MESSAGE FROM THE PRESIDENT & EXECUTIVE DIRECTOR

Larence Kirby, PhD, LPCMH
Board President

Emily Vera, LCSW
Executive Director

The year 2021 exemplified the “new normal,” as the Mental Health Association in Delaware expanded and adjusted our services to fit the community’s needs during the pandemic. Our services were remote and in-person, ensuring widespread access and safe learning environments. We are grateful to all of those who made this possible, especially as we see the mental health challenges that have continued to grow as a result of COVID 19.

We are thankful for the volunteers and interns who remained involved and flexible while assisting with our events and wellness groups, for our donors and funders whose generosity has met significant needs, and for our hardworking staff and dedicated Board of Directors who work together to promote improved mental wellness in Delaware.

We maintained our Peer Certification Training Program, throughout 2021, in an online platform, making it more accessible to learners throughout the state. We added new and updated continuing education programs to help Delaware’s peer workforce maintain certification.

We continued to provide the mental health court peer program, where our dedicated peer specialists offer living examples of hope for those struggling with mental illness and/or addiction which sometimes leads to court involvement. Our peers have gone above and beyond to provide continued mentorship and assistance with accessing food, clothing, housing and transportation, while maintaining health and safety.

In 2021, we held monthly webinars focused on education for our military community, including relevant subjects such as moral injury, family resilience, grief, and women’s health. We provided two Empowering Community Wellness Symposiums (formerly Community Mental Health Conferences) in a virtual format (Spring) and an in-person format (Fall).

With rising suicide rates, it was vitally important to continue placing a strong emphasis on suicide prevention education. We provided various trainings to help Delawareans recognize the warning signs of suicide, and connect those in need with the appropriate resources. Trainings included Mental Health First Aid and QPR (Question, Persuade, Refer), as well as the two-day ASIST training (Applied Suicide Intervention Skills Training), which was reintroduced, in the Fall, in an in-person format.

MHA continued to chair the Delaware Suicide Prevention Coalition, a gathering of agencies (public and private) focused on suicide prevention in Delaware, notably within the military community and youth and college students. Our advocacy efforts remain a vital part of what we do, as we strive to influence policy towards an improved mental health system for Delaware.

Finally, we 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 unending participation, we appeal for your continued support. As our state and our nation continues to grapple with the fallout of isolation, financial stress, and continued health concerns due to the pandemic, mental health remains a significant priority. Through monetary contributions, supplemented by your precious time and energy, you will 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.
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.

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HIGHLIGHTS OF 2021
• Educational and awareness activities were provided to 2517 Delawareans, either in person or virtually.
• During the year, 214 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 2021, we facilitated 19 Mental Health First Aid Trainings, 8 general suicide prevention programs, 10 Lifelines presentations (adults and youth), 4 two-day Applied Suicide Intervention Skills Trainings (ASIST), and 26 QPR (Question, Persuade, Refer) Trainings.
• In collaboration with the Military Subcommittee of the Delaware Suicide Prevention Coalition, we provided monthly webinars including suicide prevention tools and resources targeting providers, service members, veterans, and their families.
• In 2021, we were excited to have a remote E-Racing the Blues© for Mental Health South; and an in-person E-Racing the Blues© at Glasgow Park, raising a combined total of over $47,000!
• 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. 464 people were screened and provided information about how to obtain treatment.
• Provided peer-focused training to 337 people with lived experience with mental health and/or substance use disorders, through programs including Delaware Peer Certification Training and Continuing Education offerings.
• In 2021, the 4th annual UMatter2DE Suicide Prevention in Higher Education conference was held remotely, providing education to approximately 100 participants.
"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

"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

The Thursday Women’s Support group gave me hope and let me know I wasn’t alone in what I was going through. I was able to freely express (or not) what I was feeling. It provided an outlet and support in a non-judgemental way. I am doing well with my mental health, thank the Lord! Please continue to provide the support and resources that so many suffering from mental illness need! MHA-DE helped me and so many others. It is a much needed service. I truly appreciate all you do and continue to do. - Vickie

"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

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.
2021 INCOME & EXPENSES

INCOME

- Trust Income: $150,779
- United Way: $28,025
- Special Events: $51,125
- Contributions: $1,794,111
- Grants from Government Agencies: $1,471,934
- Unrealized Loss/Gain on Investments: $74,024
- Loss/Gain on Beneficial Interest in Perpetual Trust: $98,230

EXPENSES

- Education and Community Support: $1,424,555
- Advocacy: $74,024
- Fundraising: $104,468
- Management & General: $98,230

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 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
Joseph Abessinio; Dr. and Mrs. Jack and Sally Akester; All Saints Episcopal Church; American Lung Association of the Mid-Atlantic; Apex Engineering, Inc; Barbacane Thornton & Company; Michelle Barter; Elwood Blanchard; Mr and Mrs. Ray Boston; Brandywine Group Advisors, Inc; Chichester Foundation; Christiana Care Health System; Dr. Walter Ciecko; Mrs. Deborah Coggin; David Coggin; Stacey Cook; Deborah Copeland; Crystal Trust; Delaware Association for the Education of Youth Children; Delaware Attorney Services, LLC; Delaware City Refining Company; Delmarva Power; Dental Associates of Delaware; DiCarlo Precision Instrument; Delaware Division of Substance Abuse and Mental Health; Division of Prevention and Behavioral Health; Division of Public Health; Exelon Foundation; Dr. and Mrs. J. Carlton Gartner; Jane Gibson; Hatzel & Buehler, Inc; Linda Heckert; Dorothy Hill; Janssen Pharmaceuticals; Bo Johnson; Linda Kay; Susan Krewatch; James and Janet Lafferty; Dawn Land; Stephen and Cyndi Lehm; M&T Bank; Dave Marston; Eric Nam; Network for Good; Nuclear Electric Insurance Limited; Rock Harbor Foundation; Rockford Center; Sandra Rodriguez; Mr. and Mrs. Jay Rosenthal; Social Stylate; Tanglewood Total Wealth Management; Thornton Tomasetti; United Way; Vandemark & Lynch; April Ward; Mr. and Mrs. Christopher Ward; WSFS; Karen Zecher

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