2015 Donors & Sponsors
Thank you to those who supported mental wellness in our community.

Dr. Darrell Peatlin is an average person like you. He had family, a beautiful home, a good job, and overall a great life. But in his 50s, Darrell’s life took a turn. He knew depression doesn’t look the same for everyone. Many suffer in silence. Darrell could always get out of bed. He would shower. He was even able to meet with clients for a while. But Darrell knew something was seriously wrong. Over time his marriage would go bad, his relationship with his daughter would change, and he would struggle to maintain his income. One bad thing after another left Darrell feeling like he was losing control.

Fortunately, Darrell woke up one day and decided he needed help. He called and called until he found somewhere that could help him that same day. That’s when he discovered the Mental Health Association.

The Mental Health Association was able to support Darrell as he took each new step in his journey to wellness. Darrell started taking every class the MHA could offer him. He got outside, engaged, and invested in his own healing.

Darrell attended the MHA’s peer support groups and discovered that he wasn’t the only one struggling with mental health challenges.

There was a community to help him understand that he wasn’t alone and that it’s possible to find wellness again. When Darrell was ready to return to the workforce, there was a network of experts at the MHA to guide him.

“I realized that at the end of the day, I was spending about 20 hours sitting in front of the TV, rummaging over 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.”

“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 anyone. 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.

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2015 ANNUAL REPORT
Empowering People to Find Wellness

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Darrell agreed to share his story because his situation could happen to anyone. 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. We support 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.
A Letter to Our Community…

As we look at the dynamic mental health system, you’ll see that the Mental Health Association continues to lead in self-help, support, and recovery. We’ve embraced these approaches to wellness since the 90s and built an array of strength-based, peer-to-peer services often provided free of charge.

In 2015, we built on our strength in post-support and partnered with East House to offer the first overnight peer support service to 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’ve always strived to improve and expand our in-house services. Wyoming County peer support services expanded the hours of operation for the drop-in center and increased the availability of transportation services for past support services in Rochester developed an employment program for people who have no other supports and focus on maintaining competitive employment. One-on-one and group supports address those critical soft skills so we look at the dynamic mental health system, you’ll see that the Mental Health Association continues to lead in self-help, support, and recovery.

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,

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 lifetime*

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.

Family Support Services

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

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.

Life Skills Services

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

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.

If you would like to read the full letter, you can do so online at mharochester.org.

Thank you to all of the sponsors and volunteers that made this letter possible. It was a great success!