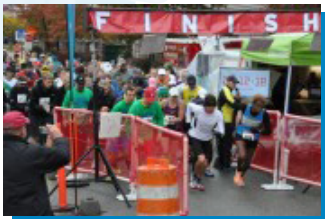


HIGHLIGHTS OF 2012

- 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 alertness 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 Military Subcommittee of 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 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.



Racers take off at E-Racing the Blues.

- 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.

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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Wilmington, DE 19801

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Kent & Sussex toll free: 800-287-6423

www.mhainde.org

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2012 ANNUAL REPORT



Celebrating **80**
Years of Service

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 1,015 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 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



ADVOCACY

MHA testified before the Joint Finance Committee on behalf of the budgets for the Division of Substance Abuse and Mental Health and the Division of Child Mental Health. MHA advocated against cuts in the budgets of these divisions that would effect services to people in the State of Delaware who are in desperate need for mental health and substance abuse treatment. MHA also testified on behalf of HJR17 which established Mental Health Screeners.

The Mental Health Association Chairs the Governor's Advisory Council to the Division of Substance Abuse and Mental Health, is the Vice-Chair of the Medicaid Pharmacy and Therapeutics committee representing the public, is a member of the Governor's Commission for Community Alternatives for People with Disabilities, as well as other policy related committees.

MHA also co-chairs, with the Division of Substance Abuse and Mental Health and the Division of Child Mental Health, the Suicide Prevention Coalition which developed a Suicide Prevention Plan for the State of Delaware and is now in the implementation phase of the project.

PARTNERSHIP & COLLABORATION

American Lung Association • Christiana Care – Moving Moms Forward • Christiana Care – Pathways Program • City of Wilmington Health Planning Council • Community Legal Aid Society • Community Mental Health Conference collaboration with: Attention Deficit Disorder Association, Division of Child Mental Health Services, Wilmington Police Department, Child Development Community Policing Program, Division of Vocational Rehabilitation, SODAT DE, Wilmington, Chapter of The Links, Inc. • Delaware Breast Cancer Coalition • Delaware Council on Health and Wellness for Service Members, Veterans and their Families • Delaware Guidance Services for Children and Youth, Inc. • Delaware Health Care Commission, Advocate for Improved Mental Health Services • Delaware Rural Health Consortium • Delaware Supreme Court, Member, Supreme Court Criminal Justice/Mental Health Task Force • Department of Education • Department of Health and Social Services, Division of Medicaid and Medical Care, Vice Chair, Medicaid, Pharmacy and Therapeutics Committee • Department of Health and Social Services, Member, Governor's Commission on Community Alternatives for People with Disabilities • Department of Health and Social Services, Chair, Governor's Advisory Council to the Division of Substance Abuse and Mental Health • Department of Health and Social Services, Division of Medicaid and Medical Care, Member, Medicaid Advisory • Department of Justice Court Appointed Monitor • Division of Substance Abuse and Mental Health, Chair, Law Enforcement Crisis Intervention Team Training • Dover Behavioral Health • Easter Seals • Johns Hopkins Medicine • La Red Health Center • Metropolitan Wilmington Urban League, Member, Health Planning Sub-committee • NAMI-DE • People's Place • PolyTech School District • Psychotherapeutic Services, Inc. • Red Clay School District • St. Marks High School • Smyrna School District • Suicide Prevention Coalition • Sussex County Health Promotion Coalition Mental Health Task Group • United Way of Delaware, United Way Council of Agency Executives • United Way, Member, United Way Healthy and Independent Communities Strategic Planning Committee

EDUCATION

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

Community Mental Health Conference

On November 17, 2012, MHA sponsored the 11th Annual Community Mental Health Conference, formerly known as the People of Color Mental Health Conference, in Wilmington. The conference took place at the Doubletree Hotel downtown and focused on the theme "The Ties that Bind Mind, Body, and Spirit." Over 150 participants enjoyed a variety of workshops, exhibits and a raffle, along with a keynote address from Kevin Ann Huckshorn, Director of the Division of Substance Abuse and Mental Health for the State of Delaware.



Community Mental Health Conference

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 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 MeadowWood 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.

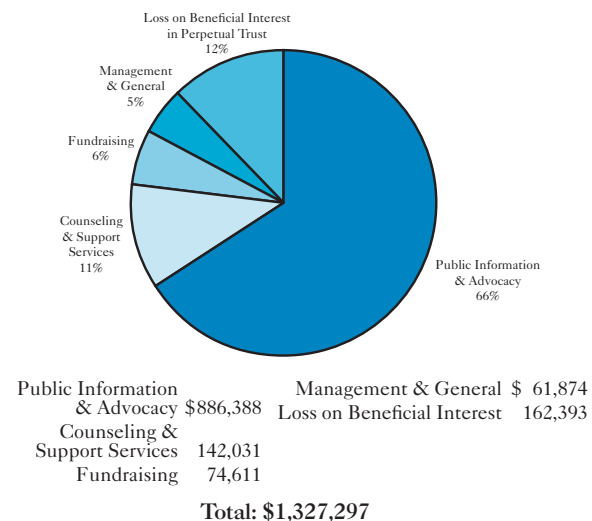
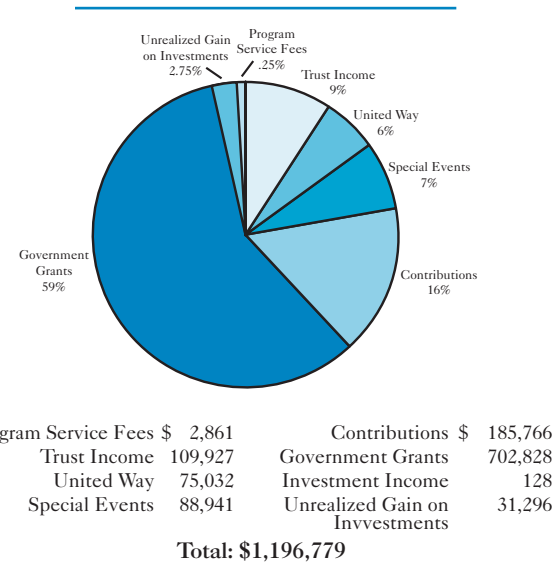
Beyond Stress Presentations

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 and how to receive help if needed. "Beyond Stress" presentations can be catered to focus on a particular topic of interest specified by the agency/organization.

SUICIDE PREVENTION UPDATE

Gatekeeper Trainings:

In 2012, we completed six suicide awareness trainings, nine 3-hour safeTALK suicide alertness trainings, and eleven 2-day Applied Suicide Intervention Skills Trainings (ASIST). We also began using the Lifelines Program, a comprehensive suicide prevention developed specifically for schools, with separate components for school staff, parents and students. We completed 20 Lifelines presentations in schools and other community venues. There were 1015 participants trained in 2012 in suicide awareness or suicide prevention skills trainings. 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 and other community members.



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.