

Celebrating 85 Years of Service



MESSAGE FROM THE PRESIDENT & EXECUTIVE DIRECTOR

We are truly grateful to our many friends and supporters who made 2017 another successful year for the Mental Health Association in Delaware (MHA) through their provision of time, energy and resources. We thank the many volunteers who facilitate our support groups, work in our office, serve as interns and support our events and fundraisers in myriad ways. We could not do what we do without you! We are thankful to each person who made a donation, to the various foundations and corporations who generously funded our programs, and to the agencies who support our work and work along with us to provide quality services for Delawareans – agencies such as the United Way, the Department of Health and Social Services, and Services for Children Youth and Their Families. Finally, we are grateful for our hardworking staff and our dedicated Board of Directors!

2017 has seen the expansion of our mental health court peer program, where our dedicated staff of peer specialists offer a living example of hope to those who may be struggling with mental illness and addiction which often leads to court involvement. We have also continued to provide excellent training to our community leading towards peer certification, with the goal of increasing the number of certified peers in the state. For many years, MHA has seen the value of peer support through our support groups for depression, anxiety and suicide loss, and the value of peer work is now being recognized in many other areas as well. In response, MHA is working hard to bolster the workforce of professional Certified Behavioral Health Peers.

2017 has seen the continuation of our educational programs such as the annual Community Mental Health Conference which was held for the sixteenth year, focusing on substance abuse and mental health. We continue to place strong emphasis on suicide prevention, providing a variety of training throughout the state to help Delawareans recognize the warning signs of suicide, and connect those in need with the appropriate help.

MHA continued to chair the Delaware Suicide Prevention Coalition, a gathering of public and private agencies focused on suicide prevention in

Delaware, especially in the military community, among youth, and among college and university students. Our advocacy efforts remain an important part of what we do, as we strive to influence policy towards an improved mental health system for Delaware. Finally, we have continued to coordinate mental health screenings throughout the state for National Depression Screening Day, with an increased number of screening sites and individuals screened and referred to treatment as needed.

With our deepest gratitude for your past and present participation, we appeal for your continued support. Through monetary contributions as well as your precious time and energy, you help us expand our lifeline of services to individuals and families who are affected by mental illness or suicide. Thank you for being part of our community's support system working to help those who struggle daily with mental health challenges and to promote better mental health in Delaware.

Lawrence G. Boyer
 Board President



Emily Vera, LCSW
 Executive Director



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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HIGHLIGHTS OF 2017

- Educational and awareness activities were provided to 4,052 Delawareans.
- During the year, 213 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 chair of Delaware's Suicide Prevention Coalition and chair of Healthy Neighborhoods Wilmington and Claymont Behavioral Health Task Force.
- In 2017, we facilitated four Mental Health First Aid Trainings, two suicide intervention trainings, seven Suicide Awareness for Everyone (safeTALK) trainings, eight GetRightSideUp programs, fifteen Lifelines presentations (adults and youth), fourteen two-day Applied Suicide Intervention Skills Trainings (ASIST), and one Assessing and Managing Suicide Risk (AMSR) programs.
- The seventh 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 230 providers, service members, and veterans.
- E-Racing the Blues© for Mental Health has seen over 5,000 people cross the finish line during its fifteen year existence and has raised over one million dollars.
- Held the 4th annual E-Racing the Blues© for Mental Health South in Rehoboth Beach featuring mental health related organizations who were visited by participants wanting to walk in honor of suicide prevention.
- Organized the 5th Annual Rob Hill Memorial Golf Tournament held in May at Deerfield Golf Course. 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 220 people for a mental health concern (depression, bipolar disorder, anxiety or PTSD), of whom 95 (43%) screened positive and were referred for treatment.
- The 16th Annual Community Mental Health Conference was held at the Chase Center updating 250 community consumers and providers about mental wellness.

EDUCATION

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

Community Mental Health Conference

In November 2017, MHA sponsored the 16th Annual Community Mental Health Conference in Wilmington, DE. The conference was held at the Chase Center on the Riverfront and focused on the theme of "Substance Abuse & Mental Health – In Our Communities".

The event was devoted to increasing the ability of the participants to access resources and understanding the relationship between mental health and substance abuse. The community members, mental health consumers and providers who attended enjoyed interactive workshops, panel discussions with important resources, and a keynote address by Dr. Terry Horton on the impact of the Opioid Crisis in Delaware.

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 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 Christiana Care/Wilmington Psychiatric Unit, MeadowWood Hospital, Rockford Center, and Dover Behavioral Health on the availability of support groups in Delaware. Many times, patients become so comfortable in hospital and/or group settings and 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 if 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 2017, we completed 1 Assessing and Managing Suicide Risk Training (AMSR), 2 suicide intervention trainings for the Peer Certification Trainings, 4 Mental Health First Aid Trainings, 7 safeTALK, 8 GetRightSideUp programs, 14 ASIST, and 15 Lifelines which includes both the general one hour presentations for adults and the youth curriculum. There were 1,660 participants trained in 2017 in suicide awareness or suicide prevention skills trainings. Some participants included local Delaware faith-based members, the Stevenson House Detention Center, the Department of Correction, state YMCAs, Pathways, Recovery Innovations, state and nonprofit

employees, military service members, veterans and their families, parents, students, community members and more.

GetRightSideUp, the Youth Suicide Prevention Subcommittee of the Delaware Suicide Prevention Coalition (DSPC), conducted monthly Lunch and Learns with students from Smyrna High School. Each month, thirteen to 20 students came together to discuss their thoughts, feelings and experiences with suicide and learned how to support one another and look out for others in the school.

UMatter2DE, the Higher Education Suicide Prevention Subcommittee of the Delaware Suicide Prevention Coalition (DSPC), organized two events for each of the school campuses involved in this group. During spring semester of 2017, a social marketing campaign was organized to promote resources like the Crisis Text Line. Some schools had table events with activities such as filling in thought bubbles or passing out semi-colon temporary tattoos. Other campuses watched a video titled The Truth about Suicide: Real Stories of Depression in College and held discussions around the video with students. The group also held a name contest in conjunction with these events, which is how U_Matter2DE came about. Nearly 700 students and faculty received information about Crisis Text Line and resources for suicide prevention through this event. During fall semester of 2017, the campuses participated in "PAWS for a Cause" where the group provided depression screenings in collaboration with National Depression Screening Day and invited a group known as PAWS for People to bring their volunteer pets to provide some de-stress opportunities for the students on campus. The pets lessened the intimidation factor in approaching the mental health table to receive a screening. Students loved the pets that visited the campuses during this event, and U_Matter2DE was able to give out information to students who may not have approached if the pets weren't there. 170 students in total were screened and over 200 students received information on Crisis Text Line.

ADVOCACY

The Mental Health Association participates in the Governor's Advisory Council to the Division of Substance Abuse and Mental Health, the Medical Care Advisory Council, the Delaware Center for Health Innovation Patient and Consumer Advisory Council and the Division of Prevention and Behavioral Health Services Advisory Council.

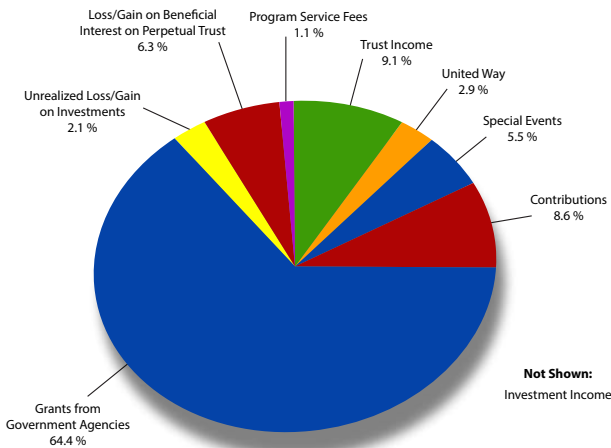
MHA chairs the Delaware Suicide Prevention Coalition (DSPC) which developed a Suicide Prevention Plan for the State of Delaware. MHA continues the implementation of the plan in the State. In addition, MHA chairs the Healthy Neighborhoods Wilmington and Claymont Behavioral Health Task Force.

MHA helped advocate successfully for legislation formalizing the DSPC, which supports its continuation. MHA also advocated for the development of a subcommittee to work together with the community to specifically address the prevention of firearm suicide.



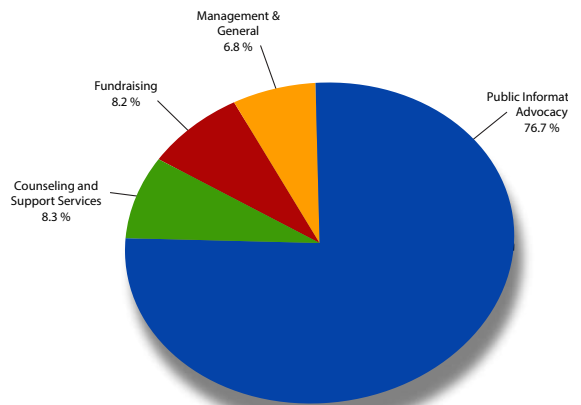


2017 INCOME & EXPENSES



INCOME

| | |
|---|--------------------|
| Program Service Fees | \$ 15,755 |
| Trust Income | 128,030 |
| United Way | 41,015 |
| Special Events | 76,948 |
| Contributions | 119,974 |
| Grants from Government Agencies | 902,563 |
| Investment Income | 196 |
| Unrealized Loss/Gain on Investments | 28,871 |
| Loss/Gain on Beneficial Interest in Perpetual Trust | 87,709 |
| | \$1,401,061 |



EXPENSES

| | |
|-------------------------------|--------------------|
| Public Information & Advocacy | \$ 1,052,986 |
| Counseling & Support Services | 113,996 |
| Fundraising | 112,270 |
| Management & General | 93,959 |
| | \$1,373,211 |



Thank You for your Support

PARTNERSHIPS & COLLABORATION

A.C.E Peer Resource Center • A.I. DuPont High School • American Foundation for Suicide Prevention Delaware Chapter • American Lung Association • Beebe Hospital • Behavioral Health Consortium • Big Brothers Big Sisters of Delaware • Boy & Girls Clubs of Delaware • Brandywine Counseling • Brandywine High School • Cab Calloway Middle School • Child Death Review Commission • Christiana High School • Christiana Care – Center for Comprehensive Behavioral Health • Christina School District • Claymore Senior Center • Colonial School District • Community Legal Aid Society • Community Mental Health Conference –Aids Delaware –AmeriHealth –Christiana Care –Connections –Danio Diary –DeAct Medical Solutions, Inc –Delaware Commission of Veterans Affairs –Delaware Council on Gambling Problems –Delaware Horticulture –Delaware Psychiatric Center –Delaware Region Health Ministry Network –Department of Labor –Family Counseling Center of St. Paul’s –Greenhill Pharmacy –Henrietta Johnson Medical Center –Horizon House –Parent Information Center –SODAT Delaware –Springfield College –YMCA • ContactLifeline Delaware • Crisis Intervention Services • Delaware Adolescent Program Inc. • Delaware Alliance of Nonprofit Agencies • Delaware Center for Health Innovation; Patient and Consumer Advisory Committee • Delaware Coalition Against Gun Violence • Delaware Commission of Veteran’s Affairs • Delaware Continuum of Care • Delaware Department of Health and Social Services, Medical Care Advisory Committee • Delaware Department of Services for Children, Youth and Their Families; Division of Prevention and Behavioral Health Services • Delaware Department of Veterans Affairs • Delaware Joining Forces • Delaware National Guard • Delaware Public Health Institute • Delaware Rural Health Consortium • Delaware School Counselor’s Association • Delaware Skills Center • Delaware State University • Delaware Suicide Prevention Coalition • Delaware Technical Community College Dover Campus • Delaware Technical Community College Wilmington & Stanton Campus • Delaware Technical Community College Georgetown Campus • Department of Corrections • Department of Education • Department of Health and Social Services; Governor’s Advisory Council to the Division of Substance Abuse and Mental Health • Department of Health and Social Services; Division of Public Health • Department of Health and Social Services; Division of Substance Abuse and Mental Health • Division of Prevention and Behavioral Health Services Project CORE (Community Outreach, Referral and Early Intervention) • Dover Behavioral Health • Easter Seals • E.W. Murphey School • First State Community Action Agency • Foundation for a Better Tomorrow • Global Investment Foundation for Tomorrow • Goldey-Beacom College • Healthy Neighborhoods Wilmington/Claymont Leadership Team (member) and Behavioral Health Task Force (Chair) • Jobs for Delaware Graduates • Kent County Interagency Council • La Red • Latin American Community Center • MeadowWood Behavioral Health System • Middletown Charter High School • Milford Boys & Girls Club • Milford Youth Detention Center • NAMI-DE • National Association of Social Workers-DE • National Depression Screening Day –A.C.E. Peer Resource Center Seaford & Georgetown –Aids Delaware –Beautiful Gate Outreach –Brandywine Community Church –Career Team –Christiana Care-Wilmington Hospital –Delaware Technical Community College Wilmington, Stanton, Dover, and Georgetown Campuses –Dover Behavioral Health –Easter Seals (Wilmington and Georgetown sites) –Goldey-Beacom Community College –Joseph Patrick Fabber Memorial Foundation –La Red Health Center –Ministry of Caring- Dining Room, Shelters & Job Placement Center –Mobile Crisis Intervention Services Ellendale & Northern Delaware –Neighborhood House, Inc. –Newark Senior Center –North Wilmington Library –Partners in Health and Wellbeing –SODAT Delaware –Sussex County Interagency Council • National Institute of Mental Health • National Violent Death Reporting System Advisory Counsel • Nemours • New Castle County Youth Detention Center • Odyssey Charter School • Pathway’s • PAWS for People • People’s Place • Public Allies • Rockford Center • PolyTech School District • Recovery Innovations • Rehoboth YMCA • Rosehill Community Center • RVRC – Rick VanStory Resource Center • Smyrna High School • Spring Arbor Retirement Community • \$tand By Me • St. Francis Hospital • St. Mark’s High School • Stevenson House Detention Center • Sussex County Health Promotion Coalition Mental Health Task Group • Sussex Family YMCA • Talley Middle School • The C.A.U.S.E. • United Way of Delaware • United Way of Delaware, United Way Council of Agency Executives • United Way, Member, United Way Healthy and Independent Communities Strategic Planning Committee • University of Delaware • University of Delaware Center for Health and Drug Studies • Walnut Street YMCA • Wesley College • West End Neighborhood House • Western YMCA • Westside Family Healthcare • Wilmington PAL Center • William Penn High School • Wilmington Friends School • Wilmington Police Department • Wilmington University • YWCA



2017-SUPPORT OF \$500 OR MORE (product, in-kind, monetary)

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