

2009

Annual Report



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“Bringing Wellness Home”



Lake Area United Way Member Agency.
Affiliate Chapter of Mental Health America of Indiana

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 other Mental Health Americas of Indiana and will promote 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, Girls Inc./Making Proud Choices, I'm Thumbbody Special, Systematic Training for Effective Parenting (STEP), and Infant Safe Sleep are all successful and vigorous programs that serve a significant number of individuals in Lake County.



Meet our Board:

2009 Board of Directors
Mental Health America of Lake County

Carol Sakelaris, R.N., President
Bernadette M. 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

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Family Support



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

Families are also provided tools to develop their child's resiliency, along with ensuring the 40 developmental assets are explored. In 2009, MHA served **875** children and families in Lake County.

The STEP program serves families in three categories: early childhood, teen, and general. These programs focus on topics important to parents today. STEP reached over **426** families in 2009.



"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

girls
inc.®



Girls Inc./Making Proud Choices and I'm Thumbbody 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 **2,800** students during 2009.

The I'm Thumbbody 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 Thumbbody 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*

Cribs for Kids

MHA's Infants 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.

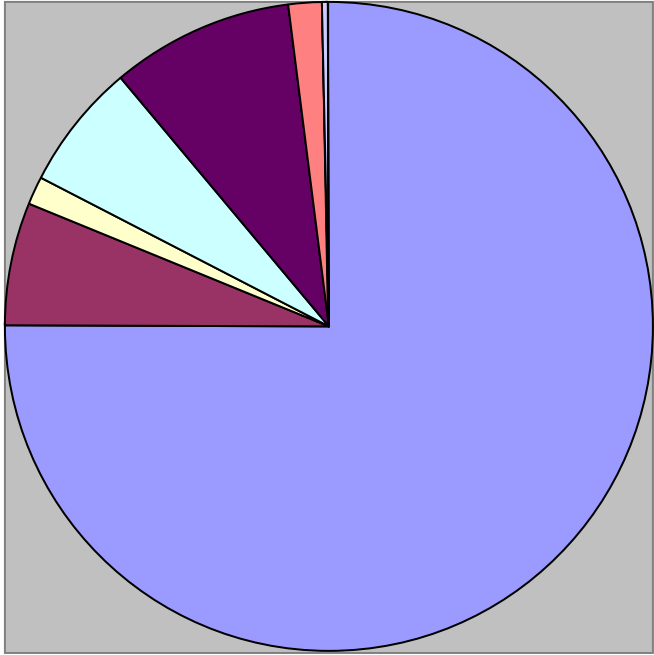
Families will complete a 20-minute educational training based on seven steps to help reduce the risk of SIDS. MHA staff will also provide a brief safety demonstration of assembling and using the pack-n-play w/bassinette. Upon completion, participants will receive a pack-n-play to take home.

In 2009, MHA reached over 500 families and distributed 568 pack-n-plays to families in need in Lake County.



"Helping all infants to sleep safely."

2009 Revenue

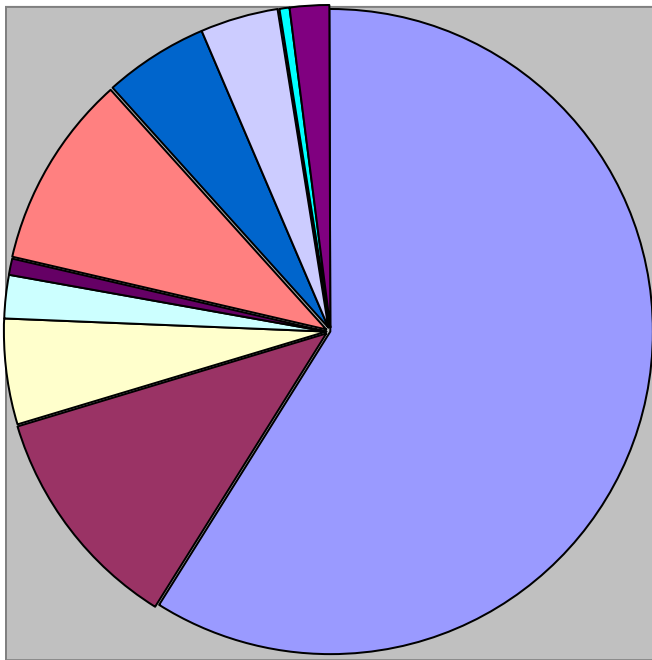


- (75%) Healthy Families
- (6%) LAUW
- (2%) RESPECT Grant
- (6%) Community Partners
- (9%) Restricted (Other)
- (2%) Foundations
- * Unrestricted Donations
- * Memberships
- * Special Events

* Indicates less than 1%

Healthy Families	\$ 835,489.00
Lake Area United Way	\$ 68,868.00
RESPECT Grant	\$ 17,500.00
Restricted (Community Partners)	\$ 70,633.76
Restricted Other	\$ 100,839.49
Foundations	\$ 20,000.00
Unrestricted Donations	\$ 889.55
Memberships	\$ 250.00
Special Events	\$ 1,550.00
Total	\$ 1,116,019.80

2009 Expenses



- (59%) Staff Salaries
- (11%) Health/Retirement
- (5%) Payroll Taxes
- (2%) Fees and Contracts
- (1%) Office Supplies
- (10%) Property Expenses
- (5%) Program Expenses
- (4%) Training/Travel
- Office Equip. *
- Fundraising*
- Volunteer*
- MHA I*
- (1%) Misc.

* Indicates an amount less than 1%

Staff Salaries	\$680,294.78
Health/Retirement Benefits	\$130,949.06
Payroll Taxes	\$ 59,957.25
Fees and Contacts	\$ 24,465.00
Office Supplies, Postage	\$ 12,347.56
Property Expenses	\$110,014.11
Program Expenses	\$ 60,549.15
Staff Training/Travel	\$ 45,100.33
Office Equipment	\$ 361.00
Fundraising	\$ 0.00
Volunteer Expenses	\$ 1,470.03
Miscellaneous	\$ 20,958.71
MHAI Dues	\$ 6,875.00
Total	\$1,153,341.98

Meet our Staff:

2009 Staff

William Sellers, Executive Director

Al Trease Battle, Family Support Specialist

Christina Arnold, Family Support Specialist

Christine Garza, Family Support Specialist

Cynthia Vargas, Family Resource Specialist

Debbie Kaplan, Family Support Specialist

Kristen Verhoeve, Program Director

Wendy Kaplan, Program Manager

Terany Collins, Family Support Specialist

Grace Moreno, Family Support Specialist

Lynette Ajibade, Family Resource Specialist Supervisor

Meg Givens, Family Support Supervisor

Michelle Johnsen, PAT Coordinator

Eleana Luna Magallanes, Parent Educator

Nicole Satterfield, Program Facilitator

Sharon Fee, Business Manager

Siboney Llano, Family Resource Specialist

Tina Arnold, Family Support Specialist

Sherry Landrum, Program Manager

Sara Walker, Parent Educator

Linda Navarez, STEP Facilitator

Vickie Rainwater, PAT Coordinator

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