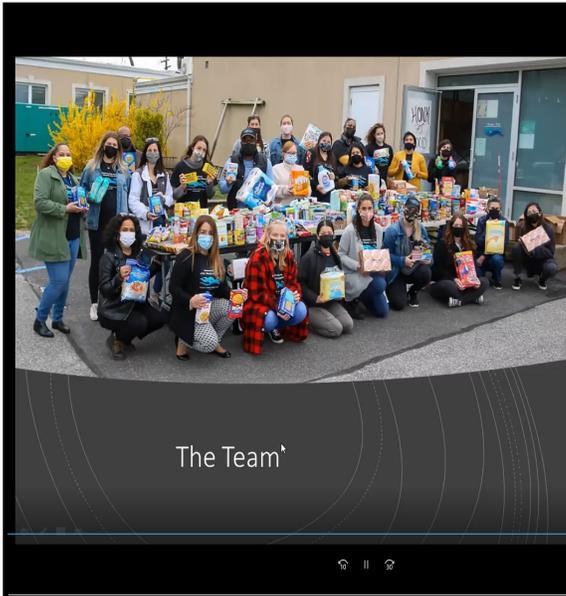


2020 Annual Report



ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



To Advocate. To Educate.
To Empower. Together.



Resiliency, Hope, and Recovery



ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



*To Advocate. To Educate.
To Empower. Together.*



509

The number of children served in our Health Home Care Management program, a 67 percent increase in just one year!

459

The number of new Mental Health First Aid-certified persons in 2019 through our new SAMHSA-funded training.

331

The number of professionals trained in best practices in our Continuing Education programs.

6,300+

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



Colleen Merlo, LMSW
C.E.O.



Cynthia Mason, MS
Board President

Dear friends, colleagues, and supporters:

2020 was one of the most challenging years in the history of our country and in the history of the Association for Mental Health and Wellness (MHAW). The COVID-19 crisis caused isolation, grief, fear, and anxiety. Last year was also marked by illness and death, accompanied by social and political unrest. Racial tensions were laid bare, and

many of our familiar support systems were upended. This Annual Report highlights the strength and dedication of our team as we continued to provide an impressive array of compassionate and responsive services throughout 2020, all in the midst of a global pandemic that influenced us in ways we never could have imagined.

The impact of COVID-19 was so great that we had to undertake dramatic shifts in the way we delivered our services. We had to shift to providing remote services and supporting communities in crisis. People opened their hearts to ensure that MHAW would be able to respond to our community’s needs. Through the height of the pandemic, with our region shut down, our staff and volunteers stepped up to brave all the uncertainty. Displaying grit and creativity, our devoted MHAW team kept working to ensure the delivery of vital services across Suffolk County.

Looking forward, MHAW remains committed to ensuring that individuals, families, and communities have access to mental health education and supports – and to ensuring that the needs of our veteran communities are met as well.

This year was also a challenging year for MHAW as we saw the retirement of Michael Stoltz, our capable and respected CEO of 30 years. All of us are grateful to Mike for his vision, his leadership, and his countless accomplishments.

Many thanks to our donors, partners, volunteers, and others who have supported our work, our communities, and each other during a year burdened with unprecedented challenges. Yet even in the face of these many challenges, we also witnessed triumphs, innovation, and courage, as you will see in this report. On behalf of our dedicated and talented board and staff, we offer our gratitude.

Thank you for inspiring us!

Sincerely,

C.E.O.

Board President



We received a very generous \$100,000 grant from PSEG Long Island and the PSEG Foundation. MHAW will devote grant proceeds to a myriad of programs including initiatives to overcome food insecurity, services to support individuals dealing with mental health issues, as well as outreach and support services for veterans.



MHAW Staff attended the 35th Annual Reverend Dr. Martin Luther King, Jr. Memorial Breakfast.



Many thanks to Theresa Parker of Therapeutic Murals along with participating artists Jessica Montalbano and Kat Haggerty, all mental health advocates, for hosting an event and donating the profits to our organization.

TOP LONG ISLAND WORK PLACES 2020

Newsday

We are proud to receive — for the second straight year — an award from Newsday as one of the Top Workplaces on Long Island! We placed sixth in the mid-size (150-499 employees) division. We also proudly received the only "Special Award" for "Workforce Training."

Over 11,000 people participated in the survey from 82 employers. Many thanks to all of our employees who took the time to share their experiences working here at the Association for Mental Health and Wellness.

We hosted an online discussion on "Men of Color and Mental Health" with a diverse group of men from Long Island communities.



Director of Veteran Programs, Marcelle Leis, testified at a State Senate hearing hosted by State Senator John Brooks on COVID's impact on military veterans.



Fighting Food Insecurity During the Pandemic



In March of 2020, with the impact of COVID-19 just beginning to be felt, our three food pantries — Charlotte’s Table in Ronkonkoma, Helping Hands of the East End in Riverhead, and The Vets Place in Yaphank — all went into high gear to serve our communities. With the tremendous support of Long Island Cares, along with a

community of donors and volunteers, we distributed more than a thousand pounds of food each week, at one point serving more than a thousand people in a single day.

People arrived in their cars, as well on foot or on their bicycles, waiting in line for food. Calls came in to our Helpline from people, some who were sheltering in place, some who were elderly, and all who were in need of food. Our team, many on their own time, delivered food to people across all of Suffolk County.



MHAW IS ABOUT PEOPLE



SUSAN SHILLING

Susan Shilling has served on the Board of Directors for four years. She sits on several committees including Corporate Compliance Oversight, Personnel, Leadership Awards, and Incident Review. Her work on these committees focuses primarily on staff growth and recognition as well as regulatory compliance and risk management. She also participates in our Annual Chili Cook-off Event.

Susan has a Master's Degree in Social Work as well as a Juris Doctor Degree, bringing a unique perspective to her participation with the organization. Her professional experience has spanned every aspect of the adult mental health system, including clinical, supervisory, and administrative work in both inpatient and outpatient settings. Susan also worked in staff development and forensics. This included 33-plus years with the New York State Office of Mental Health.

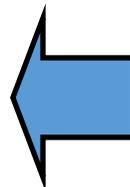
Her last position with the state was overseeing implementation of Kendra's Law. The combination of Susan's clinical and legal backgrounds enhanced her ability to implement this both ground-breaking and controversial legislation with a focus on empathy and trust building.

MEAGYN MULIERI

MHAW Adult Care Manager Meagyn Mulieri, a U.S. Marine Corps veteran, served our country from July 2007 to February 2011. After returning to Holbrook, the community where she grew up, she enrolled at Suffolk County Community College and later St. John's University where she earned her Bachelor's degree in Psychology and Master's degree in Social Work (MSW) in December 2018. She began working at MHAW in June 2019.

However, Meagyn's first experience with MHAW was through the Joseph P. Dwyer Veterans Peer Support Project. She met with the Dwyer Program Director, a fellow female veteran, to learn more about the program and to meet some of the participants. After joining, she quickly took on a leadership role, openly sharing her post-service journey. She says that the Project allowed her to build trusting relationships in a judgement-free zone.

Meagyn has become a spokesperson for veteran peer support by displaying the characteristics of strength, courage, and resilience. She not only wants to now pursue an LCSW, but to be more involved in the veteran community as a role model. "I'm learning how to be okay with being not okay," Meagyn said. This is Meagyn's message of hope by beginning to heal through growth.

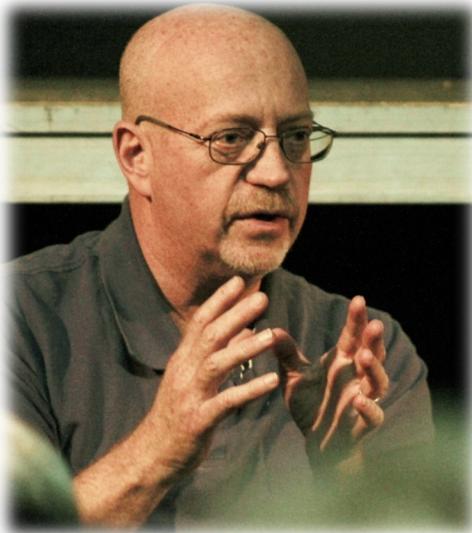


MEET LUCIO

Lucio began with our Children's Care Management program when he was 17 when his mental health issues began impacting his studies. Our dedicated team assisted Lucio with securing mental health services that helped him to earn his high school diploma. Presently enrolled in our Adult Care Management program, Lucio now attends Suffolk County Community College where he is studying Philosophy and English, maintaining an outstanding GPA of 3.8. Lucio's plan for the future is to become a fiction writer, creating philosophical stories that pique the imagination.



FAREWELL MIKE STOLTZ!



2020 saw the retirement of our long-time C.E.O., Michael Stoltz. Mike has been at the agency's leadership helm since 1990, first as Executive Director of one of MHAW's predecessor organizations, Clubhouse of Suffolk, and since July 2014, the CEO of the Association for Mental Health and Wellness, which was the result of the merger of Clubhouse with Suffolk County United Veterans and the Mental Health Association in Suffolk County.

Under Mike's stewardship, the agency grew to one with a \$16 million annual operating budget, more than 200 employees, servicing more than 5,000 people each year.

Mike has been recognized as a state and national leader in the field of mental health services. He is a past president of NYAPRS, a past chair of the Health & Welfare Council of Long Island, as well as a past board member of

South Oaks Hospital and MHANYS. Mike also served on a myriad of regional planning and advocacy committees and has been a frequent keynote speaker and panelist at mental health conferences addressing topics such as leadership, management, and system transformation.

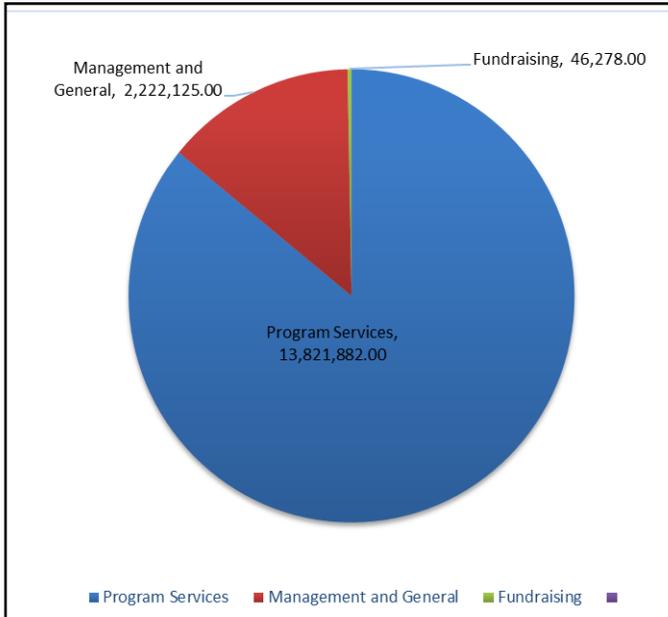
Here are a few of his many career accomplishments:

- Instituted regional anti-stigma and mental health information activities through Mental Health Awareness Day – and later Mental Health Awareness Month – bringing national celebrities to Long Island to discuss their personal recovery.
- Positioned the agency as a regional and statewide advocacy leader for psychiatric rehabilitation, peer support, care management, and veterans' services.
- Helped to launch and refine the practice model for the Joseph P. Dwyer Veteran Peer Support Project.
- Implemented Project Hope and Project Liberty disaster mental health responses following 9/11, Superstorm Sandy, and the COVID pandemic.
- Was honored with the Irvin Rutman Award for "Executive Director of the Year" from the Psychiatric Rehabilitation Association.

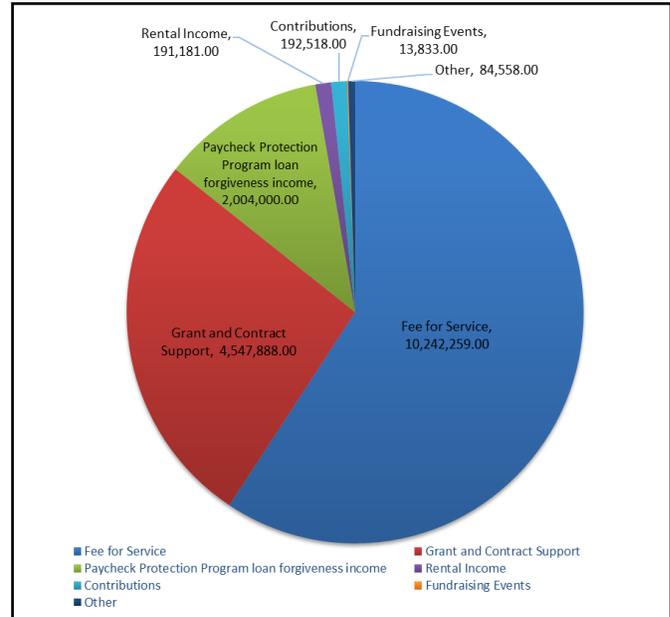
Beloved by staff, board members, clients, and members, Mike has been the heart and soul of our agency for three decades. We wish him and his wife, Robin, our best in this next phase of life. And we offer a special thanks to the MHAW board for conducting a successful CEO search that welcomed Colleen Merlo back to the agency.

2020

FINANCIAL STATEMENTS



EXPENSES



REVENUE

2021 STRATEGIC GOALS

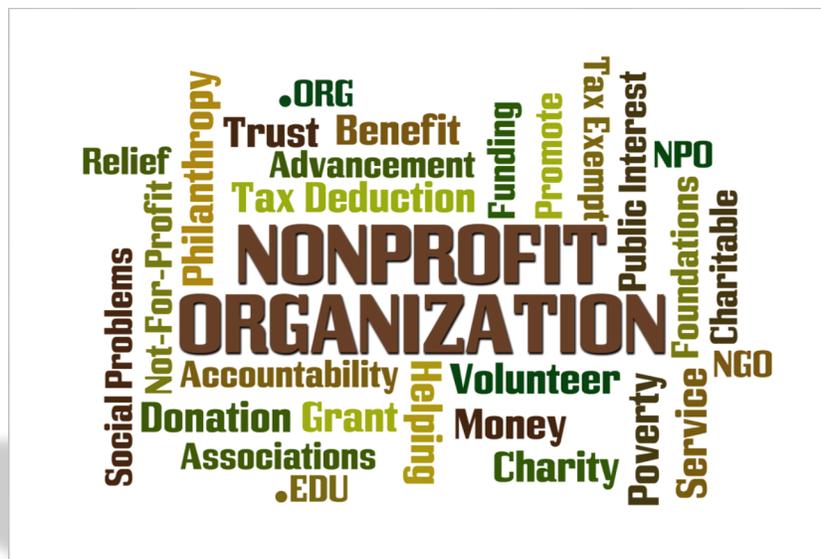
- Develop and sustain a strong, integrative culture of equity and belonging which aligns with our organizational goals.
- Promote greater equity within the organization via effective recruitment activities, professional development, promotion, and retention of staff from diverse backgrounds.
- Expand and diversify programs and services to meet the growing needs of the populations in the region.
- Expand awareness of MHAW's mission, programs, and services throughout the region with a focus on wellness.
- Diversify our financial portfolio to include unrestricted funding, ensuring financial growth and sustainability.



2020

GRANT AWARDS

- \$595,498:** NYS Office of Mental Health Capital Award: for Crisis Residential Programs for Children and Adults.
- \$100,000:** PSEG-Long Island: for food pantries and mental health services.
- \$20,000:** Long Island Community Foundation: to engage at-risk senior veterans in long-term care planning.
- \$6,000:** Long Island Cares: staffing of two food pantry coordinators.
- \$5,000:** Finance of America: for support of elderly and/or disabled veterans residing in Suffolk County United Veterans permanent housing.
- \$2,500:** People's United Community Foundation: Unrestricted.
- \$2,000:** Northrup Grumman: Feed The Vets campaign.



EVENTS

MENTAL HEALTH AWARENESS MONTH



COVID-19 forced Mental Health Awareness Month to go virtual in 2020 with a full calendar of online events and activities, some depicted above. Clockwise from the upper left: Eileen Shanahan of Warrior Ranch Foundation produced a video on equestrian therapy; Fran Greene hosted a Facebook Live on “Couples Under Quarantine”; Kathy Garneau hosted a weekly Facebook Live reading; and, Kristi Graziano produced a video on the therapeutic benefits of dance movement.

CHILI SMACKDOWN



We reimagined our annual Chili Cook-Off and Fall Festival to meet COVID-19 social distancing guidelines with our 10th Annual Chili Smackdown. Professional and local teams competed via a “grab-and-go” chili drive up. Local restaurants participated by serving chili and donating a portion of their proceeds to MHAW. We also ran a successful virtual online raffle with a myriad of exciting prizes.

Board of Directors

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Vice President

Thomas McOlvin, Jr., LCSW-R
Vice President

Rosemary Speciale
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Jennifer Martin, JD

Jason Sattler

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Dr. Jarvis M. Watson, Ed.D.

EXECUTIVE TEAM

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Paula Fries, LCAT, ATR-BC, CPRP
Chief Operating Officer

Kim Koster, CPA
Chief Financial Officer

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Senior Deputy Director

Anne Marie Montijo, LCSW
Deputy Director of Strategic Initiatives

Jaqueline Powers, MS
Executive Director, Case Management

Corporate Support and Major Donors

Al-Anon Suffolk Information Services	Helping Makes You Happy	Richard P. Fleishman
Amvets Ladies Auxiliary 48	Howard Somberg	Rvhd Chapter #1118 Women of the Moose
Amvets Post 76	James B. Mullin	Riverhead Ford
Ancient Order of Hibernians	John C. Dunphy Private Foundation	Ronkonkoma RC Charitable Fund
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Cassy Caputo	Kathryn Berkheimer	South Oaks Hospital
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Claire Pollicino	Leisure Village American Legion	Sterling National Bank
Colleen Merlo	Auxillary 1880	Still Cruisin' Car Club
Concern For Independent Living	L.I. Cares Harry Chapin Food Bank	Stony Brook Foundation
Danisi Energy Company	Lori Quinn	Susan Miller
Darin Kivelowitz	Marjorie A. Ottaviano	Susan Shilling
Dave & Margaret Drew	Maryelizabeth Duffy	Teachers Federal Credit Union
Dennis Damato	Mental Health Assoc. of Nassau County	Teamster Horseman Motorcycle Assoc.
Evelyn Bromet	Michael E. Stoltz	Teamsters Local Union #282
Facebook	Paula Fries	Tracy Burgess Levy
Gale Elling	People's Alliance Federal Credit Union	United Way of Long Island
Greenlawn Aux. Unit 1244 American Legion	PSEG Long Island	Veterans of Foreign Wars Dept. of NY
H & M Leasing Corp.		Zabell and Collotta, P.C.

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.scuv.org

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