We are truly grateful to our many friends and supporters who made 2018 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!

2018 has seen the expansion of our Peer Certification Training Program, 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. We have also continued to provide the 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.

2018 has seen the continuation of our educational programs such as the annual Community Mental Health Conference which was held for the seventeenth year, and our Veterans and Military Mental Health Summit, held for the eighth year. 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 dozens of screening sites and hundreds of 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 line 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.

Sincerely,

Dr. J. Carlton Gartner
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
100 W. Tenth Street, Suite 600
Wilmington, DE 19801
302-654-6833
www.mhainde.org

BOARD OF DIRECTORS
J. Carlton Gartner, Jr., MD, President
Victoria K. Chang, MSW, Vice President
Ms. Patricia Daniels, Secretary
Cheryl A. Santaniello, Esq., Treasurer
James Boston, Vice Treasurer
James Ellinson, MD, MPH
Major John Evans
Jane H. Gibson
Lauren Golt
Donald C. Keister, Jr.
Carlton Lampkins, Ed.D
Cyndi Lehm
Stephan Lehm
John Roland, PhD
Gina M. Wilson, MS

STAFF
Emily Vera, LCSW – Executive Director
Gina Atencia - Mental Health Court Peer Mentor
Rochelle Balan – Community Educator
J. Carlton Gartner – Director of Mental Health Court Peer Team
Jason Coleman, MEd – Community Educator
Elizabeth Davis, PsyD – Associate Community Educator
Robert Davis – Community Integration Specialist
Karen A. DiNardo – Director, Peer Training & Outreach Services
Roberta Fishgold – Development Associate
Natalie Klaus-Rogers – Peer Support Educator
Kyneta Lee – Community Integration Specialist
Laurie McArthur – Director of Development and Communication
Julie McCarthy – Mental Health Court Peer Mentor
Dona Mesko – Business Manager
Nicole Perefege – Peer Support Educator
Miguel Pozo – Mental Health Court Peer Mentor
Jennifer Seo – Deputy Director
Jennifer Smolowitz, MPA – Project Director for Suicide Prevention
Jennifer Whitehead - Peer Support Educator

HIGHLIGHTS OF 2018
• Educational and awareness activities were provided to 4,654 Delawareans.
• During the year, over 150 people experiencing depression or an anxiety disorder, or loss of a loved one to suicide 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 2018, we facilitated four Mental Health First Aid Trainings, seven GetRightSideUp programs, twenty seven Lifelines presentations (adults and youth), ten two-day Applied Suicide Intervention Skills Trainings (ASIST), and two Assessing and Managing Suicide Risk (AMSR) programs.
• The eighth 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 250 providers, service members, and veterans.
• E-Racing the Blues© for Mental Health has seen over 5,000 people cross the finish line during its sixteen year existence and has raised over one million dollars.
• Held the 5th 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.
• Coordinated 31 National Depression Screening Day sites statewide which screened 250 people for a mental health concern (depression, bipolar disorder, anxiety or PTSD), of whom 129 (52%) screened positive and were referred for treatment.
• The 17th Annual Community Mental Health Conference was held at the Chase Center updating 250 community consumers and providers about mental wellness.
• Updated and improved the curriculum for Peer Certification training, and created several workshops that allow for peers to become certified in the state of Delaware and maintain their certification with continuing education credits.
EDUCATION

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

Community Mental Health Conference
In November 2018, MHA sponsored the 17th 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 2018, we completed 2 Assessing and Managing Suicide Risk Training (AMSR), 4 Mental Health First Aid Trainings, 7 GetRightSideUp programs, 10 ASIST, and 27 Lifelines which includes both the general one hour presentations for adults and the youth curriculum. There were 2,378 participants trained in 2018 in suicide awareness or suicide prevention skills trainings. Some participants included local Delaware faith-based members, colleges and universities, hospitals, police officers, 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 its first conference on Tuesday, October 30, 2018 at the Wilmington University Dover Campus. Approximately 80 participants attended the half-day conference filled with information on suicide prevention related to college communities, humor and relaxation, mindfulness. The conference started with a powerful opening from Kelly Marzoli who helped start a student organization called Friends 4 Friends at the University of Delaware after she lost a close friend to suicide. Evaluation results indicated that participants found the event well organized, the information practical, and presenters engaging and informative. The conference was free of charge and offered CEU’s for professionals.

In addition to the conference, the group held table events filled with resources at the various college campuses throughout the spring semester. Information regarding Crisis Text Line and other campus mental health resources were disseminated during the tabling events.

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 spearheaded a project along with this Task Force which created paid peer internships, where peer specialists in training provided services to consumers at various community agencies while completing the hours required to become certified peer specialists in Delaware. They also received group supervision, mentorship and extra training from MHA. Nearly all of the interns moved into a career in behavioral health immediately following the internship.
### 2018 INCOME & EXPENSES

#### INCOME

- **Program Service Fees**: $15,200
- **Trust Income**: $129,476
- **United Way**: $32,556
- **Special Events**: $85,871
- **Contributions**: $128,911
- **Grants from Government Agencies**: $991,261
- **Investment Income**: $17
- **Unrealized Loss/Gain on Investments**: $22,499
- **Loss/Gain on Beneficial Interest in Perpetual Trust**: $-33,870

**Total Income**: $1,371,923

#### EXPENSES

- **Public Information and Advocacy**: $1,052,273
- **Counseling & Support Services**: $103,272
- **Fundraising**: $120,866
- **Management & General**: $112,963

**Total Expenses**: $1,389,474

**Net Income**: $1,371,923
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 – Americare – AmeriHealth – Christiana Care – Connections – Danio Diary • DeAct Medical Solutions, Inc • Delaware Commission of Veterans Affairs • Delaware Council on Gambling Problems • Delaware Agriculture – 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 • Contact Lifeline 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 • Department 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 Grads • 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 Council • 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
2018-SUPPORT OF $500 OR MORE
(product, in-kind, monetary)

Jack and Sally Akester; All Saints Episcopal Church; American Lung Association of the Mid-Atlantic; Apex Engineering, Inc; Arkieva; Binkley Horticulture Services, Inc.; Elwood Blanchard, Jr.; Mr. and Mrs. Ray Boston; Brandywine Trust Company; Patricia Brey; Carolyn Briggs; Janet Brown; Raymond Bryant; Buck-Kennett Associates, LLC; Chichester duPont Foundation, Inc.; Christiana Care Health System; Cohen Seglias Pallas Greenhall & Furman PC; Jeffrey Cooper; Deborah Copeland; DE Commission of Veteran Affairs; Delaware Academy of Medicine; Delaware Attorney Services LLC; Delaware City Refining Co.; Delaware Community Foundation; Delaware Community Foundation for Southern DE; Delaware Military Academy; Dental Associates of Delaware; Dogfish Head Craft Brewery; Dover Behavioral Health System; Delaware Division of Prevention and Behavioral Health Services; Delaware Division of Substance Abuse and Mental Health; John Du Pont; Exelon Corporation; Exelon Foundation; Dr. and Mrs. J. Carlton Gartner; Julie Gianguilio; Jane Gibson; Goldy-Beacom College; Jennifer Hanifee; Linda Heckert; Michael Henley; Highmark Blue Cross Blue Shield Delaware; Dorothy Hill; Chrissy Hitchens; Hudson Health Services, Inc.; Janssen Pharmaceuticals, Inc.; JJID, Inc; Kelly Integral Solutions LLC; Kimmel, Carter, Roman, Peitz & O’Neil; Evelyn King; Susan Krewatch; James Lafferty; Stephen and Cyndi Lehm; M&T Bank; Marmot Foundation; Dave Marston; Kathleen Matt; Laurie McArthur; MeadowWood; Mid-Del Charitable Foundation; Morris, Nichols, Arsh & Tunnell, LLP; Network for Good; Nuclear Electric Insurance Limited; RI International; Rockford Center; Mr. and Mrs. John Santaniello; Mr. and Mrs. John Shone; Social Stylate; Stuart W. Pratt Family Fund; SUN Behavioral Delaware; Sunset Woods Music; Supercritical Technologies; Terrapin Pharmacy; The Christmas Shop Foundation; The City of Wilmington; The Discover Brighter Futures Fund; The Grand Opera House; The Laffey-McHugh Foundation; The Wawa Foundation; William Theis; Thornton Tomasetti; Dr. Patricia Tillotson; Triassic Sports; Vandemark & Lynch; April Ward; Matthew Williams; Gina Wilson; WSFS

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