

MHIA

Mental Health America
of Dutchess County



ANNUAL REPORT 2018

YEAR OF THE VETERAN



Message from our CEO, Andrew O'Grady, & Board

Dear friends of Mental Health America of Dutchess County,

In January of 2018 Mental Health America of Dutchess County formally and legally affiliated the organization with Mid-Hudson Addiction Recovery Centers (MARC Agency). The two agencies will be 220 staff strong with 9 locations throughout Dutchess County.

The goal is that the two agencies will fully merge in 2020. At that time the MARC Agency will dissolve as a separate not for profit and all licenses, properties, programs and staff will become the Department of Addiction within Mental Health America of Dutchess County.

None of the current programming at MARC will change. The location, programming, or personnel will not change. The mission of MARC, to provide the full array of addiction recovery services, from immediate detox to halfway houses to sober supported housing will continue as is.

This combining of two long standing and stable not for profits has many possibilities but one thing is for sure. The agency will always provide ongoing education for staff is always open to piloting new and promising options for recovery.

Each part of the combined agency will be able to more effectively treat the people it works with. An example is that all people receiving either inpatient detox or rehab services or residing in any of the MARC sober housing, will be linked to an MHA care manager. This is another layer of support and the expectation is that it will lead to longer periods of sobriety and more successful outcomes.

Another example is that MHA has committed to building on its peer services model. In 2018 we hired a peer coordinator to build a program with trained mental health, addiction and family peers who will be able to support all people and families in the struggle for and the goal of, long term recovery.

MHA and MARC staff along with PEOPLE Inc. and Astor Services for Children & Families currently work together to provide services and their own expertise to the Dutchess County Stabilization Center. Mental Health America also has staff working within the Dutchess County Mobile Crisis Team and Dutchess County Helpline. With the merger MHA effectively and actively can be part of anyone's recovery from crisis to stability.



President, Paul Ackermann

In addition, in 2018, MHA became a member of Coordinated Behavioral health Services (CBHS). This is an Independent Practice Association with over 22 strong behavioral health providers throughout the Hudson Valley. This membership in CBHS positions MHA beautifully with the goal of successfully transitioning to sustainability as NYS transforms its healthcare reimbursement system, giving over more control to managed care organizations.



Together with CBHS we stand by our mission to make the Hudson Valley a place where anyone can get access to the full spectrum of mental health and addiction services they need, without jumping through unnecessary hoops., accomplishes a number of things.

Our new staff that we have been hiring at MHA and MARC have demonstrated already that they shine and will make these agencies even better than they were. No matter where you work in this agency or what you do, you are valued. Whether at our excellent PROS program, at our life-saving Living Room program, in our Support and Advocacy department, our HCBS Services department, Care Management, supported housing, administration, Community Education, corporate compliance and quality, at the MARC Crisis Center, Florence Manor, Dowling House, or Bolger House, you are essential.

To all of the staff, no matter what your role, whether support staff, accounting, management, building and grounds, it doesn't matter. We are all one big agency with one goal, and that is to make the Hudson Valley a place where anyone can get access to the full spectrum of mental health and addiction services they need without jumping through unnecessary hoops.

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

Andrew O'Grady
CEO

Paul Ackermann

Paul Ackermann
President of the Board

CARING FOR OUR COMMUNITY

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

In 2018

- Care management served over 3500 people.
- Mel's Place was visited by 593 people in 2018, 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 2018, PROS opened the doors to a new location; please

visit The Beacon Wellness Center at 451 Fishkill Avenue in Beacon, NY.



EDUCATING OUR COMMUNITY

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

In 2018

- 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.



STRENGTHENING OUR FAMILIES

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

In 2018 we
served over
1,500 people
including...

- 221 people in Family Support
- 95 parents and family members with psychiatric disabilities (EMERGE)
- 116 children, youth, and young adults in Respite
- 984 people in Adult Advocacy
- 20 scholarships awarded to children with SED for summer camps
- 40 people in Compeer
- 81 children, nearly double 2016, were appointed Court-Appointed Special Advocates
- 832 veterans through Vet2Vet, a Joseph P. Dwyer program, over 700 more than in 2016!

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 2018, 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.



ADMINISTRATIVE SERVICES

Jennifer Nelson, BA., CFO

Statement of Support, Revenue & Expenses For Year Ending December 31, 2018

Public Support & Revenue

Association Income Distribution	\$201,899
United Way Donations	\$6,331
County Contract Reimbursement	\$2,650,980
Program Income	\$79,593
Special Events	\$47,732
Membership Dues/Donations	\$13,467
Interest Income	\$14,920
DSRIP Payments	\$266,719
Grants/Contract Reimbursement	\$914,467
Medicare	\$12,096
Medicaid	\$5,063,989
Investment Activity	(\$80,135)
Medicaid Revenue Distribution	\$293,674
Rental Income	\$40,837
Donated Services	\$127,661
Total Public Support & Revenue	\$9,672,573

Summary

Total Expenses	\$9,490,170
Excess of Support	\$140,028
Fund Balance 1/1/18	\$3,640,840
Fund Balance 1/1/19	\$3,780,868

MHADC received 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.

Expenses by Program

Program Services & Additional Expenses

CASA	\$67,680
Supported Housing	\$292,516
Case Management	\$6,080,803
Children's Respite	\$167,700
Compeer	\$50,972
PROS	\$1,011,676
Transportation	\$83,662
Education	\$184,433
EMERGE	\$105,027
MARC	\$115,933
HCBS Services	\$113,745
Mobil Crisis & Stabilization	\$312,612
Family Support & Adv	\$254,731
Living Room	\$407,688
Veterans	\$212,896
Young Adult	\$18,731
Host Visitation	\$9,367
Total Program Expenses	\$9,304,881
Association Expenses	\$7,067
Total Expenses	\$9,311,947

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mhadutchess.org • info@mhadutchess.org • [@MHADutchess](https://www.instagram.com/MHADutchess)