## 2004 MENTAL HEALTH ASSOCIATION DONORS

**Members:** Suzanne Allen, William Art, Eliot Berkley, Joan Berkley, Cassie Braxdale, Barbara Collie, Richard Deshon, David Eller, Jennifer Eller, Ernie Gauthier, LCSW, William Geoghegan, Heartland Home & Health Care Hospice, John Heryer, Steve Hoover, James House, II, David and Cynthia Huston, Peggy Kelly, Ellen Laner, John Lipari, James Malouf, III, NAMI of Kansas, Frankin and Joan Neff, Daniel Nelson, John Orndorff, Jeanette Paugh, David Power, St Joseph's-St Benedict's Church, John Tangeman, Rodney Wesner, Bob Yarmo

**Individuals:** Ian Bautista, Berkley Brandon, Marjorie Butz, Philip Chiles, Deborah Downer, Merry Evans, Gary Evert, Norman Garton, Lisa Gioia, Larry Glennemeier, Terry Harbert, Sue Haynes, Melissa Hazlett John L'Ecuyer, MD, George Langworthy, Ernie McClellan, Molly Merrigan, Kathleen O'Kane, Eloise Rathbone-McCuan, Karen Schneller, Michelle Simpson, Connie Sweeney, Lillie Trimble, Delois Tucker, Richard Vogel, Cathy Williams, Phil Witt.

**Corporations and Organizations:** Greater KC Community Foundation, Heart of America United Way, Heartland Home & Health Care Hospice, John W & Effie E Speas Memorial Trust, Kansas City/Missouri United Way, Mental Health Association of Greater St. Louis, National Mental Health Association, Shawnee Mission Medical Center, United Way of Johnson County, United Way of Wyandotte County and Wyandot Center - Community Behavioral Healthcare, Victor Speas Foundation.

**Combined Federal Campaign/United Way Donor Designations:** Berkley Brandon, Charles Cason, Jennifer & David Eller, Marianne Horned, Laura Morlan, Angel Sappington and Jacob Shafton.

**Special Events:** Concert Concession Proceeds: Aramark Corporation.

**Government:** City of Leavenworth, Missouri Department of Mental Health, Department of Housing & Urban Development, Johnson County Mental Health, Kansas Housing Resources Corporation.

***Thank you for your generous donations. Your gifts enable the Mental Health Association of the Heartland to further our mission of promoting the mental health of the community and improving the quality of life for persons with mental illness.***

**For more information on becoming a MHAH member, or if you wish to donate contact:**
**Susan Crain Lewis (913) 281-2221 ext. 122 or Ann M. Jones (913) 281-2221 ext. 125.**

Mental Health Association of the Heartland is a registered 501c3 not for profit organization eligible to receive charitable contributions.

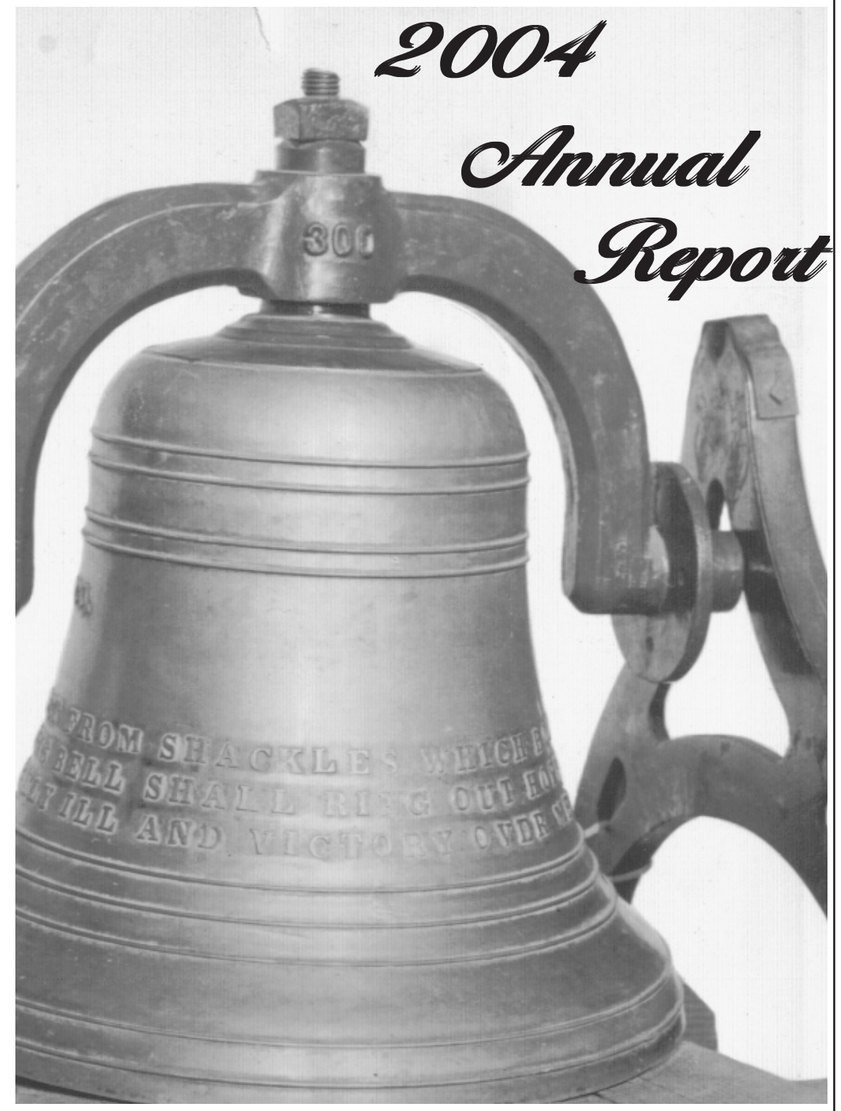
MEMBER National Mental Health Association

Funded through United Way


**Mental Health Association**
*of the Heartland*
*Advocacy, Education and Support in Kansas and Missouri*
739 Minnesota Ave.
Kansas City, KS 66101


# Mental Health Association of the Heartland

*Advocacy, Education and Support in Kansas and Missouri*





*739 Minnesota Ave.* *Kansas City, Kansas 66101*
*(913) 281-2221* *www.mhah.org*

*2751 Campbell St.* *Kansas City, Missouri 64109*
*150 Marion St.* *Leavenworth, Kansas 66048*


## *Our Vision*

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.

## *Our Mission*

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

MEMBER National Mental Health Association

Funded through United Way

## Board of Directors 2004

Richard Vogel, Chair

Lee Rathbone-McCuan, Chair Elect

Terry Harbert, Secretary/Treasurer

| | |
|---|---|
| Ian B. Bautista | Cassie Trefz Braxdale |
| Phil Chiles | Gary Evert |
| Wm F. Gabrielli | Sue Parkman-Haynes |
| Ernie McClellan Jr. | Molly Merrigan |
| Gary L. Thomas | Lillie C. Trimble |
| Delois Tucker | Brian Wimes |

## MHAH Staff 2004

| | |
|---|---|
| Susan Crain Lewis | *President/CEO* |
| James Glenn | *Senior Vice-President, Housing and Community Services* |
| Richard Brumbaugh | *Vice-President,Finance* |
| Marie Bernhard | *Shelter Plus Care and Information & Referral Coordinator* |
| Jacques Cole | *A.N.S.W.E.R. Program Coordinator* |
| Stacy Davis | *Director, Community Education,Coordinator, A.N.S.W.E.R and Shelter Plus Care* |
| Deborah Doud | Vice-President, Community Relations and Development |
| Clint Glidewell | *Director, Advocacy & Support Services* |
| Cynthia Saddler | *Residential Counselor* |
| Tony Terwelp | *Peer Advocate* |

## WASAs

| | |
|---|---|
| Alicia Arnold | Susan Bellis |
| Kate Buchta | Julie Burman |
| Debra Hartman | Ernest Harris |
| Ellen Hodison | Lois Hohn |
| Tina Kaminski | Minton Pope |
| Petra Robinson | James Stewart |
| Leslie Washington | Meredith Zuschek |

## Interns

| | |
|---|---|
| Art Butler | Simon Messmer |
| Mary Karch | |

# From the Chair

The year 2004 was an exciting and productive year for the Mental Health Association of the Heartland, as we recovered from a serious financial deficit in 2003, developed new projects and programs and continued our on-going programs.

On the financial front our staff and board cut costs, refinanced our deficit, and were recipients of aproximately $33,000 from a trust. Through the midst of uncertainty and some dire forecasts our staff and board held fast and by the end of 2004 our budget was balanced and our employees received small bonuses in the face of having received no salary increases for several years.

In that process we utilized the services of a new comptroller to upgrade our financial software and our budgeting and cash management procedures. (Note: our 2004 audit was “clean” with no deficiencies cited.)

On the program side we continued to engage in our education and advocacy programs. Mental illness remains a point of shame, misunderstanding and confusion. We promoted better understanding of mental health and the prevention and treatment of mental illness. This important work was carried out in partnership with numerous local and regional organizations and coalitions. Exciting expansions in the program area involved partnership with Wyandot Center to train all Police officers in “Recognizing and Responding to Persons with Mental Illness” and dissemination of that training (offered in Missouri for over 5 years) across the state of Kansas. 2004 also saw our first day-long workshop, highlighting advances in infant mental health, which drew close to 250 participants.

Our advocacy and support services programming was strengthened greatly by the completion of our first full year of the W.A.S.A. (Wellness and Support Advocates) Program, which partners with 5 local social services agencies to employ consumers in recovery to outreach and advocate for clients at these sites. In addition we secured match monies to complete construction of our second permanent supportive housing site – a 10-unit complex in Leavenworth, Kansas that opened early in 2005. (Our first site, which opened in 2001, has now served 12 chronically homeless persons NONE of whom has returned to homelessness since entering the program. In addition 4 other local organizations have begun replicating our model, with support and assistance from agency staff.

Finally, the programs of the MHAH have gained increasing national, as well as local recognition for their excellence and positive outcomes. During 2004 we accepted invitations to present at 4 national conferences, to highlight the good work we do here in the Heartland.

I am grateful for our stalwart board whose talent and commitment have seen the Mental Health Association of the Heartland through a trying 18 months and whose work led beyond merely recovering our equilibrium, but to a truly productive year. And I would be remiss if I, on behalf of our board, did not extend our appreciation to our President/CEO Susan Crain Lewis and our entire staff for hanging with us and seeing us through the storm into a year that we can celebrate!

Yours Truly,
*Richard Vogel*

## 2004 Board of Directors

Pictured: (1st row left to right) Terry Harbert, Richard Vogel, Susan Crain Lewis, Lee Rathbone McCuan. (2nd Row) Lillie Trimble, Sue Haynes, Delois Tucker, Molly Merrigan, Phil Chiles. (3rd Row) Cassie Braxdale, Gary Evert, Gary Thomas. Not pictures: Ian Bautista, Wm F. Gabrielli and Ernie McClellan, Jr.

# 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. Two services currently under the Advocacy & Recovery Support are:

WASA (Wellness and Support Advocate) - a collaboration that places mental health consumers in positions of trust and responsibility within partnering social service organizations. In 2004 partner agencies were Rose Brooks (a domestic violence shelter), KC Free Health Clinic, reStart (a homeless shelter), and Wyandot Center for Behavioral Healthcare Inc./ Housing Authority in Kansas City, Kansas.

657 Peer Support Hours 1227 Advocacy Hours
1405 Persons Served

Compassionate Ear Warmline - a consumer-run listening service, which operates from 5 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.

412 Listening Hours 360 Training Hours
1293 Persons Served

**Heartland Housing Initiative** 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. The Initiative researches successful, nationally recognized model housing programs replicates these programs in the bi-state region, provides technical assistance to other agencies and communities wanting to replicate our permanent supportive housing model.

In 2004 Heartland Housing activities included owning and managing supportive housing units, processing rent subsidy vouchers (such as Shelter-Plus-Care), and providing housing assistance, advocacy, and community coalition building.

119 Persons Housed 58 Units Developed

**Community Education** provides information about mental illness and its treatment in order to eradicate stigma, encourage screening, and translate knowledge into clinical practice to improve treatment and support services. The program works in collaboration with persons with mental illness, their family members, and professionals and social service providers to develop and tailor educational programs to meet the needs and interests of a wide variety of audiences.

In 2004 audiences included individuals with mental illness, parents, family members, employers, teachers, social workers, mental health advanced nurse practitioners and other nurses, nurse midwives, childcare workers, mental health counselors, therapists, health care workers, police officers, clergy, child serving agency professionals and parenting and childbirth educators.

55 Educational Workshops 1702 Persons Educated
180 Community Education Hours

**Information & Referral** is a direct link for the community that answers mental health questions, provides referrals to local community resources and information about treatment options for persons struggling with questions about mental health for themselves or others. Additionally, program staff participate in health fairs to educate and inform the community about mental health, publish the regional self-help and support group directory “In the Company of Others,” and maintain a well stocked “Resource Room” with bulk pamphlets, books and videos to lend.

222 Hours of Service 616 People Served
18,020 Pieces of Literature Distributed

**A.N.S.W.E.R. (Adolescents Never Suicide When Everyone Responds)** provides suicide prevention information, education, and resources to adolescents, parents and educators. The program 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 postvention policies, procedures and resources to schools and organizations.

3,908 Participants 85 Prevention Education Sessions

## Mental Health Association of the Heartland

Selected Audited Financial Information
Year Ended December 31, 2004

| | |
|---|---|
| REVENUES, GAINS AND OTHER SUPPORT | |
| Contributions and Grants: | |
| Individuals | $ 14,336 |
| Foundations | 203,076 |
| Corporate and other organizations | 48,689 |
| United Way | 204,787 |
| Government grants and contracts | 853,878 |
| Program service fees | 96,112 |
| Rental income | 54,121 |
| Membership dues | 2,710 |
| Investment income | 290 |
| Other | 33,910 |
| Total revenues, gains and other support | 1,511,909 |

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| EXPENSES: | |
| Program services | 1,017,032 |
| Support Services: | |
| Management and general | 77,969 |
| Development | 47,305 |
| Total expenses | 1,142,306 |
| NET ASSETS: | |
| Beginning of Year as Previously Reported | 706,083 |
| Change in Net Assets | 396,603 |
| Net assets, end of year | $ 1,075,686 |

**A complete audit report, prepared by an independent auditor, is available for review at the agency office.**