

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

2015 ANNUAL REPORT

The recently completed fiscal period marked the 58th year of MHA service to the community. This has been another year of great transition for the MHA. The Mental Health Association received its first ever CARF Accreditation in December of 2014 for three years which is the longest time frame available. The MHA also hosted the CEO of Mental Health America on two occasions this past year including the keynote address at the 2015 EPIC Awards Ceremony.

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 challenges 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

- 348 children were successfully paired to Listener Mentors in the 2014-15 school term
- 67 public and charter schools were served by 119 trained, supervised MHA volunteers
- 61 new volunteer mentors were trained
- LTC Teacher Pre-post Surveys revealed that 80% of students improved in readiness to learn and 74% showed improvement in engagement of school activities
- I'm Thumbody was presented at 75 public schools and 1 community site
- 8,343 second grade children from 471 classes were engaged and learned the value of self-respect, respect for others, responsible behavior and sources for safe help.
- 1,039 kindergarten children from ten schools 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
- 100% of teachers who responded to I'm Thumbody long-term surveys felt the program was beneficial for children's self-esteem, 93% noted improvement in students respect for others and 95% observed an increase in level of responsibility and improved self-control

It should be noted that due a change in the funding partner for this program, virtually all of the I'm Thumbody and Thumbody, Too services were delivered by two staff, Helen Leitch and Latoya Collins of the Children Services Department.

CONSUMER SUPPORT SERVICES:

- Over 2,418 individuals completed member applications and attended programs at 9Muses Art Center
- 23 different peer facilitated support groups are hosted at 9Muses weekly
- 537 individuals participated in individual and group peer mentoring activities
- 9 six-week curricula covering diverse arts modalities have been executed by staff & members
- 306 members engaged in organized course work following the new curricula
- 6,671 Adult Mentoring contact units were delivered
- 2,427 empowerment and training hours were contributed to 9Muses Art Center by five (5) different Universities

- 701 unduplicated callers were supported by the SETH Line Warm Line
- 4,330+ calls were supported by 1223 SETH Line volunteers
- More than 2,500 guests attended performances at the Creativity Café

PARENT-FAMILY SERVICES:

- 762 individuals participated in ChildNet or Court directed parenting education classes or groups
- 639 classes were conducted by trained educator/facilitators
- 425 parents earned certificates for course completion
- 1100 teacher hours of in-home services, 1-1 and behavioral observations were conducted
- 99% of ChildNet referred parents who completed the program had no indicators of abuse/neglect in the 12 months following their participation
- 2,000+ 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
- 300 parents were served at BARC and Susan B Anthony Center in the area of parenting and parent support
- PEPS educators have collectively logged in over 300 hours of professional training to enhance their ability to deliver quality services
- 264 families of children with mental illnesses were paired to Family Support Partners
- 3,200 hours of family peer support were provided
- 90% of participating parents who completed surveys reported the program helpful to them in addressing needs of their children

OUTREACH/EDUCATION:

7,000 Connections Guidebooks were distributed at no cost to consumers, families and providers who serve them!

- 17 Professional Education Seminars were hosted with 863 attendees confirmed
- 9,064 individuals attended educational presentations that were not CEU programs
- 35,668 received training including staff training and CEU's
- 35 Media Spots
- 3,832 participants attended health fairs or resource fairs at which MHA services were featured
- 350,000 received e-mail outreach via Constant Contact (est)
- 222,306 social media contacts were made as MHA expanded to Facebook, Twitter, Google, Flickr and Vimeo
- 13,824 received support or mentoring
- 12,500 contacts have been logged on MHA'S Constant Contact list with the number growing daily
- 8,720 Health Fair contacts made
- Other outreach events reached 5,265 individuals

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:

COMMENTS-TEACHERS WHOSE STUDENTS HAD LISTENERS

- *(This child) faces an exceedingly challenging life situation-I don't know how he would have made it without his listener.*
- *(This boy) has made a lot of progress with his behavior. He has improved how he communicates when he is getting frustrated. He seems happier.*
- *(This boy) made nice progress this year. He loved going with his Listener and the day he met with her were usually his best days. He showed improvement with social skills with both peers and adults.*
- *The change in (this girl's) attitude and manners is amazing. She now feels better about herself; she is making great choices about her behavior and relationships.*
- *(This boy) has shown academic and social growth as he interacts with his peers.*

COMMENTS –CHILDREN WITH LISTENER MENTORS (Actual comments as written)

- *She always listens to me and she has never been mean to me and she will never break my heart.*
- *He is a lot like me and I feel better about myself when I talk to him.*

- *My Listener helps me by providing me someone to express my feelings to me in different problems. Someone to say what I think on a problem. I really like her. She helps me understand things I didn't understand at first. She doesn't scold me when I do things wrong. She sits with me and we talk about it.*

TEACHER COMMENTS ON THUMBODY

- *It should be continued and expanded to other grades because we are educating the total child! Emotional and mental behaviors count!*
- *The program helps students understand that everyone is different but special in some way.*
- *I love this program because it teaches mental health. Healthy mind, healthy self-esteem!*
- *I think the program was great! It helps teach the kids to not only be nice to others but to themselves as well.*
- *This program has left a very positive impact on my students. They use many lessons taught by this program daily.*

CHILDRENS COMMENTS ON THUMBODY (Actual Comments as Written)

- *To be kind to yourself and others.*
- *I am special person even though I am different*
- *I should think good about myself and to treat people the way I want to be treated.*
- *I should be kind to others. And I should show respect.*
- *I should be positive and not negative.*
- *I learned to be kind and make good choices to not do mean stuff. To not give up.*

CONSUMER VOICE AND EMPOWERMENT

- \$3,155 was received from the public for 9Muses artist's works.
- Themed exhibits included:
 - Best of Ceramics
 - Best of Fine Arts
 - Step by Step
- Solo exhibits featured art work by Andrea Brandman, Clive Facey, Ellen Buchanan, Emunah Susson, Joseph Hecker, Louis Goicoechea and Shane Jefferson
- Performing Muses were featured at the 2015 EPIC luncheon, City of Lauderhill's Concert in the Park series, Korean United Methodist Church Holiday Concert, Beach Bash for People with Disabilities for the City of Boca Raton and the Statewide peer training.
- 9MusesArtCenter-received the "Howie the Harp Arts Award" at the 2014 Alternatives Conference in Orlando in October, this is the first time this national recognition was given to a program for outstanding work in behavioral health in the arts .
- 9Muses artwork has been exhibited as part of the leased art work program at locations such as GEO Care/South Florida State Hospital, Dania Medical Center, Gulf Coast Jewish Family Services and Henderson Behavioral Health.
- 9MusesArtCenter with support from One Community Partnership 2 (OCP2) has created a mobile site for the 18th edition of the Connections Behavioral Health Guidebook. www.browardconnections.org
- 9MusesArtCenter peers have been selected by BBHC to provide peer support through natural linkages to individuals who have been discharged from the State Hospital to ensure that people are successfully integrated into the community. This is through the Power of Peers Program (POPS).

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 on Aging
- Alliance for Aging Advisory Council
- Broward Partnership for the Homeless Program Committee
- Correct Care/South Florida State Hospital Governing Board
- OCP2 Advisory Committee
- BBHC Board of Directors
- House of Hope Board of Directors
- State Hospital Discharge Committee

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 Outreach Partner for Florida providing us with a wealth of free materials and resources that we share locally and with affiliate partners statewide. The free materials distributed by MHA 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
- South University
- Broward College
- Everest University
- McFatter and Sheridan Technical Schools

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 the support of local municipalities: Coral Springs, Pompano Beach, Tamarac and our home base of Lauderhill as examples.

The Korean United Methodist Church (KUMC) continued its 14th year of 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 Correct Care/South Florida State Hospital, Henderson Behavioral Health and Dr. Andrea Sciberras’s Medical Office.

Special thanks go to Board members Eliza Gomez and Denneshia Spratt for their investment in the 20th 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 2015 honorees. Without them, the event would not have been possible. Exceptional indeed are Diane Johnson (winner of the annual Hal Booth Memorial Award for Philanthropy presented by Sandra Booth), Edith Lederberg, Susan Nyamora, Bobby Robinson, Joel Smith, Kathryn (Kat) Steeves and Dr. Tammy. We were honored to have Paul Gionfriddo, CEO of Mental Health America who spoke about the MHA’s B4Stage4 initiative and host Michael Mayo of the Sun-sentinel.

The Sun-Sentinel has also provided the opportunity for the CEO to publish another guest editorial in support of Mental Health Month in May.

Our end of the year appeal this past year raised over \$15,000 and we expect to improve upon that number in the upcoming year. There were various fundraising opportunities throughout this year which were successful and we need to continue to build upon those opportunities.

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)*. They also performed at several *Bell Keepers Circle events*. They provided the entertainment at the *EPIC Luncheon and the statewide peer support training program in June*. In all, the performances by the Muses are always highly professional and well received by the community.

NEW INITIATIVES

The MHA achieved its first CARF national accreditation which has brought the organization to a higher level of compliance and fidelity with its programs and services. Funding agencies now require 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.

The CARF accreditation process was the result of team work and hard work by all the staff and board members. The survey team was very impressed with the level of preparation and work that the organization exhibited in achieving this certification.

New program expansion includes the Co-Parenting program which was established several years ago to help parents who are challenged by the emotional toll that divorce takes on the parents and therefore on the children who are indirectly or directly impacted by 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. This program has also begun to provide a valuable resource to people in need and it has started to provide income for the first time for the MHA.

The Parent Education Program has adopted a new evidence based practice which has resulted in significant changes to the Parent Education protocols. The staff have worked diligently to see this process to implementation. The establishment of a behavioral observation room, dedicated in May to the memory of Roberta Eisenberg by her loving and supportive family has resulted in a truly state of the art room that is already being heavily utilized through our contract with Child Net.

The MHA and the 9Muses particularly are participating in a new initiative underwritten by BBHC in which peers are paired with individuals as they are being discharged from the State Hospital to the community. The Peers from the 9Muses meet with the individual as they arrive in their new community placement to help with the transition. The program is called POPS (Power of Peers) and has been quite successful in helping people transition without the need to be re-hospitalized.

The MHA is also been invited to participate in another peer initiative involving families and young people as they transition from the children's services system of care to the adult system of care. This program called One Community Partnership 2 (OCP2) is a SAMSHA grant through Broward County in helping young people with the transition. The 9Muse once again is involved in this project along with the Parenting Department in providing support services to this initiative.

FROM THE CEO

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.

The Board of Directors has undergone some changes over the past year and we have 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 developed new opportunities with other partners who have not typically been among the Behavioral Health Community. 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 has been in the forefront in the development of exciting new peer opportunities and we look forward to an exciting year in developing even more programming around this initiative.

MHA's commitment to the community remains strong and I am proud to be part of this commitment as we 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.