

Mental Health  
Association in  
Ulster County, Inc.

# ANNUAL 2012 REPORT

**MHIA**  
Mental Health America



## MHA Angels from the Mental Health Association in Ulster County Inc.



These Driftwood Angels symbolize the MHA Angel Program. They are individually crafted by participants in our Introspective Unit Art Class.

The MHA Angels Campaign is a way for donors to earmark donations to a specific program and activity for recipients. Activities range from supplies for our Transitions Teen Garden to sending a Harbour Light Foster Child to Summer Camp.

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If your first language is not English and you would like more information about services available at the Mental Health Association in Ulster County please call 845-339-9090 x0 for assistance.

*"Thank you for believing in me which gave me hope  
to accomplish my dream of helping people."*

ACES Student

## President and CEO Message

2012 was MHA's first full year of our MHAngels Campaign. We wish to thank everyone who responded to this fundraising effort. Throughout this Annual Report you will see photos of the beautiful wooden angel artwork that has accompanied this campaign.

MHAngels present themselves in many forms.

To each of MHA Board of Directors, thanks for your time, support and attention that allows for MHA successes every year. Without your guidance and leadership, our accomplishments would have been diminished.

To each volunteer who gave of your valuable free time to improve the lives of others. You serve as beacons of hope that giving of one's self can bring many valuable rewards.

To each MHA staff member, you bring to the MHA work environment dedication to service & health promotion that accompanies your empathy and intelligence. This environment creates the possibilities for each MHA participant to grow and recover from mental health problems/illness.

To each MHA donor and funding source, we thank you for your recognition of MHA's commitment to providing the most effective and efficient services and for recognition of MHA's long standing not-for-profit business operation in Chenango, Delaware, Otsego, Sullivan and Ulster Counties. Without your contributions, and/or oversight & administration, many opportunities to provide services would not be delivered and be lost to our communities.

But most importantly to each program participant, we thank you for the work you do every day to become well and overcome obstacles. You accept that you need help and you pursue all the avenues that MHA provides in order to become well.



left to right: Sue Rose, President; Ellen Pendegar, Chief Executive Officer

Therefore, everyone who is part of MHA is a MHA angel. The MHAngels Campaign provides the vehicle to highlight these many moments of inspiration. Again together in 2012, we were able to move closer to the MHA goal of optimal mental health for everyone. Thank you so very much.

## MHA Mission & Vision

The Mental Health Association in Ulster County, Inc. (MHA) was chartered as a not-for-profit organization in 1959 by a group of physicians and concerned individuals to develop a coordinated citizens' movement to promote mental health and to work toward improved care and treatment for persons with mental illnesses. The mission of the MHA is to engage all people in optimal mental health by providing innovative programs and services that heal, prevent, educate and advocate.

To achieve its mission, the MHA sponsors a variety of educational, advocacy and service programs, including mental health education, rehabilitation, residential services, family and youth support services, and therapeutic foster care.

The MHA is one of 340 chapters affiliated with Mental Health America and the Mental Health Association in New York State.

Funding for programs and services is provided by the counties of Ulster, Delaware, Chenango Otsego, and Sullivan Mental Health Services. Additional funding is provided by the New York State Office of Mental Health, Office of People with Developmental Disabilities, Ulster County Department of Social Services, Ulster County Department of Health, United Way, Access-VR, individual contributions and membership.

The MHA envisions a responsible and respectful society where the stigma of mental illness is eliminated.

*"I really like coming to the group:  
I get to laugh a lot."*

From a participant in Transitions who had no friends prior to joining the program.



# Adult Services

## Adult Residential Services Department

The Residential Program provides a supportive living environment to individuals recovering from mental illness. Residents are assisted in developing the skills needed to transition to greater independence within their community.

- Residential Services consists of five distinct programs providing different levels of care.
- Tuytenbridge Community Residence – fully staffed 24 hours a day 7 days a week
- Locust Street Apartment Complex – an intensive supportive apartment program
- Scattered Site Apartment Program – 3 bedroom apartments spread throughout the area
- Supported Housing Program – single unit permanent apartments in Ulster County
- Permanent Supportive Housing Program – HUD funded continuing supportive housing



### Adult Intensive & Supportive Case Management Program

The Adult case management programs were established to provide services to adults with persistent mental illness who need outreach and community casework. The overall goals are fewer hospitalizations and progress in activities of daily living.

*"I know that anger is a normal emotion and that what I choose to do once I know I am angry is the important thing."*

– Anger Management Participant



## Wellness Services

The Wellness Services Department provides social, recreational and educational opportunities for persons enrolled or eligible for Community Support Systems programs. Wellness Services provides a wide range of rehabilitative programs and services to adults with a psychiatric disability and/or a developmental disability diagnosis.

On any given day the Client Services Department will have an average forty clients accessing programs at the Clifford Beers Center.



*"Mental Health Association is a must for me.  
Thank you."*

Wellness Skills Shopping & Laundry participant.

## Assertive Community Treatment - ACT

The ACT program is an evidence based mental health treatment and case management approach for adults with serious psychiatric disorders. Participants must have demonstrated a need for continuous high levels of service through frequent psychiatric hospitalizations or use of psychiatric emergency services.



*"I am extremely glad to have this group in my community where it is accessible to me."*

Wellness Self Management for Caregivers participant.

*"I would never go to a movie alone. Going to the movies with others from the group is always something to look forward to each week."*

Wellness Skills Movie Group participant.



## Education & Advocacy Department

The Education & Advocacy Department (E&A) provides persons with psychiatric disabilities, their families, mental health professionals and the general public with mental health education, information, advocacy and support services which allow them to make choices that will improve their lives.

The department also operates:

- Skill Building/Support Groups
- Wellness Resource Coordination
- U.C. Eating Disorder Coalition
- Compeer
- Academic Coaching for Education Success (ACES)
- Transitions Program
- OMH Care Coordination



## Children Services

### Family and Youth Services Department

The Family and Youth Services Department offers community-based programs that provide a continuum of care for children and their families, with responsiveness to community needs. The department offers prevention programs, educational seminars, support groups and skill-building parenting classes.

Some of the Programs Offered include:

- Parent Education and Support programs
- The Family Support Team
- Family Support Resource Center
- Respite Program
- Youth Booth



*"I feel very proud. Very proud."*  
Participant in Entrepreneur Group.



## Harbour Light

The Harbour Light Therapeutic Foster Care Program is designed to serve children and youth who are considered to have emotional disturbances – those with significant behavior problems – that need to acquire better self help skills. These children are in the custody of the Department of Social Services and their placement is an alternative to a more restrictive non-family setting.



## Children and Youth ICM and SCM

The Children and Youth Intensive Case Management Program (ICM) and the Children and Youth Supportive Case Management Program (SCM) both work to provide case management services to children who have serious emotional disturbances and their families within the child's own home. Children in these programs range in age from 5 – 18.

*"I get to spend time with fellow participants away from the emptiness of home."*

Introspective Creative Writing participant.



## Respite & Family Support Services of Delaware and Otsego Counties

In addition to Home and Community Based Waiver Services MHA in Ulster provides a Family Respite program and Family Support Services for Delaware and Otsego Counties headquartered in the Oneonta regional office.



## Home & Community Based Waiver Services (HCBSW)

Our Home and Community Based Waiver Services Program of Chenango, Delaware, Otsego, Sullivan and Ulster Counties serves children with serious emotional disturbances at risk of imminent hospitalization by providing a wide array of services to children in the home and community.

This program enables us to keep families from being separated when a child needs mental health services. We are able to keep children at home, saving the child and family from suffering the high emotional and financial costs of being treated in institutions, sometimes far from home.

*"The benefit of Social Club is you get to meet good people."*

Social Club participant.



## Project Hope Community Disaster Recovery Program

After hurricane Irene in August 2011, the President declared 13 counties in New York as disaster areas. The Federal Emergency Management Agency (FEMA) decided to launch a disaster mental health program called Project Hope in 13 counties in the state of New York. MHA has received funding from Office Mental Health (OMH) to assist individuals and communities in recovering from hurricane Irene through the provision of community-based outreach and psycho-educational services. Project Hope is a free community outreach program for those whose lives were impacted by tropical storm Irene.

Project Hope served over 13,000 people far exceeding the FEMA and OMHs target goal. It concluded in November 2012.

## Suicide Prevention

MHA assisted the Ulster County Mental Health Department in developing the Ulster County Community for Prevention and Containment of Suicide.

MHA Trainers continued to train people throughout the Hudson Valley in suicide awareness and prevention in 2012.



*"This is a strong program.  
I needed to be around people."*

Anxiety Support participant.

## The Story of the Mental Health Bell

During World War II, future leaders of the National Mental Health Association worked in state mental hospitals. There, they witnessed the deplorable and inhumane treatment of patients with mental illnesses who were chained to the hospital walls. This experience inspired the men to devote their time to improving the lives of all those who suffer from mental illnesses, and changing the way America thinks about persons with mental illnesses.

In 1950 the NMHA chose a bell as their symbol. Two years later, volunteers at the Mental Health Association's National Headquarters in New York collected the metal restraints from hundreds of mental hospitals across the country and piled them in the building's lobby. These restraints were then shipped to the McShane Bell Foundry in Baltimore, Maryland, where in 1953 they were dropped into a crucible and cast into a 300-pound bell. Nothing could proclaim hope for those who have mental illness more dramatically than a bell cast from the actual chains and shackles used as restraints for persons with mental illnesses.



To many, a bell symbolizes freedom and liberty. For the 40 million Americans affected by mental illnesses, the bell serves as a reminder of the more insidious chains of stigma and discrimination that still bind people with mental illnesses.



MHA in Ulster Bell Logo 1959

Today the Mental Health Bell stands as a national symbol for the mental health movement.

The inscription on the bell reads:

*"Cast from the shackles which bound them,  
this Bell shall ring out for the mentally ill  
and victory over Mental Illness."*

The Bell is displayed at Mental Health America's Headquarters in Alexandria, Virginia.



MHA in Ulster Bell Logo 2012

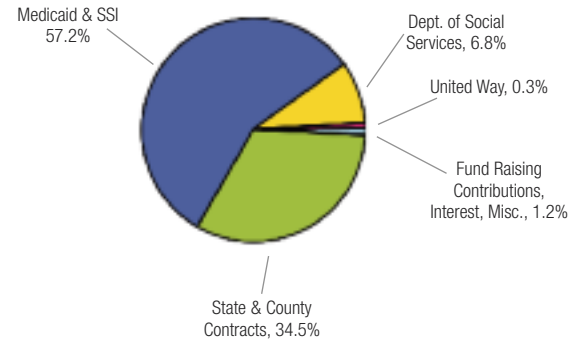


# Financial Report

## 2010 Revenue

State & County Contracts	34.5%	\$ 3,003,581
Medicaid & SSI	57.2%	\$ 4,982,535
Dept. of Social Services	6.8%	\$ 596,443
United Way	0.3%	\$ 24,294
Fund Raising, Contributions, Interest, Misc.	1.2%	\$ 107,383
	100%	\$8,714, 236

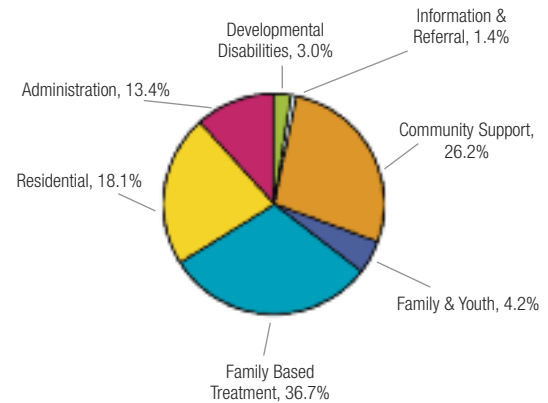
## 2010 Revenues



## 2010 Expenses

Developmental Disabilities	3.0%	\$ 261,116
Information & Referral	1.4%	\$ 118,031
Community Support	26.2%	\$ 2,278,618
Family & Youth	4.2%	\$ 363,449
Family Based Treatment	33.7%	\$ 2,929,856
Residential	18.1%	\$ 1,572,957
Administration	13.4%	\$ 1,166,384
	100.0%	\$ 8,690,411

## 2010 Expenses



## Officers of the Board

**President**  
Sue Rose

**Chief Executive Officer**  
Ellen Pendegar

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Stephen Ramos

**VP Finance/Treasurer**  
John Brillon, Jr.

**VP Resource Development**  
Suzanne Jordan

**VP Personnel**  
William Leahy

**VP Nomination/Board Development**  
Richard Anthony

**Chapter Delegate/Secretary**  
Patty Griffis

## Board of Directors

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Peter Brock  
Jonathan Burstein  
Barbara Cohen  
Robert Cohen

Carol Dexter  
Chris Kjolhede  
Charles J. Polacco III  
Gina Sottile  
Fran Wishnick



## Staff Officers

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Ellen L. Pendegar

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**Director of Adult Residential Services**  
Donna Marshall

**Director of Quality Assurance**  
Lisa Hanson

**Director of Education and Advocacy Services**  
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**Director of Wellness Services**  
Denise Ranaghan

**Director of Family & Youth Services Department**  
Michele Sachse

**Director of Harbour Light Program**  
Kathy Cavano

**Regional Director**  
Marion Mossman

**Director of Home & Community Based  
Waiver Program for Chenango, Delaware  
and Otsego Counties**  
Marion Mossman

**Director of Home & Community Based Waiver Program for  
Sullivan and Ulster Counties**  
Dave Jordan

**Director of Assertive Community Treatment (ACT)**  
Thomas deHaan

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**Mental Health Association in Ulster County, Inc.**  
P.O. Box 2304, Kingston, NY 12402  
(845) 336-4747  
[www.mhainulster.com](http://www.mhainulster.com)

A copy of the latest financial report filed with the  
Department of State may be obtained by writing:  
NYS Department of State, Office of Charities Registration, Albany, NY 12231



A United Way Agency

Mental Health Association  
in Ulster County, Inc.  
P.O. Box 2304  
Kingston, NY 12402  
(845) 336-4747  
[www.mhainulster.com](http://www.mhainulster.com)

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