

# ...changing minds



*“Cast from the shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness.”*

# ADVOCACY

*“Giving a voice to people without a voice in our community”*

Texas currently ranks among the lowest in the Nation on public expenditures per capita for mental health services. Many of the laws and policies in place do not address the needs of those with mental illnesses, such as systems of treatments, the lack of protecting the rights of those with mental illnesses, and the warehousing of those with mental illnesses in our state’s jails and prisons. Mental health programs are drastically under-funded. Insurance coverage for mental illnesses is not on par with coverage for physical illnesses. Service for prevention and treatment are extremely limited and there are many barriers to accessibility to these services.

## *What did MHA do in 2003?*

MHA works to change policies and to increase services, facilities and funding by educating public policy makers and elected officials at all levels of government.

**In 2003 MHA educated 63 elected officials and policy makers through 141 events, presentations, and calls.**

MHA’s Criminal Justice Initiative focuses on establishing a system to provide mental health services to individuals with a mental illness who are incarcerated and establish services and systems to divert individuals from incarceration and into community based services.

**In 2003, MHA’s criminal justice initiative reached 293 criminal justice, law enforcement and mental health stakeholders through 20 events/presentations.**

MHA sponsors community coalitions and committees, and works along side a number of local organizations for coordinating and planning, because we know that united voices speak louder.

**In 2003 MHA sponsored community coalitions, committees and advocacy forums to coordinate and plan for a system of appropriate and accessible mental health services in which 496 community leaders were served through 20 events/presentations and 48 project hours.**

MHA encourages and helps people with mental illnesses to speak for themselves—empowerment. Those who are experiencing the challenges know best what is needed. These collected efforts have improved access to treatment and reduced discrimination in health insurance coverage.

**In 2003, through the Consumer Council of Mental Health Advocacy of Greater Dallas, MHA empowered 62 mental health consumers through 12 events, presentations, and calls.**

# EDUCATION AND PREVENTION

*“Helping people help themselves”*

Persons with mental illnesses face many challenges in everyday life. Lack of housing, victimization, isolation and lack of support systems are just some of the challenges facing persons with mental illnesses. MHA programs are designed to help people successfully meet these challenges and to prevent escalation of problems and relapses.

## *What did MHA do in 2003?*

Training for professionals, such as school counselors and law enforcement officers, in understanding mental health issues.

**In 2003 MHA sponsored the 26th Annual Adolescent Symposium which educated 576 professionals who work with youth and adolescents.**

WHO® (We Help Ourselves), an anti-victimization program for children and adolescents that teaches them to recognize and handle physical and emotional threats. Developed by the Mental Health Association of Greater Dallas in 1981, WHO® has been replicated throughout the country, reaching children in more than ten states.

**In 2003 the WHO® Program educated 157,846 children and adolescents through 7,453 presentations. The WHO® Program also educated 857 school faculty members, parents, and other professionals who work with children and adolescents.**

COMPEER, where mental health clients are matched with volunteers in a one-to-one relationship. Statistics show that the average re-hospitalization rate of 66 percent is dramatically reduced to 10 percent when mental health clients are matched with COMPEER volunteers for friendship.

**In 2003 MHA matched 43 individuals with a one-on-one COMPEER match, 17 with a telephone COMPEER match, and 8 individuals with a group COMPEER match.**

The Mental Health and Aging Education and Awareness Program is designed to provide information about aging and mental health to the community, develop resources and form community partnerships to address and educate the community on health issues affecting older adults.

**In 2003 MHA's Aging and Mental Health Awareness served 680 seniors by conducting seminars and workshops on mental health issues at senior centers, providing support groups, and exhibiting at health fairs to disseminate information on mental illnesses, stress and related mental health topics.**

**Through community-education programs such as seminars, community forums, and professional training, MHA educated 1,236 people through 43 events.**

## AWARENESS AND VISABILITY

*“Changing how people think about mental health and mental illness”*

Mental health is how you feel about yourself, how you feel about other people and how you are able to meet the demands of everyday life. Because of misinformation and fear of mental health and mental illnesses, people deny warning signs and symptoms and do not seek treatment. Of the estimated 440,000 Dallas County residents with a mental disorder, only 15 percent seek treatment and less than one-third of the children under 18 with a serious mental disturbance receive mental health services.

The good news is treatment works. Medical and behavioral science has made incredible progress over the last century in understanding, managing and eliminating the causes of many mental illnesses and mental health problems.

### *What did MHA do in 2003?*

**MHA presented information about mental illness and mental health to 13,522 persons by distributing brochures, pamphlets, and other information at 28 different events such as community health fairs and United Way at Work Presentations.**

**MHA reached 1,905 people by coordinating 19 local activities for national mental health awareness days such as Child Depression Screening Day, National Depression Screening Day, National Anxiety Screening Day, May is Mental Health Month, and Mental Illness Awareness Week.**

**By working with local broadcast and print media, MHA increased community awareness for mental health issues, and the Mental Health Association; resulting in 42 newspaper contributions, 17 television interviews/stories, 31 radio interviews, including interviews in Spanish.**

# 2003 EXPENDITURES

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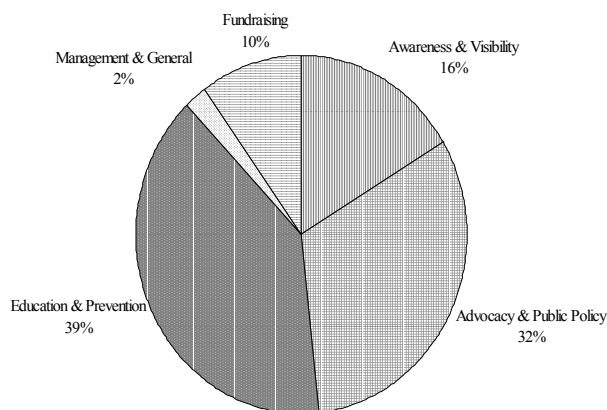
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Awareness and Visibility	\$190,953.97
Advocacy, Public Policy and Criminal Justice	\$367,610.84
Education and Prevention	\$456,905.15
Fundraising	\$116,934.05
Management	\$25,821.90
<b>Total 2003 Expenditures</b>	<b>\$1,158,225.73</b>



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**THE MENTAL HEALTH ASSOCIATION OF GREATER DALLAS  
2003 ANNUAL REPORT**