

2018

Impact Report

2018 was a year of unprecedented growth at Mental Health America of Franklin County (MHAFC)! Strong partnerships with our members, volunteers, foundation and corporate supporters, and government partners were instrumental in this growth, allowing our innovative programs to help even more people in Central Ohio.

What exciting things happened in 2018?

- In July of 2018 MHAFC became the host agency of the Franklin County Suicide Prevention Coalition and hired a director to manage the Coalition.
- We added Anxiety and Bipolar Peer Support Groups and trained over 20 people on the new trauma-informed facilitation model that we created.
- Our workplace health assessment, Occumetrics, was awarded Mental Health America's national Innovation in Programming Award.
- The Pro Bono Counseling Program added a new staff member who serves Delaware County as the Program Coordinator/Clients Rights Advocate and Fairfield County as the Mental Health/Substance Use system Navigator.
- Through funding from the ADAMH board we hired an Education Manager to manage our Youth and Adult Mental Health First Aid trainings as well as Peer Recovery Supporter trainings.
- The POEM program added 2BNurtured, focused on maternal mental health support by and for African-American women. New POEM support groups were added in Delaware County and Cleveland, and our staff presented on POEM at two national conferences.

Did you know that 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.

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



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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.

“Thank you for being so diligent in your pursuit in helping people in whatever way you can.”

A close-up photograph of a man, a woman, and a young child smiling together. The man is on the left, wearing a blue and white checkered shirt. The woman is in the middle, wearing a blue top. The child is on the right, wearing a white shirt with colorful stripes. They are all looking towards the camera with warm expressions.

730

people were served

100%

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

4230

Schizophrenics Anonymous

962

OCD Support

1001

Families In Touch

963

Depression Support

96

Anxiety Peer Support

20

Bipolar Peer Support

7736

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.

“I thank the POEM Program every day for their help with becoming the best mom I can be. I also have a place where I can always turn when things become too overwhelming”



426

support group
contact hours

93%

reported successful
symptom reduction and
increase in information
support

719

information and
referral calls

117

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.

"Thank you SO MUCH for this program! Seriously, it's a life saver. I feel very fortunate to have been matched with my perfect therapist right from the start."



240
people were linked to
free counseling

1495
hours of
counseling

79%
reported at least
one positive
outcome

79
active
volunteers

Get Connected

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

“This program has helped me feel better about myself and more in control of my life. Exposure to community resources, learning about healthy diet and the need for an active lifestyle has helped me maintain a positive outlook.”



59

unduplicated
participants

100%

made changes in
managing their personal
health

334

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.

“The very detailed (and statistically analyzed) report provided us with a deep level of understanding of those contributors to staff turnover intention, as well as very practical strategies to proactively promote staff retention. Thank you MHA of Franklin County!”

2329

statewide employee participants

69%

of employees responded to the Occumetrics survey

14

assessments completed

81

focus groups completed



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

Franklin County Crisis Center Steering Committee

The Stepping Up Initiative Steering Committee

Human Service Chamber of Franklin County

EPICENTER Clinical High Risk Clinic Community Advisory Board

Statewide Prevention Coalition Association of Prevention Action Alliance

Great Lakes Mental Health Technology Transfer Center Advisory Committee

Steering Committee of Provider Leadership Association of Franklin County ADAMH providers

1520

online mental health screenings

1510

professional and educational program participants

3885

total volunteer hours

Major Funders



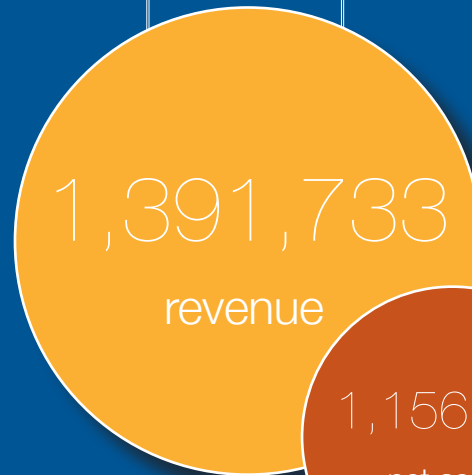
Delaware-Morrow Mental Health & Recovery Services Board



Financial Health Overview

Fees & Grants Government Agencies	\$727,313	52%
Donated Services	\$219,287	16%
Special Events	\$125,601	9%
United Way of Central Ohio	\$ 90,319	6%
Foundations and Trusts	\$ 81,731	6%
Membership	\$ 68,035	5%
Program Service Fees	\$ 65,613	5%
Contributions	\$ 35,296	3%
Miscellaneous	\$195	0%
Investment Income	\$ (21,658)	-2%

Management	\$ 133,914	11%
Fundraising	\$ 95,345	8%
Programs, Donated Services	\$1,018,275	82%



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