



Fiscal Year 2021 Annual Report

Our Impact





Our Mission

MHANKYSWOH is dedicated to promoting mental health and working to prevent mental and substance use disorders through education, advocacy, and service.

Our Vision

We envision a just, humane and healthy society in which all people have the opportunity to achieve full potential.

Our Core Values

*Ethical
Collaborative
Client Centered
Accountable
Initiative/Adaptability
Professional
Passionate*

Who is Mental Health America of Northern Kentucky & Southwest Ohio?

Mental Health America of Northern Kentucky and Southwest Ohio (MHANKYSWOH) is an affiliate of Mental Health America- the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting mental wellness for all. MHANKYSWOH views mental health holistically, with focus on both prevention and treatment, with the ultimate goal of helping people to recover. Our work is aligned with the four pillars that support a life in recovery.



HEALTH • HOME • PURPOSE • COMMUNITY

MHANKYSWOH provides safety net services, community and professional education, and we're the regional experts in Certified Peer Support.



Covington, Kentucky
Headquarters
912 Scott Street • Covington, KY
859.431.1077



Newport, Kentucky
PIER Recovery Community Center
1002 Monmouth Street • Newport, KY
859.547.6539



Lebanon, Ohio
Southwest Ohio Office
1001 West Main St. • Suite E • Lebanon, OH
513.721.2910

Dear Friends,

Unpredictable. Unprecedented. Unfathomable. All three of these words represent the challenges faced in fiscal year 2021 as the pandemic continued, the organization adjusted, and the unrelenting transformation of the “new norm” began to settle in. And just when we thought we had things figured out, the variants came.

Responsive. Receptive. Resilient. Our staffing teams sought out new ways to engage and build relationships with individuals through technology as well as in-person service delivery. Staff supported the community while also supporting one another and their families/friends at home. We recognize that our number one strength is our staffing. Like many nonprofits our top struggles in moving forward are staff compensation and benefits, talent acquisition, retaining good employees, and leadership development. We’ve made a commitment to closely examine these issues in fiscal year 2022, identify ways to make positive impact, and take actions to continue to strengthen our team.

The demand for nonprofit services, like ours, continues to increase significantly. Our staffing teams are turning programs and services upside down, looking for the latest in research, technology and trends, and trying new things. We’re focused on moving forward, being healthy, and sharing that health and wellness with you. We’re happy to help and we are ready to spread hope. And there is a place for you at our table. The organization needs strong staffing, volunteers, and community partners. I hope you will consider joining us.



Elizabeth Atwell

Executive Director



Our Impact

By the numbers

154,864

connections through outreach, community events, social networking, and social media

1,287

unique individuals receiving one-on-one services

11,300

participants in groups

12,998

hours of individual care provided

“

I've been really good and doing big things. I've reached all those goals I set while at the recovery center. So what if it took me 40 years right? I won full custody of my 9 year old in March! I got my GED in June and I start at Gateway Community College on the 16th of June.

”



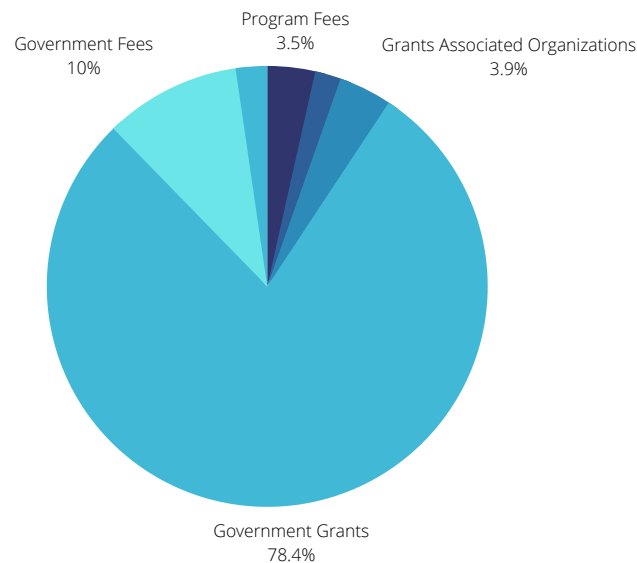
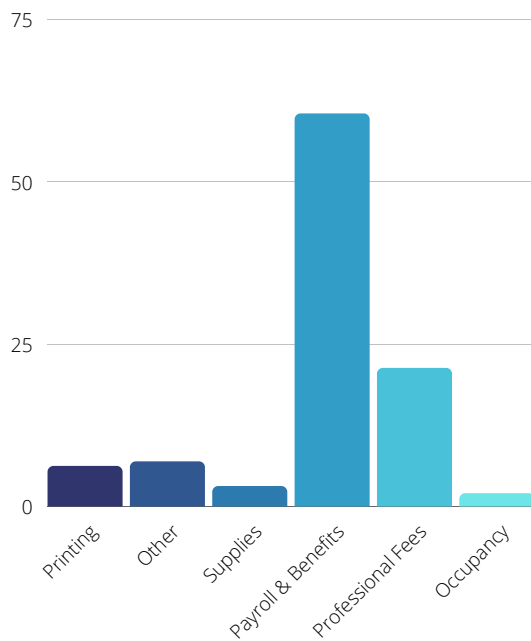
Fiscal Responsibility

People are MHA's largest investment.

MHA works hard to increase revenue to support our communities growing mental health and substance needs.

Expenses

Support & Revenue



Education Programs

Training and community education programs increase people's knowledge of mental health, substance use disorders, recovery, and wellness.



Professional Development

176.7 Hours



Certified Peer Support

92 Trained
3,680 Hours



First Responders

67 Trained
160 Hours



Community Education

485 Trained



Wellness Recovery Action Plan

61 Graduates
112 Hours



Mental Health First Aid

6,182 Trained by Project Partners*



67

members of law enforcement and emergency service personnel received 3,600 hours of CIT Training in Hamilton County, Ohio.

38

participants received 164 hours of Prime For Life risk reduction training..



Mental Health **FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING

*Ohio & NKY Partners include Miami University's Center for School-Based Mental Health Programs; Miami University's Discovery Center for Evaluation, Research, and Professional Learning; Mental Health America of Ohio; The Ohio Mental Health Network for School Success and Northern Kentucky Agency for Substance Abuse Policy

Peer Support

Peer supporters offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people. Our peers offer their unique lived experience with mental health conditions to provide support focused on advocacy, education, mentoring, and motivation.

1,062

unique participants

38,031

hours of peer support provided

10,683

one-on-one meetings

3,704

unique participants in support groups

710

peer support groups held

18

It's My Life peer support program participants



Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential.



Safety Net Services

Services assist individuals who may be vulnerable, at risk to “fall through service cracks,” or who need additional supports to meet their basic needs. Services are provided by a mix of professionals, para professionals, and volunteers.



**Supported
Employment**

**67
Participants**

**1,071
Hours**



**Payee
Services**

**30
Participants**

**1,329
Hours**



**Pro Bono
Counseling**

**186 Clients
1,354 Hours**

**21
Interns &
Volunteers**



**Support
Groups**

**623
Participants**

**368
Hours Spent
in Groups**



**Information
& Referral**

**700
Individuals**

**581
Contact
Hours**



Mental Health Screenings

2,124

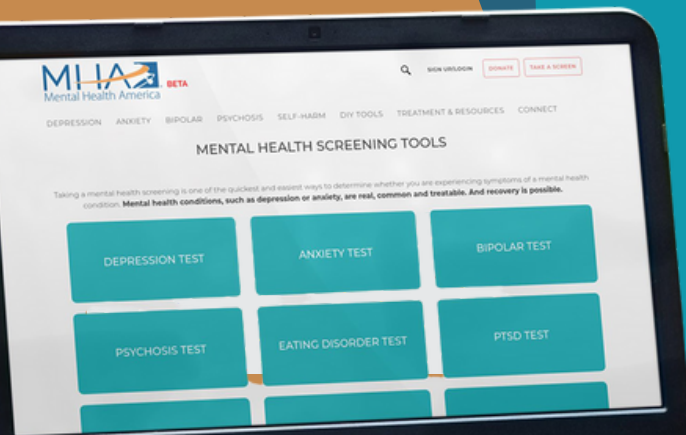
Northern Kentucky

Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen and Pendleton Counties

11,338

Southwest Ohio

Adams, Brown, Butler, Clark, Clermont, Clinton, Hamilton, Highland, Logan, Montgomery, Preble and Warren Counties



13,462

Total Screenings

Our Team

90% of staff members report lived experience with a mental health or substance use disorder or having family members with a mental health or substance use condition. Some of these staff have pursued further education to become certified in providing peer support, using their story to help others find and maintain recovery.

46 Total Employees

24 Peer Support Staff

Our staff, programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research and services. We work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization. We accept all members of the community. We are committed to a community inclusive of all. We treat each other with compassion, respect, and understanding. We are respectful of the diversity of the community, which we define as culture, gender, social status, and the values of the community.



Our Leadership Team & Board



*Elizabeth Atwell
Executive Director*



*Jill Bittner
Associate Executive Director*



*Michelle Rolf
Southwest Ohio Area Director*



*Lucy Gillespie
Director of Innovation & Evaluation*



*Mindy Sponseller
Director of Clinical Care Coordination*



*Vondie Wheeler
Director of Human Resources*



*Paul Moeller
Director of Finance*



*Tom Spicer
Recovery Community Center Team Lead*



*Janet Gora
Mental Health First Aid Program Director*

MHANKYSWOH's Board of Directors use their skills and talents to advance education, advocacy, and services for those with mental health and/or substance use disorders. Many of these individuals come with lived experience or have family members living with mental health or substance use disorders. If you have time and talents to share and want to help MHANKYSWOH achieve its mission, consider serving on our Board of Directors. To be considered, email eatwell@mhankyswoh.org.

Board of Directors

President

Sharron DiMario

Vice President

Open Position

Secretary

Heidi Bohman

Treasurer

George Sparks

Executive Director

Elizabeth Atwell

Associate Executive Director

Jill Bittner

Board Members at Large

Dr. Don Brewer

Brad Deegan

Anna Hehman

Kristina Keidel

Dr. Nelson Rodriguez

Anna Stark

Funders & Collaboration

Kohl's
Mental Health America
Deaconess Health Association Fund
Interact for Health
Northern Kentucky Agency for Substance Abuse Policy Board
Northeast Ohio Medical University
United Way of Greater Cincinnati
United Way for Clinton County
Boone, Campbell, and Kenton County Fiscal Courts
Kentucky Office of Vocational Rehabilitation
NorthKey Community Care
Centers for Disease Control and Prevention

Ohio Mental Health and Addiction Services
Hamilton County Mental Health and Recovery Services Board
Mental Health Recovery Board Serving Warren and Clinton Counties
Clinton, Hamilton, and Warren County Job and Family Services
Northern Kentucky University
City of Cincinnati Police Department
Youth Services System (WV)
Mental Health America of Ohio
Miami University
Ohio Mental Health Network for School Success
Great Oaks
Boone County Alliance



Connect with us!

Our message is simple- good mental health is fundamental to the health and well-being of every person and community.

Mental Health America of Northern Kentucky & Southwest Ohio

912 Scott Blvd, Covington, Kentucky 41011

859.431.1077 - cammerman@mhankyswoh.org

www.mhankyswoh.org



Follow us online!



#mhankyswoh



Take a Mental Health Screening

