



MIHA
of the Heartland

2000-2001

Annual

Report



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A Message From the Board of Directors

Mental illness is a deeply personal issue for those who deal with it every day.

Research shows that one in five Americans will suffer a mental illness during their lifetime. In 2000, people receiving social security disability benefits (which includes many persons with a mental illness) paid an average of 98% of their benefits on housing. This places those individuals and their families at grave risk for homelessness. Many persons incarcerated in prisons and over 20% of children in juvenile justice facilities have an untreated mental illness.

Research also shows that virtually every major mental illness has a biological or genetic component. Unfortunately many persons suffer needlessly, often because of stigma or lack of knowledge. For example, 65% of persons with severe depression (the most common

major mental illness) can be successfully treated, but less than 25% of those individuals receive appropriate treatment. Many persons are unable to access treatment because of the lack of mental health parity in their private insurance plans or their public benefits.

The Mental Health Association of the Heartland serves the entire community. We collaborate with local, state and national agencies to provide the highest quality services possible.

Some of our recent notable achievements:

- The U.S. Department of Housing & Urban Development recognized our first permanent supportive housing project with a Best Practices Award.

- We are in the final year of a sizable research grant on teen suicide prevention, one of only four awarded nationally by SAMHSA, which is part of the U.S. Department of Health & Human Services.

Drastic budget cuts in Missouri, Kansas and at the federal level have already occurred in this seriously underfunded system. Our community faces huge challenges. Mental illness is a public health issue that we will continue to address.

Molly Merrigan

Board Chair

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 is 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.

Two Years of Change and Growth

The past two years were times of *great change* and *sustained growth*.

Among the most **significant changes** were:

Gary Christ, MSW, accepted an offer with the National Mental Health Association to work with their Juvenile Justice Initiative. Our heartfelt thanks go to **Susan Crain Lewis**, MSSW, Senior Vice President, Education & Evaluation, for her able leadership during the interim, and to **Gary Thomas**, then-Board Chair, for his generous time commitments during the transition.

The agency purchased a historic apartment building in the Longfellow neighborhood of Kansas City, MO, completed renovations, and created a community for eight formerly homeless individuals with mental illness in the agency's first **permanent supportive housing units**.

MHAH celebrated its 5th Anniversary.

Our staff formalized written personnel and agency **policies and procedures**, such as drug-free workplace and updating position descriptions.

Sustained growth occurred with:

The agency received a second HUD award for permanent supportive housing. The **\$624,861 grant** will be used to construct a 10-unit apartment building for homeless mentally ill individuals, with a preference for veterans, as well as offset operations and supportive services expenses.

The **Compassionate Ear Warm-Line** expanded operating hours and received funding to pay stipends to mental health consumers managing and operating this program. The WarmLine has been operating since 1999, and functions as a step-employment opportunity for those individuals.

Our staff is utilizing a nearly **\$300,000** federal grant to develop a

bi-county coalition to study teen suicide prevention, including launching a website, www.teenanswer.org.

Community Education programming has expanded for individuals with mental illness, their family and friends, and professionals seeking continuing education credits, as well as presenting workshops, and appearing at state and regional conferences.

A **Resource Room** was dedicated to house Information & Referral materials, enabling every staff and board member to effectively respond to inquiries for educational materials and community resources.

The **Development and Finance Departments** expanded to more efficiently and effectively manage the complex accounting and fundraising needs of the agency, notably detailed program budget and expense tracking systems.

The agency website, www.mhah.org launched. See page 5!

More Program Highlights 2000-2001

Advocacy

Advocacy programming is at the heart of every activity of the Mental Health Association of the Heartland. Whether assisting individuals with mental illness in resolving landlord-tenant disputes, helping individuals navigate the mental health and social service delivery systems, connecting individuals with traditional mental health services and providing individuals with social supports to help them function successfully in the community, or building coalitions, agency staff focus each day on utilizing available resources that improve the quality of life for persons with mental illness. During 2000 and 2001, the agency provided advocacy services to over 5,800 individuals and family members.

Community Education

Community Education is fundamental to reducing the stigma of mental illness and raising awareness about the prevalence and symptoms of these disorders. This program reached over 10,500 individuals, including teachers, parents, treatment providers, and persons with mental illness. The program is far-reaching, and during 2000 and 2001:

- Provided continuing education credits for 385 doctors and nurses, on topics including ethics, diagnostic issues, and postpartum depression.
- Trained 189 law enforcement officers about mental illness and strategies for effectively dealing

with individuals with mental illness while in the line of duty.

- Filled 28 requests from employers and community leaders for a member of the agency's Speaker's Bureau, reaching over 500 people.
- Received a four-year grant from Kansas City Healthy Start, a joint effort of the Maternal & Child Health Coalition of Greater Kansas City and Heart of America United Way, to reduce infant mortality and improve the health of pregnant women and their infants.

Information & Referral

The Information & Referral program works hand-in-hand with Community Education, and other

(continued on next page)

Heartland Housing Initiative—Program Highlights 2000-2001

The most recent data on homelessness indicates that at least one-third of all homeless individuals suffer from a mental illness. Further, research indicates that up to 90% of adults who suffer from serious and persistent mental illness have very low income levels (defined as less than 30% of the median income in their community). These statistics begin to explain why it is so difficult for individuals with mental illness to remain in safe, decent, affordable housing.

During 2000-2001, this Initiative:

- Completed renovations on an eight-unit historic apartment building to permanently house homeless individuals with mental illness (or other disabilities). The agency employs an on-site residential counselor at the building to maintain the necessary supports for these residents, as well as a peer support worker to provide non-traditional social supports. Research and the agency's experience have shown these are critical components in successfully transitioning the homeless mentally ill into the community.
- Received a second grant award from the U.S. Department of Housing & Urban Development to build an 10-unit permanent supportive housing project in Leavenworth, KS, targeting homeless veterans with mental illness (or other disabilities). The agency is currently raising funds for the balance needed to make those units a reality, and has purchased real estate suitable for construction.
- Managed 235 housing vouchers that ensure individuals with mental illness are in safe, decent, and affordable housing.

2000-2001 Program Highlights (continued)

programs to disseminate information, connect people with community resources, and provide support. During 2000-2001, the program reached nearly 1,600 individuals through the Mental HelpLine and other inquiries for information and seeking referrals.

The agency received funding from the Victor E. Speas Foundation for development of an agency website that will serve as a primary source of contact for future I & R requests.

Peer Support

Peer Support programming is poised for further growth in conjunction with the Heartland Housing Initiative:

The Compassionate Ear WarmLine, started in February 1999, operates five hours daily, including holidays.

The agency provides a part-time peer advocate to work with residents at the agency's housing units. This is an additional layer of support for those residents, delivering non-Medicare and non-Medicaid

reimbursable services critical to residents as they transition into permanent housing. This program delivered services to 2,072 individuals in 2000-2001.

Representative Payee

The agency saw many individuals "graduate" from this program recently as they demonstrated the ability to manage their illness well enough to handle personal finance management. Over 273 individuals received Representative Payee financial management services in 2000-2001. The agency provided thousands of hours of service to these clients.

Teen Suicide and Violence

Prevention

The agency is most proud to be one of only four agencies nationwide to have received a grant award from the Substance Abuse & Mental Health Services Administration to study teen suicide prevention. The nearly \$300,000 grant, over two years, is funding the development of a bi-county community coalition

(Johnson and Wyandotte in Kansas), survey research in five area high schools of ninth and tenth graders, and a public awareness campaign highlighted by the launch of a website, www.teenanswer.org. In addition, this program delivered teen suicide and violence prevention programming in nine area high schools, reaching over 4,900 students, parents, staff, and community members.

Vision and Mission

The Mental Health Association 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.

MHAH 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.

Board Members

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Family Court Commissioner

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Kansas City, Missouri
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Lillie C. Trimble
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Associate Pastor
St. James United Methodist Church

Brian Wimes
Jackson County Circuit Court
Drug Court Commissioner

The Bell

"Cast from the shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness." (Inscription on NMHA Bell)

During the early days of mental health treatment, asylums often restrained persons with mental illnesses by iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950s, the National Mental Health Association (NMHA) issued a call to asylums across the country for their discarded chains and shackles. On April 13, 1953, at the McShane Bell Foundry in Baltimore, MD, NMHA melted down these inhumane bindings and recast them into a sign of hope: the Mental Health Bell.

Now the symbol of NMHA, the 300-pound Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses. Today, the Mental Health Bell rings out hope for improving mental health and achieving victory over mental illnesses.

Over the years, national mental health leaders and other prominent individuals have rung the Bell to mark the continued progress in the fight for victory over mental illnesses.



www.mhah.org
Available Now!

Thanks to a grant from the Victor E. Speas Foundation, and hundreds of hours of staff time, the agency website launched in October 2002. Please bookmark our site for news, information, and how you can support MHAH!

Mental Health Association of the Heartland

Selected Audited Financial Information

Years Ended December 31, 2001 and 2000

Unrestricted Net Assets	2001	2000
Unrestricted Revenues and Gains		
Contributions	\$ 10,817	\$ 14,063
United Way allocations	264,815	266,115
Government contracts and grants	776,244	674,947
Special event revenue	9,810	11,937
Membership dues	2,305	3,464
Program service fees	24,775	17,567
Investment income	4,155	2,298
Rental income	4,657	12,483
Other income	2,023	818
Total unrestricted revenues and gains	1,099,601	1,003,692
Net assets released from restrictions		
Satisfaction of purpose restrictions	361,049	115,714
Total revenues, gains, and other support	1,460,650	1,119,406
Expenses		
Program services	1,205,525	936,683
Supporting services		
Management and general	67,971	63,533
Development	53,001	57,946
Total expenses	1,326,497	1,058,162
Increase in unrestricted net assets	134,153	61,244
Temporarily Restricted Net Assets		
Contributions	218,075	33,000
Government contracts and grants	169,919	78,622
Net assets released from restrictions		
Satisfaction of purpose restrictions	(361,049)	(115,714)
Increase (decrease) in temporarily restricted net assets	26,945	(4,092)
Increase in net assets	161,098	57,152
NET ASSETS, BEGINNING OF YEAR	649,123	591,971
NET ASSETS, END OF YEAR	\$ 810,221	\$ 649,123

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A complete audit report, prepared by an independent auditor, is available for review at the agency's offices.