



Mental Health America
of Northern Kentucky
& Southwest Ohio
Choose wellness. Choose you.



Mental Health America
of Northern Kentucky
& Southwest Ohio

11238 Cornell Park Dr.

Annual Report

July 2022 through June 2023

WHO WE ARE

We are a nonprofit that provides support, resources, education, and advocacy to individuals, families, professionals, and communities. We work to promote mental health and prevent mental illness while decreasing stigma.

During the fiscal year, we served more than 5,000 people in the region with mental and substance use disorders, offering professional and peer support services and programs to improve their quality of life.



OUR STAFF, PROGRAMS AND INITIATIVES

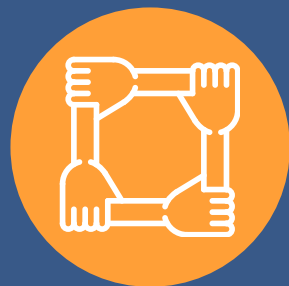
MHANKYSWOH fulfills its mission to promote mental health and prevent mental illness through education, research, services, and advocacy.



Every day we work to protect the rights and dignity of individuals with lived experience to be sure that peers and their voices are included in all areas of our agency.



We accept all members of the community. We commit to include all. We treat each other with compassion, respect, and understanding.



We respect diversity, which we define as culture, gender, social status, and the values of the community.

Values

Reliable

Person-Centered

Collaborative

Ethical





EXPLORING OUR VALUES



Person-Centered Organization

- People come first.
- We strive to provide a safe, trauma responsive environment for everyone.
- We treat people with dignity by showing them respect.
- We provide a customized, effective approach to support individual needs.
- We approach situations with integrity, respect, and transparency.
- We focus on the mission of MHA.
- We are motivated to achieve better results for the organization and those it serves.



Reliable

- We maintain high expectations for the work we do.
- We are dependable; what we say is what we will do.
- We adapt to change quickly in order to best meet the ever-changing needs of individuals, staff and our community.
- We exhibit dedication to evaluating and developing creative solutions to challenges.
- We acknowledge accountability for actions and acknowledge mistakes.
- We demonstrate initiative, attention to detail and self-direction.





EXPLORING OUR VALUES



Collaborative Relationships

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Ethical Standards

- We strive to be role models to in our community.
- We take pride in the way we present ourselves, and the work we do.
- We set the standard that professional behavior is expected, recognized and rewarded.
- We respect the confidential nature of our work, and actively protect client, donor, employee and other constituent information.
- We demonstrate professional code of conduct by following agency guidelines as outlined in policy and procedures manuals.
- We maintain appropriate boundaries with clients, coworkers, employees, and other constituents.



PEER SUPPORT

- The PIER - Northern Kentucky
- Southwest Ohio Peer Support

From July 1, 2022 to
June 30, 2023 we served

5,015

people throughout
Northern Kentucky and Southwest Ohio



Our Certified Peer Support Specialists are trained to use lived experiences in a professional manner to help other people recover. Peer Support Specialists give encouragement, hope, guidance, and understanding through the recovery process.

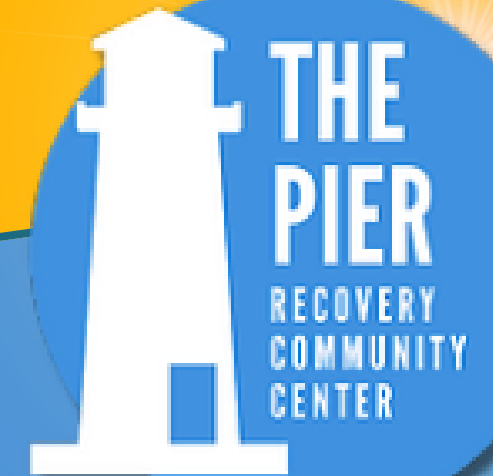
New Beginnings for Darren | The PIER Recovery Community Center

Darren came to Kentucky from Florida as a result of unfortunate family events. Darren stayed at the ER shelter in Covington where he learned to survive while finding his way around Northern Kentucky. In May 2022, he went to our weekly event at the Kenton County Library where he learned about the PIER Recovery Community Services. He enrolled and has since built his recovery capital as he continues to strive in the community.

Darren enrolled for his GED in August 2022 and began his journey of success. He found the support of the PIER family and from Alex with Supported Employment. Darren applied to work at the Dollar Tree in Covington.. He GOT THE JOB; his very first! He says he feels so accomplished and full of life.

Darren started saving for housing, basic needs, transportation, etc. He bought his first bike in November 2022. By February 2023, he reached his maximum time for a bed at the shelter. ER is a great community partner and worked with us to ensure he would have an extended stay until he found his own housing – an amazing offering. Darren moved into his own place in May 2023. He has maintained his housing and continues to thrive. He soon celebrates a one-year anniversary working at Dollar Tree and he has almost completed with GED.

Darren is a wonderful example of self-sufficiency with the support of the Community.



EDUCATION

TRAINING & COMMUNITY EDUCATION

We aim to decrease stigma and help build resilience by helping people gain new insights about mental health, substance use disorders, recovery, and overall wellness.

The Education Department trained

9,697

individuals during Fiscal Year 2023.

Continuing Education

12
Events

385
Participants

Peer Support Training

268
Peer Support
Specialists Certified

116
Peers attended
WRAP* workshop

Mental Health First Aid

311
Classes

6,712
People Trained

Wellness Coaching

992
One to One Sessions

1,224
Group Attendees

*Wellness Recovery Action Planning

EDUCATION

MENTAL HEALTH FIRST AID

In April 2023, the **National Council for Mental Wellbeing** recognized Mental Health America of Northern Kentucky and Southwest Ohio as the

2022 Organization of the Year

The National Council shared that they chose MHANKYSWOH because they have certified more than **13,000** individuals in three years to identify, understand, and respond to symptoms of mental health and substance use challenges. They have trained over 120 new MHFA instructors to teach the classes and they worked with more than 300 organizations that hosted MHFA courses.

This success would not have happened without partners who funded numerous MHFA projects since early 2020. The Ohio Department of Mental Health and Addiction Services (OHMAS) is the main funding source that financed this globally recognized, evidence-based training. OHMAS will have invested just under \$4 million to train 22,000 Ohioans over a five-year period.

MHFA

Collaborative



MENTAL HEALTH SCREENING

Reaching more people

Several approaches were utilized to help build awareness of this important resource. These resulted in

15,541

completed screenings in the service area during FY23.

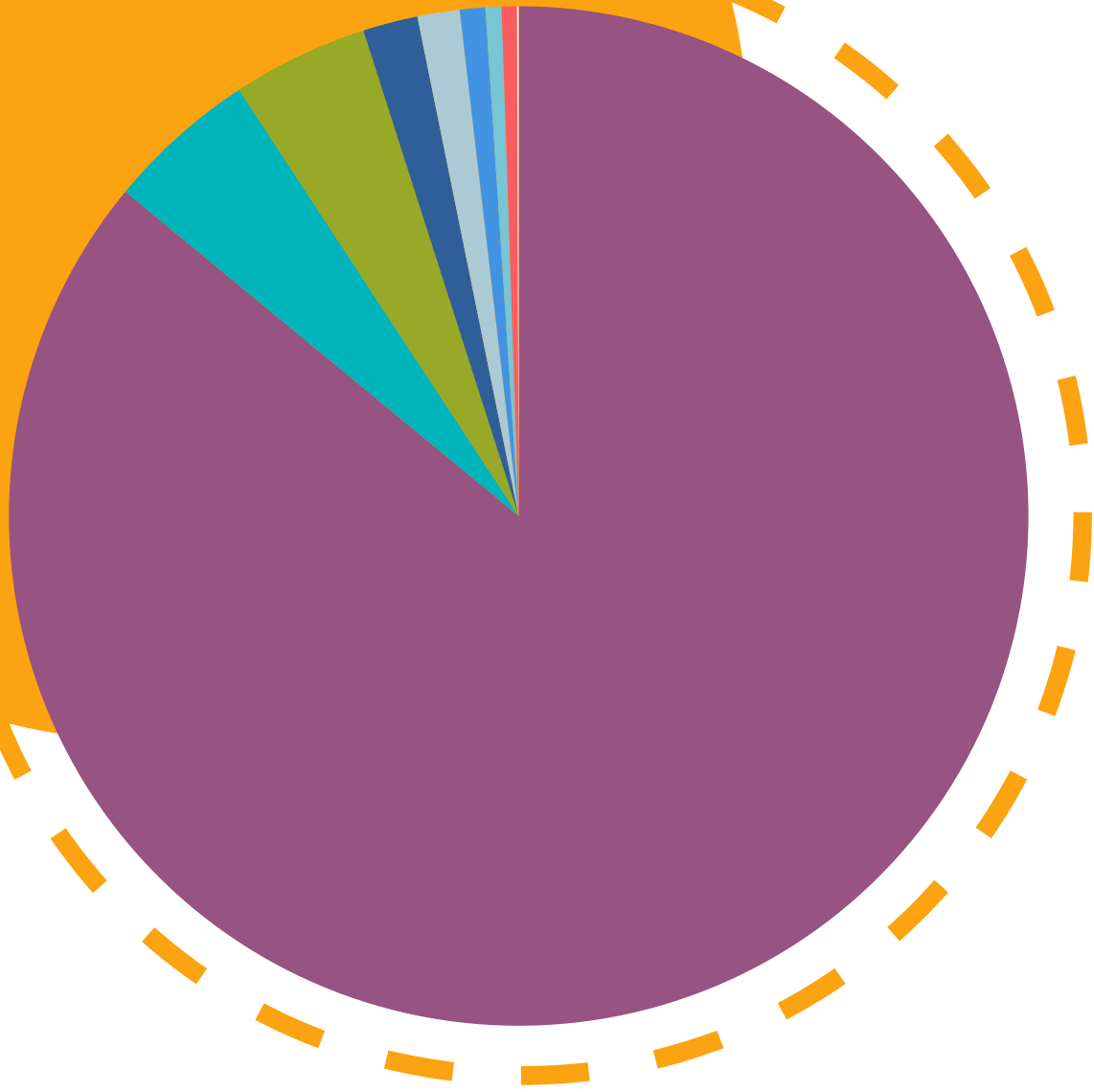
Various methods used included:

- increased distribution of QR code cards and stickers
- videos on area movie screens and on-campus info screens
- increased mentions during outreach and network events
- more social media posts with video and graphic mentions



Funding and Financial Data

Thank you to our generous funders and supporters!



Government Grants	\$3,702,859
Program Fees	\$206,015
Government Fees	\$185,801
United Way of Greater Cincinnati	\$75,000
Associated Organizations	\$57,700
Contributions	\$34,628
Foundations	\$21,900
Special Events	\$20,831
Miscellaneous	\$2,145

Total \$4,306,879

pending final audit

Care Source Foundation • Centers for Disease Control and Prevention • City of Cincinnati • Clinton County Job and Family Services (Ohio Start) • Clinton County United Way • Greater Cincinnati Foundation • Hamilton County Job and Family Services (Ohio Start) • Hamilton County Mental Health and Recovery Services Board • Health Resources and Services Administration • Interact for Health • Kentucky Office of Vocational Rehabilitation • Meijer • Mental Health and Recovery Services Board of Warren and Clinton Counties • National Alliance on Mental Illness Ohio • National Institute of Health • North Eastern Ohio Medical University • Northern Kentucky Agency for Substance Abuse Policy • Northern Kentucky Fiscal Courts (Boone, Campbell, and Kenton Counties) • NorthKey Community Care • Ohio Mental Health and Addiction Services • Substance Abuse and Mental Health Services Administration • United Way of Greater Cincinnati

and many generous individual donors!

