

Envisioning Opportunities
that
Promote Unity



MENTAL HEALTH ASSOCIATION
ANNUAL REPORT 2022-2023

Dear Friends:

As President of the Mental Health Association, I would like to take a moment to reflect on the Mental Health Association of Washington County. For over 50 years the Association has stayed true to its mission, to promote an environment of empowerment and acceptance for all people dealing with mental health issues through advocacy, education, and with support services. This year's theme is "Envisioning Opportunities that Promote Unity".

The past three years during the pandemic and with staff shortages, the Executive Director and all of the staff have shown time and again exceptional dedication. Unity is always promoted in caring and empowering individuals with mental illness. The staff are united to improve the quality of life to all consumers.

The Board of Directors of the Mental Health Association have embodied the theme of Envisioning Opportunities as we diligently volunteer to govern the Agency.

We look forward to the future embracing our vision of providing a community of acceptance, embracing change, and providing opportunities and assistance for consumers to reach their full potential.

In closing, I wish to congratulate our award recipients. Your contributions to the community are invaluable. I look forward to the continued success of the Mental Health Association.

Sincerely

Mary Lynn Spilak
President
Mental Health Association

The Mental Health Association

2022-2023

Board of Directors

President.....Mary Lynn Spilak
1st Vice President.....Fred Terling
2nd Vice President.....Terri Reiss
Secretary.....Leslie Gill
Treasurer.....Bret Clancy

Lisa Stout Bashioum

Bracken Burns

Jennifer E. Steiner Decima

Diane DiSalle

William Fetcko

Jeff Fondelier

Bill Leach

Austin Lee

Danna Walters-Miller

Mark Worley

The Mental Health Association of Washington County is celebrating 58 years of services. As we move forward and progress through the end stages of the pandemic, what have we learned? This list could be a mile long, but one thing I have learned is that a good leader can only be as great as the employees he surrounds himself with. No matter what situations arise; my staff have been there for the agency, the consumers and most importantly each other. Without their hard work and dedication, we would not be here today. I truly appreciate everything that they do for not only the individuals we serve, but the agency as well.

The theme for this evening is “Envisioning Opportunities that Promote Unity.” As we continue to improve as an agency, we will focus on not only hiring more staff, but also retaining the staff we currently have. We want to provide opportunities for the staff to learn new skills together, create a team atmosphere and above all feel appreciated. Theodore Bikel said, “No doubt, unity is something to be desired, to be striven for, but it cannot be willed by mere declarations.” As the agencies Executive Director, I am committed to facing these challenges head on.

I would like to take this opportunity to thank the Mental Health Association’s Board of Directors for all that they do for this agency. Their time is valuable just like all of ours, but they graciously attend all of our fundraising events and support the great work that we do. I would also like to congratulate all of our award recipients. Thank you for all of your contributions and your generosity.

Lastly, I would like to thank Jennifer Scott, Washington Co BHDS Administrator, and her staff, as they do a fantastic job in ensuring that the residents of Washington County get the services they need.

Sincerely,

David Jenco 

Envisioning Opportunities That Promote Unity

Looking at the word Unity you see the word “unit”. As we look at the Mental Health Association mission, it is evident that through the “units’ within our agency, we all strive to come together as one to carry out our mission. We see the word opportunities in the last sentence of our mission, stating that we foster such opportunities for growth, recovery, inclusion and hope.

As one of the “units” comprising the Mental Health Association, the Parent Advocate program can be seen as a way to promote unity in a variety of areas.

When working with families and schools to address concerns, all parties work together to obtain the best possible services and help for the student. By listening to each other’s concerns and sharing ideas, the group does what it can to promote unified solutions to issues.

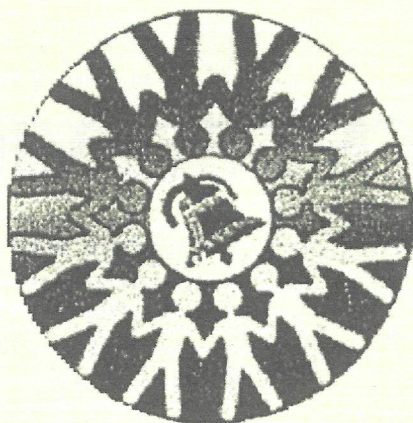
As we put together our annual Santa event, we again see opportunity for unity. Volunteers and staff come together as one to provide a morning of holiday food and fun. Using the donations from the community and the time and efforts of those giving their time, we see countless smiles on the faces of all as photos are taken.

By serving on various committees with agencies, again we see that those representing human services agencies work as one on projects--- including Mental Health Awareness events like the upcoming Color Run. Committees also work to identify areas of training needed in the community and endeavor to pull talents in to provide opportunities for growth.

By striving to work together for common goals, we promote unity, which results in growth, recovery, inclusion, and hope for those who need it most.

Mary Ann Zeitler

Parent Advocate 



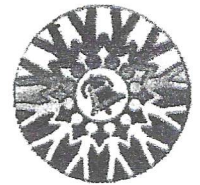
MHA VISION

We envision a community in which all members with mental health issues are accepted, not stigmatized, and have an opportunity to reach their full potential.

MHA MISSION

The mission of the Mental Health Association is to promote an environment of empowerment and acceptance for all people dealing with mental health issues through advocacy, education and comprehensive support services. We foster opportunities for growth, recovery, inclusion and most importantly HOPE.





CURRENT SERVICES



Representative Payees

- Budgeting education
- S.S. and S.S.A. meetings
- Bill Paying



Parent Advocate

- Parental Training
- Technical assistance to parents and agency personnel
- Scholarship programs for special Needs children



Advocacy

- Community Support Programs
- Education
- Stakeholders
- Ombudsman



Enhanced Personal Care Home

- All Mental Health trained staff
- Psychiatric Rehabilitation-skills Teaching, psycho-education, med Education and socialization
- Transport to community Services and recreational Activities



Long Term Structured Residence

- Psychiatric, Nursing, and Counseling services
- Transportation to socialization and recreational activities
- Money management and vocational assistance



Mobile Psychiatric Rehabilitation

- Based on consumer choice and provided in their environment
- Assist consumer in choosing own goals in living, learning, working, and social domains
- One on one help in assessment, planning strategies,
- And teaching skills to reach chosen goals

Envision Opportunities that Promote Unity

Envisioning opportunities is to have a clear vision, focused ideas and goals to make the vision a reality. Life is about changes, nothing stays the same. That is why envisioning opportunities for a happy, healthy future is a keystone skill. We recognize that every person and situation is unique. Which is why is imperative to utilize a team approach to generate ideas for change, stimulate thinking in innovative ways for success. Within the Representative Payee program, we embrace our role as a financial leader for the consumers we serve. Our main objective is to provide our consumers with the power to envision opportunities that work towards their goal of financial independence.

Our department works diligently to promote unity by finding a common ground to build relationships. A solid, respectful relationship takes time and effort to develop. We encourage open communication by asking the consumer about their financial needs and wants. Our vision is for the consumer to reach out to us when they are experiencing financial concerns or have questions. By working together, the consumers can develop the financial skills that they need hopefully to be financially independent one day.

Tammy Houston and Rene Gardner



Envisioning Opportunities That Promote Unity

In today's world "division" seems to be the common theme. The idea of working together for the greater good appears to be a lost notion. At the Mental Health Association, we are committed to being a leader in demonstrating how to work together, despite having separate views.

Over the past decades, the notions of "team building", "collaboration", and removing "silos" have become everyday jargon in the human services field. We have seen and experienced several positive outcomes from focusing on these ideas. The difficulty lies in sustainability; staff, organization, and administrative change have resulted in the decline of its efficacy. In 2023 there is a need, now more than ever, to be more creative in working to achieve unity. So do we give up? No.

As an advocacy agency, the Mental Health Association proudly accepts the platform to lead by example. By planting the seed of unity within the organization, as well as with our community partners, we hope our endeavor grows at all levels. We will provide staff retreats that focus on unification, invite the community to partner with the human services sector, and model the practice of unification, both in house and community wide. Webster's New World College Dictionary defines unity as "the quality of being in one spirit, sentiment, purpose, etc.; harmony, agreement, concord, uniformity." Sounds like an insurmountable task, right? Nothing worth doing is ever easy but we already have the tools to succeed; embracing diversity, respecting all persons, and building one another up vs. tearing down; everyday choosing to embrace opportunities for unification. As long as the goal is the same, unification is always possible.

We hope you will join us in promoting unity at all levels. When we unify, everyone wins!

Sincerely,

Lianne Danko, M.Ed.- Residential Director



Kelly Halinka, MSW- Assistant Director, LTSR



Kelli Coniglio- Assistant Director, EPC



MENTAL HEALTH ASSOCIATION OF WASHINGTON COUNTY, INC.
STATEMENT OF ACTIVITIES
YEARS ENDED JUNE 30, 2022 AND 2021

	<u>2022</u>	<u>2021</u>
CHANGES NET ASSETS WITHOUT DONOR RESTRICTIONS		
Support and Revenues:		
MH/MR Revenue	\$ 2,136,553	\$ 1,981,269
Program Fees and Value Reimbursements	370,937	348,866
Wash Co Reinvestment	-	25,802
Rental Income	53,676	58,775
Fundraising	45,706	15,116
Contributions	230	2,067
Interest Income	132	340
Grants and Fees	79,958	63,007
Membership Dues	25	1,025
In-Kind Revenue	-	-
Royalty Income	27,952	20,700
Other Income	16,275	15,394
	<u>2,731,444</u>	<u>2,532,361</u>
TOTAL REVENUES AND GAINS WITHOUT DONOR RESTRICTIONS	2,731,444	2,532,361
Net Assets Released from Restrictions		
Satisfaction of Program Restrictions	<u>21,136</u>	<u>22,738</u>
Total Revenues, Gains, and Other Support without Donor Restrictions	2,752,580	2,555,099
Expenses:		
Program Services	2,499,588	2,426,828
Administrative Services	159,248	92,291
Building	38,280	28,686
Fundraising	16,311	579
(Gain) Loss on Sale/Disposal of Assets	-	-
	<u>2,713,427</u>	<u>2,548,384</u>
Total Expenses	2,713,427	2,548,384
(DECREASE) INCREASE IN NET ASSETS WITHOUT DONOR RESTRICTIONS	39,153	6,715
CHANGES IN NET ASSETS WITH DONOR RESTRICTIONS		
Grants and Fees	1,877	1,000
Net Assets Released From Restrictions	<u>(21,136)</u>	<u>(22,738)</u>
(DECREASE) INCREASE IN NET ASSETS WITH DONOR RESTRICTIONS	<u>(19,259)</u>	<u>(21,738)</u>
(DECREASE) INCREASE IN NET ASSETS	19,894	(15,023)
NET ASSETS AT BEGINNING OF YEAR	<u>774,670</u>	<u>789,693</u>
NET ASSETS AT END OF YEAR	<u>\$ 794,564</u>	<u>\$ 774,670</u>

The accompanying notes are an integral part of the financial statements.

May is Mental Health Month



Artist: Karen Avery

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The Severe Mental Illnesses are biomedical puzzles. They affect many human functions, including the thought process in the schizophrenias and the moods and emotions in depression and manic depression.

NARSAD, the National Alliance for Research on Schizophrenia and Depression, whose sole mission is to fund research in the severe mental illnesses, was founded by the National Alliance for the Mentally Ill, the National Depressive and Manic Depressive Association and the National Mental Health Association.

The Southern California Psychiatric Society, representing 1,500 psychiatrists, provides support to the mental health community. The Society and the PER (Psychiatric Education and Research) Foundation, supported by an unrestricted educational grant from Solvay Pharmaceuticals, Inc., and Pharmacia and Upjohn, Inc., have funded this poster.

SUNSHINE FROM DARKNESS

ART BY AND ON BEHALF OF MENTALLY ILL PERSONS

 **NARSAD Artworks**©

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