

2007 Annual Report



Norman J. Michaels, Jr.



Dr. Amy Kohn

A Message from the President and Executive Director

Dear Friends,

It is with great pride that we present to you MHA of Westchester's 2007 Annual Report. This has been an exciting year for the two of us, as we assumed our new leadership roles at this terrific organization. We love being a part of MHA and continually feel invigorated by our peers, our programs, our successes and our challenges.

In 2007, MHA celebrated great achievements with particular success in Supported Housing and a new Care Coordination program. MHA's philosophy has always encompassed our belief that everyone has the right to quality mental health care. The select accomplishments outlined below reflect this way of thinking and represent significant advances in expanding our capacity to help those in need, regardless of the level of adversity or ability to pay full fee.

We have put our stake in the ground. While we will continue to work tirelessly to maintain the integrity of the organization as it stands now, we will make philosophical and structural changes, to become the agency of choice for anyone in need. In the coming year we are committed to ensuring that MHA continues to evolve even further to become the premier outpatient provider for people with serious mental illness. At MHA, we maintain our belief that the entire community must work together in order to protect and promote the mental health of our families, friends and neighbors.

As always, we thank our donors, corporate sponsors and all of you who continue to support our effort and common goals.



Norman J. Michaels, Jr.
President



Dr. Amy Kohn
CEO/Executive Director

Selected Accomplishments 2007

MHA was awarded a grant from the Department of Community Mental Health to provide eleven new Supported Housing beds for our clients suffering from serious mental illness.

The Sterling Club, MHA's clubhouse, helped 34 individuals to become employed through the Transitional Employment program, up from 27 individuals employed in 2006.

The Assertive Community Treatment (ACT) program launched a new Office of Mental Health (OMH) initiative to better serve seriously mentally ill (SMI) consumers and their families. The Family Consultation Model required that the entire staff receive a two-day intensive training and ongoing weekly supervision in the model. As a result, ACT has more than tripled the number of families served.

MHA executive staff gathered for a two-day retreat designed to examine the current and future workings of the agency. The staff explored the agency, past and present, and a vision for the future. The main focus of the workshop was the importance of leadership. The staff was encouraged to enhance their own leadership skills as well as those of management.

MHA continued its work to bring suicide prevention training to the community, collaborating with New York Presbyterian Hospital Westchester to present "Recognizing Warning Signs, Saving Lives – A Conference for School & College Personnel." This program aimed to educate MHA providers on how to bring suicide prevention training to the broader community.

MHA's Functional Family Therapy (FFT) program prevented residential placement for 96% of the families served in 2007. This program also began serving the Spanish-speaking population.

Sixty-four percent of MHA's clients in Supported Housing were employed during 2007. This is the highest rate of employment achieved since this program was introduced over ten years ago.

MHA provided 160 therapeutic recreation trips for children challenged with emotional and behavioral issues, and sent 40 children challenged with emotional and behavioral issues to summer camp.

The Nuestro Futuro program obtained \$50,000 in funding from the van Ameringen Foundation, allowing the department to expand and hire a third clinician.

MHA's Northern Westchester Counseling Center (NWCC) successfully launched the Child and Family Clinics Plus screening program in the Bedford School District for all incoming kindergartners. This initiative will allow our clinics to have access to screen for emotional/behavioral wellness during the school-sponsored screening. MHA's NWCC will offer services to those whose screenings warrant it.

MHA's Care Coordination program, introduced in 2007, has been successful in providing "Person-Centered Planning" and an Integrated System of Care. This approach puts the focus on the unique needs of each individual, thus preserving the person's dignity by inviting him or her to play a leadership role in his/her own care. The person-centered approach creates a team of people who know and care about the individual, who come together to develop and share a dream for the person's future and who work together to organize and provide the supports necessary to make that dream a reality.

2007 Annual Financial Report

Expenditures

Advocacy, Prevention and Education	\$1,424,138
Clinical Treatment Services	\$4,190,561
Abuse Prevention Services	\$548,844
Rehabilitation and Support Services	\$4,900,794
All Others	\$269,104
Fund Raising	\$134,350
Total	\$11,467,791

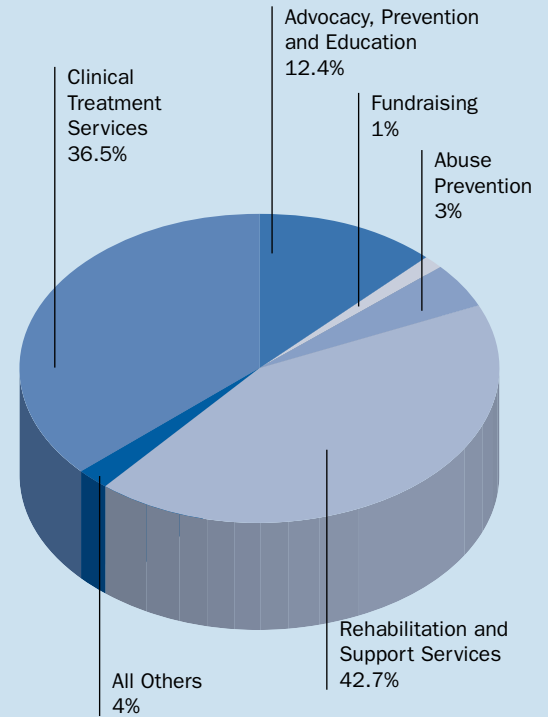
Revenues

Medicaid	\$5,072,581
Contributions and Grants	\$387,498
Government Grants	\$4,681,415
Fees for Services	\$1,056,186
Special Events	\$257,466
Investment Income	\$114,347
Other Income	\$66,401
Total	\$11,635,894

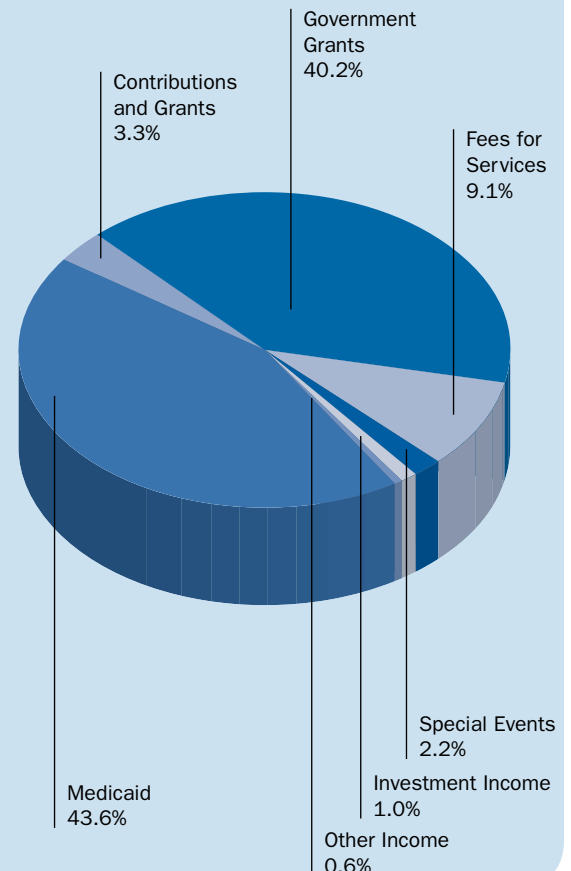
Management and General costs are approximately 14% of agency expenses and are allocated to each program. Figures are based on the audited financial report prepared by O'Connor Davies Munns and Dobbins, LLP. A copy of the audited statement is available upon request, through MHA or from the Office of the Attorney General, Charities Bureau, 120 Broadway, New York, New York 10271.

The above does not include unrealized gains on investments.

Expenditures



Revenues



Vital Statistics 2007

Number of Individuals Served Through:

Advocacy and Education Services	10,152
Clinical Treatment Services	1,268
Abuse Prevention Services	2,165
Rehabilitation and Support Services	811
Residential Services	60
Community Education	3,738
Volunteers	226
Information & Referral Services	3,280
Website	347,544

2007 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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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
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