

The logo for Mental Health America of Dutchess County features the acronym 'MHIA' in a bold, white, sans-serif font. A stylized orange and white graphic element, resembling a ribbon or a path, curves across the letters. To the right of the acronym is a white square containing a blue stylized figure of a person with arms raised, symbolizing mental health or recovery.

MHIA

Mental Health America  
of Dutchess County

ANNUAL REPORT  
2023



**Dear Friends,**

It is with immense pride and gratitude that we present Mental Health America of Dutchess County's 2023 Annual Report. This report showcases our unwavering commitment to advancing well-being for all Dutchess County residents. As we navigate the challenges of today, we remain dedicated to improving the lives of individuals with mental health and addiction conditions through a multifaceted approach that includes:

We continue to add and remove services based on need and viability. Donations to the agency allows MHA of Dutchess to fill gaps before we identify a funding source. We pride ourselves on continuous quality improvement so that we are best meeting the needs of our community in a way that is most beneficial.

Some examples of our flexibility is the addition of more services at our Veterans One Stop in Pleasant Valley. We have expanded our ECHO Program, placing a mental health specialist in police departments throughout the County. Sometimes changing means closing programs and we had to make that difficult decision on the last day of 2023. We closed our Addiction Crisis Center on Cannon Street. This will save the agency money, which we can then use for other new initiatives. The need for that service is readily available with other community partners.

As we embark on the journey ahead, we remain committed to our purpose and inspired by new possibilities. We are immensely grateful for your ongoing support. Together, let us create a world where mental well-being is a priority, and all individuals in Dutchess County with mental health and addiction conditions thrive.

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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. Care managers can also assist individuals with two chronic medical conditions or chronic medical condition coupled with a SUD. 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. Onsite case management is available to assist with obtaining social service benefits as well as housing. Veterans assistance is also made available through our Vet2Vet program and a social worker representing the V.A.



## Personalized Recovery Oriented Services

PROS, is a comprehensive person-centered program for adult individuals with severe and persistent mental illness. PROS Staff integrate support and rehabilitation in a manner that facilitates each participant's recovery. Participants create their own individualized goals while in the program. Examples of goals include improve functioning, gaining employment, education, and secure housing. As well as reduce the need for inpatient and emergency services and contact with the criminal justice system. PROS now offers a hybrid model for participants which involves in person sessions and zoom meetings.

# VETERANS SERVICES

**MHA Dutchess Programs for Veterans** is at its heart our **Vet2Vet** Program, funded by the PFC. Joseph P. Dwyer Project, provides services for Dutchess county veterans Programs for Veterans and their families. This Veteran Peer Mentoring Service 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.

In addition to our Peer mentorship and activities through Vet2Vet, we have added a food pantry that serves approximately 30 Veteran families a month through generous community donations. We also have a robust Veteran garden on our property that provides us with fresh produce through the growing season to provide to Veterans in need.

We also have a thrift closet where Veterans can get hygiene items, clothing, and household goods and added a hyperbaric chamber to our offerings when we moved to our new facility in Pleasant Valley. The hyperbaric chamber provides an amazing therapeutic experience for Veterans with chronic pain, headaches, fatigue, and more.

Lastly, in this digital age, many Veterans have appointments with the VA that are virtual. This is difficult for some to navigate, so we have added two one site VVC sites to assist Veterans in logging into appointments. We also have added our Vet Tech Connect Program, which assists Veteran families in learning to use technology free of cost.



# VETERANS 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. 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. We have also advised them on how to access their education benefits. VET-TAP, is funded by Dutchess County as an addition to the HERO Program. They work hand-in-hand with Vet2Vet, HERO, and our SSG Fox Program.



## **Staff Sgt. Fox Suicide Prevention Grant Program (SPGP)**

The Suicide Prevention Grant Program named for SSG Fox, at its core 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

## Permanent Supported Housing (PSH)

PSH, through Addiction Services, is an apartment-based program that 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. The overall goal is to help participants become self-sufficient, strengthen their recovery, reunite with their families, and strive to reach their full potential.



## Bolger House

Bolger House is a 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. 48 people were served in 2023.

## Dowling House

Dowling House is 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. 30 people were served in 2023.

## Florence Manor

Florence is 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. 53 people were served in 2023.



# 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 private and public providers, support groups and more. 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 psychiatric 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**

Family members and people experiencing mental illness are assisted in order to help them find the resources that are right for them. Callers are given information to public and private practitioners, clinics, support groups and more. The Depression/Bipolar Support group meets weekly for adults wishing to discuss with others the challenges they face.

## **Compeer**

Compeer connects adults with community volunteers for weekly activities and companionship. Social events are organized for these pairs, and those on the waiting list receive a weekly call from the Compeer Coordinator.

The program is volunteer-based, with volunteers trained to support individuals, ease their isolation, and build trust.

## **Court Appointed Special Advocates**

The CASA program advocates for the best interests of children in the Dutchess County Family Court system. The program is volunteer-based, they advocate by information gathering, monitoring, case facilitation, and advocacy. In situations where children remain in their homes, the program helps prevent their removal and placement in foster care through monthly visitation, monitoring, and ensuring access to services. CASA advocates for each child's healthy development, medical and emotional wellness, education, safety, and permanency in a safe and loving home.

The program supports Family Court by providing professionally trained CASAs 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 publicly acknowledge the value of CASA and emphasize the importance of maintaining and increasing 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, Sibling Support, Incarcerated Youth Family Support group, and advocacy. 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 (BHS) 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 the BHS work together with the community towards a common goal.

ECHO focuses on intervention and prevention, de-escalation, 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 Poughkeepsie, Beacon, East Fishkill, Hyde Park, and the Dutchess County Sheriff's Office**

MHA Dutchess has several Behavioral Health Specialists 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 individuals with resources and follow up to determine if resources that were provided were effective. BHS also provide additional linkages to services within the community.

Police Departments can direct people 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 connecting them to the services they need.



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# 2023 FINANCIAL REPORT

## Statement of Support, Revenue & Expenses

Year Ending December 31, 2023

### Revenues, Gains, and Other Support

Grants and Contracts	7,663,994
Case Management - Medicaid	8,364,594
DC Contract	3,188,802
Programs	688,010
Rental Income	457,373
Donations & Contributions	171,464
Sales and Special Events, Net	62,914
Other - Employee Retention Credit and Other	3,875,983
Net Investment Results	474,914
<b>Total Revenues:</b>	<b>\$24,948,048</b>

### Program Services & Additional Expenses

Case Mgmt	7,528,849
Addiction	4,931,748
Pros	1,049,650
Homeless and MICA	810,003
FS&A	651,469
Veterans	1,052,482
Community Ed	168,538
Other	1,908,254
Admin, Overhead, Subs and Fundraising	5,219,790
<b>Total Expenses:</b>	<b>\$23,320,783</b>

**Change in Net Assets: \$1,627,265**



# 2023 FINANCIAL REPORT

## Statement of Support, Revenue & Expenses

### Consolidated Statement of Financial Position

<b>Assets</b>	
Cash	4,027,261
Endowment	184,666
Receivables	3,542,034
Prepaid	125,684
<b>Total Current</b>	<b>\$7,071,114</b>
PP&E	9,851,790
Other	280,422
<b>Total Assets</b>	<b>\$17,037,099</b>
<b>Liabilities</b>	
Accounts Payable and Accrued Expenses	1,132,041
Deferred Revenue	3,273,865
Security Deposits	32,982
Settlement, Mortgage and Bonds - Current	239,177
Obligation Under Operating Lease - Current	75,296
<b>Total Current</b>	<b>4,753,361</b>
Settlement, Mortgage and Bonds - Noncurrent	2,000,286
Obligation Under Operating Lease - Noncurrent	151,378
<b>Total Noncurrent Liabilities</b>	<b>2,151,664</b>
<b>Total Liabilities:</b>	<b>\$6,905,025</b>
<b>Net Assets:</b>	<b>\$11,106,832</b>



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

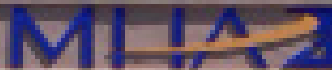
**Veterans One Stop**  
1334 Rt 44, Pleasant Valley, NY 12593

**Family Support, 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

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ENTRANCE

**Bolger House**  
333 Church St, Poughkeepsie, NY 12601

**Dowling House**  
1234 New Hackensack Rd, Poughkeepsie, NY 12601

**Florence Manor**  
34 W Cottage St, Poughkeepsie, NY 12601

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