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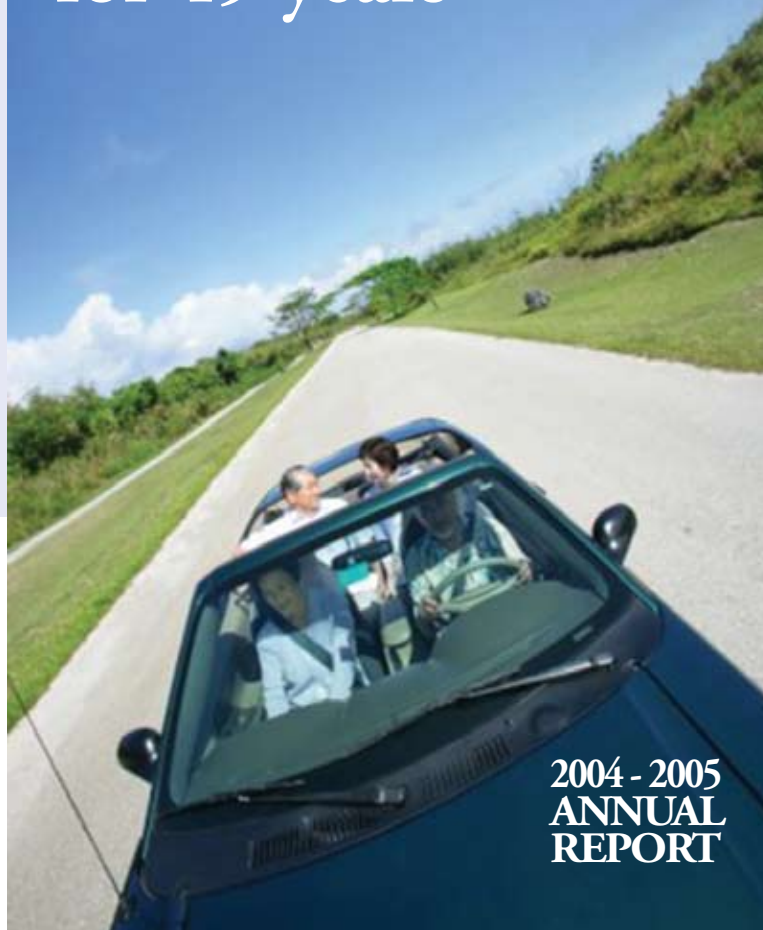
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Mental Health Association of Franklin County

Helping chart
new directions
in mental health
for 49 years



2004 - 2005
ANNUAL
REPORT

Dear Friends,

It's hard to believe that we're approaching our 50th birthday. It's been a long journey with many peaks and valleys. As days, months and years speed by, we find it harder and harder to stop and take stock of all that our personal and professional journeys through life have to offer.

The Mental Health Association of Franklin County (MHAFC) offers stops along the way — places to find answers to questions about mental health and mental illness. We provide informational road maps to services, education and information. Hopefully the resources we provide give new directions to those who are having trouble finding their way.

For the many who don't seek help and don't know which of many roads to choose — our goal is to guide consumers, and those who care about them, in the right direction. Our destination includes a well-informed community where all people — adults and children alike — can receive the help they need; where all people are afforded the respect, dignity and opportunity to live full, productive lives; and where the community as a whole rejects the stigma and prejudice often associated with mental illness. The MHAFC's role is to create the road map for a mentally healthy community.

We are grateful to our donors, volunteers, funders and others for their continued support. The MHAFC will continue to create new road maps and provide direction to all members of our community.

Sincerely,

S.R. Thorward, MD, DFAPA
President, Board of Trustees

Laura Moskow Sigal
Executive Director

PROGRAMS AND SERVICES

Our Mission

The mission of the Mental Health Association of Franklin County (MHAFC) is to raise awareness and understanding of mental health issues and to promote community-wide mental health and the recovery of persons with mental illness through prevention, education, advocacy, and support services. We are a private, not-for-profit organization established in 1956.

The MHAFC envisions a just, humane and healthy society in which all adults and children receive the help they need, are well informed and are accorded respect, dignity and the opportunity to achieve their full potential, free from stigma and prejudice.

Our Goals

To carry out our mission, we have established four major agency goals. These goals have allowed us to establish and create programs and services that are timely and responsive to the needs of the Franklin County community.

1 Promote awareness and understanding of mental health issues through education.

Educating our community about mental illness and wellness is one of the most important aims of our mission. It is only through instruction and dissemination of accurate information that we will be able to lift the cloud of stigma and mystery that often surrounds mental illness. Ways that the MHAFC educates the community include:

Conferences and programs for mental health professionals focusing on current issues and practices that promote wellness and recovery. Our conference series included an Employer Issues conference on downsizing, an Adult Mental Health conference on co-occurring physical and mental illnesses and a Children's Mental Health program on keeping teens out of trouble.

Community programs that target consumers and their loved ones, as well as civic leaders, professionals and citizens who are interested in promoting mental wellness in our neighborhoods. One such program was "Raising the African-American Potential" (RAAP), a forum that addressed the unique issues of mental wellness within the young African-American male community.



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Mental health materials and resources are an important component of our educational mission. We distribute a variety of publications including: The Advocate, In Touch, and ParenTalk / Spanish ParenTalk.

Our website, www.mhafc.com, offers useful information, links, facts and statistics concerning all aspects of mental illness and wellness.

2 Advocate for the rights of people with mental illness and their families.

On a public policy level, the MHAFC has played a significant role in promoting mental wellness and mental illness issues in Franklin County and in the state of Ohio. Ongoing activities include:



"Because we provide indirect services, we are unique in our ability to have good relationships with those agencies that do provide direct services. This enables us to be of tremendous help to those seeking assistance, not only in the mental health system, but in the community as a whole."

S.R. Thorward, MD, MHAFC Board President

Cochairing the Coalition for Healthy Communities, a consortium which advocates at the state level on budget issues, parity, and other issues of concern to the mental health community.

Supporting mental health parity by testifying at legislative hearings and joining with our community and other mental health agencies in insisting that Ohio provide equal medical insurance coverage for physical and mental illnesses.

Procuring relationships and alliances within our mental health community by continually interfacing with other service delivery systems in our area to ensure that consumers receive the best treatment/service options available to them. The MHAFC chaired the successful SAMHSA-funded project, ENHANCE, a wraparound program for people in Franklin County with severe mental illness.

"I love how it is concise, to the point and all in one place. It drives home and reinforces the stuff that is scattered throughout magazines, books and other newsletters. I love how it targets my son's age...I think it is terrific!"

Subscriber commenting on ParenTalk

3 Provide support services for people with mental health needs and their families.

Dealing with a mental illness, personally or as a support person, can be an overwhelming experience. The MHAFC recognizes that access to help should be no more than a phone call, or a mouse-click, away. Our support and referral services include:

Our Ombudsman, an experienced mental health professional, who is available by phone or online to help consumers and family members solve problems related to mental health and substance addiction treatment/services.

Support Groups that meet regularly to aid consumers and family members who face the challenges of dealing with a mental illness. The MHAFC groups include: Depression Support Group, Families In Touch and Schizophrenics Anonymous.

A Mental Health Screening Tool that is available on our website. This is a valuable tool that can help troubled consumers make the first step towards mental health recovery. Screenings are also held periodically throughout the year at health fair events, as well as on Mental Health Screening Day each October.

A Mental Health and Recovery Services Directory that lists mental health and substance addiction agencies, services and support groups, available in a searchable database on the MHAFC website or in booklet form. This is an invaluable guide for locating mental health and substance addiction treatment/service options available in Franklin County.

4 Develop the resources and infrastructure that support and advance the MHAFC's mission.

The MHAFC is dedicated to increasing our growth and accessibility within Franklin County. We work hard to promote and maintain our visibility in the area through the following efforts:

Media outreach which is important to increasing our membership and visibility in the community. The MHAFC has been referenced numerous times in area news publications, our executive director has appeared on TV talk shows and letters to the editor have been published.



The MHAFC Online Auction has proven to be a major success in helping to raise supplemental funds necessary to help maintain our organization. Not only did it raise funds (far exceeding our goal!) but it raised awareness of our website and services.

Volunteers help us extend our resources by assisting with office activities, serving on our Board and helping at events throughout the year. They also represent us within the community and help us spread the word about the MHAFC's services.



"So many lives were touched and I believe even changed. I know the young men that attended the Summit walked away with a different perspective on life." **Eric Troy, member of the RAAP planning committee, on the program's impact on adolescent attendees.**

"He did an excellent job for me in obtaining counseling that had taken me almost a year to get. He also gave me helpful suggestions regarding keeping my utilities and telephone service, since I had no income. Plus, I got to talk to a real person instead of an answering machine."

A consumer commenting on his experience with MHAFC's Ombudsman

SERVICE STATISTICS JULY 2004-JUNE 2005

Mailings (newsletters, conferences, etc.)	104,871
Website visits	*47,988
Audiences (programs, displays, videos)	36,216
Literature Requests/Distribution	25,083
ParenTalk & Spanish PT Family Subscribers	9,257
Relatively Speaking subscribers.....	3,629
Volunteer hours	3,150
Telephone calls (advocacy, I&R, programs).....	2,631
Schizophrenics Anonymous contact hours	2,208
(includes inpatient hours)	
Community program participants	787
Ombudsman Program-Advocacy cases	725
Families In Touch contact hours.....	632
Mental Health screenings.....	567
Media contacts.....	516
Depression group contact hours.....	349
Professional conference participants.....	298
Legislative contacts	267
Total Contacts	239,173

*In prior years, number of hits was used. However, number of visits is a more accurate measurement of website utilization.

FINANCIAL REPORT JULY 2004-JUNE 2005

