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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.

2005

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.

What did MHA do in 2005?

MHA worked to change policies and to increase services, facilities and funding by educating public policy makers, elected officials, and opinion leaders at all levels of government and in the community.

MHA educated 1,580 elected officials, policy makers and opinion leaders through 229 events, presentations, and calls.

MHA’s Criminal Justice Initiative focused 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.

MHA’s Criminal Justice Initiative reached 529 criminal justice, law enforcement and mental health stakeholders through 104 events/presentations.

MHA sponsored community coalitions and committees, and worked 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 396 community leaders were served through 190 events/presentations and project hours.

In response to the mental health needs of Hurricane Katrina and Rita evacuees, MHA developed the Hurricane Katrina Mental Health Taskforce. MHA serves as the clearinghouse of information and facilitates the coordination of mental health services to Hurricane Katrina and Rita evacuees.

The Taskforce has held numerous trainings and conferences educating evacuees, service providers, churches, apartment and hotel housing managers, volunteer organizations, and crisis response teams.

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 54 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 2005?

Trained professionals, such as school counselors and law enforcement officers, in understanding mental health issues. **In 2005 MHA sponsored the 29th Annual Adolescent Symposium which educated 567 professionals who work with youth and adolescents.**

WHO® (We Help Ourselves), an anti-victimization program developed 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 2005 the WHO® Program educated 224,226 children and adolescents through 8,638 presentations. The WHO® Program also educated 1,674 school faculty members, parents, and other professionals who work with children and adolescents.**

The Mental Health Association’s Mental Health Access Campaign is a public education effort that focuses on promoting mental health and encouraging prevention of mental health issues rather than just the treatment of mental illness. **In 2005, MHA’s Mental Health Access Campaign educated 259 elected officials, policy makers, opinion leaders and individuals through 49 legislative meetings, 37 public information forums, and 8 community dialogue events.**

MHA hosted a weekly Depressive Support Group which met weekly. **In 2005, MHA’s Depressive Support Group provided 56 group participants support and education.**

TIMA (The Texas Implementation Medication Algorithm) program offered peer-to-peer education and support through a twelve week curriculum to educate consumers about serious mental illness and the importance of the adherence to appropriate treatment. **In 2005, TIMA trained 1029 persons with more than 6,492 training hours.**

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 2005 MHA’s Aging and Metal Health Awareness served 3,594 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 606 people through 22 events.

REVIEW

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 illness, 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 2005?

MHA presented information about mental illness and mental health to 12,975 persons by distributing brochures, pamphlets, and other information at 34 different events such as community health fairs and United Way at Work presentations.

MHA reached 1,875 people by coordinating 24 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.

MHA brought Academy Award Winning Actress and Best Selling Author Patty Duke to Dallas as the keynote speaker of the Prism Awards Luncheon 2005. Ms. Duke, who suffers from bi-polar disorder, shared her inspirational story about battling this powerful, paradoxical, and destructive illness – its wide range of symptoms and its most effective treatments. Ms. Duke’s story, offered hope for all those who suffer from mood disorders and mental illness and for the family, friends, and physicians who love and care for them.

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 22 interviews in Spanish.

From The Chair

Sylvia Sotelo Kidd

Dear Friends and Colleagues,

As I hand over the reins of the MHA to our new Board Chair, Brice Beaird, I proudly reflect on the successes of 2005.

The Mental Health Association successfully accomplished the goals of the first year of our three year strategic plan, including embracing a new marketing strategy which will increase MHA's visibility in the community.

MHA reached out to the overwhelming need of addressing the mental health of the thousands of Hurricane Rita and Katrina evacuees who were placed in Dallas. MHA was the cornerstone in developing the Hurricane Katrina Mental Health Taskforce, which combined community leaders in the mental health and disaster relief field.

And finally, The Prism Awards Luncheon 2005, this wonderful event that featured Academy Award Winning Actress Patty Duke, raised more than \$300,000 for the Mental Health Association's programs and services. It is an event that gathers more community support each year.

These are not my accomplishments, but rather the result of the dedicated efforts of the staff, the board, volunteers and MHA supporters. It has been my privilege to work with such an outstanding and diversified group.

Wishing you all success in 2006,



Sylvia Sotello Kidd
Board Chair, 2005

From The President

Tim Simmons

Dear MHA Community Members,

The 2005 Annual Report is an encapsulation of the growth and success the Mental Health Association of Greater Dallas has enjoyed this past year. The numbers speak to the accomplishments of each program service in furthering the mission of this agency. We have accomplished much, but know all too well the amount of work yet to be accomplished.

The mission of the agency moves forward only with committed community stakeholders, volunteers, and supporters. This partnership spells success not only for MHA, but for all those who deal with mental illness personally and/or professionally. On behalf of the board and staff, I thank you for making 2005 a successful year for the Mental Health Association of Greater Dallas ... changing minds, improving lives.

We look forward to continuing our partnership in 2006,



Tim Simmons
President

2005 FINANCIAL SUMMARY

REVENUE

Annual Gifts/Contributions/Grants/Fees \$704,741

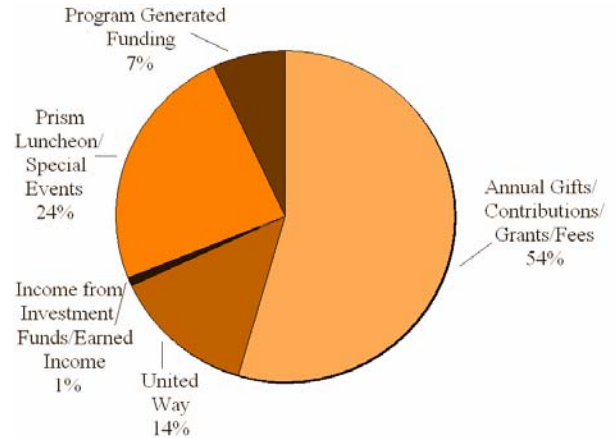
Investment Fund/Interest Income \$11,772

Prism Awards Luncheon/Special Events \$310,375

Program Generated Funding \$91,671

United Way of Greater Dallas \$178,628

Total 2005 Revenue \$1,297,188



EXPENDITURES

Advocacy and Public Policy \$315,186

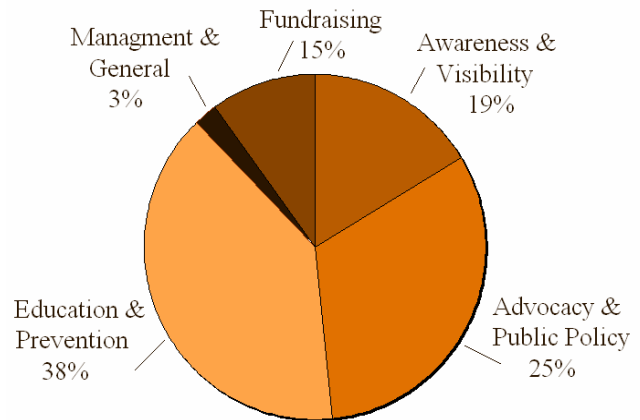
Awareness and Visibility \$239,738

Education and Prevention \$479,424

Fundraising \$182,506

Management \$33,744

Total 2005 Expenditures \$1,250,599



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, improving lives

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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

changing minds



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

improving lives

2005
ANNUAL REPORT