



Dream it

Believe

it

Achieve It

MENTAL HEALTH ASSOCIATION
ANNUAL REPORT 2023-2024

MHA Annual Report—President's Letter

People never achieve success overnight.

It takes the work of a solid team with strong leadership to move dreams forward to manifest as goals. That's when the actual work begins. Of course, support with the willingness to adapt to rapidly changing environments reinforces the steps forward to achieve any goal.

Every single person in recovery knows this, particularly the tough challenges that face them daily. Sometimes those steps are unsteady and result in falls. As long as the team all moves forward together, the courage to believe grows and grows with each hurdle cleared.

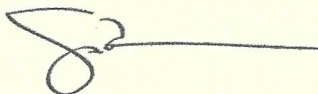
To be part of an organization that is there every step of the way for our patients who deal with mental health challenges is humbling. I use "humbling" as it is rare to be afforded the opportunity to augment the quality of lives for our consumers.

Over the past 59 years, The Mental Health Association of Washington County works tirelessly to ensure everyone who faces the challenges of mental illness does not see conditions as a burden, but an opportunity to achieve their goals. Through financial support, residential programs, educational advocacy, and intensive social interaction, the MHA Staff is simply the best at what they do.

As Tony Robbins reminds us, "Dream it, Believe it, Achieve it!" This is our focus for 2024 and beyond. Dreams are what we're made of, and the destiny of those heart's desires always exceeds expectations, often in ways we never expected.

I am proud to serve as President of MHA's Board of Directors, proud of the staff's unwavering commitment, and everyone who contributes their time to make this agency great.

Sincerely,



Fred Terling

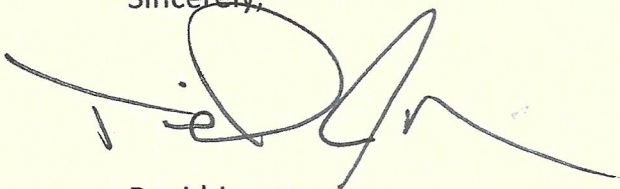
The Mental Health Association of Washington County has been providing services for 59 years. Just like any other year, this year has provided some challenging obstacles. No matter what is thrown our way, MHA finds the strength and resources to overcome these challenges. We are not going to talk about the challenges this evening, we are going to focus on the positive outcomes for MHA.

The theme for this evening is "Dream it, Believe it, Achieve it." One of my personal goals as the Executive Director has been to expand the services MHA provides. Within the last 6 months, this goal has been achieved not once, but twice. MHA now provides Mental Health Supportive Housing and Permanent Supportive Housing (Shelter plus Care) for Washington County. MHA's success does not stop here. I set a very high goal for our cash bash, which we did not exceed until this year. The amount of people that showed up to support MHA was incredible. Thank you to the community and all the supporters that made that event so spectacular.

I would like to take this opportunity to thank the Mental Health Association's Board of Directors for all that they do for the agency. They give up their own time to attend events, fundraisers and meetings. I would also like to thank all of the MHA employees. Sheryl Sandberg said "Motivation comes from working on things we care about, it also comes from working with people we care about." It is always a pleasure to work any of our locations. I would also like to congratulate all of our award recipients. Thank you for your hard work and contributions.

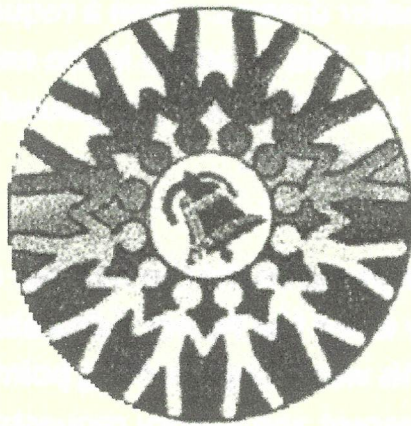
Lastly, I would like to thank all of the staff at Washington County BHDS, and Human Services. They do a terrific job ensuring that the residents of Washington County get the services they need.

Sincerely,



David Jenco





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.

DREAM IT... Many years ago, the Parent Advocate was a program hoping to come to fruition. It started out a smaller dream... when a request was made for a part time position with grant funding. This occurred in the early 1990's. When I started out, the program was just getting off the ground, as I succeeded 2 part time employees. Calls trickled in at first.

BELIEVE IT ...As it the program grew, so did the number of calls and requests for help. It was a memorable day when the Parent Advocate became full time and was funded by the county! This was a huge turning point as many more hours became available to answer parent and agency requests for help. Filing cabinets began to fill with up with information on children and adolescents. Trainings were held for parent and child serving agencies. Relationships were made and continued to grow with families, child-serving agencies and school districts. Child centered meetings were scheduled, with the hopes of addressing needed help and services. Services have certainly evolved over the years, and contacts have come and gone. Technology changed how services were delivered, but the mission to assist families in navigating the world of child and adolescent services remained the same.

ACHIEVE IT... Today the program has touched thousands of families in a myriad of ways. Filing cabinets drawers have over flowed, as evidenced with the MHA relocations over the years. Leadership has changed with MHA, but the Parent Advocate has remained constant. Covid impacted and changed the way services were delivered going forward. The ancillary supports and events offered to families in the form of summer camp funds and Santa's breakfast evolved as well but goals continue to be achieved. The thirty plus years I have been the Parent Advocate have flown by. It is amazing to think of all that has transpired since that small dream years ago.

Mary Ann Zeitler

Parent Advocate



MENTAL HEALTH ASSOCIATION OF WASHINGTON COUNTY
BOARD OF DIRECTORS

2023-2024

President.....Fred Terling
1st Vice President.....Terri Reiss
2nd Vice President.....Jeff Fondelier
Secretary.....Leslie Gill
Treasure.....Brett Clancy

Lisa Stout Bashioum

Bracken Burns

Jennifer Decima

Diane DiSalle

William Fetcko

William Leach

Austin Lee

Danna Walters-Miller

Mary Lynn Spilak

Mark Worley

Dream It! Believe It! Achieve It!

"The possibility of a dream gives strength." We all have dreams and aspirations that we hope to one day achieve. The journey from where we are to where we want to be can often be challenging. However, positive thinking and having confidence can ultimately help you reach the dream you started with. "If you can believe it, the mind can achieve it." The Representative Payee program uses these statements frequently when discussing a consumer's budget. Rep Payees work with the consumer to establish a plan to help them strive for their dreams. The Representative Payees' dreamed of streamlining our program to improve services and decrease consumer expense. Our vision began when we obtained the RPM Representative Payee Management Software.

Believing in yourself is willing to embrace new challenges and opportunities. Believing is the most challenging because it requires a leap of faith. You can't rely on experiences to accomplish something you have never done. Payees encourage the consumers to believe that their dreams can be achieved if they believe it can. Our goal is to teach the consumer that even when life changes, and their budget needs adjusted that with their continued hard work the end goal is still achievable. The Payee program realized this was also the case with the new RPM system. Our department had never used such a system before and we had to believe that we made the right choice in making this change. "I believe success is achieved by ordinary people with extraordinary determination."

Achievement is the ultimate goal, the more significant your struggle, the sweeter the reward. The only genuine factor of whether you will succeed in most ventures is whether you stick with your plan. People who stubbornly and persistently dream and believe will eventually achieve. A Rep Payees' satisfaction in a job well done is when a consumer says, I did it, I have achieved my dream! You said I could, I believed it, and now I achieved it! The Rep Payee department also believed that we would have much success with our new RPM system and we have achieved it! The Rep Payee department has streamlined our services and are now providing the consumers benefits in new ways.

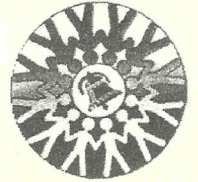
So in closing. **"Do not dream your life...Live your DREAMS!"** Therefore, what are you dreaming of achieving today?

Tammy Houston

Rene Gardner

Edwin Ellis

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

Mental Health Supported Housing

- Landlord tenant negotiations
- Housing Acquisition
- Housing Case management
- Financial Assistance

Shelter+Care

- Housing
- Rental Assistance
- Utility Allowance

Enhanced Personal Care Home

- All Mental Health trained staff
- Psychiatric Rehabilitation-skills Teaching, psycho-education, med Education and socialization
- Community Activities

Long Term Structure 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 goals in living, learning, working
- One on one help in assessment, planning strategies,
- And teaching skills to reach chosen goals

Advocacy

- Community Support Programs
- Education
- Stakeholders



Dream it... Believe it... Achieve it!

CURRENT SERVICES

Dream it; a series of thoughts, images, or desires that pass through our minds. *Believe it*; accepting something as the truth. Holding a firm opinion or conviction that what you dream can very well be your reality. *Achieve it*; reach or attain by effort, skill, or courage.

Close your eyes for a moment and think about the craziest, wildest thing you have ever hoped for. It is something that goes beyond the boundaries of the world you see and beyond the restraints of people and conditions you hold with you right now. At the Mental Health Association, we often talk with the folks we serve about not giving up hope and always believing in their ability to achieve anything they put their minds to. Those who have faced mental health issues over the course of their lives tend to settle for where there are at the moment and quit dreaming. Dreaming, believing, and achieving are all a part of mental health recovery. It is easy to talk about these things but, as professionals, it is more important to demonstrate it. When you are surrounded by people living the mantra that is being imparted to you, you tend to want to live that mantra as well.

We are demonstrating to the folks we serve that the Mental Health Association is actively living the mantra we encourage them to live; Dream it, Believe it, Achieve it! This theme will be shared with our staff and incorporated at our staff retreat. In working with our clients/residents, we find various ways to incorporate it into their recovery journey. While it easy to concentrate on huge achievements, it is just as imperative to focus on the smaller goals that lead up to those triumphs. Small continual steps lead to big achievements. Go back to what you thought of when your eyes were closed now Dream it... Believe it... Achieve it!

Lianne Danko, Residential and Mobile Psychiatric Rehabilitation Program Director

Kelly Halinka, LTSR Assistant Program Director

Kelli Coniglio, EPCH Assistant Program Director

Dreams are achieved by first believing. As the Human Resource Director of the Mental Health Association, I get to interact with staff in a different setting than most. I believe in our staff. I believe we work hard every day in an effort to carry out our Vision and Mission Statements. I believe we attempt to evolve in an effort to better serve.

In this past year, my dream for the HR Department was to exhibit an open door concept to staff; to be welcoming and create an environment that is caring, compassionate and helpful. Employees are much more than a staff member and all the roles they carry out contribute to the quality of staff person they are and the diversity of needs they may acquire at some point during their tenure with The Mental Health Association. I believe that the Human Resource Department will be ready and able to measure up to those needs and be a team player in assisting The Mental Health Association in achieving those desired beliefs and outcomes.

If we are to continue growing in our service to the mental health community of Washington County, we need to provide support and assistance to our staff, co-workers, and other intricate members of our team. In so doing, we will be better prepared and capable of not only dreaming big but also achieving those goals.

Diane R. Courtwright

Diane R. Courtwright
Human Resource Director
Mental Health Association

MENTAL HEALTH ASSOCIATION OF WASHINGTON COUNTY, INC.

STATEMENT OF ACTIVITIES

YEARS ENDED JUNE 30, 2023 AND 2022

	<u>2023</u>	<u>2022</u>
CHANGES NET ASSETS WITHOUT DONOR RESTRICTIONS		
Support and Revenues:		
MH/MR Revenue	\$ 2,226,483	\$ 2,136,553
Program Fees and Value Reimbursements	403,535	370,937
Rental Income	52,886	53,676
Fundraising	61,249	45,706
Contributions	26,556	230
Interest Income	217	132
Grants and Fees	14,531	79,958
Membership Dues	-	25
Royalty Income	35,843	27,952
Other Income	<u>47,281</u>	<u>16,275</u>
TOTAL REVENUES AND GAINS WITHOUT DONOR RESTRICTIONS	2,868,581	2,731,444
Net Assets Released from Restrictions		
Satisfaction of Program Restrictions	<u>19,683</u>	<u>21,136</u>
Total Revenues, Gains, and Other Support without Donor Restrictions	2,888,264	2,752,580
Expenses:		
Program Services	2,656,011	2,508,652
Administrative Services	117,838	150,184
Building	36,962	38,280
Fundraising	20,434	16,311
(Gain) Loss on Sale/Disposal of Assets	<u>-</u>	<u>-</u>
Total Expenses	<u>2,831,245</u>	<u>2,713,427</u>
(DECREASE) INCREASE IN NET ASSETS WITHOUT DONOR RESTRICTIONS	57,019	39,153
CHANGES IN NET ASSETS WITH DONOR RESTRICTIONS		
Grants and Fees	2,000	1,877
Net Assets Released From Restrictions	<u>(19,683)</u>	<u>(21,136)</u>
(DECREASE) INCREASE IN NET ASSETS WITH DONOR RESTRICTIONS	<u>(17,683)</u>	<u>(19,259)</u>
(DECREASE) INCREASE IN NET ASSETS	39,336	19,894
NET ASSETS AT BEGINNING OF YEAR	<u>794,564</u>	<u>774,670</u>
NET ASSETS AT END OF YEAR	<u>\$ 833,900</u>	<u>\$ 794,564</u>

May is Mental Health Month



The Severe Mental Illnesses are biomedical puzzles. They affect many human functions, including the thought processes 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 have generously funded this poster.

SUNSHINE FROM DARKNESS

ART BY AND ON BEHALF OF MENTALLY ILL PERSONS

 **NARSAD Artworks** ©

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