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MISSION

To lead, coordinate and involve the community in improving mental health by advocating for improved care and treatment of people with mental illness, conducting education and prevention programs, and raising public awareness about mental illnesses and mental health.

VISION

The Mental Health Association of Greater Dallas envisions a community which understands mental illness and supports people with mental illness in reaching their potential, where effective and culturally relevant mental health services are available and accessible to people with mental illness and mental health problems, and which values and supports preventive and educational programs that promote mental health.

VALUES

Appropriate Care for Mental Illness: MHA believes that mental illnesses are medical illnesses that can be effectively treated. People with mental illness should have the same access to appropriate care as persons with any other illness.

Mental Health: MHA is committed to promoting mental health in the community. Mental health is defined as how people feel about themselves, how they relate to other people and how they function in the community.

Diverse Community Involvement: MHA values the involvement of the community in efforts to fulfill its mission. MHA wants the message about mental illness and mental health to be spread by a broad-based group that reflects the community's diversity and includes mental health consumers and their families.

Prevention: MHA is committed to focusing attention and resources on strategies that are preventive. This includes giving individuals skills and information about mental health and mental illness that will prevent future problems. Early identification of difficulties and services to high-risk groups are also part of the prevention effort.

Advocacy: MHA believes that monitoring and improving systems that provide treatment for people with mental illnesses are necessary to fulfill its mission.

Cooperation and Collaboration: Without compromising its role in advocacy, MHA will use its unique position to encourage cooperation and collaboration among diverse groups to address issues related to improving services for people with mental health problems.

2004

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 accessing these services.

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. **MHA educated 128 elected officials, policy makers and opinion leaders through 25 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 for misdemeanor offenses and establish services and systems to divert individuals from incarceration and into community based services. **MHA’s criminal justice initiative reached 442 criminal justice, law enforcement and mental health stakeholders through 76 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. **MHA sponsored community coalitions, committees and advocacy forums to coordinate and plan for a system of appropriate and accessible mental health services in which 217 community leaders were served through 76 events and presentations..**

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. **Through the Consumer Council of Mental Health Advocacy of Greater Dallas, MHA empowered 31 mental health consumers through 12 events and presentations.**

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.

Training for professionals, such as school counselors and law enforcement officers, in understanding mental health issues. **In 2004, MHA sponsored the 27th Annual Adolescent Symposium, which educated 668 professionals who work with youth and adolescents.**

WHO® (We Help Ourselves), is 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 Texas, The WHO® Program educated 183,904 children and adolescents through 8,638 presentations. The WHO® Program also educated 757 school faculty members, parents, and other professionals who work with children and adolescents.**

In Review

COMPEER matches mental health clients 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. **MHA matched 87 individuals in a one-on-one, telephone or group COMPEER match.**

MHA provides seminars and workshops to educate the community about mental illness and various mental health issues. **The Mental Health and Aging Education and Awareness Program served 3,478 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.**

TIMA (The Texas Implementation Medication Algorithm) offers peer-to-peer education and support through a twelve week curriculum to educate consumers about serious mental illness and the importance of the adherence of appropriate treatment. **TIMA educated 273 persons with more than 3,700 training hours.**

Through community-education programs and professional training, MHA educated 451 people through 18 events.

A weekly Depressive Support Group provided 24 group participants support and education.

AWARENESS AND VISIBILITY

“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.

MHA presented information about mental illness and mental health to 8,003 persons by distributing brochures, pamphlets, and other information at 28 different events such as community health fairs and United Way at Work Presentations.

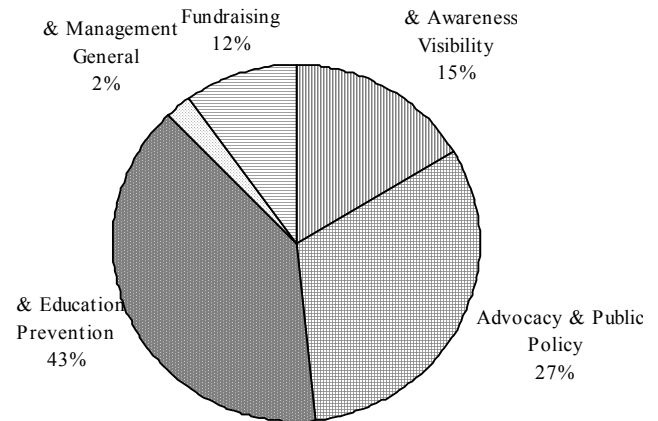
MHA reached 1,775 people by coordinating 19 local activities for national mental health awareness days such as Child Depression Screening Day, National Depression Screening Day, National Anxiety Screening Day, May is Mental Health Month, and Mental Illness Awareness Week.

By working with local broadcast and print media, MHA increased community awareness for mental health issues, and the Mental Health Association; resulting in 94 newspaper contributions, 23 television interviews/stories, 51 radio interviews, including 17 interviews in Spanish.

2004 FINANCIAL SUMMARY

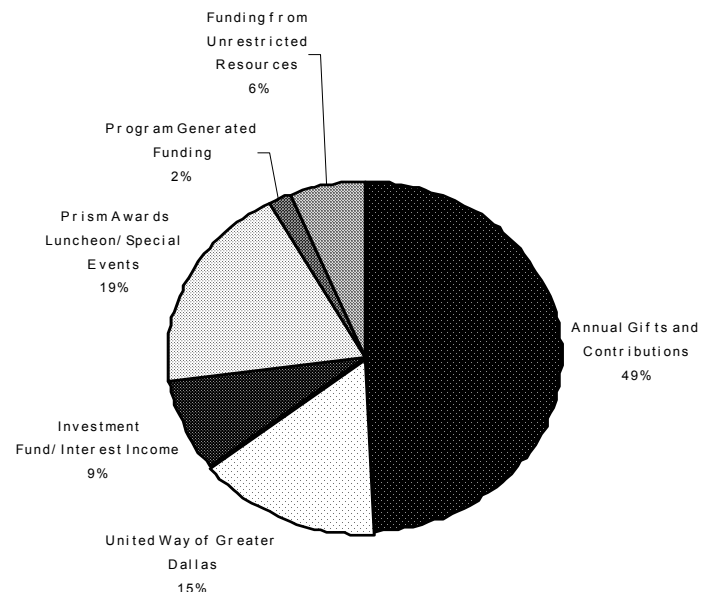
EXPENDITURES

Advocacy and Public Policy	\$339,181
Awareness and Visibility	\$190,601
Education and Prevention	\$535,395
Fundraising	\$147,054
Management	\$ 23,854
Total 2004 Expenditures	\$1,236,085



REVENUE

Annual Gifts/Contributions/Fees	\$501,545.76
Funding from Unrestricted Resources	\$80,367.34
Investment Fund/Interest Income	\$1,373.75
Prism Awards Luncheon/Special Events	\$175,273.97
Program Generated Funding	\$47,013.00
United Way of Greater Dallas	\$207,214.40
Total 2003 Revenue	\$1,012,788.22



Founded in 1947, the Mental Health Association of Greater Dallas has been consistently serving the people of Dallas County and its surrounding communities for more than 55 years. MHA is a 501(c)(3) organization and an affiliate of the National Mental Health Association, the Mental Health Association in Texas and the United Way.



THE MENTAL HEALTH ASSOCIATION
OF GREATER DALLAS
...changing minds

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~~An Affiliate of the Mental Health Association in Texas and the National Mental Health Association~~

AN AFFILIATE OF THE UNITED WAY

THE MENTAL HEALTH ASSOCIATION OF GREATER DALLAS

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

2004

ANNUAL REPORT