 patients, six hundred and seventy four patients have also received behavioral health services, dental or both.

Hickory Plaza Comprehensive Health Center currently offers primary care to adults and children, dental services and behavioral health services. This is COMTREA’s first health center to become fully integrated with all three services available. The High Ridge Family Medical Center provides adult and pediatric care. Primary care services will be offered in the spring of 2016 at the Valley Comprehensive Health Center located in the Valley Middle School/Northwest School District. Future expansion plans are to also include primary care services in the current COMTREA behavioral health center in Arnold.

**PCMH Definition**

“A health care setting that facilitates partnerships between individual patients, and their personal physicians, and when appropriate, the patient’s family.”

<table>
<thead>
<tr>
<th>701 Behavioral Health and Medical Patients</th>
<th>213 Dental and Medical Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>248 Behavioral Health and Dental Patients</td>
<td>90 Behavioral Health, Dental and Medical Patients</td>
</tr>
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</table>
FISCAL YEAR 2015 found the Adult Behavioral Health Division continuing to provide comprehensive services and programs to many individuals with both complex behavioral health needs and chronic health conditions.

The division staff consists of a wide variety of both professionals and para-professionals with many years of experience serving the mentally ill population as well as those with co-occurring conditions involving both mental health, substance use disorders; and other conditions such as homelessness, legal issues, poverty, chronic health conditions and wellness issues, family issues, parenting issues, and educational/vocational concerns. Along with providing care and interventions for those individuals with behavioral health issues, we have also been working closely with primary care providers in our health center and our community for our clients. Seeking to coordinate care or advocating for our clients to get care, regardless of insurance coverage is a role we take seriously.

Based on best practices and effective/excellent service delivery, the Adult Behavioral Health Division continues to operate in our multidisciplinary, team based service delivery system within our center.

5,735 Adult Behavioral Health Patients in Fiscal Year 2015

How we serve the people in our communities:

- Outpatient Therapy
- Psychiatric Evaluation
- CSTAR Programs - Substance Abuse Treatment
- SATOP Programs
- Hospital Linkage
- Disease Management
- Emergency Department Enhancement Programs
- Housing Assistance
- Domestic/Intimate Partner Violence and Court Services
- Divorce Education
- Victim and Court Advocacy
- Adult Drug Court Program
- Crisis Stabilization & Intervention
- Case Management
- Community Psychiatric Rehabilitation
- Integrated Services

Patient Demographics
Crisis care in the St. Louis Metropolitan area is the responsibility of Behavioral Health Response (BHR).

A little over fifteen years ago COMTREA, with Hopewell Center, Crider Center for Health and BJC Behavioral Health Care, created BHR for this purpose. It provides after-hour (365/24/7) support services including a call center and crisis response team for the area. Some crisis situations are handled on site at one of the COMTREA locations and others are provided at external locations. BHR handled four thousand and ninety crisis calls for persons from Jefferson County in some capacity.

For FY 2015, their mobile outreach team met with eighty nine individuals in their homes or on another safe site besides a COMTREA office; referred thirty five individuals to a medical facility; referred four hundred and fifty others to other community agencies; and referred 40 families/individuals to a Juvenile officer or other law enforcement officer.

In addition to the crisis cases handled through BHR, COMTREA provided additional acute care during the day to over five thousand two hundred individual crisis situations; we provided two hundred and eighty eight urgent next day appointments offered in our three county locations.

We continue to be part of the Crisis Intervention Team (CIT) of Jefferson County. This is a collaborative effort between behavioral health providers and law enforcement to provide early intervention. The goal is to have officers trained to recognize a mental health emergency or need, provide appropriate interventions and or referrals at the time of the event/occurrence and avoid the individual going to jail or being arrested if another level of care or intervention can be provided.

This program continues to gain momentum and most law enforcement municipalities and the Jefferson County Sheriff’s Department are all taking part in this program.

The CIT team meets monthly to address training needs, critical cases and continued improvement in communication to meet the needs of the residents of Jefferson County. Moving forward, the Adult Behavioral Health Division teams and staff are coordinating comprehensive care and service delivery with more providers and teams on both local and state level. This sort of innovation and care coordination is what Missouri is known for on a national level!
Domestic Violence affects one in four women regardless of age, race, religion, nationality, educational background or economic status.

Through a grant from the Department of Public Safety, local fund raising efforts and other grants, COMTREA provides therapy to victims of domestic violence living at A Safe Place, COMTREA’s shelter for battered women and children, and also to victims living in the community.

COMTREA provided residential services to forty four women and fifty nine children. There is also ongoing support services for eighty two women and one hundred thirty one children. These guests accounted for six thousand and six nights of safety.

The staff at A Safe Place provided three hundred and six hours of domestic violence education to over three hundred and forty four people; 4,494 hours of social service/case management including medical assistance; 1,086 hours of children’s therapy and group counseling; 508 hours of individual therapy for the women in fiscal year 2015.

COMTREA received 1,758 hotline calls related to domestic violence. A Safe Place staff assisted eight hundred and seventy women with obtaining Ex partes and Orders of Protection and assisted over 1083 women and children with other related services.

A Safe Place did have to refer out seven hundred and six families who needed safety due to the facility being at full capacity. Women and their children, who are victims of domestic violence, are staying longer in shelter due to the difficult economic times, lack of housing supports and transport.
The Community Mental Health Program is part of Governor Nixon’s new Strengthening Mental Health Initiative. Thirty Community Mental Health Liaisons (CMHL’s) were hired across the state in late 2013 to assist law enforcement and courts.

The goal is to form better community partnerships between Community Mental Health Centers, Law Enforcement and the Courts to save valuable resources. The program strives to reduce unnecessary jail, prison and hospital stays. It also hopes to improve outcomes for individuals with behavioral health issues.

**What can a CMHL Do?**

- Answer general questions about mental health issues, diagnoses and treatments.
- Connect people with needed treatments and support resources.
- Assist law enforcement and courts in locating inpatient psychiatric beds for involuntary commitments.
- Facilitate access to behavioral health services.
- Identify and address structural barriers, miscommunications and consistent patterns that reduce access to behavioral health services.
- Provide or coordinate trainings on mental health issues, civil commitment, Mental Health First Aid, suicide prevention and guardianship process.
- Collaborate with Mental Health, Treatment and Veterans courts, as well as other specialty courts as needed.
- Participate in meetings for other court initiatives (Juvenile Detention Alternative Initiative, Crossover Youth Initiative).
- Participate or assist in development of Crisis Intervention Teams (CIT) or other initiatives that assist law enforcement in dealing with individuals with behavioral health needs.

Coordinating and providing training to law enforcement officials is one of the most critical aspects of the Program. Examples of the training COMTREA’s CMHL offers are below. Trainings can also be customized based on the individual needs.

- Understanding Mental Health
- Understanding Co-Occurring Conditions: Mental Health & Substance Abuse Disorders
- Recognizing Warnings Signs of Suicide & Self Harm
- Understanding Civil Involuntary Detention & Hospital Procedures
- De-Escalation: Responding to Individuals in a Mental Health Crisis
- Resiliency and Battlemind: How Officers Cope
- Recognizing Trauma, Stress Responses & PTSD

“Working alongside law enforcement and the Department of Health and Human Services, we are breaking out of individual silos and pooling our resources, knowledge, and information together in hopes of making a positive impact in the lives of our consumers and in our community! We are proud to say that IT IS WORKING!” - Kristy Dale-Celestie, CMHL
Since the end of October 2014 our Community Mental Health Liaison ("CMHL") has trained approximately one hundred and fifty members of law enforcement on various Peace Officer Standards and Training (P.O.S.T.) certified topic areas.

There are several trainings planned in the near future, including, but not limited to training a large quantity of the Jefferson County Sheriff's Department’s jail staff.

This year we had approximately one hundred referrals (many serious cases), but this does not include all of the officers, their family, friends, etc. that we have helped link to particular resources. Some lost loved ones, or started to experience anxiety and we have worked with them in getting the services needed to work through those life obstacles. Our CMHL has had one thousand contacts/interactions with law enforcement and court personnel this year.

“I want you to know how much our agency and I am quite sure other agencies appreciate the hard work you do... The work we are all trying to do does not work unless each link in the chain is a moving part, your commitment has continued to motivate us in law enforcement to do what we can do because you help us realize there are options.”

- Sgt. Rick Draper—DeSoto Police

COMTREA’S CMHL also reached out to the community and requested "thank you" cards to provide to law enforcement and enjoyed gathering and distributing HUNDREDS of beautiful cards to every department throughout Jefferson County.
COMTREA continues to have a very inclusive array of psychiatric services available for children and adolescents. Although child psychiatry hours continue to be inadequate for the demand of our communities, more children were seen by our psychiatrist during FY 2015. Currently COMTREA has one child psychiatrist who provides 24 hours per week of services, and one full time pediatric, psychiatric Advanced Practice Nurse who provides medication management to our child population.

During FY 2015 a total of five hundred and fifty one children and youth received care from our psychiatrist and/or Advanced Practice Nurse. These children and youth received a total of 2,974 psychiatric services which included one hundred and ninety four psychiatric evaluations.

COMTREA provided Targeted Case Management (TCM) services to a total of fifty one children and youth who were in Hawthorn Children’s Psychiatric Hospital or Cottonwood Children’s Residential Center during FY 2015. Additionally, COMTREA provided CPR (Community Psychiatric Rehabilitation) Jr. Services to one hundred sixty nine children and youth during FY 2015.

COMTREA’s psychiatric services for children also include individual and family therapy provided by licensed therapists. During FY 2015 COMTREA therapists provided family and/or individual counseling for a total of six hundred fifty children and youth (thirteen of which were seen for equine therapy) and their families.

**EARLY CHILDHOOD MENTAL HEALTH (ECMH) PROGRAM:**

FY 2015 saw the beginning of a new program for COMTREA in the Children & Youth Behavioral Health Division. A proposal was submitted to the St. Louis County Children’s Services Fund Board requesting funds to provide an Early Childhood Mental Health Prevention and Early Intervention Program.

COMTREA was awarded two hundred and fifty thousand dollars to provide Early Childhood Prevention Education and Early Intervention services to children age zero to five living in St. Louis County. Staff were hired and services began by the end of February 2015. From February to the end of FY 2015 a total of one hundred seventy two children were given the Ages and Stages – Social/Emotional Developmental Assessment. The purpose of this assessment is to evaluate whether children are “on target” in their social/emotional development, and to assist in identifying children who may need early intervention.

Staff in COMTREA’s ECMH program provided a total of three hundred and five early intervention services including in-home therapy, case consultation, and case management to a total of twenty children whose assessments indicated they had a need for early intervention.
Athena Adolescent Program:

COMTREA’s collaboration with the 23rd Judicial Circuit and the Juvenile Office to provide the Athena Adolescent Substance Abuse Treatment Program’s residential option continued successfully this year. Funding from the United Way of Greater St Louis enriched the program by continuing to fund our family therapist, and to provide additional clinical resources for this population. During FY 2015, COMTREA provided residential substance abuse treatment services to an average of ten and one-half adolescent males per day.

COMTREA’s Festus site for outpatient substance abuse services provided treatment to an average of six and one fifth adolescent males and females per day during FY 2015. COMTREA’s Athena Adolescent Substance Abuse Program site in Arnold provided outpatient services to an average of three and three fifths adolescents (male and female) per day for FY 2015. COMTREA also opened a site for outpatient substance abuse services at its Northwest Valley site during the second half of FY 2014. This site served an average of six adolescent males and females per day during FY 2015.

During FY 2015 COMTREA’s Athena Adolescent Substance Abuse Treatment Program completed a total of one hundred forty eight assessments and admitted a total of 108 adolescent males and females. A total of one hundred eighty seven adolescents were provided services through this program during FY 2015.

ADOLESCENT DRUG COURT:

COMTREA is sad to report that FY 2015 saw the end of the Juvenile Drug Court Program in the 23rd Judicial Circuit effective December 26, 2014. There were a total of eight juveniles who received services through this program during FY 2015. Regret over the ending of this program is tempered by the decision of the Jefferson County Juvenile office to initiate a new program for Jefferson County youth.

This program is called the Motivational Probation Program and began in July, 2015. COMTREA will proudly serve as the treatment provider for this new program.

Of note for FY2015: Although the previous two years saw an alarming increase in the use of synthetic drugs by adolescents in our county, this increase seems to have leveled off during FY 2015. However, what FY 2015 did see was an increase in the use of acid by adolescents in Jefferson County. Although marijuana is still the preferred drug of choice among Jefferson County youth, this increase in the use of acid for a “quick high” is still a serious cause for concern.
School Services:

COMTREA provided a total of 5,710 hours to Jefferson County schools and Jefferson College during FY 2015 serving a total of seven hundred and sixty three students in the elementary and secondary schools; and one hundred and thirty seven students at Jefferson College. The total number of students with parent involvement for FY 2015 was three hundred seventy six in the elementary and secondary schools.

School liaisons were still provided to all Jefferson County public schools, five Jefferson County private schools, Jefferson College, and three schools in Mehlville School District located in St. Louis County (using grant funds from the United Way for that purpose). In addition to the services provided to the students, school liaisons provided a total of 5,453 consultations to school staff and faculty.

Services provided to the schools and communities they serve include:

- Individual, group, and family therapy;
- Psycho/educational presentations;
- Staff and faculty consultation;
- Participation in staffing and Individual Education Plans;
- Observation of students on medications for local psychiatrists and primary care physicians;
- Community presentations on mental health related topics.
- Participation in service groups

Also of note for FY15, COMTREA school liaisons provided the Wise Owl Drug Prevention program to two hundred and seventy six students; organized an advocacy training day to educate the community on how to advocate for policy change; attended the Fox School District Parent Summit; organized as well as attended the Annual Substance Abuse Awareness Day; and helped organize the Jefferson County “Clearing the Air” event.

The COMTREA Jefferson College school liaison provided the “Question, Persuade, Refer” (QPR) Suicide Prevention program to four nursing classes at Jefferson College and participated in the Suicide Prevention/1100 Flag display at the Hillsboro campus; the “Stomp out Stigma” event to raise awareness about mental health on campus; and RAINN Day (Rape, Abuse, Incest, National Network) – providing information on sexual assault prevention, dating violence, domestic violence, and child abuse. She also provided “Test Anxiety” workshops, and “Trevor” – a movie she presented for the “Love is Louder – LGBTQ awareness event.

In addition, she presented the movie “Call me Crazy,” at Jefferson College for their Veteran’s Day observance. She also provided “Stress, Substance Abuse and Suicide Prevention to College 101 classes. And last but not least, she continued to lead the Active Minds group at the college, and gave a presentation at the Missouri Institute of Mental Health (MIMH) conference that was developed and organized by the Jefferson College’s Active Minds group.
The mission of the Children’s Advocacy Center of East Central Missouri (CAC) is to stop child abuse and protect children through a coordinated community based response. The Center encourages the coordination of investigation and intervention services by bringing together professionals and agencies as a multidisciplinary team to create a child-focused approach to child abuse cases.

The CAC serves a ten-county region of Missouri which includes Jefferson, Crawford, Franklin, St. Francois, Ste. Genevieve, Washington, Madison, Iron, Gasconade and Osage counties.

During FY 2015, four hundred and nine children were provided Forensic Interviews. Of these four hundred and nine children, one hundred and seventy eight of the children were from Jefferson County, equating to forty three and one half percent of the CAC’s total forensic interviews for this year. The other two hundred and thirty one interviews included children from the CAC’s other nine counties, making up fifty six and one half percent of the FY 2015 total.

Although this year saw a slight decrease in the total number of Forensic Interviews, the CAC is experiencing increases in the number of Forensic Interviews, and is on target to see a substantial rise in FY2016. A contributing factor to this increase may not necessarily be the fact that abuse is on the rise (although that may be a factor), but that children are more likely to report than they have been in years past. Prevention education programs that teach children what to do if they are touched or approached inappropriately are having a positive impact.

In addition, two hundred and fifty one sexual abuse prevention education presentations were provided to a total of 4,834 children and six prevention education presentations were provided to a total of sixty eight adults.
Division of Medical Services

COMTREA offers primary care services to adults and children in two fully supported health centers: Hickory Plaza Comprehensive Health Center in Hillsboro and High Ridge Family Medical Center in High Ridge (Formerly Byrnes Mill Health Center).

The primary care health services offered include: Well visits for children and adults school and sport physicals, employment, Department of Transportation), well women care, obstetrical care, immunizations (private and Vaccine for Children Program), minor surgical procedures, minor cryotherapy, chronic health disease management, and limited in-house lab testing and phlebotomy services.

3,800 Medical Patients in FY2015

COMTREA began using a new electronic medical health system, Athena, for primary care in January 2015. This will be a tremendous tool to assist in coordination of patient care. Since January 2015, 1,905 primary care patients have visited our health centers. Out of those 1,905 patients, six hundred seventy four patients have also received behavioral health services, dental or both. With Athena, patients can now sign into a web based patient portal and access patient records along with lab and test results.

We put a strong emphasis on quality care given to our primary care patients, and through the Electronic Medical records, track and report on specified quality care measures. COMTREA has an engaged Quality Improvement and Assurance Council which meets monthly to explore clinical quality measures and areas of improvement which are needed. As an active member of the Missouri Primary Care Association, we are involved in many quality improvement initiatives. One example is COMTREA’s current involvement in a Collaborative Disease Initiative to improve the health outcomes for diabetic care, control hypertensive, and tobacco cessation for primary care patients. This diabetic quality improvement initiative focuses on providers and patients becoming a team and both being engaged in treatment. The primary care team is focused in the area of providing the highest quality of care within our health centers and to increase the health of patients.
Oral Health Services

COMTREA began offering dental care in November 2013 in a school based health center within Valley Middle School, part of the Northwest School District and continues to increase access for dental care across Jefferson County.

Dental services have expanded to being offered at COMTREA’s Hickory Plaza Comprehensive Health Center in Hillsboro, a mobile dental van (Tooth Ferry), and an additional school based dental office within the Fox School District.

COMTREA’s dental care team has grown from one dentist and two hygienist to seven dentists, six hygienists and a full support staff.

$880,000 in Grant Contributions

This growth could not have been accomplished without the ongoing support of local and state organizations which have contributed close to eight hundred and eighty thousand dollars in grants to expand services, purchase equipment and hire new staff to meet the needs of the patients in Jefferson County.

COMTREA’s dental team is actively involved in the community and participates in health fairs, school education programs, and back to school fairs which included the Jefferson College back to school fair in August offering dental screenings for every child coming to the event. It is COMTREA’s mission to increase awareness of the dental care needs for the children in and around the Jefferson County area.

COMTREA continues to utilize a mobile dental van, the “Tooth Ferry” to provide screening services for children attending schools throughout Jefferson County and the Mothers and Children at the WIC (Women, Infant, Children) Programs throughout Jefferson County.

COMTREA has provided screening services at seventeen schools to 4,050 children and 1,020 mothers and children at the WIC program.

COMTREA have provided dental care for 5,767 patients with a total of 20,827 visits to our dental offices. With the opening of the new office within the Fox School District and the additional of another mobile dental van in the fall of 2015, access to services will continue to grow.

20,827 Patient Visits

5,767 Patients
Equine Therapy

The goal of the Equine Center is to provide equine therapy to clients of all ages who are experiencing problems with their mental health, substance abuse and/or trauma.

Comparing the beginning of fiscal year 2015 with the end one can see how the program is growing:

Outcomes

Results of our initial study on equine therapy were positive. COMTREA has been measuring the improvement in internalizing and externalizing capabilities of CSTAR residents for the past three years. After the introduction of Equine Therapy, the scores in externalizing improved *greater* than in the past but the internalizing scores improved *much more* than in previous years.

Highlights of Fiscal Year 2015:

- Veterinarian, emergency veterinarian and farrier services were maintained at a reduced rate.
- The animal donor agreement and the free lease agreement continued, saving Bridle Ridge thousands of dollars in vet and farrier services.
- The paperwork process was fine-tuned i.e. referral, intake, treatment planning, psych consult, discharge planning, aftercare, payment, etc.
- The basic equine evaluation was completed and instituted by the assigned therapist and the equine therapist at Department of Mental Health (DMH) prescribed time targets. In addition, the Mental Health Therapist’s dissertation will “add – on” to the DMH evaluation.
- Hosted the International Equine Association Growth and Learning Association (EAGALA) Midwest training and the Friends of Sound Horses (FOSH) clinic.
- Hosted Senator Roy Blunt and provided him with information about equine therapy for veterans.
- Implemented Horse/Human Training by volunteer trainer Scott Pitzer. (The goal is to keep equines mentally healthy for therapy.)
ADVANCED PUPPIES FOR PAROLE

COMTREA’s canine therapy is built on the foundation of the Missouri Department of Corrections award-winning “Puppies for Parole.” Through this program, twenty-five shelters from around the state send unadoptable dogs to all nineteen of Missouri’s long-term prisons to be rehabilitated. Since February of 2010, nearly three thousand five hundred dogs on death’s door have been rescued and adopted into family homes.

“Advanced Puppies for Parole” (AP4P) goes one step further and trains and certifies a select number of these dogs as “Helpers” for individuals or families in need. This year AP4P was so successful we had to suspend applications due to a lengthy waiting list. By the end of June we had 60 plus people/families/organizations on the waiting list.

Adopters include

- Courts
- Schools
- Classrooms
- Individuals with mobility problems, mental illness, developmental disabilities, hearing loss, seizure disorders, peanut allergy, blood sugar imbalance, etc.
- Professionals using dogs in their therapy practices.
- Families who have a child with autism.
- Veterans with PTSD.
- A physical rehabilitation clinic.

In FY 2015, AP4P grew from one partnering prison to nine, thus giving us the opportunity to train many more dogs.

AP4P Evaluation Key Highlights

- One hundred percent of adopters reported their overall adoption experience as “good” to “excellent.”
- Adopters scored highly on a helper dog bonding scale and reported positive impacts on themselves and their family members.
- After the adoption, one hundred percent of adopters reported a positive outlook on life and 0% felt alone.
- Adopters increased their level of physical activity.
- Adopters reported improvement in their quality of life.

- Depression decreased
- Anxiety decreased
- Disruptive behavior decreased
- Positive mood increased
- Social interaction

50 Certified Helper Dogs adopted by the end of FY15
Local fund raising is crucial to the agency. While COMTREA has stable funding through both sales tax and property tax assessments, the funding is not adequate for the total programs delivered. Some funds are restricted (such as the sales and property taxes) and can only be used for certain activities. In addition, some programs like the Children’s Advocacy Centers, A Safe Place shelter for battered women and their young children and the equine therapy program do not have stable funding streams and need local support from donations, grants and other fund raising activities.

Local tax revenue provides about one third of the total operating expenses. In other words, for every one dollar collected locally, COMTREA delivers almost four dollars in services. This means that grants, donations and fund raising activities are always needed. In this fiscal year the efforts were particularly significant. A Mardi Gras was held to raise funds for A Safe Place. A golf tournament and two dances were held to raise funds for the Children’s Advocacy Center. Our second Derby Day event was held at Bridle Ridge Acres to assist in the development of the equine therapy program. The Jefferson County community continues to be generous in their support of these life-changing programs.

Ways to Give

**Annual Giving**

Gifts made annually support the full range of services at COMTREA and go where they are needed most.

- Unrestricted gifts, by check, credit card or securities may be made one time or paid in monthly or quarterly installments.

- Restricted gifts made to any of the Agency’s programs support the donor’s specific interest and may also be paid in installments.

**In-Kind Donation**

COMTREA accepts in-kind donations of items such as toiletries and baby care items.

**Matching Gifts**

Donors can double or even triple donations through their employers. The Human Resources department of many companies provides information about employer matching gifts.

**Tribute Gifts**

Contributions in honor or memory of someone special. Donate a memorial gift to remember someone or to celebrate a special occasion.

**Volunteer Opportunities**

COMTREA welcomes volunteers in a wide variety of roles. More information is available on the Agency’s website or by contacting our Human Resources Office at 636-931-2700 ext. 1272.

For more information, please contact our Development Office at (636) 937-2700.
Practice Sites

A Safe Place: Domestic Violence Shelter
1-877-266-8732

Dr. Stephen F. Huss Equine Learning Center
10533 Business Hwy 21; Hillsboro, MO 63050
(636) 232-2338

High Ridge Family Medical Center
324 Emerson Rd.; High Ridge, MO 63051
(636) 677-9977

Children’s Advocacy Centers:
12803 Serenity Acres; De Soto, MO 63020 (636) 586-1806
14 So. Washington; Union, MO 63084 (636) 584-0222
601 Maple; Farmington, MO 63640 (636) 586-1806

Drug Court
351 Main Street; Hillsboro, MO 63050
(636) 232-2303

Hickory Plaza Comprehensive Health Center
4 Hickory Ridge; Hillsboro, MO 63050
(636) 481-6040

Keaton Center
120 N. Mill Street; Festus, MO 63028
(636) 232-2323

Northwest Office:
1817 Gravois; High Ridge, MO 63049
(636) 376-0079

The Stu O’Brien Building (Administrative Offices)
227 East Main Street; Festus, MO 63028
(636) 931-2700

South Annex (Program and Human Resources)
222 North Mill Street; Festus, MO 63028
(636) 931-2700

South Office:
110 N. Mill; Festus MO 63028
(636) 931-2700

Suburban Office
21 Municipal Dr.; Arnold, MO 63010
(636) 296-6206

Susan K. Nuckols Program
Adolescent Residential Treatment
Program: 9501 Goldfinch; Hillsboro, MO 63050
(636) 321-0106

Valley Comprehensive Health Center
4300 Gravois; House Springs, MO 63051
(636) 321-0150

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