Dear friends of Mental Health America of Dutchess County,

I want to thank all of you for coming to this year’s Annual Meeting. We are very excited about our guest speaker, Ken E. Nwadike Jr., and have been following him on social media. We hope that you are inspired when you leave here.

His message is one of inclusion and one of peace. His message is one of breaking down barriers and embracing individuals and ideals that challenge our ways of thinking.

I’d like to think that MHA Dutchess, like our guest speaker, has been a beacon of hope and a beacon of light for those people who are typically shunned from most of society. The work that is done by the over one-hundred and forty staff members of MHA Dutchess never ceases to amaze me. Being challenged each and every day with life barriers and stigma and prejudice, they push forward helping the people that need it most.

My hope is that when you leave this meeting you take home good feelings that we hope to instill in everyone here, and you share them in your own life. I also hope that you take home a better understanding of the work that MHA Dutchess does and the people that we help.

MHA Dutchess is in a strong position and will be for the years ahead. We are demonstrating true integration of care as we are taking on addiction services. This is from our relationship we have developed with the MARC agency throughout this past year.

Thank you for attending our annual meeting and I hope you have a great rest of 2018.

Thank you,

Andrew O’Grady, LCSW-R
In 2017

- Care management served over 3500 people.
- Mel’s Place was visited by 593 people in 2017, with 54 successfully obtaining housing due to the advocacy and support from the program.
- Beacon Wellness Center PROS increased services to 120 individuals.

**Care Management**

The primary function of MHADC’s Adult Mental Health Care Management and Health Home Program is to assist clients in maintaining their independence and self-sufficiency so they can live successfully in the community. The staff of care managers and administrative support serves people with severe and persistent mental illness. We help clients maintain their housing, find satisfying work, increase their social and recreational activities, and set a variety of personal goals. We coordinate with virtually every person in our clients’ lives including families, psychiatrists, therapists, advocates, primary medical doctors, landlords, and parole or probation officers. Additional services include our Peer Bridge Program, Supported Housing Program, Transportation, and our Furniture Program.

**Mel’s Place: The Living Room**

Mel’s Place, also known as The Living Room, provides a safe haven, hot food, showers, and more to individuals and families who are homeless or at-risk of becoming homeless and struggle with mental health and/or substance abuse. Staff members offer support and referrals for housing, employment, help with addiction, and health benefits. Veterans assistance is also made available through our Vet2Vet program and a social worker representing the V.A.

**Beacon Wellness Center PROS**

Personalized Recovery Oriented Services, PROS, is a comprehensive program for individuals with severe and persistent mental illness. Staff integrate support and rehabilitation in a manner that facilitates each participant’s recovery. Goals for individuals in the program are to improve functioning, employment, education and secure housing, as well as reduce the need for inpatient and emergency services and contact with the criminal justice system. In May 2017, PROS opened the doors to a new location; please visit The Beacon Wellness Center at 451 Fishkill Avenue in Beacon, NY.
In 2017

- Kids on the Block taught 580 children about bullying, obesity, substance abuse, and more.
- Our library had 366 visitors.
- Our information and referral service responded to 737 calls.
- 3,534 people attended MHADC’s classes, workshops, training sessions, and conferences.
- 37 students participated in Supported Education.

Where Help is: Where Hope Lives

We are pleased to provide free access to our library to the public and our participants. Not only do people get access to great information, but the staff at MHA are always willing and able to help out and enhance their visit.

Classes and Workshops

MHA routinely offers: How to Talk So Kids & Teens Will Listen, Your Defiant Child, Parent Well-Being, Parenting Explosive Children, Men Get Depression, P.E.A.C.E., and Take the Journey, as well as one-time workshops for the public.

Information and Referral

With a phone call or a visit to our website, people seeking help or information are connected to a variety of resources including a private referral list of Dutchess County psychiatrists, psychologists, and social workers. We also participate in health fairs and hold depression screenings for adults.

Kids on the Block

Using nearly life-size puppets, Kids on the Block educates and entertains young children, stimulating communication between the audience and puppets. Programs on the following topics are available free to schools and youth groups: bullies and school safety, children’s mental health, childhood obesity, multiculturalism, learning disabilities, and alcohol, tobacco, and drug prevention.

Library

Community members can use a computer, read journals, borrow books, get assistance with resume writing upon request, and browse the reference collection in the Library at Mansion Street. You may also visit us online to browse the collection and order titles to pick up.

Supported Education

Supported Education serves students whose post-secondary education has been interrupted or intermittent as a result of a disability. Ongoing support services are designed to help the student succeed. Services include: assistance with applications, registration, financial aid, help with study skills, time management, and stress management. This is a cooperative program of MHADC, Dutchess Community College, and New York State’s ACCES-VR.
Family Support and Advocacy Services helps families where one or more members has a mental illness, including families of adults who continue to live with parents or other family members. Stressing strengths, rather than illness, and emphasizing family involvement, we often collaborate with other community groups to provide skill-building, peer support, education, empowerment, advocacy, and opportunities for social interaction.

Mental Health Family Support Programs
Family Support offers peer advocacy and help to parents and caregivers of children with serious emotional disorders and other special mental health needs. Programs and services include: HOPE for Families, peer support groups, advocacy, and Medicaid-Waiver Family Support. The latter is provided through the New York State Office of Mental Health. MHADC also provides support services for families with children in residential treatment facilities.

Credentialed Family Peer Advocates work with parents to decrease their sense of isolation, help them access community and regional supports, and help them meet self-directed goals. In addition, to improve family relations and educate and support the siblings of children with serious emotional disorders (SED), MHADC offers two age-specific groups through our Sibling Support Program. These educational and recreational groups use an evidence-based curriculum to help children better understand their siblings who have SED while enjoying special fun activities for themselves.
Adult Advocacy
MHADC’s Adult Advocacy Program has expanded from providing information and advocacy to offering peer support groups. We also have added a family support component because we heard from so many families who needed help finding resources for 18-25-year-old adult children who had “graduated” from the children’s mental health system and were having difficulty engaging the adult system or had never been involved in any mental health program at all.

Compeer
Compeer pairs adults with community volunteers for weekly activities and companionship. There are social events for these teams, those on our waiting list, volunteers, and advisors. Those on the waiting list also receive a weekly phone call from Compeer’s Coordinator. Volunteers are needed and receive training designed to help ease isolation, build trust, and offer support.

Court-Appointed Special Advocates
CASA volunteers are trained citizens who advocate for children at risk for foster care placement and monitor foster care cases involving abuse or neglect. The aim is to ensure that children in foster homes are well treated and that their cases progress through the system promptly. MHADC’s CASA is part of a nationwide network that sets standards for quality and performance, and a state organization that provides support and pass-through funds when available. Dutchess County Family Court judges speak publicly about the value of CASA and the importance of maintaining its funding.

Health Homes Serving Children
New in 2017, Medicaid-eligible children with SED who are considered at risk for hospitalization are offered Care Management services through Health Homes Serving Children (HHSC). Similar to MHADC’s Adult Care Management services, a child who is deemed health-home eligible can be enrolled with parental consent, or own consent if 18 or older. They are assigned a Care Manager to assist the parent, and/or child if 18 or older, to coordinate physical and behavioral health care, provide linkages to children’s and family services, answer questions, and more.
Programs for Parents with Psychiatric Disabilities
EMERGE uses evidence-based curricula to support, advocate, educate, and provide parenting skills to help achieve self-directed goals. Parents learn skills and strategies from several evidence-based curricula to prepare their families for disruptions that may arise from their illness. MHADC also offers peer support groups, socialization activities, and advocacy.

Respite Programs
MHADC’s Respite Programs offer a wide array of services for families with children who have serious emotional disorders (SED). Although technically respite services are for parents, the primary interaction occurs between trained respite workers and children through individual excursions and group recreation that provide parents with a break. Individual Respite also serves families involved in New York State’s Bridges to Health Program and Office of Mental Health Waiver Programs. MHADC also provides summer camp scholarships for children with SED.

Teen Challenge
Teen Challenge is one of two transition programs for young people preparing for life after high school. Teen Challenge offers a curriculum-based, skill-building, support group for 14-19-year-olds with SED. Eligible youth meet in dynamic weekly groups to work through evidence-based life skills curricula. They also perform regular community service activities and enjoy monthly recreational activities. The goal is to prepare them for life as young adults and to integrate them into their communities.

Vet2Vet: Veterans Peer Services
Funded by the PFC. Joseph P. Dwyer Project, it provides services for Dutchess county veterans and their families. Veterans of all eras are welcome, with no limitations as to discharge date, discharge type, or dependency status. Services include support groups, monthly social events, Care Management, and referral to specialized aid. In addition, Vet2Vet acts as a liaison between veterans and the VA.

Young Adult Transition Program
Young adults, aged 18-25 with a mental illness, are offered a rich program of weekly life skills training, including wellness self-management and job skills. Participants can also take part in community service, internships, and develop affiliations in the business and retail community. The Young Adult Program was funded in 2013 by the Dyson Foundation. The program has been successful and received grants and funding from additional sources.
Statement of Support, Revenue & Expenses
For Year Ending December 31, 2017
Figures are pre-audit

### Public Support & Revenue

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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<tbody>
<tr>
<td>United Way Donations</td>
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<tr>
<td>County Contract Reimbursement</td>
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<tr>
<td>Program Income</td>
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<td>Special Events</td>
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<td>Membership Dues/Donations</td>
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<td>DSRIP Payments</td>
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<td>Medicare</td>
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<td>Medicaid</td>
<td>$5,453,659</td>
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<td>Investment Activity</td>
<td>$97,333</td>
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<tr>
<td>Medicaid Revenue (other programs)</td>
<td>$102,908</td>
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</table>

Total Public Support & Revenue: $9,556,716

### Summary

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Total Expenses</td>
<td>$9,304,881</td>
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<tr>
<td>Excess of Support</td>
<td>$244,768</td>
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<tr>
<td>Fund Balance 1/1/17</td>
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<tr>
<td>Fund Balance 1/1/18</td>
<td>$3,639,417</td>
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MHADC receives funds from Dutchess County Department of Behavioral & Community Health, Dutchess County Division of Youth Services, Dyson Foundation, NYS Office of Mental Health, NYS Dept of Education, NYS Office of Children & Family Services, United Way, federal grants, private donations and supporters.
In 2017 the Administrative Department once again saw continued growth in the size and scope of the agency. With the new parent-subsidiary relationship with the Mid-Hudson Addiction Recovery Center we are beginning to combine services including payroll, facilities maintenance, and boards. On the horizon are combined insurance policies including liability and health. The potential for strengthening both agencies through shared services promises increased savings and bargaining power.

Our relationship with Dutchess County continues to strengthen. We are part of a collaborative effort surrounding the new Stabilization Center at 230 North Road, and we staff the Mobil Crisis unit. Our Veterans program has been generously backed by Dutchess County government as well. Synergy is our goal.
THANK YOU FOR YOUR SUPPORT

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www.mhadutchess.org/support-us
Dear Friends of MHADC,

In recent years discussions about mental health have gone mainstream. One of the most notable reasons is high profile actors and athletes demonstrating courage to share their very personal stories of struggling with mental illness. Olympic Medalist Michael Phelps went through a very public battle with mental illness in which he attributes a “lifesaving support group” of family and friends for saving his life. NFL wide receiver Brandon Marshall famously declared in 2011 that he had been diagnosed with borderline personality disorder at an NFL owners’ meeting in which he also spoke about the importance of destigmatizing mental illness. Dwayne Johnson, also known as the “The Rock”, spoke publicly about how he saved his mother’s life when she attempted suicide by walking into traffic and his struggle with his own bouts of depression. The Rock is quoted as saying, “We both healed but we’ve always got to do our best to pay attention when other people are in pain.” He added, “We have to help them through it and remind them they are not alone.” While celebrities have helped fuel discussions of mental health in our society, we all should do our part to sustain the trend.

There is a high probability that if you are reading this you or someone you know has been effected by mental illness. Despite this, there is still a sense that admitting anything negative about one’s self is seen as a weakness and many people are unwilling and reluctant to do that. For this reason, it is imperative that you as a family member, a co-worker or a community member work to normalize mental health and assist those that are in need of support. You don’t have to look much further than Mental Health America of Dutchess County as a prime example.

Each and every day, MHADC: its employee, volunteers, contributors and clients tirelessly work to effect positive change in the community with regard to mental health. Whether it’s through its care managers, or its numerous peer programs, MHADC is normalizing mental health by talking about it in the community and providing much needed care. Let’s all do our own part to support MHADC and continue the great work of those celebrities and athletes that have begun to mainstream awareness of the importance of mental health.

Thank you,

Paul Ackermann
President of the Board