HIGHLIGHTS OF 2012

- Educational and Awareness activities were provided to over 6,000 Delawareans.
- During the year, 329 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 in schools providing education and training about suicide prevention.
- In 2012, completed six suicide awareness trainings, nine 3-hour safeTALK suicide awareness trainings, and eleven 2-day Applied Suicide Intervention Skills Trainings (ASIST).
- The Lifelines Program was implemented, which is a comprehensive suicide prevention developed specifically for schools, with separate components for school staff, parents and students. Twenty Lifelines presentations in schools and other community venues were completed.
- The first Military Suicide Prevention Conference was held in September, a collaboration between MHA and the Delaware Suicide Prevention Coalition providing suicide prevention tools for 200 providers, service members, and veterans.
- Continue being looked to as a leader in providing the most up to date information on mental well being through our information and referral program.
- Coordinated depression screening sites statewide which 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 depression screening sites statewide which screened nearly 200 people for depression, of whom 18% screened positive and were referred for treatment.
- E-Racing the Blues 5K Run/Walk 10k Run has seen nearly 3,000 people cross the finish line during its ten year existence and has raised over six hundred thousand dollars.
- The 11th Annual Community Mental Health Conference, formerly known as the People of Color Mental Health Conference, was held updating nearly 150 people from the urban community and beyond about mental illness.

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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Our Mission
Mental Health Association in Delaware

2012 ANNUAL REPORT

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 support and guide our work and who are just as hardworking and dedicated to our mission. 2012 saw the continuation of our educational programs like suicide prevention trainings and the annual Community Mental Health Conference held for the eleventh year. We continued our emphasis on Suicide Prevention, educating 1,105 people who participated in ASIST, safeTALK, and Lifelines trainings and worked with Johns Hopkins Medicine, the State of Delaware and Highmark Blue Cross/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 Pharmacy and Therapeutics Committee insuring needed medications are available to those insured through Medicaid.

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 lifetime of services to individuals and families who struggle to maintain productive lives while managing mental health and substance use conditions.

Sincerely,

James Lafferty
Executive Director

STAFF
Jim Lafferty – Executive Director
Gayle Bluebird, R.N. – Peer Services Director
Robert Davis – Peer Team Leader
Karen A. DiNardo – Team Leader-In Patient Peer Services
Roberta Fishgold – Development Associate
Julie French – Assistant Director Behavioral Health
Community Integration Housing
Alexandra Grael – Community Educator
Cerenza Hanley – Director of Peer Services
Carlyle F.H. Hooff, M.Ed. – Director, Behavioral Health Community Integration Housing
Laurie McArdle – Director of Development and Communication
Donna Mesko – Business Manager
Jennifer Seo – Sinai Prevention Specialist
Emily Vezza, MSW – Project Director
Franziska Watson – Peer Crisis Debriefer

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

**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 where clients who receive cash assistance from the state are linked with employment opportunities. Since many of these clients struggle with employment because of 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 services.

**Support Group Presentations at Hospitals**

Each month, MHA presents to the adult participants attending the partial day programs at Meadowood 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 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.

**Beyond Stress 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 or receive help if needed. “Beyond Stress” presentations can be catered to focus on a particular topic of interest specified by the agency/organization.