



Mental Health Association
of the Heartland

Advocacy, Education and Support in Kansas and Missouri

2007

Annual Report

2008

MHIA  SM
Mental Health America
of the Heartland

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From the Chair



Without a doubt, the Mental Health Association of the Heartland entered its second decade of services as bi-state metro wide organization in a strong position. Motivated by our mission of “promoting the mental health of the community and improving the quality of life of persons with mental illness” and a record number of broad and deep partnerships, we as an organization moved to an ever higher level, impacting individuals, organizations and service delivery systems with both practical information and strategies, and lived experience of mental illness, and more importantly, of recovery. Engaged in both transformation contracts and committees in both states, our staff and volunteers transformed, and were transformed. We moved beyond mission to vision-- of a society in which individuals can achieve their full potential free from stigma and prejudice. It has been an honor to be a part.

Delois Tucker

Chair of the Board 2007



It was with humility and excitement that I took on the role of chair of the newly renamed Mental Health America of the Heartland. Our new name, logo, and web site reflect how this agency -- and the movement as a whole -- accomplishes its work, impacts the community, and changes the lives of those affected.

This year saw not only continuation of all our highly successful programs, but implementation of several new initiatives. Furthermore, we received the resounding endorsement of our local United Ways (through certification and multi-year funding).

Additionally, our national organization characterized us as “strong and growing” and re-affiliated us without reservation. More poignantly for us, we were also given “Unity” and “Innovation in Programming” awards by the Kansas Consumer Advisory Council for Adult Mental Health.

As an organization founded by a person with mental illness, populated by consumers at all levels, and dedicated to recovery, we couldn’t be more proud. We hope you will choose to become involved as we promote the mental health of the community and strive to improve the quality of life of persons with mental illness.

Brent Caswell

Chair of the Board 2008

Core Values

MHAH believes that justice demands that everyone, regardless of disability, has the rights and responsibilities of full participation in society.

We believe that mental health is essential to the development and realization of every person’s full potential.

We believe that the promotion of mental health and the prevention of mental, emotional and social problems are the responsibility of every person and social institution in the community.

We believe that all persons must have access to a full array of high quality, community-based, integrated mental health services regardless of ability to pay.

We believe that all services must be linguistically and culturally appropriate.

We believe that all persons with mental illness can recover and live healthy and productive lives.

We believe that children with, or at risk of, serious emotional disturbances and their families or surrogate families must have access to high quality, community-based, integrated systems of care.

We believe that consumers, parents and families are unique and essential participants in providing advocacy, services, education and training.

We believe that mental health treatment should be provided and paid for at the same levels as other illnesses.

Board of Directors 2007-2008

Officers	2007	2008
Chair	Delois Tucker	Brent Caswell
Vice-Chair	Cathy Nix	Bill Hankins
Treasurer	Cathy Nix	Delois Tucker
Secretary	Eric Collins	Eric Collins

Members

Stacy Braiuca	Dr. Larry Carver (2007)
Phil Chiles (2007)	Gary Evert
Terry Harbert	Ernie McClellan (2008)
Katie McCune	Yamel Medina
Lorraine Murray Shikles	Dr. Lee Rathbone-McCuan
Cathy Smith	Rob Smith
	Bea Wake-Jasuta (2008)

MHAH Staff 2007-2008

Susan Crain Lewis, President/CEO

Shellie Arriaga	Marie Bernhard
Joy Butterfield	Bonnie Castro
Janet Cook	Stacy Davis
Mayella Gamez	James Glenn
Lois Hohn	Michelle Howard (2007)
Randy Johnson	Ann Jones
Emily Meissen-Sebelius	Simon Messmer
Staci Miller (2008)	Cameron Murray
Megan O’Malley (2008)	Stephen O’Neill (2007)
Barbara O’Roark (2008)	Katie Pope (2008)
Petra Robinson (2008)	Cynthia Saddler
Herman Shaffer	Paula Shaver
Vivica Snape (2007)	Sheena Spears
Janet Stamper (2008)	Tony Terwelp
Melody Tillman	Corinna West
Cheryl Wozniak (2007)	

Interns

Janet Cook (2007, 2008)	Matt Clark (2007)
Wade Davis (2008)	Michelle Giggee (2007)
Kent Henson (2007)	Staci Miller (2007)
Ginger Stanley (2007)	

PROGRAMS

Advocacy & Recovery Support promotes the recovery and integration of individuals with mental illness into the community by providing peer and/or professional support services, advocacy (Individual, Systemic and/or Legislative), linkage, and intervention to ensure full receipt of, and benefit from, traditional psychiatric and social services. The Advocacy & Recovery Support Program is comprised of three key services:

WASA (Wellness and Support Advocate) is a collaboration that places mental health consumers in positions of trust and responsibility within partnering social service organizations. In 2007-2008 partnering agencies were Rose Brooks (a domestic violence shelter); KC Free Health Clinic, reStart (a homeless shelter); Wyandot Center for Community Behavioral Healthcare Inc./Housing Authority in Kansas City, Kansas; El Centro; Coalition for Independence; Swope Health Center; and 2 MHAH permanent supportive housing sites.

96% of clients served obtained new or enhanced strengths or skills through their work with WASAs.

The Compassionate Ear Warmline is a consumer-run listening service with both local and toll free numbers (913-281-2251 and 1-866-WARMEAR), which operates from 4 p.m. to 10 p.m. daily, including holidays. The Warmline offers non-crisis supportive listening, coping strategies, information, and a reprieve from loneliness or isolation. This program also provides human service training and esteem-building employment opportunities for persons with mental illness.

87% of callers to the Compassionate Ear WarmLine successfully resolved their presenting issues through the call.

Leadership and Development and Technical Assistance supports individual consumer leaders in contributing their voice, wisdom and expertise to the continued transformation of the mental health system in Kansas.

Heartland Housing works to increase access to permanent, safe, decent, and affordable housing by developing housing options for individuals and families with mental illness or who are otherwise disabled.

Heartland Housing Services include owning and managing 2 supportive housing units, processing rent subsidy vouchers (such as Shelter-Plus-Care), and providing housing assistance, advocacy, and community coalition building.

94% of residents in MHAH permanent supportive housing units remained housed for 1 year or more.

83% of persons receiving housing vouchers through MHAH remained housed for 6 months or more.

(Note: These achievements are 14% and 13% above benchmarks).

100% of clients remained in mental health or other community services; this achievement was 30% and 20% higher than benchmarked.

“Housing to Homes” provides technical assistance and support to nonprofit organizations, coalitions, governmental entities and private landlords wishing to replicate our permanent supportive housing model. (www.homelessnomore.org)

Mental Health Promotion provides information about mental illness, recovery, and treatment, to eradicate stigma, encourage and assist people to seek treatment, translate new knowledge into clinical practice, and improve treatment and services. Services include:

Information and Referral, available by phone and website, connects people with professional mental health recovery services, and self help and support groups. (913-281-2221, www.mhah.org)

91% of individuals gained helpful information from the contact; 66% followed-up with the referrals provided.

Self Help and Support Group Directory, updated in 2008, lists over 400 local no-cost groups to help people understand and cope with a wide range of mental health and life issues.

Workshops, Seminars & Speakers Bureaus collaboratively tailors and presents free and low cost seminars on mental health and recovery related topics to persons with mental illness, their friends and families. Continuing professional education workshops are developed for a wide range of professional audiences, including nurses, social workers, first responders, law enforcement and corrections personnel, supervisors and human resource managers. These seminars focus on increasing knowledge and understanding and provide practical information, skills and resources for responding to, and working with and treating persons who have mental illness.

85% of individuals attending increased their knowledge; 93% implemented a plan to put knowledge gained into practice.

Sabbaths of Hope was designed in response to local statistics that show that persons with mental illness, particularly depression, turn first to their faith communities for help. Through conferences, mental health and worship resources, faith community leaders are empowered to both de-stigmatize mental illness and to provide referral and support to their congregants.

Resource Library, Community Events, and Health Fairs maintains a well stocked lending library of resources materials, and an extensive inventory of literature on mental health topics, available free of charge to community groups and members of the public.

Child and Youth Mental Health Initiative is built on research that shows that suicide is the 3rd leading cause of death for 10-24 year olds, and that early intervention reduces likelihood and severity of mental illness and disability. Services include:

A.N.S.W.E.R. (Adolescents Never Suicide When Everyone Responds) provides suicide prevention information, education, and resources to adolescents, parents and educators. A.N.S.W.E.R. identifies the risk factors and warning signs of depression and suicide, acknowledges common myths and misconceptions, and facilitates seeking help for depression and suicidal thoughts through both presentation content and one-to-one outreach and service linkage. A.N.S.W.E.R. also offers consultation on suicide prevention and post-intervention policies, procedures and resources to schools and organizations.

90% of teens reported that they would seek help for themselves or a friend if suicidal, up 13% from pre-test scores.

Workshops, Seminars and Speakers Bureau are offered to parents, schools, mental health and social service professionals, and community groups on a wide range of children’s mental health topics, ranging from recognition and treatment of specific disorders, to parenting and teaching strategies that have been shown to promote resiliency and decrease the likelihood and/or severity of mental illness.

97% of individuals increased their knowledge; 89% implemented a plan to put knowledge into practice.

Program Highlights

In 2007 the Mental Health Association of the Heartland served over 13,488 people.

The Mental Health Promotion program, in partnership with the Center for Practical Bioethics, and with the support of the Health Care Foundation of Greater Kansas City launched “Sabbaths of Hope,” an initiative designed to help clergy and lay leaders break down stigma and provide support to congregants struggling with depression.

Our longstanding teen suicide prevention program, A.N.S.W.E.R., was expanded, reconfigured, and renamed the Child and Youth Mental Health Initiative, to include all work with and about youth. This included exciting partnerships with Smart Start to bring practical knowledge and skills around building resiliency to prevent mental health problems, to early childhood educators across the metropolitan area.

We continued our success in permanent supportive housing, dramatically improving the quality of life for the formerly homeless persons who reside at our properties. And with the help of a Neighborhood Builders Grant from Bank of America, we launched the Housing to Homes Initiative, which enables other non-profits, in Kansas City and beyond, to replicate our model and reduce chronic homelessness in their clients and communities. (By the end of 2007, seven organizations were

In 2008, under our new name, Mental Health America of the Heartland served over 23,133 people.

The Mental Health Promotion Program, in partnership with MHA of Eastern Missouri, began a project to train Community Mental Health Center staff to understand and work effectively with the families of deployed and returning soldiers. Sabbaths of Hope, designed to assist faith communities in de-stigmatizing and responding to depression, continued to provide support to close to 40 congregations as they individualized sabbath and prayer services to address this public health crisis; and received renewed funding from the Healthcare Foundation of Greater Kansas City.

The Leadership Development and Technical Assistance element of our Advocacy and Recovery Services Program, an initiative focused on training and supporting consumers of mental health services to advocate for themselves and for systems reform through coalition and board service and participation, received an Innovation in Programing Award at the Kansas Recovery Conference. This program also initiated Peer Specialist Training and Certification in the State of Missouri and provided certification programs at the VA and Fulton State Hospital, as well as technical assistance to over 7 Community Mental Health Centers around utilizing and billing for peer based services.

2007

engaged with us in this work, with an expected 41 new units of housing coming available in 2008-2009). We continued our successful Shelter Plus Care program, and began piloting an enhanced version of it (named Blaylock Homes) at sites across the state of Kansas.

Our Wellness and Support Advocates continued to work at 7 social service organizations across Kansas City, bringing lived experience of recovery to 260 consumers and a new understanding, experience, and valuation of working alongside a person with mental illness to staff in those organizations.

In addition to directly impacting literally thousands of consumers, families, professionals and community members, the agency worked at the broader level of systems change. We were awarded a subcontract to help the Missouri Department of Mental Health incorporate key elements of recovery and the consumer movement into the transformation of the department, and we helped to coordinate a hugely successful state Mental Health Advocacy Day in Kansas, at which over 200 consumers were empowered with information, skills and logistical support to advocate for themselves to their elected officials, on the policies that promote their mental health, and improve their quality of life.

2008

System level advocacy was also performed through active involvement in the Kansas Mental Health Advocacy Day, Missouri Mental Illness Awareness Day, Capitol Hill Day in Washington, and attendance at Fall Policy Conferences and the National Conference of State Legislatures, as well as involvement in over 20 regional State and Local coalitions, task forces, advisory councils and committees.

The Child and Youth Mental Health Initiative continued its expansion beyond suicide prevention program, to include partnerships and presentations on broad mental health topics to groups including staff at Boys & Girls Clubs, Don Bosco, Associated Youth Services, and Mattie Rhodes Center, as well as continued partnership with Smart Start.

The Housing to Homes TA Center was engaged by 6 different organizations to replicate our “best practice” permanent supportive housing model and develop _ additional units of safe, decent affordable housing for chronically homeless persons with mental illness. 2008 also saw continued positive results from residents of our own properties, several of whom surpassed the 5 year mark for residential stability (HUD defines good outcomes as 6 months), and the initiation of a transfer of two additional properties (a total of 15 units) to MHA of the Heartland.

Special Event Highlights

Beyond the Blues 2007

With only 3 month lead time, the Mental Health Association of the Heartland, in partnership with the Kansas City Blues Society and the Kansas City Lindy Hop Society, launched “Beyond the Blues”—a fun night of music, dancing and refreshment!

Held at the Armacost museum, opened by Anna Lee and the Lucky “So and Sos,” and headlined by Grand Marquis with special guest Myra Taylor, the event became a national model for MHA and Blues Society affiliates across the county!

Special Thanks to emcees Anne Peterson and Phil Witt, to all our volunteers, to our major sponsors, Pfizer and Bristol Myers Squibb, and to all the other individuals who contributed, assisted and attended!

Beyond the Blues 2008



Building on the success of our inaugural event, Mental Health America of the Heartland, the Kansas City Blues Society, the Kansas City Lindy Hop Society and all our supporters returned to the Armacost Museum on October 18th for the second annual Beyond the Blues.

Once again emceed by Anne Peterson and Phil Witt, “Take it Home” Sponsors in 2008 were Eli Lilly and Bristol Myers Squibb. They, along with close to 20 additional organizations, helped take the event “up a notch”, with a catered meal, raffle, and Fund-A-Need auction. The Doghouse Daddies, Mark Montgomery and the Mo City Jumpers, and the Lindy Hop dancers provided a great night of entertainment for all!

Mental Health Association/America of the Heartland

Selected Audited Financial Information

	Year Ended December 31, 2007	Year Ended December 31, 2008
REVENUES, GAINS AND OTHER SUPPORT		
Contributions and Grants:		
Contributions	282,157	145,297
United Way	186,793	192,477
Government grants and contracts	11,647,756	1,443,385
Program service fees and Fee for Service Contracts	15,115	190,845
Rental income	85,982	84,612
Membership dues	2,015	1,522
Special Event	12,868	14,545
Interest and Other Income	8,448	9,945
Temporary Restricted Net Assets		
Net assets released from restrictions	146,410	(136,101)
Decrease in restricted net assets	(63,895)	(93,742)
Increase in Net Assets	88,513	(174,935)
Total revenues, gains and other support	1,983,691	2,218,729
EXPENSES:		
Program services	1,720,735	2,081,260
Support Services:		
Management and general	144,844	184,959
Fundraising	29,599	33,703
Total expenses	1,895,178	2,299,922
NET ASSETS:		
Beginning of Year as Previously Reported	1,185,365	1,309,983
Change in Net Assets	50,317	174,935
Net assets, end of year	\$1,309,983	1,135,048

(Complete audit reports, prepared by an independent auditor, are available for review at the agency's offices.)

STATISTICAL SNAPSHOT

	2007	2008
People Served	13,488	23,133
Persons Housed	179	191
Help-Line calls answered	394	356
Compassionate Ear calls answered	3,523	3,909
Youth receiving suicide prevention programs	4,200	4,971
Educational Events	71	134
Media Engagements	11	16
Budget	\$2,027,160	\$2,297,823
Staff	26	28

Our Vision

Mental Health America of the Heartland envisions a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential free from stigma and prejudice.

Our Mission

Mental Health America of the Heartland is dedicated to promoting the mental health of the community, and improving the quality of life of persons with mental illness, through advocacy, education and support.

Mental Health America of the Heartland 2007 Donors

Members: William Art, Tracey Blaylock, Dick Brumbaugh, Joy Butterfield, Kathy Calvert, Phil Chiles, Tom Cranshaw, Angela Dale, Gary Evert, Ernie Gauthier, LCSW, Andy Geoghegan, James Glenn, Bill Hankins, Terry Harbert, Sue Haynes, Randy Johnson, Ann Jones, Erlene Krigel, Ellen Laner, Jeffrey Lewis, Michael Lubbers, James Malouff, III, Katie McCune, Molly Merrigan, Erin Miller, Jeffrey Montolio, Sarah Myers, Cathy Nix, Stephen O'Neill, Jeanette Paugh, Lee Rathbone-McCuan, Mary Richardson, Cynthia Schendel, Mary Schuele, Michele Shaw, Michelle Stelmach, Eddie Taylor, Lillie Trimble, Delois Tucker, Richard Vogel, and Phil Witt.

Individuals(including Combined Federal Campaign/United Way Donor Designations): Keith & Laurie Anderson, Bryan Kent Ashcraft, Shellie Arriaga, Susan Bellis, Marie Bernhard, Mary Ann Bunyard, Tracey Blaylock, Laura Bond, Kevin Brown, Dick Brumbaugh, Kate Buchta, Jeffrey Byrd, Phil Chiles, Carol Clark, Matthew Clune, Marva Combs, Steven Davis, Betty Donell, Sandy Downs, Robert Dueck, Pam Eckerson, Katherine Eike, Frank Esparaza, Jr., Gary Evert, Richard Fried, Michael Greenspan, Terry Harbert, Emily Hartley, SBC Hauw, Sue Haynes, Joseph Hogan, Jr., Lois Hohn, Brenda Cheri Hollis, Mia House, Ann Jones, LaTisha Kelly, Nina Beth Kletting, Adrienna Kordalski, Clarence Kowalewski, Susan Lebovitz, Eloise McCuan, Kate McCune, Frank Meier, Catherine Miller, Laura Morlan, Fakherddin Nasser, Franklin Neff, Jeannette Nichols, Cathy Nix, Brianna Power, Lee Rathbone-McCuan, David Rein, Petra Robinson, Cynthia Saddler, Angel Sappington, William Scaife, Jr., Gloria Scott, Jason Sorensen, Elanie Stoud, Tony Terwelp, Lillie Trimble, Delois Tucker, Booma Venkataraman, Desiree Vitale, Richard Vogel, Christopher Waddell, Sadonia Weatherspoon, Kerry Wilson, and (2) Anonymous Donors.

Corporations and Organizations: American Legio Ladies Auxillary, Burdge Charitable Trust, Coalition for Homeless Concerns, Inc., Four County Mental Health, Geiger Ready- Mix, Greater Kansas City Community Foundation, The Guidance Center, Healthcare Foundation of Greater Kansas City, Heart of United Way, Homefront, Kanza Mental Health Center, Mental Health Association of Greater St. Louis MOCSA, National Institute if Mental Health, National Mental Health Association, Sister of Charity, United Way of Johnson County, REACH Healthcare Foundation, restart Inc., Swope Health Center, United Way of Wyandotte County and Wyandot Center of Community for Behavior Healthcare Inc.

Memorials: In Memory of Howard Dale McBride, Sr.: Gary Thomas, In memory of Dale Owens: Sharon Owen. In memory of Julius Wasbutsky: The Marine Department of Petter Supply and Robert Petter, Jr.: In memory of Catherine "Kitty" Conley: Hallmark Cards.

Government: Missouri Department of Mental Health, U.S. Department of Housing & Urban Development, Johnson County Mental Health Center, State of Kansas City Department of Social and Rehabilitation Services, and Wichita State University.

Special Events: Bike 4 Brain, Macy's "Shop for a Cause", Prior Attire and Womanade, Beyond the Blues.

Mental Health Association of the Heartland 2008 Donors

Members: Brenda Adams, Marie Bernhard, Stacy Braiuca, Randall Burdge, Robert Burris, Joy Butterfield, Bonnie Castro, Brent Caswell, Eric Collins, Janet "Cookie" Cook, Stacy Davis, Sheila Dressman, Casey Eike, Gary Evert, Ernie Gauthier, LCSW, Bill Hankins, Terry Harbert, Lois Hohn, Randy Johnson, Ann Jones, Jeffrey Lewis, Katie McCune, Yamel Medina, Emily Meissen-Sebelius, Simon Messmer, Staci Miller, Megan O'Malley, Lee Rathbone-McCuan, Petra Robinson, Cynthia Saddler, Lorraine Shikles, Rob Smith, Cathy Smith, Sheena Spears, Marian Swartz, Delois Tucker, Richard Vogel, Bea Wake-Jasuta, Phil Witt, and Cheryl Wozniak.

Individuals (including Combined Federal Campaign/United Way Donor Designations): Anonymous, Kevin Brown, Virginia Kenney, Phil Witt, Gary Evert, Terry Harbert, Peggy Holen, Delois Tucker, Brent Caswell, Bill Hankins, Katie McCune, Lee Rathbone-McCuan, Lorraine Shikles, Richard Vogel, Bea Wake-Jasuta, Stacy Braiuca, Pamela Arsenault, Marie Bernhad, Gloria Brown, Joy Butterfield, Bonnie Castro, Mayela Gamez, James Glenn, Lois Hohn, Randy Johnson, Ann Jones, Emily Meissen-Sebelius, Cameron Murray, Jerry Phillips, Karol Rosenberger, Cynthia Saddler, Herman Shaffer, Paula Shaver, Vivica Snype, Tony Terwelp, Alice Todd, Susan VonDrasek, Sadonia Weatherspoon, Cheryl Wozniak.

Corporations and Organizations: Bank of America Charitable Foundation, Hallmark Volunteer Program, Industrial Development Authority, Johnson and Johnson, Pfizer, Mental Health Association of Greater St. Louis, Spradley & Reismeyer, Home Depot, Randall Burdge Charitable Trust, Geiger Ready Mix Foundation, Johnson County Mental Health, Kanza Mental Health, Wichita State University, Restart, Metro Lutheran Ministries, Tri-County Smart Start, Sisters of Charity of Leavenworth, Swope Health Services, Crider Center, Wyandotte County and Leavenworth County, Health Care Foundation of Greater Kansas City.

Memorials: In memory of Ellen B. Laner, Michael Schultz, Mary Nellis, Bryce Miller.

Government: Missouri Department of Mental Health, U.S. Department of Housing & Urban Development, Johnson County Mental Health Center, State of Kansas Department of Social and Rehabilitation Services, and Wichita State University.

Special Events: Beyond the Blues, Bike 4 the Brain.

