

**Mental Health Association
of Volusia County, Inc.**

Together, we can make a difference!



***2009 Annual Report
To Membership***



Message from the Chair

My first full year as Chair of the Board of Directors has been one in which I have witnessed extreme growth of the organization. The Mental Health Association (MHA) has continued to add programs and build collaborations and partnerships within our community that have become the cornerstone of our future as we continue to search for the unmet needs within our community.

As of January 2010, MHA acquired the Project HOPE Team which is now providing disaster crisis services and support for individuals in our community affected by the May floods. MHA is also poised to provide disaster crisis and support services to our residents in future Presidential Declared Disasters. This is a collaborative effort between MHA, F.E.M.A, S.A.M.H.S.A. and the Florida Department of Children and Families.

MHA continued to strengthen the collaborative partnership with the Healthy Start Coalition through expanding services to new and soon-to-be mothers who may be at-risk for postpartum depression. With the addition of two new counselors this year, MHA now had contracted with a total of five counselors to provide these services in the community.

MHA is part of a collaborative effort between the BrAIve Fund, Community Foundation of Jacksonville, Community Foundation of East Central Florida, United Way of Volusia and Flagler Counties, Stewart-Marchman ACT, Serenity House, and The House Next Door in providing mental health counseling for veterans and family members of the Iraq and Afghanistan War.

As MHA stands ready to serve the community, developing our partnerships and collaborative will continue to be at the forefront as we realize the goal that "together, we can make a difference" in the lives of those in our community diagnosed with a severe and persistent mental illness and/or a co-occurring disorder.

Jay Crocker
Chair/Board of Directors



Message from the President/CEO

In the not so distant past, in the early days of mental health organizations the word hygiene was often associated with mental illness. In fact, many Mental Health Associations, including Volusia and Orange County started out with mental hygiene as part of it's name.

A lot has changed since those early days and the way we look at mental health and mental illness continues to evolve. And, how we look at and refer to ourself continues to change as well.

Our parent organization, the National Mental Health Association has gone through a recent name change which has resulted in a brave new look. The name of the organization has been changed to Mental Health America but retains the acronym MHA. A new bell and a new logo also help to brighten the image of mental health in America.

This year, the board of directors of the Mental Health Association of Volusia County voted to change the name to match our affiliation with Mental Health America. Also, so our name more closely matches the area we serve, Volusia County has been changed to East Central Florida. Soon you will see the emergence of the new name, Mental Health America of East Central Florida and the new logo.

Change is ever constant as we move forward in our advocacy efforts. Who would have even though that five years ago we would have parody for mental health? But then would have thought in 1901 that someday the term hygiene would no longer be associated with mental illness? And imagine the possibilities as we join our parent organization in the realization that a person with mental illness and/or co-occurring disorders can manage stress and major life challenges by taking action to preserve and strengthen their mental health.

Sincerely

Bob Decker
President/CEO

Drop-In Centers

MHA Volusia currently operates three (3) Drop-In Centers: Debra Anne House in Daytona Beach, Open Door Drop-In Center in Deland and Friends of Flagler in Bunnell. The target population is the severe and persistent mentally ill and/ individuals with co-occurring disorders in Volusia and Flagler counties.

MHA Volusia Drop-in Centers are places where people with mental illness and/or co-occurring disorders can go to socialize with their peers, increase their coping skills for remaining in recovery, learn new skills that increase creativity, or just be in a place that encourages self-determination, compassion and offers a safe place to just be.

MHA Volusia Drop-In Center's model is based on studies that support that overall participants at Drop-In Centers had a DECREASE in suicide rate, substance and alcohol abuse, hospitalizations and stressors while having an INCREASE in, quality of life, social support, problem solving ability, self-esteem, feeling in control of their life, hope about their future, length of time between hospitalizations, and length of time in recovery (Mowbray & Tan, 1992) (Hodges, 2002).

The Drop-In Centers provide services for more than 435 clients per year and volunteers provide more than 725 hours of time

The Drop-In Centers are funded through contracts, grants and donations provided by:

- Florida Department of Children and Families
- Volusia County Government
- City of Daytona Beach
- United Way of Volusia and Flagler Counties
- Donations from businesses and citizens of the community.

	2009	%
Total Revenue	\$201,291	100
Program Salaries	\$108,125	54%
Program Expenses	\$ 93,166	46%

Guardian Advocate Training

Guardian Advocates are appointed by the Circuit Court and are responsible for protecting the informed consent rights of the person, seeking information needed to make informed consent decisions and, making decisions using "substitute judgment" concerning treatment that the person would have made if competent to make his/her own treatment decisions.

MHA Volusia maintains an active list of qualified Volunteer Guardian Advocates. When one is needed, trained Guardian Advocates will be contacted and if he/she is willing to serve, his/her name will be submitted to the court for appointment. Family members and professional guardians should submit their training certificate directly to the court to qualify for appointment.

Volunteer Guardian Advocates for the Mental Health Association work with vulnerable adults and must agree to the following: submit to a background check, submit to random drug testing upon request, agree to abide by all rules of the organization for volunteers including maintaining client confidentiality, agree to volunteer at least four hours or more per month, and agree to abide by all Federal and State of Florida Statutes including HIPAA regulations.

Guardian Advocates provide more than 300 hours of volunteer service per year serving more than 150 clients who have been involuntarily committed.

MHA collaborates with the Circuit Court, Stewart-Marchman ACT and Halifax Behavioral Health in providing Guardian Advocates to individuals in need.

The Guardian Advocate Training Program is funded by grants and donations from:

United Way of Volusia and Flagler Counties
Donations from businesses and citizens of the community.

	2009	%
Total Revenue	\$ 8,837	100%
Program Salaries	\$ 7,662	87%
Program Expenses	\$ 1,175	13%

Children First Parenting Classes

The target population for Children First are adult parents of Volusia and Flagler counties that are going through separation or divorce. Many of the participants are ordered to take the class as a result of domestic violence issues as a part of their preparation for the divorce.

Experience has shown that when parental conflict is present, children are adversely affected. We know that when parents work to develop cooperative plans in the best interest of their children they can continue to grow and develop in positive ways.

The Children First Program provides divorcing parents the opportunity to learn about and discuss the effect that divorce and changing family situations has on children. The class introduces parents to methods of minimizing the negative consequences of divorce on their children. Particular focus is placed on making parents aware of the various ways their children may express their reactions to the changing family structure.

MHA Volusia provides classes in Daytona Beach, Deland and Ormond Beach. Week-end classes and evening classes are available to accommodate clients with difficult schedules. Also, MHA Volusia provides a voucher program for clients that are declared indigent by the court thereby providing those who may be economically challenged the opportunity to benefit from the classes.

More than 250 individuals attend the Children First classes per year. Classes are held on week-ends to accommodate working families.

The Children First Parenting classes are funded through contracts, grants, fees, and donations provided by:

Volusia County Government

Fees charged participants

Donations from businesses and citizens of the community.

	2009	%
Total Revenue	\$ 20500	100%
Program Salaries	\$ 10,250	50%
Program Expenses	\$ 10,250	50%

Prevention

The target population is the general population of East Central Florida communities that are at risk for crisis. This includes individuals who may be at risk for losing their jobs, who may be at risk for losing their homes to foreclosure, the elderly who are increasingly vulnerable in this economic crisis, and anyone in the community who may be at risk for harming themselves.

MHA provides support groups and a safety net because we realize that a suicide attempt is a clear indication that something is gravely wrong in a person's life. An important component of the Prevention Program added this year is Psychological First Aid for individuals experiencing a personal crisis. Initial outcomes indicate this service may have been instrumental in saving lives.

MHA provides educational programs are extremely vital because eight out of ten suicidal persons give some sign of their intentions. People who talk about suicide, threaten to commit suicide, or call suicide crisis centers are 30 times more likely than average to kill themselves. Most elderly people who commit suicide have seen their primary care doctor within 30 days of completing suicide.

The Safety Net component provides information, referrals and someone to listen. Many of our callers indicated that MHA is the first one to actually listen to their story.

Volusia County is fourth in the State of Florida for the number of suicides.

The Suicide Prevention Program is funded through contracts, grants and donations provided by:

- Volusia County government
- United Way of Volusia and Flagler Counties
- Donations from businesses and citizens of the community.

	2009	%
Total Revenue	\$ 24,925	100%
Program Salaries	\$ 16,918	68%
Program Expenses	\$ 8,007	32%

Mental Health Association of East Central Florida
2009 Financial Overview

TOTAL ORGANIZATION BUDGET \$315,608

Program Revenue Percent of Budget

Drop-In Centers	64%
Prevention	9%
Advocacy	3%
Children First	7%
Mental Health Counseling	13%
Other services	4%

Expenses

Salaries	57%
Expenses	43%

Budget Year-to-Year Comparison

Year	Budget	% change
2008	\$333,597	
2009	\$315,608	(6%)
2010 (Projected)	\$800,299	254%

Board of Directors

James A. Crocker, Attorney, Chair - Michael W. Ladwig, LMHC, Co-Vice
 Marilyn Gandt-Hudson, LCSW, BCD, Co-Vice Chair - Ron Cahen, Past-Chair
 James F. Woodward, CPA, Treasurer - Kathleen Rogan, Secretary
 Debra Walter - Carrie Courtney - Tim Daniel, Attorney
 Hon. Judge David Beck - Trish Mucciollo

Mission Statement

Through action and by commitment, the Mental Health Association of Volusia County, Inc., strives to ensure that people with mental illnesses are provided with needed resources and are accepted into the community through increasing awareness that mental health is an integral part of overall health.



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