



# 2023 ANNUAL REPORT

# Introduction

Reflecting on 2023 fills my heart with both gratitude and a profound sense of purpose. In the face of unprecedented challenges, our team has worked tirelessly to not only support the mental well-being of our community, but also advance and expand our programs and initiatives. And the impact has been transformative!



In 2023, we continued to see increased demand for our services. Our programs equipped community members with tools to better understand and manage their own mental health, as well as the mental health of others. Our various trainings, workshops, and groups have not only educated individuals, but also facilitated a sense of connection and shared understanding. Collectively, education and peer support services fostered open conversations where individuals felt empowered to share their struggles and reach out for support without fear of judgment.

Our guardianship services played a crucial role in protecting vulnerable adults. As the need for guardianship services continues to rise, we remain committed to promoting supported decision-making, in an effort to preserve autonomy and independence to the greatest extent possible. Balancing the need for protection with respecting individual rights is a complex and evolving aspect of guardianship, and we dedicated ourselves to educating our community members and partners in 2023.

One notable impact this past year has been the launch of our new Peer-Led Art Support Groups. These groups met twice a month and were available to any community over the age of 15. The stories we have heard from individuals who have found solace, coping mechanisms, and a renewed sense of hope are a testament to the transformative power of the intersection of arts and mental health.

While our range of services continued to help destigmatize mental health within our community, we recognize that collaboration has been a major key to impact. By working with local partners and businesses, we have been able to extend our reach and impact, ensuring that mental health is prioritized across various facets of life.

While we pause and take a moment to celebrate the strides we have made, we recognize this journey is ongoing. We commit to advancing our mission and meeting the evolving needs of our community. The stories of resilience, recovery, and personal growth we've witnessed this past year drive our determination to continue making a positive impact on the mental health landscape.

Together, we are building a community where mental health is prioritized and every individual feels supported on their journey toward well-being.

A handwritten signature in cursive script that reads "Tara Holliday".

*Tara Holliday, Executive Director*



# Our Board of Directors

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When MHANI was appointed guardianship, Sharon was pre-diabetic, overweight, had difficulty walking, and many other health concerns. With proper guidance and education, Sharon's health and wellbeing has drastically improved. She is exercising, eating healthier, walking without the use of supports, and attends physical therapy to help her continue to gain more independence.

In addition, MHANI's guardian advocated for Recreational Therapy so Sharon could find a sense of hope and purpose in the community. Sharon is now able to be more active in the community and socialize. Sharon reports that she feels better and enjoys life more with these changes.

*\*name changed to protect privacy of the client*

# Our Program Impact

The mission of Mental Health America of Northeast Indiana (MHANI) is to promote the mental and emotional health of our community by offering advocacy, education, and support services.

Our three programs: Education, Guardianship, and Peer Support help create a community that embraces individuals with mental health challenges, promotes recovery, and fosters wellness.



**2,067**

community members and professionals  
received high quality mental health trainings



**152**

senior adults and adults with disabilities  
were protected by our dedicated  
professional guardians and 25 volunteers



**355**

community members participated in Peer  
Support courses and groups, helping  
them overcome mental health challenges



**6,191**

community members were impacted by our  
mental health resources and information

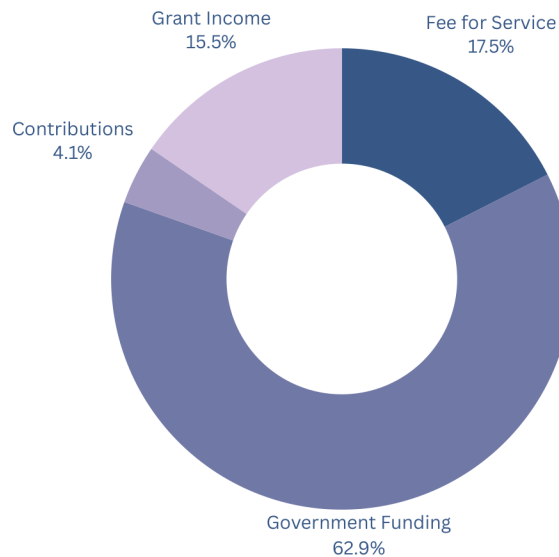
**"My peers in this art group have definitely made me feel that I'm not alone and that help is there. Art is the power that drives us all forward into being well and living in recovery."**

*-Art Peer Support Group Member*

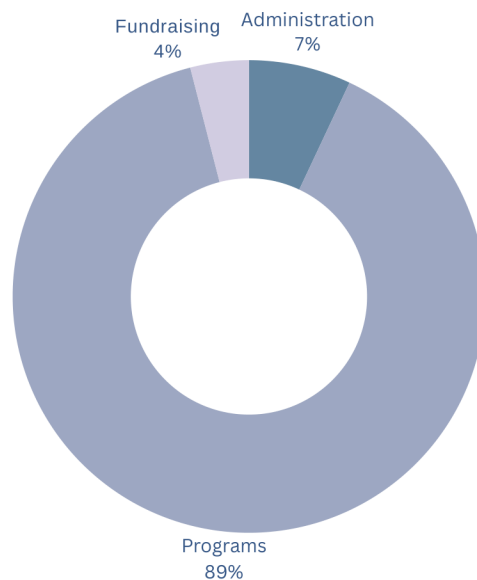
# Financial Summary

Revenue and expenses for 2023 are based on unaudited financials.

## 2023 Revenue



## 2023 Expenses



**"I would strongly recommend this training for anyone. Whether you're struggling or not, this is still so important. You will learn so much!"**

*-Educational Training Attendee*

# We thank you for your continued support!



Mental Health America of Northeast Indiana programming is supported in part by generous donors from our community. We are so grateful for their support. The impact shared in this report would not have been possible without them.

For a complete list of 2023 donors, please visit: [mhanortheastindiana.org](https://mhanortheastindiana.org)

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