



**2020**  
IMPACT REPORT

RESPONSIBILITY.  
RESPECT. CARING.  
EXPERTISE. TRUST.  
COMMUNICATION.  
EMOTIONAL HEALTH.  
RESPONSIBILITY.  
RESPECT. CARING.  
EXPERTISE. TRUST.  
COMMUNICATION.  
EMOTIONAL HEALTH.

# FROM OUR DIRECTOR

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Dear friends and supporters,

In the pandemic times of 2020 our guiding principles were our north star. Responsibility. Respect. Caring. Expertise. Trust. Communication. Emotional Health. We didn't waver in the face of the immense challenges presented by the pandemic. Instead we focused on hope and experienced another year of tremendous accomplishments. Our staff did a wonderful job staying well, staying engaged, and delivering the same high standards of service and care.

In early 2020, extensive planning and teamwork resulted in our transformation to Mental Health America of Ohio. Through a collaborative agreement with our colleague MHA affiliates in southwest Ohio and Licking County, our affiliate began representing all of Ohio in March 2020. We're now expanding our replicable programming to as yet unreached parts of the state, and increasing our mental health advocacy work on the statewide level.

As you'll learn in this report, the nation, including Ohio, experienced heightened anxiety and depression due to the COVID-19 crisis. In response, we aimed to protect our staff first in our transition to working from home with dedicated time off to cope with the new work environment. We paid time for self-care and family responsibilities that blended into the work day. We successfully transitioned services to virtual platforms amidst the challenges of how to maintain community while physically distanced.

Our funding partners continued their support in ways that withstood the drop and then increase in services through the storm of the economic shutdown. Even when our keystone fundraiser Give Mom the Mic had to be canceled, our sponsors and ticket holders generously donated their funds, and The Columbus Foundation bridged our shortfall with grant relief.

Our collective mental health cannot exist without equality and justice. We committed MHAOhio to concrete and lasting change by using our influence and power to impact equality and justice for all. In addition to our existing programming that supports equity and racial challenges for Black individuals, we committed to an organizational assessment process that will help us build an equitable organizational framework that is culturally responsive, inclusive, and anti-racist.

As you read about even more 2020 accomplishments in these pages, please celebrate the hope with us.

Warmly,

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

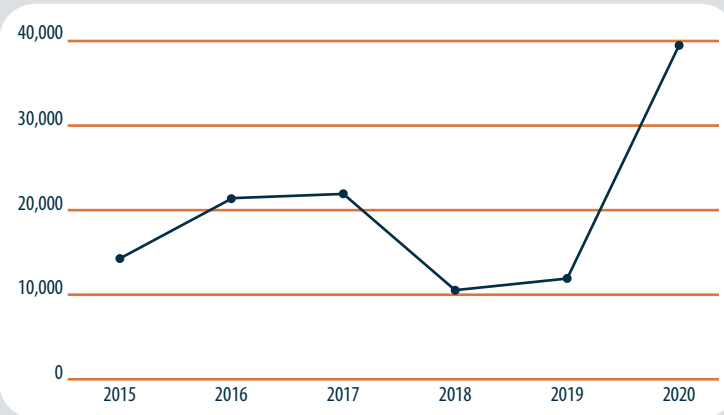
Kenton J. Beachy, MA, MPA

# PANDEMIC NUMBERS

The COVID-19 crisis created the conditions for people to be much more at risk of developing a mental health disorder. The data from Mental Health America's online screening showed an increase in Ohioans seeking a better understanding of their symptoms.

The screening tests include: Addiction, Anxiety, Bipolar, Depression, Eating Disorder, Parent and Youth, PTSD, and Psychosis. Screenings are completely anonymous and available at [mhaohio.org](http://mhaohio.org).

Source: Mental Health America - Ohio Screening Data

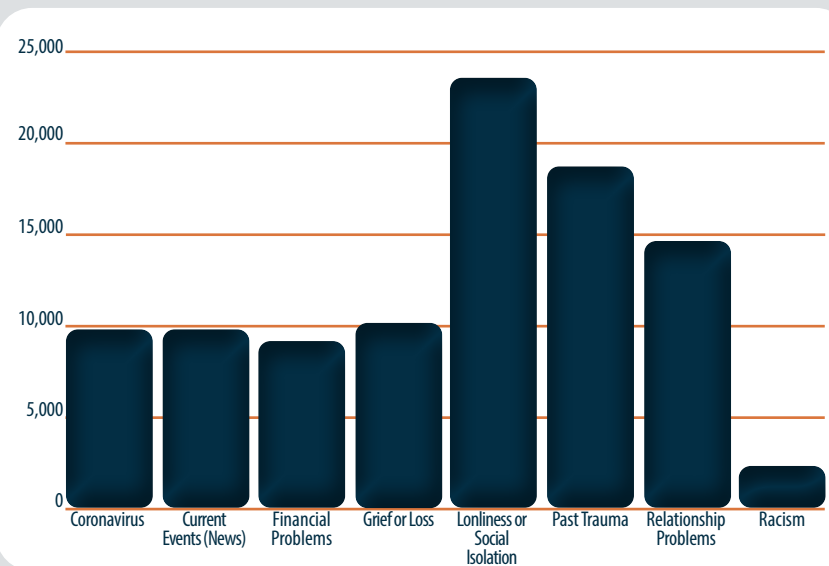
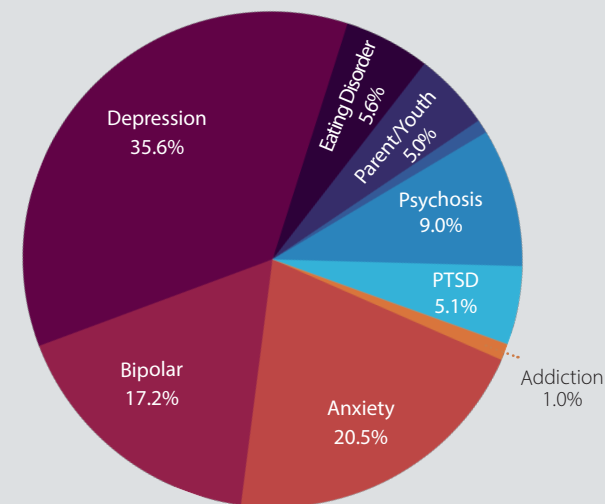


## 2020 OHIO SCREENING RESULTS

With 39,911 screenings, the total number of Ohioans seeking a better understanding of their mental health more than doubled in 2020 compared to the average number of annual screenings over the past five years.

## DISTRIBUTION OF SCREENING TESTS

Ohioans most frequently completed the depression and anxiety screening tests. Further analysis showed that 78 percent of individuals showed moderate to severe symptoms of a mental health condition.



## OHIOANS' MAIN CONCERNS

Ohioans listed their primary concerns as coronavirus, current events, financial problems, relationship problems, grief or loss, loneliness or social isolation, past trauma, and racism – all of which may be related to the COVID-19 crisis.

# MHAOHIO PROGRAMS

MHAOhio supports the community by guiding people in need of mental health services to the appropriate providers as well as by providing services that may not otherwise be accessible. We work with individuals and their families through each step on their paths to wellness, from making initial referrals, to providing free mental health services, to helping maintain stability and productivity once it is achieved.

## FAMILY ADVOCATE

Connects family members and loved ones of persons living with a mental illness to peer volunteers. Volunteers use their own lived experience and knowledge of the local mental health care system to help families find solutions.

**94**

Families Assisted

## GET CONNECTED

Links callers with an experienced mental health professional who can act as an advocate for clients by listening to concerns and helping to find solutions.

**858**

Participants

## MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

**1,211**

Individuals Trained

## PEER RECOVERY SUPPORTER SERVICES

Peer Recovery Supporters (PRS) use their direct lived experience to support, guide, and encourage others in recovery. PRS services include assisting with state certification, improving the PRS experience of working in the community, and supporting providers who employ PRS.

**48**

Peers Certified

## POEM

Perinatal Outreach and Encouragement for Moms provides mom-to-mom support and referrals to health care providers, community resources, and information. POEM's Equity Initiative, Rise, provides the same services specifically for Black and African American moms.

**1,867**

Moms Supported

## PRO BONO COUNSELING

Links volunteer mental health professionals with those who need but cannot afford mental health counseling. Licensed mental health professionals provide short-term counseling at no cost.

**167**

Individuals Linked to Counseling

## SUPPORT GROUPS

Offer a place to talk to others who've been through similar experiences. 30 free monthly meetings in Franklin County support individuals experiencing mental health challenges, as well as their families and loved ones.

**637**

Group Participants

## WORKPLACE HEALTH

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

**3,058**

Employee Participants

## HOSTED PROGRAMS

While MHAOhio provides fiscal support, hosted programs maintain their own leadership structures and autonomous program branding.

**614**

Individuals Engaged

### FRANKLIN COUNTY SUICIDE PREVENTION COALITION

Works to prevent suicide through awareness, education, and collaboration. Coordinates events to engage individuals in evidence-informed suicide prevention training and education.

**687**

Individuals Engaged

### BLACK COMMUNITY AMBASSADOR SUPPORT PROGRAM

Works with Black ambassadors across the social service industry to address barriers faced by Black Franklin County residents in regard to health and behavioral health systems of care.



Jackie's family on hike.

## Restoring Hope to People Living with Mental Illness

MHAOhio's Family Advocate program was Jackie's last hope. In 2014, Jonathan, her 22-year-old son, was living at home and attending college when he first began experiencing symptoms of schizoaffective disorder (schizophrenia and major depression). It was crisis after crisis, and their lives began to feel like a rollercoaster as he would start and stop different medications and go to different hospitals for treatment. He never returned

to his old self. Then, the COVID-19 crisis started changing the world, many were dealing with loss, and Jackie began to worry about her own fate. She knew serious, dedicated action to advocate for her son was needed.

"The system doesn't work, and you can't get enough help to really get ahead," she says. After each hospitalization they felt no nearer to an optimal solution, that is, until they found the Family Advocate program at MHAOhio.

Family Advocate connects loved ones of persons living with a mental illness to peer volunteers. The volunteers help the family navigate the system of care and provide information about accessing job placement, housing, transportation, insurance and benefits, medicine, and more. Jackie worked with Ed Desmond, who co-founded the program and works as a peer volunteer.

Ed helped Jackie to gain "Limited Guardianship for Mental Healthcare." She kept an updated detailed document about Jonathan's illness, which helped in completing the documents for Probate Court. She handled everything without an attorney. With patience and guidance through the hearing process, she received Guardianship, which made a world of difference.

"People don't understand mental illness unless they've experienced it through family or friendship," she says. "Ed understood because he had worked in the system. Ed gave me the information I needed and walked me through everything."

After obtaining Guardianship and communicating with Johnathan's hospital clinical team to stabilize his medication, Jackie found him housing. Jonathan now lives in a group home with roommates, creating a small community. Separate housing has helped him gain independence and improve his relationship with Jackie.

"I've watched Jonathan lose everything," she says. "He lost his grasp on reality, his confidence, health, friends, hope, and aspirations. He hasn't seen his family this past year because of the pandemic."

Although the past year has been full of challenges, Jackie has some peace in her life now as Jonathan is doing better. She can concentrate on resolving her own trauma and pursue her own interests. Her faith has also helped her navigate these challenges, and she has found a community of support. Jackie feels they would not be where they are today if it weren't for Ed's help.

"Ed was so validating of my experience," she says. "I always tell him that I couldn't have done it without him."

As their separate futures unfold, Jackie hopes Jonathan can continue to improve. In the past year, Family Advocate has helped more than 80 families find the resources they need to overcome challenges within the mental health care system. The work has been very rewarding, Ed explains.

"Assisting families in finding the most effective treatment is only half the battle," he says. "Guiding them through the maze while supporting them to become their own pilots in this journey has rewards beyond all of us."

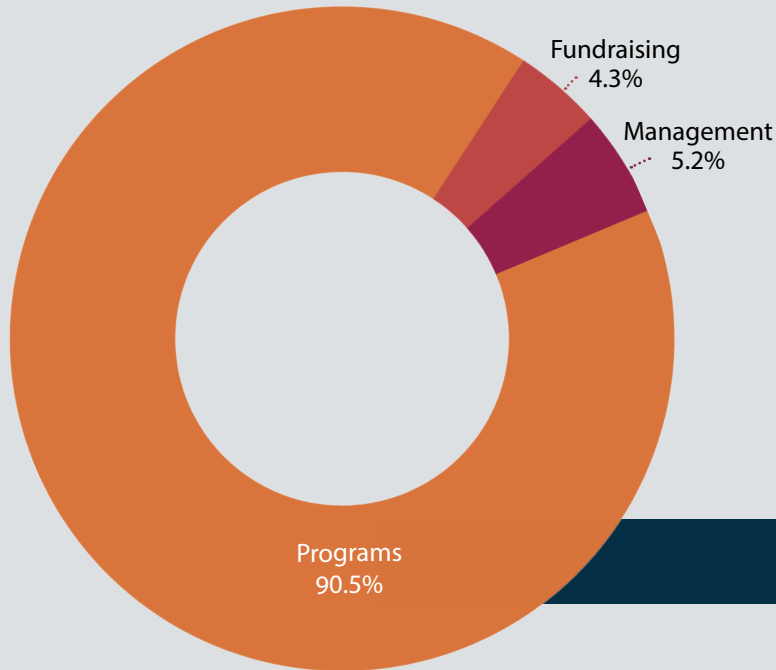
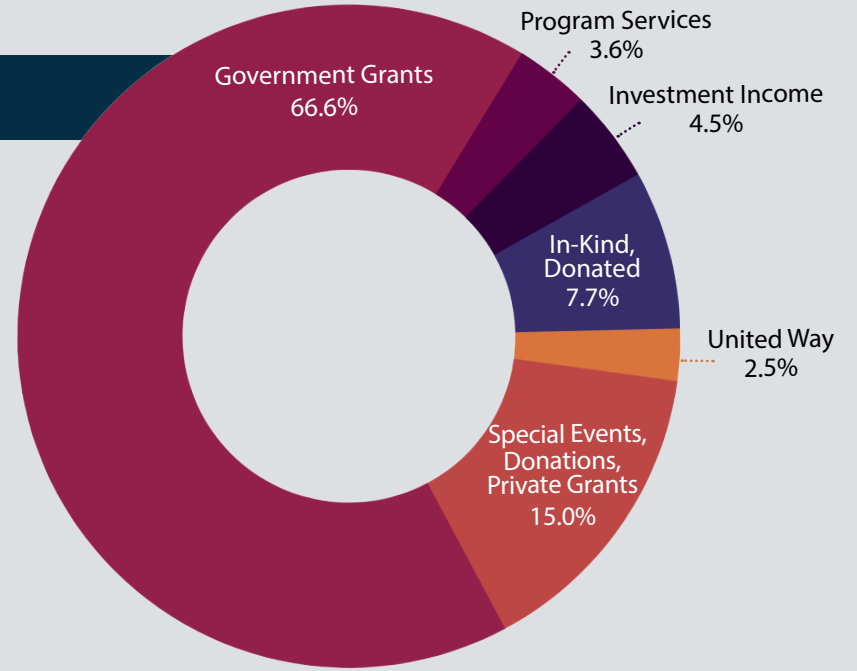
To learn more about the Family Advocate program and how to become a volunteer, visit [www.mhaohio.org/get-help/family-advocate](http://www.mhaohio.org/get-help/family-advocate).

# FINANCIAL HEALTH

## REVENUES

**2,112,154**

Special Events, Donations, Private Grants	317,144
Government Grants	1,405,700
United Way	53,660
Program Services	76,355
Investment Income	95,746
In-Kind Donations, Donated Services	163,549



## EXPENSES

**1,821,602**

Programs	1,648,782
Fundraising	77,945
Management	94,875

## NET ASSETS

**1,795,497**

# Supporting Black Moms Through the Postpartum Period and Beyond

Chelsea Elliott remembers experiencing symptoms of mental illness as early as age nine, when her family moved from California to Ohio. In college, she started to explore that experience and began to seek treatment for ADHD, depression, and anxiety. She was in a good place with her medication and therapy when she decided to start a family. But postpartum depression was unlike anything she had experienced before.

"It's hard to express the intensity of postpartum depression if it's not something that you have been through before," Chelsea says. "I had these thoughts all day every day for eight months straight that something bad was going to happen to my daughter, and I didn't want to tell anybody because I thought if I did that someone was going to take her away from me. So, I kept it all to myself and suffered in silence."

Now a mother of two, a program coordinator in the Grants Office at Columbus State Community College, and the owner of her own publishing company, Chelsea says what got her through those dark times was meeting other Black moms who had similar experiences. Those same moms connected her with POEM where Chelsea found information and support.

"POEM connected me with a therapist and a mentor, and it was exactly what I needed," Chelsea explains. "So, with my next pregnancy, I had a plan in place that I had created with my therapist. I had great support from my husband, some close friends, my family, and the POEM support groups. I call them my mental health team."

During her second pregnancy, Chelsea was able to participate in POEM's Rise initiative, which offers support exclusively to Black and African American moms by Black and African American moms. She started going to weekly Rise support groups, where she explains that she was able to just be herself.

"In Rise, we're just able to talk and be authentic," she says. "Race isn't always brought up because it's something we all have in common in our experiences. We don't have to explain the things we say, or justify it, or hold ourselves back so we don't look or sound a certain way to somebody."



*Chelsea and her family.*

Kelli Blinn, POEM Program Equity Coordinator, explains that the services Rise offers strive to meet the unique needs and challenges that Black and African American pregnant and parenting people face.

"In less than two years' time, Rise has gone from a hope, a vision, and a goal to something that many POEM participants can't imagine our program without. Because everything that POEM does is peer-centered, it only made sense to adapt our support to reflect the population of people we serve. The bonds that have formed among Rise participants have evolved organically and are so strong – we're a family."

Chelsea, who now volunteers with Rise, explains that having the right kind of support helped her heal and recover from postpartum.

"Without POEM and Rise, I probably wouldn't be here," she says. "Suicide was such a normal thought for me, even as I was growing up. Then I realized most people don't think like that all the time, that it wasn't healthy. But it's not like that anymore. I never thought that my mind could be okay, and now it is. I know when I'm down, I'm going to come back up. And if I need extra support, I know exactly where to turn."

To learn more about POEM and Rise services for Black moms, visit [www.mhaohio.org/get-help/maternal-mental-health](http://www.mhaohio.org/get-help/maternal-mental-health).



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Julia Ellis

*In Memory of Virginia Losey*  
Jim and Anita Miller

*In Honor of Adam Ross*  
Jessica Boston

*In Honor of Christopher Auge*  
Elizabeth Melaragno

*In Honor of Glenn Home Inspections*  
Gary Glenn

*In Honor of LeeAnn Mattes*  
Patrick Mattes

*In Memory of Jennifer Rudolph*  
Julia Pfeil

*In Honor of Kenton J. Beachy*  
Dr. Timonthy Buckenmyer

*In Honor of Larry Grischow*  
Anonymous

*In Memory of Nancy Mayfield*  
Bill and Joan Davies  
Fred and Sarah Irons  
Peggy Jamieson  
Joan M. Matyskella

*In Memory of Andie Shato*  
Bill and Carol Daulton

*In Honor of Civility and Kindness*  
Kevin and Elizabeth Kraska

*In Honor of Lauren Grischow*  
Larry Grischow

*In Honor of Nancy Sikora*  
Anonymous

*In Memory of Bob Clough*  
Greg and Kelly Cantwell

*In Memory of Betty and Stewart Hawthorne*  
Gregory and Sandra Hawthorne-Provo

*In Honor of MHA Staff*  
King Stumpp

*In Memory of Sean David Stoltman*  
Anonymous

*In Memory of Caleb B. Cooperrider*  
Dude Charity

*In Honor of Kathleen*  
Jeanne Bonomo

*In Honor of Allison Mitsui*  
Anonymous  
Val Mitsui

*In Memory of Cody Sweitzer*  
Hamzah Masood

*In Memory of Katherine B. Dufrane*  
Keith Dufrane

*In Honor of Chris Lape*  
Anonymous

*In Honor of Michael Wilkinson*  
Linda L. Wilkinson

# IN THE COMMUNITY

Achieving mentally healthy communities takes collaboration, and having strong community partners with a common goal strengthens the support and resolve that people need and deserve on their road to recovery.

MHAOhio strives to advance community efforts wherever possible. This list represents the many commitments staff take on to ensure this effort.

Co-sponsor of Ohio Mental Health Caucus

Host of the Black Community Ambassadors Support Program

Host of the Franklin County Suicide Prevention Coalition

Member of the Columbus (Trauma Informed) CARE Coalition Steering Committee

Member of the statewide Coalition for Healthy Communities

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

Member of the EPICENTER Clinical High Risk Clinic Community Advisory Board

Member of the Fetal & Infant Mortality Case Review Board, Franklin County

Member of the Provider Leadership Association of Franklin County ADAMH Providers Steering Committee

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

Member of the Great Lakes Mental Health Technology Transfer Center Advisory Committee

Member of the Human Service Chamber of Franklin County

Member of the statewide Ohio Coalition for Affordable Prescriptions

Member of the Ohio Council to Advance Maternal Health

Member of the Ohio Maternal and Child Health and Maternal, Infant and Early Childhood Home Visiting Steering Committee

Member of the Ohio Pregnancy Associated Mortality Review Board

Member of the Postpartum Support International Best Practice Committee for the Patient-centered Outcomes Research Institute Evaluating Lifelives4Moms Study

Member of the State Health Assessment and State Health Improvement Plan Advisory Committee

Member of the statewide Step Therapy Coalition

Member of the Stepping Up Initiative Steering Committee

Member of the Suicide Prevention Plan for Ohio Planning & Implementation Teams

Member of the 2020 Strengthening & Sustaining Ohio's Suicide Prevention Coalitions Initiative

**500+**  
**2,879**

Professional and Community Conference Participants

Total MHAOhio Volunteer Hours



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