We are truly grateful to our many friends and supporters who made 2019 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!

2019 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.

2019 has seen the continuation of our educational programs such as the annual Community Mental Health Conference which was held for the eighteenth year, and our Veterans and Military Mental Health Summit, held for the ninth 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 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.

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

STAFF
Emily Vera, LCSW – Executive Director
Gina Atencia - Mental Health Court Peer Mentor
Rochelle Balan – Community Educator
James Cephas – 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
Robert Fishgold – Development Associate
Natalie Klaus-Rogers – Peer Support Educator
Amethyst Lee - Community Integration Specialist
Kyneta Lee – Community Integration Specialist
Laurie McArthur – Director of Development and Communication
Dona Mesko – Business Manager
Nicole Perefege – Peer Support Educator
Miguel Pozo – Mental Health Court Peer Mentor
Stephanie Reaves - Peer Support Educator
Jennifer Seo – Deputy Director
Jennifer Smolowitz, MPA – Project Director for Suicide Prevention
Jennifer Whitehead - Peer Support Educator

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HIGHLIGHTS OF 2019
• Educational and awareness activities were provided to 4,112 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 member of the Behavioral Health Consortium.
• In 2019, we facilitated seven Mental Health FirstAid Trainings, seven general suicide prevention programs, seventeen Lifelines presentations (adults and youth), ten two-day Applied Suicide Intervention Skills Trainings (ASIST), and five three-hour safeTALK trainings.
• The ninth 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 seventeen year existence and has raised over one million dollars.
• Held the 6th 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 32 National Depression Screening Day sites statewide which screened 250 people for a mental health concern (depression, bipolar disorder, anxiety or PTSD), of whom over half screened positive and were referred for treatment.
• The 18th Annual Community Mental Health Conference was held at the Chase Center updating 250 community consumers and providers about mental wellness.
• Provided peer-focused training to 426 people with lived experience with mental health and/or substance use disorders, through programs including Delaware Peer Certification Training and the Peer Learning Collaborative.
• In 2019, the 2nd annual conference was held at the University of Delaware’s Star Tower Audion on 10/8/19 for approximately 120 participants. Let me know if you need more information than this for the conference.
"We were grateful to have a speaker from MHA, who could competently speak to mental health issues. The speaker was competent and engaging. He made a major contribution to the success of this event." - Markus

"I attended the ASIST training in Georgetown Delaware this year... I found the training to be very well done. It was conducted in a manner that allowed for the participants to process the emotions it stirred. Presenters were well trained and compassionate. The very next day after I attended the course I used the booklet for my personal review as I faced a situation in my office which required me to talk a client down off the ledge. This training was an excellent experience for me and could help so many other people." - Marcia

"It’s been a pleasure and an incredible journey working with my MHA peer mentor. After my time was over in WCI prison, I was admitted into Mental Health Court and as per request of the judge, I was given a peer mentor. He gave me a sense of assurance and helped me slowly but surely through my case. Throughout my court case session, he would check up on me and kept me updated on everything the judge would talk about and would explain thoroughly what everything meant and what was required of me. He really was a stepping stone throughout this specific journey in my life and made me smile, laugh, and enjoy myself despite my current circumstances at the time. Thankfully in August of 2019 I made it through Mental Health Court and came out clean and the judge put an order to drop my charges and clear my record and all this couldn’t have been possible if it wasn’t for him!" - Samily

"In 2013, I joined an MHA Depression Group. At the time, I felt like not only was I struggling to fire on all cylinders, I wasn’t firing on any cylinders... Once I met the other members, I realized the benefits of MHA’s support groups far surpass just getting thoughts out of your head. I found a place where I heard others share my fears and worries. I found a safe space where I can share thoughts difficult to voice with family and friends.... My loved ones saw the benefit I was gaining as well... Being a part of a group helped me listen and empathize with others again... Being part of a support group means being accepted as you are." - Alison (pictured on the right)

"This internship has supported my recovery 300%... this course has allowed me to identify things in myself that I need to change, and in turn help others do the same.” – Jubilee

“lt taught me a lot about being accountable. I was learning about myself as I was helping others. It helped me in my professional life and my personal life.” – Xavier

“I want to help people like I’ve been helped. I’ve learned a lot about myself and my ability to grow.” – Danielle

“I’m proving to myself, ‘You can do this!”’ – Veronica

"The confidence I have gained through this internship has had a very positive impact on me.” – Bill

MHA in Delaware received an award from the NAACP for our Peer Internship Program. On the right are messages from some of the Peer Specialists who participated in the program.
2019 INCOME & EXPENSES

**INCOME**

- Program Service Fees: $15,081
- Trust Income: 113,880
- United Way: 29,054
- Special Events: 67,131
- Contributions: 139,529
- Grants from Government Agencies: 1,099,337
- Unrealized Loss/Gain on Investments: 47,441
- Loss/Gain on Beneficial Interest in Perpetual Trust: (39,519)

Total Income: **$1,471,934**

**EXPENSES**

- Education and Advocacy: $1,149,370
- Support Services: 79,860
- Fundraising: 102,142
- Management & General: 116,344

Total Expenses: **$1,447,716**
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 • 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 • 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 Seafood & 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 Heath 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
2019-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.