

# MHAST

2018 ANNUAL REPORT

MENTAL HEALTH ASSOCIATION OF THE SOUTHERN TIER, INC.

# Agency Staff

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Erin Wank, Case Manager, Project Uplift  
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Jennifer Walsh, Peer Specialist, Our House, Crisis Respite Program  
Joanne Weir, Development Director  
Katherine Dean, Director, Our House, Crisis Respite Program  
Katherine Sheldon, Administrative Assistant, Sunrise Wellness Center  
Kathleen Eckert, Director, Children & Family Services  
Keith Leahey, Executive Director

Kim Taro, Director, Sunrise Wellness Center  
Kristy Demott, Peer Advocate, Advocacy  
Leila Lynch, Interpreter, Cultural Diversity  
Lori DeLong, Peer Specialist, Our House, Crisis Respite Program  
Maribel Asencio, Sr. Care Coordinator, Medicaid Health Home  
Marjorie Villalobos, Care Coordinator, Medicaid Health Home  
Megan Chechatka, Peer Specialist, Our House, Crisis Respite Program  
Melissa Reynolds, Family Peer Advocate, Family Peer Support Services  
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Michael Hatch, Coordinator, Crisis Intervention Team  
Noah Cooper, Assistant Director, Compeer Youth Mentoring  
Paul Hamilton, Wellness Coach, Sunrise Wellness Center  
Ray Feleppa, Media Specialist & Director of S.H.I.P.  
Rebecca Herman-Roberts, Peer Specialist, Our House, Crisis Respite Program  
Robert Ford, Custodian  
Robin Mott, House Manager, Our House, Crisis Respite Program  
Shannon Ellsworth, Case Manager, Project Uplift  
Stephanie Armes, Compeer Recruiter, Compeer

***The Mental Health Association of the Southern Tier, Inc.  
is devoted to enhancing the lives of all community residents by  
improving their mental health and wellness. Our goals are achieved  
through advocacy services, educational presentations, prevention  
programs, information, and resource referrals.***



## **Letter from The Board President and The Executive Director**

**"He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery." - Harold Wilson**

Dear friends of the MHA,

*It is a pleasure to highlight to the members, funders, supporters and general public, our progress over the last year. The achievements in our annual report represent the collective efforts of hundreds of community citizens and businesses that in one way or another hold the belief that Mental Health Matters! We thank all of the friends and supporters that helped to make our mission come to life, and we look forward to our continued work in the future. Yet again, and to no surprise, 2018 has been a year of tremendous change. Many in the human service world would argue that all the effort to keep pace with these changes will not be worth it in the end. Maybe. But when has avoidance of change ever been the key to success for any organization? Never! In keeping with the spirit of the quote above and, as Darwinian-slanted a view it may be, it is in fact the absolute truth- even for us 'feel good' human service organizations. And, the truth is very simple in concept - a static organization will outlive its utility. However, organizational change takes incredible courage and effort – a natural repellent for certain styles of leadership, which may perceive external change as nothing more than a threat, possibly emanating from a leader's desire to feel in control, which likely will be to the detriment of the organization. Not helpful. Unfortunately, there still exists a large number of organizations in the human service sector that have simply decided that the best option, or at least the easiest option, is to bury their heads in the sand and wait until all of this change goes away, hoping somehow their organization survives. Not MHA. Some years back, MHA saw these changes to the landscape of human service delivery and made the conscious decision to expect and embrace change – as painful as it may be. Instead of viewing change as the enemy, we have decided to invest the time, energy, sweat and tears into helping change our organization with the overarching goal of providing better health outcomes of our consumers in new and innovative ways. This challenge by the federal and state governments to achieve better care, better health, and at a better cost doesn't even sound simple, right? And, if you need to ask one that been there and is still living it every day -it's not! But there does exist an urgency and logic to why this change must occur, and why MHA has decided to be a partner in this transformation. The truth is, health outcomes for our consumers must change and it needs to change in a big, transformative way. Minor tweaks will not fix the underlying cause of the problem.*

*We must have more accountability on the part of health care systems and providers (to include human service organizations) that provide an array of services and supports to our most vulnerable citizens. Our consumers deserve the absolute best care possible, both physical and behavioral. If things were working perfectly, our consumers, many of whom have one or more chronic health conditions, would not die, on average, 30% earlier than the general population. Further, we as the funders (tax payers) of Medicaid should be outraged by the health outcomes of those that often lack voice and clout to affect change – or simply have to accept what's available, even if subpar. We as New Yorker's deserve much better for the \$60 billion that is spent on Medicaid programs annually. Period. We can do better and we must do better. But, this requires this, sometimes unpleasant process called change.*

*From our perspective, our fight is not with the 'change' taking place with Medicaid reform. Instead, our real fight is with ensuring we keep the 'human' front and center as all of this change settles in.*

*As we continue to move forward and align the organization and its resources to participate in this new and shaping world of health delivery, we will do what we always have done – keep the consumer as the focus of why we exist.*

*The accomplishments in our annual report would not be possible without a dedicated team made up of incredible people – many being unsung heroes. We are blessed to have a passionate Board of Directors that understands our value to the community and the consumers we serve. They sacrifice their time to make certain we aspire to become a strong, accountable and engaged organization that does not lose sight of our mission and the sole purpose we exist – to advocate, educate and support!*

*We have positioned the organization to the very best of our ability for success in the future, our preference to avoid the "cemetery" for another 90 plus years.*

*On behalf of the Board and Staff of MHA, THANK YOU for your generous support and caring for the work we do here.*

*Respectfully Submitted,*

*Keith W. Leahey, MSW, Executive Director*

*Deacon Tom Picciano, President, Board of Directors*

# 2018 Board of Directors

## OFFICERS

### President

Deacon Tom Picciano  
*St. Vincent de Paul Blessed  
Sacrament Church*

### Vice President

Howard Meller  
*GHS Federal Credit Union*

### Secretary

John Lynch  
*Hogan, Sarzynski, Lynch,  
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Martin Likewise  
*Dalrymple Companies*

## BOARD MEMBERS

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*AVRE*

Teri Chamberlin  
*AVRE*

Christine Combs  
*Union Endicott School District*

John J. Hussar  
*Grey Goose Graphics*

## BELL OF HOPE



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

# Programs and Services



## COMMUNITY OUTREACH

Throughout 2018, the Mental Health Association of the Southern Tier worked closely with the community and various organizations to raise, not only funds, but awareness of our mission and the wonderful work we do to help those in need of support, education and advocacy. The year started off with our participation at the 3<sup>rd</sup> Annual Binghamton Pond Festival which benefits our youth mental health initiative, DIFD Power to the Purple, organized by Tytus and Libbie Haller and Michael Boyle. For three weekends this outdoor event attracted people from the community and as far away as California and Florida and brought them to an outside ice rink at Chenango Valley State Park. In January, our 3<sup>rd</sup> Annual Trivia Night brought over 100 people out for a fun night in support of MHA. On February 23 we continued our tradition of dressing the Binghamton Devils ice hockey team in purple jerseys at our annual DIFD Power to the Purple Devils game. For the 5<sup>th</sup> year in a row, we were fortunate to be the charity host for The Color Run event on April 15. This national event organization once again brought color and joy to over 4000 participants, spectators and volunteers! In observance of Mental Health Awareness Month, we scheduled a “Purple Ponies” game with the Binghamton Rumble Ponies baseball team on May 4. Unfortunately, the game was rained out twice but we finally dressed the team in purple uniforms on June 22. As a member of the BC SAFE (Broome County Suicide Awareness for Everyone) coalition, MHA was part of the planning committee for the annual breakfast held in honor of World Suicide Prevention Day in September. At the 2018 breakfast held on September 10, Jody Pangburn, organizer of the annual Wings of Hope 4 Mile Walk, was a keynote speaker sharing her own experience as a suicide loss survivor. The Wings of Hope event, organized by Jody and Susan Wheeler, took place on September 15 at Dorchester Park and all proceeds were donated to MHA. On September 20 we hosted our 16<sup>th</sup> Annual Men Who Cook Amateur Chef Competition and Public Tasting with over 500 people in attendance. October 13 marked the 5<sup>th</sup> anniversary of Paul Tauterouff’s Rock Against Suicide event – a night filled with live music and shared stories relating to suicide loss and survival - benefiting MHA.

We could not host these events without the generous support of these community organizers, our sponsors and volunteers. These individuals and businesses believe in the work we do here and are willing to donate their time and money to ensure the success of, not only our events, but of the agency.

## ADVOCACY

The office for Peer Advocacy at MHA provides individuals with support and assistance on their journey to self-sufficiency. The Peer Advocate works with individuals to utilize appropriate community services, complete provider referrals, and provide peer support. The advocate is able to help people find and maintain housing and obtain other essential needs including food and clothing. The Peer Advocate can also assist individuals navigating the primary care and behavioral health care systems, advocate on a client’s behalf with community service providers, provide support to individuals who may be involved in the court system, and make referrals for needed services. This program strives to provide personalized attention based upon each individual’s needs and wants, and incorporates wellness and recovery while providing these services to individuals. Our mission is to incorporate the value of recovery, self-help, and empowerment through education and advocacy.

The Advocacy office is open Monday – Friday, 9:00 AM to 4:00 PM. Walk-in hours are available Mondays, Wednesdays and Thursdays from 10:00 AM to 12:00 PM and the first Saturday of each month from 10:00 AM to 2:00 PM. Individuals can call for an appointment or can be seen during walk-in hours. In 2018, a total of 244 unduplicated individuals were served.

## BEACON

The Beacon Drop-In Center addressed the needs of consumers on weekends to ensure that they had a safe refuge, when other community services were typically unavailable. This program filled a unique role in the community by providing individuals with a place where they were able to talk with someone who “has been there,” who related to what they are going through and offered them peer support and guidance.

In January of 2019, the Beacon Drop-in Center moved from its location at Fairview United Methodist Church on Robinson Street, Binghamton, and was blended with services at the Sunrise Wellness Center to offer weekend support at 47 Broad Avenue, Binghamton. Weekend hours are available on Saturdays and Sundays from 10:00 AM to 2:00 PM.

*“It wasn’t until I started meeting people with similar situations that I could see that others relate and identify to what I go through. They understand my story and I understand them too...” – Chris*

# Programs and Services

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## COMPEER

The Compeer program empowers people to combat the effects of mental illness, including loneliness, isolation, and low self-worth through supportive friendships. A pioneer in mental health advocacy, Compeer matches a supportive community volunteer to a person receiving mental health treatment so they may establish a healthy relationship, boosting self-esteem. Volunteers are fully trained and receive ongoing support and supervision from Compeer staff as they spend time with their match doing things they each already enjoy. The Compeer program has been nationally recognized for achieving measurable results and has proven it saves healthcare dollars by reducing hospitalization and crisis visits. All those involved in our program—those served, volunteers, and therapists—give the agency outstanding marks for effectiveness, ranging from 90% to 100% satisfaction. Compeer offers weekly activities for those enrolled and encourages participation for all members whether or not they have been matched with a mentor. The number of unduplicated individuals served in 2018 was 72. Ask us how YOU can become a Compeer Mentor today! One Compeer participant summed up the program perfectly, *“There is family and there are friends that become family!”*

## COMPEER YOUTH MENTORING—CYM

2018 was another successful year for Compeer Youth Mentoring. Now in our eleventh year, we are the longest running mentoring program in Broome County. 41 unduplicated youth received a number of social, emotional, and behavioral benefits thanks to a healthy relationship with a positive adult mentor. Benefits include increase school attendance, healthier relationships, improved communication skills and increased interest in pursuing higher education. Staff continue to focus on three key areas; programming, engagement and outreach. Activities continue to be a way for CYM to increase program engagement. 90% of families and youth reported being satisfied with CYM, 78% of youth reported higher self-esteem, and 96% of families reported seeing an increase in three or more of the following areas, academics, healthy decision making, developing healthy relationships, social skills, and the development of positive behaviors. Youth participated in a variety of activities from expressive arts to helping make Peanut Butter Paws Dog Treats for the Broome County Dog Shelter as a way to give back to their community. In 2018 one of our youth in the program was presented with a Community Service award for their work in starting a clothing drive in their school for youth in need. They reported feeling inspired after attending one of the Compeer Youth Mentoring Leadership Meetings where youth learn important leadership skills and plan community service projects. We are grateful for our outstanding mentors and the continued support of our community partners as we look forward to the year ahead. A recent call from one parent expressed her gratitude for the program and the progress her daughter has made; *“It makes me cry thinking about how far she has come since she joined the Compeer Youth Mentoring Program, and I am so thankful for the relationship she has built with her mentor. I could not have dreamed of a better mentor for my child.”*

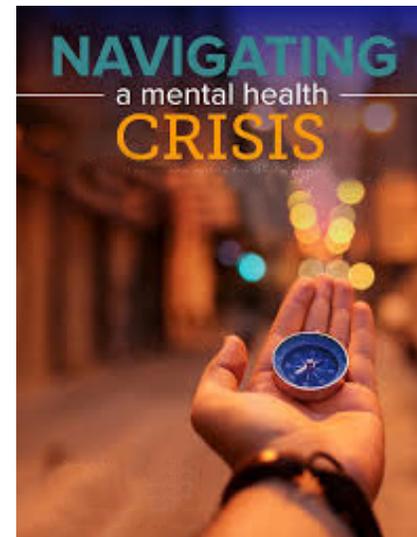
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# Programs and Services

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## CRISIS INTERVENTION TEAM

The Crisis Intervention Team Program works with Broome County Emergency Services (911 Dispatchers), all Broome County Police Agencies, and the Broome County Jail to bring expert training to officers and staff. This training focuses on reducing stigma surrounding mental illness, and provides tools for officers and dispatchers to utilize when responding or dispatching to calls involving people in emotional distress. The initiative works to better equip officers and dispatchers to assess individuals in crisis and deploy appropriate resources with an overarching goal of utilizing community services while encouraging the reduction in transports to local Emergency Departments, and diverting from the criminal justice system when appropriate. Additionally, several of the training programs focus on self-care and awareness for officers and dispatchers of work-related stress and an understanding of PTSD and where to turn when in need of assistance. In 2018 Broome County was the first county in New York State to implement a 911 Distressed Caller Diversion program. This initiative focused on system transformation and brought leaders from emergency management, local hospitals, county and state mental health, local police, and local non-profits together to better service community members in crisis and provide them with person-centered immediate services. In 2018 the 911 Distressed caller initiative diverted 43 calls where people in crisis were de-escalated avoiding a police response and potential transport to the hospital. This effort allows officers to remain available for other emergency calls while providing the person in crisis with an immediate link to a mental health professional. This program provides better service to the community, reduces Medicaid expenditures, frees up emergency room space, and keeps officers available for emergency calls as needed. We served / trained) 362 Law Enforcement and offered 25 community presentations in 2018.



## CRISIS RESPITE SERVICES

The Crisis Respite program celebrated its One Year Anniversary on March 12, 2019. Our program offers a safe and comfortable place for people who are experiencing a mental health or emotional crisis to stay, receive support as they process and address their crisis, and have opportunities to access new resources that can help them on their journey towards recovery and wellness. In 2018 "Our House" provided support to 59 unduplicated guests who stayed a total of 317 days. We received 4194 calls through the Warm Line, a 24/7 Peer Support phone line that is currently centered at Our House to provide peer support, guide guests through wellness activities, connect them with community resources, and empower and encourage them. Our program continues to be unique in this region, and our Team continues to seek new ways to reach out to people throughout Broome County who are not yet aware of the services and support we offer.



# Programs and Services

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## CULTURAL DIVERSITY PROGRAM

In 2018, the Cultural Diversity and Mental Health Interpreter Programs had a significant impact in our community. Over the course of the year, our Mental Health Interpreter Program worked primarily in Spanish, serving 85 individuals through 294 appointments. The Cultural Diversity initiative coordinated over 25 trainings and forums serving over 550 professionals and community members in schools, nonprofits and government agencies. The Central Region Multicultural Advisory Committee was developed by building local partnerships, strengthening statewide collaborations to improve client-centered services through educating professionals, and advocating for vulnerable and diverse populations. Within forums and an end-of-year county survey, a strategic plan for 2019 was designed and launched with great hope for continued education, advocacy and empowerment of individuals of diverse cultures and linguistics.



## DIFD - POWER TO THE PURPLE

In 2018, New York State passed an unprecedented law mandating Mental Health education in all schools K-12. This legislation has opened wide the doors to local schools as they search for impactful ways to comply with the mandate. MHAST has been fortunate to work in collaboration with the Mental Health Association of New York State to assist and train school personnel and we have been given the opportunity to speak to the students about DIFD to promote important conversations and to break down the stigma associated with mental illness. We continue to offer youth mini grants up to \$250 to fund their own initiative to promote mental wellness or suicide awareness and prevention. On May 19 we funded and participated in the Windsor Strong Community Day, a student initiative involving the school and community. The Binghamton High School Girls Basketball Team hosted their senior night as a DIFD night. They wore purple DIFD warm-up jerseys and raised funds that were donated back to us.

## EDUCATION

Our Education services staff works hand in hand with the Self-Help Independence Project, the Sunrise Wellness Center and our Parent Partners to cultivate community education from a peer perspective. Trained Peer and Family Educators provide informative programs to individuals and families within the community. Their work includes discussions on peer-based shared experiences, professional presentations, self-help/peer support, advocacy, referrals and support groups. This interactive program provides the tools individuals can use to take control of their own recovery and/or to offer support along a family member's road to recovery.

In 2018, we saw a growth in the number of community-based support groups and presentations we provided throughout the community. We reached 788 individuals through presentations, tabling events, referrals and support groups. The goal is to help build an ongoing sense of community, wellness and support for individuals and families within their neighborhoods.



# Programs and Services

## FAMILY PEER SUPPORT SERVICES

The Parent Partners of the Family Peer Support Services (FPPS) are dedicated, knowledgeable, caring and supportive individuals offering peer support. They share a unique set of skills and experiences with families whose children have special emotional, behavioral and/or mental health needs because they, too, have a child with a mental health diagnosis. The relationship between the parent partners and their client families is built on mutual respect. Through this partnership families are able to recognize the strengths their families have and build upon them. The wraparound process is one of the tools the Parent Partners use with the family to foster collaboration with all the providers and systems that are involved with the youth and family. 2018 was a busy year for this program. FPPS served 102 families and 90 additional youth, held 80 wraparounds, and reached out to families and providers 10,267 times (face-to-face, phone and e-mail contacts). The greatest achievement of the program is the success of the families we serve. They are incredibly strong and resilient and most just need caring support, a listening ear, and education on available services. On a recent survey one parent wrote; *“Parent Partner program is great. I can be blunt and honest about my concerns and family situation. The support and understanding of the mental health system has been outstanding and I don’t know where I would be without it”*. We believe... FAMILY DRIVEN = FAMILY VOICE AND CHOICE



## MEDICAID HEALTH HOMES

Implementation of Health Homes for Medicaid enrollees with chronic conditions was recommended by Governor Cuomo’s Medicaid Redesign Team and was adopted into law effective April 1, 2011. Social Services Law (SSL) Section 365–L authorizes the Commissioner of Health, in collaboration with the Commissioners of the Office of Mental Health, Office of Alcohol and Substance Abuse Services, and the Office of People with Developmental Disabilities, to establish health homes for NYS Medicaid enrollees with chronic conditions. A ‘Health Home’ is not a physical place; it is a group of health care and service providers working together to make sure individuals get the care and services they need to stay healthy. MHASt has been providing Care Coordination services since 2014. Our Care Coordinators work with individuals that have been identified as having chronic illnesses and assist them in developing a care plan. This care plan maps out the services they need, to put them on the road to better health. Some of the services our Adult Health Home provides include connecting to health care providers, connecting to mental health and substance abuse providers, connecting to needed medications, helping with housing needs, securing social service needs (food, benefits, and transportation) and referring to other community programs that can support and assist these individuals.



## MENTAL HEALTH FIRST AID/YOUTH MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA), which is available in youth and adult versions, is an eight-hour course that teaches people how to identify, understand and respond to people who are struggling with mental health or substance use challenges and connect them with appropriate support when necessary. The youth course is intended for adults who want to learn more about adolescent health and how to be more supportive of adolescents. In 2018, MHASt had 3 certified trainers for adult Mental Health First Aid and 2 certified trainers in Youth Mental Health First Aid (YMHA) on staff. We offered 8 trainings in MHFA, certifying 132 mental health first aiders, and 5 trainings in YMHA, certifying 54 adults. Courses are offered both at MHASt, open to the public, and privately at the request of outside organizations.



# Programs and Services

## MOBILE CRISIS

MHAST's Mobile Crisis Team provides the local community with on-demand services for individuals experiencing a behavioral health crisis. Mobile Crisis Service is designed to help de-escalate crisis situations on-site, and help avoid the traumatic and often unnecessary transport to the emergency room. Working closely with Broome County Emergency Services and many of the police agencies in Broome County, our Mobile Crisis Team responded to 351 crisis calls and successfully de-escalated and stabilized individuals with no need for hospitalization in 68% of those cases. The Mobile Crisis / CIT Case Manager provided follow up services for 310 people.

## MOBILE CRISIS INTERVENTION SERVICES

## PROJECT UPLIFT

Project Uplift assists clients to improve their health and safety so that they may successfully navigate the many obstacles they may encounter. In 2018, Project Uplift served 48 unduplicated clients resulting in a reduction in their clients' use of CPEP from 2017. The Case Managers of Uplift continue to offer community support and referred clients to 2286 activities in 2018, a substantial increase over the 1404 referrals in 2017. The Project Uplift team has worked with multiple agencies to help clients find appropriate and affordable housing, maintain proper nutrition by utilizing a number of food pantries, they transport clients to and from appointments and support groups, and refer clients to other agencies within the community. Project Uplift has made it their mission to provide support to empower clients in their recovery by helping them to set and accomplish goals. Uplift encourages and gives the client the necessary tools to build their independence and confidence in making their own decisions. Project Uplift continues to offer the Representative Payee program to assist those who are established in Uplift with budgeting help to make sure their financial needs are being met.



## RURAL BEAR

The Rural BEAR Program brings equal access and care coordination to families residing in the rural communities of Harpursville, Whitney Point, Deposit, Chenango Valley, Chenango Forks, Susquehanna Valley and Maine Endwell who have a child experiencing emotional and behavioral difficulties. The Care Coordinator provides individualized assistance to help reduce barriers and make mental health care more accessible for all. By providing crisis intervention, supportive counseling, transportation, home visits, support, advocacy, education, skill building and community referrals, the need for a higher level of care can be greatly reduced. The Care Coordinator has the flexibility to meet the needs of the youth and connect with them where they are at. This connection has shown to improve academic performance and school attendance, reduce the need for crisis interventions and bring appropriate community resources to the child. Unlike with other programs that only provide links to services, the Care Coordinator is a "doer" who actively helps families improve their circumstances. In 2018, the part-time program served 18 families who had an average length of stay of 9 months in the program. The coordinator provided 839 units of contact with families, school and community providers and provided 163 units of supportive counseling, 35 transports to mental health appointments, and 419 outreach efforts to youth and their families. A family member confided in the Coordinator that she did not feel that her son would have been as successful in his new school placement if he did not have the support of this program. *"Evan, your meeting him at the new school placement over these last few months has helped him more than you could know. You helped him transition, gave support in making friends and feeling a part of the new setting. We are ready for you to close. He will be ok."*



# Programs and Services

## SELF-HELP INDEPENDENCE PROJECT – SHIP

The Self Help Independence Project (SHIP) offers programming and self-help services designed to provide educational and experiential opportunities for individuals who wish to become active participants in their own self-directed recovery. Two core programs, The Speakers Bureau, and The SHIP Spring Conference help to achieve these outcomes. The Speakers Bureau provides training in public speaking for individuals interested in presenting their “story” to the public. Speaking venues are arranged by SHIP staff and include colleges, county agencies, and human service agencies. The Speakers meet regularly to review and prepare presentations. The Speakers Bureau continues to receive praise for educating, battling stigma, and informing the community about the realities of life with a psychiatric diagnosis.

*“Thank you for sharing your personal accounts. We talked about how so many things you shared are things we hear in our activities...about looking in a mirror and making a commitment to follow positive choices. If by chance they fall down, to continue to get up, to ask for help, to become engaged in positive habits and volunteer work, that will encourage them to continue in positive paths.”* - Work Force New York

The SHIP Spring Conference (Day of Recovery) is an annual event open to the entire community and human service providers. Each year, the spring conference seeks to inform and educate the community on innovative topics relevant to the field of mental health.

Another SHIP program is the Fundamental Follies. The Fundamental Follies Theater Company presents original plays with mental health themes. The shows are testimony to what people with a mental health diagnosis can achieve. The dynamics of theatre, including writing, acting, singing, and dancing serve as a nontraditional avenue of dedication to process as well as a unique opportunity for communication and collaboration between providers and recipients. Staff and peers collaborate on script writing and commit to an intensive rehearsal schedule. Since 2015, SHIP has partnered with Know Theater of Binghamton for rehearsals and performances. Utilizing music, poetry and humor, the show allows us to look at ourselves in a refreshingly different light, and to inject the crucial element of humor into the serious business of recovery.



## SUNRISE WELLNESS CENTER

The Sunrise Wellness Center is a peer-run program promoting recovery for individuals 18 and over who have a mental health diagnosis. Staff at the Sunrise Wellness Center encourage a self-directed approach to mental health services, and promote mental, physical and spiritual wellness. At the core of the Wellness Center is the goal of self-driven recovery and self-care. At the Wellness Center, we offer a wide variety of groups, workshops, activities and training opportunities and act as a gateway for people with mental health challenges to find hope and support in recovery. It is a place where a person can find peer support and the tools needed to be successful in maintaining their own wellness. The Center promotes natural linkages that encourage true social inclusion in mainstream life that will nurture and feed an individual's passion in life. The Center functions as a hub, offering a great variety of social inclusion opportunities based on personal interests. The Wellness Center also publishes a monthly calendar of events and a newsletter. For more information, individuals can call and speak with one of our three Wellness Coaches or visit the Sunrise Wellness Facebook page. The Sunrise Wellness Center is open Monday through Thursday from 9:00 AM to 4:30 PM, Friday until 4:30 PM, and weekends from 10:00 AM to 2:00 PM.



Services available include: Peer Support, One on One, Wellness Coaching

Educational Presentations on topics such as: Nutrition/Exercise, Mindfulness, Eight Dimensions of Wellness

Self-care techniques such as: Wellness Recovery Action Plans, Healthy Relationships, Meditation, Employment Readiness and Financial Management

Lending Library /Computer Lab/ Expressive Arts Groups/ Social Programming

## Statement of Financial Position - December 31, 2018

### ASSETS

#### CURRENT ASSETS

Cash & Cash Equivalents	\$	612,066
Investments		4,206
Receivables		415,365
Inventory		637
Prepaid Expenses		<u>21,647</u>
<b>TOTAL CURRENT ASSETS</b>		<b><u>1,053,921</u></b>

#### PROPERTY & EQUIPMENT

Building and Improvements		423,172
Leasehold Improvements		14,525
Furniture & Equipoment		239,983
Vehicles		159,785
Less: Accumulated Depreciation		<u>(177,520)</u>
<b>TOTAL PROPERTY &amp; EQUIPMENT</b>		<b><u>659,945</u></b>
	<b>\$</b>	<b><u>1,713,866</u></b>

### LIABILITIES & NET ASSETS

#### CURRENT LIABILITIES

Current Portion long-term debt	\$	7,230
Accounts Payable		149,374
Accrued Expenses		99,162
Due to Related Entity		3,398
Deferred Revenue		<u>106,113</u>
<b>TOTAL CURRENT LIABILITIES</b>		<b><u>365,277</u></b>

#### Long-Term Debt

		<u>137,475</u>
<b>TOTAL LIABILITIES</b>		<b><u>502,752</u></b>

#### NET ASSETS

Without Donor Restrictions		1,138,066
With Donor Restrictions		<u>73,048</u>
		<b><u>1,211,114</u></b>

#### TOTAL NET ASSETS

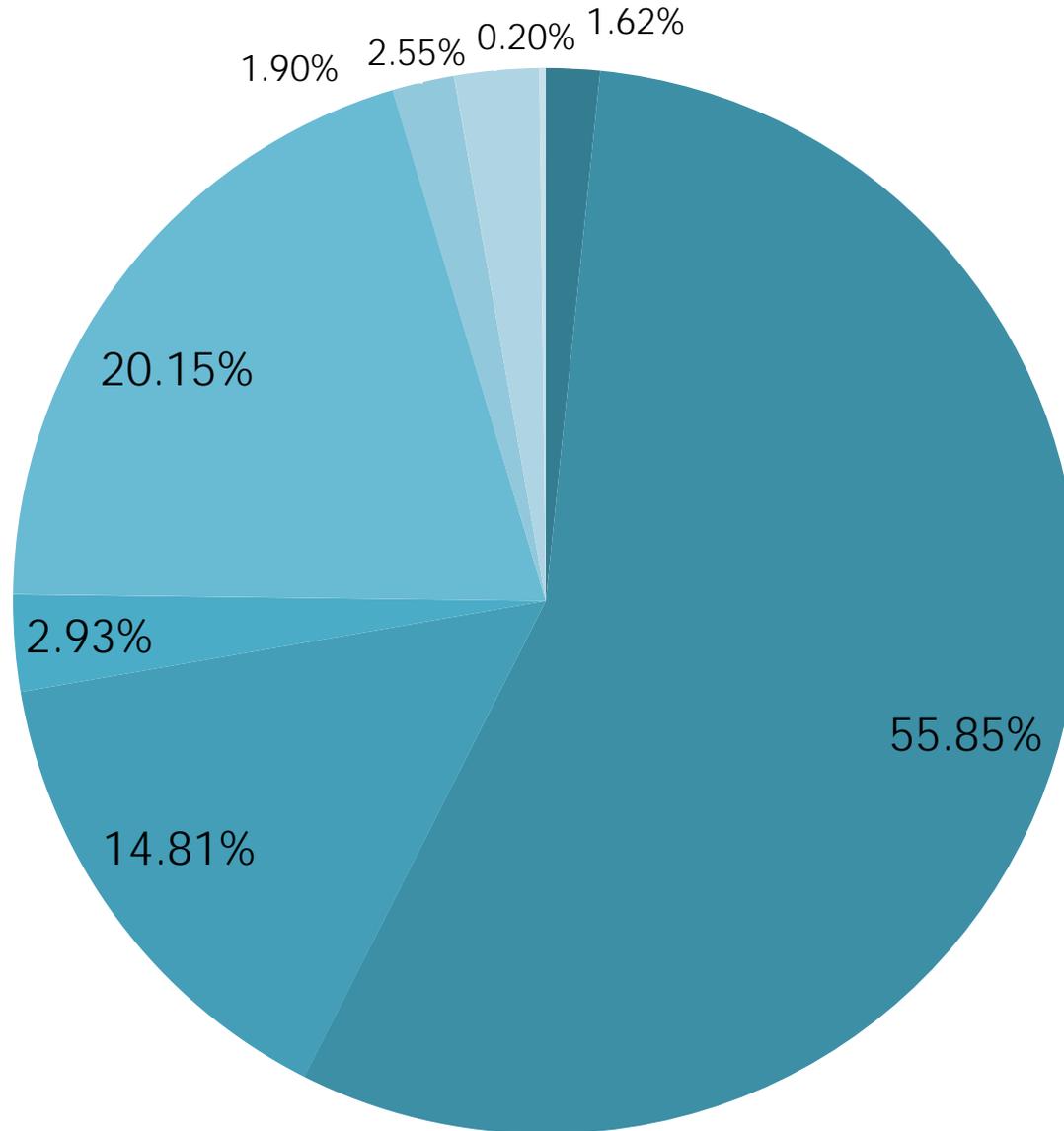
	<b>\$</b>	<b><u>1,713,866</u></b>
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## Statement of Activities - December 31, 2018

Public Support

United Way	\$	43,602		
Government Grants		1,502,699	Program Services	1,942,213
Other Grants		398,397	Support Services	229,966
Contributions		78,819	Total Expenses	2,172,179
Program Revenues		542,155		
Fundraising Income		51,048	CHANGES IN NET ASSETS	518,523
Inkind Revenue		68,655		
Miscellaneous Revenue		5,327	NET ASSETS, beginning	692,591
<b>TOTAL SUPPORT &amp; REVENUE</b>		<b>2,690,702</b>		
			NET ASSETS, ending	\$ 1,211,114

# Revenues



■ United Way allocations

■ Government grants

■ Other grants

■ Contributions

■ Program revenues

■ Fundraising Income

■ Inkind Revenue

■ Miscellaneous Revenue

# Community Involvement

Addiction Center of Broome County  
BC Safe Coalition  
Big Apple Adult Social Day Care  
Binghamton Devils  
Binghamton Police Department  
Binghamton Pond Festival  
Binghamton Rumble Ponies  
Binghamton University  
Binghamton University Athletic Department  
Brookdale Vestal Senior Living Center  
Broome County Community Services Board  
Broome County Council of Churches - CHOW  
Broome County Library  
Broome County Mental Health  
Broome County Mental Health Sub-Committee  
Broome County Promise Zone  
Broome County Re-Entry Taskforce  
Broome County Single Point of Accountability (SPOA)  
Broome County Single Point of Entry (SPOE)  
Broome County Tier II  
Care Compass Network  
Catholic Charities-Stepping Stone Drop-In Center  
Central Regional Multi-Cultural Advisory Committee  
Child Adolescence Behavioral Health Clinic (CABHC)  
Community Mental Health Project  
Community Treatment and Recovery Center (CTRC)  
Crime Victims Assistance Center- Sexual Violence Prevention Committee  
DIFD  
Delivery System Reform Incentive Payment (DSRIP)  
Dual Recovery Project Education/Training Workshop Group  
Dual Recovery Project Treatment and Review Committee  
Excellus  
Fairview Recovery Services  
Family and Children's Society  
Families Together Central Region Chapter  
Fidelis

Greater Binghamton Chamber of Commerce  
Greater Binghamton Health Center—MITeam,  
Health E Connections  
Health Link NY  
Know Theatre  
Local Business Advisory Council-LBAC  
Lourdes Center for Mental Health  
Lourdes Hospital  
Mental Health Association in New York State (MHANYS) -  
Board Member  
Mental Health Empowerment Project (MHEP)  
New York Association of Psychiatric Rehabilitation  
Services (NYAPRS)  
NYAPRS Regional Coordinator for the Southern Region  
Office of Mental Health Recipient Advisory Committee  
Parents Empowering Parents  
Regional Family Support  
Rock Against Suicide  
Southern Tier Aids Program  
Southern Tier Independence Center  
Stand For Children SUNY Broome  
Timm's Memorial Golf Tournament  
UHS  
UHS Medicaid Health Home Committee  
UHS—CPEP  
Unitarian Universalist Congregation of Binghamton  
Urban League  
United Way – VAST  
VINES  
Voices Recovery Center  
Volunteers of America  
Wings of Hope  
YMCA

# ***We can not thank our Sponsors enough for their generous support!***

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## ***Trivia Night***

Visions Federal Credit Union

## ***The Color Run – Binghamton***

Broome Volunteer Emergency Squad

GHS Federal Credit Union

Hatala Orthodontics

KC Construction

SUNY Broome Community College

TRG Capital Management

UHS

## ***Men Who Cook***

Davidson Fox & Co.

UHS

Empower Federal Credit Union

Floyd's Rent All

GHS Federal Credit Union

Hatala Orthodontics

Hilltop Pottery

Jones Humdinger

Lachman & Gorton

Levene, Gouldin & Thompson

M&T Bank

Magic 101.7

Matco Electric

Dr. & Mrs. Richard Rigotti

The Raymond Corporation

Visions Federal Credit Union

WBNG TV

WICZ Fox 40

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## *Thank you to our 2018 Contributors & Friends*

AJ Bush	Country Wagon Produce	Health Beat Natural Foods	Lowe's Front Street	Peterson's Pub	The Color Run
Advance Auto Parts	Coughlin & Gerhart	HeartGlow Integrated	Lupo's	Phoenjitsu Shotokan Karate	The Glass Slipper
Ala Ladd	Court Jester	Massage Help Getting Healthy	M & T Bank	Picciano Family	The Goldsmith
Alan Wilmarth	Danielle Claudia	Hilltop Pottery- Nancy Braches	Mad Batter Bakers	Portobello Row	The Jewelry Shop
Alexander's Cafe	David Maione	lesa Harrigan	Magic 101.7	Progressive Laser	The Raymond Corporation
Alison Senft	David Martinkovic	Innovation Associates	Mark Darpino (Vestal Wine & Liquor)	Ray Feleppa	The Spa at Traditions
American Food & Vending	Davidson Fox & Co.	Janette Burnett	Mark Hatala Mary Ann Ellis	Red Lobster	Timm's Memorial Golf Tournament
Anderson Center	Deacon Tom Picciano	Jareds Stuffed Cupcakes	Mary Lou Dunn	Remlik's Restaurant	Tioga Downs
Anthony Brunelli Fine Arts	Dee Kline	Jeff Smith	Matco Electric	Rick Niznik	Tom Anschutz
Arlene Cocozziello	Dick's Sporting Goods Open	Jesse Wheeler	Matt Franklin	Roberson Museum	Tom's Gift Shop
Atrio Banquets& Catering	DIFD	John Loftus	Matt Murphy	Robert Kochersberger	Traditions at the Glen
Bagel Factory	Donna Storozow	John Lynch	Matthews Auto Group	Rock Against Suicide	Tri Cities Opera
Baked by Camille	Dos Rios Cantina	Johnson, Lauder &Savidge, LLP	Michael Boyle	Rosamond Gifford Zoo	Tytus Haller
Barbara and Tom Gannon	DoubleTree by Hilton	Jonathan's	Michelle Miller	Ryan Healy	UHS
Best Western Johnson City	Dr. & Mrs. Richard Rigotti	Jones Humdinger	Michael Senft	Ryan Mead	Van Cott Jewelers
Binghamton Devils	Dr. Asa Brown	Kampai Japanese Steakhouse	Mike Riccardi Photography	S&B Book Club	Visions FCU
Binghamton Philharmonic	Embroidery & Screen Printing	Kathy& Jim Eckert	Mike Toyryla	Sam's Club	Waterman's Distillery
Binghamton Pond Festival	Empire Merchants- D. Tiberi	KC Construction	Moxie's Wood Fire Grill	Save Around Broome County	WBNG-TV
Binghamton Rumble Ponies	Empower Federal Credit Union	Keith Leahey	Mr. & Mrs. Ken Elliott	Savitch Agency	Wes Campbell
Binghamton University Athletics	Endwell Family Physicians	Kim Taro	Mr. & Mrs. Ken Weir	Seabreeze Rochester	WICZ-Fox 40
Bothar Construction	Enviro AutoWash	KNOW Theatre	My Grandpa's Hudson	Spencer's Hair	Wild Birds Unlimited
Brian Fish	Even Ends Salon	Kristine Cunningham	Nancy Valenta	Star Group--Susan Wheeler	Wings of Hope
Broadway in Binghamton	Floyd's Rent-All	Lachman & Gorton	National Baseball Hall of Fame	Steve Cornwell	WonderWorks Destiny USA
Broome Vol. Emergency Squad	Fred Akshar	Larry Burneal	NFP Corporate Services, LLC.	Steve Pancoast	Woodfern Florist
Carl Speicher	Garland Gallery	L'AvaggioRoasteria	Noah Cooper	Steve Popoloski	
Carol Belva	GasLamp Gym	LaQuinta Johnson City	Noah Nonie Photography	Subway – Campus Plaza	
Chenango Valley State Park	Gertrude Hawk – Oakdale Mall	Levene, Gouldin& Thompson	Oaks Inn	SUNY Broome Community College	
Christian Sezenias	GHS Federal Credit Union	Linda Reynolds	Old Barn Market & Gluten Free Bakery	SUNY Broome Ice Center	
Christine Combs	Glimmerglass	Lorraine Bates	Old World Deli	Tall Pines, Kathy Brown	
Chuckster's	Goodwill Theatre		Our Country Hearts	TRG Capital Management	
Confluence Running	Greg Roberts		Pack & Mail	Tanya	
CoreLife Eatery	Hatala Orthodontics		Patrick J. Cleary Designs	The Book Vault	
			Paul Battisti	The Cider Mill	
				The Colonial	

*And a special thank you to our wonderful volunteers!*



**MHAst** | Mental Health Association  
of the Southern Tier, Inc.

*"This bell rings for hope...a victory for mental health."*

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