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"I realized that at the end of the day, I was spending about 20 hours sitting in front of the TV set... ruminating about every bad thing that happened to me in my life. You just can't shake it. Any happiness, any joy, it just gets sucked out of you."

wellness. Darrell started taking every class he could at the MHA. It got him outside, engaged, and striving for mental wellness. Darrell attended the MHA's peer support groups and discovered that he wasn't the only one struggling with a mental health challenge. There was a community to help him understand mental illness and that it's possible to find wellness again. When Darrell was ready to reenter the workforce, there was a network of experts at the MHA to guide him.

"The Mental Health Association gives you every opportunity to start taking on that healing process yourself... It's almost like you get your spark back"

When Darrell was at his lowest, the Mental Health Association offered him the tools to find wellness in the face of a serious mental health challenge. As his "spark" came back, Darrell started biking and kayaking again. He began facilitating his own classes at the MHA. Now he works for the Mental Health Association to advocate for others and guide them on their journey to wellness. He's fighting against the stigma of mental illness and letting people know that it is possible to get control of your life.

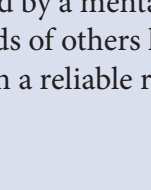
Darrell agreed to share his story because his situation could happen to anybody. One in five Americans have a mental health condition in any given year and one in two Americans will have a mental health condition sometime in their life. You know someone whose life has been affected by a mental health challenge. Your support for the Mental Health Association helps Darrell and thousands of others like him gain control of their lives again. Thank you for making the Mental Health Association a reliable resource for everyone in our community to find wellness.



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

2015 ANNUAL REPORT

Empowering People to Find Wellness



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

We apologize if we have inadvertently omitted or misspelled your name. Please contact Kevin Wilson at 585.325.3145, Ext 115 or kwilson@mharochester.org so that we may correct the error.



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A Letter to Our Community...

As we look at the dynamic mental health system, you'll see that the Mental Health Association continues to be leader in self-help, mutual support, and recovery. We've embraced these approaches to wellness since the 90's and built an array of strength-based, person-centered services often provided by individuals who have a lived experience with a mental illness. The MHA offers services that don't require a referral, don't ask a person for a diagnosis, and are often free of charge.

In 2015, we built on our strength in peer support and partnered with East House to implement the first overnight peer respite service in the Finger Lakes. Affinity Place provides a safe, supportive environment that can be an alternative to the emergency room. Guests voluntarily enter the service and can stay for five to seven days. This time is used to assess the crisis that precipitated the visit, learn new coping skills and develop plans to address issues that caused the visit. After leaving Affinity Place, guests have the option to work with a peer support specialist from the Mental Health Association to implement plans and reinforce coping skills.

In addition to the Mental Health Association's new community partnerships, we're always striving to improve and expand our in-house services. MHA's Wyoming County peer support services expanded the hours of operation for the drop in center and increased the availability of transportation services. Our peer support services in Rochester developed an employment program for people who have no other supports and focuses on maintaining competitive employment. One-on-one and group supports address those critical soft skills of employment like how to get along with co-workers and supervisors.

The mental health landscape continues to evolve with New York's move to Medicaid Managed Care, Home and Community Based Services, and the development of the Finger Lakes Performing Providers Network. But the Mental Health Association is ready to maintain excellence in supporting individuals impacted by mental health challenges in this new environment.

As we move beyond 2015, the Mental Health Association will continue to be at the forefront of person-centered approaches to mental health and building partnerships that better serve our community. In 2016, we look forward to strengthening the tools and resources that help every individual *Find Wellness*.

Sincerely,



Patricia M. Woods
President & CEO

Patricia M. Woods



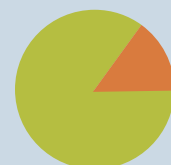
Jack Carr
Chairperson, Board of Directors

Jack Carr



MENTAL HEALTH ASSOCIATION 2015 Impact

MENTAL HEALTH FACTS



1 in 5 American adults will have a diagnosable mental health condition in any given year*

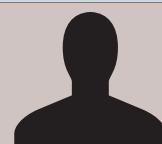


1 in 2 Americans will meet the criteria for a diagnosable mental health condition sometime in their life*

MENTAL HEALTH IN OUR COMMUNITY

Community and Peer Support Services

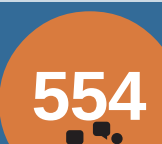
Empowering individuals with mental health challenges and their families through education, skills development, peer support, and advocacy.



5,572
of individuals served by the MHA's Community and Peer Support Services in 2015

Family Support Services

Provides support to families of children with emotional or behavioral health challenges.



554
of Families served by the MHA's Family Support Services in 2015

The MHA's family mentors provided over 3000 hours of face to face support for local families.

Creative Wellness Opportunities

Fostering wellness by tapping into the creative side with painting, creative storytelling, fiber arts, yoga, and more.



8,988
Recorded attendance for Creative Wellness Opportunities in 2015

"It helped me to calm down, find myself, and stay out of the hospital."

Life Skills Services

Assists individuals to take an active role in their mental wellness in a safe environment



4118
of visits to MHA's Life Skills Services in 2015

Self Help Drop-In Support Services

After hours support provided by individuals who have overcome mental health concerns and now offer support to others as they find their own path to mental wellness.

"[We] change lives because we've been through similar situations...and overcame those situations"
-Self Help Drop-In Support Services Staff



429
of people participating in the MHA's Wyoming County programs in 2015

MHA Beyond Monroe County



1905
of people participating in the MHA's Livingston County programs in 2015



For over 80 years, the Mental Health Association has promoted mental wellness in our community through educational programming, referral to needed services, and individualized support and assistance to those in greater need. The Mental Health Association promotes lasting mental wellness through a spectrum of culturally competent programs and services!

*Statistics from mentalhealthamerica.net

To learn more about supporting mental health in our community, visit mharochester.org



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

REVENUE

United Way	\$96,168
Government	\$1,885,106
Fundraising	\$84,477
Foundation Support	\$27,764
Program Revenue	\$229,699
Total	\$2,323,214

EXPENSES

Program	\$1,972,731
Management & General	\$286,414
Fundraising	\$62,073
Total	\$2,321,218

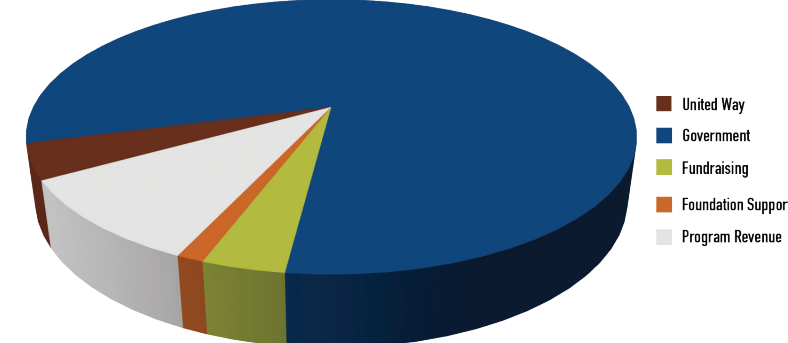
NET ASSETS

Change in Net Assets	\$3,873
Net Assets—Beginning of 2015	\$614,069
Net Assets—End of 2015	\$617,942

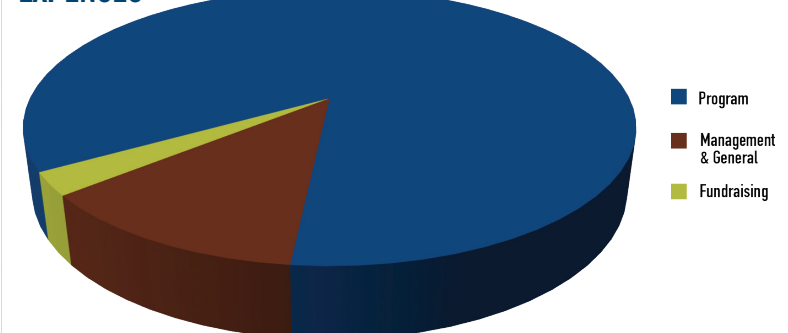
For full 2015 audited financial statements visit:
mharochester.org/about/financial-disclosure

Condensed Audited Financial Statements 2015

REVENUE



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