

Mental Health America of Ohio

IMPACT REPORT

2019



FROM THE DIRECTOR



Dear friend,

Even before we became MHAOhio in 2020, we had another year of unprecedented growth in 2019 as Mental Health America of Franklin County. Strong partnerships with our donors, 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 2019?

- After 17 years, our Ombudsman Program successfully re-branded to become Get Connected and launched the adjunct Family Advocate Program.
- We added new Anxiety and Bipolar support groups and an additional Depression Support Group to an already existing schedule at Riverside Hospital's Dempsey Center.
- Our workplace health assessment, Occumetrics, was awarded a two-year grant from the Osteopathic Heritage Foundation and an Innovation Grant from the Columbus Foundation and hired a second staff member.
- Our educational offerings expanded to include Youth Mental Health First Aid classes for adults who regularly interact with adolescents.
- We provided four week-long Peer Recovery Supporter certification trainings for 80 new PRS in Franklin County.
- POEM's Equity Initiative, RISE, began its first peer support group for Black and African-American mothers – and continues to design programming that meets the needs of this priority population.

Did you know that Mental Health issues affect one in five individuals? Our 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!

A handwritten signature in black ink that reads "Kenton J. Beachy". The signature is written in a cursive, flowing style.

Kenton J. Beachy, MA, MPA
Executive Director

MENTAL HEALTH MATTERS

Our mission is to transform 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.

We believe in inclusivity and work with ALL individuals and their families through each step on the path to wellness, from making initial referrals, to providing free mental health services, to helping maintain stability and productivity once they are achieved.

1 IN 5

Americans experience a diagnosable mental health condition in any given year.



50%

of all lifetime mental illness begins by age 14 and 75% by age 24

80%

of people will experience a diagnosable mental health condition in their lifetime

"LeeAnn understood what I needed. She connected me with the best counselor I have ever seen and it has really helped me get clarity over this last year."

GET CONNECTED PROGRAM

Get Connected links callers with an experienced mental health professional who 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 coaching and teaching clients how to best work with service providers. Get Connected also includes our Family Advocate program, which connects family members and loved ones of persons living with a mental illness to peer Family Advocates.

1,320 PEOPLE WERE SERVED, INCLUDING THROUGH THE FAMILY ADVOCATE PROGRAM

138 CONTACTS WITH FAMILY ADVOCATE PROGRAM PARTICIPANTS

100% said they'd use Get Connected again

"Without MHAOhio, I would have felt so lonely on my journey."

SUPPORT GROUPS

We sponsor 40 free, monthly groups – designed to support people living with various mental health challenges, as well as groups for their families and loved ones.

40 MONTHLY SUPPORT GROUPS PROVIDED
5,080 SUPPORT GROUP CONTACT HOUR

2,500 VOICES WORTH HEARING • 170 FAMILIES IN TOUCH
219 DEPRESSION • 110 OCD • 88 ANXIETY • 100 BIPOLAR PEER SUPPORT

86% of Support Group participants reported
feeling emotionally supported

"You guys helped me immensely once I realized that I NEEDED to have this connection with other women who have lived through this."

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. POEM's Equity Initiative, RISE, provides the same specialized supports specifically for Black and African American women.

426 SUPPORT GROUP CONTACT HOURS

1,361 INFORMATION AND REFERRAL CALLS

82 PARTICIPANTS IN THE MENTOR PROGRAM

100% of POEM support group participants reported feeling emotionally supported



*"Thanks a lot for connecting me with a therapist
that has truly helped so early on."*

PRO BONO COUNSELING PROGRAM

Our 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.

209 PEOPLE LINKED TO FREE COUNSELING
1,601 HOURS OF FREE COUNSELING PROVIDED

76% of surveyed clients reported at least
one positive outcome

"I feel better about myself and more in control of my life."

HEALTHY CONNECTIONS

Healthy Connections is a healthy lifestyles class that teaches participants how to manage their physical health when dealing with a mental illness.

499 HEALTHY CONNECTIONS CONTACT HOURS
72 UNDUPLICATED PARTICIPANTS

97% of participants made changes in managing their personal health

"Understanding the experiences and priorities that our staff value most helps us understand how to create a healthy, happy workforce!"

WORKPLACE HEALTH

The Occumetrics process helps organizations quickly identify, understand, and address employee concerns to create an engaged and productive workforce resulting in high retention, morale, engagement, and productivity.

3,336 ASSESSMENT PARTICIPANTS
28 ASSESSMENTS COMPLETED

100% of organizations who participated in Occumetrics reassessments had increased scores in overall workplace wellbeing

IN THE COMMUNITY

Collaboration is at the heart of everything we do. Achieving mentally healthy communities isn't easy, but having strong community partners with a common goal strengthens the support and resolve that our communities need and deserve.

Co-sponsor of Ohio Mental Health Caucus to educate legislators on mental health issues

Member of statewide Coalition for Healthy Communities

Member of statewide Step Therapy Coalition

Member of statewide Ohio Coalition for Affordable Prescriptions

Member of Franklin County Suicide Prevention Coalition

Member of Franklin County Mental Health and Addiction Crisis Center Steering Committee

Member of Great Lakes Mental Health Technology Transfer Center Advisory Committee

Member of Human Service Chamber of Franklin County

Steering Committee member of Provider Leadership Association of Franklin County ADAMH providers

Member of EPICENTER Clinical High Risk Clinic Community Advisory Board

Member of The Stepping Up Initiative Steering Committee

Member of the Community Access Workgroup benefiting Central Ohio's youth needing behavioral health services

710 PROFESSIONAL AND COMMUNITY
CONFERENCE PARTICIPANTS

1,221 MENTAL HEALTH SCREENINGS ONLINE

3,891 TOTAL MHAOHIO VOLUNTEER HOURS

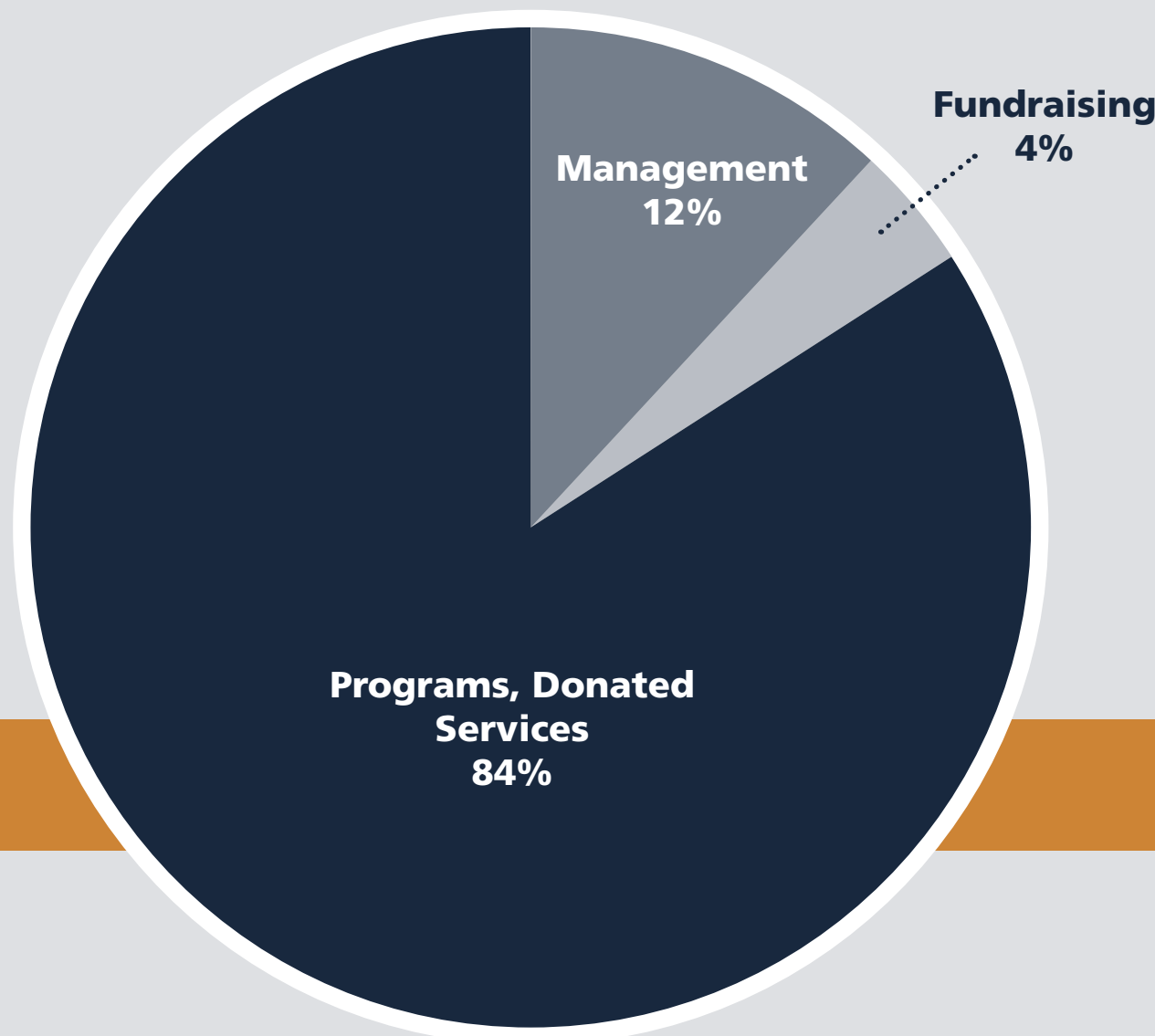
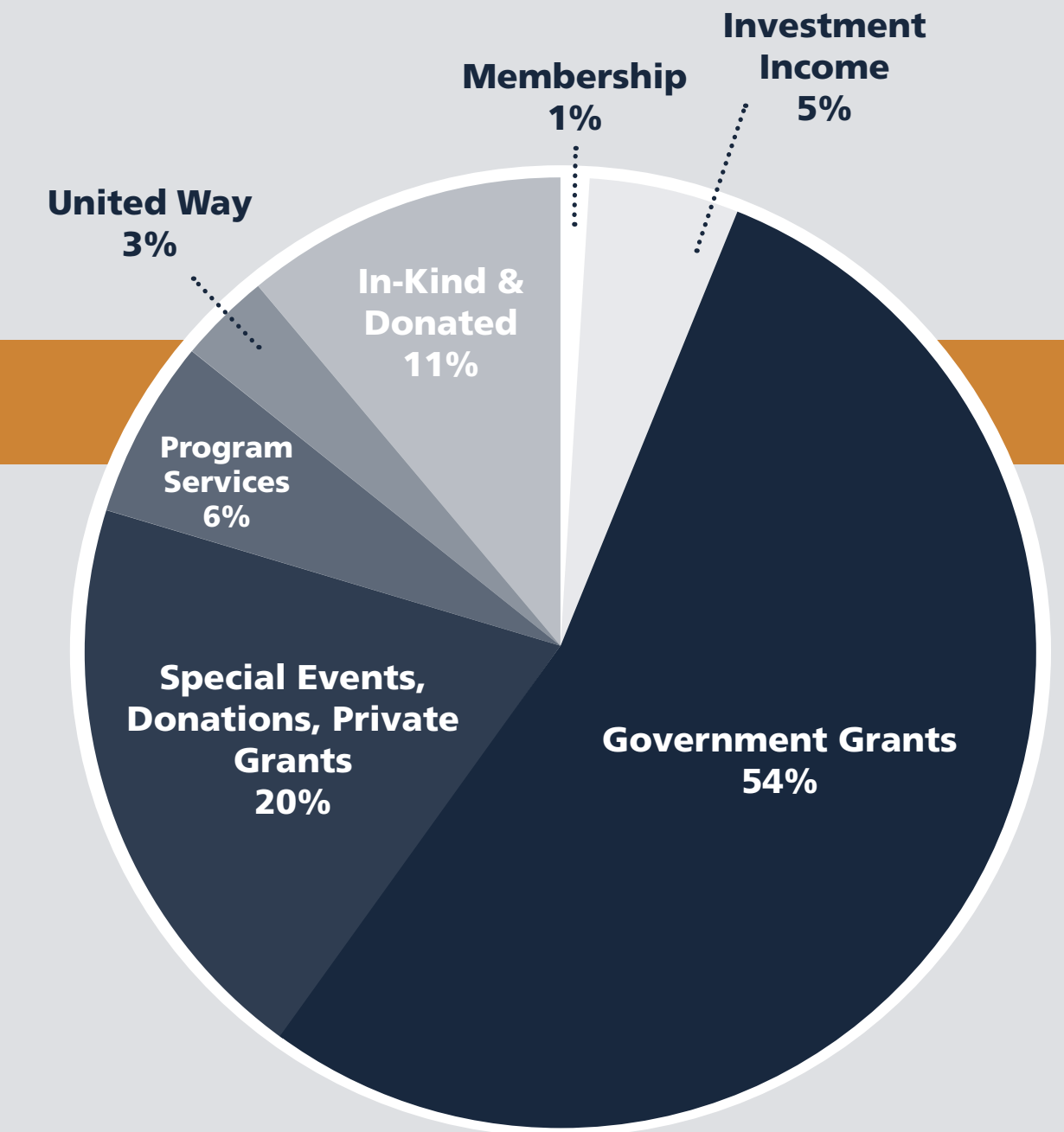
FINANCIAL HEALTH OVERVIEW

We take pride in our financial prudence and prioritize investing our resources in programs and services.

Revenues

1,895,757

Membership	23,941
Investment Income	86,318
Government Grants	1,030,369
Special Events, Donations, Private Grants	376,239
Program Services	116,951
United Way	50,000
In-Kind Contributions, Donated Services	211,939



Expenses

1,575,748

Management	194,775
Fundraising	60,298
Programs, Donated Services	1,320,675

Net Assets

1,504,945

