2022 was a year of settling into the "new normal," as the Mental Health Association in Delaware expanded and adjusted our services to fit the needs of our community as life transitioned to "pre-pandemic" mode. As a team, we provided services that were both remote and in-person to ensure maximum accessibility to confront elevated mental health challenges.

We are immensely grateful to all who made this possible, including the many volunteers and interns who have remained involved and flexible in helping with our events and wellness groups, for our donors and funders whose generosity has continued to warm our hearts and meet our needs, and for our hardworking staff and our dedicated Board of Directors who continue to work together to promote improved mental wellness in Delaware.

We maintained our Peer Certification Training Program throughout 2022 in an online platform, making it accessible to individuals throughout the state without class access. We have added new continuing education unit offerings to help Delaware’s peer workforce maintain certification and to have the most current and important information. We continue to provide the mental health court peer program, where our dedicated peer specialists offer a living example of hope to those who may be struggling with mental illness and/or 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.

In 2022, we once again held a conference focused on the military community, while holding quarterly webinars focused on this population, including relevant subjects such as moral injury, family resilience, grief, and women’s health. We also provided two Empowering Community Wellness Symposiums - a virtual symposium in the spring and one in person in the fall.

With rising rates of suicide, it was vitally important to us to continue to place strong emphasis on suicide prevention education. We provided a variety of trainings to help Delawareans recognize the warning signs of suicide, and connect those in need with the appropriate help. These included Mental Health First Aid and QPR (Question, Persuade, Refer), as well as the two-day ASIST training (Applied Suicide Intervention Skills Training). Trainings were provided in person as well as remotely, depending on the type of training and the needs of the audience.

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, and of the nation.

Finally, we have continued to coordinate mental health screenings throughout the state for National Depression Screening Day, both in person and 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 country continues to grapple with the pandemic fallout of isolation, financial stress, and continued health concerns, 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 2022

- Educational and awareness activities were provided to 2842 Delawareans, either in person or virtually.
- During the year, 240 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 2022, we facilitated 14 Mental Health First Aid Trainings, 9 general suicide prevention programs, 11 Lifelines presentations (adults and youth), 11 two-day Applied Suicide Intervention Skills Trainings (ASIST), 18 QPR (Question, Persuade, Refer) Trainings, and 11 Master Your Stress Workshops.
- In collaboration with the Military Subcommittee of the Delaware Suicide Prevention Coalition, we provided quarterly webinars including suicide prevention tools and resources targeting providers, service members, veterans, and their families.
- In 2022, we were excited to have E-Racing the Blues© at Glasgow Park, raising nearly $32,000.
- 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, as well as in person throughout the state. 232 people were screened and provided information about how to obtain treatment.
- Provided peer-focused training to 170 people with lived experience with mental health and/or substance use disorders, through programs including Delaware Peer Certification Training and Continuing Education offerings.
- In 2022, the 5th annual UMatter2DE Higher Education Suicide Prevention Conference was held remotely, providing education to approximately 100 participants.
- In collaboration with a community planning council, one Empowering Community Wellness Symposium was held in person in May to celebrate May is Mental Health month, and another was held remotely in November, providing education to a combined total of over 200 participants.
"I do not know that I’ve ever met such a great group of people. The five facilitators and peers... WOW!!! It was an epic experience. I learned so much and I’m sad actually that the training was over. Thank you MHA for all your employees that have dedicated so much of who they are genuinely and authentically.”
-Peer Certification Training Participant

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

"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 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)

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 left are messages from some of the Peer Specialists who participated in the program.
### 2022 INCOME & EXPENSES

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<th>Income</th>
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<tr>
<td>Trust Income</td>
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<td>Total Revenue Gains on Investments</td>
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<td>Management &amp; General</td>
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**Total Revenue**: $1,748,563

**Total Expenses**: $1,681,211
988 Planning Coalition * A.C.E Peer Resource Center * Addiction Action Committee * A.I. Dupont * Amanecer Counseling and Resource Center * Amazon * American Foundation for Suicide Prevention Delaware and Maryland Chapters * American Lung Association * Appoquinimink Library * Aquila of Delaware * Beebe Hospital * Behavioral Health Consortium * Boy & Girls Clubs of Delaware * Brain Injury Association of Delaware * Brandywine Counseling * Back to Life Wellness LLC * Bridge Clinic * Bryn Mawr University * Cape Cod Center for Well Being * Charlie Health * Christiana High School * Christiana Care * Claymore Senior Center * Community Legal Aid Society * Conexio * Concord High School * Contact Lifeline * Copeland Center for Wellness and Recovery * Cornerstone Methodist Church * Crisis Intervention Services * Delaware Alliance of Nonprofit Agencies * Delaware Art Museum * Delaware Child Psychiatry Access Program Advisory Council * Delaware Coalition Against Domestic Violence * Delaware College of Art and Design * Delaware Commission of Veteran’s Affairs * Delaware Continuum of Care * Delaware Department of Corrections * Delaware Department of Health and Social Services * Medical Care Advisory Committee * Delaware Department of Labor; Division of Vocational Rehabilitation * Delaware Department of Services for Children, Youth and Their Families; Division of Prevention and Behavioral Health Services * Delaware Department of Veterans Affairs * Delaware Guidance Services * Delaware Joining Forces * Delaware National Guard * Delaware Network for Excellence in Autism * Delaware Pride Inc. * Delaware Psychiatric Center * Delaware State University * Delaware SHIP Partner Coalition * Delaware Suicide Prevention Coalition * Delaware Technical Community College * Delta Sigma Theta Sorority * Delaware Division of Public Health * Delaware Division of Substance Abuse and Mental Health * Delaware Suicide Prevention Coalition * Diamond State Counseling * Dover Air Force Base * Dover Behavioral Health * Easter Seals * Empowering Community Wellness Symposium Planning Committee (AIDS Delaware) * Capital School District * Center for Child Development * Delaware Council on Gambling Problems * Division of Substance Abuse and Mental Health * Dover Behavioral Health * Life Health Center * Phoenix Center for Health and Wellness * Rockford Center * Springfield College * YOUr Center) * EP Church of Newark * Family SHADE * Faith Forward Collaborative * Fellowship Health Resources * First 24 Hours Crisis Task Force * Freedom Center for Independent Living * Friends Quaker Meeting House * Goldey-Beacom College * Great Oaks Charter School * Greenbrook TMS * Henrietta Johnson Medical Center * Hero Help Program NCCP * Highmark Delaware * Hopes and Dreams * Horizon House * Human Hug Project * Interfaith Veterans Workgroup * Impact Life * JED Foundation * Jewish Family Services * Kinship Community Collaborative * La Red * Las Aspira Academy * Latin American Community Center * Lifelines LGBTQ+ Youth Homeless Shelter * Mariner Middle School * DeLaWarr Senior Center * Harrington Senior Center * Lake Forest Elementary School * Lewes Senior Center * Newark Senior Center * St Anthony’s Senior Center * Mental Health America * Milestone Consultants * Mindshift with Lauren * Mount Pleasant High School * Brandywine Community Church * Career Team * Cheyney University * Harvest Years Senior Center * Joseph Patrick Fabber Memorial Foundation * Ministry of Caring * Neighborhood House, Inc. * New Castle Senior Center * Sodat-Delaware, Inc. * Tomaro’s Change * Mammie Warren Senior Center * National Violent Death Reporting System Advisory Counsel * NET Kirkwood Detox * Network School for Entrepreneurial Sciences * New Castle County Opioid Overdose Community Response Team * New Castle County Superior Court * Padua Academy * PAWS for People * Peniel United Methodist Church * Peace by Piece * POLYTECH School District * Project DelAWARE * Project Welcome Home Troops * Public Allies * Rockford Center * Recovery Innovations * Resources for Human Development * Refugee House * Salvation Army * SCULPT YOUR LIFE * Substance Abuse and Mental Health Services Administration * SL24 Foundation * Smyrna High School * Sojourners House * Spring Arbor Retirement Community * $tand By Me resources * SUN Behavioral * Sunday Breakfast Mission * Survivors of Abuse in Recovery * Sussex Academy * Sussex County Health Promotion Coalition * Sussex Technical High School * The Center for Child Development * Tranquil Solutions for a Centered Mind * United Way of Delaware * University of Delaware * Ursuline Academy * Victims Voices Heard * Voices for Non-Opioid Choices * We Work for Health Delaware * West End Neighborhood House * White Clay Creek Presbyterian Church * William Penn High School * Wilmington City Council * Wilmington Health Planning Council * Wilmington University * Wilmington VA Medical Center * Woodlawn Library * YMCA * YWCA
2022-SUPPORT OF $500 OR MORE  
(product, in-kind, monetary)


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