

ASSOCIATION for
MENTAL HEALTH & WELLNESS



Empowering People
and Communities

ASSOCIATION *for* MENTAL HEALTH & WELLNESS



The Association for Mental Health & Wellness

The origin of the Association for Mental Health and Wellness (MHAW) dates back to 1955 with the incorporation of the Mental Health Association in Suffolk County. In 1990, Clubhouse of Suffolk was founded, providing a wide array of psychiatric rehabilitation and recovery programs. With the growing need to provide services for Veterans with PTSD and other service-related challenges, Clubhouse merged with MHA Suffolk and Suffolk County United Veterans in 2014 to form the Association for Mental Health and Wellness. The Association for Mental Health and Wellness, a not-for-profit 501(c)(3) corporation based in Ronkonkoma, NY, provides programs, services, and advocacy for people and families facing mental health challenges with an enhanced focus on serving military Veterans.

MHAW Was Formed in 2014 as the Result of a Merger of Three Organizations

Clubhouse of Suffolk, Inc.

Founded in 1990 by family members of adults with psychiatric disabilities, Clubhouse of Suffolk provided programs that included a range of state-of-the-art psychiatric rehabilitation, vocational training, and support services for adults affected by behavioral health barriers to leading productive and satisfying lives.

Suffolk County United Veterans (SCUV) was founded in 1989 due to concerns about the growing number of homeless Veterans in Suffolk County. SCUV provides shelter and services for Veterans who struggle with post-service transitions including mental health and substance abuse challenges.

The Mental Health Association in Suffolk County, founded in 1955, provided mental health advocacy, professional and peer workforce training, and peer support services.

Along with a new name, the Board of Directors adopted a mission statement that reflects the agency's broadened platform:

“Empowering people and communities to pursue and sustain healthy and enriched lives.”

With offices based in Ronkonkoma, Riverhead, and Yaphank, MHAW employs a staff of about 140 serving over 3,500 people each year.



“Empowering people and communities to pursue and sustain healthy and enriched lives.”



MICHAEL STOLTZ, LCSW
Chief Executive Officer

DEAR FRIENDS

Welcome to the first Annual Report of the Association for Mental Health and Wellness!

With our expanded mission, MHAW has become a leader in the fields of mental and behavioral health in our local communities, in Suffolk County, on Long Island, and in New York State. There are tremendous transformations and innovations happening in the healthcare delivery system, and with the addition of some very talented people to our Board of Directors and Executive Staff, MHAW is well-positioned to meet the challenges of system and practice transformation.

To that end, MHAW continues to build, promote, and deliver state-of-the-art services that make an impact on people and families who face mental health distress as a result of illness, disability, or trauma.

This Annual Report provides a view of our organization through some moving stories of people whose lives have been impacted by our work as well as the generous supporters whose contributions have enabled us to continue and expand our mission.

While we are proud of what we accomplished last year, we are excited about some new and expanded initiatives for 2016 including:

- A peer-run “Recovery Center Without Walls” for Eastern Suffolk
- Implementation of Health Home Care Management for children
- Growth of the Joseph P. Dwyer Veterans Peer Support Project
- Expansion of our peer and professional workforce training
- Expanded vocational and educational rehabilitation and crisis prevention assistance

MHAW is committed to ensuring the highest quality behavioral health programs for every resident of Suffolk County, especially our Veterans and their families. We also promise to continue our work to eradicate the stigma of mental illness, and reaffirm our dedication to the vision of recovery for people affected by psychiatric disabilities, addiction, and trauma.

We are grateful for your partnership and your support.

A handwritten signature in black ink, appearing to read "Michael Stoltz". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

MICHAEL STOLTZ, LCSW
Chief Executive Officer

500+

Served Through Our Centers

PROGRAMS

Centers for Recovery and Wellness

- Pollack Center, Ronkonkoma
- Synergy Center, Riverhead

The more than 500 people served through our Centers in 2015 is testimony to the fact that people *can* and *do* recover from the impact of psychiatric impairments, disability, and trauma. It also shows that people can move forward and live healthy and productive lives. The Pollack Center in Ronkonkoma and the Synergy Center in Riverhead offer a broad range of psychiatric recovery programs that have a foundation of evidence-based rehabilitation practice research. Using individual and classroom-based modalities, our staff engages each participant to identify their own overall recovery goals and their specific barriers to recovery. The Centers operate under a Personalized Recovery-Oriented Services (PROS) license from the New York State Office of Mental Health.

Health Home Care Management

Care managers promote whole health through planned, person-centered coordination of mental health, substance abuse, and physical health care services. Working in collaboration with Hudson River Health—licensed by the state Health Department to operate in Suffolk County—our Targeted Case Management teams served over 1,200 people and our Health Home Outreach and Engagement teams made more than 1,000 visits to homes and facilities providing integrated services with a network of public and private health and social service providers.

Mental Health Helpline

Our Mental Health Helpline handled over 6,000 requests from Suffolk County residents seeking access to behavioral health

services for themselves, for a friend, or for a family member. Our Community Resource Database includes treatment and support service providers throughout Suffolk County and can be accessed through our website at www.mhaw.org and by telephone at (631) 226-3900.

Support Groups and Workshops

We provide group support to individuals with a mental health diagnosis, as well as their families. Groups are facilitated by trained professionals or by people who have lived experience with recovery from psychiatric disabilities and trauma and focus on supporting and enhancing the recovery journey. Topics include recovery goals, tools for managing distress and promoting wellness, accessing services and community-based supports, medication, stigma, benefits and entitlements, as well as advocacy issues.

Joseph P. Dwyer Veterans Peer Support Project

In 2015, more than 500 Veterans were provided confidential Veteran-to-Veteran peer support to help enable a healthy, successful transition to post-service life. The Project is run in partnership with the Suffolk County Veterans Service Agency and deploys individual and group relationships to introduce positive change through common experiences, recovery learning, and personal growth. Currently, eight peer support groups meet at various sites across Suffolk County.

The Project is named in honor of PFC Joseph P. Dwyer, a U.S. Army Medic from Mt. Sinai who served in Iraq in the earliest days of the 2003 invasion. He was pictured in what has become an iconic photo of him cradling a young wounded boy while his unit was fighting its way up the Euphrates to

Baghdad. PFC Dwyer's post-war struggles with PTSD resulted in his untimely and tragic death in 2008.

Special thanks to Congressman Lee Zeldin, himself a Veteran, who championed this program when he was in the New York State Senate. He continues to be an ardent supporter of the Dwyer Project in the House of Representatives.

Food Pantries

- Charlotte's Table Food Pantry, Ronkonkoma
- Helping Hands of the East End, Riverhead
- The Vet's Place, Yaphank

Since August 2009, our food pantries have provided thousands of packages of food to families and individuals, many who live below the federal poverty level. Nearly 500 families were served in 2015, helping to meet the great need in our community for access to nutritional foods at no cost. The three food pantries are managed and run by our program participants as well as volunteer Veterans who gain valuable workplace experience.

Chemical Free Garden

At the Chemical Free Garden in Ronkonkoma, you'll find a wide variety of vegetables, herbs, and fruit, all grown without the use of commercial pesticides, fungicides and herbicides. In fact, 21 garden beds provide fresh lettuce, tomatoes, cucumber, peppers, broccoli, squash, eggplant, and various herbs. Rows of grape vines, and bushes of blueberries and raspberries are surrounded by our two butterfly gardens. During harvest season, the produce is used in our kitchen and is also provided to Charlotte's Table to help feed members of the community.

Alysha is shown in the center, smiling, with her mother on her left and her 14-year-old daughter on her right. They are all smiling and appear to be in a public setting, possibly a community event or a store. Alysha is wearing a white t-shirt, her mother is wearing a white t-shirt, and her daughter is wearing a red and white striped shirt.

POLLACK CENTER *for Recovery and Wellness*

Alysha says her depression began at age of 16 when her mother—who she says was her source of strength—passed away. Just two years earlier, Alysha’s stepfather and grandmother had also passed. With her father absent, she was placed with extended family but didn’t receive needed support and guidance. Despite adversity, Alysha earned her high school diploma and through BOCES became a Certified Nurses Aid. However, the pressures of work and family began to take its toll. When her company downsized and she lost her job, Alysha fell into a depression and was admitted to a psychiatric facility. Once discharged, her path to recovery continued at the Pollack Center, which led to a new job as a driver for MHAW. She knew she was improving when her now 14-year-old daughter remarked, “Mom, you are a much nicer person than you have been in a long time.”



Long Island Cares delivered cases of fresh produce and toiletry items for Veterans and military families at SCUV’s John J. Lynch Veterans Place shelter and food pantry.



Some of the day’s harvest from the Chemical Free Garden to distribute to Charlotte’s Table food pantry.

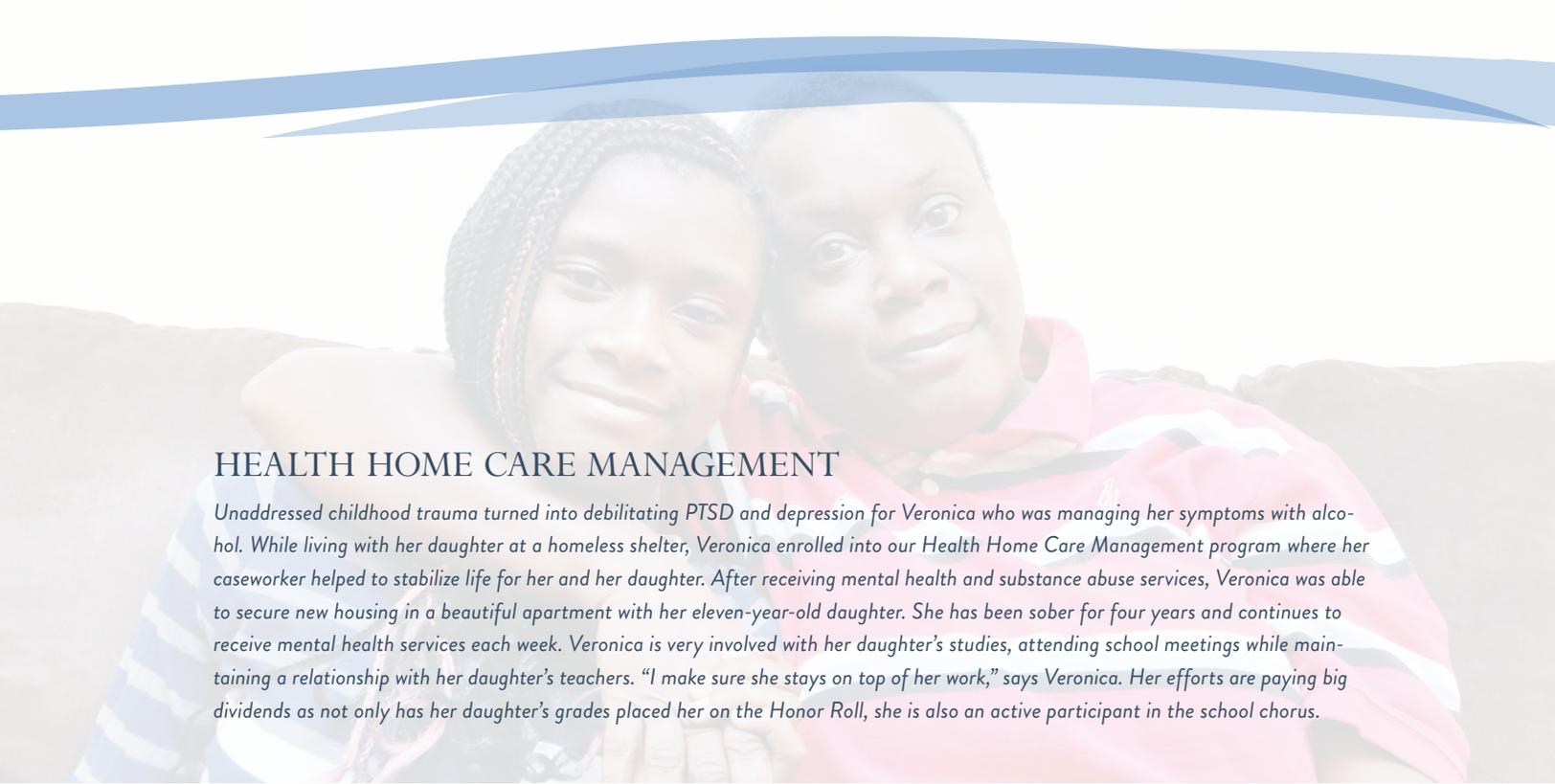


The Navy Seal Cadets—Michael Murphy Division helped the Ronkonkoma Rotary Club fill a box truck with food donations to support Pollack Center’s Charlotte’s Table pantry.

SYNERGY CENTER *for Wellness and Recovery*

While Kevin knew early on that he was gay, he kept it secret. When a family friend abused Kevin in his teens, his family didn’t talk about it—abuse was shameful; to be hidden. He soon was abusing drugs and alcohol and skipping school. He was also bullied at school and at home. He began fits of rage where he’d “break everything in the house.” One day the police arrived and Kevin was holding a knife to his throat, threatening suicide. After a hospitalization, Kevin came to our Synergy Center where he was able to freely talk about his past abuse and begin the healing process. Now drug- and alcohol-free, Kevin lives with his family (who now speak openly about the “family secret”) while working in retail. Kevin’s goal is to become a Peer Specialist so he can help others to lead healthy, open, and active lives.





HEALTH HOME CARE MANAGEMENT

Unaddressed childhood trauma turned into debilitating PTSD and depression for Veronica who was managing her symptoms with alcohol. While living with her daughter at a homeless shelter, Veronica enrolled into our Health Home Care Management program where her caseworker helped to stabilize life for her and her daughter. After receiving mental health and substance abuse services, Veronica was able to secure new housing in a beautiful apartment with her eleven-year-old daughter. She has been sober for four years and continues to receive mental health services each week. Veronica is very involved with her daughter's studies, attending school meetings while maintaining a relationship with her daughter's teachers. "I make sure she stays on top of her work," says Veronica. Her efforts are paying big dividends as not only has her daughter's grades placed her on the Honor Roll, she is also an active participant in the school chorus.

People can and do recover from the impact of psychiatric impairments, disability, and trauma to live healthy, happy, and productive lives.



HOUSING SERVICES

Terrance was in the U.S. Army from 2003 to 2011. A combat engineer, he was deployed four times to Iraq and Afghanistan. Terrance was an exemplary soldier earning an Army Achievement Medal with the 82nd Engineer Battalion and the Army Commendation Medal. However, when Terrance came home, things began to change. He started having difficulty sleeping and began to experience feelings of depression. Terrance started to act out angrily, arguing with customers at his job. Feeling despondent and hopeless, Terrance stopped working, which led to his eventual homelessness. What Terrance didn't realize was that his behavior was a result of PTSD. With counseling and a lot of peer support, Terrance found a safe place to share his experiences and manage his symptoms. Today, he is a student at Suffolk County Community College majoring in Electrical Engineering with plans to work in his chosen field.

500+
Workforce Trainees

TRAINING

Careers in Recovery and Wellness Training Program

This 12-week training course helps individuals with lived recovery experience to gain the basic skills to prepare them for employment opportunities working as a Certified Peer Specialist. In 2015, we had 25 graduates of the program. The training is rooted heavily in human rights and the values and principles of peer support. Students gain knowledge, experience, and skills to offer trauma-informed peer support, and gain the knowledge to pass the required test on the Academy of Peer Services online training platform with the goal of gaining New York State Peer Specialist Certification.

Mental Health First Aid

Just as physical first aid helps people to deal with injury and trauma until medical services take over, Mental Health First Aid (MHFA) gives people the tools to help others who exhibit mental health distress. We are offering this training in venues across the county as part of a nationwide push to better equip the public to learn risk factors and warning signs for mental health and addiction distress. In 2015, we launched our first MHFA trainings with our nationally-certified training staff.

Strategies learned will help others in crisis and non-crisis situations, and where to turn for help.

Mental Health Professional Training

We offer numerous workshops throughout the year to help ensure that mental health professionals have access to the most current knowledge and skill development. Topics in 2015 included:

- Integrated Assessment and Interventions for Co-Occurring Mental Health and Substance Abuse Disorders
- Changing the Conversation About Eating Disorders and Body Dissatisfaction
- Understanding ADHD, Executive Functions: Ensuring School Success!

In 2015, the Association for Mental Health and Wellness was named by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed Social Workers. This recognition will allow us to become an even greater resource of professional development to mental health practitioners on Long Island.



Michael Hoffman, Deputy Director, Long Island Field Office, New York State Office of Mental Health, with Tracy Puglisi, Coordinator of Peer Recovery and Wellness Education, MHAW, at a Certified Peer Specialist training graduation ceremony.



Alexis Rodgers, LMSW, Coordinator of Community Outreach & Education, facilitating a Mental Health First Aid youth module class.

2,000+
Provided Care Coordination

ANNUAL EVENTS

Mental Health Awareness Week

In partnership with the Mental Health Association of Nassau County, we invite community-based organizations to host events that promote mental health and wellness. In 2015, there were over 35 such events during National Mental Illness Awareness Week—proclaimed by Congress in 1990 as the first full week of October—to promote improved understanding about mental illnesses and to reduce the associated stigma and discrimination. Events included a mental health fair, yoga, hiking, trauma release exercises, film screenings, meditation for Veterans, and much more—all representing a unique aspect of recovery and support.

Kick Stands Up Poker Run and Car Show

Our third annual Kick Stands Up event, co-hosted by the U.S. Military Vets Motorcycle Club and the Impressive and Aggressive Motor Club, raises funds to benefit homeless Veterans in Suffolk County. The event features motorcycle clubs from across Long Island as well as beautiful classic cars. In 2015, the event raised more than \$10,000 to combat Veteran homelessness.

1. At the 2015 Kick Stands Up event, from left: Rich “Trooper” Autorina, President, U.S. Military Vets Motorcycle Club; Ruth McDade, Director of Development, MHAW; Michael Stoltz, CEO, MHAW; Hon. Kate Browning, Suffolk County Legislator; and Tom Driscoll, President, Impressive & Aggressive Motor Club.
2. Pal-O-Mine Equestrian hosted an interactive, hands-on demonstration on how experiential learning can take place through horses.
3. Adelphi University held a screening of *Poster Girl*, a documentary on a returning Iraqi Veteran, followed by a panel discussion.
4. Stony Brook University School of Medicine hosted Ronald Braunstein, Conductor, and Caroline Whiddon, Executive Director of the Me2 Orchestra during Mental Health Awareness Week.
5. The H. Lee Dennison Building was lit up in lime green, the awareness color of mental health during Mental Health Awareness Week.



35+ *Events during Mental Health Awareness Week*

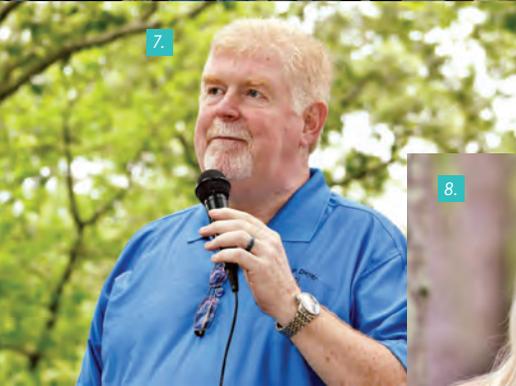
Chili Cook-Off

The 5th Annual Chili Cook-Off was a fun-filled event that attracted over 800 people in 2015—a record number—from across Long Island. Chili teams represented local restaurants, businesses, and individuals who competed for the best chili in meat and vegan categories. This family event featured two live bands, children's games, a Halloween costume contest, lots of food and beverages, and unique one-of-a-kind vendors.

Day of Wellness

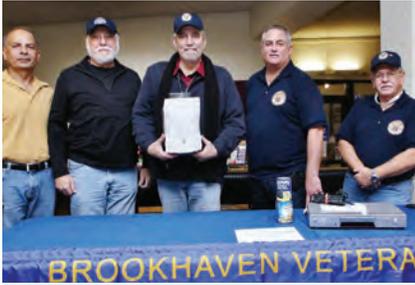
Over 125 Veterans and their family members attended the 2nd Annual Day of Wellness, presented by the Joseph P. Dwyer Veterans Peer Support Project and SCUV. Held at the beautiful Camp Pa-Qua-Tuck in Center Moriches, the event provides a variety of fun and health-promoting activities and therapeutic alternatives to traditional healthcare. Attendees participated in workshops and demonstrations about Reiki, acupuncture, therapeutic massage, Tai Chi, meditation, stress management techniques, music and art as therapy, kayaking, spiritual directions, nutritional health, hyperbaric treatment, equine therapy, and animal assistance.

6. ROTHCO, the Ronkonkoma-based supplier of military and outdoor products, teamed up with Pace's Steak House to win best chili in the meat category as well as the coveted "People's Choice Award."
7. Tom Ronayne, Director, Suffolk County Veterans Service Agency at our Dwyer Veteran Peer Support Project Wellness Day.
8. Christine Dwyer, Sister of Joseph P. Dwyer at our Dwyer Veteran Peer Support Project Wellness Day.
9. Organic Corner Health Market & Juice Bar, located in Massapequa, won best chili in the vegan category at our 5th annual Chili Cook Off.



Raising Awareness

OUR SUPPORTERS



We are grateful to the members of Brookhaven National Laboratory Veterans Association for hosting their annual fundraising event to benefit homeless Veterans. They raised \$500 for SCUUV and a huge amount of personal care items and clothing to help Veterans.



A big thank you to Long Island ABATE (American Bikers for Awareness, Training and Education) for donating \$4,000 to SCUUV to assist homeless and at-risk Veterans.



ROTHCO provided Suffolk County United Veterans more than \$25,000 in funding under their corporate matching program. Pictured, from left: Michael Stoltz, CEO, MHAW; Wilkens Young, Director, SCUUV; Joanne Massimo, Director of Program Operations, SCUUV; Howard Somberg, President, ROTHCO; and, Jorge Rosario, Compliance Director, ROTHCO.

THANK YOU



Sons of the American Revolution (SAR), Long Island Chapter, donated \$3,500 to help support our work with homeless Veterans. Pictured, from left: Mary Alice Vermaelen Visnefsky, Anna Smith Strong Chapter, National Society Daughters of the American Revolution; Gene Visnefsky, Board Manager and Treasurer, Long Island Chapter of SAR; and, Wilkens Young, Director, SCUUV.



The Long Island Moose Classic Car Club presented a check for \$3,200 to SCUUV to purchase furniture. Pictured (far left) John Rago, Outreach Coordinator, SSVF; and, Joanne Massimo (far right), Director of Program Operations, SCUUV, flank leaders from the Long Island Moose Classic Car Club (from left) Ron Hansen, Treasurer; Darlene Faith, Secretary; Charles Cali, President; and Charles Susskruat, Vice President



The Riverhead Elks Lodge donated \$2,500 from their "Rock-n-Blues for the Vets" event to provide handicapped accessibility for Veterans housing.

\$153,579

in Fundraising in 2015



The Synergy Center for Recovery and Wellness in Riverhead was a host site for Long Island Homeless Outreach Day. Pictured from left (standing): Phil Erwin, Supported Services for Veteran Families (SSVF) staff member; Greg Dutcher, Volunteer; (seated) Ruth McDade, Director of Development, MHAW; and Joanne Massimo, Director of Program Operations, SCUV. They were among a team of people who hit the streets to help the homeless.



Six staff members from our Joseph P. Dwyer team participated in the first Suffolk County Marathon. Pictured are Program Director Marcelle Leis and Group Facilitator Denis Demers, looking remarkably fresh after 13.1 miles.

IN THE COMMUNITY



Staff at the Helen B. Duffield Elementary School in Ronkonkoma were honored for their long-time support at the bi-annual MHAW Friends and Family event at the Pollack Center. Pictured, from left: Diane Bolson, Tracey Kramer, and Joanne Walters of the Duffield Elementary; Ruth McDade, Director of Development, MHAW; and, Raven Weinfurt, Pantry Coordinator, Charlotte's Table.



Members of United Way of Long Island's Youth Build participated in a three-week program at our Chemical Free Garden, learning how to grow and maintain organic horticulture.

NEWS HIGHLIGHTS



- Alexis Rodgers discussed Mental Health First Aid on Long Island News Radio's morning show with Jay Oliver. [March 19, 2015](#)
- Newsday featured a story about our SSVF program and homeless Veterans outreach initiatives. [March 4, 2015](#)
- Wilkens Young and John Schultz were guests on Cablevision's *Meet the Leaders* with host Patrick Halpin. They spoke about the Joseph P. Dwyer Veterans Peer Support Project. [May 8, 2015](#)
- News 12 covered our Kick Stands Up Motorcycle Poker Run and Car Show for Homeless Veterans. [July 25, 2015](#)

2015 GRANT AWARDS

\$18,985 **Suffolk County Office of Community Development**
Emergency Solutions Grant for Homeless Prevention Services

\$10,973 **Suffolk County Office of Community Development**
Emergency Solutions Grant to support SCUUV Emergency Shelter

\$21,000 **Island Outreach Foundation**
To enhance community linkages for the Joseph P. Dwyer Project

\$30,000 **Long Island Community Foundation**
Veterans Respite Services

\$4,000 **Mental Health Association in New York State (2 grants)**
Mental Health First Aid training and Suicide Prevention grant

\$250,000 **New York State Office of Mental Health, Regional Center of Excellence**
Peer-run East End Recovery Center

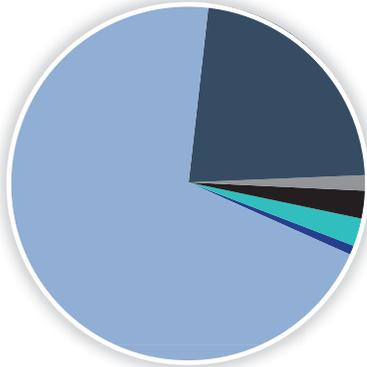
\$15,000 **United Way of Long Island**
Military Families Assistance Program

COLLABORATIVE GRANT PARTNERS

- **Child Care Council of Suffolk**—Super Storm Sandy Social Services Block Grant
- **Economic Opportunity Council of Suffolk, Inc.**—Supportive Services for Veteran Families (SSVF)
- **Suffolk Care Collaborative, LLC of Stony Brook University's Performing Provider System**
(*under the state Health Department's Delivery System Reform Incentive Program*)—Community Health Activation Program
- **The Retreat**—Coordinated Community Response to Domestic Violence

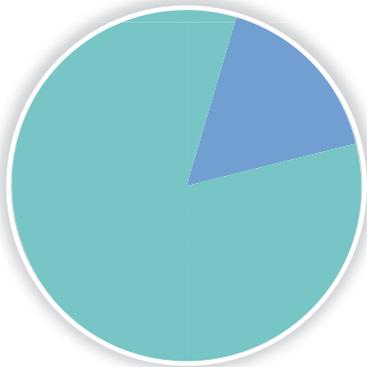
FINANCIAL STATEMENTS

Fiscal Year January 1, 2015 through December 31, 2015



Support and Revenue

● Fee for Service	\$7,604,809
● Grants & Contracts	\$2,481,594
● Development Events & Donations.....	\$153,579
● Fixed Assets ^(a)	\$255,000
● Rental Income.....	\$265,251
● Other Income ^(b)	\$82,355
TOTAL.....	\$10,842,588



Expenses

● Programs & Services	\$8,142,988
● Supporting Services ^(c)	\$1,589,407
TOTAL.....	\$9,732,395

(a) Suffolk County transferred 3 properties to MHAW through the "Helping Our Heroes" Act

(b) Includes Educational events and miscellaneous reconciliations

(c) Administration, Overhead & Development expense

FUTURE PLANS & GOALS

- Successfully engage Medicaid Managed Care Organizations for our Rehabilitation & Recovery Programs and Services
- Effectively partner with Suffolk Care Collaborative of Stony Brook Hospital in the DSRIP Medicaid Reform initiative
- Continue to enhance Health Home Care Management for adults and children with Hudson River Healthcare and Suffolk County
- Engage our most at-risk Veterans in peer support, behavioral and physical healthcare, and a range of housing offerings
- Expand our calendar of workforce training offerings to professionals and peers

PROFESSIONAL MEMBERS

Not-for-Profit Providers

Concern for Independent Living
 Federation of Organizations
 South Oaks Hospital of Northwell Health
 TMS Hope Center of Long Island

Individual Practitioners

John Bowman, *Ph.D.*
 Matthew Campbell, *Ph.D.*
 Dennis Damato, *M.E.D., LCSW*
 Marjorie S. Demshock, *LMHC, CCMHC, NCC*
 Patricia Geiser, *N.P.*
 Gail Gottfried, *LCSW*
 Thomas Livoti, *LCSW-R*
 Marguerite Metzendorf, *LCSW-R*
 Christine Mosher-Visconti, *LCSW*
 Mary O'Shea, *LCSW*
 Eleanor Perlman, *LCSW*
 Richard Scheinberg, *MSW, BCD*
 Cecelia Sweeney, *LCSW*
 Louis K. Teitelbaum, *M.D.*
 Les Weinberg, *Ph.D., Psychologist*
 William Yelen, *LCSW*

BOARD OF DIRECTORS

Officers

Cynthia Mason, *M.S.*
President
 Dr. Kristie Golden
Vice President
 Rosemary Speciale
Treasurer
 Virginia Cravotta
Secretary

Members

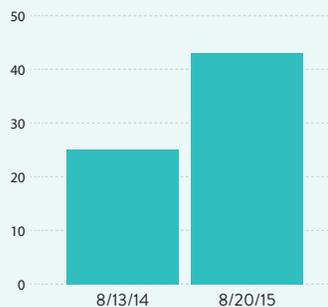
Carl Baldini, *M.S. Ed.*
 Scott Bradley, *M.S., PMP, CISSP, ITTL*
 Robert Detor, *LCSW*
 Marni Erlich
 Elizabeth Hausner
 Silas Kelly, *LMSW, CMHT*
 Elvira Lovaglio-Duncan
 Lonnie Mathis
 Deb Mayo, *RN*
 Thomas McOlvin, Jr., *LCSW-R*
 Ken Mitchko
 Dr. James Mullin
 Dr. Davis Pollack, *President Emeritus*

Executive Team

Michael Stoltz, *LCSW, Chief Executive Officer*
 Kim Koster, *CPA, Chief Financial Officer*
 Paula Fries, *LCAT, ATR-BC, CPRP, Chief Operating Officer*
 Roni DeKoning, *LMHC, CRC, Deputy Director*
 Anne Marie Montijo, *LCSW, Deputy Director of Strategic Initiatives*

Klout Score

Association for Mental Health and Wellness



+72%

MHAW's Klout score rose a substantial 72 percent in the 12 months starting August 2014. It went from a score of 25 to a score of 43 in just 12 months. People and organizations with a Klout score of at least 45 are considered "influencers" in their profession and/or industry.



Follow us on Social Media

www.facebook.com/MHAWsuffolk
www.facebook.com/SuffolkCountyUnitedVeterans
www.facebook.com/DwyerProject
www.twitter.com/MHAWsuffolk
www.instagram.com/mhawsuffolk

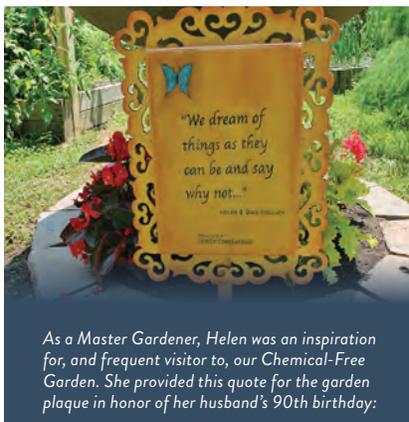
Klout is an online tool that has become an industry standard for measuring social media engagement.

IN MEMORY OF
Helen Pollack



A founding member of the Association for Mental Health and Wellness and longtime board member of the Clubhouse of Suffolk, Helen Pollack passed away on July 12, 2015. Helen and her husband, founding Board President Dr. Davis Pollack, were both inspired by the experiences of their own family members. Helen was a tremendous advocate for people and families affected by mental health challenges and psychiatric disabilities. Helen and Dave realized their heartfelt vision of establishing dignified and inspiring housing and rehabilitation programs—through Clubhouse, MHAW, and CONCERN for Independent Living. They believed that all people in recovery should have the opportunity to attain their full potential.

“We dream of things as they can be and say ‘Why not?’”



As a Master Gardener, Helen was an inspiration for, and frequent visitor to, our Chemical-Free Garden. She provided this quote for the garden plaque in honor of her husband's 90th birthday:

“Helen Pollack was a gardener in more ways than just moving soil. She moved heaven and earth for people to envision and achieve better lives. She will be dearly missed by us all.”

—Cynthia Mason, MHAW Board President



**ASSOCIATION for
MENTAL HEALTH & WELLNESS**



MAIN OFFICE

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www.mentalhealthandwellness.org

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