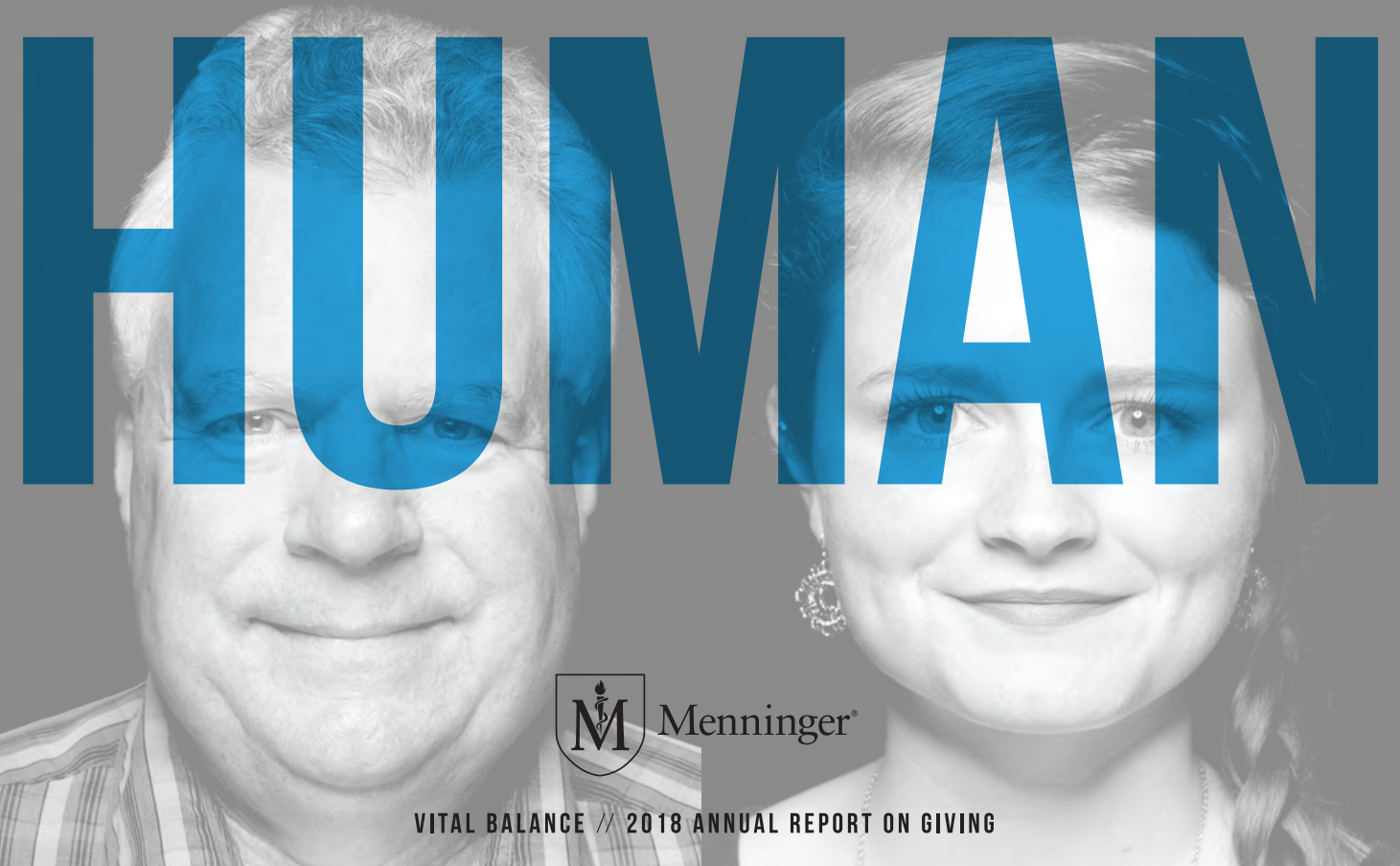




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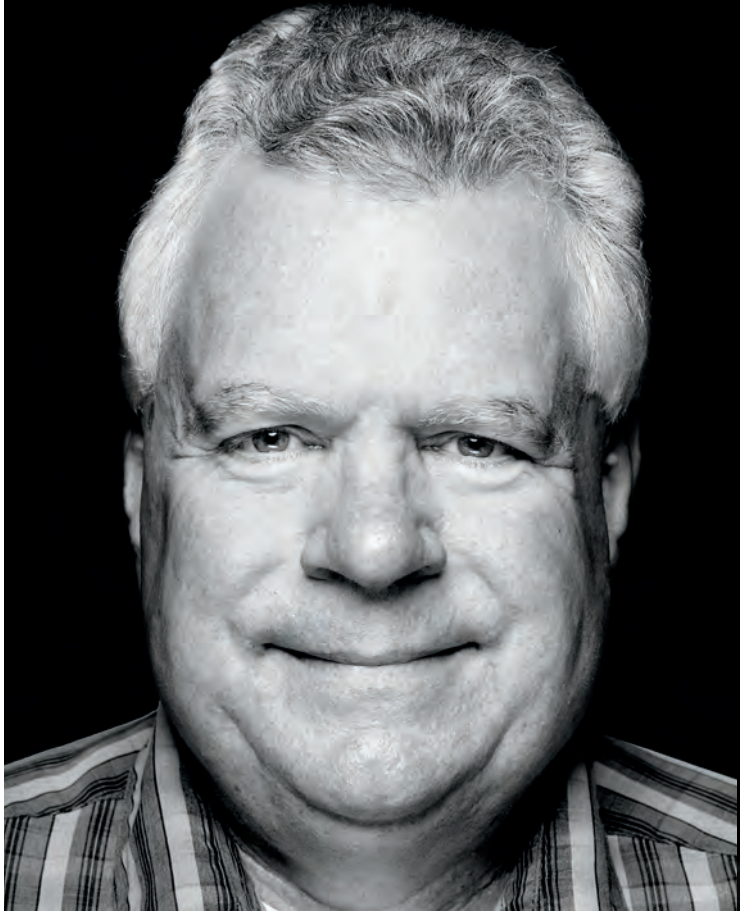


HUMAN



Menninger®

VITAL BALANCE // 2018 ANNUAL REPORT ON GIVING



ONLY HUMAN



VITAL BALANCE // 2018 ANNUAL REPORT ON GIVING



LET US DEFINE MENTAL HEALTH AS THE ADJUSTMENT OF HUMAN BEINGS TO THE WORLD AND TO EACH OTHER...

Karl Menninger, MD - The Human Mind, 1930



As science advances, we're learning that mental illness, like many other diseases, is influenced as much by the world that surrounds us as it is by the world that we hold within.

It's something that we've long believed at Menninger.

While we are each unique — with different families, stories, joys and pains — we also are very much the same.

Mental illness is *treatable*. We can make *progress*.
We can uncover more *hope*.

We are, quite proudly, only human.

OUR MISSION

To create a healthy world by excelling in the art and science of mental health care.

OUR VISION

To be the premier mental health care system.

HIGHLIGHTS

2018 FISCAL YEAR

Ranked as one of the nation's top psychiatric hospitals for the 29th year running in U.S. News & World Report's "Best Hospitals" list.

Achieved our fourth "Pathway to Excellence" designation, which recognizes The Clinic's culture of nursing excellence.

Cared for 704 inpatients and provided 9,951 outpatient visits. Our patients' most common diagnoses were depression, anxiety, substance use disorders and personality disorders.

Published 13 scientific research articles.

Educated 35 post-graduate trainees and 115 nursing, pharmacy and medical students.

Provided support services for approximately 250 local residents with serious mental illness and facilitated social and emotional learning programs for 7,558 students.

DEAR FRIENDS,

It is a promising time for mental health. More people than ever before are stepping forward to speak openly about mental illness and to break down the barrier of stigma that for too long has prevented many from reaching out for help. Advances in science and technology are accelerating our knowledge of the brain, bringing us closer to breakthrough treatments and, eventually, cures.

And there's no time to lose. Fewer than half of Americans affected by mental illness ever seek treatment. Meanwhile, the deaths of celebrities like Kate Spade, Anthony Bourdain and others underscore a growing crisis of suicide occurring in small towns and big cities across the country.

We've made progress. But it's clear – more work remains to be done.

The Menninger Clinic is committed to saving and transforming lives every day. Throughout The Clinic's near 100-year history, we've never lost sight of our founding principle that the mind, body



and spirit are inextricably linked. That we are all, after all, only human.

Today that belief is expressed in a number of ways. Menninger nurtures a culture where every person is treated with the utmost compassion, respect and kindness. Through collaborative research with our affiliate, Baylor College of Medicine, we are investigating how biology and environment coalesce to promote or hinder mental health. Our training and education programs, which are carried out in partnership with Baylor and other universities, are preparing tomorrow's leading mental health providers. And, our outreach programs empower the young, old and everyone in between to find a path to well-being and one's own brand of success.

Great achievements happen when people come together toward a common goal. We are grateful for your support and proud to share with you this Annual Report on Giving. We hope you enjoy reading the stories of everyday heroes who are making a difference in mental health at Menninger – from one human to another.

Sincerely,

Jeff Paine
Board Chair

The Menninger Clinic

Vivie O'Sullivan
Board Chair

The Menninger Clinic Foundation

TAKING A LEAP OF FAITH

BREAKING THROUGH STIGMA TO HELP BREAK NEW GROUND

“I know that without mental health, I have no health.”

Lucy Schimmel, Board Member, The Menninger Clinic Foundation

As Lucy Schimmel picked up the phone to call the admissions line at The Menninger Clinic, she didn't know what to expect – but she knew that she needed help. “It was the hardest phone call ever,” she says. “It was a leap of faith.”

After several years of challenging life events, chronic stress had taken its toll on Lucy. She was depressed, and her drinking was starting to escalate. After learning about Menninger from a friend, she checked into The Clinic for a five-week stay.

Lucy was adamant that she would do everything she could to get better. Later, as she sat in a class about depression at The Clinic, she had a sudden “aha” moment. “I realized that my struggles weren't because I wasn't trying hard enough,”

she says. “It was the first time that I understood my depression, and that I felt truly understood by others.”

The Menninger Clinic prides itself on providing world-class care with compassion. Patients like Lucy benefit from cutting-edge research, the right diagnoses and skilled doctors and staff. Today, Lucy is a board member of The Menninger Clinic Foundation and is honored to help The Clinic achieve its mission. “We're on the cusp of making tremendous breakthroughs,” she says. “The more we can understand the biological underpinnings of mental illness, the more we can help people.”

Lucy says that she looks forward to continued progress in diminishing the stigma of mental illness and to more people seeking care. “It's like any other medical history in your family. It must be shared,” she says. Having candid conversations about mental health is something that she



“We’re on the cusp of making tremendous breakthroughs. The more we can understand the biological underpinnings of mental illness, the more we can help people.”

has strived to impart to her daughter, as well. “I’m so proud of her generation’s openness regarding mental health,” she says.

Now retired from the financial services industry, Lucy helps to oversee her family’s farming business. She finds balance by being around friends and family, helping others who struggle with mental health disorders, exercising and rooting for her favorite sports team. “I know my triggers,” she says, “but thanks to the brilliant doctors at The Clinic, I have a bag of tricks to help me cope with the stress that life will always throw my way. I’ll have these tools forever.”





THE SCIENCE OF RESTORING LIVES

DATA-DRIVEN CARE LEADS TO BETTER OUTCOMES

“It’s not only Menninger patients who benefit from our discoveries. We’re sharing our knowledge to inform diagnoses and treatments around the world.”

Michelle Patriquin, PhD, Director of Research Operations

At The Menninger Clinic, our research is a reflection of our clinical culture. Innovation and compassion coexist on a daily basis. Here, “what if’s” are the norm. Patients come first. And making progress means thinking 10 years ahead. Always.

“Menninger’s research environment is unique for three distinct reasons,” shares Bella Schanzer, MD, vice chair for clinical affairs at Baylor College of Medicine. “First, The Clinic has one of the largest repositories of mental health data in the world. Second, patients experience a longer stay than most hospitals, offering the chance to collect information that spans throughout their healing. And finally, Menninger’s supporters truly believe in The Clinic’s mission. We couldn’t make the incredible progress that we’ve made without them.”

ONE OF THE WORLD’S LARGEST REPOSITORIES OF MENTAL HEALTH DATA

With the support of the Robert and Janice McNair Foundation, Menninger and Baylor

College of Medicine have established one of the world’s largest databases of biological and clinical mental health data. More than 3,500 Menninger patients have participated in creating this vast resource, providing genetic sequences, brain scan images, microbiome samples and self-reported surveys of health outcomes over time.

“Our affiliation with Baylor College of Medicine presents an incredible opportunity to collaborate with leading experts and researchers in other medical disciplines and to access advanced laboratories in neuroimaging, genetics and more,” says Michelle Patriquin, PhD, director of research operations.

For example, working with Baylor collaborators David Nielsen, PhD, and Ramiro Salas, PhD, Menninger researchers are leveraging The Clinic’s data to identify genetic markers of suicidality linked to serotonin. The study may help clinicians to recognize patients who are at greater risk of suicide.



“We can begin to understand more deeply how different types of depression, anxiety, addiction and other brain-related problems interact and manifest physically in the body.”

Ramiro Salas, PhD, Associate Professor of Psychiatry, Baylor College of Medicine

“The size and variety of the database allows us to study patients in new ways as most other studies compare very narrow samples,” says Dr. Salas, associate professor of psychiatry. “We can begin to understand more deeply how different types of depression, anxiety, addiction and other brain-related problems interact and manifest physically in the body.”

MENNINGER MODEL OF CARE ENABLES ONE-OF-A-KIND RESEARCH

At Menninger, patients stay longer than they might at a typical psychiatric hospital. While a vast majority of the nation’s psychiatric beds are dedicated to stays of fewer than seven days, most Menninger patients stay for three to five weeks – or longer. This additional time in treatment allows patients to move beyond stabilizing symptoms to achieving transformative, long-lasting wellness. It also creates opportunities for greater clinical observation and for one-of-a-kind research.

“Menninger treats patients over a much longer time and collects more relevant information on patients than most psychiatric clinics in America,” says Dr. Salas. “Collecting data over this period of time results in discoveries you wouldn’t find elsewhere and ultimately will help patients to live healthier lives.”

Recently, the effort to collect clinical outcomes data expanded to outpatient services with the aim of deepening insights throughout the continuum of care and trajectory of illness.

SUPPORTERS WHO BELIEVE IN OUR MISSION

The support of our donors allows us to test cutting-edge hypotheses that we may not otherwise have the funds to subsidize. “The Menninger approach to research is not confined by what is. The Clinic is constantly inspired by what could be,” says Dr. Schanzer.

In pursuit of our mission to excel in the art and science of mental health care, we have defined three key areas of research. The first area focuses on identifying the biological underpinnings of mental illness. The second strives to understand connections between technology and mental health. The third area explores how spirituality improves resiliency in mental health.

Where we invest our research dollars must always remain true to our culture and our mission. “Like our clinical care, our approach to research focuses on the whole person,” says Dr. Patriquin. “Understanding links between body, mind and spirit results in more informed and personalized mental health treatment.”



ABOVE

Bella Schanzer, MD, (right) and Michelle Patriquin, PhD (left) discuss new methods for testing cutting-edge hypotheses.

LEFT

Ramiro Salas, PhD, (left) and Michelle Patriquin, PhD, (right) work closely to advance knowledge of mental health.

PROPELLING THE FUTURE

THE REGINA KLEINMANN/MICHAEL SCHINAGEL AWARD FOR MENTAL HEALTH CARE INNOVATION

“Michael had a compassionate way to look at the human condition. He wanted to help alleviate the suffering that mental illness can cause.”

Tom Stretton, friend of Michael Schinagel

Thinking outside the box was common for Michael Schinagel – as was leaving a lasting impression. Today, Michael’s charitable estate gift to The Menninger Clinic is enabling him to do both, even after his lifetime. The Regina Kleinmann/ Michael Schinagel Award for Mental Health Care Innovation will be bestowed annually on a Menninger clinician or researcher who is charting new frontiers. We sat down with Michael’s dear friend and executor of his estate, Tom Stretton, to learn more about the man behind this generous award.

A MAN WHO BELIEVED HE COULD MAKE A DIFFERENCE. AND STILL IS.

Michael Schinagel was born in 1924 in Germany as Michael Kleinmann. His mother, Regina, was loving, but she suffered with schizophrenia and was unable to care for him consistently. As such, Michael went to

live with his aunt and uncle, the Schinagels, in Poland when he was a small child. In the early 1930s, as the Nazi party gained power, Michael and the Schinagels left to find safety in America. Too ill to travel, his mother passed away soon after.

Michael grew up in the Bronx neighborhood of New York City and became fascinated with the incredible advances in aviation that were occurring at the time. After serving in the Army during World War II, he went on to become a respected aeronautical engineer – helping to develop today’s commercial jet engines. People were drawn to Michael. His sense of humor. His verve. And his ingenuity. While his life’s work was science, his greatest passion was the arts. “Michael loved to paint,” shares Mr. Stretton, “He used art to show his appreciation for life and to help make sense of it.”

Later in life, Michael was treated for depression by a clinician who had trained at Menninger. This experience ultimately



LEFT

Self-portrait by Michael Schnagel.

ABOVE

Michael in New York as a young adult.

BELOW

Michael with his mother.

“Michael would be truly inspired by the transformative research and innovation happening at Menninger today.”

inspired his first gift to The Clinic in 1966. “Michael’s commitment demonstrates how grateful he was for the care he received because of Menninger,” says Mr. Stretton.

The Regina Kleinmann/Michael Schinagel Award honors his loving mother by helping to expand boundaries and uncover promising new treatments in mental health care. “Michael would be truly inspired by the transformative research and innovation happening at Menninger today,” says Mr. Stretton. “He wanted to build on his mother’s legacy by offering hope for others. This is his greatest gift.”



CULTIVATING CAREERS OF COMPASSION

MENNINGER TRAINS PSYCHIATRIC NURSES FOR THE DEMANDS OF TODAY

“We’re giving psychiatric nurses the real-world training they need to help people.”

Nancy Palyo, MSN, RN, NEA-BC, Assistant Vice President of Patient Care Services

As we make progress in our society fighting the stigma associated with mental health conditions, more patients are seeking help. This is phenomenal news. But as the demand for mental health care increases, so too must the number of highly trained providers. Currently, less than one percent of graduating nurses choose careers in psychiatric nursing. Menninger is committed to recruiting qualified nurses to the field, giving them exceptional training and helping them to create lifetime careers that they’re passionate about.

BETTY ANN STEDMAN PSYCHIATRIC NURSE TRAINING PROGRAM

Since 2004, the Betty Ann Stedman Psychiatric Nurse Residency has attracted premier nurse graduates to Menninger for six months of intensive, mentor-based psychiatric nurse training. Now, a generous gift from the Stedman West Foundation has helped to establish the Betty Ann Stedman Psychiatric Nurse Training Program,

a comprehensive initiative that includes the residency as well as additional professional development opportunities in psychiatric nursing.

Nurse residents are immersed in a hands-on experience that offers the opportunity to help patients make substantial progress with mood disorders, anxiety, personality disorders, addiction and more. Beyond theoretical and practical knowledge, nurse residents learn how to establish trust with patients and create a healthy environment for healing.

Each nurse resident works alongside a skilled nurse mentor and as part of an interdisciplinary treatment team. “By design, our trainees cannot fail,” says Nancy Palyo, MSN, RN, NEA-BC, assistant vice president of patient care services. “They are shadowed by a preceptor who delivers support at every turn.” Classroom didactics are taught by clinical staff and discussions are tailored to meet the needs of the residents and the patients they’re caring for. By the end of the residency, trainees have transitioned

to coordinating total nursing care for patients and families.

By ensuring that recent nurse graduates are equipped with the skills for success, the residency is helping to decrease turnover, reduce burnout and ensure the highest quality care is offered. With the support of the Stedman West Foundation, nurse residents, as well as current nursing

staff, will have the opportunity to share their work at national conferences and to participate in continuing education courses that keep them on the leading edge of psychiatric nursing. "The Stedman program personifies The Clinic's philosophy of continuous growth," says Ms. Palyo. "This benefits our patients, our organization and the entire psychiatric nursing profession."

TRAINING BY THE NUMBERS

In the past five years, The Menninger Clinic trained nearly 200 mental health professionals and contributed to the education of more than 700 nursing, pharmacy and medical students.

TRAINEES	2014	2015	2016	2017	2018	5-Year Total
General Psychiatry Residents	18	18	19	20	19	94
Child Psychiatry Fellows	5	5	6	6	7	29
Neurology and Neuropsychiatry Fellows	1	1	1	1	0	4
Psychology Post-Doctoral Fellows	4	4	3	3	2	16
Psychology PhD Interns	1	1	1	2	1	6
Research Fellows	1	1	3	2	0	7
Clinical Social Work Fellows	4	4	4	2	2	16
Psychiatric Nurse Residents	6	5	5	2	4	22
TOTAL TRAINEES	40	39	42	38	35	194

STUDENTS	2014	2015	2016	2017	2018	5-Year Total
Undergraduate Medical Students	12	13	14	10	6	55
Clinical Psychology Practicum Interns	0	0	2	0	0	2
Research Interns	4	2	2	1	0	9
Social Work Interns	3	5	3	3	3	17
Nursing Students	120	160	175	80	100	635
Pharmacy Students	8	10	5	8	5	36
Psychiatric Rehabilitative Interns	1	1	1	0	1	4
Pastoral Counseling Interns	0	1	0	0	0	1
TOTAL STUDENTS	148	192	202	102	115	759



“After my training at Menninger, I knew this was where I was meant to be. I knew I could really help people here.”

Hayli Light, RN, Staff Nurse and former nurse resident

WHAT DOES IT TAKE TO BE A PSYCH NURSE?

“The psychiatric nurse recruits we’re looking for must be empathetic, patient, able to manage difficult situations and eager to keep learning,” says Ms. Palyo. “Most importantly, they must have a genuine desire to help those affected by mental illnesses.” When recruiting residents for the Betty Ann Stedman Psychiatric Nurse Residency, Menninger attracts candidates from across the United States. But one special trainee was found in a small town not too far from Houston. Her name is Hayli Light.

MEET HAYLI

For Hayli Light, psychiatric nursing was a natural calling. During high school, she served as a hospice care volunteer near her hometown of Hull, Texas, and found herself drawn to the supportive psychological aspects of her role. Hayli’s teachers recognized her abilities and encouraged her to pursue nursing as a career path. “For me,” says Hayli, “choosing a career in psychiatric nursing was a pairing of personal interests and aptitude.”

Hayli was the first in her family to graduate with a bachelor’s degree, earning her degree in nursing from The University of Texas Health Science Center. After

a highly selective application process, Hayli was accepted into Menninger’s nurse residency program. As part of her residency, she completed a capstone project with fellow nurse resident Sherry Young, RN, which focused on improving alcohol use screening and will lead to more precise assessment of patients. “We expect more from our trainees, but we give more, too,” says Ms. Palyo.

“My preceptor gave me real-time advice, intervention ideas and thorough evaluations.”

By delivering intensive training, mentorship and professional development opportunities to nurse residents, they feel supported and valued. “I decided to stay on staff at Menninger because of the people,” shares Ms. Light. “They love what they do and are passionate about helping patients get back to life. Nurses are made to feel important and supported. That carries over to our patient care. It’s a beautiful place to work in so many ways.”

PAVING THE WAY TO STUDENT SUCCESS

GALVESTON INDEPENDENT SCHOOL DISTRICT IS
IMPROVING THE WELL-BEING OF ITS STUDENTS AND
CREATING A BETTER LEARNING ENVIRONMENT FOR ALL

“Causeway Galveston is helping students learn resiliency and coping skills they’ll have for a lifetime.”

Cherie Spencer, SEL Coordinator, Galveston Independent School District

Funded by The David and Helen Gurley Brown Trust, BridgeUp at Menninger provides “Magic Grants” to local organizations and schools to spark measureable improvement in the mental health status of communities. For Galveston Independent School District, receiving a Magic Grant was a catalyst to launching “Causeway Galveston.” Originally devised as a pilot project, Causeway Galveston promotes resilience and emphasizes the critical link between healthy relationships, mental health and academic success for vulnerable adolescents. And it’s working.

CAUSEWAY GALVESTON

As a private-public partnership, Causeway Galveston comprises Galveston ISD, Family Service Center of Galveston County and Teen Health Center, Inc., as well as collaborators from The University of Texas Medical Branch (UTMB) Department of Obstetrics and Gynecology, Center for Global and Community Health, and Behavioral Health and Research program. Together, the partners have developed a thriving, multifaceted approach to equip students, families and teachers with mental health knowledge and to identify and refer youth in need of mental health care.

“Causeway Galveston is a sterling example of true collaboration,” says Patricia Gail Bray, PhD, director of BridgeUp at Menninger. “The network removes barriers to mental health care for adolescents and increases access to much-needed services.”



“We’re here to support the students, but at the end of the day, it’s their show. And they’re shining.”

Mike Dudas, Media Arts Coach, Ball High School

In addition to creating a vital mental health network for school communities, Causeway Galveston is educating teachers and students in evidence-based social and emotional learning (SEL) competencies to enhance students’ life skills, behavior and, ultimately, overall success. During the past year, nearly 350 teachers, administrators, nurses and counselors received training on SEL strategies and ways to foster positive adolescent relationships to reduce school violence. More than 1,100 at-risk students participated in Causeway Galveston’s SEL and healthy relationship interventions, which are integrated into the school day. Nearly 200 students were identified for additional learning and behavior intervention, and approximately 75 students were referred for mental health services.

“Many kids have behavioral risks, are living in poverty or simply have things going on in their lives that create mental health challenges,” says Beth Auslander, PhD, mental health director of Teen Health Center, Inc. “But we’re here for them, every day. And the students know that.”

Causeway Galveston is currently available at three Galveston ISD secondary campuses. The program has experienced so much success that another local funder – the Moody Foundation – has stepped forward to help expand the program across the school district in the near future.

“Last year, we were building while implementing,” shares Julie Purser, PhD, executive director of Family Service Center of Galveston County. “Along the way, we’ve defined metrics to measure the program’s impact on improving academic success, decreasing discipline reports and enhancing the school social environment,” adds Liz Torres, associate director of UTMB’s Behavioral Health and Research program.

STUDENTS LEAD THE CHARGE

Not only does Causeway Galveston equip students with core social and emotional competencies like self-awareness, relationship skills and responsible decision-making, but it also puts them at the helm of helping to engage and educate their peers.

Supported by Mike Dudas, media arts coach at Galveston’s Ball High School, and Shannon Guillot-Wright, PhD, a researcher with UTMB, students participating in Causeway Galveston led the development, promotion and implementation of a social media and text campaign about healthy relationships – something they felt was valuable to their fellow students.

“From obesity to school safety, the students discussed options and ultimately decided on a topic that would best meet the needs of the student body. The topic of relationships was relevant and



engaging,” says Mr. Dudas. “The students, themselves, are leading the creation of programming formats that are a safe place to get information or talk about issues that are impacting them. The adults are in the background.”

The students developed a public service video for Ball High’s television broadcast system, as well as radio announcements and digital promotions for the school website. Sign-up for the Healthy Relationships Text Campaign also was run by the students, who worked tables during

their lunch periods and garnered the option of an incredible 1,000 students to date to the campaign.

“We’re seeing the students begin to feel connected as a community,” says Dr. Guillot-Wright. “It’s exciting to witness them grow comfortable talking openly and learning together. They’re sharing their strengths and helping one another.”

ABOVE

Mike Dudas is pictured with student leaders of the Causeway Galveston Media Team at Ball High School.

RAISING VOICES FOR MENTAL HEALTH

ANNUAL LUNCHEON BRINGS COMMUNITY TOGETHER

On May 3, 2018, nearly 450 sponsors and guests filled the Westin Galleria ballroom in Houston for Menninger's Annual Signature Luncheon, raising almost \$375,000 for The Clinic's training and research programs.

Chaired by Kathy Neblett, a board member of The Menninger Clinic Foundation, the annual luncheon featured actor Sean Astin and once again offered a stirring conversation about mental health. Clinic Board Chair Jeff Paine opened the program, speaking about the impact of mental illness on families and the promising collaboration between Menninger and Baylor College of Medicine. Mr. Paine was followed by interim CEO Tony Gaglio who discussed The Clinic's

expansion into the community and the importance of philanthropy in supporting Menninger's mission to advance mental health care.

The Hamill Foundation, a longtime supporter, was honored with the Vital Balance award before former patient Debi Strong took the stage to discuss her treatment at Menninger and her sustained recovery from major depression.



The Hamill Foundation receives the 2018 Vital Balance award. From left, Menninger's interim CEO and president, Tony Gaglio, CPA, MBA; Hamill Foundation grants director, Tom Brown; Hamill Foundation president, Charlie Read; Menninger board chair, Jeff Paine.



Robert C. Wilson III; Bess Wilson; Barbara Robertson; Corbin J. Robertson, Jr.



Katrina Rufino, PhD; Liz McIngvale, PhD, LMSW; Allison Squire



Stacy Ellington; Jean Jones



Kathy Flanagan, MD; Denise Joshua Fleming



Tony Gaglio, CPA, MBA; Tom Brown; Deborah Duncan; Debi Strong; Jeff Paine; Sean Astin; Kathy Neblett; Vivie O’Sullivan; Paula Paine

“Through countless and often agonizing struggles, she was a deeply committed and tireless warrior.”

Sean Astin speaking on his mother Patty Duke

Finally, Sean Astin, the luncheon’s keynote speaker, was interviewed by local TV personality Deborah Duncan. Sean captivated the audience as he described life growing up with his mother Patty Duke before her diagnosis with bipolar disorder in 1982. At the time, he said, he and his siblings often referred to his mother’s erratic behavior as “freak outs.”

“We didn’t have a vocabulary for what we were experiencing at home,” said Sean.

After Patty was correctly diagnosed and treated, she dedicated herself to helping others and to speaking about her illness as a mental health advocate. Sean proudly continues his mother’s legacy by encouraging people to never give up and to be the “CEO of your own body, mind and spirit.”

Thank you to the many staff members, guests, speakers and volunteers who helped to ensure the 2018 luncheon’s success!

THE MENNINGER CLINIC

AND

THE MENNINGER CLINIC FOUNDATION

For the years ending June 30, 2017 and 2018*

CLINIC STATISTICS	FY 2018	FY 2017
Average Daily Patient Census	63.1	67.4
Faculty & Staff	417.8	412.2
REVENUE		
Patient Care	\$ 51,984,197	\$ 51,673,972
Grants & Other Revenue	12,238,882	5,108,823
Total Revenue	64,223,079	56,782,795
OPERATING EXPENSES		
Salaries & Benefits	33,903,785	32,322,093
Medical Staff Expenses	9,019,171	9,887,701
Non-Labor Expenses	14,176,217	13,780,369
Depreciation & Amortization	3,344,090	3,401,867
Interest Expense	816,458	878,395
Total Operating Expenses	61,259,721	60,270,425
OPERATING INCOME	\$ 2,963,358	\$(3,487,630)
NON-OPERATING ITEMS	1,014,879	3,577,916
NET INCOME	\$ 3,978,237	\$ 90,286
EXPENSE CATEGORIES		
Program	87%	88%
Administrative	11%	9%
Fundraising	2%	3%

* Audited

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*Committee Chair

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As of June 30, 2018

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AN EXPANDING PARTNERSHIP: THE HAMILL FOUNDATION

HELPING TO UNDERSTAND, IDENTIFY AND TREAT SUICIDALITY

Established in 1969 by Houston oilman Claud Hamill and his wife Marie, The Hamill Foundation continues the visionary leadership and exceptional generosity exemplified by its founders throughout their lifetimes.

The Hamill Foundation is among Houston's 10 largest private charitable foundations and has made an indelible mark on numerous causes in the community, including many years of support for efforts to better treat and prevent mental illnesses. A significant and steadfast supporter of Menninger since 2008, the foundation has enabled some of The Clinic's most impactful initiatives, such as constructing our John M. O'Quinn campus, training expert psychiatric nurses and social workers, and sustaining a welcoming place for local residents with persistent mental illnesses through our free psychosocial clubhouse The Gathering Place.

In 2018, The Hamill Foundation expanded its partnership with Menninger to help combat rising suicide rates in Houston and nationwide. With support from the

foundation, Menninger clinicians will collaborate with the Hope and Healing Center & Institute to provide suicide prevention training for clergy, teachers and community leaders, who often are trusted advisers and may encounter suicidal individuals. The Clinic also will conduct research to develop a predictive model of suicidal behavior that will better target and personalize treatment for those at risk of suicide, ensuring access to effective care sooner.

Together with The Hamill Foundation, Menninger will address the staggering rise of suicide in our community and improve the lives of Houstonians with serious and persistent mental illnesses. Through the foundation's support, Menninger and our community at-large have been made stronger and more resilient, and for that we are most grateful.



“Mental illness has no regard for gene pool or zip code — it affects everyone.”

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