

Mental Health America of Franklin County

A new name; a new look; a broader vision...

The Mental Health Association of Franklin County is celebrating our 50th anniversary with a new name: **Mental Health America of Franklin County!** This progression reflects our determination to bring the message of wellness home to every person in Franklin County.

Mental wellness should be a goal that the entire community shares, because it is critical for healthy families, neighborhoods, schools and workplaces. MHA will be reaching far more people with our message, increasing their involvement in positive mental health initiatives.

Our new logo also plays a part in delivering this message. Our new colors represent green for growth, blue for wellness, and gold for resolve. Take note that the Mental Health Bell is ringing in our new logo! This action manifests MHA's resolve to keep mental health initiatives at the forefront.

Make this, our 50th year, the time to get to know the important work of Mental Health America of Franklin County and join us in bringing the message of wellness home to our community!



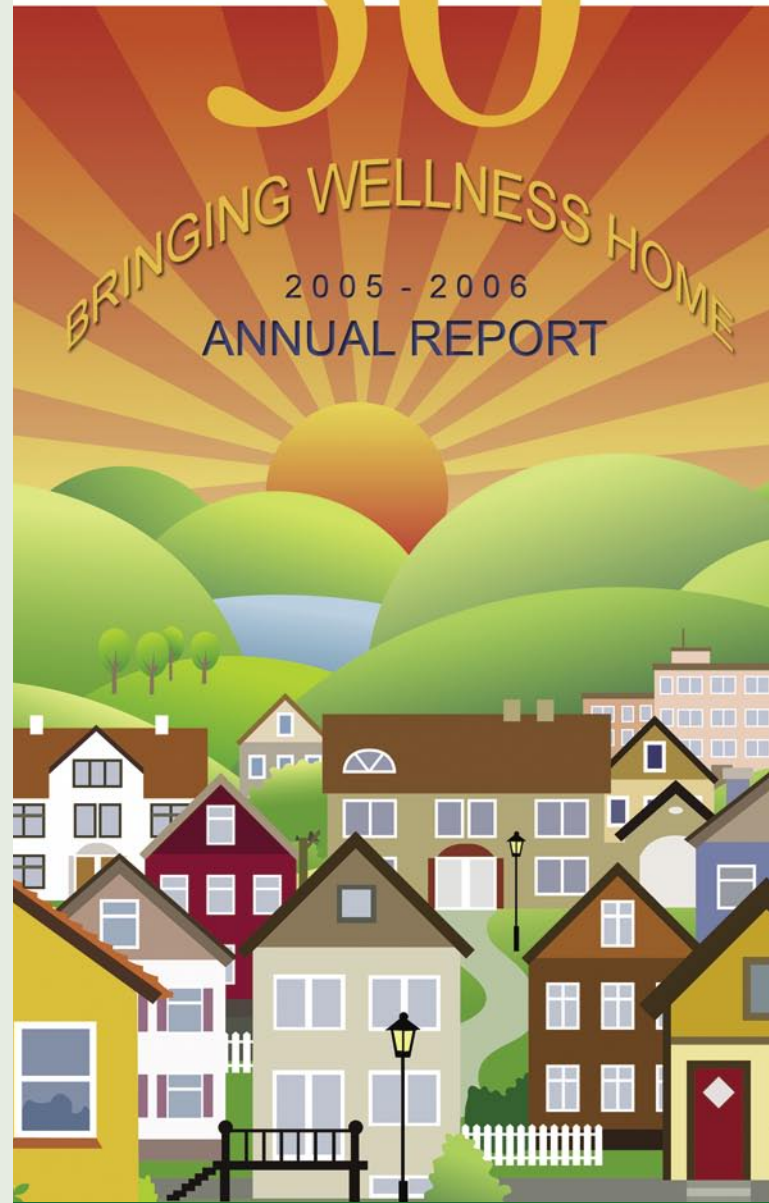
Mental Health America of Franklin County

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50

CELEBRATING 50 YEARS OF



Dear Friends,

For the past 50 years, Mental Health America of Franklin County has been educating people about mental wellness and connecting them with treatment and services. As we look toward the next 50 years, MHA will be a leader in helping Franklin County residents become aware of how important their mental health is to their physical health.

MHA wants people of all ages to understand that prevention plays a key role in living a mentally healthy life. We plan to achieve this objective by building on the success of MHA's ongoing mental health programs. We will bring the same level of education and services to extended audiences, including our culturally diverse communities, educators and parents, caregivers, and children and adolescents.

Our work is critical, as one in four Americans is affected by a mental illness in their lifetime, but less than one-third will seek treatment. The main obstacle to care continues to be the stigma that surrounds mental illness. For the next 50 years, Mental Health America will work with and in our community to end this stigma, encouraging people to make a mind-body connection for health.

Mental Health America is appreciative of all those who have supported our positive mental health initiatives throughout the years. We hope that you will continue to support us and introduce the work of MHA to your friends and family. Together we can bring wellness home to Franklin County!

Sincerely,

Linda J. Siefkas

Linda J. Siefkas, APR
President, Board of Trustees

Laura Moskow Sigal

Laura Moskow Sigal, LSW, MA
Executive Director

Service Statistics

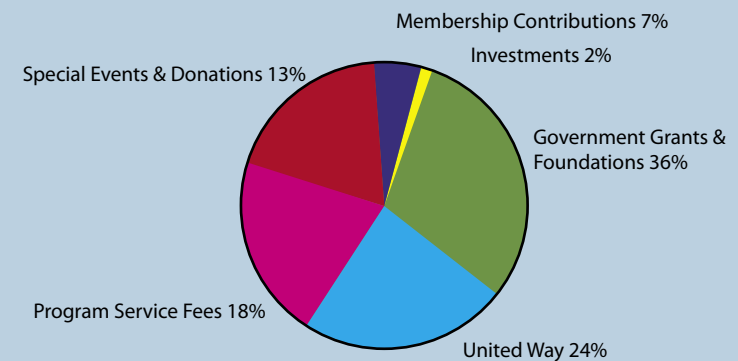
July 1, 2005-June 30, 2006

Mailings (newsletters, conferences, etc.)	101,911
Website visits	41,112
Audiences (programs, displays, videos)	36,892
Literature requests/distribution.....	22,522
ParentTalk & Spanish PT family subscribers.....	10,087
Volunteer hours	3,296
Schizophrenics Anonymous contact hours	2,758
Telephone calls (advocacy, I&R, programs).....	2,059
Ombudsman Program advocacy cases	994
Mental health screenings	857
Community program participants	825
Families In Touch contact hours.....	572
Professional conference participants.....	354
Legislative contacts	328
Media contacts.....	311
Depression Support Group contact hours.....	263
Total Contacts.....	225,201

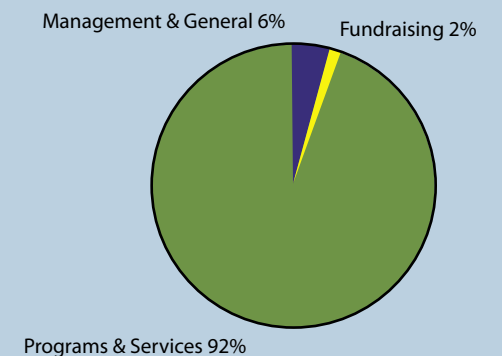
Financial Report:

July 1, 2005-June 30, 2006

Revenue



Expenses





How Mental Health America brings wellness home:

Promoting understanding and awareness through...

- Conferences and programs for the community and mental health professionals

This year, we offered an employee assistance program, a conference on surviving emotional trauma, and a program on bullying. Additionally, "The State of Black Families 2006," a new installment of our successful RAAP (Raising the African-American Potential) series, was presented.

- Informative materials on mental wellness, treatment and prevention

MHA offers fact sheets on different types of mental illnesses and distributes two newsletters promoting mental wellness. Our ParentTalk / Spanish ParentTalk series helps first-time parents understand how prevention and overall health play critical roles in their child's mental wellness. Last year, 89% of readers reported that ParentTalk helped them make positive changes in their parenting behaviors.

- MHA online! www.mhafc.org

Our website, now with many resources available in Spanish, offers an abundance of information that helps people find care and learn about mental wellness. MHA's online mental health screening tool, available in English and Spanish, is a vital resource. Utilization of MHA's online screening tool increased by over 58% last year!

"The Ombudsman senses the urgency of all our cries for help and has responded immediately to all requests for help. The lives of mental health clients are directly impacted by having such an office. I cannot imagine what we would have done without intervention."

David, Mental Health Consumer



Linking clients and families with care by way of...

- An Ombudsman Program to help with treatment and service issues

Our program is entering its 5th year of helping clients with treatment issues related to mental health or substance addiction. Our Ombudsman has a 94% success rate in helping people solve problems. The program was also featured at this year's National Mental Health Association Annual Conference in Washington, D.C.

- Support groups for clients and family members

Mental Health America has support groups that help both clients and family members connect with others who understand their challenges. Our groups include: Depression, Families In Touch, and Schizophrenics Anonymous—which added two new meeting locations this year.

- Information and Referral services

By calling or accessing us online, MHA can link people with treatment, services and information through our comprehensive Mental Health and Recovery Services Directory. Online visits to our directory (also available in booklet form) increased by over 30% this year.

Advocating for equitable public mental health policy as...

- Co-chair of the Coalition for Healthy Communities

MHA is represented at this consortium of statewide mental health and recovery organizations that advocate for state-level policy issues that effect the budget, mental health parity and other issues of concern to our community.

- An advocate for mental health parity

Ohio is one of only 14 states not having parity legislation that mandates the same level of insurance benefits for mental and physical health. MHA continues to support this effort, as Ohio's current practices are discriminatory and create an undue financial burden on clients and the public mental health care system.

Developing community support through...

- Media outreach

As in previous years, Mental Health America has remained visible in area news publications, TV talk shows and letters to the editor. We have also been included in articles published in this year's Spanish newspaper, *Dispatch Español*.

"Families In Touch was like a lifesaver for me when we first moved here. The other group members looked at me with understanding. It's a safe place where you can go and tell your real feelings, because mental illness is nothing to be ashamed of."

Mary Jo, Family Member

- Community partnerships

MHA seeks opportunities to develop alliances and relationships in our community that promote the understanding of mental illnesses. This year, MHA has been a partner in two such projects: "Educating Patients on Mental Illnesses and Community Services," a resource to help psychiatrists educate patients and, "Children's Mental Health Matters Every Day", an educator's guide for students' mental wellness.

- Volunteers

Our volunteers are an important part of MHA's daily operations and help promote our services within the community. They serve on our Board, assist us at events, facilitate support groups, and assist with office activities. Some of our volunteers are clients who want to "pay it forward" through service or who are testing their skills before returning to the workforce.

- MHA Online Auction

This year was MHA's 3rd Online Auction. It continues to be a major success in raising funds that are necessary to operate our ever-expanding services. It also helps us gain visibility in the community, thereby raising awareness about mental wellness and helping more people gain access to care.

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