

2017

Impact Report

2017 was an incredibly productive year at Mental Health America of Franklin County (MHAFC)!

Strong relationships with our members, volunteers, foundation and corporate supporters, and government partners allowed us to grow our innovative programs and help even more people in Central Ohio.

What did we celebrate in 2017?

- POEM (Perinatal Outreach and Encouragement for Moms) won the national 2017 Maternal Mental Health Innovation Award, based on innovation, impact, sustainability, and scalability.
- We added an anxiety support group in partnership with Concord Counseling.
- Our workplace health assessment, Occumetrics, took off this year when we were awarded \$75,000 from the Ohio Department of Mental Health and Addiction Services to complete 13 assessments with its certified behavioral health providers across the state during the state's 2017 fiscal year. (We completed a total of 16 assessments during calendar year 2017.)
- The Pro Bono Counseling Program grew the number of locations donating space for counselors to meet with clients and added 31 new volunteers.
- Thanks to a generous grant through The Columbus Foundation, our Ombudsman Program launched a new web-based database, making documentation and call tracking more efficient.
- The Get Connected graduation rate was 68%, up from 43% last year.
- We partnered with the ADAMH Board in providing six well-attended Mental Health First Aid trainings. Our trainers collaborated with officers from the Columbus City Police Department to provide Mental Health First Aid for Public Safety to first responders in various roles throughout the community.

Our success means people affected by mental illness know we're here to help and that they'll never be alone on their road to recovery. **These achievements aren't just ours to celebrate. They're yours, too – thank you!**



Kenton J. Beachy, MA, MPA
Executive Director



Mental health issues affect one in five individuals.

MHAFC's goal is to challenge how people think about mental illness, make it easier to get help, and give people the support they need to get better and stay better.

Ombudsman Services

The Ombudsman can act as an advocate for clients by listening to concerns or complaints and helping to find a solution; supplying information about, and referral to, community resources; helping clients get through the mental health care system; and by coaching and teaching clients how to best work with service providers.

“I can’t say enough positive things about my interactions with LeeAnn: prompt, courteous, expert and professional.”



1066

people were served

97%

of those surveyed said
they'd use the services
again

Support Groups

MHAFC sponsors 30+ free, monthly groups designed to support people living with various mental health challenges, as well as groups for their families and loved ones.

"I feel like [this group] helps me be a better me."



Contact Hours by Support Group

4157

Schizophrenics
Anonymous

466

OCD Support

641

Families In Touch

513

Depression
Support

31

Anxiety Peer
Support

19

Bipolar
Peer Support

6294

Support Group
contact hours

93%

would recommend
the groups to
other people

POEM Program

As the only maternal mental health program of its kind in Ohio, POEM provides mom-to-mom support over the phone, online, or in groups; referrals to specialized health care providers and community resources; and an unbiased, central source of information and support.

“Honestly, I’m not sure I could accurately describe how much Tracy [my POEM mentor] has meant to me ... [she] supported me no matter what ... she was brutally honest and authentic. She gave me hope. When life is that dark, hope is the light you need to see more than just the dark.”



467

support group
contact hours

92%

reported successful
symptom reduction and
increase in information
support

522

information and
referral calls

96

participants in
the mentor
program

Pro Bono Counseling Program

The Pro Bono Counseling Program links volunteer mental health professionals with those who need but cannot afford mental health counseling. The program's volunteers are licensed mental health professionals who provide short-term counseling at no cost to the recipient.

"There were times I thought I could not go on. My therapist is the best support—it was a perfect fit. Your whole organization—what you are doing is for the good."



201
people were linked to
free counseling

1274
hours of
counseling

76%
reported at least
one positive
outcome

65
active
volunteers

Get Connected

Get Connected, our healthy lifestyles class, teaches participants how to manage their physical health when dealing with a mental illness.

“The class helped me set goals, inspired me, and gave me new resources to challenge and change my habits. I am now less stressed. I cannot say enough good things about this six-week session!”



66

unduplicated
participants

96%

made changes in
managing their personal
health

494

Get Connected
contact hours

Occumetrics

The Occumetrics process helps workplaces of all sizes assess their organizational health through the lens of employee wellbeing and recommend improvements in identified areas of concern.

“We have found the process and the outcomes to be an effective tool to better understand our staff and then involve them in improving our circumstances together. I would recommend this process to anyone attempting to better understand their staff’s wellbeing and identify ways to work together to reduce turnover.”



MHAFC in the Community

Sponsor of

Ohio Mental Health Caucus to educate legislators on mental health issues

Member of

Statewide Coalition for Healthy Communities

Statewide Step Therapy Coalition

Statewide Ohio Coalition for Affordable Prescriptions

Franklin County Suicide Prevention Coalition

Psychiatric Crisis Emergency Services Task Force

Human Service Chamber of Franklin County

Statewide Prevention Coalition Association of Prevention Action Alliance

Provider Leadership Association of Franklin County ADAMH Providers, Steering Committee

Community Advisory Board for Smoking Cessation Project



Major Funders



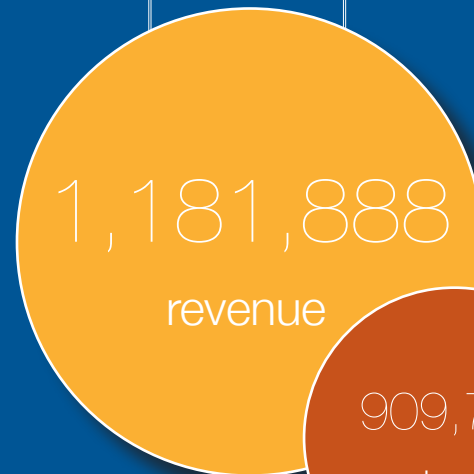
Delaware-Morrow Mental Health & Recovery Services Board



Financial Health Overview

Membership	\$52,317	5%
Investment Income	\$32,291	3%
Government Grants	\$559,826	47%
Special Events, Donations, Private Grants	\$216,864	18%
Program Services	\$49,268	4%
United Way of Central Ohio	\$64,000	5%
Contributions In Kind, Donated Services	\$207,322	18%

Management	\$126,149	12%
Fundraising	\$149,825	14%
Programs, Donated Services	\$801,874	74%



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