



# ANNUAL REPORT 2020



A photograph of Andrew O'Grady, CEO, standing on a bridge with a river and green hills in the background. He is wearing a black t-shirt with a yellow and blue graphic that says "KICK OUT STIGMA" and "MHA Southern Dutchess County". He is holding a megaphone and smiling.

## Andrew O'Grady, CEO

Dear Friends,

Last year we did not hold an Annual Gala due to the pandemic, and while we could certainly hold one this year, we found that the virtual version was quite well attended, and we thought we would once again hold our annual gala virtually.

Over the course of the past seven years, we have grown considerably and now have a variety of services including our expanding Veterans Services, CASA, Compeer, and more Family Support and Advocacy programs. We have just about completed the merger with (MARC) Mid-Hudson Addiction Recovery Centers. In completing this merger, we will have added four buildings that house residential programming (MARC Crisis, Florence Manor, Bolger House, and Dowling House), three apartment buildings with 8 apartments, not yet added to MHA's current 31 units.

We have purchased a three-unit apartment building at 3 Fowler Avenue which adjoins 515 Haight Avenue. We have purchased 269 Smith Street, the old Smith Street Pharmacy. That location now houses the new Mobile Crisis Intervention Team and provides two units of housing. I am happy to say that we have been able to do all of this while maintaining financial stability.

In the next few years, if the Wallace Project on Main Street in Poughkeepsie, continues to move through the City of Poughkeepsie planning board and moves to breaking ground, MHA will be part of one of the most historic and massive capital improvements to the City of Poughkeepsie in many years. If successful, over 200 new units of housing will be affordable to various income levels. Once the project is completed, MHA will have an office on the first floor, and we will be able to begin another 36 units of supported housing that was approved through a grant we submitted to NYS. MHA will then have close to 100 units of supported housing, making us a housing leader in the County.

Our Beacon PROS Program has demonstrated, through hard work and great leadership, a successful transition through COVID that this model (is financially successful. Not only that, but they have been flexible and willing to help our clients at so many different levels. They have assured that those people, living in Southern Dutchess County, that need more than what a clinic setting can offer, have what they need to remain stable in the community.

The job that the staff at the Living Room, our homeless daytime shelter, had done pre-COVID was always extraordinary. It was extremely difficult, sometimes dangerous, and quite underfunded to say the least.



During COVID, we transitioned the program and while we all had a change in the way that we provided our services, no one had a more difficult task in front of them than the staff of the Living Room. I cannot go into all the details of how difficult this job is, but I can tell you that they have weathered extremely difficult conditions. They are open seven days a week, 12 hours a day. They were the least able to socially distance and they were working with over 100 of the most challenging population.

I truly want to recognize the Living Room staff, who have faced COVID on the front line throughout the pandemic, the challenges of code blue, moving the program from one place to another, the challenges of the homeless population, and the challenge of working collaboratively with another organization. They have done it with grace and dignity and to our team I say thank you.

It is a shame I am limited in space, I would like to write a great deal about the MARC Program, our new Mobile Crisis Intervention Team, the Children's Health Home Department, the Family Support Advocacy Department, and our CASA and Compeer program prove once again to be one of the premier programs in the State. Meanwhile Our Peer Services Program is growing while attracting funding through grants. HCBS services will be growing quite a bit in the next few years as well. Finally, our Veteran Services continue to be second to none across the state. The work that they do, the events that they participate in, raising awareness, the connections they make often encourage donations, and the countless number of lives that they literally save in this community is phenomenal.

Each and every one of us at MHA and MARC does amazing work, and we all have our challenges within the scope of work that we do. Thank you for participating this year. Thank you for being a friend to MHA and thank you for being the reason why we are able to positively impact the lives of so many each year.

Stay well and stay safe,

A handwritten signature in black ink, appearing to read "Andrew O'Grady". The signature is stylized with a large, sweeping loop at the end.

Andrew O'Grady  
CEO



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**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.



## 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

Early in 2020, Mel's Place was moved to the PODS at the Dutchess County Jail, but the mission remains the same and we continue to provide a safe haven, hot food, showers, and more to individuals 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.

Pictured above: The Beacon Wellness Center at 451 Fishkill Avenue in Beacon, NY.



**Block MHA Dutchess Programs for Veterans** is at its heart our **Vet2Vet** Program, funded by the PFC. Joseph P. Dwyer Project, it provides services for Dutchess county veterans Programs For Veterans and their families. Today, we now have a team of Veterans and volunteers who help other Veterans and provide full wraparound services.

### **HERO**

MHA'S Housing, Employment, Reintegration and Outreach Program (HERO) is a way for Dutchess County veterans and their families that are either homeless or facing homelessness to have an advocate and a resource in the county they live in. There are funds available for emergency housing, which can be used if necessary to keep our veteran families safe and sleeping with a roof over their heads. To date, HERO. has taken many homeless veterans away from street homelessness to stable housing status and has kept others from becoming homeless. Some of these had families as well. We have helped many to find employment and even assisted with obtaining reliable transportation to help them get back and forth from work and medical appointments. We have also helped them to get their benefit claims back on track and have advised them on how to access their education benefits as well. This initiative is funded by Dutchess County.

### **VET-TAP**

The Veterans' Employment Training & Transitions Assistance Program (VET-TAP) is dedicated to assisting homeless veterans, and those at risk of being homeless, to find new employment opportunities and strengthen their employability. VET-TAP can assist veterans in gaining new certifications and skills, as well as on-the-job training and apprenticeship opportunities. Additionally, VET-TAP can assist in building resumes and cover letters, to help in preparation for job applications. The goal of VET-TAP is to curb veteran homelessness through meaningful employment. VET-TAP, a federally funded program, works hand-in-hand with Vet2Vet's H.E.R.O. Program for housing assistance.

### **Project Hope**

When disaster strikes, HOPE is there. Violent conflict. Deadly disease outbreaks. Record-breaking storms. While their origins may vary, the result is the same: the health of millions of families is on the line. We are up against a scale of stress and suffering that cannot be ignored. We're building a different world — a global community of health workers who have the skills they need to provide support and guide veterans and their families. We deploy our trained staff and volunteers to provide critical support and we stay long after the headlines fade to help our local health systems rebuild with you.





# FAMILY SUPPORT, ADVOCACY & EDUCATION

## **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.

## **Home & Community Based Services**

HCBS provides recovery and wellness services for adults 18 and older with mental health and/or substance use disorders. These Medicaid-funded services are provided in the home and/or community.

## **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**

Now in its second year, 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.





## 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.

## 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.



## 2020 DONORS THANK YOU FOR YOUR SUPPORT

**Mental Health America of Dutchess County received funding from** Dutchess County Department of Behavioral & Community Health, Dutchess County Division of Youth Services, The Dyson Foundation, NYS Office of Mental Health, NYS Dept of Education, NYS Office of Children & Family Services, United Way, federal grants, private donations and the following supporters:

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# 2020 FINANCIAL REPORT

## Statement of Support, Revenue & Expenses

Year Ending December 31, 2020

### Public Support & Revenue

United Way	\$1,767
County Contract Reimbursement	\$2,726,361
Program Income	\$900
Donations	\$94,245
DSRIP	\$344,432
Dyson Grants	\$70,000
Federal Grants	\$106,729
Interest Income	\$47,514
State Grants	\$49,853
Special Events	\$44,546
Grants/Contract Reimb	\$1,375,012
Rental Income	\$63,942
Medicare	\$(3,646)
Managed Care	\$239,577
Medicaid	\$6,671,059
Grants Other	\$419,587
Donated Services	\$24,719
Investment Activity	\$14,608
Credit Cards Rewards	\$12,126
Income/Loss LLC	\$(3,461)
Excess Revenue Distribution	\$(1,079,476)
<b>Total Public Support &amp; Rev</b>	<b>\$11,233,279</b>

### Summary

<b>Total Expenses</b>	<b>\$11,193,078</b>
Excess of Support	\$40,201
Fund Balance 1/1/20	\$4,021,832
Fund Balance 1/1/21	\$4,062,033



# 2020 FINANCIAL REPORT

## Statement of Support, Revenue & Expenses

### Program Services & Additional Expenses

CASA	\$73,787
Supported Housing	\$393,372
Case Management	\$6,078,779
Children's Respite	\$140,370
Compeer	\$14,689
PROS (Personalized Recovery Oriented Services)	\$791,187
Credit Card Rewards	-
Police Program	\$23,325
Education	\$177,873
EMERGE	\$106,840
MARC	\$143,035
HCBS Services	\$452,249
Mobil Crisis & Stabilization	\$525,536
Family Support & Adv	\$238,209
Living Room	\$777,046
Veterans	\$443,652
WMC Health	\$77,508
SPA & Children's HCBS	\$51,286
Host Visitation	\$30,204
Peer Services	\$47,038
CBHS	\$20,000
Community Recovery	\$28,374
PPP Loan	\$350,000
Association Expenses	\$208,720
Total Program Expenses	\$10,984,358
<b>Total Expenses</b>	<b>\$11,193,078</b>

Figures are Pre-Audit





**Mental Health America of Dutchess County**  
253 Mansion Street, Poughkeepsie 12601

**MHADDC Satellite Office**  
515 Haight Avenue, Poughkeepsie 12601

**Mobile Crisis Intervention Team**  
269 Mansion Street, Poughkeepsie 12601

**Beacon Wellness Center**  
451 Fishkill Avenue, Beacon 12508

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