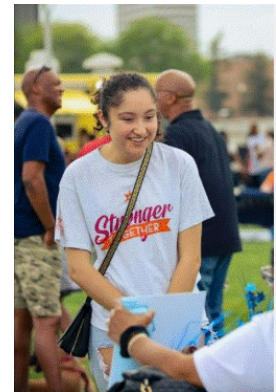


Annual Report **2022**

Mental Health Awareness of Michiana (MHAM), an affiliate of Mental Health America, began in 2018 with the belief that good mental health is critical to overall wellness. We promote individual and community well-being through initiatives that eliminate stigma, build collaboration, and improve access to care, especially for those historically marginalized. Early identification, accurate diagnosis, and access to effective treatment helps people at every stage of life lead meaningful and productive lives.



Eliminating Stigma

Education: Our Public and Provider educational classes eliminate stigma and promote access to effective care and community resources.

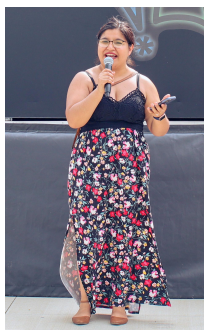
Public Education: “Understanding Mental Health”, “Navigating the Mental Health System”, “Mental Health and Relationships”, and “Overcoming Stigma”, offered free of charge, **reached over 200 community members.**

Provider Education: Our provider education classes highlight local mental health concerns, promote cultural responsiveness, and develop clinical skills. We provided **10 affordable and high-quality classes attended by more than 600 people.**

Public Events: We hosted four large public events in 2022 attended by more than 300 people and 67 community organizations.

Feel Reels Film Festival: Leadership South Bend Mishawaka organized this event at the beautiful Community Learning Center, providing a free showing of “Inside Out” and highlighting local filmmaker, Danielle Minnes-Cook, and her film “Hard Road to Happy”. Dr. Margaret Jessop, Self Healing Communities, and Girls on the Run led children’s activities.

2nd annual Mental Health Fair in Howard Park: Emceed by MHAM Board Vice President, Yessica Lawson, the Fair highlighted youth-serving organizations: Free Your Wings, La Casa de Amistad, Connect2betheChange, and the South Bend Police Athletic League. U93 broadcast live, fun kids activities, and food trucks contributed to the success of the event. 30 community organizations participated with resource tables.



Autism Symposium: Dr. Joshua Diehl from Logan Center led an informative two-hour training on Autism. Practitioners and Community members attended this informative hybrid symposium. Local community organizations tabled at the event.



Mental Health Summit: Close to 150 people attended our inaugural Mental Health Summit held at the St. Joseph County Library Community Learning Center. The event highlighted Self Healing Communities, organizations, and initiatives improving access to mental health care in Michiana. Our event planning committee, speakers, and resource tables represented 30 healthcare, mental health, community-based organizations, and educational institutions.



Improving Access to Mental Health Care

Pro Bono Counseling Project (PBCP): In its second full year, the PBCP is grounded in collaboration and a shared desire to increase access and equity in mental health care. The PBCP brings short-term mental health counseling to individuals, couples, or families in the community who would not otherwise have access due to being uninsured or underinsured. The model uses volunteer, licensed, and insured mental health counselors in Michiana. This project demonstrates a consistent impact as the number of “Bad mental health days in the past month” decreases significantly. Three-quarters of participants report satisfaction with making progress toward their goals and would recommend this project to friends and family.

21 volunteer clinicians and master’s level interns provided care to 30 clients for a total of **198 sessions** in 2022.

Mental Health Screening: Screening encourages early identification and access to care. We provide easy access to Mental Health America’s free, online screening tools. These confidential, scientifically-validated screening tools are available in both English and Spanish. **Over 3,600 screenings** were completed in the Michiana area, an increase of almost 700% from before the pandemic. More than three-quarters of the screenings show moderate to severe scores, mostly from anxiety and depression. Young people, 12-24 years old, complete more than half the screenings. Most have never accessed care.

Collaboration

We would not be as effective in reaching the community without many individuals and organizations collaborating as volunteers, speakers, vendors, sponsors, supporters, and on planning committees.

We celebrate the 90 volunteers, interns, mental health and health organizations, and educational and community-based organizations who partnered with us for successful programming.



<p><u>PBCP Volunteer Clinicians</u></p>	<p>Naomi Adams, Kathleen Cook, Jean Davidson, Rachel Ford, Neil Gilbert, Maria Guarraci, Betty Guzman, Keilah Hammood, Kathleen Jones, Lisa Kelly, Angie Mills, Tonya Newton, John Petersen, Amanda Rhoades, Paul Sexton, Stephanie Szabo, and Lisa Yeager. Participating Interns: Joni Bradberry, Janee Carlile, Elyse Chudzynski, and Amy Wise.</p>
<p><u>Presenters</u></p>	<p>Naomi Adams, Janee Carlile, Juan Constantino, Joshua Diehl, Christopher Drapeau, Aja Ellington, Rebekah Go, Kimberly Green Reeves, Jennifer Hames, Captain David Herron, Felecia Howell, Takisha Jacobs, HR Jung, Erica Kelsey, Velshonna Luckey, Kelli Liechty, Richard Mountsier, Tonya Newton, Baye Sylvester, Crystal Whitlow, Tarek Zidan, Ann Lutz, Roxanne Kazemi, Latasha Matthews, Marc Buchanon and St. Joseph County Clubhouse.</p>
<p><u>Educational Institutions</u></p>	<p>University of Notre Dame (Psychology Department, Center for Social Concerns: McNeill Fellowship, Shaw Center for Children and Families, SPIRIT Initiative, Notre Dame Law School Exoneration Clinic), IUSB School of Social Work, Indiana Tech, South Bend Community School Corporation, Concord High School, Purdue Polytech High School.</p>
<p><u>Public Libraries</u></p>	<p>St. Joseph County Public Library, Mishawaka Public Library, and Elkhart Public Library</p>
<p><u>Community Organizations</u></p>	<p>Beacon Resource Center, Benchmark Family Services, Big Brothers/ Big Sisters, Center for the Homeless, Clubhouse of St. Joseph County, Connect2bthechange, Foundation for Self Esteem, Free Your Wings, Gemenus Early Childhood Learning, Girls on the Run, Girl Scouts of Central Indiana, Goodwill Industries, Imani Unidad, La Casa de Amistad, LGBTQ Center, Leadership South Bend Mishawaka, REAL Services, Self-Healing Communities of Greater Michiana, St. Margaret House, South Bend Police Athletic League, SHIP and YSB</p>
<p><u>Mental Health Organizations</u></p>	<p>Bowen Center, Cornerstone Family Therapy, ANAM CARA, HumblyChanging, InSource, Meridian HS, Journeys, Lighthouse, Adaptive Solutions, Oaklawn, Psych Pointe,</p>
<p><u>Health Care organizations</u></p>	<p>Beacon Community Impact, St. Joseph County Health Department, Camp Evergreen, Center for Hospice Care, Healthlinc, Indiana Health Center, Anthem Medicaid, HUMANA</p>
<p><u>Substance Use Treatment</u></p>	<p>AARC, Allendale Treatment, SPA Women’s Ministry Homes, Naxos Neighbors, Victory Clinic</p>
<p><u>Coalitions and Advocacy Groups</u></p>	<p>SJC Cares, Faith in Indiana, Indiana Crisis Response Network, League of Women Voters</p>
<p><u>Religiously Affiliated:</u></p>	<p>Pastor Carl Hetler, Broadway Christian Parish UMC, Transformation Ministries</p>
<p><u>Local Businesses:</u></p>	<p>5 Star Sheets, Gibson, Allies Cafe & Catering, Palmer Funeral Homes</p>

Board Members

The Board has donated many hours to the development of MHAM over the past four years. We are deeply grateful to current Board Members.

Communications

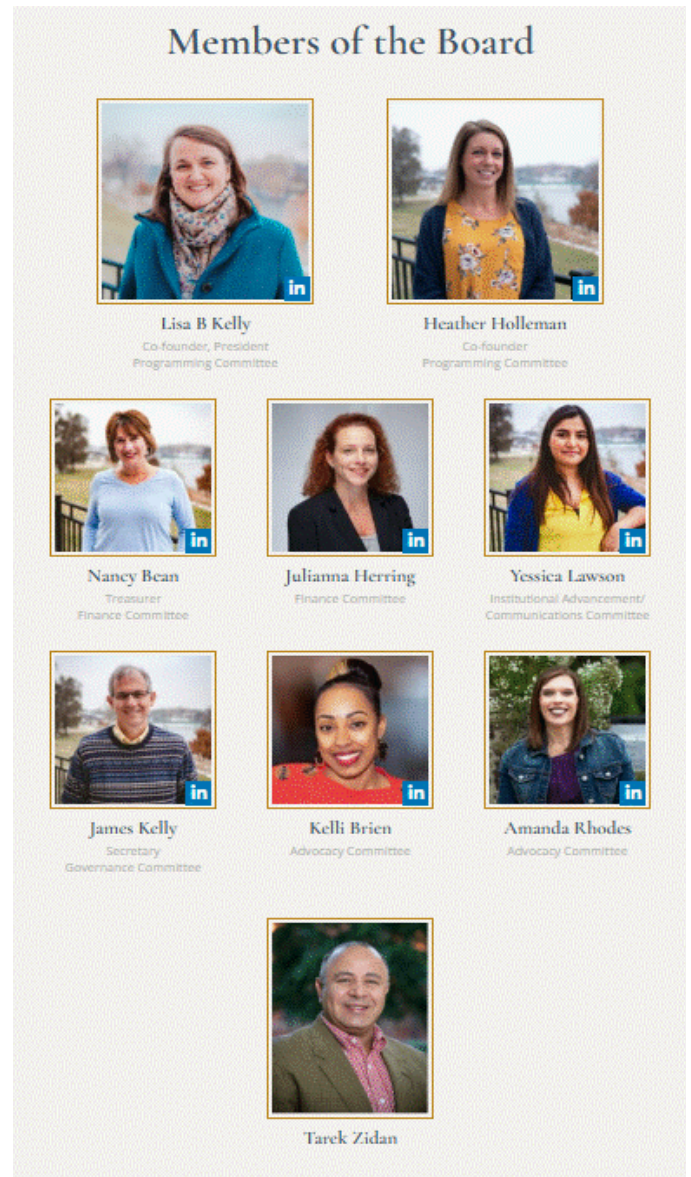
Social Media: Our social media promotes positive mental health messaging and events. Our YouTube Channel has reached over 3,000 views of our recorded classes and events. Our weekly email newsletter is distributed to 1,400 community members. Our Facebook followers have held steady at over 7,000.

MHAM in the News: [‘Mental Health Awareness of Michiana’ offering free classes to navigate mental health \(wndu.com\)](#)

MHAM YouTube Channel: [Mental Health Awareness of Michiana - YouTube](#)

MHAM Facebook Page: [Mental Health Awareness of Michiana- Facebook Page](#)

MHAM Instagram Account: [Mental Health Awareness of Michiana- Instagram](#)



Diversity, Equity, and Inclusion

We are committed to diversity in our programming. A BIPOC (Black, Indigenous, People of Color) grant from MHA National and CVS allowed us to engage an Outreach Coordinator with a focus on community outreach to historically marginalized communities.



Financial Sustainability

Grants provide foundational support for our work. We are proud grant recipients from:



Sponsors are key to successful events. The following organizations have been very generous:

GOLD LEVEL SPONSORS: Beacon Health Foundation, Bowen Center, and Goodwill Industries

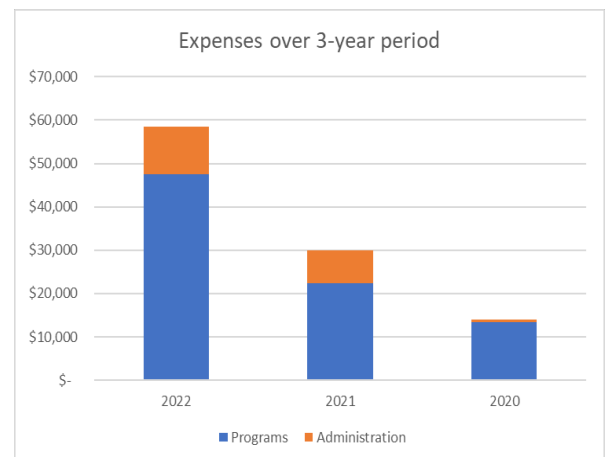
SILVER LEVEL SPONSORS: University of Notre Dame, HUMANA, and Oaklawn Foundation.

BRONZE LEVEL SPONSORS: The Shaw Center for Children and Families, THK Law, Self Healing Communities, Center for Hospice Care, Anthem, Indiana Tech, Lisa B Kelly, Lighthouse, Meridian, Psych Pointe, 1st Source Bank, Gibson, Healthlinc, and Palmer Funeral Home.

Because of the generosity of our funders, sponsors, and individuals in the community, MHAM grew over 1.5x from 2020-2022. This allowed us to substantially expand our programs and serve more individuals throughout St. Joseph, Elkhart, and Marshall counties.

2020- 2022 Financial Report Overview

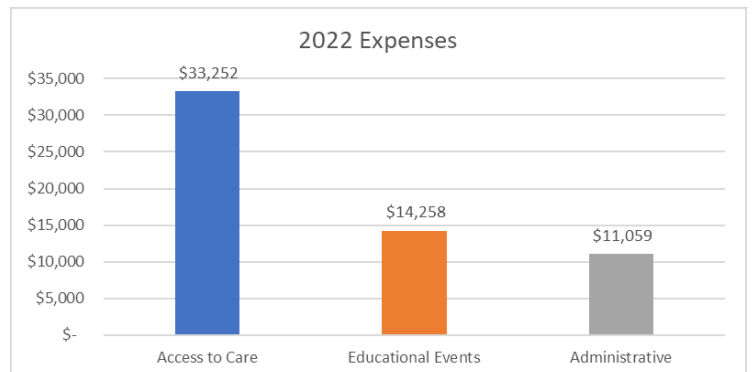
	2022	2021	2020
Income	\$ 74,532	\$ 53,209	\$ 28,120
Expense	\$ 58,569	\$ 29,909	\$ 13,920



We are proud to be good stewards of the money we receive and keep our overhead expenses low as we continue to grow and develop our organization. In 2022, we achieved an 80% Programs to 20% Administrative expense ratio.

2022 Expenses

Access to Care	\$ 33,252
Educational Events	\$ 14,258
Administrative	\$ 11,059
Total	\$ 58,569



We are committed to continuing our work to eliminate stigma around mental illness and break down barriers that prevent access to care.