

2008 Annual Report



Norman J. Michaels, Jr.



Dr. Amy Kohn

A Message from the President and Executive Director

Dear Friends,

MHA accomplished great things in 2008, and we are pleased and honored to present this annual report. This past year we established MHA's leadership in serving individuals with serious mental illness and firmly committed MHA to person-centered values: Dignity, Self-Determination and Partnership. Everything we now do is based on these principles - our service delivery, our language, our documentation, our culture, our hiring and our staff performance reviews.

What does this mean in our day-to-day interactions? The people we serve are involved with planning for their own recovery; they set their own goals and work with MHA staff to achieve them. Such person-centered practices are a hallmark of MHA's new Care Coordination program and the integration of all of our services.

2008 has been a thrilling year of transformation, leading the organization into the 21st Century. It is the support of so many that has enabled us to serve our clients, our staff, and the community at-large with person-centered services. Thank you for empowering us to pursue this transformation that is so right for our community, our organization, and the people we serve.



Norman J. Michaels, Jr.
President



Dr. Amy Kohn
CEO/Executive Director

Selected Accomplishments 2008

Functional Family Therapy far exceeded its target by serving 150 children, and the program exceeded expectations by maintaining 98% of the children in their homes (rather than being removed to foster care or residential placement).

MHA Clinics provided a combined 9,106 sessions for 553 adults and 145 children. 342 collaterals and 379 unregistered children benefitted from treatment. 100% reported being treated with respect, and 99% reported liking the services.

Employment Services had participation from 163 individuals in: career exploration, job seeking, goal setting, job placement, job coaching, job retention, interpersonal skills training, diagnostic vocational evaluation, and/or cognitive remediation. 100% of participants felt that the services they received helped them to better deal with day-to-day life and 42 individuals obtained competitive employment.

Crisis intervention was made available at the **Sterling Center** for the 52 hours per week the clinic was open; the clinic provided 24-hour clinical coverage for all clients and responded to 33 after-hour emergency calls.

Nuestro Futuro provided bilingual and bicultural mental health services to 183 Spanish-speaking individuals providing 2,538 sessions to clients. Nuestro Futuro partnered with Open Door Community Medical Center to provide emotional wellness screening to children through the Child and Family Clinics Plus Program.

MHA's 2008 **Ira Stevens Conference** was held on April 18, 2008. The conference discussed effective management of sexual offenders, community policy, female offenders and sexually aggressive youth. Speakers included Dr. Judith Becker, a professor of Psychology and Psychiatry, and Alisha Klein, MAIP, the principal in a public policy consulting practice.

MHA continued efforts to **Educate the Community** about suicide prevention offering safeTALK, a community suicide awareness educational program and its companion ASIST (Applied Suicide Intervention and Skills Training). An op-ed column about the need for a coordinated approach to suicide prevention appeared in *The Journal News*. MHA staff also presented "Beyond Cutting: A Range of Self-Destructive Behavior" to more than 100 guidance counselors.

MHA initiated an ambitious **staff training** schedule, coordinated with an agency transformation toward "person-centered" service delivery. During 2009, MHA will adapt supervisory practices to monitor and reinforce the use of person-centered service delivery.

Through a competitive RFP process, MHA was selected in March, 2008, to implement a **Care Coordination** program in collaboration with the Westchester County Department of Community Mental Health. Care Coordination is based on the principles and practices of person-centered planning and targeted to adults diagnosed with serious mental illnesses with a high need for more intensive, individualized services.

Crossroads program for young adults with serious mental illnesses provided mobile mental health services for 116 young adults. Hospitalization rates were lower in 2008, and more clients served were either employed, in school or both during the service year.

Partnership Mobile Mental Health more than doubled the number of children's sessions provided from 686 in 2007 to 1,464 in 2008.

2008 Annual Financial Report

Expenditures

Advocacy, Prevention and Education	\$1,581,290
Clinical Treatment Services	\$5,716,387
Housing	\$1,409,514
Adult Rehabilitative Services	\$1,939,573
Children's Case Management	\$1,563,666
All Others	\$185,925
Fundraising	\$343,770
Total	\$12,740,125

Revenues

Medicaid	\$5,320,595
Contributions and Grants	\$358,532
Government Grants	\$5,350,491
Fees for Services	\$1,183,365
Special Events	\$340,042
Investment Income	\$86,698
Other Income	\$56,488
Total	\$12,696,211

Management and General costs are approximately 13% of agency expenses and are allocated to each program. Figures are based on the audited financial report prepared by O'Connor Davies Munns and Dobbins, LLP. A copy of the audited statement is available upon request, through MHA or from the Office of the Attorney General, Charities Bureau, 120 Broadway, New York, New York 10271.

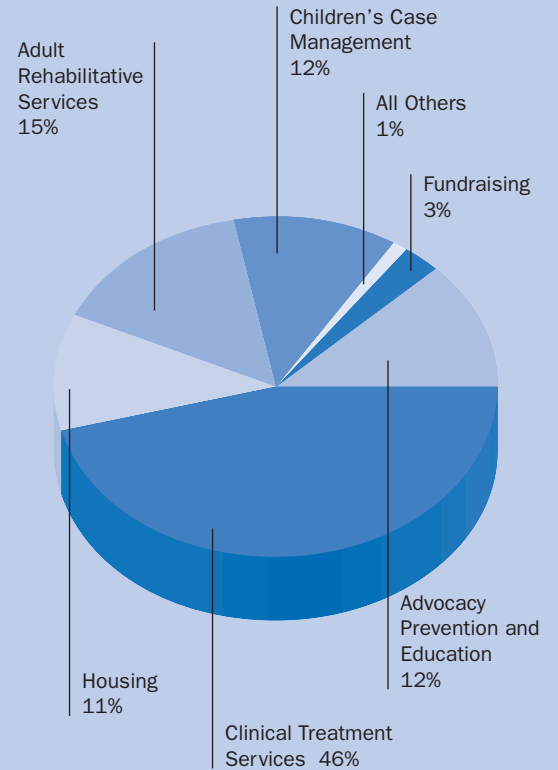
The above does not include restricted activity or unrealized gains or losses on investments.

Vital Statistics 2008

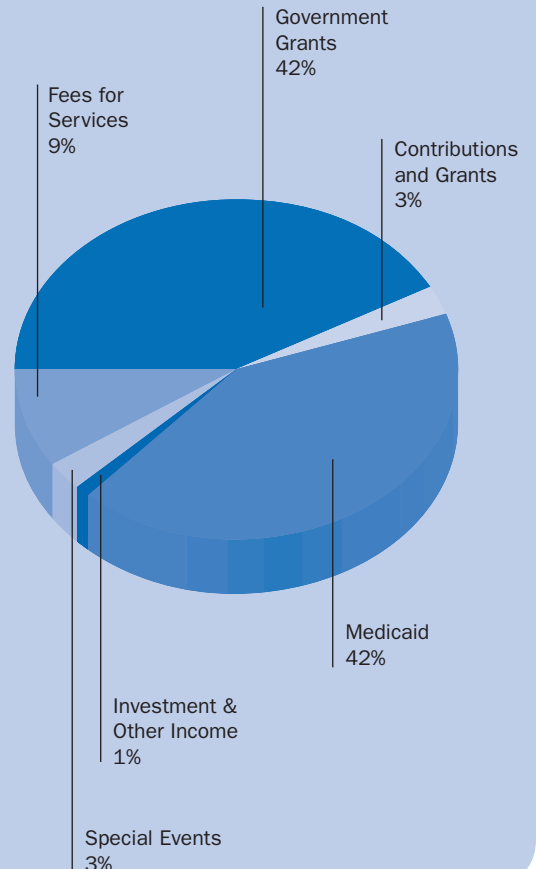
Number of Individuals Served Through:

Advocacy and Education Services	10,338
Clinical Treatment Services	1,501
Abuse Prevention Services	2,034
Rehabilitation and Support Services	694
Residential Services	90
Community Education	1,700
Volunteers	219
Information and Referral Services	3,680
Website	342,000

Expenditures



Revenues



2008 Annual Donor Report

We are so grateful for your support. There are many ways to give to MHA and each gift makes a difference. Special thanks go out to all of our volunteers, dedicated staff and caring individuals whose tireless efforts make the delivery of our services a success. Great care has been made to ensure the accuracy of this report. If we have made an error in listing your name, we sincerely apologize and would appreciate your letting us know. To do so, please contact the Development Office at 914-345-5900, ext. 292.

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Primary Locations

For Clinical Services, Education and Volunteer Programs:

Administrative Offices/Sterling Clinic
2269 Saw Mill River Road, Building 1A, Elmsford, NY 10523
(914) 345-5900 help@mhawestchester.org

For Housing, Rehabilitation and Vocational Services:

Sterling Clubhouse
29 Sterling Avenue, White Plains, NY 10601
(914) 949-7035

For Clinical Services in Northern Westchester:

Northern Westchester
Counseling Center
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www.mhawestchester.org