



Mental Health America
of Dutchess County

ANNUAL REPORT
2021



Andrew O'Grady, CEO



Dear Friends,

The last two years has been very difficult due to COVID-19. Our community has seen a big increase in the need for our services. There have been 68 Overdose deaths in Dutchess County in 2021 and that is a 38% increase over pre covid numbers. It is strongly believed that these deaths have increased because of isolation due to pandemic. The increased usage that occurred due to the isolation means more active addiction as we came out of isolation.

COVID impacted everyone and MHA workers, while having the ability to work from home, never stopped communicating with our clients. In fact, in most programs, we increased the contact we had with clients. The messaging to staff was clear. Our clients will be physically isolated, but we will not allow them to be emotionally isolated. MHA was the first to get back to the work we do with face-to-face visits. We provided the equipment needed for staff to remain safe and allowed them to do the job they love.

In our Addiction Services, as well as our homeless services, the staff never left their posts as these programs are residential and needed to be staffed 24/7. At the MARC programs we did have to manage the concern that a COVID case could infect the whole house and put the other residents in danger, so it was a bit more complicated. While the houses never shut down, there was a limit of who we could take and who we could not. I am happy to report that we have finally gotten to a point where we are very close to maximum capacity at all sites.

Dutchess County will see \$14,000,000 in next 15 years from the pharmaceutical industry for pushing pain medications. There will be many opportunities to access funding for new and innovative ways to address this opioid crisis and MHA will be designing and building programs if we are able to access these funds.

In 2021 the Mobile Crisis Team was officially awarded to MHA. Thank you to all the agencies and people who wrote letters of support. We will now further improve on what we have built in the last year. We will continue to mold this team so that it effectively meets the needs of the people throughout Dutchess County.

We continue to expand, as over the past four years we have been able to purchase 515 Haight Avenue, which now has every space occupied, and our net revenue for that property is steady.



We purchased this property and the upgrades with no mortgage. When we purchased 515 Haight Avenue it came with a three-unit apartment building at 3 Fowler Avenue. This rental property is also netting us income over expense annually. At the current rate we will be recouping our costs in 17 years, but to reiterate there is no monthly expense for the purchase on these properties.

We also purchased the three-unit respite apartments on Cottage Street which is now net income over expense. This was also purchased without a need for a mortgage and there is no monthly expense. We will have recouped all our investment into this property in 18 years.

The Smith Street Pharmacy building is our newest building, occupied by Mobile Crisis and a tenant on the first-floor apartment. The second-floor apartment is currently being renovated and will be available for a client by end of 2021. That property is expected to net income over expense as well. It was also paid for and renovated without a mortgage, using MHA funds that have been accumulated over the past ten years. The investment on this property will be paid off in an estimated 19 years.

In 2021 our merger with MARC officially completed and approved by the State. MHADC assumed all MARC assets that includes another three apartment buildings with additional unrestricted income.

There was significant up-front expense for all these properties but with the revenue over expense we are generating we will have recouped all our investment in the next 20 years while the annual income remains unrestricted money that can be used to support under-funded programs within the agency. While we weather the various short term challenges, we look forward with confidence that MHA of Dutchess County will continue to provide services to our community long into the future.

Continue to stay well and stay safe,

A handwritten signature in black ink, appearing to read "Andrew O'Grady".

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.



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.



ADDICTION SERVICES

ROAD TO RECOVERY

Chemical Dependency Crisis Center

Located at 51 Cannon Street, Poughkeepsie, the CDCC is a 24/7 Addiction Crisis Center, it is a co-ed facility located in Poughkeepsie. Our center accommodates 12 patients and provides access to, In-patient non-medical detoxing, 24/7 clinical staff, Licensed and certified counselors 7-days a week, Individual and group recovery meetings, Self-help support groups, Family education and resources, and NARCAN training.

Sober Supported Housing

MARC's Sober Supported Housing is a subsidized housing program that empowers our clients to get back on their feet. Residents can maintain a paying job while accessing individualized recovery counseling and support groups. Our apartments are owned by MHA and rented from compassionate landlords in your community. Gain your independence again with access to Case managers, Job counselling, Vocational development, Sober support network, Receive quality and safe housing at just 30% of your monthly income.

Bolger House

Step into a supportive community living at the Bolger House. Our all male community residence is located in Poughkeepsie and available to you for up to 9-months. Attend regular meetings and work towards reclaiming your freedom from chemical dependency with the support of a community home. While living onsite, access resources including Counseling, Life skills training and vocational planning, Sober Support Network, Individual and group recovery meetings and counseling, Out-patient substance abuse treatment programs

Dowling House

Start living independently at the Dowling House in Red Oaks Mills. While staying onsite, access Vocational development, Group living support, Employment support, Student support, Our co-ed community residence supports you in reaching a full recovery and is available for up to 1.5 years for residents.

Florence Manor

Located in Poughkeepsie, Florence Manor is an all female residence with 24 beds for up to 9-months stay in Poughkeepsie. Conquer your recovery while staying in a community residence that caters to getting you your independence back. While living onsite, access resources including Self-help and parenting groups, Coping skills training, Vocational development, Individual and group counseling,



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.

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.

CORE | Home & Community Based Services

Adult Behavioral Health HCBS / CORE are Medicaid-funded services that are provided in the home and/or community. We help consumers achieve their life goals, become independent, and be more involved in the community. These services help with: independence, education and employment, peer and family supports and managing crises. HCBS and CORE is available for people 21 and over who are enrolled in a Medicaid Managed Care Health and Recovery Plan (HARP) and found eligible after completing the NYS Eligibility Assessment. People enrolled in a Special Needs Plan (SNP) may also be eligible for HCBS and CORE.

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 third 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.

Mobile Crisis Intervention Team

MCIT serves all of Dutchess County and is located at 269 Mansion Street in City of Poughkeepsie, NY. MCIT is a crisis response service with a goal to maintain children and adults safely in the community. available 24 hours a day, 7 days a week, 365 days a year. The team's goal is to reduce unnecessary emergency room visits and inpatient hospitalizations, divert from jail, and reduce risk of future crisis.

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.



ENHANCING COMMUNITY HEALTH OUTREACH



ECHO

Enhancing Community Health Outreach

Mental Wellness and Law Enforcement working together to strengthen communities.

Behavioral Health Specialists employed by MHA Dutchess were embedded within local Police Departments to provide insight and expertise when going out on calls within the community. Police and Specialists work together with the community

towards a common goal. We could not do this without one another. ECHO focuses on intervention and prevention, supporting the community as holistically as possible, and helping individuals in mental health distress reduce the chance of escalation or violence.

In Partnership with the City of Beacon and City of Poughkeepsie Police Departments

MHA Dutchess has two Behavioral Health Specialists the who build rapport between law enforcement and the community served. The program is helping bridge the divide and highlights the positive community building aspect that policing can provide. Specialists help connect constituents with resources and follow up to determine if resources that were provided were effective. BHS also provide additional linkages to services within the community.

Incoming calls to the Police Department can be directed to BHS which alleviates overall calls and is targeted toward helping, and when a BHS is not on call, officers leave follow up notes. This helps build on the rapport and alleviates frustration while connecting people to appropriate resources, such as access to addiction or mental health services. The BHS also provides Advocacy, giving a voice to those who may not know when or how to use theirs.



ECHO has been highly successful and proven effective both at helping people in the community and reducing costs.

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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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2021 FINANCIAL REPORT

Statement of Support, Revenue & Expenses

Year Ending December 31, 2021

Public Support & Revenue

Food Stamps	\$33,322
Other Grants	\$1,359,511
Donations	\$76,737
PY Restricted Revenue	\$1,722,103
Income Distribution	\$(37,067)
Rental Income	\$274,144
Misc Income	\$37,294
NYS Grants	\$819,594
Federal Grants	\$101,591
Dutchess County Grants	\$1,735,171
Program Income	\$585
Medicare	\$1,962
Managed Care	\$544,216
Medicaid	\$6,045,177
Chase Rewards	\$17,208
Donated Services	\$13,415
Interest Income	\$17,636
Investment Activity	\$27,371
OMH	\$2,800,695
OASAS	\$501,626
Fundraising	\$64,879
Income/Loss LLC	\$(12,720)
Total Public Support & Rev	\$16,144,450
Excess of Support	\$1,509,241
Fund Balance 1/1/21	\$4,868,507
Fund Balance 1/1/22	\$6,377,748

2021 FINANCIAL REPORT

Statement of Support, Revenue & Expenses

Program Services & Additional Expenses

CASA	\$76,654
Supported Housing	\$415,277
Case Management	\$6,242,631
Children's Respite	\$168,976
Compeer	\$14,224
PROS (Personalized Recovery Oriented Services)	\$903,678
Childrens Health Homes	\$236,050
Police Programs	\$122,079
Education	\$180,809
EMERGE	\$116,302
MARC	\$1,369,463
HCBS Services	\$454,320
Mobil Crisis & Stabilization	\$1,311,730
Family Support & Adv	\$281,537
Living Room	\$902,961
Veterans	\$1,108,535
WMC Health	\$80,469
SPA & Children's HCBS	\$5,185
Host Visitation	\$28,462
Peer Services	\$169,952
Covid Awareness	\$10,621
Association Expenses	\$435,294
Total Program Expenses	\$14,199,915
Total Expenses	\$14,635,209

Figures are Pre-Audit



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

MHADCS FSAS & Veterans Services
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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