MHA Strives to Promote All Aspects of Health and Wellness

- The MHA Wellness Committee sponsored Walk at Work throughout the Spring, Summer and Fall. Getting many staff to take time to walk daily.
- MHA Health Home teamed up with the Wellness Committee to host an all staff Health Fair.
- The Wellness Committee also got staff involved in fun activities such as Wellness Bingo.
- MHA partnered with Premier Foods to have an AVANTI Fresh Market implemented at the Main Offices, giving staff healthier choices for snacks, drinks and lunch.

Walk @ Work

MHA was proud to take first in businesses of it’s size for highest participation.
Dear Friends:

When we think about chronic disease—cancer, heart disease, or diabetes—we know that the earlier we seek treatment, the better the outcome. And we’re usually pretty good at seeking help for physical symptoms such as persistent coughs, high blood sugar or high blood pressure. But did you know that when people suffer from the symptoms of serious mental illness, it typically takes ten years from the time the symptoms first appear until they get a correct diagnosis and proper treatment. B4Stage4 emphasizes prevention, early intervention, services which address both physical and mental health and finally, recovery from the effects of mental illness. In 2015, the efforts of the MHA Board of Directors and our 250 staff members focused on initiatives in each of these areas including:

- Purchased and renovated a 30 unit apartment complex enhancing our partnership with the Robert J. Dole Department of Veterans’ Affairs to provide emergency transitional housing to 104 homeless veterans.
- Partnering with the Kansas Department of Aging and Disability Services in a state-wide effort to provide housing for those who are chronically homeless.
- Safeguarding our seniors by implementing services for senior victims of crime made possible through funding from the Kansas Attorney General’s office.
- Providing over 55,000 hours of volunteer service through programs which provide mentoring and help seniors live successfully in the community.
- Implemented a program to improve cognition in persons with serious mental illness and then helping over 50% of those individuals obtain employment.

2016 is already unfolding. Our community’s health is important — Be a part of B4Stage4 movement.
Thank you to our Board of Directors, for your support and guidance.

Our board represents a cross-section of our community and has a passion for our organization and those we serve. The members work hard to ensure long-term sustainability of the organization and oversee that the funds raised directly affect those in need.

### Revenue

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Fees</td>
<td>$8,708,058</td>
</tr>
<tr>
<td>Grants/Contributions</td>
<td>$2,259,198</td>
</tr>
<tr>
<td>Investment Income</td>
<td>$62,683</td>
</tr>
<tr>
<td>Other</td>
<td>$1,242,381</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$12,272,320</strong></td>
</tr>
</tbody>
</table>

**Fiscal Year 2015**

(Unaudited Figures)

www.mhasck.org
OUTPATIENT SERVICES
Serving Our Community- We Listen

Our team emphasizes total wellness to help ensure you get the life you want. Our Outpatient Services include therapy, substance abuse treatment and medication management.

The Addictions Program @ MHA was delighted to host an open house for their new Downtown location. The move allows for expansion of the program and increases ease of access for program participants.

Common Ground was implemented to assist our clients to participate in their care and arrive at the best decisions for wellness and recovery.

Indivduals Served
4,422

BIP program implemented

New Programs
8

Launched Patient Portal
MHA’s Residential Care is a proud partner with the Department of Veteran’s Affairs to provide temporary housing to homeless veterans. On November 2nd, MHA opened a new facility in Wichita. Earlier in 2015, MHA purchased and renovated a 30 unit apartment complex to ensure the needs of these individuals are met.

<table>
<thead>
<tr>
<th>Individuals Served</th>
<th>Funds Distributed</th>
<th>Beds Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Care Housing</td>
<td>Supported Housing &amp; TBRA</td>
<td>Residential Care Properties</td>
</tr>
<tr>
<td>517</td>
<td>$45,049</td>
<td>299</td>
</tr>
</tbody>
</table>

www.mhasck.org
AGING SERVICES
Serving Seniors in Our Community

Helping seniors maintain their independence.
Programs are designed to help seniors safely age in place.

Elder Abuse Conference
The annual Elder Abuse Conference was held at the Spiritual Life Center where 90 law enforcement, social workers and seniors heard from Deputy Attorney General Loren Snell Jr. and Stefani Hepford, Assistant Attorney General speak about elder abuse in Kansas.

VOCA Program
MHA has been awarded funding through the Victims of Crime grant to establish the VOCA Program. This program will provide victim advocacy services to seniors who have become victims of crime.

Elder Abuse Awareness Day
The tenth annual Elder Abuse Awareness Day was held at Botanica Gardens. This year’s event hosted more than 200 seniors and caregivers as well as 28 community members who provided information on their resources in the community.

Individuals Served in all Aging Services Programs
2,103

Individuals Trained as Gatekeepers by MKSO
1,600

Volunteers Senior Companion Program
56
ADULT SERVICES
Community-based programs

Helping adults reach their full potential.
Programs are designed to assist in recovery.

CHAT Line

The CHAT Line is a non-crisis support line run by individuals who are stable in their recovery for mental health consumers who are feeling lonely, anxious or are in need of services. The CHAT Line is anonymous and receives, approximately 500 calls per month.

Thinking Skills for Work

In 2015, MHA implemented the Thinking Skills for Work Program. A cognitive rehabilitation program, which enhances cognitive functioning and optimizes work performance.

Adult Awards Banquet

Each spring, MHA Adult services celebrates the achievements that their clients have made throughout the year. This is a time to honor their hard work and determination in achieving their goals. This year’s theme was “Recovery can happen at any time.” This is a message to remind each of us that recovery is always possible.

1,087 Individuals Served
Community-based Services

568 Served in Health Home
Coordinating care between all medical providers

7,949 Calls received
CHAT Line

www.mhasck.org
CHILDREN SERVICES
Comprehensive Services

Ensuring Children reach their full potential.
Programs are designed for children and families to meet the needs of our community.

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**Annual School Supply Drive**
Each year MHA holds a back to school drive for children in our programs. This year donors provided enough backpacks and supplies to ensure 100 children had everything that they needed to begin the year and many were able to get additional supplies as they needed throughout the school year.

**Children’s Mental Health Awareness Day**
2015 marked the 5th Annual Children’s Mental Health Awareness Day event with 300 people in attendance. This event spreads awareness of the importance of good mental health and helps to combat stigma.

**Wins For Kansas Award**
The Works for Success Program was the proud recipient of the Wins for Kansas Award presented by DeVaughn James and KAKE TV for their outstanding work with fathers. This program has an employment rate of 69% and has helped 93 fathers reduce their state arrearages by more than $75,000.

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**Individuals Served**

<table>
<thead>
<tr>
<th>391</th>
<th>Community-based Services</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>254</th>
<th>Families Served</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>3,222</th>
<th>Mentoring and Prevention</th>
</tr>
</thead>
</table>

Ensuring Children reach their full potential.
Programs are designed for children and families to meet the needs of our community.
HOW TO GET INVOLVED

We invite you to get involved with MHA!

Volunteer at MHA
There are many opportunities to volunteer at MHA. Some of our opportunities include one on one or group mentoring with children and/or adults, elder victim advocacy, providing companionship and respite care to homebound seniors, Board and committee activities, or you can get involved in an event or drive.

Donate
Every donation enables the Mental Health Association to continue to provide quality service and promote mental wellness in our community. As you consider making a contribution, it’s important to recognize that our agency prides itself in being a good steward of all donations because every contribution makes a difference!

Leaving a Legacy
The Mental Health Association would be proud to keep your legacy or the legacy of your loved one alive through a memorial donation or planned gift. While planning your estate, please consider including MHA so that we can keep your legacy alive while ensuring that we can continue to serve people in need in our community.

Participate in Drives
Each year MHA holds the Back to School Drive, Holiday Food Drive and the Adopt A Bell Drive. Through these drives we provide backpacks and school supplies to children, food to families for Christmas, and Christmas gifts for children and their families. Each drive depends solely on the generosity of our community to be successful.

For more information on how to get involved at MHA, please visit our website at:

www.mhasck.org
THANK YOU FOR YOUR SUPPORT!
We could not do all of this without you!

MHA extends our deepest thanks to every individual, business, and organization that made a donation to our agency in 2015. Every gift you send directly benefits our work to help change the lives of those that we serve.

THANK YOU!!

Julie Canfield-Shandy
Cargill Cares
Centene
Comfort Care Homes
Credit Union of America
Davis-Moore Automotive
DeVaughn James
Emprise Bank
Paul Faber
James Garvey
Mario Goico
Golden Plains Pharmacy
Karen Hahn
Bill and Judy Hess
Martha Householder
Barbara Huff
INTRUST Bank
Alfred James
Janssen Pharmaceuticals
Clifford Jayne
Stanley Jayne
Jessica Good Evans Charitable Foundation
Janet Johnson
Anita Jones
Joseph, Hollander & Craft
Kansas Health Foundation
Darlene Knorr
Michael Lang
Leadfoot Express
Robin Madson
Michael Magness
Mental Health America
Russ Meyer
Belden Mills
Charles Mitchem
Rose Mary Mohr
Martha Murray
National Institute of Mental Health

New Image Roofing and Construction
NexLearn
Office Depot Foundation
Paul Ross Charitable Foundation
Robert Pinnell
Professional Engineering Consultants
Susan Reimer
Restaurant Management Company
Fritz and Jennifer Robinson
David Rolph
Rudd Foundation
David Schmidt
Joe Schrag
John Selby
Stinson Leonard Street
Don Strong
George & Pyllis Trifonoff
UCI
United Behavioral Health
United Healthcare
Dan Waller
Randy and Marilyn Whipple
WSU Child Development Center
Wichita Urology
Jim Wurbs

United Healthcare funded the implementation of the Thinking Skills for Work Program

Accel Construction
All Things BBQ
Allen, Gibbs and Houlik
Bill & Anita Angstadt
Artesian Radiation Center @Cypress
Clark Bastian
Blue Cross Blue Shield Foundation
Margot Beckbill
Capital Federal Savings
Intervening effectively during early stages of mental illness can save lives and change the trajectories of people living with mental illnesses.

Support MHA and embrace #B4Stage4 thinking.