

2018 Annual Report

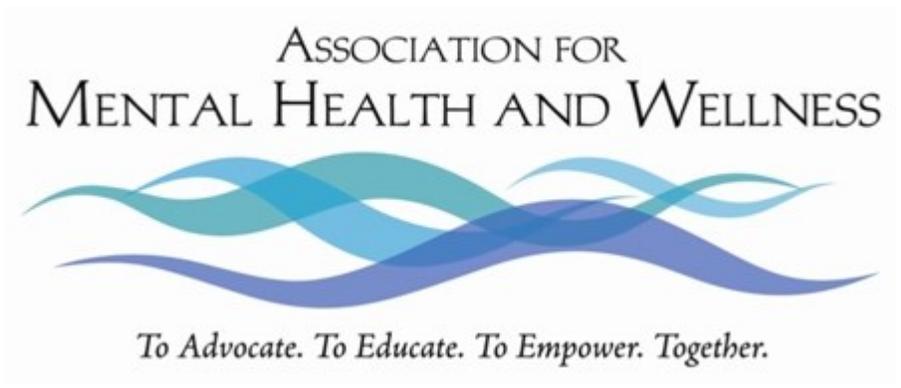


ASSOCIATION FOR
MENTAL HEALTH
AND WELLNESS



***Building
Organizational
Strengths***





7,326

The number of people engaged and coached by our Community Health Activation Program (CHAP) team in 2018 to use community physical and behavioral health services.

215

The number of young people served in our Children's Care Management Program. Children's Care Management assists children with physical and behavioral health challenges to access and coordinate all of their healthcare, educational, and social service needs.

6,000+

The number of people who have accessed our programs and services.

21%

Increase in our number of employees since 2017. This includes more people with diverse cultural backgrounds and multi-lingual abilities.



Dear friends, colleagues, and supporters:

We're proud to present the 2018 Annual Report of the Association for Mental Health and Wellness (MHAW).

The past couple of years have seen a surge in the presence of mental health topics in the news – but not always toward constructive ends. Connecting mental health problems with gun violence, terrorist

acts, suicide spikes, and other such disturbing phenomena has often failed to lead readers and listeners to “the rest of the story,” as Paul Harvey used to say on his radio program. The true narrative is that people affected by mental health problems can *and do* recover . . . that communities possess effective but underutilized tools that can blunt the ill effects of these problems . . . and that there are strong and willing leaders among us who advance this commitment every day.

As evidence, this Annual Report offers illustrations of some of the real work of MHAW:

- Images and stories spelling out the impact of our work.
- Profiles of three people — Andrea, Adam, and Lydia — who share their recovery journeys.
- A profile of our Board President, Cynthia Mason, who discusses ways that her relationship with MHAW has been meaningful to her life and vision.

Also noted are our goals for 2019 and our immediate future. These include a growing commitment to communities of color, to the competencies of our MHAW workforce, to the upkeep of our facilities and infrastructure, and to mental health literacy within our local communities. You'll also find an update on our organization's financial standing.

Consistent with mental health associations across the country, MHAW provides principled leadership in the region and the state on matters that concern all people and communities facing behavioral and physical health challenges. Despite the many difficulties health systems and non-profits face, MHAW is well-positioned to promote and provide quality behavioral health services to the residents of Suffolk County. It's a privilege for us to play such an important role.

We hope this report helps you learn more about our organization, and stimulates you to consider additional ways you can participate in our mission and support our growth.

Sincerely,

Michael Stoltz *Cynthia Mason, M.S.*



On June 7, 2018 we hosted business leaders from across Long Island as part of the HIA-LI C.E.O. Forum series where we discussed the working relationship between the C.E.O. and the C.O.O. in a mid-sized, customer-driven organization.



Our executive staff took to The Hill with the National Council for Behavioral Health to help push a national mental health agenda.

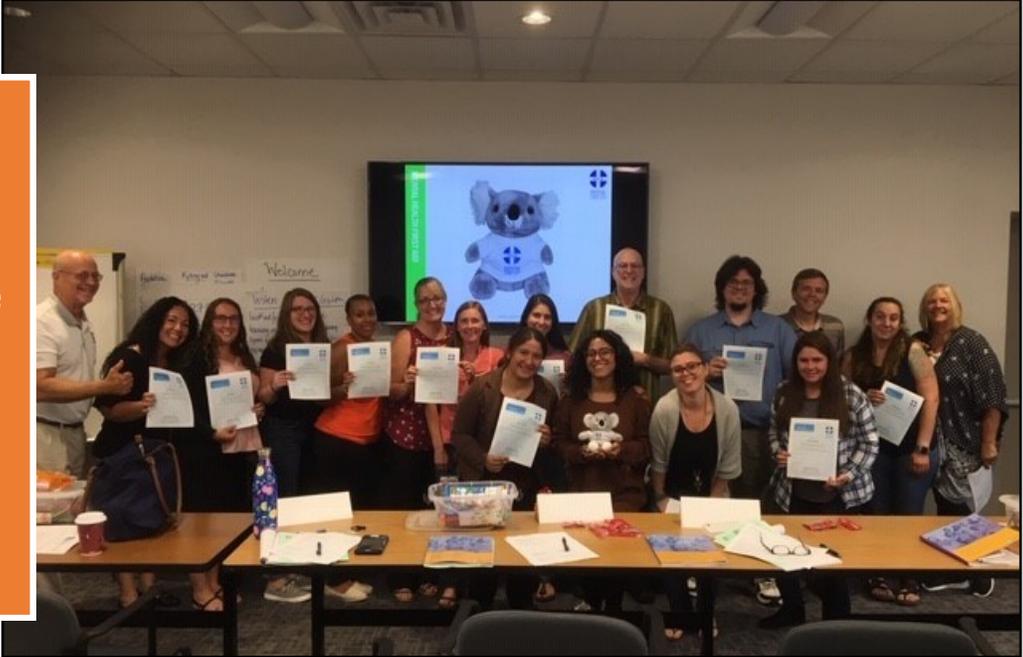


Our staff prepared a delicious meal for the people that came to our bi-annual Friends & Family event at the Pollack Center .



We are grateful to our volunteers at the Chemical Free Garden — founded in 2011 — who planted and harvested a myriad of crops.

We began a commitment in 2018 that all MHAW staff members will become certified in Mental Health First Aid in order to benefit their work and their communities.



The John C. Dunphy Foundation donated \$6,000 for capital improvements at the Vets Place Shelter.

MHAW IS ABOUT PEOPLE



Looking back on his long struggles with obsessive-compulsive disorder, Adam would say, “The OCD I lived with ruled me.” Happily, he doesn’t say this anymore.

Despite the challenges associated with OCD, addiction, anxiety, depression, and psychiatric hospitalization, Adam’s inner strength shines through in his commitment to self-improvement. He’s steered himself in promising new directions, with the help of MHAW.

How did he first react? “I felt accepted right away,” he says. The classes helped ease his anxiety about being around people, and he felt trustful of the supportive staff.

Taking classes focused on OCD, socialization, art therapy, and self-esteem, Adam “started opening up to people,” despite nagging doubts about his sense of self-worth.

“Going to those classes increased my self-esteem,” he says.

Furthering his quest for self-improvement, he joined a 12-step program and began volunteering in the food pantry, steadily improving his ability to manage his OCD. Adam began feeling more comfortable spending social time with other attendees and with family members.

Adam eventually secured a seven-month stint as a temporary park laborer with the Village of Islandia, his longest period of steady work ever. And he accepted immediately when the Village offered him a permanent position.

“I can’t say enough about what MHAW has done for me,” Adam says. “It has literally changed my life for the better.”

After traveling a rocky road, Andrea Tufano is looking to the future with renewed pride and confidence.

In 2016, she had been hospitalized twice for mental health symptoms. After treatment at Mather Memorial Hospital, Andrea was referred to MHAW’s Synergy program in Riverhead.

Synergy accepted her into its Ten-Week Peer Specialist Training program. But after graduating, things, unfortunately, went downhill again. While pursuing various job opportunities, Andrea began experiencing difficulties at home, and attempted suicide.

Yet she successfully reversed course yet again — and stabilized her life.

Today, as a New York-Certified Peer Specialist, Andrea works full-time at MHAW’s Recovery Center East assisting individuals in need — and taking them out for “fun activities” five days a week.

Next, she aims to earn a Social Work degree. And, to her delight, Adult Career and Continuing Education Services - Vocational Rehabilitation (ACCES-VR) – a unit of the State Education Department – has agreed to cover part of her school costs.

“Things are different now,” she says. “I have direction, and I have the support of private therapy, family, and friends. I was taught skills at Synergy that I am applying to my life.

“The Synergy team helped me find out who I was,” Andrea says. “I’m thankful to have learned that I can do whatever I put my mind to.”



Lydia had a difficult and unstable upbringing. A member of a dysfunctional family dominated by an abusive mother, she was steadily discouraged from shaping her own identity.

She eventually found her way into a self-improvement program at Maryhaven Center of Hope, and soon after began attending classes at MHAW's Synergy program.

Lydia took an LGBT class where she was "able to make some progress as to who I am rather than who I used to be." The class facilitator was so impressed by Lydia's passionate level of engagement that she was invited to serve as a co-facilitator.

"I discovered I liked becoming emotionally connected with people," she says. "It felt good to be with people like me."

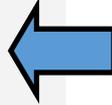
Lydia soon joined MHAW's ten-week Peer Specialist Training program. Frightened and uncertain at first, she carried on because "I didn't want to do something that would stop my journey, as scary as it was."

She soon recognized that the program's other participants had faced life challenges that were in some ways similar to hers.

"By making myself more open and more vulnerable, the less intimidating everything became."

Having completed her peer training, Lydia is now applying for internship positions in the not-for-profit world while awaiting State certification.

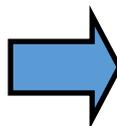
"I don't want clients, I want people," Lydia says. "I've learned that to reinstall a person's value, put value in their story."



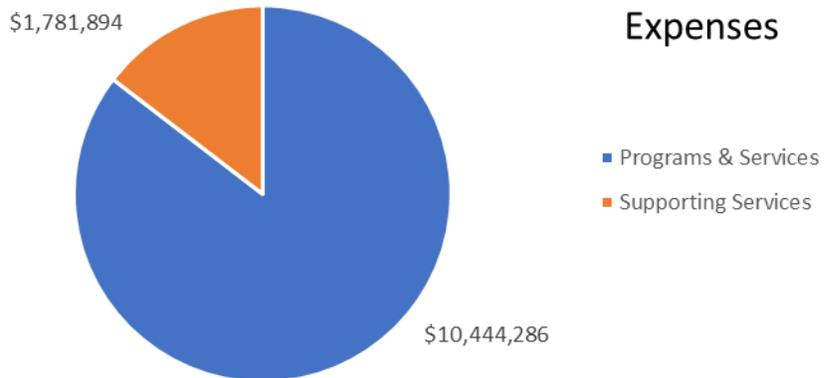
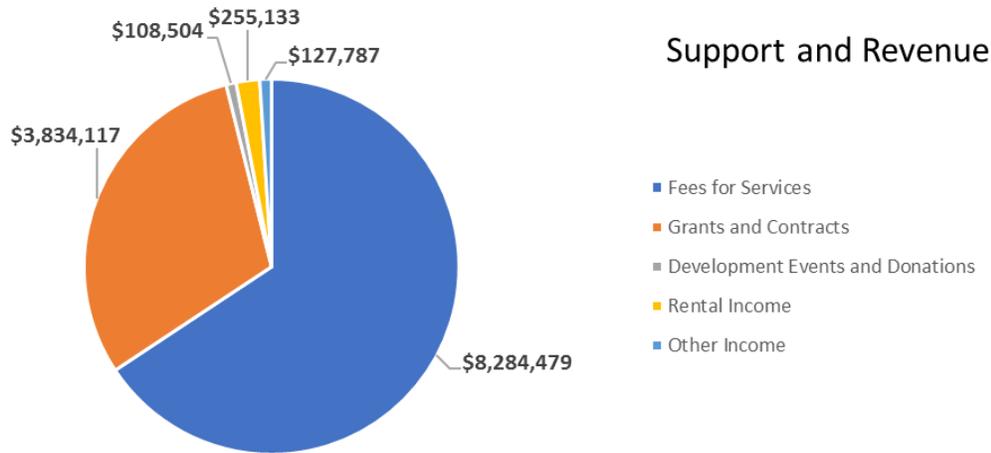
Cynthia Mason has served on the Board of Directors for 21 years. Six years ago, she helped shepherd in a new era with the creation of the Association for Mental Health and Wellness from our component agencies, Clubhouse of Suffolk, the Mental Health Association in Suffolk, and Suffolk County United Veterans.

Over 40 years ago, Cynthia discovered her passion for people and working with those with mental health challenges as a therapy aid at Kings Park Psychiatric Center. She worked as a rehabilitation counselor for Clubhouse of Suffolk prior to joining the board. In addition to her president duties, Cynthia also teaches the Youth Module of Mental Health First Aid.

"I have always had a special affection for the teen and young adult population, having tutored as well as taught art to teens for years. I am very pleased we expanded our services to service children and their families through care management. Healthy families are so very important. Navigating the teen years is a challenge so I consider it a privilege to train others in Mental Health First Aid to help teens experiencing distress."



2018 FINANCIAL STATEMENTS



2019 GOALS

Enhance our menu of rehabilitation and recovery programs with “LEAN” access and inter-program collaboration.

Continue the growth and development of our Care Management services to adults and children – and keep building well-supported teams capable of maximizing client responsiveness.

Implement thoughtful strategies that enable MHAW to attract, retain, and build the leadership skills of a diverse, committed, and multi-disciplined workforce.

Organizational leadership and governance:

- Initiate a new strategic planning process that assesses our current positioning -- and helps us refine our core values, vision, opportunities, objectives, and needs.

Veterans services:

- Diversify our emergency shelter and permanent housing services to meet the changing needs of our region’s veterans.
- Take steps to broaden the scope of the Joseph P. Dwyer Veterans Peer Support Project, including direct services and training.
- Keep energizing the reach of our Community Impact programs -- Mental Health Education and First Aid, Helpline, and workforce education encompassing both peers and professionals.

Financial management:

- Fill gaps in our program revenues by expanding fundraising through events and grant writing.
- By examining MHAW’s finances through fresh cost perspectives, maximize the positive impacts delivered by our value-based contracting with payers.

Facilities management:

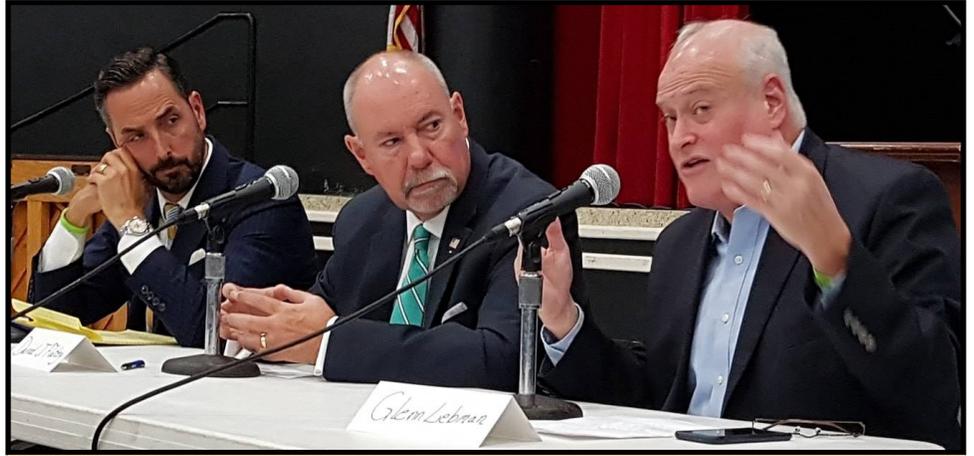
- Complete renovations at the Pollack Center and the Vets Place -- and begin planning for grant-funded enhancements at the Synergy Center.
- Complete and launch three new homes for formerly homeless veterans.
- Upgrade to a cloud-based phone system that integrates station and mobile phones.

Program management:

- Continue to develop our data platforms with the help of new tools from vendors -- and through our partnerships.
- Build additional capacity into our quality assurance and quality improvement processes.
- Set an implementation team in motion to upgrade from a Cerner Electronic Health Record system to a Millennium Integrated Solutions system.

EVENTS

MENTAL HEALTH AWARENESS WEEK



Mental Health Awareness Week featured a Facebook Live event with school superintendents joining Glenn Liebman , CEO at MHANYS, for a discussion on the 2018 Mental Health Education in New York Schools Act.



Beautiful bikes, custom and classic cars, Veterans, their families, and the Long Island community came together for the 6th Annual Kick Stands Up Motorcycle Poker Run and Car Show , co-hosted by Founding Sons MC Club and Impressive and Aggressive Motor Club.

KICK STANDS UP MOTORCYCLE POKER RUN AND CAR SHOW

CHILI COOK OFF AND FALL FESTIVAL



Alecia Moore of The Hampton Vegan took the People’s Choice top prize in the Vegan Local Talent Category. Participants enjoyed the most diverse, delicious, and creative meat and vegan chili dishes from local food establishments, area businesses, and local talent. Other big winners include Linda Tirado, Chili Wonka; Chris Joseph, Martin A. Kessler VFW Post 2912, Wheatley Heights; Texas Roadhouse; and, Vauxhall.

Board of Directors

OFFICERS

Cynthia Mason, M.S.
President
Dr. Kristie Golden
Vice President
Thomas McOlvin, Jr., LCSW-R
Vice President
Rosemary Speciale
Treasurer
Virginia Cravotta
Secretary
Dr. Dave Pollack
President Emeritus

MEMBERS

Scott Bradley, M.S., PMP, CISSP, ITTL
Robert Detor, LCSW
Andrew T. Garabino, Esq.
Wayne M. Gurnick, MS, LCSW
Rev. Alexia Burgess Huart
Silas Kelly, LMSW, CMHT
Jennifer Martin, JD
Deborah Mayo, RN
Dr. James B. Mullin
Cindy Reide-Comb, LMSW
Susan Shilling, Esq., LCSW

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
Jaqueline Powers, MS
Executive Director, Case Management

Corporate Support and Major Donors

Adelphi University	Catholic Daughters of the Americas #2664	HS Dobiecki, PC Architects	Systems
Al-Anon Suffolk Information Services	Catholic Health Services	IGHL	Nu Health LI FQHC, Inc
Amazon.com (in-kind)	Cerini and Associates, LLP	James Burns	Outer-County Construction Corp
American Legion Auxiliary Unit #1244	Christine Christiansen	Jason Cohen	Paula Fries
American Legion Auxiliary Unit #352	Colonel Aaron Ogden Chapter NSDAR 1-029 NY	John C. Dunphy Private Foundation, Inc	People's United Bank
Amvets Ladies Auxiliary #48	Concern For Independent Living	Johnson & Johnson Health Care Systems, Inc	Planet Fitness
Ancient Order Of Hibernians	Dennis Damato	Kim Koster	Profile Holding Corp
Anne Nolan	Eileen Harper	Leisure Knoll American Legion Auxiliary #1887	PSEG Long Island
Anonymous	Elizabeth Roberts	Long Island Moose Classic Car Club	Rappaport, Glass, Levine & Zullo, LLP
AT&T	Evelyn Bromet	Marjorie A. Ottaviano	Richard P. Fleishman
Big Brothers Big Sisters of Long Island	Family Service League	Michele Neuhaus	Riverhead Ford
Bradley & Parker, Inc	Flushing Bank	Milton Somberg	Rotary Club of the Ronkonkomas, Inc
Breakfast Club	Frank Dowling	Mutual of America	Rothco
Carl Goodwin	GenReady, Inc	Natasha Van de Wetering	Smith Wever American Legion Post #651
Carolyn Demuria	H & M Leasing Corp	Nixon Peabody, LLP	Sons of The American Revolution - LI Chapter
	Hometown Taxi Medical Transport	Northrop Grumman Innovation	
	Howard Somberg		

THANK YOU!

SUPPORT FOR OUR ORGANIZATION IS ESSENTIAL TO PROVIDING QUALITY SERVICES AND PROGRAMS THAT CHANGE LIVES. WE ARE VERY GRATEFUL TO EVERYONE WHO HAS HELPED TO MAKE THIS HAPPEN.

ASSOCIATION FOR MENTAL HEALTH AND WELLNESS



To Advocate. To Educate. To Empower. Together.

LOCATIONS

Pollack Center for Recovery & Wellness

939 Johnson Avenue
Ronkonkoma, NY 11779
(631) 471-7242

Suffolk County United Veterans

32 Mill Road
Yaphank, NY 11980
(631) 924-8088

Synergy Center for Recovery & Wellness

1380 Roanoke Avenue
Riverhead, NY 11901
(631) 369-0022

Administration & Care Management

2040 Ocean Avenue
Ronkonkoma, NY 11779
(631) 471-7242

www.mhaw.org

 www.facebook.com/MHAWsuffolk

 www.facebook.com/SuffolkCountyUnitedVeterans

 www.facebook.com/DwyerProject

 www.twitter.com/MHAWsuffolk

 www.instagram.com/mhawsuffolk

 www.linkedin.com/company/mhaw

 www.youtube.com/user/MHAWsuffolk