

MHIA
Mental Health America
of Dutchess County



2016 ANNUAL REPORT



A Message from our Executive Director

Dear friends of Mental Health America of Dutchess County,

Thank you all for coming to our Annual Meeting. I am sure that you will all find our speaker very interesting and his message inspiring. When we look back at the history of MHA, we will see 2016 as a year that culminated in incredible change.

Our Care Management Department was forced to undergo extraordinary change throughout the year. Demands from the oversight agencies in not only the way we provide care but the numbers of people we need to provide that care to has been challenging to say the least. However, I can say with pride that despite all the obstacles, our staff and leadership within Care Management stepped up and adjusted their sails when needed. Change is not easy, it is hard to embrace normally, but when that change happens consistently year in and year out it takes special people to manage that and make it successful. Our Care Management department proves time and again that they are special people.

Children's Health Home and HCBS services were rolled out in 2016 and this has added new programming to our Family Support Department. Our MHA Joseph Dwyer Vet2Vet program also kicked off in 2016 and these additions to this department are only the beginning of growth and excitement that we see each day. Our CASA Program is thriving and our work with children is second to none.

Our Beacon Wellness PROS program made a great turn around. The staff and leadership of PROS have forged better relationships with other community providers and their reputation is one of competence, caring and active change that benefits the specific needs of the clients at the Center. After a year in the planning, our PROS Program moved to their new location at 451 Fishkill Avenue in Beacon. It is a great new site and this will allow us to grow our census and serve more people.

Dutchess County approved further funding so that Mel's Place will be open for business from 7am to 7pm seven days a week regardless of season. This will allow for our homeless to have shelter at all times. We are about to offer a new service where clients can securely store some of their belongings. We have applied for a SAMSHA grant and are hoping that if secured, these funds will allow us to work much more aggressively to eradicate homelessness.

I remain blessed to work at an agency that is staffed by some of the greatest people I have ever had the pleasure to work with. The staff work tirelessly and care so much about good outcomes for the clients we serve. MHA is fiscally sound, our staff is professionally trained and most important, they all care and show it each and every day.

Thank you,

Andrew O'Grady, LCSW-R



CARING FOR OUR COMMUNITY

Lisa Connolly, MA, Psy.D., LMHC.
Division Director, Adult Services

In 2016

- Care management served near 3000 people.
- Housing services provided homes to 16 individuals.
- Mel's Place was visited over 25,000 times and over 600 people received services.
- Beacon Wellness Center PROS provided services to over 100 individuals.

Where Help is: Where Hope Lives

For the past 7 years MHADC has held an Art Show at the Mid-Hudson Heritage Center at 317 Main Street in Poughkeepsie. Participants in our programs exhibit art through the month of May. The experience can be life-changing as artists appear in their first gallery exhibition. The annual show has helped many participants to explore their talents and help reach their potential.

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. We take a proactive and client-centered approach by treating each person as an individual and in accordance with their recovery goals so together we can improve their quality of life. Our Care Managers work closely with agencies and in collaboration with health care providers involved with each of our participant's overall well-being. Additional services include our Peer Bridge Program, Supported Housing Program, 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), now located at 451 Fishkill Avenue in Beacon, 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.

EDUCATING OUR COMMUNITY

Janet Caruso, M.S.L.S., Director,
Community Education



In 2016

- Kids on the Block taught 298 children about bullying, obesity, substance abuse, and more.
- Our library had 628 visitors.
- Our information and referral service responded to 643 calls.
- 3,350 people attended MHADC's classes, workshops, training sessions, and conferences.
- 24 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, 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, childhood obesity, multiculturalism, and learning disabilities.

Library

Community members can use a computer, read journals, borrow books, and browse the reference collection in the Library at Mansion Street and 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. This is a cooperative program of MHADC, Dutchess Community College, and New York State's ACCES-VR.

STRENGTHENING FAMILIES

Lydia Edelhaus, MA, Ph.D.,
Director, Family Support and
Advocacy Services



In 2016 we served over 1,500 people including...

- 341 people in Family Support
- 105 parents and family members with psychiatric disabilities (EMERGE)
- 122 children, youth, and young adults in Respite
- 1133 people in Adult Advocacy
- 24 scholarships awarded to children with SED for summer camps
- 38 people in Compeer
- 50 children via Court-Appointed Special Advocates
- 105 veterans through our new Vet2Vet: Veterans' Peer Services, a Joseph P. Dwyer program

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 these 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.



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.

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.

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.

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.

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 to continue through 2016.

Vet2Vet: Veterans' Peer Services

Funded through the PFC. Joseph P. Dwyer Project. Services for veterans of Dutchess County are available for all veterans and their families. Veterans from all eras are welcome, without restriction as to discharge date, type of discharge, or dependency status. Programs include support groups and CompeerCORPS, with Case Management, socialization, and referral to specialized services.

ADMINISTRATIVE SERVICES

Jennifer Nelson, BA., Director of Finance and Human Resources

ADMINISTRATION

The Administrative Department is proud to report that in 2016, Mental Health America of Dutchess County maintained steady growth. As revenue approached the \$10 million mark, we enjoyed a significant amount of programming freedom. PROS revenue increased monthly along with the census. Likewise, in 2016, Health Homes continued to operate with a surplus. Traditional contracted programs benefited from the support of excess Health Home income.

We thank Dyson for their ongoing support, as well as the Dutchess County Government. MHADC's investments with the Community Foundation also increased in value by \$53,531. As each year brings more growth and change, our processes are being strengthened.

The mental health bell: *Cast from the shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness.*

In 1950, the National Mental Health Association (now Mental Health America) chose a bell as its symbol. The association's leaders had worked in state mental hospitals during World War II. Shocked at

the treatment they saw—including patients chained to walls—they vowed to improve the lives of all who suffered from mental illness.



Volunteers collected metal restraints from hundreds of hospitals across the country. They shipped them to the McShane Bell Foundry where they were dropped into a crucible and cast into a 300-pound bell. The 1953 photo at left shows Maryland Governor Theodore McKeldin and Mrs. A. Felix DuPont at the foundry.

FINANCIAL REPORT

Program Highlights

Mel's Place utilizes every resource available to help people stay off the streets and get them back on their feet.

CASA helps children in the foster care court system and it is almost entirely volunteer driven. These volunteers perform amazing deeds, representing children who do not have their own Adult Advocate in court.

MHA's Supported Education Program benefits college age students. We have a specialist who works with students to help them acclimate to school. They are given the support and direction needed so they can focus on their studies.

Statement of Support, Revenue & Expenses For Year Ending December 31, 2016 Figures are pre-audit

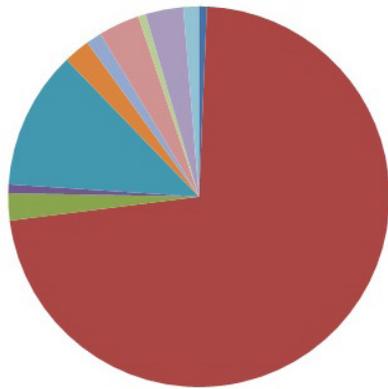
Public Support & Revenue

United Way Donations	\$7,629
County Contract Reimbursement	\$2,686,504
Program Income	\$40,454
Special Events	\$49,099
Membership Dues/Donations	\$35,728
Interest Income	\$4,179
Grants/Contract Reimbursement	\$709,231
Medicare	\$35,947
Medicaid	\$6,135,238
Investment Activity	\$63,561
Deferred Medicaid Revenue	\$73,560
Total Public Support & Revenue	\$9,841,128

Summary

Total Expenses	\$8,874,655
Excess of Support	\$903,006
Fund Balance 1/1/16	\$432,784
Fund Balance 12/31/16	\$4,686,798

MHADC receives funds from Dutchess County Dept. of Mental Hygiene, 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 memberships.



- CASA
- Care Management
- Children's Respite
- Compeer
- PROS
- Education
- Family Support
- Mel's Place
- Young Adult Transition
- Supported Housing

Program Services & Additional Expenses

CASA	\$46,934
Care Management	\$6,591,772
Children's Respite	\$175,897
Compeer	\$49,967
PROS	\$807,645
Education	\$167,968
EMERGE	\$103,762
Family Support & Advocacy	\$198,082
Mel's Place	\$247,781
Supported Housing	\$242,418
Young Adult Transition	\$26,368
Total Program Expenses	\$8,874,655
Association Expenses	\$63,467
Total Expenses	\$8,938,122

2016 MHADC Board of Directors

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Andrew J. Oliver

Uma Satyendra, Vice President

A Message from our Board President

Dear Friends of MHADC,

On behalf of the Board of Directors, it is with great pleasure that I welcome you to our 63rd Annual Meeting! It has been another stellar year for Mental Health America of Dutchess County with an exciting year ahead of us.

As I complete my two-year term as President of the Board of Directors, I find myself to be both humbled and enlightened by my experience. I have served on the Board since 2013, and it has been an amazing crash course in the field of mental health services that MHADC provides.

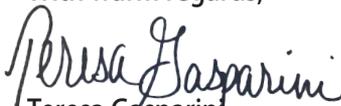
I am astounded at the number of programs provided at MHA and the dedicated staff that ensures the quality and benefits for clients all across Dutchess County. I am amazed by their caring nature, commitment to their jobs, and endless pursuit of mental health awareness. It is inspiring to see so many people unite with such determination for a common goal.

Above their normal job requirements, MHADC's staff has one very powerful responsibility; they are conversation starters. They are talking about mental health and making others feel it is okay to do so. More than okay, it is natural to talk about mental health. The most common lie that is told is "I'm fine". These employees are pushing back on the stigma and making a clear statement that there is no shame in struggling with mental health. Above all, they are changing lives every day. To the MHADC Staff, I say, KEEP TALKING!

It has been an honor and privilege to serve as the President of the Board for this amazing organization and I look forward to completing my second term as board member through 2019. I am anxious and supportive in the upcoming changes at MHADC as this agency continues to grow.

"Our lives begin to end when we stay silent about things that matter"
Martin Luther King, Jr.

With warm regards,


Teresa Gasparini
President





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