

MENTAL HEALTH ASSOCIATION in Niagara County

2022 Annual Report





Daniel Colpoys **Executive Director**

MENTAL HEALTH ASSOCIATION in Niagara County

A LETTER FROM OUR EXECUTIVE DIRECTOR

I hope everyone's New Year has started out on a positive note. This is the Mental Health Association in Niagara County's FIRST Annual Report – though, certainly not our last. We feel it's important to keep our stakeholders and our County's residents informed of our agency's programs and services as, being a non-profit, we receive most of our funding from YOU – our taxpayers and donors. So, if you're like me, you probably want to make sure we're good stewards of your support. You'll see in this Report our program outcomes, where, exactly, we receive our financial support, testimonials from some of the people we served in 2022, our Board of Directors, and some of our key staff.

I would also like to recap what has transpired at the MHA in 2022, as well as provide a little teaser for what we're

working on for 2023.

We said goodbye to two of our long-tenured Directors, Crys Hites - Director of Peer Services, and Rhiannon O'Shea -Director of Community Education. Both re-located out of the area and are definitely missed. Fortunately, we hired two excellent people to fill their roles: Chris Warden - Peer Services, and Breanna Lockhart - Community Education.

We partnered with Mental Health Advocates of Western New York to implement mental health-related presentations on several different subjects in Niagara County schools, while also offering youth peer support to any student who wanted the

We started a new program in collaboration with the Niagara Falls Housing Authority. We now have staff that travels throughout the NFHA properties providing peer support and any additional assistance to the NFHA's residents.

We have added three new support groups to our offerings: Post-Traumatic Stress Disorder, Mental Wellness, and Suicide Survivors. For more information on these three groups, along with our other groups, contact the facilitator, Chris Warden, at cwarden@mhanc.com or 716-433-3780.

We have expanded our Respite program thanks to a grant from the New York State Office of Mental Health. Any parents of a child with a mental health diagnosis that needs FREE emergency childcare can contact our Respite Director, Sara

George at sarndt@mhanc.com or 716-433-3780.

We held some great FUNdraisers in 2022. Our Bowl-a-Thon in April, our Cornhole for a Cause in August, and our wreath and poinsettia sale in November.

Here are some things we're working on for 2023:

- Expand Compeer Niagara's "The Couch" programming.

- Implement a Grief/Loss Support program.

- Provide Mental Health First Aid training to county residents.

- A major volunteer appreciation and volunteer recruitment event for our Compeer Niagara program. I thank everyone for their support of the agency and here's to a fantastic 2023!

Sincerely,

Daniel Colpoys Executive Director

Drillogsop

PROGRAMS, SERVICES AND OUTCOMES



COMMUNITY **EDUCATION**



MHA is dedicated to promoting mental wellness, while providing valuable information and education about mental illness. Our programs and resources benefit children, families, professionals, consumers of mental health services, and the general public. Through our Community Education program, you can

- Request a mental health-related presentation for your school, business, group, organization or house of
- Receive free agency informational brochures, packets, and access our FREE lending library Request an MHA representative to attend a health fair or other event

With our Community Education Department's Information & Referral services you can find out about valuable service agencies and how to connect with them. You can easily find services related to topics such as: addictions, children/youth, crisis & emergency services, education/training, employment, family, financial, food ϑ clothing, LGBTQ+, government, health insurance, health services, housing, law enforcement, legal issues, mental health, senior citizens, transportation, and veterans' services.

PEER SERVICES



We offer a variety of peer-led programs to consumers who may need help navigating through the different stages of a mental health diagnosis.

There are many benefits to seeking help from a certified peer. When receiving peer-led services, you're learning from someone who has been where you are and speaks your language. Certified peers have navigated their way through the mental health system, which can often be difficult to understand. Certified peers are a reminder that you are never alone and that recovery is possible. Our peers will advocate for you, support you, and help you find the programs to best aid in your recovery. We have peers located at:

- Niagara Falls Memorial Medical Center
- **Trott Access Center**
- Niagara Falls Housing Authority
- Shaw Building
- Hope House

We also offer a variety of support groups. Support groups provide the opportunity for anyone who wishes to benefit from shared experiences, encouragement, and information. We sponsor several support groups throughout Niagara County. For schedules, please call our office at 716-433-3780. Some of our support group topics include:

- Suicide Survivors
- Depression & Anxiety
- Mental Wellness
- Post-Traumatic Stress Disorder (PTSD)
- **Grief Support**

We also facilitate the Consumer Planning Advisory Committee (CPAC). CPAC is a collective organization of mental health service consumers who provide input into the local planning process for mental health services. Our monthly meetings provide a unique opportunity for the voices of mental health consumers to be heard amongst policy makers and leaders in Niagara County. CPAC members have the opportunity to tell policy makers which of their needs may or may not be met— whether that be public transportation, housing, or access to food banks and shelters

RESPITE



The Respite Program through the Mental Health Association provides free childcare to families with a child (or children) with a current mental health diagnosis and their siblings. Respite can reduce the family's overall stress level and increase the caregiver's ability to provide childcare that best suits the needs of their children.

The Respite Program gives the primary caregiver a reliable and planned break from parenting. Whether the caregiver needs time to relax or just clean up around the house, the In-Home Respite Program is here to help. The caregiver may use the respite time to:

- Run errands
- Attend professional or personal appointments
- Spend time with family and friends
- Take a class
- Renew old hobbies
- Enjoy quiet time
- To spend valuable one-on-one time with their other children.

COMPEER



Compeer Niagara is a volunteer-based program in that serves adults and children who have a mental health diagnosis and limited social supports. Our aim is to improve the quality of life and self-esteem of our clients through social inclusion and enjoyable activities.

Compeer recruits, screens, and matches trained volunteers and mentors for one-to-one supportive friendships with children and adults.

A "Compeer" is a companion who is also a peer or equal. Those diagnosed with a mental illness may experience the loss of self-esteem, the fear of failure, loneliness, and the need to build support systems; this is where Compeer can help.

The goal of Compeer is to provide a caring friend who can offer support through social inclusion and mutual understanding.

Compeer participants must be referred by their Mental Health professional.

HOPE HOUSE



Hope House provides temporary housing for individuals experiencing a mental health crisis. The program was developed to provide services to Niagara County adults in a home-like, safe and secure environment. Unique to this program is its peer-operated aspect, where the program's staff identifies as having lived experience themselves.

The Center offers four respite beds for hospital diversion, temporary housing, symptom management, and as a rest or relief from stressors to current living situations. Also offered is a Recovery Line, providing face-to-face meetings and/or phone support to prevent the onset of an emotional crisis. Therapeutic support and intervention services are offered through the Mobile Transitional Support Team, specifically helping those in transition during this critical

LOCKHART



498 to Community

15,660

4487 Number of Attendees at Mental Health-Related Presentations

CHRIS WARDEN



99.3% Program Satisfaction Survey

Peopl

1658 Number of People Receiving Peer Services

SARA GEORGE



100% Satisfaction Survey Results

2.44

84 Number of Families Served

TARA PORTER



Events and Organized

113

Program Satisfaction

70 Number of Adults Served

ROSEMARY MARVIN

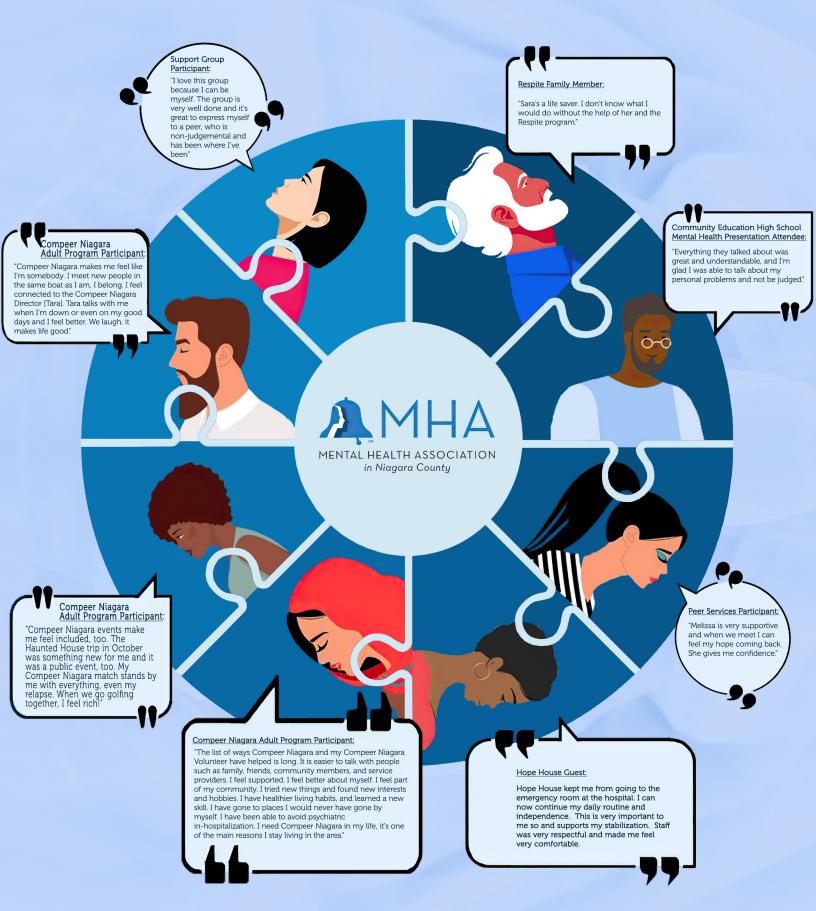


10,594

Help Line Telephone Calls

40 lumber of

TESTIMONIALS



"Each one of us fulfills a piece of a larger puzzle."



STATEMENT OF FINANCIAL POSITION

Mental Health Association of Niagra County

Consolidated Statement of Financial Position as of FY 2023

<u>REVENUE</u>	Com. Ed	Respite	Comp. Adult	Peer Serv.	Comp. Youth	MTS	Hope House	Peer Well.	NFHA	Admin	
Niagara County DMH&SA	37,535										37,53
Local Assistance	68,246										68,24
CSS-Peer Advocacy				73,467							73,46
Adult Case Management-Compeer			115,126								115,12
Adult Family Service				7,264							7,26
Outreach-Kids Compeer				•	66,650						66,65
In Home Respite		67,761									67,76
Mobile Transport Support						48,000					48,00
Peer Wellness Coach								82,000			82,00
Min. Wage Inc. Respite		8,723									8,72
Min. Wage Inc. Outreach			0		2,221						2,22
Min. Wage Inc. Comm. Ed.	8,321										8,32
Min. Wage Inc. Peer Advocacy				1,238							1,23
United Way of Greater Niagara	8,000										8,00
Donations	2,000			1,200							3,20
Grigg Lewis Foundation, Inc.	10,000										10,00
Grigg Lewis Workership	4,000										4,00
MHANYS Grant	1,500			1,500							3,00
Niagara Falls Housing Authority									49,149		49,14
Grant-Erie County	3,000			3,000							6,00
Community Missions for Hope House							115,053				115,05
Shaun Rocco Foundation				1,500							1,50
TOTAL REVENUE	142,602	76,484	115,126	89,169	68,871	48,000	115,053	82,000	49,149	99,500	786,45
EXPENSES											
SALARIES & FRINGE											641,47
RENT, ADMIN, EQUIP, SUPPLIES											144,97



ASSOCIATION SUPPORTERS

The health and wellness on behalf of our clients and their families would not have been possible without the support of many individuals and organizations. The Mental Health Association in Niagara County deeply appreciates these contributions and looks forward to continuing to work together to expand the possibilities for our clients and their families in the years to come. THANK YOU TO ALL OUR GRANTORS AND DONORS!

INDIVIDUALS, BUSINESSES, STATE and COUNTY DEPARTMENTS, AND OTHER ORGANIZATIONS

\$100 AND ABOVE

NIAGARA COUNTY DEPARTMENT OF MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

NEW YORK STATE OFFICE OF MENTAL HEALTH

MENTAL HEALTH ASSOCIATION IN NEW YORK STATE

GRIGG LEWIS FOUNDATION

UNITED WAY OF GREATER NIAGARA

MENTAL HEALTH ADVOCATES OF WESTERN NEW YORK

GREATER NIAGARA MECHANICAL

NEW YORK STATE ELECTRIC & GAS

26 SHIRTS

NIAGARA WHEATFIELD HIGH SCHOOL SOFTBALL TEAM

LOCKPORT HIGH SCHOOL SOFTBALL TEAM

CAROL SPEDDING

ZONTA CLUB OF LOCKPORT

JAMES & KAREN GRUNDY

KIWANIS CLUB OF LEWISTON

PETER SCHLICHTING

TERRI ARENDAS

JACK DOWNES

THE SWEENEY FAMILY

RICHARD & LORI SHEPHEARD

STEPHANIE ARENDAS

SHERRY SAVAGE

TERESA McCOLLOM

STEVE JAGORD

NIAGARA FALLS HOUSING AUTHORITY

SHAUN ROCCO FOUNDATION

NIAGARA'S CHOICE FEDERAL CREDIT

UNION

JOEL & CHERYL GRUNDY

BOARD OF DIRECTORS

Executive Board

President: Emily Shields

Vice President: Joel Grundy

Secretary: Tracy Diina

Treasurer: Kyle Zunner

Board Members

Alix Hutchison

Sarah Lanzo

Jaime Lubs

Turning Illness Into Wellness

The Mental Health Association in Niagara County has been serving the community for over 50 years, working to promote wellness through advocacy, education and community service programs, while focusing on turning "illness" into "wellness."

We are a not-for-profit organization that provides services for a range of ages and needs. We provide presentations, self-help material, advocacy services, information & referral services, and valuable support services for individuals with a mental health diagnosis. Please contact us with any questions!





36 Pine Street Lockport, New York 14094 Phone: 716-433-3780

www.mhanc.com/



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