

## HIGHLIGHTS OF 2014

- Educational and Awareness activities were provided to over 6,000 Delawareans.
- During the year, 325 people experiencing depression or an anxiety disorder, or loss of a loved one to suicide or murder attended one of our support groups.
- Continued as co-chair of Delaware's Suicide Prevention Coalition along with The State's Division of Substance Abuse and Mental Health and the Division of Prevention, Behavioral Health Services.
- Funded by the Department of Services for Children, Youth and Their Families through the Garrett Lee Smith Federal grant, MHA continues working statewide in the community providing outreach, education and coordination of suicide prevention activities.
- In 2014, two 8-hour Mental Health First Aid Trainings, seven 3-hour safeTALK suicide alertness trainings, and eight 2-day Applied Suicide Intervention Skills Trainings (ASIST) were facilitated.
- The Lifelines Program was implemented, which is a comprehensive suicide prevention program developed specifically for schools, with separate components for school staff, parents and students. Forty-eight Lifelines presentations in schools and other community venues were completed. Of the 48 Lifelines presentation, 30 were the Lifelines Prevention Student Curriculum presented to St. Mark's High School students, which included multiple sessions per class.
- The fourth Military Suicide Prevention Conference was held in September, a collaboration between MHA and the Military Subcommittee of the Delaware Suicide Prevention Coalition providing suicide prevention tools for 300 providers, service members, and veterans.
- Continue being looked to as a leader in providing the most up to date information on mental well being services through our information and referral program.
- Coordinated National Depression Screening Day sites statewide which screened 218 people for a mental health concern (depression, bipolar disorder, anxiety or PTSD), of whom 97 (44%) screened positive and were referred for treatment.
- E-Racing the Blues© 5K Run/Walk 10K Run has seen nearly 5,000 people cross the finish line during its twelve year existence and has raised over eight-hundred thousand dollars. A South race began in Rehoboth Beach.
- The 13<sup>th</sup> Annual Community Mental Health Conference, formerly known as the People of Color Mental Health Conference, was held updating 250 people from the urban community and beyond about mental illness.

## OUR MISSION

*The mission of the Mental Health Association in Delaware is to promote improved mental well being for all individuals and families in Delaware through education, support and advocacy.*

### Mental Health Association in Delaware

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# 2014 ANNUAL REPORT



Celebrating **82**  
Years of Service

## MESSAGE FROM THE PRESIDENT & EXECUTIVE DIRECTOR

First, we want to thank all of you who very generously supported the Mental Health Association in Delaware (MHA) through contributions of your time, talent and treasure. We could not do what we do without a host of volunteers who facilitate our support groups, work in our office, serve as interns, tirelessly and enthusiastically volunteer to make E-Racing the Blues© the very successful event it is year after year, and those who plan and put on our annual mental health conference. Thanks to the foundations and corporations who help fund our programs, the Departments of Health and Social Services and Services for Children Youth and Their Families, The General Assembly and all those individual donors who support us through our annual fund drive or who donate to us through United Way of Delaware.

Special thanks to our very wonderful and hardworking staff and to our Board of Directors who are just as hardworking and dedicated to our mission who support and guide our work.

2014 saw the continuation of our educational programs like suicide prevention trainings and the annual Community Mental Health Conference held for the thirteenth year. We continued our emphasis on Suicide Prevention, educating 1,125 people who participated in ASIST, safeTALK, and Lifelines trainings. MHA continued to assist the State of Delaware in the implementation of the Federal Department of Justice Settlement Agreement through the development of peer services. Our advocacy efforts remain an important part of what we do as do our support groups for depression, anxiety, survivors of suicide, and survivors of accidents and murder. We will continue chairing the Governor's Advisory Council to the Division of Substance Abuse and Mental Health, co-chairing the State's Suicide Prevention Coalition, serving on the Chief Justice's Supreme Court Mental Health Task Force as well as serving as Vice Chair of the Medicaid Pharmacy and Therapeutics Committee and the Medicaid Advisory Council.

With our thanks for your past and present participation, we appeal for your continued support. Through financial donations and volunteer assistance, you help us expand our lifeline of services to individuals and families who struggle to maintain productive lives while managing mental health and substance use conditions.

Sincerely,

Janet Brown, MSN, APRN, BC  
Board President



James Lafferty  
Executive Director





## ADVOCACY

MHA testified before the Joint Finance Committee on behalf of the Division of Substance Abuse and Mental Health and the Division of Child Mental Health. MHA advocated for approval of the budgets for these divisions. MHA also testified for the passage of House Bill 344 which improved Delaware's Civil Commitment Statute.

The Mental Health Association Chairs the Governor's Advisory Council to the Division of Substance Abuse and Mental Health, is the Vice-Chair of the Medicaid Pharmacy and Therapeutics committee representing the public, is Co-Chair of the Governor's Commission for Community Alternatives for People with Disabilities, and is Vice-Chair of the Medicaid Advisory Council.

MHA also co-chairs, with the Division of Substance Abuse and Mental Health and the Division of Child Mental Health, the Suicide Prevention Coalition which developed a Suicide Prevention Plan for the State of Delaware and is now in the implementation phase of the project.

## PARTNERSHIP & COLLABORATION

American Lung Association • City of Wilmington Health Planning Council • Colonial School District • Community Legal Aid Society • Community Mental Health Conference collaboration with: Attention Deficit Disorder Association, Division of Child Mental Health Services, Wilmington Police Department, Child Development Community Policing Program, Division of Vocational Rehabilitation, SODAT DE, Wilmington Chapter of The Links, Inc. • Delaware Council on Health and Wellness for Service Members, Veterans and their Families • Delaware Health Care Commission, Advocate for Improved Mental Health Services • Delaware Rural Health Consortium • Delaware Supreme Court, Member, Supreme Court Criminal Justice/Mental Health Task Force • Department of Education • Department of Health and Social Services, Division of Medicaid and Medical Care, Vice Chair, Medicaid Pharmacy and Therapeutics Committee • Department of Health and Social Services, Vice Chair, Governor's Commission on Community Alternatives for People with Disabilities • Department of Health and Social Services, Chair, Governor's Advisory Council to the Division of Substance Abuse and Mental Health • Department of Health and Social Service, Division of Medicaid and Medical Care, Vice Chair, Medicaid Advisory Council • Department of Services for Children, Youth and their Families, Division of Prevention and Behavioral Health Services • Dover Behavioral Health • Easter Seals • Johns Hopkins Medicine • La Red Health Center • MeadowWood Hospital • NAMI-DE • National Institute of Mental Health • People's Place • PolyTech School District • Red Clay School District • Rockford Center • St. Marks High School • Suicide Prevention Coalition, Co-Chair • Sussex County Health Promotion Coalition Mental Health Task Group • United Way of Delaware, United Way Council of Agency Executives

## EDUCATION

A few highlights from MHA's many educational programs are the following:

### Community Mental Health Conference

In November 2014, MHA sponsored the 13th Annual Community Mental Health Conference in Wilmington, DE. The conference took place at the Chase Center on the Riverfront in Wilmington and focused on the theme "Back to Basics." Over 250 participants enjoyed a variety of workshops, exhibits and a raffle, along with a keynote address titled "Walk With me; Mental Health in the Streets of Black America" from Dr. Yasser Payne from University of DE.



Community Mental Health Conference

### Mental Health Workshops for TANF (Temporary Assistance for Needy Families) Recipients

MHA collaborated with Psychotherapeutic Services to provide quarterly informational workshops on mental health to clients at Employment Connections sites where clients who receive cash assistance from the state are linked with employment opportunities. Since many of these clients struggle with employment due to mental health and/or substance abuse issues, MHA provided a needed service by presenting information on what mental health disorders are, and how to get mental health help.

### Support Group Presentations at Hospitals

Each month, MHA presents to the adult participants attending the partial day programs at MeadowWood Hospital, Rockford Center, Wilmington Hospital, and Dover Behavioral Health on the availability of support groups in Delaware. Many times, patients become so comfortable in hospital and/or group settings that they fear the future after the program ends or after they are discharged. These presentations give more information about what support groups are and also help participants in the partial day programs realize that there is support in the community outside of the hospital setting.

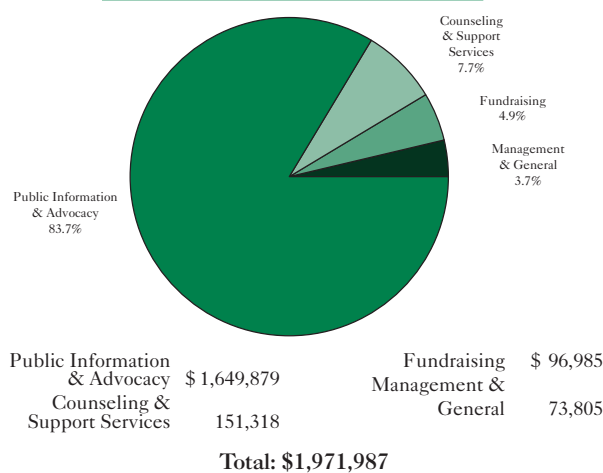
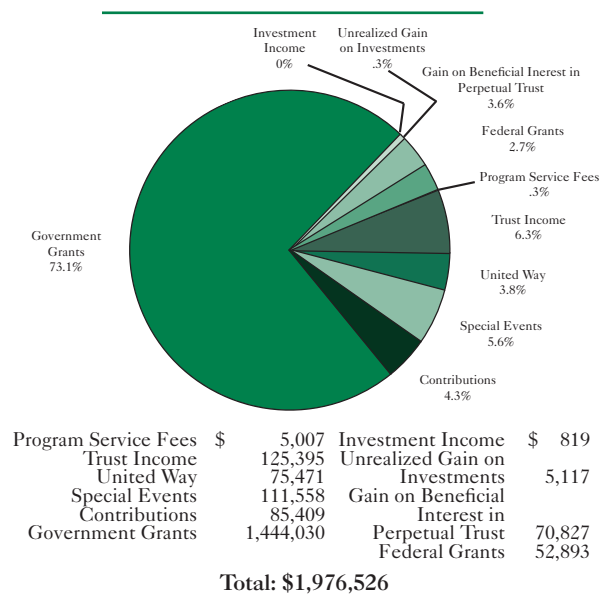
### Mental Health Presentations

MHA offers community education presentations on a variety of mental health topics at different facilities and organizations throughout the state of Delaware. Topics range from depression to suicide and also include ways to deal with stress and how to receive help if needed. Mental health community education presentations may be able to be catered to have a focus on a particular topic of interest as requested by the agency/organization.

## SUICIDE PREVENTION UPDATE

### Gatekeeper Trainings:

In 2014, we completed seven 3-hour safeTALK suicide alertness trainings, two Mental Health First Aid Trainings, and eight 2-day Applied Suicide Intervention Skills Trainings (ASIST). We also continued using the Lifelines Program, a comprehensive suicide prevention developed specifically for schools, with separate components for school staff, parents and students. We completed 41 Lifelines presentations in schools and other community venues. There were 1125 participants trained in 2014 in suicide awareness or suicide prevention skills trainings. Some participants included staff at after school programs; staff, students and foster parents at foster care programs; staff, parents and students at public and private schools; detention center students; state and non-profit employees; university students; interfaith ministry and church members; healthcare workers; military service members, veterans and their families, and other community members.



## SUPPORT OF \$500 OR MORE (product, in-kind, monetary)

Advanced Power Control, Inc. • Sallie & Jack Akester • Aloysius, Butler & Clark • American Lung Association • Anita Amurao, M.D. • Anonymous • Anonymous • Architectural Alliance • Ashland, Inc. • Attention Deficit Disorder Association (ADDA) • Atlantic Refrigeration & Air Conditioning • Pamela Baker • Bank of America Client Foundation • Bayhealth Medical Center • Bear Industries • Berry Refrigeration • BH-Insurance • The Blanchard Family Foundation • Mary Brady • Janet Brown, MSN, APRN, BC • Buck-Kennett Associates, LLC • Dr. & Mrs. Jose Capiro • Case Management Services, Inc./Cheri Pfeiffer • Christiana Care Health System • The Christmas Shop Foundation • Pat & John Cochran • Jeffrey Cooper • Deborah Copeland • Phoebe Craven • Crestlea Foundation • Debbley, Inc. • Delaware Attorney Services LLC • Delaware City Refining Co. • Delaware Flooring • Delaware Park • Delaware Rural Health Initiative • Delaware Today • Del-One FCU • Dover Behavioral Health System • Drywall Associates • Dukart Management Corp. • John du Pont • EAK Construction • East Coast Plumbing & HVAC • Emory Hill Real Estate Services • Glen Erne • Flett DuPont Trust • The Freibott Law Firm, P.A. • GB Shades • Geo-Technology Associates, Inc. • Jane & Bob Gibson • Lauren Golt • Hatzel & Buehler, Inc. • Niki & John Hawkins • Linda Heckert • Highmark Blue Cross Blue Shield Delaware • Carlyle Hooff • Hopkins & Sons, Inc. • Janssen Pharmaceuticals, Inc. • G. William Keller, DDS • Keystone Center • Evelyn King • Krewatch Foundation • KT&D Insurance • Janet & Jim Lafferty • Scotti Lee • Ellen and Alan Levin Family Foundation • Marmot Foundation • Maximus Foundation • Mazoch Dental Practice • Laurie & George McArthur • Sunee McDowell • Megan McGraw, LCSW • M. Davis & Sons, Inc. • MeadowWood Behavioral Health System • Mid-Del Charitable Foundation • Morris, Nichols, Arsh & Tunnell, LLP • M&T Bank • National Institute of Mental Health (NIMH) • Bobbie Passwaters • Pettinaro Residential • Porter Auto Group • Mr. & Mrs. Joseph Prendergast • Recovery Innovations • Deenie & Grafton Reeves • The Rob Hill Memorial Golf Tournament • Rockford Center • Mr. & Mrs. John Shone • Mr. & Mrs. James Skelly, III • Social Stylate • State of Delaware – Department of Labor - Division Vocational Rehabilitation, – Department of Services for Children, Youth and Their Families, – Division of Prevention & Behavior Health Service, – Division of Substance Abuse and Mental Health, – Grant-in-Aid, – Child Near Death Commission • Sunset Woods Music • United Way of Delaware • Wilmington Flower Market • Wilmington VA Medical Center • Winner Automotive Group • Lizzie Wright • WSFS Bank • Young Conaway Stargatt & Taylor, LLP

MHA extends its appreciation to the many other individuals, corporations, and organizations who have donated to our cause.