

# 2018 Annual Report



Dear Friends,

We are pleased to present Mental Health America of Northeast Indiana (MHANI)'s 2018 Annual Report. When you're in the moment, it can be difficult to see the impact that you are making. It's only at times like this, when we take a step back and look at the year overall, that the tremendous impact this organization has on the community is obvious. And that impact is only made possible through the dedication of our staff, the important partnerships cultivated, and most important of all, generous support from the community. **Thank YOU for helping us make a difference!**

Last year was truly a year of growth for the organization. MHANI was privileged to enact growth in a number of our programs, and even implement some new programs in our region. Our number of staff doubled over a year's time, and we quickly filled up our new office space at The Summit! Our services have had a lasting impact on the community, including those with mental illnesses, substance use disorders, and/or disabilities; parents; youth; and professionals serving all of these populations.

We are truly privileged to continue to serve this amazing community, which has come together in so many ways to support the mental health of its members. Thank you again for helping us enact our mission of mental health advocacy and education in 11 Northeast Indiana counties.

Sincerely,

Carol Helton, Board President  
Lisa Smith, Executive Director



## BOARD OF DIRECTORS

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# Who We Are

**MENTAL HEALTH AMERICA OF NORTHEAST INDIANA** is a non-profit advocacy and education organization committed to promoting mental health as a critical part of overall wellness. Since 1954, MHANI has worked locally to promote access to effective mental health/substance abuse services and supports, encourage positive mental and emotional wellbeing for all, and reduce negative stigma relating to mental health and addiction.

Good mental health is fundamental to the health and well-being of every person. We want all people to have the knowledge and resources they need to respond to the mental health of those around them. MHANI provides education and advocacy so that everyone has the ability to support a loved one living with mental health conditions, substance use disorders, and disabilities.

## Our Vision

MHANI envisions a community that embraces individuals with mental health challenges, promotes recovery, and fosters wellness.

## Our Mission

MHANI's mission is to promote the mental and emotional health of our community by offering advocacy, support, education, and hope.



## OUR TEAM

LISA SMITH, EXECUTIVE DIRECTOR  
JOSEPH BLAZIER  
ELIZABETH BROCKHOUSE  
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JULIE CAMERON  
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ANDREW MEYERS  
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CARMEN SCHLATTER  
ELIZABETH SCHMALZRIED  
SUSAN STREET  
KRISTA WALKER  
TINA WOOLDRIDGE

# Mari's Journey

**"I came out of a very abusive marriage. Being at Cedars Hope has saved my life," Mari said.**

Mari knows what it is like to be in an abusive relationship, to turn to substance abuse, and to be out on the streets. She suffers from PTSD and a brain injury from her abusive husband.

Mari now lives at Cedars Hope, a program of Mental Health America of Northeast Indiana. It is a permanent supportive housing program for women with severe mental illness who are homeless or at high risk of homelessness. The facility can currently house up to 16 individuals. Residents are provided with housing, transportation, and case management services. Unlike other shelters, the women are free to stay there as long as they need. One of the residents has been there for 15 years. In 2018, Cedars Hope served 25 clients.

**"To feel safe, I had to come to Cedars and put my trust in the Lord. I have a lot to offer, I never would have made it, if it would not have been for Cedars," Mari said.**

Mari came to Cedars Hope last summer. Step into Mari's room, and you will see a very organized space where she keeps extra clothing, toiletries and books to pass onto the other women in the shelter, or to new arrivals. She can put together an outfit for a woman in no time at all from her colorful rack of clothing. Perched on a stand is a beautiful guitar which she shyly explains was a gift last Christmas from the company that sponsored their Christmas party. Mari doesn't know how to play it yet, but she is planning on learning. Mari now has regular meals, clothing and a safe place she can call home. She has also been helped to build her self-esteem through a MHANI program called WRAP®. She knows no one will ever put her back out on the streets.



**25  
Women  
Served**

## About Cedars Hope

Cedars Hope is a permanent supported housing program located in Fort Wayne's West Central Neighborhood. The primary population served are adult women who are homeless or at risk of being homeless and live with chronic, moderate to severe mental illness and/or intellectual/developmental disabilities. These individuals often become homeless due to complications in their personal and work lives caused by untreated mental illness. Residents live at Cedars Hope for as long as they need to while building their independence so they can live on their own again. Least restrictive and person-centered support lies at the heart of the program.

# Education & Training



**1,183**  
**Trained**

MHANI offers mental health awareness training opportunities to community members, educators, businesses, and social service professionals, often at no charge, which cover a variety of topics such as mental health disorders, suicide prevention, crisis intervention, and research-based best practices.

In 2017, MHANI became the certifying entity for the State of Indiana's Certified Recovery Specialist credential. More than 250 individuals with lived experience of mental health or substance use conditions (peers) received their certification. Those certified as a Certified Recovery Specialist are trained to provide peer support in mental health, health care, social service, faith-based, and community-based settings. The program is offered throughout the state, and certification is provided in cooperation with the Indiana Division of Mental Health and Addiction.



**2,097**  
**Students**  
**Participated**

## Kids on the Block

The Kids on the Block™ (KOB) presentations, or skits, cover topics including learning disabilities, developmental delays and disabilities, spina bifida, cerebral palsy, blindness, personal safety, multi-culturalism, and peer pressure with anti-bullying as an underlying theme throughout all topic areas. KOB is

offered to third grade students in area schools. When children learn to respect others at a young age, they carry that respect into adulthood and create a more inclusive community, where people of all abilities are embraced.



# Parent Café

Started in November of 2017, MHANI's Parent Cafés are a combination support group and workshop which teach parents about five protective factors in building strong, healthy, and safe families. In 2018 the Parent Café program had 260 participants.

**260**  
**Parents**  
**Attended**

"I come to get adult time and get some other people's input on parenting," Shenna said.

It's a Wednesday evening at Love Church and the parents who attend Mental Health America of Northeast Indiana's Parent Café are beginning to come in. Group member Michael, 59, sits down at the table. Michael is learning patience, self-awareness, control, and how to implement them. He needs these tools to best support his nine-year-old grandson and future granddaughter. It's a whole new generation for him, so learning how to limit his grandson's social media and screen time has been a great take away. He appreciates the exchange of knowledge with the younger parents in the group as well as getting the female perspective from the mothers who attend.



"I am learning different tools to add to the tool box," Michael said with a smile.

Shenna said she has learned how to be more patient with her four children, while mother of three, Tessie, said it's all about the support she gets from the group in managing her children's behaviors.

Heather, of MHANI, said it's all about support from peers, they become almost like a second family to each other. They even do activities together outside of the group. Their attendees are couples, single parents and grandparents. There are nights Heather will come in with a topic, but the group might have a topic of their own they need to deal with, so she goes with their needs. "It's really all about the peer support and knowing you are not alone out there," said Heather.



# Wellness Recovery Action Plan

It's a Tuesday night at Parkview Randallia, and the last night of an 8-week training course for four women interested in learning how to use the Wellness Recovery Action Plan (WRAP®).

This program is for a person in recovery from a mental health condition or substance use disorder. The Copeland Center, who designed the program, describe it is as "a personalized wellness and recovery system rooted in self-determination. WRAP participants create a personalized recovery system of wellness tools and action plans to achieve a self-directed wellness vision despite life's daily challenges."

**"It makes you think about what you really need to do to be well," said Samantha Williams, participant.**

The last night of class she and three other women sat at a long table discussing how to tweak their self-generated plans, if they were not working, with suggestions from the facilitators. Class participants were able to share their own experiences, and members of the class offered support.

On this night one of the class members has been struggling with recovery. The class and facilitators listen and suggest some changes to her WRAP plan to help. Another class member offers her a hug. The atmosphere is warm and supportive.

**"It gives you an action plan for your wellness," said Samantha.**

In addition to WRAP, we offer peer mentoring services and support groups to individuals seeking recovery from mental health or substance use disorders. Last year, more than 98 individuals participated in peer support services.



**62  
WRAP  
Classes**

# Adult Guardianship

It's a Thursday night at Avalon Missionary Church on Lower Huntington Road, and James is positioned by the front door to hand out numbers to individuals visiting the food bank.

James is a client of the food bank as well, but he also likes to help the church volunteers. With one of his caregivers standing behind his shoulder, he carefully hands each person in the line a numbered tag as they file in. MHANI provides guardianship for clients like James, with services that protect vulnerable individuals from neglect, abuse, fraud and improve their quality of life.



**106**

**Individuals Served**

Steve, like James, is also in the guardianship program. He has lived in a group home since the State Developmental Center closed. Steve works at Easter Seals Arc of Northeast Indiana, and takes time to volunteer at the Mustard Seed Furniture Bank. He helps load and unloads trucks, dust the furniture, and whatever else they need him to do.

Both men enjoy being an active part of the community and MHANI is right there to help. MHANI provides advocacy on behalf of individuals with intellectual and developmental disabilities, age-related disorders, mental health conditions, and traumatic brain injury with their Adult Guardianship program.

Volunteer advocates help our guardians keep in touch with their clients and ensure they are receiving the best possible care. Volunteers offer clients a regular opportunity for social interaction beyond their usual circle of caregivers and healthcare providers. We need more volunteer advocates!



Since 1988, MHANI has served as guardian of adults with intellectual and developmental disabilities. Currently, MHANI also provides guardianship to vulnerable adults, including seniors with age-related health conditions.

Our guardians adhere to the National Guardianship Association's Standards of Practice, as well as uphold rigorous ethical standards and practice person-centered care in order to provide the best care possible for their clients. MHANI has three nationally certified guardians on staff.



# Volunteer Advocates

Randy sits in his chair smiling at his volunteer advocate, Sue Brooker, during a recent group home visit. It looks like a meeting between old friends, and it is.

Sue has known Randy since he lived at the State Developmental Center where she worked as a dietitian. Now retired she is a part of the Mental Health America of Northeast Indiana's Volunteer Advocacy program. This volunteer role assists the Professional Guardians who provide advocacy on behalf of individuals with intellectual and developmental disabilities, age-related disorders, mental health conditions, and traumatic brain injury. She checks on Randy's wellbeing and files a report to his professional guardian twice a month. The volunteers in this program provide a vast support network for the clients and social interaction.

**20**

**volunteers  
advocated  
for clients**

Sue said she loves spending time with her clients and it's the perfect fit for her schedule. She knew when she retired she needed to find meaningful work, and keep busy. "I am a second set of eyes and ears. I like to have them think of me as a friend," Sue Brooker said.

For volunteer Megan Salway-Thompson, a Purdue University Fort Wayne student, being an advocate has given the future social worker a taste of working with geriatric patients with developmental disabilities. She visits Charles and three other clients four times a month. Charles enjoys the company; Megan enjoys the learning experience.



"If you want to make bonds with some of your clients, this is something you should consider," Megan Salway-Thompson said.

# 2018 Services

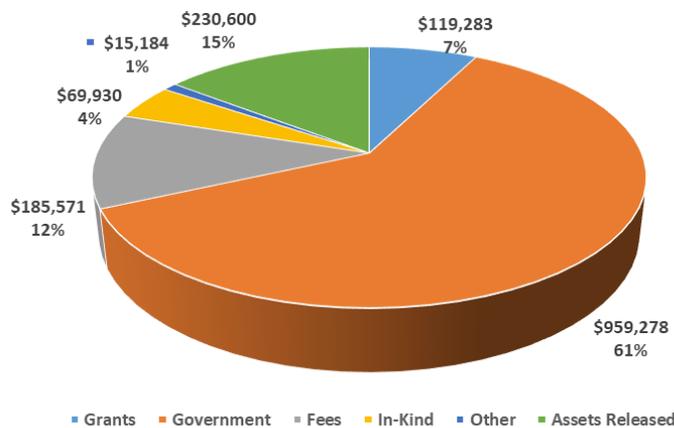
Programs & Services	# Served
Community Advocacy	663
Peer Support & WRAP	98
Training & Certification	1,183
Guardianship	106
Cedars Hope	25
Kids on the Block	2,097
Parent Café	260
<b>Total</b>	<b>4,432</b>



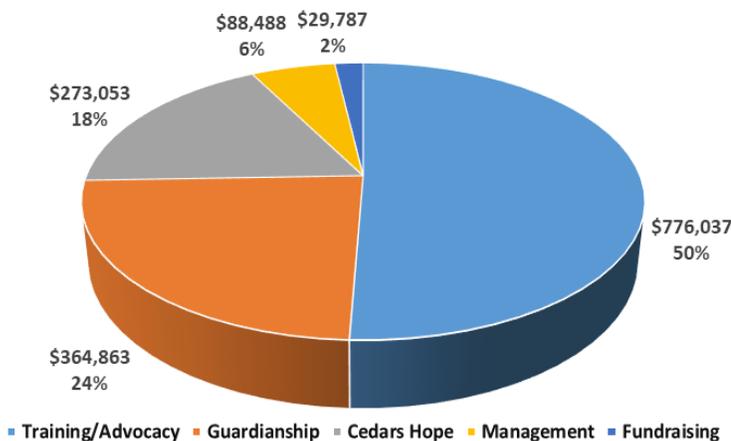
SERVING 11 COUNTIES IN NORTHEAST

# 2018 Financials

Revenue



Functional Expenses



## ASSETS

Current Assets	\$287,833
Property and Equipment	\$236,264
Endowment (Assets held by Community Foundation)	\$66,965
<b>Total Assets</b>	<b>\$591,062</b>

## LIABILITIES

Current Liabilities	\$56,482
Net Assets	
Without donor restrictions	\$502,480
With donor restrictions	\$32,100
<b>Total Net Assets</b>	<b>\$534,580</b>
<b>Total Liabilities and Net Assets</b>	<b>\$591,062</b>

# Thank you to our donors!

Each and every gift you gave made our mission possible. You supported Mari, Michael, and Randy as they worked hard to achieve their personal goals. We cannot thank you enough for that!

We received generous support from the following foundations in 2018:

3Rivers Credit Union Foundation  
AWS Foundation  
Community Foundation of DeKalb County  
Community Foundation of Greater Fort Wayne  
Community Foundation of Noble County  
Edward M. Wilson Foundation  
English Bonter Mitchell Foundation  
Foellinger Foundation  
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Lincoln Financial Foundation  
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Marcia A. Futter Charitable Fund  
Mary Cross Tippmann Foundation  
Parkview Community Health Improvement  
Plymouth Congregational Church  
PNC Charitable Trust  
St. Joseph Community Health Foundation  
Wabash County United Fund  
The Waterfield Foundation  
Zollner Foundation



## HOW YOU CAN HELP!

Mental Health America of Northeast Indiana would love to have your help! Please consider volunteering at our organization. Even a couple of hours can make a difference. Individuals, groups, businesses, and families are encouraged to volunteer.

Are you too busy to volunteer but would still like to make a difference? Whether you have a personal connection to mental illness, are interested in the mental health field, want to invest in suicide prevention efforts, or just want to support a local organization making a difference, Mental Health America of Northeast Indiana (MHANI) appreciates your generous donation. No matter how small or large your gift is, it will make a difference in the lives of those living with mental illness in our community.

For more information, call (260) 422-6441 or go to [www.mhanortheastindiana.org](http://www.mhanortheastindiana.org).



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