Dear Friends:

The recent report from the Substance Abuse and Mental Health Services Administration indicating that almost 20% of U.S. adults had a mental illness in the past year is not a surprise to those of us who are in the field. We see the struggle that Kansas families face in trying to deal with multiple stressors such as poverty, isolation, abuse, mental illness and substance use. The work of our 260 MHA staff members and 175 volunteers is focused on helping individuals balance and modify those stressors in order to meet the challenges of daily life. Our efforts in 2013 reached over 9000 individuals in programs which included prevention education for children, aging services, mentoring, community based services for both adults and children with serious mental illness, housing for seniors and those with mental illness, family services, and outpatient and substance abuse services.

MHA staff will continue to help our citizens meet challenges in 2014. We will be expanding services to Sumner County, helping persons with mental illness who have been incarcerated reintegrate back into the community, increasing our housing stock for vulnerable populations, and implementing a program for fathers who are in arrears with their child support payments.

We are very appreciative to all who help us achieve our mission throughout the year. I invite you to “get involved” and be a part of what we do here at the Mental Health Association.

Carol Manning, President/CEO
MHA Gains National Attention

In April, 2013, MHA had the amazing opportunity to have staff and clients filmed as part of the Substance Abuse and Mental Health Services Administration (SAMHSA) Road to Recovery Television series. MHA was selected due to the wide range of services provided across the age spectrum and for our work with isolated and at-risk seniors. Our staff and clients were interviewed, to show the importance of getting, not only the individual suffering with a mental illness, but the entire family involved in treatment and recovery. The video aired in July on SAMSHA’s website and later on a number of television stations across the country, reaching nearly 50 million viewers.
As the need in our community continues to rise, new programs and services are created to meet those needs. This year:

- MHA partnered with the Department of Children and Families for the Family Services Project grant, providing Family case management and flex fund distribution to families at risk of out-of-home placement.
- MHA started a new series of parenting classes in Spanish.

**Family Services Brings Light to Family for Holidays**

Many of us may never know what it is like to live in a home without lights or heat. Unfortunately, many in our community do. Thankfully, the Family Services program was able to assist some of those families through flex fund distribution. One family in particular had been without electricity and gas for approximately two months. This is the gratitude expressed by a single mother of two:

“Thank you so very much for helping make our Xmas a little brighter. Your help in this time of need is very appreciated. I hope your Christmas holiday is as wonderful as you’ll have made ours. My boys were so happy when they seen the porch light on. Their faces just lit up.”
Prevention Programs

At West High, the students involved in the Boys 2 Men program, worked on the “Leaving a Legacy” and “Having Vision and Purpose” lessons. It became apparent that the reason some of the boys do what they do is because most of them don’t have a sense of direction, so they get into trouble because they have no “vision” for their lives. It is important to direct the boys and show them there is a reason why they are here and why abstaining from drugs, gangs, and performing well in school will enhance their life. From the words of a student, “For most of my life I made unfortunate grades. This year I changed that, for this I am proud. Although it may seem silly, I believe this turning of a leaf and breaking of bad habits to be my greatest achievement.”

Finding Vision and Purpose

The Prevention programs at MHA focus on the character, abilities and mental health of our youth. Just like the youth it serves, the programs continue to grow as seen through:

- The Girl Empowerment Program was awarded funds through the State of Kansas’ Governor’s Grants Programs to expand their program in the Wichita area
- The Prevention Department partnered with Big Brothers Big Sisters for the Face Forward grant to help justice-involved youth find employment and reach educational goals
Compeer Mentoring

After nearly thirty years of service, Compeer has become a staple in our community. In 2013 Compeer set its sights on providing additional services to those in need of a friend.

- Received funding to expand the Lunch Buddies Program to Wellington in 2014
- Increased homeless outreach by 38%
- Received funding to begin the Vet-to-Vet mentoring program in 2014

Lunch Buddies: Rewarding for All Involved

Steve has been involved in the Compeer Lunch Buddy program for over ten years. Recently he received a Compeer Ambassador Award for his commitment, service and advocacy. Steve currently has two Lunch Buddies, brothers, who he meets with separately once a week.

Steve says, “Even though my buddies have a strong support system at home, I think they benefit from and enjoy our meetings where they can have specialized one-on-one time to talk about their classes, activities, and problems they might be having at school. It gives them a chance to really feel heard. I think that by stressing to them the importance of education, hard work, and trying to help them in any way I can through whatever roadblocks they might face, I can assist their family in encouraging them to pursue an academic future.”
Employment is Worth More than a Paycheck

Daniel has been receiving services with MHA for over 3 years. Prior to working with an Employment Specialist, he had not held down a job for more than a month. Through the years Daniel was able to build his self esteem and identify how working has helped decrease his isolation.

In 2013, Daniel was able to move from his job as a silverware roller with Longhorn Steakhouse (a business where he had been working for well over 6 months) to Jose Peppers on the East side of Wichita. Daniel has now been with Jose Peppers as a utility worker for over 6 months. Daniel has communicated to his employment specialist how work is not just a paycheck, it is so much more and he really enjoys working. Even though Daniel still struggles with anxiety and other mental health issues, work has let him have a sense of self worth and helped him start to think about what else he can change in his life for the better.

Adult services constantly works to expand and improve programs to ensure all consumers recover. This year:

- Received funding through the City of Wichita, WAMPO, to offer transportation services to expand employment options for consumers seeking employment
- Adult Services has 6 Evidence-Based Practices and are implementing several emerging practices
Norma’s Story

Norma, 93, can only see light due to macular degeneration. She has been a recipient of Senior Companion services since 2005. Her volunteer, Iva, comes to see her Monday-Thursday and acts as Norma’s eyes. She leads her when she walks, reads her mail to her and each day she dials the number of her good friend Alice. Alice and Norma check on each other each day, as they have done for years.

Norma’s daughter and caregiver said, “We are so happy we have Iva. We have had several wonderful volunteers over the last nine years. We wouldn’t have been able to work without the Senior Companion Program!”

The aging services programs at MHA focus primarily on helping our seniors safely “Age in Place.” We know that seniors are generally happier and healthier if they can remain independent in their homes for as long as possible. However, we also focus on educating the public on elder abuse, preventing and intervening in cases of suspected abuse and giving seniors the services and tools needed to remain independent.

In 2013, more than 150 people were in attendance for the 8th Annual Elder Abuse Awareness Day Event. A day dedicated to the education of individuals on the signs of elder abuse and what to do if they know of a senior in need of help.
In 2013, Residential Care made remarkable strides to ensure that everyone has the opportunity to live in safe, affordable housing in Wichita. This year, Residential Care:

- Began construction on a 24 unit complex for low income seniors which will open summer of 2014
- Partnered with the Department of Veterans Affairs to provide temporary housing for homeless veterans
- Purchased Water Point Apartments, a 24-unit apartment complex, which will serve a variety of housing needs

Amy’s Story

Amy came to MHA’s Residential Care after many years of hospitalization due to her continual self-injurious behaviors. Amy had been suicidal since childhood. When given the opportunity to move from Osawatomie State Hospital to an MHA Group Home, Amy accepted. After more than a decade she had realized that she wanted to live, she wanted to recover. After nearly three years at MHA, Amy has only been hospitalized 7 times. This significant reduction is a testament to her success in recovery. She says that “MHA has helped me the most in my recovery. They believed in me. They don’t enable me. They help me with my goals and break them down into small steps.”
In 2013, the Counseling Center at MHA announced the expansion of medication management services for its clients. A full time Medication Manager was hired to accommodate the growing number of clients. The expansion included leasing 2,000 additional square feet adjacent to its current offices at 555 N. Woodlawn.

The Substance Abuse Program also expanded in 2013 with the hiring of a full time Program Manager and full time counselor. The creation of these positions has allowed MHA to expands its services as well. The Substance Abuse Program now has an Interventionist and offers Alcoholics Anonymous Groups.

The Counseling Center also saw expansion through an increase in services and clientele.

- **460 individuals**: this was the increase in number of persons served in 2013
- **Began Dialectical Behavior Treatment program for adults and adolescents**
More Highlights from 2013

- **100** parents attended parenting classes in 2013
- **6,851** calls were received by the Chatline
- **12,000** hours of service were provided by peer support workers
- **45** elder abuse cases were intervened by the Mid-Kansas Senior Outreach Program
- **1,042** seniors were screened for depression and substance abuse

2013 Revenue

- Program Services and Fees: **$7,782,388**
- Grant Funding: **$1,404,199**
- Investment Income: **$664,818**
- Other Revenue: **$339,948**
- **Total Revenue**: **$10,191,353**

- **2,037** gatekeepers were recruited and trained by the Mid-Kansas Senior Outreach Program
- **59** individuals were given housing assistance through Supported Housing Funds
- **$44,000** of Tenant Based Rental Assistance provided
- **22** chronically homeless received case management services
- **42** new housing units added in 2013
Get Involved

Through the generosity of our donors, we were able to provide:

- **170** individuals gifts through the Adopt A Bell holiday drive
- **85** families/individuals food for a holiday meal, through our Holiday Food Drive
- **90** children backpacks and school supplies so that they could start the school year fully prepared

MHA is fortunate to have hard working, dedicated volunteers. They are a testament to what volunteerism is all about, they have dedicated their time and truly caring for all that they serve. In 2013, these individuals provided:

- **8,000** hours of service by 160 Compeer volunteers
- **64,768** hours of service by 68 Senior Companion volunteers
MHA extends our deepest gratitude to every individual, business and organization that made a donation to our agency in 2013. Every gift you send directly benefits our work to help change the lives of those we serve.

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Thank You!
The Mission of the Mental Health Association is to empower and assist youth, families and adults in our community to achieve optimal mental health and wellness through education, advocacy, and service.

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