



# Annual Report 2018

We know the more people **understand mental health** and illness, the more **we can help** improve, and in some cases, save lives.

Our **Mental Wellness** program, offering 10 research-based, interactive seminars, appeals to a broad audience and empowers participants to improve their mental health. We presented 123 seminars to 3,328 participants at 71 organizations. The success of this program has increased demand for our **Professional Development** presentations which reached 807 individuals.

Our **Grassroots Advocacy** base increased 17 percent to 8,670 individuals. We could not have achieved this dramatic growth without the creation of education programs that resonated with the needs of our community. Through a weekly e-communication, **News You Can Use**, we provide valuable mental health information to our advocates to keep mental health top-of-mind. It has proven to be an effective tool for encouraging individuals to take action on statewide policy matters when requested to do so.

Our **BRIDGES** program provided 5,621 hours of **peer support** for adults with mental illness. This program breaks the isolation of serious mental illness, teaches participants how to advocate for themselves, and provides some with the opportunity to be trained as BRIDGES teachers as a way to re-enter the work force.

The **Rep Payee Program** managed the Social Security benefits and **ensured basic needs** were met for 160 individuals with mental illness per week. MHA is dedicated to this service, which many organizations have chosen to eliminate. Our program is routinely recommended for the Social Security Administration's most challenging clients. 100% of our clients report that they maintained stable housing, 82% felt less stressed and 90% trust - and have experienced - our staff helping them with challenges that could compromise their safety or family relationships.

Our **Mental Health Help Line** provided a **vital link to mental health services** and information for 634 callers. **Follow-up calls** were placed to 382 individuals to ensure the resources helped and to provide further assistance when needed.

MHA's 2018 **Police Recognition Awards Lunch** honored 49 area officers from 14 departments. The awardees included officers who intervened in attempted suicides, officers who built relationships with individuals with mental illness and helped them receive treatment, and officers who recognized that individuals needed treatment, rather than incarceration. MHA is honored to recognize the work of area officers who respond with compassion and understanding.

## Mission:

To promote mental health and improve the care and treatment of persons living with mental illness through advocacy, education and service.

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## Financial Information

Year ending 12/31/2018

### Income

Contributions and Grants	716,337
Program Fees	85,479
Other	<u>73,400</u>
Total	\$875,216

### Expenses

Program (75%)	673,906
Management (11%)	98,839
Fund Raising (14%)	<u>125,795</u>
Total	\$898,540

### Net Assets

Assets at start of year	1,645,035
Assets at end of year	<u>1,621,709</u>
Increase in assets	(23,326)

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