



Annual Report

2024

**Eliminate
Stigma**

**Build
Collaboration**

**Improve
Access to
Care**

MHAM
Mental Health Awareness
of Michiana

An affiliate of
MHA
Mental Health America

mhamichiana.org



A note from co-founder & Executive Director

Lisa Kelly LCSW, MPH

Community wellbeing improves when anyone who is struggling with a mental health condition has access to effective and affordable care.

MHAM is grounded in its mission and values and energized by our dedication to eliminate stigma, build collaboration, and remove barriers to care. Our 2024 Community Needs Assessment validated that our programming aligns with community needs (mhamichiana.org/mham-community-needs-survey-2024). I am proud to share a few highlights in our 2024 Annual Report.

- **Over 2,000 Michiana community members participated in our programming.**
- Mental Health Literacy and Provider Education Classes, Public Events, and Access to Care Initiatives **grew by 21%** from 2023 to 2024.
- Access to Care Initiatives **grew by 28%**, anchored by the Pro Bono Counseling Project (PBCP) and with the addition of a Certified Peer Support Specialist. More than 250 community members received free counseling, support, advocacy, and referrals.
- Collaboration with over 100 providers, community partners, and educational institutions, as PBCP Clinicians, Event Speakers, Planning Committees, Class Hosts, Volunteers, Sponsors, and Vendors have been vital to our success.
- We piloted new programming to serve pregnant and postpartum families through funding from The Valinhos Foundation and Healthy Start Family Journey. Partnering with the University of Notre Dame and Beacon Community Impact to Anchor the Pop Up Pregnancy Village Healthy Minds Section bolstered our perinatal outreach.
- MHAM's move to One Roof Southeast (UWSJC) gave staff needed office space and enabled the launch of Workforce Development Initiatives. MHAM began training Master's in Social Work and Counseling interns and launched an innovative Maternal Mental Health Fellowship providing specialized perinatal training to early career clinicians.
- The Board of Directors finalized the 2024-2027 Strategic Plan, outlining MHAM's commitment to its mission, builds on our successes, and ensures good governance and responsible financial stewardship.

None of this would be possible without our generous donors, sponsors, and grant funding. Our time with the DMHA Accelerator Initiative wrapped up in December, 2024. This unique opportunity to build our infrastructure leaves an enduring mark on MHAM and expanded our community impact. ***We have much to celebrate!***

MISSION & VALUES



The mission of MHAM is to improve the quality of life for those living with mental illness & 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.



MHAM

Community Impact

MHAM serves the populations of St. Joseph, Elkhart, and Marshall Counties in Indiana.

On average, 50% of participants reside in vulnerable ZIP codes, which are determined by social factors such as income, racial status, housing type and transportation, and other factors that affect health and wellbeing outcomes.

(Above)

MHAM at Pop-Up Pregnancy & Family Village event

✓ ELIMINATE STIGMA

In 2024, 34 classes and events reached over 1,800 people. At MHAM, we eliminate stigma through different approaches: classes, events, outreach, and promoting mental health screening. The majority of class attendees report increased likelihood to complete a mental health screening and are more inclined to talk to someone about their mental health challenges.

✓ BUILD COLLABORATION

In 2024, 167 individual and organization partners partnered in all program areas. MHAM leverages and elevates the diverse resources and strong community commitment of many Michiana partners. This year, individuals and organizations partnered with us to speak at classes and events, volunteered as Pro Bono Counseling Project counselors, helped with event planning, and staffed event resource tables.

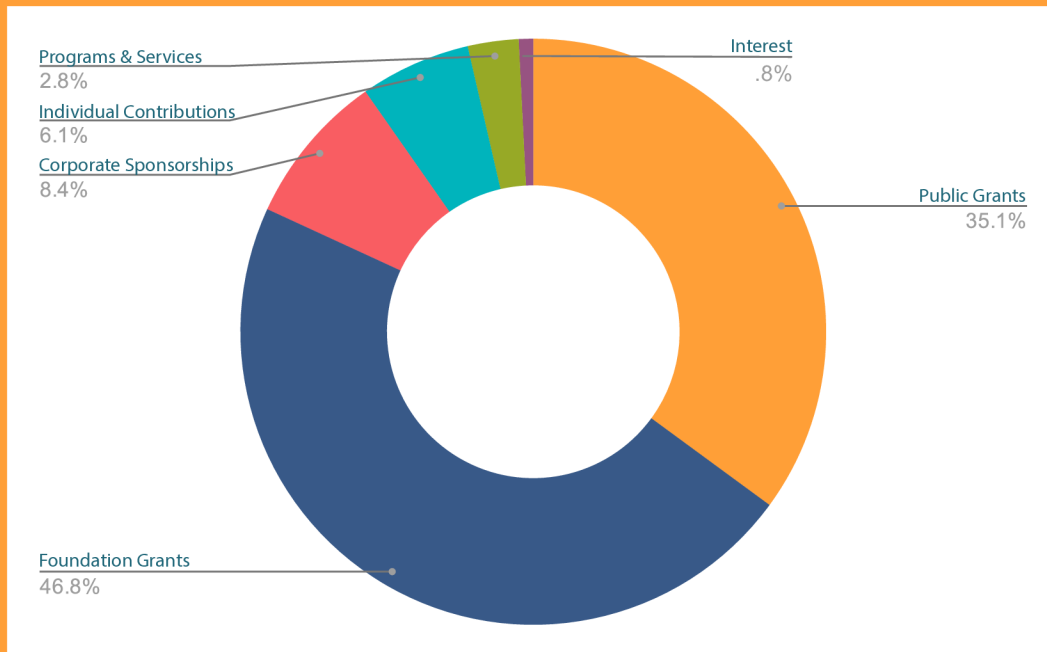
✓ IMPROVE ACCESS TO CARE

In 2024, we received 268 applications for the Pro Bono Counseling Project - an increase of 63% from the prior year - resulting in 660 free counseling sessions, an increase of 260%. The PBCP and Peer Support services remove barriers to care by providing direct support, access to free short-term counseling, advocacy, and referrals. Participants report improved functioning, and satisfaction with the respect and care they receive.

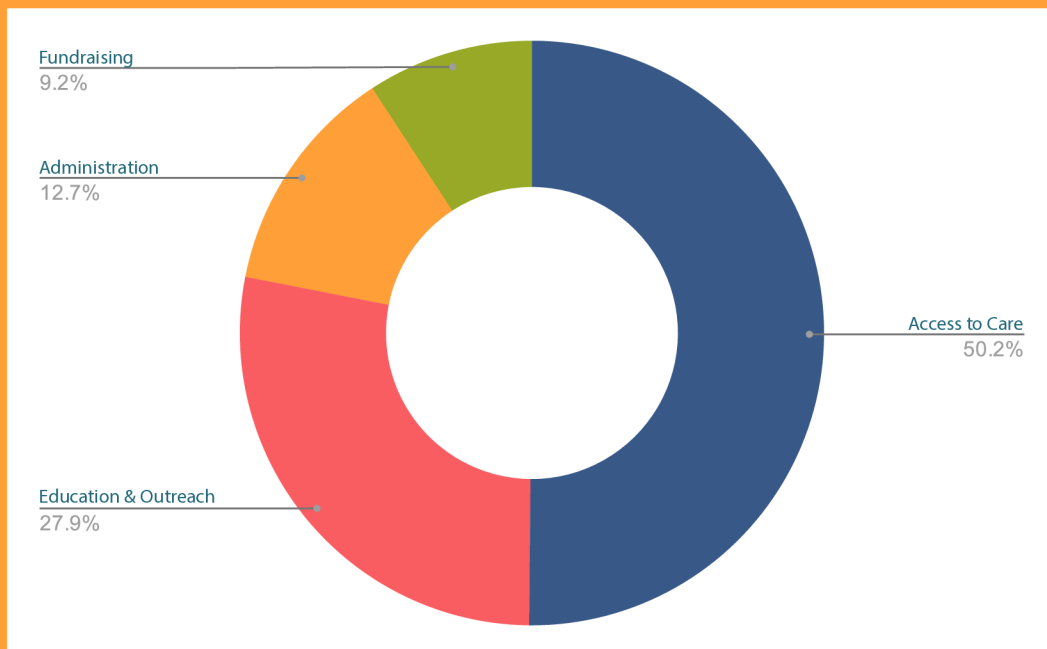
FINANCIAL HIGHLIGHT

The following charts represent our total revenue and expenditure categories. Increasing revenue led to expansion of our **Access to Care programs** including new initiatives like the **Maternal Mental Health Project**.

DISTRIBUTION OF REVENUE



DISTRIBUTION OF EXPENSES



EFFICIENCY RATIOS

Fundraising Efficiency: 8%

Management Efficiency: 13%

Program Spending: 78%

GRANT FUNDERS



Health First St. Joseph County



Accelerator

The Family Journey:
A Healthy Start Initiative



(Above)
Dr. Kristy Christopher-Holloway
speaking at Perinatal Symposium

EVENT SPONSORS

Alcohol & Addictions Resource Center
Allendale
Anthem BC/BS
Bowen Center
City of South Bend
First Source Bank
Ginger Valley

HealthLinc
MDwise Indiana Medicaid
Oaklawn
Psych Pointe
THK Law, LLP
University of Notre Dame

DONORS

Nancy Bean
Colleen Bormann
Kelli Brien
William & Patricia Buonaccorsi
Janee Carlile
Ian & Barbara Carmichael
Janel Carroll
Elizabeth Cobb
Jamie Cox
Jean Davidson
Sue Elfin
Donna & Dean Fecher
Antoinette Fein
Mark & Ruth Geissler
Kaitlyn Gonzalez
Julie Herring
Heather Holleman

Michael Jenuwine
Christina Jones
Bob & Lucy Jones
Matthew Kaczmarek
Bridget Quinn & Thomas Keller
Lisa & James Kelly
Brigid Kelly
Marian Krizman
Rosanne Margraf
The McCarthy Family Fund
Bayley Morse
Kevin & Alyssa Murphy
Karen Nevorski
Taylor Nicoletti
Patricia O'Hara
Amy O'Brien

Rick & Joanna Phillips
Rona Plummer
David Pruitt
The Raven Fund
David & Amanda Rhoades
Elizabeth Shea
Kristin Sheehan
Ellyn Stecker & Peter Smith
Katie Steele
Ashley Swanson
The Tatum Family Fund
Beth & Tim Weber
Karen White & Thomas Merluzzi
Kaylon Woods
Cindy & Matt Zyniewicz



(Above)

Peer Support Specialist
La'Sierra
doing community
outreach

(Right)

Attendees during our
Pregnant & New Moms
Wellness
Celebration



2024 Board Members

Nancy Bean ~ Kelli Brien
Julianna Herring ~ Heather Holleman*
Marian Krizman ~ Yessica Lawson*
Taylor Nicoletti ~ Colleen Wilcox

Staff Members

Lisa Kelly
Co-Founder & Executive Director

Jan Marable
Education & Events Coordinator

Linda Raven
Pro Bono Counseling Project Coordinator

La'Sierra Sharks
Certified Peer Support Specialist

Joanna Arnett
Communications Specialist

Lily Snyder
Administrative Assistant

Shebrell Guider*
Outreach Specialist

(* = members who transitioned out in 2024)

Students

Elizabeth Petrosky
(University of Notre Dame)

Jennifer Lu
(University of Notre Dame)

Interns

Matthew Kaczmarek
(Northwestern University,
Masters in Counseling)

Jessica Mejia-Abrajia
(St. Mary's College,
Masters in Social Work)

Fellows

Gisselle Dwyer
(MA Counseling, Oaklawn)

Olivia Morris
(MSW, Beacon)

A few thoughts

PBCP Client

"I'd like to take a moment to thank you and your organization for helping me. I can't adequately express with words how valuable it has been for me to see (therapist). So again, thank you!"

Event Guest

"What was most impactful? Having a Black presenter! Someone who looks like me and my clients!"

Education Participant

"Thanks Mental Health Awareness of Michiana for bringing this webinar to others around the state who are interested in Black Youth Suicide and work being done to reduce it!"

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

Angie Haddock

Keilah Hamood

Angela Henry

Emily Horn

Lisa Kelly

Yessica Lawson

Olivia Magaldi

Angie Mills

Tonya Newton

Taylor Odviar

Donna Pangburn

John Petersen

Lily Price

Alan Psalidas

Amanda Rhoades

Melina Sample

Katie Steele

Nina Stoeckel

Stephanie Szabo

Lisa Yeager

EVENT VOLUNTEERS

Carol Cecil

Errin Dokes

James Dokes III

Justine Dokes

Julius Dokes

Yantrell Edwards

Ashley Filley

Madison Filley

Lucy Jones

Jim Kelly

Nora Kelly

Rose Kelly

Steve Marable

Isabella Montgomery

Zoe Montgomery

Brandon Rouse

Sue Schneider

Mechai Sharks

Jason Sullivan

(Below)

Guests at our 4th Annual Family Fun Fair



(Above)

Tamara McCoy (R) and guest during October Summit

Event Speakers, Panelists, Planning Partners, Outreach and Class Hosts, and Vendor Tables

COLLABORATORS

Adell Badgett, II, Dellstar VR
Alcohol and Addictions Resource Center
Anthem BC/BS
ASPIN
Baye Sylvester, Imani Unidad
Birdie Gunion Meyer, PSI
Bowen Health: Janice Nichols
CareSource
Catholic Charities of Ft. Wayne/South Bend
Center for Healing and Hope: Missy Kauffman Shrock
City of South Bend
Clubhouse of SJC: Theresa Olson, Jennifer Weldy
Dog Training Elite
Dr. Camila Arnaudo
Dr. Katie Steele
Dr. Kristy Christopher- Holloway
Dr. Margarita Alegria
Elkhart County Excel Center
Elkhart County Public Library
Elkhart County Suicide Prevention: Amanda Noland
Exoneration Justice Center, Notre Dame Law School
FSSA
GCSCORED: Dr. Yvonne Larrier
Geminus Child Care
Gilberto Perez, Goshen College
Goshen Health
Hannah's House
Healthlinc
Heart City Health: Mayra Garcia
Henry Mudari, SJCPD
Holy Family School
Indiana Health Center: Tamara McCoy
Ivy Tech
Jennifer Carter, E Blair Warner Clinic
La Casa de Amistad: Dara Marquez Venegas
Leadership South Bend Mishawaka
Maple City Health Center: Araceli Moreno, Jona Vitela
Marian Krizman
MDwise
Mishawaka Public Library
NAMI SJC



(Above) **La'Sierra** with guests at New Moms pop-up event

NeuroPsychiatric Hospital
Northern Indiana Hispanic Health Coalition:
Liliana Quintero
Oaklawn: Mary Bales, Derek Perry
Partnership for Drug Free SJC
Play Like a Champion: Kristin Sheehan, Mariah Smith
Project HEAL: Dr. Kelli Rugless
Rachel Rose, SJRMC
Raegan Minnear, Adams High School
REAL Services
Robinson Community Learning Center
Ryan's Place
SAFY of Mishawaka
Salvation Army Greater Elkhart County
Salvation Army Kroc Center: Tiffany Rusher
Saolo Padilla, Menonite Central Committee
SCAN
Sheila McCarthy, Motels4Now
SJC Public Library
Smoke Free SJC
South Bend Community Schools: Adult Education
Take Heart: Michael Williams
The Source: Jose Elizalde
Theresa Jongkind, Vocational Rehabilitation
Tolson Center
Transformation Ministries
Triple P Positive Parenting: Leah Plank
United Healthcare
Unity Gardens: Emily Haluda
University of Notre Dame: Taylor Nicoletti, Donna
Armentrout
Victory Clinic
William Shaw Center for Children and Families:
Jennifer Lefever, Terry Sweeney
WorkOne