Mental Health Association in Delaware

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HIGHLIGHTS OF 2015

• Educational and Awareness activities were provided to 5,357 Delawareans.
• During the year, 272 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.
• In 2015, we facilitated three Mental Health First Aid Trainings, two suicide intervention trainings for Peer Certification: Trainings, nine SafeTALK trainings, twenty-one Lifelines presentations, thirteen 2-day Applied Suicide Intervention Skills Trainings (ASIST), and One Assessing and Managing Suicide Risk Training (AMSR).
• Ops, the Suicide Prevention Subcommittee of the Delaware Suicide Prevention Coalition, held their 1st annual Youth Suicide Prevention YouTube PSA Contest in the spring open to middle school and high school students. Winners came from Polytech High School’s Aerium Club, Conrad Schools of Science, and St. Mark’s High School. Dylan Colby from St. Mark’s was the grand prize winner and his 30 second PSA played in Delaware movie theaters in November and December.
• The 6th annual Military and Veterans Mental Health Summit was held in September, a collaboration between MHA and the Military Subcommittee of the Delaware Suicide Prevention Coalition providing suicide prevention tools and workshops for 270 providers, service members, and veterans.
• E-Racing the Blues© for Mental Health has seen nearly 6,000 people cross the finish line during its thirteen year existence and has raised nearly one million dollars.
• Held the 2nd annual E-Racing the Blues South in Rehoboth Beach featuring mental health-related organizations who were visited by participants wanting to walk in honor of suicide prevention.
• Organized the 3rd Annual Rob Hill Memorial Golf Tournament held in May at Rock Manor Golf course featuring 10 foursomes and a silent auction. Since inception, the event has raised over $25,000 and is held in memory of Rob Hill who died by suicide in November, 2012.
• Coordinated National Depression Screening Day sites statewide which screened 245 people for a mental health concern (depression, bipolar disorder, anxiety or PTSD), of whom 128 (52%) screened positive and were referred for treatment.
• The 13th Annual Community Mental Health Conference was held at the Chase Center updating 250 community consumers and providers about mental wellness.

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.

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First, we want to thank all of you who 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© for Mental Health the very successful event it is year after year, and those who plan and host 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 dedicated and hardworking staff and to our Board of Directors whose oversight is critical to guiding our work in support of our mission.

2015 saw the continuation of our educational programs like suicide prevention training and the annual Community Mental Health Conference which was held for the fourteenth year. We continued our emphasis on Suicide Prevention, educating 1,375 people who participated in ASIST, safeTALK, and Lifelines and other training. 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 to chair the Governor’s Advisory Council to the Division of Substance Abuse and Mental Health, co-chairing the State’s Suicide Prevention Coalition, 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,

Lawrence G. Boyer
Board President
James Lafferty
Executive Director
A few highlights from MHA’s many educational programs are the following:

**Community Mental Health Conference**

In November 2015, MHA sponsored the 14th Annual Community Mental Health Conference in Wilmington, DE. The conference took place at the Chase Center on the Riverfront and focused on the theme “Understanding Mental Wellness.” Over 250 community members, mental health consumers and providers enjoyed a variety of workshops and exhibits focusing on one’s overall mental well-being. Peggy Swartbick, PhD, kicked off the conference with her presentation of SAMHSA’s Eight Dimensions of Wellness.

**Mental Health Workshops for TANF**

(Temporary Assistance for Needy Families) Recipients

MHA collaborated with Psychotherapeutic Services to provide monthly informational workshops on mental health to clients at Employment Connections sites (i.e. Career Team) where clients who receive cash assistance from the state are linked with services.

**Support Group Presentations at Hospitals**

Every year, MHA presents to the adult participants attending the partial day programs at Meadowbrook/Wood Hospital, Rockford Center, and Dover Behavioral Health the availability of support groups for the Delaware community. Many times these programs feature one of the ambulatory providers 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 and resources 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 when needed. Mental health community education presentations work with an agency to have a focus on a particular topic of interest as requested.

**SUICIDE PREVENTION UPDATE**

In 2015, we completed one Assessing and Managing Suicide Risk Training (AMSR), 2 suicide intervention trainings for the Peer Certification trainings, 3 Mental Health First Aid Trainings, 9 safeTALK, 13 ASIST and 21 Lifelines which includes both the more. Opis, the Youth Suicide Prevention Subcommittee of the Delaware Suicide Prevention Coalition, held their 1st Annual Youth Suicide Prevention YouTube PSA Contest in the spring open to middle school and high school students.