

2019 Impact Report





COVER IMAGE CREDIT

Emotional Swirl #3 by Cynthia Gabbard

Cynthia's artwork was one among nearly 50 pieces featured in Mental Health America of Northeast Indiana's inaugural Art of Hope exhibit. Hosted at Manchester University's Gallery 101, Art of Hope featured art showcasing interpretations of mental wellness and mental illness. Artists shared their personal stories of struggle, recovery, and hope. Through Art of Hope, Mental Health America of Northeast Indiana strives to help the community understand mental illness is common, recovery is possible, and there is hope for those currently facing a mental health challenge.

A Letter from the Executive Director

Dear Community Member,

First of all, thank you for your interest and support. Mental Health America of Northeast Indiana, (MHANI) was able to celebrate our 65th year in operation in 2019 because of you. That means the world to us, so thank you.

It was truly a year of opportunity and growth for the organization. Through collaboration, mission-driven decisions, and staying focused on community needs, MHANI has taken advantage of opportunities to engage with area school districts, provide services to local employers, and advance our peer support program.

As if the universe wanted to celebrate our 65th birthday with us, some exciting developments happened in 2019! I hope you'll read the rest of this impact report to get the details, but here are the highlights.

Implementation of school services.

In development since 2018, our School Services program began addressing a huge need in our community. Leveraging current funding and resources we began implementing the program. Highlights from the year include bringing together administrators, teachers, and other personnel from area school districts to discuss the challenges they face and potential solutions, and a Summer

Learning Series to provide professional development for teachers.

Development of Well2Work. As if one new program wasn't enough, MHANI also invested time and resources in 2019 towards developing our Well2Work program. This workplace wellness program is designed to help employers support the mental and emotional health of their employees. Activities in 2019 included forming an advisory committee of local employers and experts and hosting a guest speaker to raise awareness about the need for mental health supports in workplaces.

Advancement of Peer Support program. In 2019, through continued local support and additional support at the state level, MHANI was able to significantly advance our peer support program. MHANI offered Wellness Recovery Action Plan (WRAP) recovery course statewide for the first time, and at the very end of the year, trained a second staff member as an Advanced WRAP Facilitator. Currently, we employ the only two Advanced WRAP Facilitators in the entire state!

Of course, we're not satisfied with these achievements and want to continue serving our community in new, impactful ways. We are excited to see what all 2020 has in store for us and this wonderful community that we're a part of.

Thank you again for your support. Please enjoy the rest of our 2019 Impact Report!

Best,



Lisa Smith
Executive Director

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Tim Davie

*Network VP, Environment of Care
Lutheran Health Network*

School Services

A quickly growing program

Supportive services for local school systems have a positive impact on the mental and emotional health of teachers, students, and parents.

Mental Health America of Northeast Indiana (MHANI) partners with schools that are devoted not only to understanding trauma but building communities in which students can process and resolve trauma. MHANI provides resources that increase teacher and student mental well-being, guide schools as they prepare a learning culture to accept and implement social-emotional learning, and help all adults who work with students either directly or indirectly to increase their own emotional intelligence and capacity.

An advisory board provides valuable support and feedback as MHANI works to develop and implement this program in districts across Northeast Indiana. The advisory board helps MHANI create and implement the most effective program possible to best serve teachers, students, and school systems.

While the program was just getting on its feet in 2019, there were some important developments. MHANI hosted State of Student Well-Being and Mental Health in Schools, a discussion with school leaders and staff to determine challenges and identify solutions.

We also offered a Summer Learning Series for teachers, which provided workshops on suicide prevention,

stress management, and understanding Adverse Childhood Experiences (ACEs). Teachers also had the opportunity to participate in a Wellness Recovery Action Plan (WRAP) course designed specifically for teachers.

Another important aspect of caring for the mental health of our youth is connecting with parents. Parent Cafes are part workshop, part support group for parents learning about five protective factors for building strong, safe, and healthy families.

Attendees are surveyed at each Parent Café session. Of the parents who completed the survey, 97% of participants agreed that they learned a new way to handle stress or challenges; 98% agreed that they learned something that would assist them in handling a challenge with their child or a child in their life.

By supporting teachers, parents, and other adults, we're striving to nourish a positive and loving environment for children in Northeast Indiana to thrive.



5 COUNTIES IN
NORTHEAST INDIANA
SERVED



643 SCHOOL STAFF AND
STUDENTS SERVED



170 PRE-SERVICE TEACHERS
TRAINED IN SUICIDE
PREVENTION



62 TEACHERS TRAINED
DURING A 4-DAY
LEARNING SERIES



325 PARENTS SUPPORTED
AND PROVIDED RESOURCES
DURING PARENT CAFE

Training & Education

2,319 individuals received mental health and suicide prevention training
104 trainings hosted



Mental Health Learning Series trainings



Question Persuade Refer suicide prevention



Youth Mental Health First Aid



Workplace Wellness

With a strong foundation of experienced trainers and high-quality, heavily researched curriculum, Mental Health America of Northeast Indiana (MHANI) had a strong year for trainings. Most popular by far are our Mental Health Learning Series and Question Persuade Refer suicide prevention course.

Our Mental Health Learning Series include evidence-informed trainings covering a range

of topics customized towards the needs of unique audiences. Question Persuade Refer provides suicide prevention tactics to anyone interested in preventing suicide in adults or children.

MHANI also saw our Well2Work workplace wellness training initiative take flight in 2019. Well2Work is intended to support local employers through assessments,

training, and consultation to care about and address the mental health challenges of their workforce. A volunteer advisory board is helping to guide future growth for this program. In November 2019, MHANI hosted Sean Godar with Employers Health and Right Direction for two lunchtime workshops to encourage community buy-in into this topic. Nearly 150 local employers and employees attended to learn more.

Peer Support

Peer support takes “I’ve walked a mile in your shoes” to a whole new level.

Peer support is a powerful tool to empower and encourage individuals facing any kind of mental or emotional challenge. Mental Health America of Northeast Indiana (MHANI) is proud to employ peers with lived experience of mental health conditions and substance use who are in recovery and want to help others.

The primary way our peers support community members is through the Wellness Recovery Action Plan (WRAP). WRAP is a recovery course beneficial to anyone experiencing any kind of challenge, from a physical condition such as diabetes, to a mental health condition like depression, and everything in between.

In 2019, a second staff member received training as an Advanced Level WRAP Facilitator. MHANI currently employs the only two Advanced Level WRAP Facilitators in the state. Both can now instruct others how to facilitate WRAP. In 2019, MHANI offered two week-long, intensive trainings to teach others how to facilitate WRAP courses.

Peers also provide group mentoring to individuals working towards recovery from a mental illness, substance use disorder, or other life challenge.

In 2019, the MHANI’s peer support program helped 268 people in Northeast Indiana and across the state earn their Community Health Worker or Certified Recovery Specialist certifications. Also, for the third year running, MHANI hosted the CHW/CRS Annual Conference in partnership with Indiana’s Division of Mental Health and Addiction.



INDIVIDUALS DEVELOPED A PERSONAL WELLNESS RECOVERY ACTION PLAN



PEERS BECAME WRAP FACILITATORS



PEER MENTORS PROVIDED 349 MENTORING HOURS TO COMMUNITY MEMBERS

Cedars Hope

Cedars Hope keeps a roof over the heads of women who have faced many challenges in their lives.

Since 1993, Cedars Hope has served women struggling with their mental health by providing a safe and encouraging place to live.

Cedars Hope is home to single, adult women with mental health conditions and substance use disorders who are homeless or at risk of becoming homeless. Residents receive supportive services, including case management, and are encouraged to stay at Cedars Hope as long as they need in order to become self-sufficient.

Cedars Hope supports the independence of all residents.

Cedars Hope staff work one-on-one with residents to develop a custom housing plan. Each resident determines their own education and income-related goals. The plans serve as each resident's roadmap to building skills that increase their resilience and skills needed to live independent lives.

Last year, Cedars Hope residents accumulated 2,677 programming hours. That time includes employment, volunteering, community events, educational attainment, and other community-based skill building opportunities.

In 2019, Cedars Hope served 24 residents, keeping all of them permanently housed and off the streets.



Guardianship

For over 30 years, guardianship services have given a voice to individuals who are unable to speak for themselves.

Since 1984, people unable to speak for care for themselves have been served by professional guardians from Mental Health America of Northeast Indiana (MHANI).

Guardianship is a legal process that gives an individual or entity the power to make decisions on behalf of an incapacitated individual. When there are no available family members, a professional guardian may be assigned.

Everyday, our professional guardians make person-centered decisions in the best interests of their clients.

MHANI's professional guardians served 110 guardianship clients in 2019, the majority of them in Allen County.

In addition to monthly visits and regular check-ins from professional guardians, MHANI works with volunteer advocates who visit clients twice monthly. Together, they made more than 3,000 client visits in 2019.



CLIENTS SERVED BY PROFESSIONAL GUARDIANS

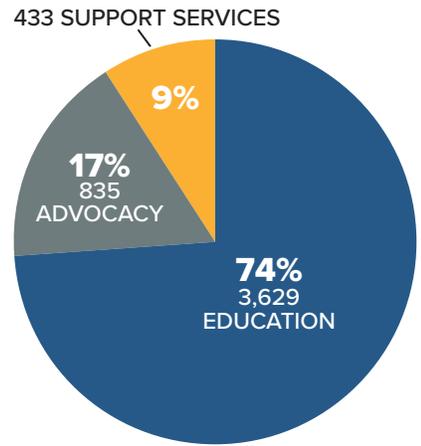
VOLUNTEER ADVOCATES GAVE THEIR TIME TO CONNECT WITH CLIENTS

VISITS TO CLIENTS BY VOLUNTEER ADVOCATES

VISITS TO CLIENTS BY PROFESSIONAL GUARDIANS

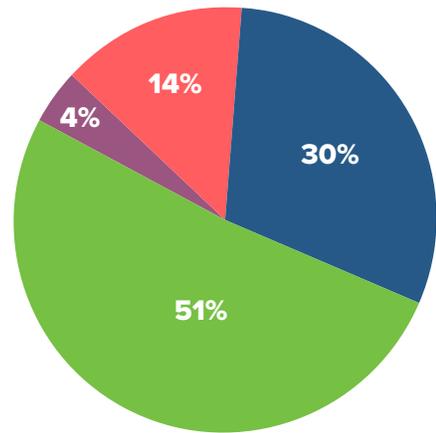
2019 in Review

100% of our services inspire hope!



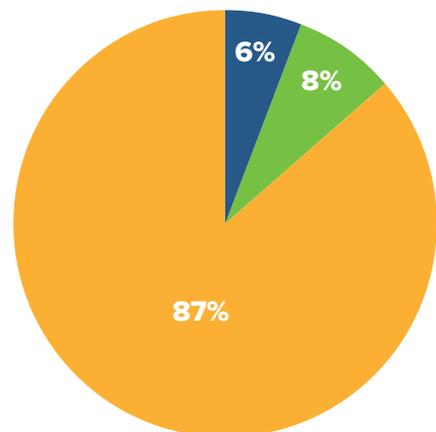
Revenue

GRANTS & CONTRIBUTIONS	■	\$457,415 (30%)
GOVERNMENT GRANTS & CONTRACT	■	\$791,820 (51%)
FEE FOR SERVICE	■	\$208,148 (14%)
IN-KIND	■	\$68,140 (4%)
OTHER	■	\$15,383 (1%)
TOTAL		\$1,540,906



Expenses

FUNDRAISING	■	\$86,681 (6%)
MANAGEMENT	■	\$115,228 (8%)
PROGRAMS	■	\$1,289,968 (87%)
TOTAL		\$1,491,877



TOTAL INCOME	\$1,504,553
YEAR END NET INCOME	\$12,676
TOTAL ASSETS	\$665,571



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