



# Annual Report

2025

Eliminate  
Stigma

Build  
Collaboration

Improve  
Access to  
Care

**MHAM**  
Mental Health Awareness  
of Michiana

An affiliate of  
**MHA**  
Mental Health America

[mhamichiana.org](http://mhamichiana.org)

A note from co-founder & Executive Director



*Lisa Kelly* LCSW, MPH

**Mental health care can be life changing and lifesaving, but many people in Michiana simply cannot afford it. Your support opened up pathways to hope and healing that made a profound impact on the people we serve.**

We were honored as **Community Impact Partner** of the year by the United Way of St. Joseph County. We celebrate the many successes of our program participants as reflected here: *“It is truly a blessing to have found pro bono counseling. Without this program I would not have been able to come this far in my healing process of losing a loved one. Thank you for helping me come this far in my journey.”*

Our capacity to train clinicians and provide direct care increased dramatically with the addition of a Clinical Coordinator. We are training the next generation of mental health providers and increasing the number who are perinatal trained. Additionally, local providers receive high quality CE's, focused on trauma-informed best practices.

- **268** individuals applied for **Pro Bono Counseling** and **Peer Support Services**
- **686** free counseling sessions were provided by **45** volunteer clinicians and interns
- **4** Maternal Mental Health Fellows and **4** Master's Level Interns were trained
- **769** individuals attended **8** provider classes, symposium, and summits

Screening, outreach, counseling and support services to new moms *doubled* in 2025 as we partnered with the **Pop Up Pregnancy Village** and **Beacon's Family Journey**. Our perinatal symposium included the, often-overlooked, perinatal dads' mental health.

- **80** perinatal referrals to the PBCP and Peer Support programs
- **85** attendees of the perinatal dads' symposium

We launched an exciting expansion of our public programming **“Journey of the Mind through Visual Artistic Expression”**. This exhibit, in partnership with the **Elkhart Public Library**, allows local artists to share their mental health and recovery journeys. Attendance at our **Wellness and Family Fun Fest** in Howard Park also doubled.

- **17** participating artists and 30 works of art
- **87** attendees at the exhibit opening
- **500** attendees of the May Wellness and Family Fun Fest

We partnered with **Notre Dame's Eck Institute of Global Health**, resulting in a report summarizing how local nonprofits respond to a shifting mental health landscape. We celebrate the contributions of 167 individuals and organizations to all our programs.

Shifts in grant funding led to creative fundraising: a friendly **“Championship Challenge”** with **MHA Ohio** (we won!) and a fun and delicious **Cake Festival**. As we look to 2026, funding challenges persist but the direction of our organization is clear.

- The need for effective and accessible mental health services is increasing
- Demand for mental health workforce training is growing, including peer support
- Participation is growing with our creative and fun stigma-busting events

To paraphrase our PBCP participant's sentiment, without our generous donors and supporters, we would not have come this far in our ability to help the community heal. **Thank you for accompanying us on this journey toward community wellbeing!**

## 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.

(Above)

Michiana residents enjoying the festivities at our annual Family Fun Fest in Howard Park.

### ✓ ELIMINATE STIGMA

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. **In 2025, 36 classes and events reached over 2,100 people.**

### ✓ BUILD COLLABORATION

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. **In 2025, 167 individuals and organizations partnered in all program areas.**

### ✓ IMPROVE ACCESS TO CARE

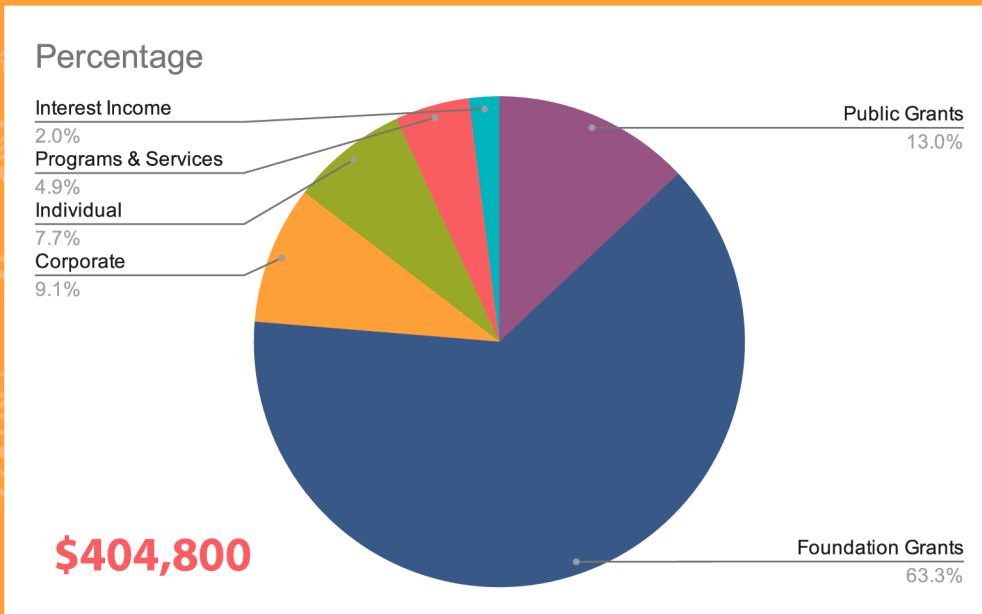
The Pro Bono Counseling Project and Peer Support remove barriers to care by providing direct support, access to free short-term counseling, advocacy, and referrals. Participants report improved functioning, and satisfaction with the respect and care they receive.

- *295 applications received, an increase of 12% from the previous year*
- *104 clients received 686 free counseling sessions from 45 volunteer clinicians and interns*
- *8 early career clinicians and master's level interns received intensive training through the Maternal Mental Health Fellowship and Internships*

# FINANCIAL HIGHLIGHT

The following charts represent our total revenue and expenditure categories. Increasing revenue led to expansion of our **Mental Health Workforce Development** and **Access to Care** initiatives.

## DISTRIBUTION OF REVENUE



(Below)

Velshonna Luckey speaking at Spring Summit

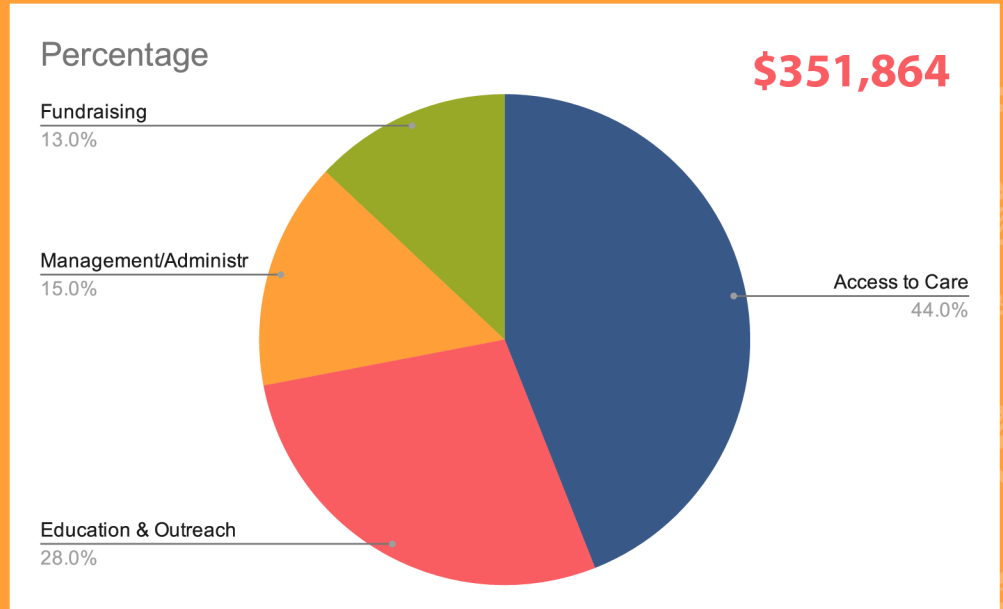


(Below)

Mini Delights Bake Shoppe receiving the Professional People's Choice award at our inaugural Cake Festival



## DISTRIBUTION OF EXPENSES



## EFFICIENCY RATIOS

Fundraising Efficiency: 11%

Management Efficiency: 15%

Program Spending: 72%

# GRANT FUNDERS



The Family Journey:  
A Healthy Start Initiative



(Above)

Dr. Craig F. Garfield speaking at Perinatal Symposium

## SPONSORS

1st Source Bank  
Allie's Cafe & Catering  
Anthem BC/BS  
Bowen Health  
Caresource  
Community Foundation of Elkhart County  
Ginger Valley  
HealthLinc  
Indiana Wealth Trust  
Ivy Tech Community College

McKinley Garden Center  
MDWise  
Oaklawn  
Old National Bank  
Psych Pointe  
The Source  
THK Law, LLP  
Tire Rack  
United Healthcare  
University of Notre Dame

## DONORS

Lisa Anderson  
Katharine & Matt Barrett  
Nancy Bean  
Laura Brandenburg  
Kelli Brien  
Kristin M. Buonaccorsi  
Peter Buonaccorsi  
William & Patricia Buonaccorsi  
Janee Carlile  
Ian & Barbara Carmichael  
Janel Carroll  
Elizabeth Cobb  
Claire R Coble  
Marti Conrad  
Jean Crumlish  
Nimbilasha Cushing  
Jean Davidson  
Catherine Duffy  
Gisselle Dwyer  
Sue Elfin & Scott Mainwaring  
Donna & Dean Fecher  
Antoinette Fein  
Deanna Ferrell  
Angela Fitch

First Unitarian Church  
Beth Floyd  
Gary Fox  
Kristina Fuller  
Mark & Ruth Geissler  
Megan Gettinger  
Neil Gilbert  
Jennifer Grubbs  
Maria & Brian Guarraci  
Jimmy Gurule  
Keilah Hamood  
Jessica E. Harding  
Julie Herring  
Heather Holleman  
Monique Jamesen-Gulis  
Michael Jenuwine  
Christina Jones  
Bob & Lucy Jones  
Jennifer Kasznia  
Bridget Quinn & Thomas Keller  
Lisa & James Kelly  
Brigid Kelly  
Dwight King  
Marian Krizman

Kristi Kubicki  
Amy LaComb  
Kelli Liechty  
Velshonna Luckey  
Erin Lynch  
Ann & Bill McCarthy  
Maria Macia  
Tammy & Tony Magaldi  
Jan & Steve Marable  
Heather Meyer Schlipp  
Nancy Michael  
Kevin & Alyssa Murphy  
Taylor Nicoletti  
Patricia O'Hara  
Amy O'Brien  
Bernard & Amy Packard II  
Rona Plummer  
MaryLee Parker  
Kathy Platt  
David & Kristin Pruitt  
Mary Poff  
Linda Raven  
Joan Renbarger  
David & Amanda Rhoades

Christopher Riley  
Maureen Ripple  
Martha Rivera Arce  
Richard Rosengarten  
Maria Royals  
Joseph Schirripa  
Debra Scott  
Elizabeth Shea  
Kristin Sheehan  
Lily Snyder  
Debra Stanley  
John Stratigos  
Ellyn Stecker & Peter Smith  
Katie Steele  
Mary & Greg Tatum  
Vonnice & Scott Trumble  
Kathleen Werner  
Cynthia Weyers  
Beth & Tim Weber  
Karen White & Thomas Merluzzi  
Colleen & Kevin Wilcox  
Rebecca Woods  
Yan Yu  
Rebecca Zakowski  
Cynthia Zyniewicz



(Above)  
**Crowd at our annual Family Fun Fair in Howard Park, South Bend**



(Right)  
**Attendees during our first annual art exhibit 'Journey of the Mind Through Artistic Visual Expression'**

## Community Thoughts

### PBCP Client

*"I am so thankful for the help offered both by Pro Bono Counseling and by [Therapist]. I was in a very dark place and didn't know where to go. I'm still struggling, but I have tools on how to cope and my faith in therapy working has been renewed."*

### Event Guest

*"Thank you for organizing such a meaningful Symposium. I really appreciated the focus on the importance of father's mental health during and after the pregnancy — it's a topic that doesn't always get the attention it deserves."*

### Education Participant

*"Definitely a wonderful event for our community. Much needed and well executed."*

## 2025 Board Members

Kelli Brien ~ Julie Herring  
 Marian Krizman ~ Taylor Nicoletti  
 Tim Weber ~ Colleen Wilcox  
 Nancy Bean\*

(\* = members who transitioned out in 2025)

## Staff Members

**Lisa Kelly**  
 Co-Founder & Executive Director

**Jan Marable**  
 Director of Community Outreach & Education

**Linda Raven**  
 Pro Bono Counseling Project Coordinator

**Maria Guarraci**  
 Clinical Coordinator

**Veronica Escobedo**  
 Certified Peer Support Specialist

**Joanna Arnett**  
 Communications Specialist

**Lily Snyder**  
 Administrative Assistant

**La'Sierra Sharks\***  
 Certified Peer Support Specialist

(\* = members who transitioned out in 2025)

## Fellows

**Gisselle Dwyer**  
 (Masters in Counseling)

**Lauren Grocock**  
 (Masters in Social Work)

**Olivia Morris**  
 (Masters in Social Work)

**Isabella Montgomery**  
 (Masters in Social Work)

## Interns

**Jessica Harding**  
 (Indiana University - South Bend,  
 School of Social Work)

**Matthew Kaczmarek**  
 (Northwestern University,  
 Clinical Mental Health Counseling)

**Erin Lynch**  
 (Indiana University - South Bend,  
 Clinical Mental Health Counseling)

**Jessica Meija-Abrajan**  
 (St. Mary's College,  
 School of Social Work)

# PRO BONO COUNSELING PROJECT THERAPISTS, SUPERVISORS, & INTERNS

Naomi Adams  
Janee Carlile  
Elyse C. Chudzynski  
Oriane Courage  
Jean Davidson  
Trey Duckett  
Gisselle Dwyer  
Angela Fitch  
Alexandra F. Foster

Neil Gilbert  
Lauren Grocock  
Jennifer Grubbs  
Maria Guarraci  
Betty Guzman  
Jessica Harding  
Angela Jackson  
Matt Kaczmarek  
Lisa Kelly

Charlie Koellein  
Emily L. Lehman  
Marivel Lopez  
Erin Lynch  
Olivia Magaldi  
Jessica Mejia  
Angie Mills  
Isabella Montgomery  
Olivia Morris

Bayley Morse  
John Petersen  
Luke Piraccini  
Mary Pottenger  
Ashlee Radzikowski  
Amanda Rhoades  
Karissa Ryan  
Nina Stoeckel  
Eileen Varga

Donna Voor  
Alicia W. Weyer  
Madison Wisely  
Kaitlin Yates  
Lisa Yeager  
Raizy Yormark

## EVENT VOLUNTEERS

Kate Barrett  
Pam Blair  
Carol Cecil  
Alex Coble  
Kathy Czubernat  
Errin Dokes  
James Dokes  
Justine Dokes  
Julius Dokes

Quinn Driscoll  
Sue Elfin  
Donna Fecher  
Deanna Ferrell  
Kristina Fuller  
Jeanne Glanders  
Raquel Hall  
Balinda Hollaway  
Tejohn Hollaway

Kendall Jeremiah  
Lucy Jones  
Lydia Kassen  
Ashley Kelly  
Jim Kelly  
Liam Kelly  
Nia Lawson  
Mary Lewis  
Tammy Magaldi

Tony Magaldi  
Steve Marable  
Gabby Morales  
Precious Olaoye  
Kamika Perry  
Kathy Platt  
Brandon Rouse  
Aria Sapkota  
Sue Schneider

Carol Stuart  
Jennifer Sweazy  
Terry Sweeney  
Jean Verteramo  
Kathy Vetter  
Beth Weber  
Cindy Zyniewicz

*(Below)*

**Winner of 'Home Baker' category at our  
Cake Festival in Howard Park, South Bend**



*(Above)*

**Kimberly Green Reeves speaking at our annual Gala**

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

# COLLABORATORS

Advocacy Links: Jay Greeney  
Anthem BC/BS  
Avenues Recovery of South Bend  
Beacon Community Impact  
Bowen Health: Janice Nichols  
Center for Healing and Hope: Missy Kauffman Shrock, Dr. Rose Gillen  
CAPS: Darlene Radcliff  
City of South Bend: Carl Hetler, Mayor Mueller  
CareSource  
Crystal Whitlow, LCSW  
Destiny's Caring Hands: Destiny Kyle  
Dream Center: Danny Marshall  
Don Cronk, LMHC  
Dr. Craig Garfield  
Eck Institute of Global Affairs: Gabriela Martinez Morales, Nydia Morales Soto, Marian Botchway  
Elizabeth Kuntz, Tai Chi Instructor  
Elkhart Public Library  
Elkhart County Suicide Prevention: Amanda Noland  
Family and Childrens Center: Michelle Pellot  
Family Justice Center: Jessica Costello  
GCSCORED  
Goodwill Michiana Nurse: Lindsey Caterina  
Goodwill - Elkhart  
Goshen College  
Hannah's House  
Healthlinc  
Heart City Health: Shane Gary  
Indiana Health Center  
IUSB: Elizabeth Bennion  
IU School of Medicine: Michelle Miller  
Ivy Tech Community College  
Jennifer Carter, LCSW  
Kelly Brien: Mahogany Maternity  
Kim Becker: Hometown Living & Hello Gorgeous!  
La Casa de Amistad: Juan Constantino, Dara Marquez Venegas  
Let's Turn it Around: Lyn Coleman  
Life Plan  
Maple City Health Center: Kenneth Craig  
MDwise  
Men's Talk: James Summers, Levi Lewis  
More for Many: Jeff Shuck  
National Immigrant Justice Center: Rachel Geissler



(Above) **MHAM receiving United Way Community Impact Partner award**

New Day Intake Center  
Oaklawn: Bonita Shrock  
Partnership for Drug Free St. Joe County  
Penn High School  
Play Like a Champion/MARA: Kristin Sheehan, Mariah Smith  
Pop-Up Pregnancy Village  
Purdue Polytech: Courtney Dobrzykowski  
Rachel Rose, MSN, RN-CPLC  
Raclin Murphy Museum of Art  
REAL Services: KJ Mapes  
Reelin' Family Fun  
Ryan's Place: Lindsay Diener-Locke  
SAFY of Mishawaka  
Salvation Army Kroc Center: Tiffany Rusher, Errin Dokes  
SJC Cares: Robin Vida  
SJC Public Library: Stephanie Murphy, Rona Plummer, Krista Hoefle  
SJC Health Department: Renata Williams, Nancy Coiro, and Laquisha Jordan  
Smoke Free SJC  
Spa Women's Ministry: Carrie Zickefoose  
Take Heart: Michael Williams  
Talk With Your Baby  
The Source: Jose Elizalde, Anna Sawatkzy, Shin Yee Tan  
Tolson Center: Velishea Smiley  
Transformation Ministry  
Triple P Positive Parenting: Leah Plank, Sabrina Ibara  
United Healthcare  
PBS WNIT: Leah Steinhouser  
Present Pillars: James Gunter  
St. Mary's College: Liz Brueseke  
Self Healing Communities: Velshonna Luckey  
Village Initiative  
Youth Service Bureau: Kiana Jackson  
Veldman Family Psychology: Jennifer Lefever, Donna Armentrout:  
Taylor Nicoletti  
NIMHCN - Olive Health Center  
United Health Service: Ed Bassler