As the revolution in healthcare reform that began in 2012 continues, we successfully and innovatively weathered rapid and profound changes. Our top priority: Providing individuals with alternatives to hospitalizations that support their recovery and allow them to remain in their communities. In these challenging times for healthcare, MHA is taking bold steps to guide the community through change while maintaining an effective safety net for all.

2013 was the year that case management was transformed into care management and health homes, with providers integrating and coordinating primary and behavioral healthcare services. As a result, MHA Westchester provided care management service to hundreds of new health home members, increasing our capacity from 68 to over 500. This is an area in which we can continue to anticipate enormous growth.

Housing is healthcare, so important for recovery—offering both community and a safe and permanent place to call home. In 2013, our housing programs saw substantial expansion: With 26 additional residents now receiving services through our new Apartment Treatment Program in Putnam County, we are now providing housing to 87 individuals.

Employment services increased 19% over a record-breaking prior year, with 52 job placements. Supporting that growth, our Work Readiness Program expanded from five days to ten days. And with funding from state-run ACCES-VR, we developed a Food Service Training Program which trained 18 individuals in all aspects of food service. Café Armando opened its doors, offering food and catering to the Sterling community, as well as to the public. Café Armando offers invaluable in-house volunteer opportunities as a way to try on a work experience in a safe environment to enhance job readiness.

All MHA initiatives are steeped in the belief that recovery is possible for all. With your continued partnership, we are committed to continuing to meet the needs of the community in the most innovative, effective and personally responsive ways possible.

Mission Statement

The Mental Health Association of Westchester County, Inc.’s mission is to promote mental health in Westchester County, New York, through advocacy, community education and direct services.


### 2013 Selected Achievements

2013 was the year that case management was transformed into care management. As a result of the creation of health homes, our referrals jumped 75%. This is an area in which we anticipate enormous growth, providing not only mental health, but primary health care coordination.

OnTrackNY, the innovative new treatment program for teenagers and young adults, opened its doors in the fall by giving presentations in local colleges, high school consortia, community health centers and in-patient hospitals. Referrals started coming in immediately.

The new Host Visitation program which trains volunteers to supervise visits between children in foster care with their families of origin — considered key to reducing the trauma of separation — served 49 children in 26 families, surpassing its goal.

At our clinics, a new initiative, Open Access for Intakes, dramatically reduced the time between referrals and initiation of treatment. New clients could also meet with an Outreach and Engagement Specialist who assists in navigating barriers and challenges. Reflecting MHA's core belief that work is central to recovery, MHA employment services staff continue to be a part of the clinic team. In 2013, 40 clients were referred to the program, 17 of whom have found paid employment.

In 2013, the Apartment Treatment Program officially admitted residents into our Apartment Treatment Program in Putnam County. Supported Housing was awarded 26 additional beds in our Shelter Plus Care Program.

Graduates of the Peer Training Program are now working in both paid and volunteer positions at locations such as the Center for Career Freedom, St. Vincent's Hospital, My Sister's Place and the Guidance Center, as well as MHA Westchester.

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### 2013 Annual Financial Report

#### Expenditures

- Advocacy, Prevention and Education $917,010
- Clinical Services $6,035,628
- Housing $2,338,430
- Adult Rehabilitative Services and Care Management $2,588,904
- Youth Services $1,631,251
- All Others $45,901
- Fundraising $259,977

**Total** $13,817,101

#### Revenues

- Medicaid $6,955,257
- Contributions and Grants $622,150
- Government grants $5,583,070
- Fees for services and rental $1,184,967
- Special events $182,695
- Investment and Other Income $136,578

**Total** $14,664,715

Management and general costs are approximately 12.7% of agency expenses and are allocated to each program. Figures are based on the audited financial report prepared by O'Connor Davies, LLP. A copy of the audited statement is available upon request, through MHA, or from the Office of The Attorney General, Charities Bureau at http://goo.gl/aICrm. The above does not include restricted activity, unrealized gains or losses on investments and prior period adjustments.

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"Coming to see my therapist here has helped me a lot. I have learned to leave the past in the past and have learned how to take steps to move forward. My therapist taught me ways to cope during times when I am down. I am truly thankful."

— Clinic client
“Café Armando opened at the Sterling Community Center offering meals to participants and staff as well as the wider community. All items on the menu are prepared by students in MHA’s Food Service Training Program.

In 2013, the ACT Team received an award for their “Commitment, Support, and Dedicated Service” to the members of Hope House, given by HDSW.

Over the last year, Mobile Mental Health (MMH) staff worked closely with DCMH leaders to pilot the implementation of Trauma Systems Therapy (TST) as a framework for treating behavioral and emotional challenges faced by children and their families in the MMH program.

In 2013, the Work Readiness Program, an Employment Services initiative, expanded from five days to ten days and is now offered more frequently. The program assesses individual needs and coaches participants so that they are better prepared to enter the work force. It also serves to enhance and reinforce a person’s knowledge of the work behaviors and attitudes required to maintain employment.

“I would definitely recommend MHA because I have learned many of the skills I need in my job. I learned how to do job hunting and manage communication with my co-workers. I learned how to accept my problems in a way where I am not hurting myself mentally. My job coach helps me talk to my manager and makes my work situation better.”

—Employment Services client

“Working as a peer keeps me focused on my goals and recovery. Working gives me more income and a reason to keep hopeful about the future. Work is recovery!”

—Peer Training graduate
We are grateful to the many individuals, families, foundations and corporations that support our work.

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 appreciate you letting us know. To do so, please contact our development department at (914) 345-5900 ext. 7511 or development@mbahwestchester.org.

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