

**MENTAL HEALTH ASSOCIATION OF BROWARD COUNTY, Inc.
d.b.a. MENTAL HEALTH ASSOCIATION OF SOUTHEAST FLORIDA**

2013-2014 ANNUAL REPORT OF THE CEO

The recently completed fiscal period marked the 57th year of MHA service to the community. This has been another year of great transition for the MHA, the Managing Entity, Broward Behavioral Health Coalition has been in place now for a little more than a year and with it has brought significant changes to the system. One of the most significant changes for the MHA is that we are currently pursuing National Accreditation, Commission on Accreditation of Rehabilitation Facilities (CARF). This accreditation will position the MHA in a more advantageous position to pursue other funding opportunities and help the organization develop a significant level of administrative governance while ensuring quality services. In addition it is now a minimal requirement to apply for funding from major funding partners in the community.

This report will outline many of the efforts and outcomes over the past year that the Mental Health Association has been proud to produce. The efforts of the Board and staff have been tremendous in supporting the mission. **The Mission is to promote mental health and victory over mental illnesses and related disorders through education, prevention, advocacy, research and empowerment.**

While the Board continues to guide the organization's goals and future, the staff and volunteers work tirelessly to bring the vision to life. We are proud of their achievements and the impact that their efforts have made in advancing the mission.

MHA – SERVICE BY THE NUMBERS

CHILDREN'S PREVENTION: Listen to Children, I'm Thumbody and Thumbody, Too

- 413 children were successfully paired to Listener Mentors in the 2013-14 school term
- 74 public and charter schools were served by 132 trained, supervised MHA volunteers
- 63 new volunteer mentors were trained
- I'm Thumbody presentations were made to 533 classes in 82 public and charter schools and 4 community sites
- 9,427 second grade children were engaged and learned the value of self-respect, respect for others, responsible behavior and sources for safe help
- 1,882 kindergarten children in 101 classrooms participated in Thumbody, Too
- Thumbody's anti-bullying themes have reached over a quarter-million local children since MHA began the Thumbody programs. MHA was ahead of the times when the program began and remains relevant today
- Teacher pre-post surveys revealed that 79% of students improved in readiness to learn, 72% showed improvement in engagement of school activities and 95% advanced to the next grade level.
- Teacher surveys for Thumbody and Thumbody, Too programs resulted in 99.7% benefit for self-esteem, 93% improvement in students respect for others and 90% showed an increase in level of responsibility and improved self-control.

CONSUMER SUPPORT SERVICES:

- Over 1,200 individuals completed member applications and attended programs at 9Muses Art Center
- 21 different peer facilitated support groups are hosted at 9Muses weekly
- 254 individuals participated in individual and group peer mentoring activities
- 10 six-week curricula covering diverse arts modalities have been executed by staff & members which won an award from the American Psychological Association at its conference in Hawaii.
- 1,448 Adult Mentoring contact units were delivered over the first 9 months of the current contract year
- 1,681 empowerment and training hours were contributed to 9Muses Art Center

- 674 unduplicated callers were supported by the SETH Line Warm Line
- 3000+ calls were supported by 12 SETH Line volunteers
- More than 1,100 guests attended performances at the Creativity Cafe

PARENT-FAMILY SERVICES:

- 888 individuals participated in Child-Net or Court directed parenting education classes or groups
- 453 classes were conducted by trained educator/facilitators
- 248 parents earned certificates for course completion
- 98% of Child-Net referred parents who completed the program had no indicators of abuse/neglect in the 12 months following their participation
- 1,800+ inmates in Broward's jails have participated in MHA facilitated life skills workshops to help them to better engage with their children and families upon their release
- PEPS educators have collectively logged in over 300 hours of professional training to enhance their ability to deliver quality services
- 141 families of children with mental illnesses were paired to Family Support Partners
- 2,463 hours of family peer support were provided
- 100% of participating parents who completed surveys reported the program helpful to them in addressing needs of their children

OUTREACH/EDUCATION:

8,000 Connections Guidebooks were distributed at no cost to consumers, families and providers who serve them!

- 10 Professional Education Seminars were hosted with 1100 attendees confirmed
- The DSM V training offered in May was attended by close to 300 participants
- 3,322 participants attended health fairs or resource fairs at which MHA services were featured
- 159,000 received e-mail outreach
- 11,500 received MHASEFL listserv announcements
- 51,000 You-Tube viewings were generated
- 164,000 social media contacts were made as MHA expanded to Facebook, Twitter, Google, Flickr and Vimeo
- 28,000 participants received information via training or conferences
- 1,355 contacts have been logged on MHA'S Constant Contact list with the number growing daily
- 35,000 pieces of literature on mental health, illness and resources have been distributed
- 200 PDF publications have been e-mailed to contacts making web inquiries

MHA SERVICE IMPACT

Numbers tell only a part of the story. Far more important is the impact of our efforts on those we serve. Here are but a few examples:

TEACHER comments on the impact of Listeners on children served:

- *Student appears to be more focused. Her work productivity has increased. She also seems to be feeling better about herself.*
- *He could not wait to meet with his listener. He is gaining more self confidence and making an effort to improve his schoolwork.*
- *She has improved when adapting to situations, self-discipline and decision-making skills.*
- *I have seen her adjust to changing life/school/home situations much better when she has someone to listen to her. I truly believe the listener program has helped her.*
- *Having a listener has really boosted his confidence and taught him how to interact more with his peers. This was a positive experience for him.*

Comments from CHILDREN who have had Listener Mentors (in the children's words)

- *She has always been there for me and never doubted me and always believed in me. Me and her always had a good laugh with each other and she a good listener. She was not just my listener but she was also my friend.*

- *It is like having a friend that will listen to anything you say not like interrupting every sentence you say. He helped me because I could tell him anything. He is the only person that actually listens to me.*
- *It let me calm down in many ways. Having a listener has made me feel safe and secure.*
- *I liked it because I read book that if your mad, sad, you calm down because a friend could help you.*
- *She help me learn that life is not perfect. She help me to not fight anymore with other people. She help learn how to talk to my friends about there problems and she understand what I was going through and that help me a lot.*
- *Thank you for listening to me and thank you for playing games with me and helping me with stuff. I really appreciated it and thank you very much.*

TEACHER comments on the impact of the Thumbody program on children served

- *The children learned about how important their mental health is and how to stay positive in many situations.*
- *Children will remember the lesson for years to come. My 3rd grade daughter has not forgotten the presentation.*
- *The activities stimulate thought about sensitive yet helpful areas. It is such an important topic.*
- *The students are more respectful of others after the Thumbody program.*
- *Great ideas and subject matter. I always use some portion of the Activity Packet as a follow-up!!*

CHILDREN's comments on the Thumbody program (in their own kindergarten and 2nd grade words)

- *I learned....It's okay that I am different from everybody else. I'm me and I am proud of that.*
- *Think before you do. Don't be mean. Be kind to others.*
- *That it's mean to call people names or call yourself a name- all you have to do is make a choice.*
- *You should be good. Don't be a bully. Always think about what you do first.*
- *That being mean to friends is never the answer.*

Comments from **PARENTS** who completed the Parent Education/Parent Support training (PEPS) in their own words

- *I appreciate for everything that I have learned with my instructor. She is a wonderful teacher. The best parenting teacher that I ever had. I'm gonna miss this program and also the best teacher.*
- *I will miss the class because the teacher gave me a better outlook about life. She has all the skills to help us mothers and dads to excel in parenting our children.*
- *I learned so much from this program. I learned to be patient with my children and give them a chance to explain themselves. The instructor is wonderful, great and she is excellent. Of what she does nothing need to be changed. Thank you - you are good at what you do.*
- *She showed me different ways to handle different situations...how to communicate better with my children. This is actually the first time that I have learned so much from a parenting class. She is an awesome teacher. She has helped me in so many ways.*

From a **MOTHER** whose young daughter is challenged by a diagnosis of mental illness

- *(My family support partner) has given me a lot of good advice and strength. I do not know where we would be if she hadn't come to us.*

In their own voice, 9Muses and PROSPER participants offer the following comments:

- *It really is a wonderful, safe place to come and socialize. The peer support meetings are something I look forward to every week.*
- *9Muses helps me stay busy. This is a place where I can come every day and get a lot of support and help when I need it.*
- *I always admired the work of painters but thought this was something I could not do. After attending classes at 9Muses, I can see the progress I have made and I continue to improve.*
- *It has improved my confidence. I have also learned to be more patient with those around me.*
- *The class was well orchestrated and very informative.*
- *I have learned a lot of things such as how to organize my house, keep track of my...appointments and how important it is not to isolate.*
- *I have always struggled with water color but I have learned more how to control it.*
- *9Muses allowed me to be of help to others.*

Medical providers who exhibit the works of 9Muses artists at their facilities report it as a tool to easily include mental health and wellness in their everyday language. Hospitals that exhibit 9Muses work in their psychiatric units report it as a bridge to community opportunity for individuals in treatment. Those patients say that the work is a reminder that there is something to look forward to in their journey to recovery.

REPRESENTING INTERESTS OF THE COMMUNITY

LOCALLY: MHA staff and volunteers are actively engaged in numerous community boards and committees addressing services and issues that cross the lifespan. They include:

- ADM Planning Council
- Community Solutions
- Gulf Coast Jewish Family and Community Services Advisory Board
- Broward Cares
- Broward Coalition for Optimal Behavioral Health and Aging
- Broward County Health Department – HIV Planning Council
- Broward Partnership for the Homeless Program Committee
- CDTC – World AIDS Day Committee
- Community Solutions, Inc.
- GEO Care/South Florida State Hospital Governing Board
- OCP Advisory Committee
- Partnership for Community Health, Inc.
- SEDNET

NATIONALLY & BEYOND: Mental Health America and World Federation for Mental Health provide resources and resource opportunities that expand our vision. MHA was again approved as the NIMH liaison organization for Florida providing us with a wealth of free materials that we share locally and with affiliate partners statewide. The free materials available through us are valued in the thousands of dollars, a benefit to our community and a gift to those we serve.

LOCAL UNIVERSITY COLLABORATIVE PROJECTS

The Mental Health Association established increased visibility in its work with local Universities offering training and intern placement opportunities. Those include:

- Keiser University
- Nova Southeastern University
- ITT Technical Institute
- South University

THIS YEAR'S HIGHLIGHTS

MHA is appreciative for the broad support that allows us to provide our programs and services. Our diverse funding sources have allowed us to be creative and responsive to emerging needs. We value the positive relationships that we have evolved with our primary funders, The Broward Behavioral Health Coalition, Broward County and Child Net. We continue to benefit from support from local municipalities, Coral Springs, Pompano Beach, Tamarac and our home base of Lauderhill as examples.

The Korean United Methodist Church (KUMC) continued its 12 year support of MHA and 9Muses with a cook-out event and a Benefit Concert for MHA held last December and featuring internationally recognized concert musicians. KUMC has committed to making this an annual event to be held on the 2nd Sunday in December.

Our 10th Muse project has developed a “leased art” program that enhances visibility for member talents and also brings resources to further support service. We have leased art in several offices including

GEOCare South Florida State Hospital, Henderson Behavioral Health and Dr. Andrea Sciberras's Medical Office. We have exhibited also with Fort Lauderdale Art Institute, Monarch Care, Dragonfly Darlings Annual Conference and the Disabilities Expo at Nova Southeastern University.

Special thanks go to Board members Tania Hamilton and Alana Segall for their investment in the 18th Annual EPIC Awards. Working together with the staff of each of the MHA Departments and dozens of enthusiastic Muse members, the EPIC event was praised as a great event. EPIC is known for its recognition of people who go "above and beyond" in making a difference for the community. The EPIC team should be commended for doing just that! It is fitting that we also acknowledge the sponsors and donors who invested in EPIC so generously. We thank our 2013 honorees. Without them, the event would not have been possible. Exceptional indeed are Gary Barg, Kristine Carlson, Kathy London, Curtis Walker and Gail and Chuck Stambaugh.

The Muses were requested to perform several times this past year including the Open House that was hosted by the Broward Behavioral Health Coalition (BBHC) which is the new Managing Entity for Broward County behavioral health providers. They also performed at the first Bell Keepers Circle benefit held at Dana Cahn's house one of our Board members supporting the Bell Keepers Circle. Judge Ginger Lerner-Wren requested their performance at a special event held in honor of one of the community leaders who passed away. In all the performances by the Muses are always highly professional and well received by the community.

NEW INITIATIVES

Over the past year we have set our goals and priorities to ensure the viability of the Mental Health Association for years to come. We established a new fund raising tool called the Bell Keepers Circle. This fund raising initiative was developed by the Board Development Task force along with Tony Beall, our consultant from our experience with the Community Foundation, Boards in Action in which the entire MHA Board participated in 2012. The Bell Keepers Circle has already started to bring in donors and gives donors the opportunity to be part of MHA's growth and stability. Several Founders Members have been established and we thank those founding members for their support.

We have also established a new project initiative with Community Foundation of Broward and Business for the Arts Broward with a new crowd funding website called, Power2Give.org/Broward. With this project the 9Muses Art Gallery has established a time limited project to develop an art themed rocking chair that will be used by the members of the 9Muses. Community Foundation will match 2:1 all new donor donations up to \$10,000. We plan on developing this project to become a year round business opportunity for the 10th Muse to use as a source of revenue.

The Cooperative Parenting program was established several years ago to help parents who are challenged by the emotional toll that divorce takes on the parents and therefor on the children who are the indirect recipients of that conflict. The MHA has ground breaking programming that is an evidence based model of training for parents in this situation. We have expanded the services to include classes along with the one on one intervention which has started to become an invaluable resource to the community as well as a source of revenue for the MHA.

Thanks to generous contributions to the MHA, we have been able to upgrade our computer systems to establish a server system to the staff at the MHA. We have also introduced a new look website this year which includes up to date community news and events. The website invites people to learn more about what the MHA does and how they can become involved.

We lost a dear friend in Halden (Hal) Booth last December; he is the husband Sandra Booth who has been the dedicated leader of the Friends of MHA for many years. The Friends group includes Dana Cahn, Jan Gerner, Sheryl Linn and Linda Strutt and they have been great friends to the MHA over the years. This year Sandra decided along with Hal before he died to give generously to the MHA in lieu of flowers in his memory. We have dedicated an award to be given at the Epic awards luncheon called the Hal Booth Memorial Award for Philanthropy. We thank Hal and Sandra for their kindness and support.

The MHA is in the process of achieving a new national accreditation with the Commission on Accreditation of Rehabilitation Facilities (CARF) which will bring the organization a higher level of compliance and fidelity with its programs and services. Funding agencies are now requiring all organizations receiving funding to have a recognized national certification and the CARF certification will give the MHA the ability to continue to receive funding for its many programs. This is a very detailed and complicated process but one that will have a positive impact on our delivery of services. It will add another level of compliance that should help the organization moving ahead with potential funding opportunities.

FROM THE CEO

As I look back over the past year since the retirement of my predecessor, Anita Godfrey, I have many people to acknowledge for all their hard work and dedication. The staff here at the Mental Health Association are incredibly dedicated and committed to the mission. They continually step up whenever requested and regularly go above and beyond the expected call of duty. I am proud to be associated with this organization and envision our future as being bright and the opportunities endless. We have embarked on a comprehensive fund raising initiative that should allow the MHA to be more independent and less reliant on grants and contracts which continuously change.

The Board of Directors has undergone some rather dramatic changes over the past year and we have been able to find high quality people who are willing to volunteer their time to support the mission. The Board has been a tremendous asset to the organization and I thank them for their time and expertise.

We have undertaken many new challenges and instituted new ways to achieve a solid financial base and operational program. We have developed new opportunities with other partners who have not typically been among the Behavioral Health Community. We have found new partners with the Dragonfly Darlings Women's Group, 1000+ Women's Club, Business for the Arts Broward, Broward Special Olympics and multiple universities. We continue to work with all the behavioral health providers in the county in a highly collaborative manner fostering the commitment to those people we serve.

The MHA's commitment to the community remains strong and I am proud to be part of the commitment as move forward at a very challenging time. Stigma still remains a constant battle to overcome and while we have made strides we continue to find challenges. I remain resolute in our mission and look forward to another year with your support.