Community and beyond about mental illness. During the year, 303 people experiencing depression or an anxiety disorder, or loss of a loved one to suicide or murder attended one of our statewide 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 and schools providing education and training about suicide prevention.

In 2013, completed seven suicide awareness trainings, ten three-hour safeTALK suicide alertness trainings, and twelve two-day Applied Suicide Intervention Skills Trainings (AMIST). The Lifelines Program, which is a comprehensive suicide prevention developed specifically for schools, with separate components for school staff, parents and students was implemented. 35 Lifelines presentations in schools and other community venues were completed.

The second 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 about 200 providers, service members, and veterans. Continued to be 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 depression screening sites statewide which screened 185 people for a mental health concern (depression, bipolar disorder, anxiety or PTSD), of whom 44% screened positive and were referred for treatment.

E-Racing the Blues© 5K Run/Walk 10K Run has seen over 4,000 people cross the finish line during its eleven year existence and has raised over seven-hundred thousand dollars.

The 12th Annual Community Mental Health Conference was held updating nearly 180 people from the urban community and beyond about mental illness.

Mental Health Association in Delaware
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HIGHLIGHTS OF 2013

• Educational and Awareness activities were provided to over 4,000 Delawareans.

• During the year, 303 people experiencing depression or an anxiety disorder, or loss of a loved one to suicide or murder attended one of our statewide support groups.

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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. 2013 saw the continuation of our educational programs like suicide prevention trainings and the annual Community Mental Health Conference held for the twelfth year. We continued our emphasis on Suicide Prevention, educating 1,777 people who participated in ASIST, safeTALK, and Lifelines trainings and worked with Johns Hopkins Medicine, the State of Delaware and Highmark BlueCross/Blue Shield Delaware to make the Johns Hopkins Adolescent Depression Awareness Program available to all of Delaware’s Charter and Public High Schools. 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 Pharmacies and Therapeutics Committee and the Medicaid Advisory Council. In addition, MHA chaired the Steering Committee for Crisis Intervention Team training for law enforcement.

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

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Celebrating 31 Years of Service

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.

2013 ANNUAL REPORT
A few highlights from MHAs many educational programs are the following:

**Community Mental Health Conference**

On November 14, 2013, MHA sponsored the 12th Annual Community Mental Health Conference in Wilmington, DE. The conference took place at the Doubletree Hotel in Downtown Wilmington and focused on the theme “Journey Toward Health and Wholeness: Bind Mind, Body, and Spirit.” Over 900 participants enjoyed a variety of workshops, exhibitors and a raffle, along with a keynote address by Binsie Hines, found of “My Brother’s Keeper” in Philadelphia, PA.

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

MHA collaborated with Psychotherapy Services to provide 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 Meadow Wood 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 have a focus on a particular topic of interest as requested by the agency/organization.

**Gatekeeper Trainings**

In 2013, we completed seven suicide awareness trainings, ten 3-hour safeTALK suicide alertness trainings, and twelve 2-day Applied Suicide Intervention Skills Training (ASIST). We also continued using the Lifelines Program, a comprehensive suicide prevention developed specifically for schools, with separate components for school staff and students. We completed 35 Lifelines presentations in schools and other community venues. There were 1,777 participants trained in 2013 in suicide awareness or suicide prevention skills training. 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.

**PUBLIC PARTNERSHIP & COLLABORATION**

MHAs extensive partnerships and collaborations are the cornerstones of the many programs and services that we offer. We provide services and support to over 94 organizations that serve Delawareans.

**SUICIDE PREVENTION UPDATE**

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