

2023

Annual Report

MHAM
Mental Health Awareness
of Michiana

An affiliate of
MHIA
Mental Health America

Eliminate Stigma
Build Collaboration
Improve Access to Care

mhamichiana.org

A note from co-founder
& Executive Director



LISA KELLY

LCSW, MPH

What a remarkable journey 2023 has been for MHAM! Thanks to the generous support of the Accelerator Initiative, we made incredible strides in building our infrastructure, marking a significant shift from relying on contractors to welcoming our first paid staff members. At our inaugural fundraising event, we proudly recognized the invaluable contributions of our Founding Board. It was heartwarming to celebrate alongside our community partners and dedicated volunteers whose support has been instrumental in our achievements. Being awarded the Compassion Award from City Remnant at their MLK Sunday Supper was a true highlight of our year.

Our programs have thrived, touching the lives of over 1500 individuals across Michiana—a remarkable 68% increase from the previous year. We expanded our presence in Elkhart County and continued to host successful events in St. Joseph County. Moreover, we launched events tailored to the mental health needs of pregnant and postpartum women and justice-involved citizens. Our commitment to mental health literacy also saw us tripling the number of free classes offered to the community.

In 2023, our professional development courses aimed at skill enhancement and addressing disparities were met with great enthusiasm. The Pro Bono Counseling Project saw a significant uptick of over 50% in demand for counseling and referrals—a testament to the impact we're making. Participant feedback continues to inspire us, with consistently high satisfaction rates across all our programs.

None of this growth would have been possible without the increased financial backing we received. Grant funding has played a pivotal role in ensuring our financial stability, alongside continued support from corporate partners and individual donors. Thanks to all of you, we not only met but exceeded our financial goals for the year, providing us with a robust start to 2024.

I am incredibly proud of the strides MHAM has made, eager to share our successes with you all, and deeply honored to lead this exceptional organization.

MISSION & VALUES

The mission of Mental Health Awareness of Michiana is to improve the quality of life for those living with mental illness and mental health concerns in Michiana through initiatives that eliminate stigma, build collaboration, and improve access to care, especially for those who have been historically marginalized.

2023 BOARD MEMBERS

Nancy Bean
Kelli Brien

Julie Herring
Heather Holleman

Paige Jackson
Jim Kelly

Lisa Kelly
Yessica Lawson

Amanda Rhoades
Tarak Zidan

2023 STAFF

Jan Marable, *Education & Events*
Coordinator

Emily McCoole, *Communications*

Lisa Kelly, *Executive Director*

Linda Raven, *Pro Bono Counseling*
Project Coordinator



FELLOWS, INTERNS & STUDENTS

Joe Ernst
Lily Maus

Lizzie Petrosky
Eli Servais

VOLUNTEERS

Event Planning Committee

Mac Anderson
Jennifer Carter
Tracina Chism-Fikes
Tyler Flores
Tre Goodhue
Carl Hetler

Felicia Howell
Erica Kelsey
Jennifer Lefever
Ari Lopez
Hatti Miller
Raegan Minear

Natalie Nickel
Leah Plank
Shin Yee Tan
Robin Vida
Jeff Walker
Rebecca Zakowski

Pro Bono Counseling Project

(Therapists, Supervisors, Interns)

Naomi Adams
Sara Baxter
Janee Carlile
Elyse Chudzynski
Jean Davidson
Gisselle Dwyer
Angela Fitch
Neil Gilbert
Jennifer Grubbs

Maria Guarraci
Betty Guzman
Angela Henry
Emily Horn
Lisa Kelly
Yessica Lawson
Angie Mills
Tonya Newton
Taylor Odviar

John Petersen
Lily Price
Amanda Rhoades
Melina Sample
Katie Steele
Nina Stoeckel
Stephanie Szabo
Lisa Yeager

MHAM IMPACT OVERVIEW

ELIMINATE
STIGMA

We eliminate stigma through different approaches: classes, events, and promoting mental health screening. Classes are designed to improve mental health literacy for the general public, encourage talking to someone about their mental health, and increase the likelihood of completing a mental health screening. In 2023, we provided:

- **44 classes and events reaching over 1,300 people**
- **3,000 mental health screenings were completed**

BUILD
COLLABORATION

Collaboration is central to our work. Michiana is rich with individuals and organizations doing great work. This year, we invited individuals and organizations to partner with us to speak at classes and events, volunteer as Pro Bono Counseling Project counselors, help with event planning, and staff resource tables at our events. Our work was elevated through the help of **170 individual and organization partners**.

IMPROVE ACCESS
TO CARE

Accessing mental health care can be challenging for a variety of reasons. Our **Pro Bono Counseling Project** addresses those challenges head on by assisting applicants with referrals and matching individuals to short term counseling.

- **164 applications received, an increase of 80% from the prior year**
- **43 clients received 251 free counseling sessions from 27 volunteer clinicians and interns**
- **80 applicants received referral assistance**
- **67% of applicants were from vulnerable zip codes in St. Joseph & Elkhart counties**



COLLABORATORS:

Individuals and organizations contributing as presenters, panelists, and vendors

Alcohol and Addictions Resource Center
Alejandro Saucedo
Allendale Treatment Center
Amber Terry, Goodwill Industries
Angela Henry, LCSW
Anna Sawatzky, The Source
Anthem BC/BS
ASPIN
Bashor Children's Home
Beacon Resource Center
Big Brothers/ Big Sisters
Birdie Gunyon Meyer, PSI
Bowen Center
Boys and Girls Club of SJC
Broadway Christian Parish
CAPS
Carrie Zickefoose, SPA Women's Ministry
Center for Community Justice
Center for Hospice Care
Chris Geyer, Parents of Addicted Loved Ones
City of South Bend
Clean Slate Centers
Connect 2b the Change
Crystal Whitlow, LCSW
Dismas House
Dr De Bryant, IUSB
Dr. Camila Arnaudo
Elkhart County Suicide Prevention
Excel Center, Elkhart County
Exoneration Justice Center, Notre Dame Law School
Family and Children's Services
Humbly Changing
Firm Foundation Counseling

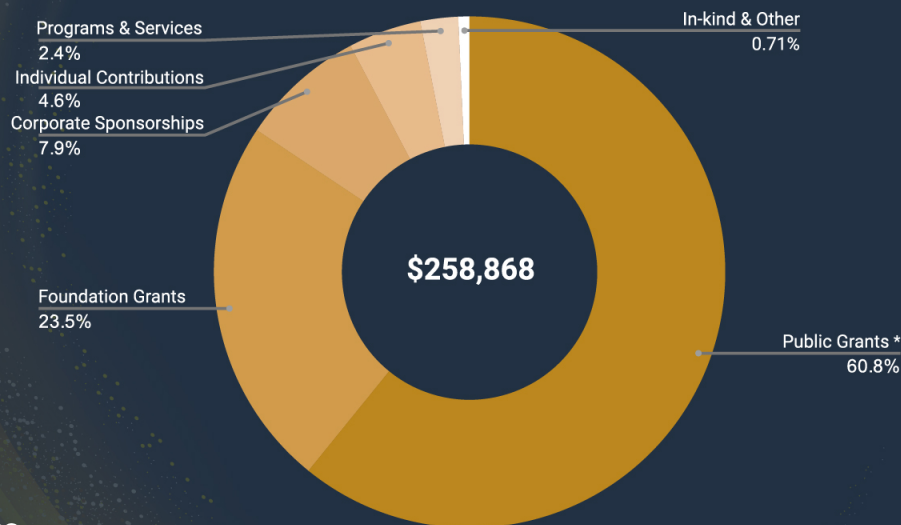
Five Star Life
GCSCORED
Gilberto Perez, Goshen City Council
Girl Scouts of Northern Indiana-Michiana
Goodwill Industries of Northern Indiana
Healthline
Heart City Health
Hon Andre Gammage
HR Jung, LGBTQ Center
Humana
IBEW Local 153
IHCD
IN Alliance on Prenatal Substance Exposure
Indiana Center for Recovery
Indiana Health Center
Indiana Medicaid
Indiana Tech
Insight
IU School of Medicine
IU School of Social Work
Ivy Tech
Jasmine Johnson, MD
Jen Sweazy, Art Dabbler
Jessica Richmond Castello, FJC
Jim Baxter, One Roof
Keys Counseling
Kimberly Green Reeves, Beacon Community Impact
Landmark Recovery
Leah Plank, Triple P Elkhart County
Lindsay Diener- Locke, Ryan's Place
Mary Amy Smallwood
Maureen Bauer, State Representative
Mdwise
Meghan Buell, Trans Resource Center
Michelle Miller, PhD

NAMI SJC
Nancy Salazar
Naxos Neighbors
Nicole Williams, Rhythm to You
Oak Street Health
Oaklawn
Quit Now Indiana
Ray of Hope
REAL Services
Rebekah Go, Faith in Indiana
Recover Michiana
Robin Vida, SJC Health Department
Rona Plummer, SJC Public Library
SBCSC Adult Education
SCAN, Inc
Sharon McBride, SJC Community Corrections
Shaw Center for Children and Families
Sheriff Bill Redman
SJC Cares
SJCRMC
South Bend Civic Theater
St. Joseph Forensic Department
Take Heart
Takisha Jacobs
Ted Beauchaine, SPIRIT
The Post
The Source
Tobacco Free SJC
Tolson Center
Tonya Newton
Velshonna Luckey, Self Healing Communities
Victory Clinical Services
Youth Service Bureau

FINANCIAL HIGHLIGHTS

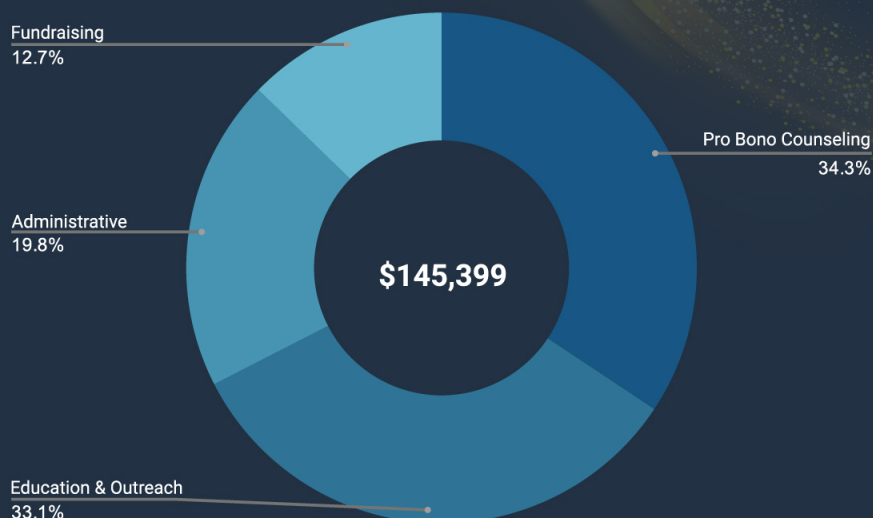
The following charts represent our total revenue & expenditure categories. Increasing revenue led to new staff roles and allowed us to further develop our services & programs to ensure we're reaching the areas that need us the most!

Distribution of Revenue



* 35% of Accelerator Initiative grant used in 2023; remainder rolled to 2024

Distribution of Expenses



Fundraising Efficiency Ratio
7.0%

Management Efficiency Ratio
20%

Program spending ratio
67%



Accelerator



GRANT FUNDERS



DONORS

CORPORATE SPONSORSHIPS

1st Source Bank
Alcohol & Addictions Resource Center
Anthem Blue Cross Blue Shield
Beacon Health System
Bowen Center
Healthlinc

Indiana Tech
Ivy Tech Community College
Lisa B Kelly, LCSW, LLC
MDwise, Inc.
Oaklawn Psychiatric Center, Inc.
Pathways To Parenting

Psych Point
St. Joseph County Community Corrections
Self Healing Communities of Greater Michiana
Shaw Center for Children and Families
The Source
University of Notre Dame

INDIVIDUAL DONORS



Kate & Matt Barrett
Peter Bauer & Mary Ellen O'Connell
Nancy Bean
Kelli Brien
William & Patricia Buonaccorsi
Barbara Carmichael
Janel Carroll
Brett Cavanaugh
Elizabeth Cobb
Donna & Dean Fecher
Antoinette Fein
Judith & Chris Fox
Gamma Phi Delta Sorority
Jennifer Grubbs
Julianna Herring
Heather Holleman
Robert & Lucy Jones
Brighid Kelly
Lisa & Jim Kelly

Dwight King & Mary Hendriksen
Mariann Krizman
Yessica Lawson
Francesca & Christian Matozzo
Nancy McAdams
Thomas Merluzzi
Kevin Murphy
Karen Nevorski
Bernard Packard II
Amanda Rhoades
Iris Seabolt
Elizabeth Shea
Debra Stanley
Tatum Family Fund
Cynthia Weyers
Lee Yongsuk
Tarek D. Zidan
Cynthia & Matt Zyniewicz





Exciting developments in 2024

- ❖ Removing barriers to care through the introduction of our first Peer Support Specialist.
- ❖ Specializing programming and professional training to serve pregnant and postpartum women.
- ❖ Increasing the number of Pro Bono Counseling Project clinicians and interns and developing training modules for use by participating supervisors and interns.
- ❖ Eliminating stigma and modifying our education classes to reach more youth.
- ❖ Finalizing our 2024-2027 Strategic Plan.
- ❖ Increasing our reach in Elkhart County.
- ❖ Finding our first office space.