2020 was certainly a year of challenges and change, but we are truly grateful to our immeasurable friends and supporters. Through their efforts MHA continued to be successful under unusual circumstances. We thank the many volunteers who pivoted to make our wellness groups virtual, served as interns without ever stepping foot in our offices, and continued to support our events and fundraisers even when we could not get together physically. We could not do what we do without you!

We are appreciative for each person who made a donation, to the various foundations and corporations who generously funded our programs. We also appreciate the agencies who support our work and work 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, who together turned a crisis into a learning opportunity as we moved to remote settings and socially distanced services!

2020 has seen the migration of our Peer Certification Training Program to an online platform, making it accessible to individuals throughout the state who may not be able to sit in a physical classroom at this time. 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 sometimes leads to court involvement. Our peers have gone above and beyond to continue to provide mentorship and assistance with accessing food, clothing, housing and transportation, while taking extra precautions to maintain health and safety.

2020 has seen the continuation of our educational programs such as the annual Veterans and Military Mental Health Summit, held virtually for the first time. We continue to place strong emphasis on suicide prevention, providing a variety of training to help Delawareans recognize the warning signs of suicide, and connect those in need with the appropriate help. We have added new virtual trainings to meet the need for distance learning, including an online version of Mental Health First Aid and QPR (Question, Persuade, Refer).

MHA continued to chair the Delaware Suicide Prevention Coalition, a (now virtual) 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 screening software that can be easily found on our homepage and screen for not only depression, but a variety of common mental health concerns.

With our deepest gratitude for your past and present participation, we appeal for your continued support. As our state and our entire country continues to grapple with isolation and stress due to the pandemic, as well as the economic fallout that reverberates through our communities, mental health is even more of a priority. 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 promote better mental health in Delaware.

Larence Kirby, PhD, LPCMH
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
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HIGHLIGHTS OF 2020

• Educational and awareness activities were provided to 1,288 Delawareans, either in person or virtually.

• During the year, 119 people experiencing depression or an anxiety disorder, or loss of a loved one to suicide attended one of our support groups, either virtually or in person.

• Continued as chair of Delaware’s Suicide Prevention Coalition and member of the Behavioral Health Consortium.

• In 2020, we facilitated two Mental Health First Aid Trainings, eight general suicide prevention programs, two Lifelines presentations (adults and youth), and two two-day Applied Suicide Intervention Skills Trainings (ASIST). We also gained certification to provide evidence-based suicide prevention training virtually, including QPR (Question, Persuade, Refer) and Mental Health First Aid.

• The tenth annual Military and Veterans Mental Health Summit was held virtually in August, a collaboration between MHA and the Military Subcommittee of the Delaware Suicide Prevention Coalition, providing suicide prevention tools and workshops for about 100 providers, service members, and veterans.

• In 2020, both our annual E-Racing the Blues® and E-Racing the Blues® for Mental Health South were done remotely. While we missed getting together in person, we were happy to have raised a combined total of over $40,000!

• Coordinated National Depression Screening Day to be done online, with 13 different screenings for mental health disorders including depression, anxiety and addiction, available for free on our website. 234 people were screened, of whom over half screened positive and were referred for treatment.

• Provided peer-focused training to 436 people with lived experience with mental health and/or substance use disorders, through programs including Delaware Peer Certification Training and Continuing Education offerings.

• In 2020, the 3rd annual UMatter2DE Suicide Prevention in Higher Education conference was held remotely, providing education to approximately 100 participants.

STAFF

Emily Vera, LCSW – Executive Director
Gina Atencia - Mental Health Court Peer Mentor
Rochelle Balan – Community Educator
Shynia Baldwin - Peer Internship Program Coordinator
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
    Roberta Fishgold – Development Manager
    Natalie Klaus-Rogers – Peer Services Educator
    Amethyst Lee - Survey Coordinator
    Kyneta Lee – Director of Technology and Design
    Dona Mesko – Business Manager
    Nicole Perefege – Peer Services Educator
    Miguel Pozo – Mental Health Court Peer Mentor
    Stephanie Reaves - Peer Services Educator
    Jennifer Seo – Deputy Director
    Jennifer Smolowitz, MPA – Director of Suicide Prevention
    Jennifer Whitehead - Peer Services Educator
"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)

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

"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

“It 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

"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

"We were grateful to have a speaker from MHA, who could speak to mental health issues. The speaker was competent and engaging. He made a major contribution to the success of this event.” - Markus

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.
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: $1,089,337
- Unrealized Loss/Gain on Investments: $47,441
- Loss/Gain on Beneficial Interest in Perpetual Trust: $(39,519)

EXPENSES

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

Total Expenses: $1,447,716
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 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 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 Council • Nemours • New Castle County Youth Detention Center • Odyssey Charter School • Pathways’ • 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
MHA extends its appreciation to the many other individuals, corporations, and organizations who have donated to our cause.