



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

**2021**  
ANNUAL REPORT

# 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.

**101**  
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.

**1,043**  
Participants

## MENTAL HEALTH FIRST AID

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

**2,999**  
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.

**199**  
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.

**3,244**  
Birthing Persons 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.

**136**

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.

**1,656**

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.

**1,658**

Employee Participants

## HOSTED PROGRAMS

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



FRANKLIN COUNTY  
**Suicide  
Prevention**  
COALITION

**1,453**

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.



## 2021 Year in Review

As we approach the two-year mark of the ongoing COVID-19 crisis, MHAOhio has continued to be a leader on mental health. We've come alongside individuals and families when they need help, fostered growth and healing inside our communities, and advocated for improved access and affordability for mental health services.

To protect against COVID-19, many of our programs and services continued offering virtual options. This allowed many of our services to expand, including Peer Recovery Support (PRS) services for professionals who use their lived experience to help others on their path to recovery. Our team held nine virtual trainings with more than 100 professionals completing the class. We also launched a new leadership training that included six months of individual coaching for PRS. And we built out our monthly PRS newsletter to include job opportunities, additional trainings, and support services to maintain a strong network of peers.

POEM also expanded in 2021, serving more than 2,000 moms in need of support with maternal mental health complications and connecting them with a greater number of specialized clinical referrals due to increased access to telehealth services.

POEM Rise – maternal mental health services exclusively for Black and African American moms on their path to recovery – saw a 25 percent increase with 500 Black moms reaching out for culturally responsive support and resources. POEM Rise now has six support group sessions a month and has hosted three virtual Pathways to Wellness events, which provided dozens of Black mothers an interactive space to deeply engage with Black mental health and maternal health professionals about accessing better care for themselves. In addition to one-on-one support, we also added more than 30 new providers of color to our directory, 12 of whom have specialized maternal mental health training. Peer support is critical for this program, and POEM Rise has generously awarded eight of those providers of color with scholarships to obtain a Perinatal Mental Health Certificate through our partner Postpartum Support International.

Statewide Mental Health First Aid (MHFA) efforts, in collaboration with MHA of Northern Kentucky and Southwest Ohio, resulted in over 6,000 individuals trained, exceeding the program goal of 4,000 set by the funder, the Ohio Department of Mental Health and Addiction Services (OhioMHAS). Our local MHFA team trained over 400 individuals. In addition to our statewide work on MHFA, our work outside Franklin County continues to grow.

The Fairfield Client Navigator served 90 individuals, providing referrals, information, and advocacy services to members of the community. Client Navigator is currently seeking out partnerships with local schools to better address the mental health of both youth and school staff.

Our Support Groups for Anxiety, Bipolar, Depression, OCD, Schizoaffective Disorders, and specialized groups for Latina women – a Spanish-speaking group, and families of those with mental illness all continued online in 2021 with a few returning to in-person meetings toward the latter half of the year. We've served more than 1,000 people within these groups and found new and innovative ways to reach out to even more individuals, including using the Meetup App to promote our meetings. One client from our Anxiety Support Group shared, "So many people could relate to each other and gave helpful advice to each other which made it feel like a real safe space to talk about my anxiety, which can't bring up with friends."

Telehealth options allowed Pro Bono Counseling (PBCP) to link 129 individuals with free services. Our team recruited 25 new licensed volunteer counselors, each of whom committed to offer at least 12 free counseling sessions each year. In total the program facilitated more than 750 hours of counseling. The PBCP has also assisted the Pro Bono Counseling Project of MHA Michiana as they successfully moved from a pilot project to a full-time program, offering our experience and consultation along the way.

Get Connected offered care navigation to nearly 1,000 callers. One client reported, "Through their help, I was able to find a therapist who could help me with my complex PTSD. My therapist retired, and I was very frightened that I could not find someone with the experience to help me. So, for me, this was a big thing." Family Advocate, which offers extended care navigation support to families of those with mental illness, assisted 15 new families in 2021.

Occumetrics, MHAOhio's workplace wellbeing assessment, completed the first round of 12 assessments through the Osteopathic Heritage Foundations and nine assessments through funding from OhioMHAS. Additionally, in 2021, the program grew to two full-time staff and obtained a 70 percent OhioMHAS funding increase for 2022. This means even more behavioral health agency leaders will learn how to retain their staff, increase staff job satisfaction, and more consistently meet their community's mental health needs.

In addition to our programmatic efforts, we advocated for many important pieces of legislation, including House Bill 281, a work in progress since 2016 that updates and revises the harmful and derogatory language in the Ohio Revised Code pertaining to individuals with disabilities and mental health conditions. With bipartisan leadership and the backing of mental health leaders, including MHAOhio, the bill passed the house and was introduced to the Senate Health Committee. We also continue to advocate for movement on HB 122, HB 135, HB 142, and federally, the PEERS Act, TRIUMPH Act, and the Omnibus package.

MHAOhio also hosted the Ohio Mental Health Caucus with co-chairs, Senators Bob D. Hackett (R-10) and Nickie J. Antonio (D-23) and Representatives Jay Edwards (R-94) and Dontavius L. Jarrells (D-25). Senators Hackett and Antonio also received recognition from MHA national as Legislative Champions.

The Franklin County Suicide Prevention Coalition (FCSPC) developed its first three-year strategic plan, laying the foundation for even greater impact in the years to come. Through its Speakers Bureau, the FCSPC also provided suicide prevention training and information to over 350 community members. MHAOhio received the Ohio Injury Prevention Partnership's 2021 Promising Practice Award for the FCSPC.

MHAOhio's 2021 Youth Mental Health Conference, provided virtually, was an incredible success. More than 300 mental health professionals from around the state took part in the all-day training focused on "Understanding the Impact of Racial Trauma on Youth and Emerging Adults." Dr. Adrienne Kennedy, La Shanda Sugg, LPC, Erin Upchurch, MSSA, LISW-S, the team from the Building Better Lives Initiative at Franklin County Children and Family First Council, and Marian Stuckey and representatives of the Columbus CARE Coalition shared their knowledge on the effects of racialized trauma on individuals and communities. Attendees raved about this year's presenters, calling the conference "informative," "fantastic," and "phenomenal."

Our work is only possible when a community that cares as much as ours comes together. To our donors, volunteers, sponsoring organizations and businesses, and funders – including the ADAMH Board of Franklin County, United Way of Central Ohio, and the Fairfield County ADAMH Board – thank you all. Our momentum in this work is truly a collective effort.



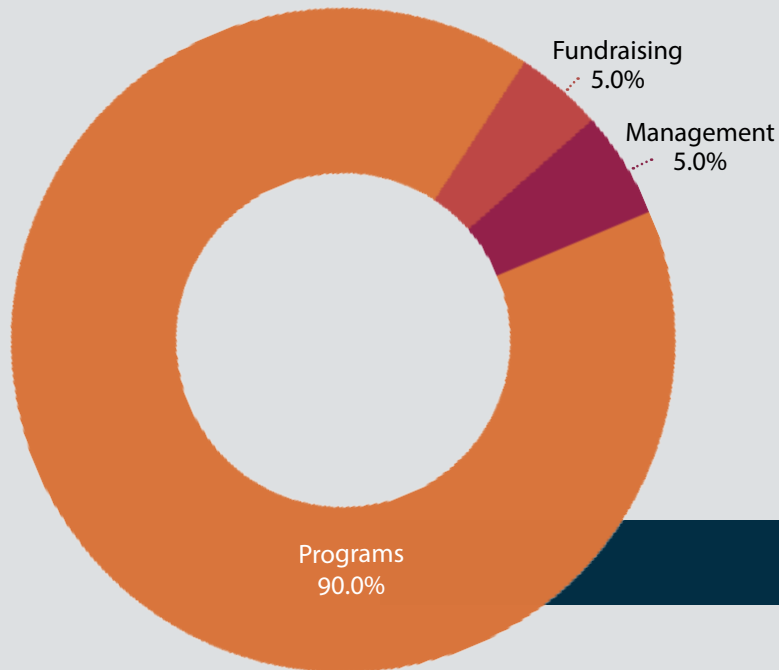
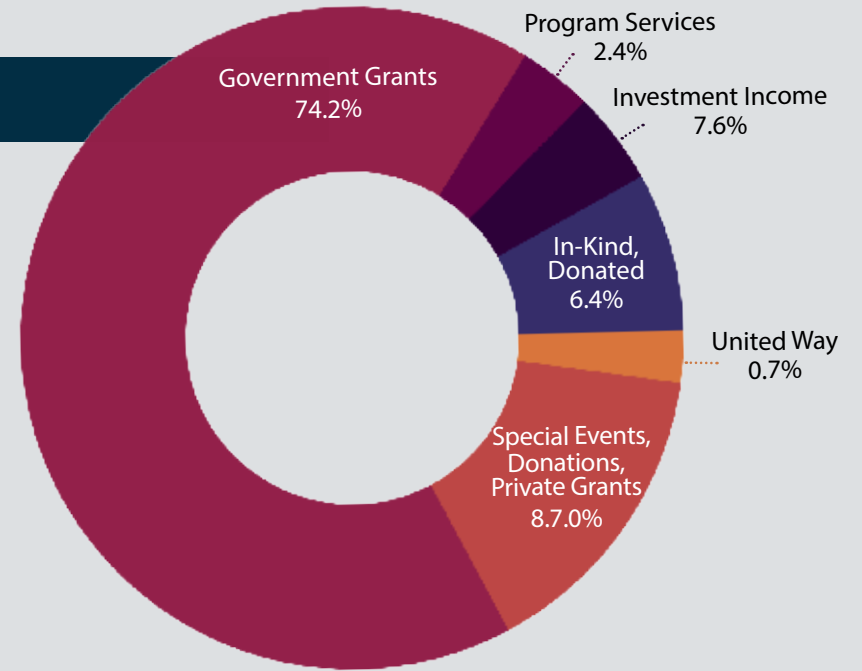
*MHAOhio Associate Director Tonya Fulwider providing testimony for House Bill 281*

# FINANCIAL HEALTH

## REVENUES

**2,458,789**

Special Events, Donations, Private Grants	186,066
Government Grants	1,599,068
United Way	15,000
Program Services	52,157
Investment Income	163,448
In-Kind Donations, Donated Services	138,535



## EXPENSES

**2,100,012**

Programs	1,886,951
Fundraising	105,229
Management	107,832

## NET ASSETS

**2,154,274**



# BOARD OF TRUSTEES

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Mental Health America of Ohio's Board of Trustees oversees the organization's activities. Trustees meet periodically to discuss and vote on the affairs of the organization. Their commitment to improving access to mental health care for all Ohioans is remarkable.

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# 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 Franklin County Suicide Prevention Coalition

Member of the statewide Coalition for Healthy Communities

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

Member of the EPICENTER Clinical High Risk Clinic Community Advisory Board

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

Member of the statewide Step Therapy Coalition

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 Suicide Prevention Plan for Ohio Planning & Implementation Teams

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 Stepping Up Initiative Steering Committee

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

**2,753**

**Total MHAOhio Volunteer Hours**



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