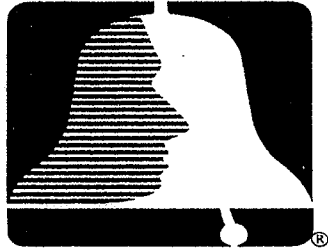


Annual Report 2006



**Mental Health America of
Hendricks County**

1953-2006
Our 53rd Year

Mission Statement:

Mental Health America of 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.



75 Queensway Dr, Suite A - Avon, In 46123
Tel: (317) 272-0027
Fax: (317) 272-1776
Email: mhealthassoc@indy.rr.com
Web Site: www.MHAHC.com

Program & Activities Highlights

- Over 60% of our operating expenses came from fundraising, grants, and donations.
- 1025 information and referral calls were taken.
- Over 14,000 pieces of literature were distributed.
- MHAHC participated in the following: Our Shepherd Lutheran Church & School Health Fair, Grief and the Holidays Program Co-Sponsor.
- 512 Depression Screens were completed.
- 180 Incarcerated parents received parenting skills classes.
- 1410 gifts were distributed in the Gift Lift Program.

Grants

MHAHC was the recipient of grants in 2006 from:
Duke Energy
CARE Initiative of Purdue University through the Center for Disease Control
21st Century Grant from the Indiana Department of Education through the "No Child Left Behind" act

Fundraisers

MHAHC conducted three major fundraisers in 2006.

- Valentines Day "Send a Hug"
- "Starry, Starry Night" Gala
- Christmas Wreath Sale

Board of Directors

Peggy Smith, President
Lisa Peck, Vice President
Kay Hughes, Secretary
Carolyn Moench, Treasurer
Judy Miller, Past President
Joyce Blickensderfer, Member
Earlene Niemeyer, Member
Lynn Turner, Member
Janie Purchase, Member
Nikki Grosso, Member

Staff

Tammi Jessup, Executive Director
Lucy Ring, Office Manager
Sandy Brown, Education Consultant
Shiela Balensiefer, Volunteer Coordinator
Harry Waelde, Connections Facilitator
Lisa Walker, 21st Century Vision Coordinator

Vision Statement

Mental Health America of 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.

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, Bullying and Violence Prevention, Relationship Skills, Depression, Stigma Education, Autism, Tobacco Dangers, Substance Abuse, Stress Management, and Positive Peer Relationships. 4635 children received mental health educational programming during 2006.

21st Century Grant Program

This program provides mentoring, tutoring, Grief and Loss classes, and Adult Roles and Responsibilities classes to the young men incarcerated in the Indiana Juvenile Detention Facility. It helps to build their academic competence, while also focusing on underlying problems such as loss, self esteem, and anger management. Over 90 youths were served in this program.

Volunteer Opportunities

Volunteers are very important to our organization. They are needed to assist with various service projects, fundraising activities, and clerical work. Opportunities are available for youths as well as adults and groups as well as individuals. 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 to develop effective parenting skills. We also co-sponsor classes at Hendricks Regional Health on parenting for at-risk teen parents. Listed below are the classes currently available:

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

Participants will learn about 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.

Positive Parenting With A Plan

Using a program called FAMILY Rules, parents are offered a practical instruction manual for helpfully dealing with the inevitable challenges of parenting.

Support Groups

Depression & Bipolar

Every Thursday

6:30—8:30 p.m.

Avon Light and Life Free Methodist Church

Eating Disorders

Every Thursday

6:30—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 such as Pacers and Colts games. There are no programming costs to group members. Transportation is provided.

For information on any of these groups please call our office at (317) 272-0027.