Focus On Wellness!
A Letter to Our Community...

Find Wellness. — That's the tagline of the Mental Health Association of Rochester/Monroe County, Inc., and what the MHA is all about — helping people in our community (some 15,000 annually!) access the resources they need to move toward and maintain mental health.

Last summer we revisited our agency branding plan, which in 2007 introduced our current agency logo and the Find Wellness tagline. We decided to dispense with referring to certain services as “programs” because we wished to place the emphasis on the Mental Health Association as an organization that offers a spectrum of services and not stand-alone programs in the community.

In the end we revised some of our service names to succinctly and accurately convey what is offered functionally. The Mental Health Association, as a community resource, stands at the apex of this array of services. The latter might change over time in response to and anticipation of the evolving needs of our community; however, the MHA will remain true to our core mission of promoting wellness for everyone in our community, ensuring that people have access to the resources they need to find and maintain mental wellness.

In keeping with this spirit, both the staff and members of the Board invested considerable time and effort in 2014 preparing for changes in funding precipitated by Medicaid Managed Care. Part of the change will allow for services that the MHA has offered for years to be eligible for payment through Medicaid. Staff and Board are reviewing how current services will meet the new criteria allowing the agency to continue to prosper as a community resource.

2014 saw many other innovations. The Board of Directors authorized the launching of Best from Within, an internal competitive grant program through which MHA direct care staff can apply for grants from Board restricted funds for service enhancements. A total of five grants, ranging in size from $250 to $1,000, were granted last year. The program continues in 2015, with maximum grant size increased to $1,500.

Last year, the agency also introduced the MHA Wellness Founders Society to encourage gifts of $250 and larger to our Wellness for All Annual Campaign. The Society attracted 35 charter members in its inaugural year!

And, in 2014 we secured a trademark for Where's Your Wellness?, a slogan which debuted publicly earlier this year. The question, on our website, Facebook page, and on 3 by 5 cards in our reception area, invit...
In 2014, The Mental Health Association of Rochester/Monroe County, Inc. obtained a trademark for the slogan, *Where’s Your Wellness?* inviting members of our community to share comments about the places, activities, and things in their lives that nurture their personal wellness.

Mental wellness does not mean that there are no problems or stress in our lives. Rather, mental wellness means that people have the tools and resources to understand and handle their problems in ways that are positive and lead to healthy productive lives.

A key to achieving mental wellness is to strike a balance in many different areas of one's life, areas that the Substance Abuse and Mental Health Services Administration refers to as the *Eight Dimensions of Wellness*:

- **Emotional**: Coping effectively with life and creating satisfying relationships.
- **Environmental**: Good health by occupying pleasant, stimulating environments that support well-being.
- **Financial**: Satisfaction with current and future financial situations.
- **Social**: Developing a sense of connection, belonging, and a well-developed support system.
- **Intellectual**: Recognizing creative abilities and finding ways to expand knowledge and skills.
- **Physical**: Recognizing the need for physical activity, diet, sleep, and nutrition.
- **Occupational**: Personal satisfaction and enrichment derived from one's work.
- **Spiritual**: Expanding our sense of purpose and meaning in life.

Visitors to our website can share with others thoughts about where they find their wellness ([www.mharochester.org](http://www.mharochester.org)).
20th Annual Skyway Open Sponsors

Host
Eastview Mall

Ace
SMP

Eagle
Darren Lake
Excellus BlueCross BlueShield

Media
Mason Marketing
St. Vincent Press

Birdie
Bailey, Carr CPAs, PC
City Blue Imaging Services

Par
Beacon Health Strategies
Best Times Financial Planning
Deloy, Knau & Blood, LLP
DePaul Community Services
Drs. Gloria Baciewicz, Eric Caine & Dept. of Psychiatry at URMC
Kimberly Erway
Ann Gripp
Larry Guttmacher
Khalid Hubbell
Anton Pursel
Anthony Villani

Federated Clover Investment Advisors
MHA Board & Board Alumni Salute to Patricia Woods
Monroe Plan for Medical Care
Northwestern Mutual
Toshiba Business Solutions NY
Unity Mental Health

Table Displays
Westfall Associates

Donations
Wegmans

Our thanks to the many individuals and organizations who donated prizes and silent auction items.

Mental Health Support Education & Advocacy Fund (c/o RACF)
Anonymous

Peers Helping Peers Christmas Donation
Wyoming County Veterans, Inc. Ladies Auxiliary

President’s Reception Co-Sponsor
Canandaigua National Bank & Trust
Rizzo, DiGiacco, Henn & Baniewicz

3rd Party Fundraisers
Roberts Wesleyan College
MUSE Creative Arts Ministry

General Operating Support
Benevolence Community Impact Fund
MNG

Family Support Services
Peter Bonenfant

In Honor of Pat Woods’s 30th Anniversary
Donna Pritchard

Wyoming County Peers Helping Peers
Nancy Balbi
Stephen C. Snell

Creative Wellness Opportunities
Music Store Live, Ben Wineman (guitars)
NAMI
Donna Pritchard
Joseph & Irene Skalny Wibutle Trust
Mollie M. Wolf

Creative Wellness Opportunities
In Memory of Nathaniel Huff
Friends of Huff
David C. Glassner
Brian & Jean Hickey
Barbara McAllister

Life Skills
Wendy Cohen

In Memory of Adrien Chase
Scott Franklin

In Memory of Susan Hauptfleisch
Ronald R. Hauptfleisch

In Memory of Linda LaLove Freake
Allison Williams

In Memory of Rose Marie Murphy
Mother of Stephanie Fitzgerald
Alice Ennis
Patti Follensbey
Bobbi Myka

In Memory of
Darrell J. Vangellow, Cary Lazenby
Athens Capanis and Nancy Liebel
John & Elaine Vangellow

Condensed Audited Financial Statements 2014

<table>
<thead>
<tr>
<th>REVENUE</th>
<th>EXPENSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>United Way</td>
<td>$100,610</td>
</tr>
<tr>
<td>Government Contracts</td>
<td>1,840,304</td>
</tr>
<tr>
<td>Fundraising</td>
<td>98,531</td>
</tr>
<tr>
<td>Program Income</td>
<td>180,603</td>
</tr>
<tr>
<td>Interest and Dividends</td>
<td>3,299</td>
</tr>
<tr>
<td>Net Realized/ Unrealized Gains</td>
<td>14,211</td>
</tr>
<tr>
<td>Loss on Disposal of Property and Equipment</td>
<td>-6,099</td>
</tr>
<tr>
<td>Miscellaneous Income</td>
<td>5,774</td>
</tr>
<tr>
<td>Adjust Prior Year</td>
<td>-151</td>
</tr>
<tr>
<td>Total</td>
<td>$2,237,082</td>
</tr>
</tbody>
</table>
2014 Donors & Sponsors

Our donors help families, adults, and children obtain impartial, confidential information and services that support them in becoming mentally healthy members of our community.

Welcome to all who have recently joined our MHA family and those who renewed their gifts in 2014.

Wellness Founders Society
Charter Members

$1,000+)
Jim & Donna Brady
Dr. Eric M. Dreyfuss
Mr. & Mrs. Chester A. Massari
Laurie Riley
Greg & Deb Vangellow
Dan and Carolyn Wagner
Patricia Woods & Thomas J. McGrath

$500-999
Anonymous (1)
Odysseus Adamides, M.D.
& Mary Tanfield, Ph.D.
Kevin & Tami Best
Martin Kennedy (in honor of
Colin Kennedy and
& Alan Stryker)
David & Tricia Kolozyrski
Robin Laverigne
George A. Roets
Steven Sauer
Greg & Laura Soehner
Joseph & Leah Taibbi

$250-499
Anonymous (1)
Peter Bruc
Carol B. Carlson
Jack M. Carr
Chetna Chandrakala
Robert & Debra Galbraith
Carolyn G. Garman
Ann Grippo, M.D. (in honor of
Dr. Eugene Schneider)
Richard & Marilyn Hare
Lewis J. Heitman, Esq.
Cheri Conley Jones
John D. Lee
Jack McNulty, M.D.
Joan & Gerard Nobile
Sue Reh
Tom Riley
Christine M. Winters

$100-249
Anonymous (1)
Jim Ahearn
Laurie Bennett
Linda R. Bennett, Ph.D.
J. Richard Ciccone, M.D. (in honor of
Ann Grippo, M.D.)
William & Catherine O'Anza
Joe & Jeanne Demarco
Jennifer DeVault
Stephen Dvorin, M.D. (in honor of
Cindie Locicato)
Emco Commercial Flooring, Inc.
Catherine J. Finnary, M.D.
Elaine Greene Services, P.C.
Linda Hazeltine (in memory of
Steven B. Schwarzkopf, MD)
Mr. & Mrs. William N. Hosley
Ben Kendig
Richard E. Kreipe, M.D.
Kathleen Lewandowski, Ph.D.
Anne T. Loomis
Chuck & Charlene McFee
Barbara Mauger
Manohar Mohan
Stephen W. Munsan, M.D.
Benjamin Muscolino
Mary Jo Muscolino
John D. Nassar
Heather Pawlowski
Vesida Rauch
Andrew Raus
William R. Reamy, M.D.
Elizabeth & Eric Rennert
Connie Rice
Joyce Ritchie
Stanko Rodic
Wendy Rosen
Russ Schaeberl
Anthony & Gloria Scoilino
Arca Sager
Maryanne Shannon
Berrieck Skirball
Barbara J. Stevens
Ann & Tim Thane
Linda & David Trachten
James M. Wallace, M.D.
Rogers Boulay
Mr. & Mrs. Franklin Bushey
Elyn Calaza
Velma B. Campbell
Leon J. Canapary, M.D.
John & Winnie Delehanty (in honor of
Kathleen Delehanty-Jackson)
Pam Finger, LCSW-R
Joanne Finnegan (in memory of
Douglas Shirley)
Steven & Carolyn French
Thomas Gift, M.D.
Kathie Healy (in memory of
Daniel Healy)
Christopher Hodgman, M.D.
David Dickinson Kaiser (in memory of
Jayne Kaiser)
Herb Katz
Daniel McHugh
Brian Nickey
Lori Jeanne Pelquin, M.D.
Seena A. Rizzo
Gary Rosenberg, M.D.
Patty SacCent
Rose Marie Sapos
Richard Shindy
Joseph Stenzki
Doreen Stethurst, LCSW (in memory of
Phillip A. Stethurst)
Dr. & Mrs. Joseph Stankaitis
Mr. & Mrs. Milo Tomanovich
Jane Tuttle
Edward A. Tilkowski
Robert B. Young, M.D.
Bill & Dawn Youngman
Bill Yust

Under $49
Anonymous (4)
Anonymous (in memory of
Darrell Vangellow)
Debbie Bernstein
Charles & Beverly Bixby
Ann Brauerman
Steve & Nancy Carlucci (in honor of
Cheri Jones)
Audrey Catlin
Kelly R. Cerci
Mr. & Mrs. William Coons
G. Robert & Nancy K. Dean
Jessica & Frank Deil (in memory of
Hazel Habeck)
Marcia Dietz
Diane Ercolino (in memory of
Robert Galleas, Mary Woodhall &
Doug Shirley
Jason Fontz
Rebekah Gaebel
Raymond T. Gilman & Kelly A. Nagle
Dr. David C. Glasser
Valerie Goudberlet
Glenn Gravino
Jim & Suki Grossman
Barbara Harris, LCSW, ASCW
Ron & Sharon Hilton
Theresa Jones
Mr. & Mrs. Mordecai Kolko
Martha Laties
James L. Leitgeb
Sandra Lamker
Melissa Lord
Bernadette Maiere
Ruth A. Maltz, LCSW
Barbara Egan Mantraio
Lillian & Mills D. Moneey
Richard & Sharon Morales
Garry Mount & Nancy Nunck
Maureen E. Murphy
Pete Navratil
Diana D. Nielsen
Michael Polczyk
Anita M. Principi
Marvin Raphael
Marjorie Reinn
Frederick B. Remington, M.D.
Sally Schutz
Lisa D. Snyder
Debra Sponable
Robert Statham
Gregory L. Stark
Earl & Nancy Sweet
Michelle E. Vanbuskirk
Marilyn Waddell
Mark J. Warth

United Way 2104 Donors
Ariel Bentham
Sean Brouty
Katlin Bussy
Thomas Cali
Anthony Castillo
Jennifer Costa
Frank & Jessica Deil
Jennifer DeVault
Sue Dunn
Sarah Iverson
Richard & Sherron Malloy
Craig McNeil

Mary Jo Muscolino
Daniel Ort & Jeane Arden-Ont
Yasumoto
Pittal Lindsay
Richardson Moses Robinson
Sarah Rubin
Elizabeth Santos
Douglas Schmalko
Michael Schneider
John Shaw
David Shields
Ann Stabler
Sybil Tobin
Dan & Carolyn Wagner
Erica Wall
Karen Yasoon

ROC-the-DAY
Anonymous (2)
John Bank
Jim & Donna Brady
Carol Carlson
Chetna Chandrakala
Patrick Coleman
Arlene Cooper
Suzanne Crase (in memory of
Sophie Crase)
Laura Cushman
Tammie DeMarie
Joanne Dermody
Andrea Fiore
Wayne France
Renée Jacobs
Marjorie Leifer
Richard and Sherron Malloy
Karen Manuso
Ben Muscolino
Rev Shirley Pudney
Joanne Pottham
Ellen Rogers
Elizabeth J. Santos
Mary Lou Straka
Dan and Carolyn Wagner
A.M. Windig-Meikel
Karen A. Yacono (in memory of
Darrell Vangellow)

We apologize if we have inadvertently omitted or misspelled your name. Please contact Donna Dey at 585-325-3145, ext. 152, or ddey@miharochester.org so that we may correct the error.
Joanna – A Story of Courage, Resiliency, and Healing

Joanna’s childhood was not an easy one. Her mother and father divorced when she was very young and there was much shuttling back and forth between households with her parents differing greatly in their values and their approaches to parenting. Shifting weekly between radically different environments resulted in Joanna’s asking herself, at a very young age, “Who am I?”

Finding herself in a self-protective mode, Joanna says she “became a warrior.” At eight years of age, she took up martial arts, at which she excelled. Her practice sessions, which she attended two to four times each week, represented a reprieve from her chaotic home life. Eventually earning a black belt, Joanna developed discipline and self-confidence, and found an outlet for feelings of anger.

As a young girl and through her teenage years Joanna also took horseback riding lessons, finding great comfort in connecting with animals. Joanna loved everything to do with the horses, even cleaning out their stalls. Again, she excelled, and was invited to be part of a drill team.

Graduating from high school, Joanna enrolled at Monroe Community College, unsure as to what she wanted to do. Family dynamics continued to be complicated and stressful.

About this time Joanna began dating “Michael” (not his real name) in spite of the fact that he was sixteen years older than she, and they eventually married. Joanna gave birth to a daughter. Sadly, the marriage broke down and Joanna found herself feeling isolated and as if she were dying, with no voice in her marriage.

In the meantime Joanna’s daughter showed developmental delays and was diagnosed with autism. An argument with her spouse over finances in December 2012, which, Joanna says, became physically violent, was a turning point for her. “That’s it!” she said to herself.

With help from a family member Joanna fled to her biological father’s home in Avon, after which she transitioned to a shelter in Monroe County before checking herself into Strong Memorial Hospital’s Psychiatric Unit for a three-week stay. Through her social worker she explored options available to her in the community, choosing a mental health housing program offered by East House, eventually graduating to an independent living program.

As time passed Joanna found part-time work with a pet store and was interested in exploring volunteer options in the community. She learned about the Mental Health Association’s Self-Help Drop-In Services on South Avenue and made an immediate connection, understanding that here, she could make a difference for she could speak the language. And listen.

After volunteering for a couple of months at Self-Help Drop-In Services, Joanna was asked if she would be interested in a part-time staff position, and, since October 2014, she has been an official member of the staff.

Joanna recalls an incident that happened one summer when she was serving as a lifeguard at the YMCA’s Camp Arrowhead and saved the life of a young boy who had gone unnoticed in the deep end of the pool and nearly drowned. She realized that she could be an agent of healing and a source of hope, she could help people find their voice, help them to be heard.

Joanna’s goal is to become educated professionally in human services. She wants to be a mental health counselor. Currently, she has joint custody of her daughter. Joanna says that she is so grateful for what she does have. She hopes that sharing her story will help others find their own voice as she has found hers.