



Mental Health America
of Dutchess County

ANNUAL REPORT
2022



Andrew O'Grady, CEO



Dear Friends,

2022 has been another year of exciting growth and change at MHA. We continue to add programming, looking for opportunities to fill gaps in our system of care, meet the needs of the people of our community in new and innovative ways, and look for partnerships throughout the region. Our annual budget topped \$20,000,000 for the first time. We are serving more clients than ever before.

Our Addiction Services Department is now an OASAS 820 program, and with that brings a more sustainable future. Our ECHO program, in which we support local police agencies by partnering with them and adding an MHA staff member to their team, is growing exponentially. Our Children's and Adult Care Management Programs continue to expand. We have added more peer support throughout the agency and in virtually every Department.

One of the biggest accomplishments in 2022 was the opening of our Veterans One Stop in Pleasant Valley. MHA was granted a donation of a medical arts building in Pleasant Valley. This is the first-of-its-kind effort to bring all services a Veteran could use to one location. We lease space to the Veterans Sportsman Association as well as the Hudson Valley Veterans Alliance. We also have GCSN, an international not-for-profit, renting space from us. They specialize in helping Veteran entrepreneurs achieve success. We have obtained a very large suicide prevention grant, and this has allowed our Veterans Department to expand further as well. The building has a very expansive basement that allows for social activities for our Veterans. The County has relocated its Veterans Services to this space; the VA will be adding two telehealth offices; we have a large food pantry as well as a slightly new or used store that Veterans can access, free of charge.



I cannot wait to see the Veterans One Stop thrive for years to come. It will be a great addition to Dutchess County, the Hudson Valley, and hopefully, a model for places nationwide. I am supremely confident that it will thrive because of the top-level staff we have in that Department. Our Veterans One Stop Building has gained national recognition and will be featured on the Discovery Channel in a series on Veterans Entrepreneurs.

Our services for children and families include Teen Challenge, Respite Services, Children's Care Management, Home and Community Based Services, EMERGE, Supported Education, Community Education, Parenting Classes, Family Support, Sibling Support, Kids Inc., COMPEER and CASA. Please check out our website at www.mhadutchess.org for more information.

Please continue to follow MHA as we continue to do our very best to be a good community partner, a support people can count on, and a place where people know they can come to receive the support and hope they may need.

Continue to stay well and stay safe. Thank you so much for being part of this wonderful agency.

A handwritten signature in black ink, appearing to read "Andrew O'Grady". The signature is stylized with a large, sweeping "A" and a long, horizontal stroke.

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.



ADULT SERVICES

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

PROS, is a comprehensive person-centered 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. PROS now offers a hybrid model for participants which involves in person sessions and zoom meeting.

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



VETERANS SERVICES

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. This Veteran Peer Mentoring Service that offers individual Peers as well as Support Groups. Vet2Vet also offers a variety of socialization events and activities designed to put an end to Veteran isolation. Today, we have a team of Veterans and volunteers who help other Veterans and provide full wraparound services.

HERO: Housing, Employment, Reintegration & 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 off the streets to stable housing status and kept others from becoming homeless. Including Veterans with families. We have also 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.

Veterans Employment Training & Transitions Assistance Program (VET-TAP)

VET-TAP is dedicated to assisting 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 strengthen our Veteran community and income disparity through meaningful employment. VET-TAP, is funded by Dutchess County as an addition to the HERO Program. They work hand-in-hand with Vet2Vet, HERO, and our SSGT Fox Program.

Staff Sgt. Fox Suicide Prevention Grant Program (SPGP)

The Suicide Prevention Grant Program named for Staff Sgt. Fox, provides suicide prevention services. SPGP starts with a Columbia Protocol Screening and referral to any VA service or benefit the Veteran might need. The program then provides support and case management with Equine Therapy, Art Therapy, Music Therapy, Yoga, Mindfulness, Reiki, temporary income support assistance, some transportation assistance and more. This all ties into the other MHA Dutchess Veterans programs and is a great addition to our wrap around services.



ADDICTION SERVICES

MHA Addiction Crisis Center (MACC)

14-bed OASAS certified residential detox facility capable of treating individuals with mild to moderate withdrawal symptoms. It offers an alternative for patients who are not in need of a hospital-level detox and provides a safe place to stabilize before eventual transfer to inpatient or outpatient rehab settings. MACC is a residential program designed to appropriately divert individuals seeking help at hospital emergency rooms, to more suitable community-based treatment alternatives which offer short-term crisis and respite services with comprehensive referral opportunities.

Permanent Supported Housing (PSH)

PSH, through Addiction Services, provides subsidized rental assistance to individuals and families in recovery from substance use disorders. The program provides affordable permanent housing to residents maintaining employment with access to counseling, case management, and vocational services. Our goal is to help participants become self-sufficient, strengthen their recovery, reunite with their families, and strive to reach their full potential.

Bolger House

24-bed OASAS certified community residential facility for adult men who seek ongoing support and treatment in the next level of care after rehab. Bolger House offers a menu of services that allow different pathways to recovery and the development of life skills. This includes a range of traditional treatment services (SUD outpatient, 12-step) to more contemporary therapies (MAT, PROS). The program provides individuals with a safe and stable living environment conducive to maintaining long-term recovery, with the eventual goal of transitioning back to independent living in the community.

Dowling House

12-bed OASAS certified community residential facility for adult men and women who seek ongoing support and treatment in the next level of care after rehab. Dowling House offers a menu of services that allow different pathways to recovery and the development of life skills. This includes a range of traditional treatment services (SUD outpatient, 12-step) to more contemporary therapies (MAT, PROS). The program provides individuals with a safe and stable living environment conducive to maintaining long-term recovery, with the eventual goal of transitioning back to independent living in the community.

Florence Manor

24-bed OASAS certified community residential facility for adult women who seek ongoing support and treatment in the next level of care after rehab. Florence Manor offers a menu of services that allow different pathways to recovery and the development of life skills. This includes a range of traditional treatment services (SUD outpatient, 12-step) to more contemporary therapies (MAT, PROS). The program provides individuals with a safe and stable living environment conducive to maintaining long-term recovery, with the eventual goal of transitioning back to independent living in the community.



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 Parent and Caregiver Connect, 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, borrow books, get assistance with resume writing upon request, and browse the reference collection in the Library at Mansion Street.

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. CORE is available for people 21 and over who are enrolled in a Medicaid Managed Care Health and Recovery Plan (HARP). HCBS 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 CORE and HCBS.

Adult Advocacy

MHA's Adult Advocate, Marjorie Tortorella, works both with family members and people experiencing mental illness in order to help them find the resources that are right for them. People are assisted either in-person or via telephone conversations with referrals made to public and private practitioners, clinics, support groups and more.

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

The CASA program promotes permanency for children through information gathering, monitoring, case facilitation and advocacy. Helps prevent incidence of re-abuse through monthly visitation, monitoring and ensuring access to services. Ensures each child's healthy development, medical and emotional wellness, education, safety and stability. Supports Family Court by having professionally trained CASAs available to monitor and advocate for vulnerable children.

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 seventh year, Medicaid-eligible children, ages 0-21, with a qualifying mental health diagnosis/SED 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 child and child's family across an array of systems, including coordination of mental and medical health supports, educational advocacy, coordination of benefits, vocational support, and linkages/referrals to pertinent community resources.



Mental Health Family Support Programs

Family Support offers peer advocacy and assistance to parents and caregivers of children with social, emotional and behavioral challenges. 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 Program offers a wide array of services for families with children who have serious emotional disorders (SED). The program provides a much-needed break for the caregivers while the child participates in group and/or individual respite services. The Respite Program services include Individual Hourly Respite, Recreational Group Respite and provides Camp Scholarships. The Respite Program strives to reduce the stress level within the home, increase the child's social skills and keep the family unit intact.

Teen Challenge

Teen Challenge is a life skill building weekly support group for youth ages 14-19 years old with SED. The goal is to prepare the youth for life as young adults and to successfully integrate them into their communities after high school. Teen Challenge meets weekly in a small group setting! During the meetings, the group participates in various life skill lessons, community service projects and enjoy monthly recreational activities.

ENHANCING COMMUNITY HEALTH THRU OUTREACH



ECHO

Enhancing Community Health thru 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.

2022 DONORS THANK YOU FOR YOUR SUPPORT

Mental Health America of Dutchess County received funding from

Dutchess County Government, 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, United States Federal Grants, private donations and the following supporters:

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William Boesch

2022 FINANCIAL REPORT

Statement of Support, Revenue & Expenses

Year Ending December 31, 2022

Revenues, Gains, and Other Support

Pledges, Contributions, and Other Grants	7,915,004
Case Management - Medicaid	7,378,695
Dutchess County Contract	2,954,738
Programs	583,720
Rental Income	424,285
In-Kind Donations	1,138,241
Sales and Special Events, Net	40,007
Miscellaneous Revenue	62,720
Other Income	3,785
Total Revenues	\$20,501,195

Program Services & Additional Expenses

Case Management	7,316,810
Addiction	4,000,337
PROS Recovery	882,054
Homeless ad MICA	821,819
Family Support & Advocacy	527,414
Veterans	470,181
Community Education	154,392
Other Programs	1,968,619
Admin, Overhead, Subsidiary	2,986,423
Total Expenses	\$19,128,049
Change in Net Assets	\$1,373,146

2022 FINANCIAL REPORT

Statement of Support, Revenue & Expenses

Consolidated Statement of Financial Position

Assets

Cash and Cash Equivalents	3,884,994
Board Designated Endowment	164,140
Receivables	2,801,239
Prepaid Expenses	220,741
Total Current	7,071,114

PP&E 9,634,108

Other 331,877

Total Assets 17,037,099

Liabilities

Accounts Payable and Accrued Expenses	1,309,821
Deferred Revenue	3,440,430
Security Deposits	33,340
Settlement, Mortgage and Bonds - Current	235,663
Obligation Under Operating Lease - Current	74,082
Total Current	5,093,336

Settlement, Mortgage and Bonds - Noncurrent 2,237,522

Obligation Under Operating Lease - Noncurrent 226,674

Total Noncurrent Liabilities 2,464,196

Total Liabilities 7,557,532

Net Assets: 9,479,567



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

Veterans Services
1334 Rt 44, Pleasant Valley, NY 12593

MHADC FSAE, Addiction, and Peer Services
515 Haight Avenue, Poughkeepsie, NY 12601

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

Beacon Wellness Center
451 Fishkill Avenue, Beacon, NY 12508

Addiction Services | MACC
51 Cannon Street, Poughkeepsie, NY 12601

Bolger House
333 Church St, Poughkeepsie, NY 12601

Dowling House
1234 New Hackensack Rd, Poughkeepsie, NY 12601

Florence Manor
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