

2025 Annual Report



MENTAL HEALTH ASSOCIATION
in Niagara County

A Letter From Our Executive

The Mental Health Association in Niagara County staff and Board of Directors are pleased to release our 2025 Annual Report. In 2025, the Mental Health Association in Niagara County (MHA) continued to stand as a vital community resource, committed to promoting mental wellness, preventing mental illness, and supporting recovery for individuals and families across our county's footprint. As the needs in our community evolve, so too does our approach—grounded in compassion, accessibility, and innovation.

Our **Peer Services** remain at the heart of our work, offering individuals the opportunity to connect with NY State-certified Peer Support Specialists who bring their lived experiences, education, and training to best serve our clients. These services are delivered both in person, and via support groups. Our Peer Services Department added new support group topics at new locations, while also meeting individual clients “where they are”, as opposed to making them come to our office, to ensure accessibility to our services.

Our **Compeer Niagara** program continues to make miracles happen through social inclusion activities. Both youth and adults are served by our Compeer Niagara program. Compeer Niagara clients had the opportunity to participate in over 100 activities that were hosted or facilitated by the staff, including after school activities, bowling, train rides, and the theater, to name just a few. Getting out of one's home and engaging with peers at fun, social, recreational, and educational activities in the community is essential to good mental health.

Our **Respite** program continues to provide a vital service to parents/caregivers of children who have a mental health diagnosis – free childcare! Our families know they can turn to us for trained and qualified childcare providers to come into their homes when they need it. And we don't just plop the kids in front of the TV for a few hours while the parents or caregivers are out – we bring activities with us to engage the children – games, books, arts and crafts, sports equipment, etc. during the Respite session. We also offer group Respite sessions at our office – where multiple families can leave their kids for a few hours while they go on a date night or medical appointment or important errands.

Educating the community about mental health is core to the MHA's mission. Our Community Education Department loves to get out in the community and do presentations on a variety of mental health-related topics. In 2025 we did presentations in school classrooms, civic organizations, businesses, non-profit organizations, and houses of worship. If there is an audience interested in learning more about mental health, we're your agency! Some of the places we held presentations include, Lockport High School, YWCA, the Veterans One Stop Center, and Goodwill Industries of WNY. Our Community Education Department also handed out almost 2,000 Help Books to members of the community. Help Books are update annually and have information at the local, county, state, and federal levels for whatever services one may need – housing, legal assistance, substance abuse services, food pantries...you name it, it's in the book.

Having a safe, comfortable, and clean-living environment during a mental health crisis remains a cornerstone of good mental health. Our collaboration with Community Missions of the Niagara Frontier, Hope House, provides such an environment. Hope House provides free, supervised, temporary housing to individuals who are going through a mental health crisis. Our Peer Support staff help to get these individuals through their crisis, while also providing resources for them upon their discharge from the house.

As we reflect on our work in 2025, one truth remains clear: mental health is a shared responsibility. The progress we have made is the result of collaboration—between our staff, community partners, funders, and, most importantly, the individuals and families we serve. The Mental Health Association in Niagara County remains committed to building a community where mental wellness is prioritized, support is accessible, and recovery is possible for all. Together, we are creating a stronger, healthier Niagara County.

Sincerely,

Daniel Colpoys



Mission and Vision

Mission Statement

The Mission of The Mental Health Association in Niagara County, Inc. is to promote mental wellness by sponsoring and implementing advocacy, education and community service programs.

Vision Statement

The Mental Health Association in Niagara County, Inc. will create a community where mental health disorders are treated in the same manner as physical disorders; where stigma no longer exists; where recovery is an expectation following mental health diagnoses; where finding meaningful employment is possible; where living a safe, satisfying life with meaningful relationships is a reality.

MHA Board of Directors

Executive Board

Board President:

Kathy Zunner

Board Vice President:

Joel Grundy

Secretary: Tracy Diina

Treasurer: Jaime Lubs



Board Members

Sarah Lanzo

Jake Moskal

Emily Shields

Mike Gergich

Heather Royce

Samantha Mott

Nicole Shields

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 worship
- 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 & clothing, LGBTQ+, government, health insurance, health services, housing, law enforcement, legal issues, mental health, senior citizens, transportation, and veterans' services.

Attendee Highlights

4,330: At Mental Health Presentations

20,562: Receiving Mental Health Literature

570: Referred to Community Services Organizations



Breanna Lockhart

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. **Our peers are located at: Niagara Falls Memorial Medical Center, Trott Access Center, Lockport Dept. of Mental Health & Substance Abuse Services Clinic and Hope House.**

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

Lastly, we 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.

People Highlights

2,640: People Receiving Peer Services

1,126: People Attending Support Groups

94%: Program Satisfaction Survey Results



Shannon Veiders

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:

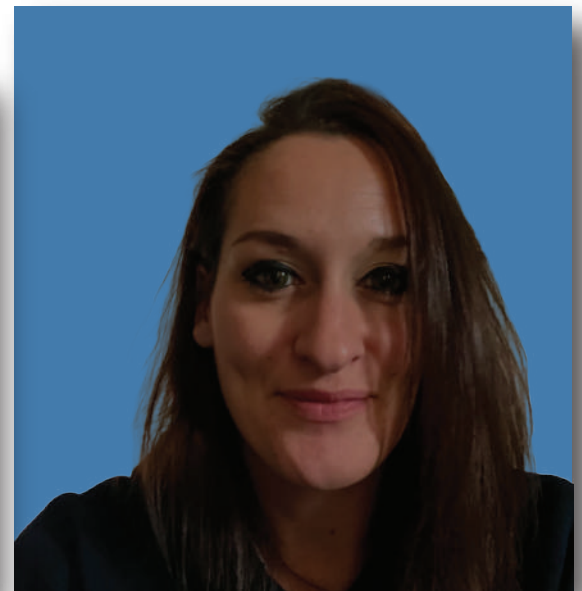
- Run errands
- Attend professional or personal appointments
- Spend time with family and friends
- Take a class
- Renew old hobbies
- Enjoy quiet time
- To spend valuable one-on-one time with their other children

Program Highlights

40: Families Served

195: Children Served

100%: Program Satisfaction



Sarah Arndt

Compeer

Compeer Niagara is a volunteer-based program that serves adults and youth 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.

Program Highlights

59: Adults Served

59: Youth Served

129: Events/Organized Activities

100%: Program Satisfaction



Tara Porter

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.

Hope House 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 the Warm Line, providing 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 time.

Program Highlights

60: Guests Housed

823: Help Line Telephone Calls Received



Rosemary Marvin

2026 Budget

	Comm Ed	Respite	Compeer Adult	Peer Service	Compeer Youth	MTS	Hope House	Peer Well	Erie MHA	Admin.	TOTAL
	02	03	09	13	14	15	19	21	32	01	
REVENUE											
Niagara County Dept of Mental Health	41,189										41,189
Local Assistance	74,889										74,889
CSS-Peer Advocacy				80,619							80,619
Adult Case Management-Compeer			126,324								126,324
Adult Family Service				7,976							7,976
Outreach-Kids Compeer					76,061						76,061
In Home Respite		74,352									74,352
Mobile Transport Support						59,225					59,225
Peer Wellness Coach								55,530			55,530
Min. Wage Inc. Respite		10,045									10,045
Min. Wage Inc. Outreach					4,270						4,270
Min. Wage Inc. Comm. Ed.	11,849										11,849
Min. Wage Inc. Peer Advocacy				18,239							18,239
Min. Wage Onc. Adult Compeer			4,412								4,412
UW Donor Designated	1,000										1,000
Fundraising	6,640										6,640
Donations	8,710										8,710
Grigg Lewis Foundation, Inc.	10,000										10,000
Grigg Lewis Workership	5,350										5,350
MHANYS Grant	2,000			2,000							4,000
Compeer Inc. Grant			8,000								8,000
Youth Bureau Niagara County					2,000						2,000
United Way/PAM					7,500						7,500
MHA Erie County									20,000		20,000
Community Missions for Hope House							130,120				130,120
TOTAL REVENUE	161,627	84,397	138,736	108,834	89,831	59,225	130,120	55,530	20,000	111,234	848,300

Meat Raffle Fundraiser



2025 Funders & Donors

Over \$100.00

- Alternative Grounds Caffè'
- Amy Kager
- Assemblyman Angelo Morinello
- Candese White
- Cindy Causer
- City of Lockport Housing Authority
- Community Missions of Niagara Frontier
- Compeer, Inc.
- EFPR Group
- Fidelity Brokerage Services
- Grace Community Ministries
- Greater Niagara Mechanical, Inc.
- Grigg Lewis Foundation
- Highmark Insurance
- Impact HQ
- Ingram Micro
- James & Barbara Sutton
- James & Karen Grundy
- Kerry Swartz
- Kyle Zunner
- Lincoln Archives
- Lisa Leposa
- Lockport Community Television, Inc.
- Mary & Paul Kraft
- Mary Ann Bucolo
- Mike Zyglis
- Mental Health Advocates of Western New York
- Mental Health Association in New York State
- Matthew Natali
- Niagara's Choice Credit Union
- Niagara County Department of Mental Health and Substance Abuse Services
- Niagara County Legislator Chris Robins
- Niagara County Youth Bureau
- Northpointe Council
- Northwest Bank
- Odd Fellow and Rebekah Benefit Fund
- Omega Phi Alpha-Binghamton
- Peter & Elizabeth Tower Foundation
- Phyllis Badali
- Steven & Jayette Sinclair
- Steve Trinkl
- Terri Arendas
- Rachel Harrington
- Richard and Deborah Stern
- Western New York Integrated Care Collaborative
- Zajac Funeral Home

Thank You!

Stay Connected with MHA

Visit our website at www.mhanc.com and stay connected via social media to remain informed of everything that is happening at the Mental Health Association in Niagara County.



Facebook: [@MHANIagara](https://www.facebook.com/MHANIagara)



TikTok: [@mhaniagaracounty](https://www.tiktok.com/@mhaniagaracounty)



Instagram: [@mhaniagaracounty](https://www.instagram.com/mhaniagaracounty)



Linked In: [Mental-Health-Association-in-Niagara-County-Inc.](https://www.linkedin.com/company/mental-health-association-in-niagara-county-inc)

Poinsettia and Wreath Sale

