

Permanent Offices

Thanks to a 3 to 1 Eli Lilly Grant match from United Way of Central Indiana and many Hendricks County Businesses and residents we were able to purchase a permanent office site. An open house was held in August 2005.

Summer Interns

MHAHC was fortunate to have two summer interns. Megan Miller was from Earlham College and Amber Day was from Ivy Tech College. Both interns were a valuable resource and helped us accomplish many extra jobs.

Program & Activities Highlights

- 44% of operating expenses came from fundraising, grants, and donations.
- 925 information and referral calls were taken.
- Over 41,000 pieces of literature was distributed.
- 2 Individuals received basic clothing and care items from MHAHC Emergency Gift Lift.
- MHAHC participated in the following Health Fairs: Hendricks County Kids' Fair, Our Shepherd Lutheran Church & School Health Fair, Grief and the Holidays Program Co-Sponsor.
- 642 Depression Screens were completed.
- 644 Incarcerated parents received parenting skills classes.
- 638 gifts were distributed in the Gift Lift Program.

Grants

MHAHC was the recipient of grants in 2005 from:

Cinergy

White Lick Heritage Foundation

Substance Abuse Task Force

OfficeMax

CARe Initiative of Purdue University

21st Century Grant from the Indiana Department of Education.

Board of Directors

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Lucy Ring, Office Manager
Yvette Carter, Education Consultant
Shiela Balensiefer, Volunteer Coordinator
Stephanie Heckscher, Connection Center
Yvette Carter, 21st Century Vision Coordinator

Vision Statement

The Mental Health Association in Hendricks County is seen as the #1 organization that people turn to in time of need.

- The first to care
- The first to respond
- The first to assist

Providing Hendricks County citizens a safer, more secure and promising future for all

Annual Report 2005



**Mental Health Association
in Hendricks County**

*1953-2005
Our 52nd Year*

Mission Statement:

The Mental Health Association in Hendricks County promotes mental wellness for all citizens in Hendricks County through education, advocacy, and support, linking those in need with appropriate mental health services. We believe strongly in providing these services in a caring, compassionate and confidential manner.



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Education Programs

MHAHC provides various education programs throughout the county and promotes positive mental health through the use of “Kids on the Block” puppets, book readings, and interactive multi-media presentations. Hendricks County educators may request programs from MHAHC that are aligned with state health curriculum standards. Current programs include: Honesty, Self-Esteem, Respect, Friendship, Responsibility, Violence Prevention, Relationship Skills, Depression, Stigma Education, Rape Prevention, Tobacco Dangers, Substance Abuse, Stress Management, and Positive Peer Relationships. 3616 children received mental health educational programming during 2005. Also in 2005 we added an Autism puppet program to the “Kids on the Block”.

Volunteer Opportunities

Volunteers are very important to our organization! Each year over 3,000 hours of volunteer time is contributed to MHAHC. Volunteers are needed to assist with various service projects, fundraising activities, and clerical work. Opportunities are available for youths as well as adults. Please contact our volunteer coordinator, Shiela Balensiefer, at (317) 272-0027 for more information.

Parenting Programs

MHAHC offers various parenting programs in the community to assist parents, grandparents, and step-parents develop effective parenting skills. MHAHC offers a series of parenting classes to Plainfield Correctional Facility offenders in the pre-release program. MHAHC also co-sponsors parenting programs at Sheltering Wings Center for Women in Danville and Prenatal Education for Teens at Hendricks Regional Health.

1-2-3 Magic

Effective discipline for parents of children ages 2-12, step by step proven techniques.

1-2-3-4 Parents!

Discipline methods that work, and how to care for your child at different ages and stages.

Active Parenting

Parents will learn how to use choices and consequences to develop responsibility with your child.

Surviving Your Adolescents

Parents will learn what normal adolescent behavior is and what role to take in dealing with problems.

Step Parenting

Blending families and avoiding the common pitfalls

Our Children, Our Divorce

Court ordered program for parents seeking a dissolution of marriage. Parents gain understanding of the effects of divorce on their children. (429 parents attended in 2005)

Support Groups

Depression & Bipolar

Every Thursday

6:30—8:30 p.m.

Avon Light and Life Free Methodist Church

Eating Disorders

2nd Thursday

7:00—8:30 p.m.

Avon Light and Life Free Methodist Church

West Side Widowed

Regular Meeting 1st Sunday of each month

Friday Night Drop In Dinner

1st Friday at Kristy's Café in Plainfield

3rd Friday at 5:45 p.m. at Paragon Restaurant-US 36 & Girls School Road

Saturday Morning Monthly Breakfast 4th Saturday at 9:00 a.m. -Elegance Restaurant in Brownsburg

Connections Center

A mutual aid group for those who suffer a mental illness. The group meets on Friday's from 3:30—6:00 p.m. at the Danville

Unitarian Church. Consumers prepare an evening meal, socialize with one another, watch movies, go bowling, and attend sporting events like the Pacers or Colts. There are no programming costs to group members. Transportation is provided.