

2010

ANNUAL REPORT



*“Bringing Wellness Home”*

Lake Area United Way Member Agency.  
Affiliate Chapter of Mental Health America of Indiana  
Healthy Families America  
Prevent Child Abuse America  
National Parents as Teachers  
National Girls Inc.

5201 Fountain Drive , Suite I  
Crown Point, IN 46307

Phone: 219-736-4955  
Fax: 219-736-4998  
[www.mhalakecounty.org](http://www.mhalakecounty.org)

## Mission and Vision

### **Our Mission**

To provide a select set of mental health and outreach services for clients and families while promoting good mental health through education, referral and advocacy for all residents of Lake County.

### **Our Vision**

The MHA of Lake County is committed to a leadership role in Northwest Indiana:

- Advocacy for people with mental illness
- Education regarding the promotion of good mental health
- Outreach and preventive services for those at risk of all ages
- Referral for high quality, culturally competent integrated mental health services

By doing so, we will be a role model for a just, humane, and healthy community in which all people are accorded respect, dignity, and the opportunity to achieve their full potential, free from stigma and prejudice.



# MHA of Lake County

## Who We Are

Mental Health America of Lake County (MHA), formerly the Mental Health Association in Lake County, was founded in 1957, primarily as an advocacy group attempting to deconstruct the stigma of mental illness. Today it remains affiliated with the national Mental Health America, and maintains a commitment to its original purpose. MHA expanded its scope over the decades, however, finding a vibrant focus on promoting wellness through services to families and youth. Its programs now include not just advocacy on behalf of those experiencing some form of mental illness, but also family support, social adjustment and social development. Healthy Families, Parents as Teachers, Making Proud Choices., I'm Thumbbody Special, Systematic Training for Effective Parenting (STEP), and Infant Safe Sleep are all successful and vigorous programs making an impact in the lives of a significant number of individuals in Lake County.



Meet our Board:

2010 Board of Directors  
Mental Health America of Lake County

Carol Sakelaris, President  
Bernadette Ziol, Vice President  
Paul Doherty, Treasurer/Secretary  
Cmdr. George Georgeff, Member at Large  
Janice Zunich, M.D., Member at Large  
Honorable Judge Mary Beth Bonaventura  
Vyto J. Damasius, R.Ph.  
Reverend Dr. Alfred Johnson  
Anne-Marie Kuczora

*"Bringing Wellness Home"*



## Family Support



Systematic Training for Effective Parenting (STEP) and Parents as Teachers (PAT) are designed to enhance child development and social achievement through parent education and support. The PAT program serves families from pregnancy until their child enters kindergarten, usually age 5.

Through personal home visits, group meetings, developmental screenings, and connections to community resources, families are provided the tools they need to help their child reach their full potential. In 2010, MHA's PAT program served **232** Lake County families.

The STEP program provides parent education in a supportive, small group environment. The classes help parents to develop open, nurturing relationships with their children. The program also focuses on discipline that makes sense and family communication. STEP reached **430** parents in 2010.



*"We have really enjoyed our visits with our parent educator. She is very thorough and patient. She has provided very helpful, useful information and great ideas of age appropriate activities for our children. We are very pleased!"*

*-Parents as Teachers participant*

## Social Development



Making Proud Choices and I'm Thumbody Special are programs designed to assist children and adolescents struggling with their identity as they attempt to develop a healthy understanding of self and others. These programs build resiliency and decision-making skills to overcome many perceptions and myths that prevail in everyday life. Through partnerships with the local schools and other community agencies, these programs had an opportunity to reach and educate over **2100** students during 2010.

The I'm Thumbody Special program focuses on the theme "No One Quite Like Me... Or You." The activities that are done with the students encourage positive self-esteem. This theme comes full circle when students take part in thumb printing to help illustrate how no two thumbprints are alike, emphasizing the I'm Thumbody Special message.



*"I learned from Girls Inc. that there are more ways to say no instead of having sex. I learned a lot and will always remember you."  
- 7th Grader, Girls Inc. Participant*

## Infant Safe Sleep

MHA's Infant Safe Sleep Education program ensures that parents have access to a safe portable pack-n-play and is aware of and understands the importance of safe sleep practices in caring for their baby.

Families will complete a 20-minute educational training based on seven steps to help reduce the risk of SIDS. MHA staff will also provide a brief safety demonstration of assembling and using the pack-n-play w/bassinette. Upon completion, participants will receive a pack-n-play to take home.

In 2010, MHA reached over 300 families and distributed 326 pack-n-plays to families in Lake County.



*"Helping all infants to sleep safely."*



## Healthy Families

Healthy Families is a home visiting program designed to support and empower parents in their efforts to raise healthy children. HF believes that parenting is the toughest, yet most rewarding job anyone will ever have and that all parents need support and encouragement. In 2010, HF provided over 2500 home visits to 260 families and their children.

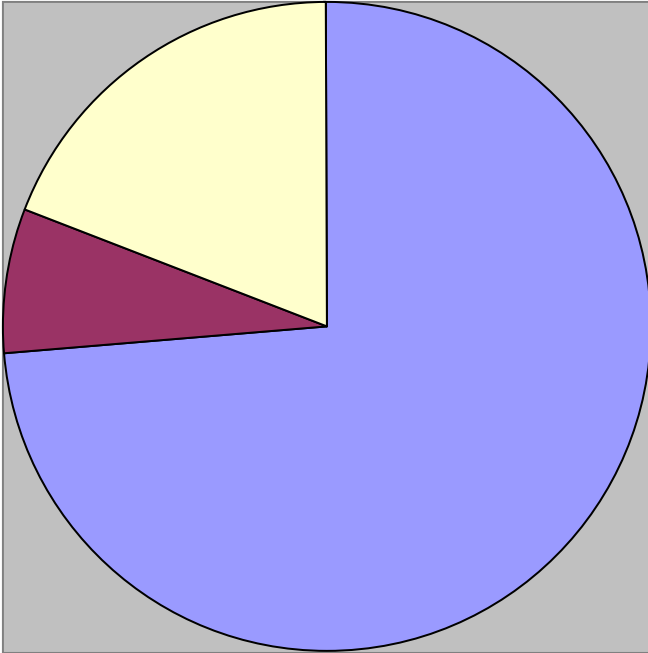
### Profile of Participants

- HF serves a diverse community; 40% of participants were African-American, 18% were Anglo-American, and 37% were Hispanic.
- HF serves parents of all ages; 25% of participants were teen parents; 53% were between 20-30 years old, and 22% were over 30 years old.
- HF serves families of all shapes and sizes; 70% of participants were single, 12% of participants were living with their partner, and 16% of participants were married.
- HF serves parents with diverse educational backgrounds; 30% of participants have completed some high school, 27% of participants have graduated high school or received a GED, 25% of participants have some college education, and 9% of parents have a college degree.
- HF serves all of Lake County; 35% of families served live in Hammond, 22% live in East Chicago, 15% live in Gary, 8% live in Griffith, Munster and Highland, 6% live in Dyer and Schererville, 7% live in Hobart, Lake Station, and Merrillville, 4% live in Cedar Lake, Crown Point, and Lowell.
- HF is meaningful to families; in 2010, 45 families graduated from our program.

*"I have talked so much about the program because I am so thankful for it. It has made me a better parent."*

*-Healthy Families participant*

HEALTHY FAMILIES 2010  
ANNUAL REPORT  
REVENUE  
9/1/09-8/31/10



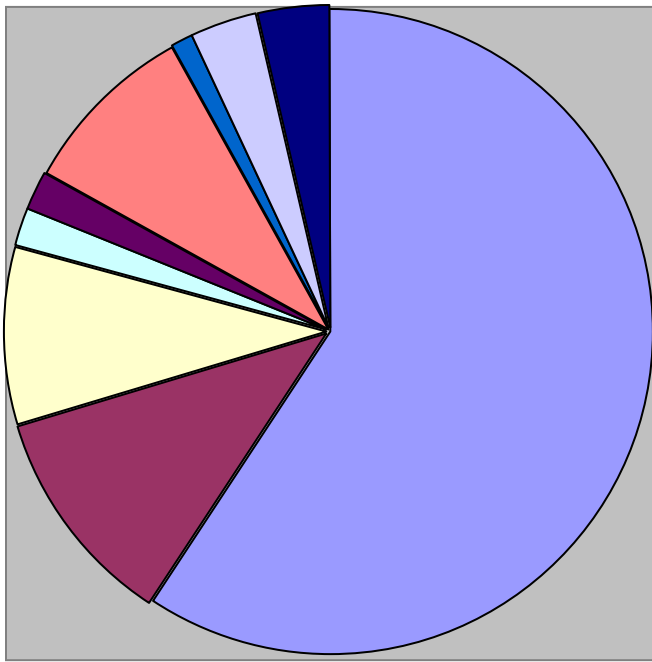
■ (74%) TANF    ■ (7%) OFC

■ (19%) SSBG

TANF	\$ 681,125
OFC	\$ 65,274
SSBG	\$ 178,441

Total                      \$ 924,840

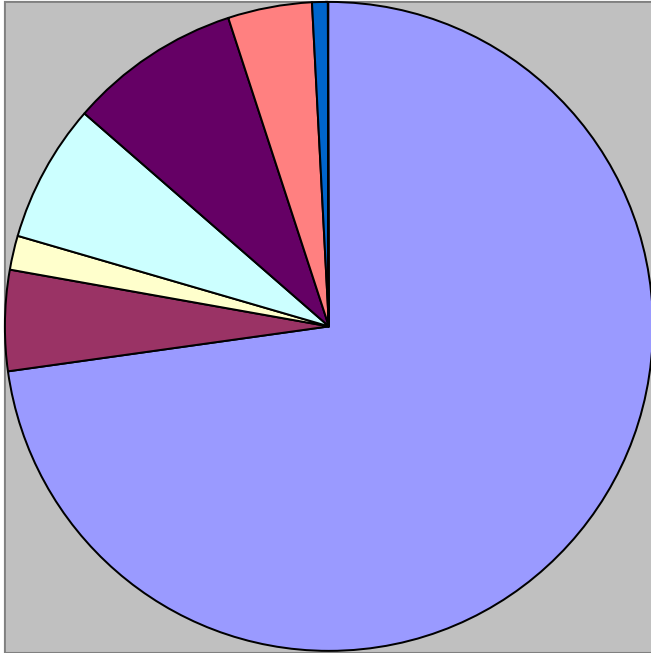
# HEALTHY FAMILIES 2010 ANNUAL REPORT EXPENSES 9/1/09—8/31/10



- (59%) Staff Salaries**
- (11%) Health/Retirement**
- (9%) Payroll Taxes**
- (2%) Fees/Contracts**
- (2%) Office Supplies**
- (9%) Property Expenses**
- (1%) Program Expenses**
- (3%) Training/Travel**
- (4%) Office Equipment**

Staff Salaries	\$593,875.04
Health/Retirement Benefits	\$110,007.13
Payroll Taxes	\$ 90,659.84
Fees and Contracts	\$ 18,629.60
Office Supplies, Postage	\$ 19,890.67
Property Expenses	\$ 88,476.04
Program Expenses	\$ 12,468.01
Staff Training/Travel	\$ 30,697.64
Office Equipment	\$ 37,575.40
<b>Total</b>	<b>\$1,002,279.37</b>

## 2010 Revenue



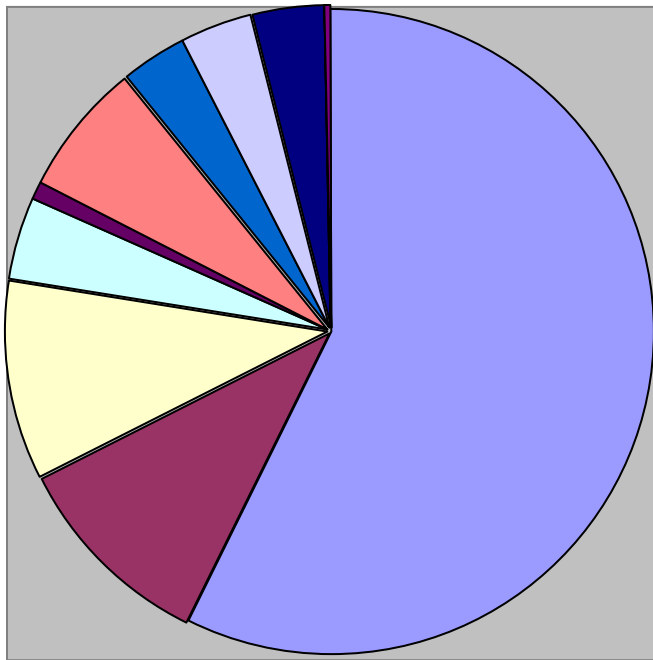
<span style="color: blue;">■</span>	<b>(73%) Healthy Families</b>
<span style="color: maroon;">■</span>	<b>(5%) LAUW</b>
<span style="color: yellow;">■</span>	<b>(2%) RESPECT Grant</b>
<span style="color: cyan;">■</span>	<b>(7%) Community Partners</b>
<span style="color: purple;">■</span>	<b>(9%) Restricted Other</b>
<span style="color: red;">■</span>	<b>(4%) Foundations</b>
<span style="color: blue;">■</span>	<b>(1%) Unrestricted Donations</b>
<span style="color: lightblue;">■</span>	<b>Memberships*</b>
<span style="color: darkblue;">■</span>	
<span style="color: magenta;">■</span>	

\* Indicates less than 1%

Healthy Families	\$ 898,451.00
Lake Area United Way	\$ 63,027.12
RESPECT Grant	\$ 20,129.97
Restricted (Community Partners)	\$ 85,961.48
Restricted (Other)	\$ 107,601.67
Foundations	\$ 50,000.00
Unrestricted Donations	\$ 10,415.43
Memberships	\$ 550.00

Total \$ 1,236,136.67

## 2010 Expenses



- (57%) Staff Salaries
- (10%) Health/Retirement
- (10%) Payroll Taxes
- (4%) Fees/Contracts
- (1%) Office Supplies
- (7%) Property Expenses
- (3%) Program Expenses
- (4%) Training/Travel
- (3%) Office Equipment
- Fundraising\*
- Volunteer\*
- MHAI\*
- Misc.\*

\* Indicates an amount less than 1%

Staff Salaries	\$752,660.61
Health/Retirement Benefits	\$137,508.91
Payroll Taxes	\$130,829.46
Fees and Contracts	\$ 54,798.67
Office Supplies, Postage	\$ 12,598.54
Property Expenses	\$ 86,323.58
Program Expenses	\$ 46,080.75
Staff Training/Travel	\$ 47,026.26
Office Equipment	\$ 45,560.19
Fundraising	\$ 0.00
Volunteer Expenses	\$ 495.99
Miscellaneous	\$ 3,336.65
MHAI Dues	\$ 750.00
<b>Total</b>	<b>\$1,317,969.61</b>

Meet our Staff:

2010 Staff

William Sellers, Executive Director

Al Trease Battle, Family Support Specialist

Becky Huff, Family Support Specialist

Christine Garza, Family Support Specialist

Debbie Kaplan, Volunteer Family Support Specialist

Debbie Price, Finance Manager

Eleana Luna Magallanes, Family Support Specialist

Lena Wilburn, Family Support Specialist

Linda Navarez, STEP Facilitator

Lynette Ajibade, Healthy Families Supervisor

Meg Givens, Healthy Families Supervisor

Marie Gonzalez, Parent Educator

Melinda Roth, Family Support Specialist

Michelle Johnsen, PAT Coordinator

Nicole Satterfield, Program Facilitator

Rhonda Brogdon, Parent Educator

Sara Walker, Parent Educator

Siboney Llano, Family Support Specialist

Sherry Landrum, Healthy Families Supervisor

Terany Collins, Family Support Specialist

Tina Arnold, Family Resource Specialist

Wendy Hensley, Program Director

Vickie Rainwater, PAT Coordinator

*"Bringing Wellness Home"*

