

# Annual Report 2008 Mental Health America of Hendricks County 1953-2008 Our 55<sup>th</sup> Year

Dear Friends of MHAHC:

It is with great pleasure that we present our 2008 Annual Report. We have accomplished a great deal during the year and are eager to share it with you.

Even though MHAHC has been in this county since 1953, we are still a small agency compared to many other area non-profits. However, though our budget and staff are small, what we do is mighty! In 2008, MHAHC provided services to over 6000 people in Hendricks County. These services included Information and Referral; Education for Children; Parenting Education; Connections; the Westside Widowed support group; the Vision Program; and the Depression/Anxiety/Bi-Polar/Eating Disorder support group. You can learn more about these programs elsewhere in this report.

MHAHC was also involved in several community-wide collaborative efforts including Grief and the Holidays; the Hendricks County Kids Fair; Hendricks County Coalition for Tobacco Intervention and Prevention; the Substance Abuse Task Force; and the Women of Influence Conference. In addition we were part of a county-wide collaborative effort to form the Minority Health Task Force of Hendricks County. In the fall, MHAHC received a grant from the Indiana Health Department through the CDC to develop and implement ways for the county to provide primary prevention of sexual violence in our community. As part of this grant, we facilitate the Hendricks County Sexual Violence Task Force. Several agencies within the community have worked together on this. We are proud of our various collaborations. We believe they offer the residents of Hendricks County the best use of resources and provision of services.

MHAHC sees mental well-being as a broad area that can be impacted by much of what occurs in our daily lives as individuals and in our communities. We strive to be open to newly identified needs and ways that we can serve. If you have ideas or suggestions, please feel free to contact us—we are here to listen.

Thank you for your support of our agency. We encourage you to continue to stand with us to "promote mental wellness within our community".

Sincerely,  
Tammi Jessup  
Executive Director

**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.

**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.

**Programs and Services**

**Education:** MHAHC provides various education programs throughout the county and promotes positive mental health through the use of the "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 standards. Places of worship, parks, and others may request programs as well. 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; Organization Skills; and Positive Peer Relationships. Programs are available that are appropriate for preschool through high school aged youths. Over 5000 children received educational programming from MHAHC during 2008.

**Parenting Programs:** MHAHC offers various parenting programs in the community to assist parents, grandparents, and step-parents to develop effective parenting skills. We have a certified Active Parenting Instructor and offer classes three times per year at Hendricks Regional Health in Danville. We have a variety of other classes available, such as those for parents of older children. MHAHC also provides the Our Children, Our Divorce classes for Hendricks County. These are classes that are mandated by the local judges for parents of children who are eighteen and younger. They help parents understand age-appropriate reactions to the divorce and gain an understanding of the effects of the divorce on their child(ren). Over 500 people were served by our parenting programs in 2008.

**Connections:** Connections is a socialization program for adults with chronic, severe mental illness. Typically, the consumers attend a day program or work in a supported capacity. They have not developed social skills to enable them to enjoy or benefit from their leisure time. The Connections program assists them

in this area. They usually meet on Friday afternoons from 3:30 to 6:00 pm at the Unitarian Universalist Church in Danville. There, they prepare a meal together, eat and clean up together, and participate in games or conversation. During nice weather, they meet and cook out at one of the local parks. On a regular basis they are provided free tickets from the Colts, Fever, Pacers, Ice, Indians, and the Indiana State Fair which enables them to enjoy an outing in different settings. The group also has a Christmas dinner at the Olive Garden in Avon every year. There are no costs to participate in Connections and transportation is provided. Seventy-nine people received services through this program in 2008.

**Gift Lift:** Gift Lift provides Christmas gifts to Hendricks County nursing home residents, county home residents, Connections members, and to county residents who reside in state psychiatric hospitals. For many of the recipients, these are the only presents they receive. Places of worship, families, and other groups donate gifts or money to help buy the gifts. Volunteer school children decorate bags and make ornaments to wrap the gifts, and volunteers wrap them. The program is a long-standing tradition of mental health agencies and we are proud that we are still able to maintain it. Gift Lift supplied Christmas gifts to 709 people in 2008.

**Ombudsman:** Mental Health America of Indiana is contracted with the State to provide ombudsman services to people with mental illness. We provide those services in Hendricks County assisting consumers who need assistance in dealing with other agencies or helping them to access appropriate services. This can range from making a referral to contacting the agency in their behalf, and in some cases, intervening in their behalf. We served almost 1000 people in this program in 2008.

**Information and Referral:** MHAHC is available to provide these services to the community. We receive several calls each day seeking these services. We keep a binder full of appropriate referral sources, as well as the United Way of Central Indiana's Connect-to-Help number (211) available to assist us in helping those who contact us.

**Hendricks County Sexual Violence Task Force and Other Community Collaborations:** MHAHC works on a variety of community collaborative efforts to provide the best opportunities for mental wellness in our community. We head the Hendricks County Sexual Violence Task Force who's goal is to seek the primary prevention of sexual violence. Education for children and adults is available through this group. The task force meetings are open to the public. Please contact us for information on how to become involved.

In addition, we are also part of the newly formed Hendricks County Minority Health Task Force, the Hendricks County Coalition for Tobacco

Intervention and Prevention, the Hendricks County Substance Abuse Task Force, Grief and the Holidays, the Women of Influence Conference planning committee, and the Hendricks County Kids Fair.

**Westside Widowed Support Group:** MHAHC sponsors this group which meets at least monthly for social activities and mutual support. The regular meetings are the first Sunday of each month at 4:00 pm at the Avon United Methodist Church.

**Depression, Bipolar, Anxiety, and Eating Disorder Support Group:** This is a group for those dealing with these conditions as well as their families and friends. It is not a therapy group, but a mutual support group. Meetings are held every Thursday, except holidays, from 6:30 to 8:30 pm at the Avon Light and Life Free Methodist Church.

**For information on any of our programs or services, please call our office at (317) 272-0027.**

### **Grants**

MHAHC received grant funding from the following organizations during 2008.

- Indiana Coalition Against Sexual Assault/Indiana State Department of Women's Health through the Centers for Disease Control
- 21<sup>st</sup> Century Grant from the Indiana Department of Education through the "No Child Left Behind" act
- Hendricks County Community Foundation
- Wal-Mart

### **Fundraisers**

MHAHC conducted three major fundraisers in 2008:

- Valentine's Day "Send-a-Hug"
- Community Garage Sale
- Christmas Wreath Sale

### **Honorary Membership Chair Senator Connie Lawson**

Dear Community Member:

Did you know the number of Hoosiers with serious mental illness has grown virtually every year since 2001? Did you also know 15 percent of all children in America—including nearly 30,000 in Indiana—suffer from some kind of mental illness?

Billions of dollars are spent each year in this country on medical and drug costs directly related to excessive stress and emotional disorders. These sobering statistics make the work done by our own Mental Health America of Hendricks County even more important. This organization provides a tremendous service to our area through innovative programs, family outreach and more. Without their hard work, families in crisis would be at a loss.

But, without your financial help, Mental Health America of Hendricks County could not provide the help so many need. No one is immune for mental illness. It can strike any age group at any time. From emotional problems some our elementary children face, to the alcohol and drug induced depression now experienced by our teens, to severe depression striking some of our adults, Hendricks County's mental health needs know no generational boundaries.

Your financial donation will help this United Way agency continue its important work and perhaps make a profound difference in many lives. As your State Senator, I have seen much data on the issue of mental illness. I am grateful to have witnessed the generosity of Hendricks County residents and the heartfelt care given to this issue by the dedicated servants of your Mental Health Association. I hope you will consider assisting by making a contribution.

I thank you for your time and support.

Sincerely,

Senator Connie Lawson  
Majority Floor Leader

### Budget

Income		Expenses	
United Way	70,164	Salaries	65,339
Direct Contributions	1,330	Payroll taxes	4,177
Memberships	685	Workers Comp	240
Contributions	62	Professional Fees	7,767
In-Kind Contributions	1,000	Consultants	11,264
21 <sup>st</sup> Century Grant	68,000	Office Supplies	513
Non-gov. grant	5,548	Printing	148
Program Income-OCOD	22,519	Postage	323
Connections	1,000	Program Expenses	5,085
Gift Lift	1,919	Equipment Rental	1,862
Fundraising	8,395	Meeting Expenses	285
Bank interest (ops)	825	Travel	1,866
Building	37,380	Training	860

Bank interest (bldng)	101	Affiliate Dues	3,000
		Fundraising Exp	4,502
		Community Outreach	918
		21 <sup>st</sup> Century Grant	68,000
		Building Exp	37,383
Total	218,928		213,532

### Board of Directors

Peggy Smith, President  
 Lisa Peck, Vice President  
 Kay Hughes, Secretary  
 Carolyn Moench, Treasurer  
 Judy Miller, Past President  
 Joyce Blickensderfer, member  
 Rev. Andy Burnette, member  
 Terrence Fuqua, member  
 Earlene Niemeyer, member  
 Janie Purchase, member  
 Lynn Turner, member

### Staff

Tammi Jessup, Executive Director  
 Lenice Bailey, Connections Facilitator  
 Shiela Balensiefer, Volunteer Coordinator/Parent Educator  
 Sandy Brown, Education Consultant  
 Judy Clinton, Office Manager  
 Alice Herr, Accounting Consultant

### Board President's Letter

Dear Supporters of MHAHC:

I want to express my appreciation to everyone who helped make 2008 a very good year for MHAHC.

Volunteer, from the Board of Directors, staff and the community and surrounding areas, were there when needed.

A special "thanks" goes out to Senator Connie Lawson, who spoke at our Annual Meeting and also agreed to be honorary chairman, for the 2008 membership drive.

Please take time to look at this Annual Report, to see the various programs and support groups our organization offers, the fundraisers we participate in and the grants we were able to obtain.

Help us make 2009 even better than 2008.

Thank you,

Peggy Smith  
President of the Board of Directors

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**Community Partner**