

THE MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of

MHA
Mental Health America

**THERE IS NO HEALTH
WITHOUT MENTAL HEALTH**



2015 ANNUAL REPORT

A note from Wendy DePedro, MEd. Executive Director



As the MHA of Monmouth County approaches its 66th year of shining a light on the mental health needs of our communities, the focus on mental health and wellness has never been more important. With rising suicide rates and heroin addiction affecting Monmouth County, MHAMC continues to offer strategies and services to build resiliency in our communities and increase programs for suicide prevention across the life cycle.

The MHAMC along with our national affiliate Mental Health America is currently promoting our **"B4Stage4 message"** which emphasizes the need to recognize and treat mental illness like any other disease through early identification, intervention, and integrated treatment before stage 4. A prevention driven, non-stigmatizing approach that focuses on behavioral health screenings in medical settings, offers individuals experiencing mental health symptoms an opportunity to be linked with necessary services before there is a crisis. Toward that end, this year MHAMC continued a partnership with the Meridian Health System that offers behavioral health screenings in hospital emergency rooms, community health clinics, and primary care physician practices. We are proud to be part of a growing national trend that recognizes there is no health without mental health.

Although it has been over three years since Superstorm Sandy, many Monmouth County residents are still affected and struggling with recovery from the disaster. In 2015, thanks to a generous grant from the Robert Wood Johnson Foundation, the Sandy Wellness mental health counselors were able to continue to provide much needed free mental health services at the Red Bank Resource Network (RBRN), as well as in Keansburg, Shrewsbury, and Manasquan.

RBRN, a true community center, is unique in that both licensed mental health counselors and expert information and

Referral Specialists are co-located for a comprehensive service system available to all Monmouth County residents. In addition, supportive counseling services at RBRN were expanded to include free trauma sensitive counseling offered by licensed professionals to those who have been impacted by crime. RBRN is working collaboratively with the Monmouth County prosecutor's office to identify those who would benefit from these services. Our counselors can help these victims learn how to better manage these traumatic stress reactions, allowing them to gain a sense of normalcy, balance, safety, and control of their lives.

MHAMC is dedicated to advocating and providing support services for active military and veterans in Monmouth County who are experiencing emotional difficulties. The growing mental health needs of our active duty service members, veterans, and their families are critical, as Post Traumatic Stress (PTSD), and other mental health concerns continue to be a reality. In 2015, the organization held its inaugural Ride for Patriots event. MHAMC teamed up with advocates of Project 22, a documentary film that follows two combat-wounded veterans traveling cross country on motorcycles on a mission to find hope amidst the backdrop of the post-war challenges that often lead to suicide. The goal of the event was to raise and heighten awareness surrounding the mental health needs and suicide rate that claims the lives of 22 service members per day.

Lastly, I am so proud of our MHA's leadership role in Monmouth County and throughout the state fulfilling our mission of identifying gaps in the mental health system of care and working with all of our partners to find solutions to close those gaps. Our Board, Staff, and Volunteers are a wonderful team who spend countless hours on advocacy. Our team of bi-lingual professionals pride themselves on working tirelessly to assure that the services offered to individuals and their families are of the highest quality, evidence based, and provided with a focus on sensitivity to stigma that might keep anyone from seeking help.

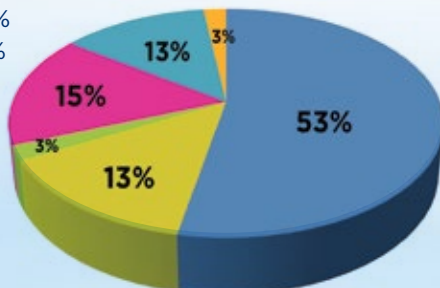
Thank you for your generous support.

65 YEARS

Over the last 65 years MHAMC has been advocating and supporting a community system of mental health care and treatment that benefits all individuals and families in need. Our mission is accomplished through MHAMC's strength based innovative programs, education, advocacy, community partnerships and the shaping of public policy. We recognize that there is still much to be done in our efforts to prevent mental illness through the development of programs that focus on early identification and intervention of problems before they become unmanageable.

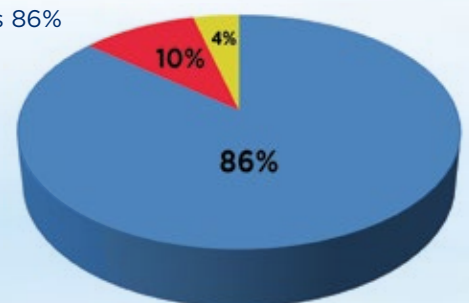
2015 Financial Profile Revenue by Source

State of NJ Grants 53%
Monmouth County Grants 13%
Grandview Social Services 3%
In-Community Services 15%
Contributions and Other
Grants 13%
Fundraising events 3%
Total 100%



Expense Profile

2015 Total Annual Operating Expenditures = \$3,175,822
Program Services 86%
Core Mission
Support 10%
Fundraising 4%
Total 100%
Medicaid NJ DCBHS



SOCIAL SERVICES

RED BANK RESOURCE NETWORK

1594 Children provided assistance
+ 863 Families received free services



HOUSING

SUPPORTIVE HOUSING AND PATH

Provided 172 people diagnosed with serious mental illness support for independent living and affordable housing



INTENSIVE FAMILY SERVICES

Free professional consultation services provided to **460 families + 1600 face to face contacts**



SUPPORTIVE COUNSELING

SANDY WELLNESS PROGRAM

1732 individuals and families were provided free counseling or psycho educational groups



IMPACT

MHAMC IS CURRENTLY TAKING THE LEAD ON PREVENTION EFFORTS IN A NUMBER OF AREAS.

These include:

- Statewide advocacy for Suicide Prevention across the life cycle
- Continued trauma focused counseling throughout Monmouth County to adults, children, and families
- Treating the whole person through the integration of mental and general health care: routine health promotion activities; early identification and intervention; primary care screening, monitoring, and treatment; care coordination strategies; and other outreach programs.
- Support services to family members of active duty or veteran service members who have been experiencing emotional difficulties
- B4Stage4: "Changing the Way We Think About Mental Illness"

ADVOCACY

- to change **"what is"** into **"what should be."**

"In my role as a PATH Case Manager at the Mental Health Association, I can initiate change in Monmouth County to best benefit my clients. I will strive to be creative, communicate effectively and show compassion in my work. **I can advocate for those who cannot advocate for themselves,**"

Dustin Knoblauch, LSW.

COMMUNITY SUPPORT SERVICES

Information and Referral Services

Information and Referral Services guides callers to the appropriate professional and community resources. Referrals and linkages include, but are not limited to: mental health, addiction, social services, self-help, and legal services.

Intensive Family Support Services

Free professional consultation to families of adults 18 and over diagnosed with mental illness. Support, education, and advocacy services from licensed professionals assist families in understanding their family members' mental illness. In addition, families are offered help in navigating the provided community resources. Support services take place at MHAMC, in the family home, as well as other convenient sites in the community.

IFSS consultants provided services to 270 families including approximately 1400 face to face and 1150 supportive telephone contacts.

Supportive Housing Partners in Independence

Free supportive housing services and/or subsidized housing are provided to adults who have been diagnosed with serious mental illness and may be at risk for homelessness or hospitalization. The program goals are to promote and sustain independence in permanent housing, and to assist and support each individual in becoming fully integrated into the community in which they reside. Services include, but are not limited to; clinical assessments, counseling, case management, and transportation. These services assist with activities that encourage wellness/recovery and helps residents in achieving their personal goals.

Partners in Independence case managers assisted 83 individuals through approximately 22,677 face to face contacts.

Projects for Assistance in Transition from Homelessness (PATH)

The PATH Program provides free case management services to adults diagnosed with serious mental illness and who are homeless or at imminent risk of homelessness. The goal is to provide linkages aimed to develop stability in the individual's life and remediate homelessness.

All consumers are identified through outreach in community areas and/or referred by multiple community resources, including but not limited to; soup kitchens, hospitals, shelters, and faith-based organizations. Referral criteria include Monmouth County consumers experiencing serious mental illness or who in addition may have co-occurring mental illness/substance abuse. Individuals must be at least 18 years of age, homeless or at imminent risk of homelessness, and not currently involved with case management.

PATH case managers made 129 outreaches and assisted 89 individuals through 3,240 face to face contacts.

Grandview Social Services Program

The Grandview Social Services program provides a wide range of information and referral assistance with vital social services, as well as supportive counseling, vocational development, and social and recreational activities to residents of a large affordable housing complex in Keansburg, NJ.

This program provided services for 92 families and 29 children.

Red Bank Resource Network (RBRN)

RBRN is a family-oriented community resource center providing linkages with health, social service, and support for individuals and families impacted in Monmouth County. RBRN was designated as a Certified Application Counselor Agency by the Center for Medicare and Medicaid Services, and assists Monmouth County residents with applying for health insurance under the Affordable Care Act and NJ Family Care. Additional services and events are scheduled as identified through a coalition of stakeholders who serve as a community advisory board to RBRN. Services are offered free of charge to the public in English and Spanish.

Staff provided assistance to 431 individuals and 863 families with 1,594 children.

FAMILY AND CHILDREN SERVICES

Division of Child Protection and Permanency (DCP&P) Wrap-Around Program

In support of human service goals of safety, permanency, and well-being, the DCP&P Wrap-Around Program provides intensive family case management and advocacy. Case managers deliver or arrange for services including, but not limited to, mental health treatment, companionship, recreation, health, education, substance abuse, transportation and economic assistance. Case referrals are supplied directly by DCP&P.

38 families served.

Intensive In-Community (IIC)

In-home individual and family therapy is provided to children, adolescents, and young adults with emotional and behavioral challenges. Certified licensed clinicians perform evaluations to assess the level of need for the child and recommend the direct services that will benefit the family. The goals of treatment are to resolve the children's crisis keeping them in their community through improved school performance and social functioning, as well as reinforcing family strengths and stability.

Referrals are made by approved organizations through the Partnership of Children as part of a plan of care. Bilingual counselors are available. This fee-for-service program is funded by Medicaid and the New Jersey Department of Children and Families, Division of Child Behavioral Health Services.

301 families were provided 4,243 hours of intensive therapy and 1,058 hours of behavioral assistance in their home and the community to help improve children's outcomes.

Time to Grow: In-School-Prevention

This program is offered in Keansburg High School as an early intervention for adolescents with the hope of reducing teen pregnancy, violence, substance abuse and other risky behaviors. Through an evidence based curriculum, teens learn how to develop healthy relationships, the value of education, goal setting and personal responsibility.

Served 85 students in group and individual sessions for a total of 429.16 hours.

Family Crisis Intervention Unit (FCIU)

This prevention program helps children with behavioral difficulties and assists families in changing these behaviors to increase academic functioning productivity and reduce conflict within the family. The goal of FCIU is to deal with problem behaviors before they become so destructive that intervention by the juvenile-justice system becomes necessary.

The licensed crisis intervention counselors work closely with Monmouth County police departments, school officials and other community organizations who are concerned about children and families in crisis.

Provided 318 families with 877.25 hours of direct service and 2,227.25 hours of indirect service.

FCIU Wrap- Around Services Program

This program is designated for FCIU families requiring more intensive in-home services. FCIU makes referrals for wrap - around services depending on the needs of the family. Counseling and case management are provided in the home by licensed counselors who "wrap services" around the entire family to comprehensively meet their needs and build on existing strengths

Staff provided 40 families with 1651.25 direct service hours and 730 indirect service hours.

Sandy Wellness Program

The Sandy Wellness Program offers free supportive counseling to individuals and families affected by Superstorm Sandy. Funded by a generous grant from the Robin Hood Foundation, skilled clinicians provided services in four locations: Keansburg, Manasquan, Red Bank, and Shrewsbury.

1732 individuals and families were provided counseling or psycho educational groups.

MHAMC EVENTS

2015 ANNUAL TEE OFF FOR PATRIOTS GOLF CLASSIC & COCKTAIL PARTY

The Annual Tee Off for Our Patriots Golf Classic took place at the Navesink Country Club on Monday, June 8th. Golfers enjoyed 18 holes on the beautiful championship course.

Naval Weapons Station Earle provided a moving Color Guard Ceremony while singer/songwriter Jody Joseph sang the Star Spangled Banner. Second Lieutenant Kevin Alter USMC, a Naval Academy graduate, introduced the military players present. Thanks to the generosity of so many supporters who “sponsored a patriot to play,” 25 veterans and active duty service members played in the tournament.

After the tournament, there was a well-attended cocktail party which showcased a Military Shoot-out Golf Challenge between the various military branches on the 16th hole. The Challenge was emceed by Melissa Stark, host of *GAME DAY FIRST* on the NFL Network. Ms. Stark made the Challenge particularly exciting as she provided the onlookers with a “play by play” of what was happening on the green. Navy was victorious this year.

The program’s guest speaker was Matthew Crow, a USMC combat veteran, local writer, and prominent speaker. Mr. Crow dedicates his time educating the public on the war in Iraq and the painful issues that plague today’s war on terror veterans. He spoke about his personal story and the struggles that he continues to face on a daily basis. He explained why MHAMC services are necessary not only for veterans, but also for the families grappling with PTSD and behavioral challenges.

RIDE FOR PATRIOTS

On Sunday, August 30, 2015 the Mental Health Association of MC (MHAMC) hosted the first Ride for Patriots. The goal of the event was to raise and heighten awareness surrounding the mental health needs of military service members and the mental health services that MHAMC offers them and their families. The growing mental health needs of our active duty service members, veterans, and their families are critical, as Post Traumatic Stress (PTSD), suicide rates, and other mental health concerns continue to be a reality. In the United States alone, twenty-two Veterans complete suicide per day.

MHAMC partnered with Project 22 on Ride for Patriots. Project 22 was a 22 day, 6,500 mile motorcycle awareness campaign from San Francisco to New York City to raise awareness of the high rate of suicides within the Veteran community. Project 22 became a full length documentary film which follows two combat-wounded veterans on a mission to find hope amidst the backdrop of the post-war challenges that often lead to suicide. Project 22 inspired the launch of Ride for Patriots.

After a welcome by MHAMC to all attending and the playing of the Star Spangled Banner, riders lifted their kickstands to embark on this inspiring ride to honor our military service members and veterans. Over 90 riders enjoyed a police escorted ride which began at the New Jersey Vietnam Veterans Memorial in Holmdel and concluded at the Manasquan VFW Post 1838 where a bbq lunch was graciously donated by the VFW. Following the lunch, an exclusive screening of Project 22 was shown inside the VFW post.

2015 FALL CELEBRATION

MHAMC’s 65th Birthday Party was held on Thursday, September 24th at Taka in Asbury Park, NJ. Guests enjoyed Taka’s beautiful space, a spectacular Asian-fusion buffet and live music by Dawg Whistle with Vini “Mad Dog” Lopez, Paul Whistler, and Jon Sebastian Brice.

The event marks MHAMC’s 65th Anniversary of raising awareness of the mental health needs in our communities. In the last few years, the focus on mental health and wellness has never been more important. At the event, the organization officially launched the B4Stage4 awareness campaign with a commemorative video showcasing MHAMC’s history, growth, and plans for the future. The B4Stage4 message emphasizes the need to recognize and treat mental illness like any other chronic disease through early identification, intervention, and integrated treatment before stage 4.

ANNUAL GOLF CLASSIC



Doug Labrecque and Carl Kingsbury get ready to tee off with Naval Patriot Players Kevin Alter and Mike Allen



Dr. James Martin, Mike Lilley, Dave Pearson, and Tim McCooley are all smiles as they get ready to tee off

1ST ANNUAL RIDE FOR PATRIOTS MOTORCYCLE RUN



Riders embark on scenic inaugural ride from the Vietnam Veterans Memorial in Holmdel to the Manasquan VFW Post



Lead Ride for Patriots rider sets pace on the Garden State Parkway on a beautiful August morning

65TH BIRTHDAY PARTY



President of MHAMC's Board of Trustees, Thomas Schember, Executive Director, Wendy DePedro, and Board Member, John Gibney, receive a State of NJ Resolution from the Honorable Mary Pat Angelini



The Miller Family enjoys a night out celebrating MHAMC's 65th Birthday



From Left: Vice President, Board of Trustees, Susan Tellone, MHAMC Executive Director Wendy DePedro, MHAMC Supporter, Jen Bank, Foundation Board Vice President, Donna Crosson, and Committee Member Abbi Finch



Denise Wegeman, Kathy Weston, Vice President, Board of Trustees, Susan Tellone, and Rock n Roll Hall of Famer Vini Lopez

THANK YOU MHAMC SUPPORTERS

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Hurricane Sandy New Jersey Relief Fund
Robert Wood Johnson Foundation

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Anonymous

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The Mental Health Association of Monmouth County is an affiliate of the national organization Mental Health America and the Mental Health Association of New Jersey.

