

ANNUAL REPORT 2006-2007

From the Executive Director:

The Mental Health Association of Middle Tennessee served over 100,000 Middle Tennesseans in 2006-2007. The Association continues to uphold its 60 year tradition of providing high quality advocacy, education and services to mental health consumers, their families and the public at large. The board of directors, staff and volunteers responded to the constant needs of mental health consumers and providers. Your continued support during challenging economic times allowed us to provide services to those in need.

The **J. Speed Thomas Mental Health Assistance Center (MHAC)** provided **1,335** consultations and referrals to consumers, family members and mental health professionals. Other accomplishments for 2005-06 include:

- ◆ Assisting callers with mental health needs referred by the Dial 211 Project
- ◆ Networking in the community with providers and updating resource database to better serve callers
- ◆ Conducting “Mental Health Training for Interpreters” in Knoxville, Nashville, Murfreesboro and Memphis interpreters working in mental health settings. Sixty-eight interpreters attended trainings in FY 2005-2006.
- ◆ Conducting “Working with an Interpreter” training for mental health providers in, Cookeville, Chattanooga, Nashville, Knoxville, and Memphis. One hundred seventy providers have been trained on working with interpreters this past year.
- ◆ Providing **425** Spanish speaking individuals with information and assistance through the **MHAC Hispanic Outreach Program (HOP)** which includes:
 - The Encuentro Latino Mental Health Coalition which meets monthly to network and plan outreach of services to Hispanic communities.
 - “Las Mujeres de Hoy,” the Hispanic women’s support group.
 - St. Thomas Clinic Support Group for patients of the clinic.
 - Train the Trainer Workshops for group’s curriculum.
 - Mentoring program with Vanderbilt University for Hispanic students at McMurray Middle School.
 - Cultural training workshops for the Hispanic community
 - A three-part series on Mental Health at “La Ley” a Spanish radio station.
 - Social Work students from David Lipscomb University interning with the HOP.
 - Creation of a Website in collaboration with Vanderbilt Family Pathfinders and Metro Social Services to provide the community with information on agencies that have bilingual staff.

Campaign for America’s Mental Health - The MHAMT, in conjunction with Mental Health America (formerly known as the National Mental Health Association), participates in the Campaign for America’s Mental Health, offering Depression, Anxiety and children’s mental health screenings throughout the year.

- ♦ Depression screening sites were hosted at 11 sites across Middle Tennessee for National Depression Screening Day in October, 2006. Collectively 739 members of the general public had the opportunity to screen for Depression free of charge and obtain educational materials regarding mental health and Depression.
- National Childhood Depression Screening Day was held on May 8, 2007. There were 2 sites providing Children’s Depression screening free of charge.
- ♦ National Anxiety Screening Day was held on May 10, 2007. There were 5 sites hosting free screenings for Anxiety Disorders, enabling 44 individuals to obtain educational materials regarding mental health and 21 individuals to screen for Anxiety Disorders. Among those who screened, 7 were referred for outpatient mental health services.

“Erasing the Stigma” Statewide Education Program

- ♦ Over 86,900 children and adults received education through use of the Erasing the Stigma and **I.C. HOPE®** programs.
- ♦ The Statewide Education Coordinator provided 118 presentations, educating 3,409 children and 2,622 adults.
- ♦ Kids on the Block programming continued statewide. Kids on the Block troupes conducted a total of 404 presentations, educating 44,340 children and 3,950 adults within the Middle Tennessee, Memphis, Knoxville and Chattanooga areas.
- ♦ An **I.C. HOPE®** coloring book was developed and printed to enhance current mental health and wellness curricula. The coloring book project was made possible by a grant from the Nashville Predators Foundation.
- ♦ The Statewide Education Coordinator made a guest appearance on the radio talk show “City Talk” with Angie B. on WNSG Rejoice 880 a.m. for Mental Health Awareness Month to discuss Depression and Suicide.
- ♦ The Erasing the Stigma program collaborated with Middle Tennessee State University to provide 2 educational videoconferences, broadcast statewide and in Huntsville, Alabama. The two videoconferences were to educate teachers on “Mental Health and Wellness: An Overview” and students on “Stress and Anxiety Disorders.” The videoconferences were broadcast on local cable network educational channels as well as the Internet.
- ♦ An **I.C. HOPE®** guest appearance at events such as the 10th Annual Children’s Mental Health Day at the Zoo and the grand opening of the Childcare Alliance, a new Family Resource Center serving the East Tennessee area. This Family Resource Center will provide mental health services.
- ♦ Angela Dealy, a 7th grade teacher at Heritage Middle School in Thompson Station, Tennessee participated in the taping of a MHAMT agency DVD to discuss her experience having an ETS presentation on Eating Disorders provided in her classroom.
- ♦ The MHAMT website, www.ichope.com, continued to provide free online screening for Depression, Generalized Anxiety Disorder, Bipolar Disorder and Post Traumatic Stress Disorder. The following is a breakdown of the number of individuals who participated in online screenings:

	Completed screening online	% Scored Positive for the Illness	Plan to seek further evaluation	% Scored positive; were not receiving treatment
Depression	147	81%	43 (of 81%)	80%
Generalized Anxiety D/O	80	88%	22 (of 88%)	84%

Bipolar D/O	60	40%	15 (of 40%)	75%
Post Traumatic Stress D/O	34	68%	10 (of 68%)	83%

I.C. HOPE® Licensing – In 2006/2007, several MHAs expressed interest in purchasing the **I.C. HOPE®** program. Interested MHAs have been attempting to secure funding to obtain licensure of the program.

The Aging Services’ / Concerned Caregivers program provided **314** clients with Alzheimer’s related consultations and referrals. Eighty-two families with a loved one with Alzheimer’s at home received over 287 hours of personalized caregiver education and training. Two educational classes or series of classes have been conducted for family caretakers of Alzheimer’s patients. Concerned Caregivers support group for family members of Alzheimer’s patients continues to serve the needs of caregivers; several caregivers also receive weekly telephone support calls from MHAMT.

The TennCare Partners Advocacy Line (TPAL), a statewide program dedicated to helping mental health and substance abuse consumers and providers navigate the TennCare Partners Program, had 37,086 contacts with Tennesseans this year through our various program components. During the past year:

- ♦ 18,326 individuals (which include consumers, providers and family members) were provided with general advocacy services.
- ♦ 287 individuals required and received more significant advocacy services called “cases.”
- ♦ TPAL outreach staff provided 174 outreach presentations and in-person contacts across the state serving 5,608 individuals.
- ♦ The TPAL staff distributed approximately 12,515 brochures and other forms of TPAL information to consumers and providers statewide.
- ♦ TPAL disseminated two issues of “TPAL Updates”, a newsletter that provides current TennCare Consumer information for community mental health agencies, consumer groups, and others, resulting in 350 total contacts.

As always, TPAL provided monthly reports identifying trends and problems within the TennCare Partners Program to the Bureau of TennCare. The TPAL Outreach staff both shared and gathered information during the 174 group presentations for consumers and providers statewide.

Jammin’ to Beat the Blues, the MHAMT’s signature annual fundraiser, was held at the historic Ryman Auditorium on April 12, 2007. The featured performer was Kathy Mattea with special guests Riders In The Sky, Taylor Swift, and The Wrights. The *Jammin’ to Beat the Blues* Patron Party and auction was held at the home of Linda Brooks.

Runnin’ to Beat the Blues, a 5k run/walk and 4x1 mile team relay, was held at Centennial Park on March 31, 2007. This year, a 1 mile youth run was added to the event. Over 400 individuals participated in the races. The MHAMT partnered again with the Nashville Striders for this event.

This year’s **Annual Meeting** was a special 60th Anniversary Celebration of the MHAMT’s service in the community. The celebration was held on May 1, 2007 at Hillwood Country Club and

honored directors of local mental health organizations formed from collaborative advocacy efforts with the MHAMT. The honorees included:

David Guth – Chief Executive Officer, Centerstone
Charlotte G. Bryson – Executive Director, Tennessee Voices for Children
Barbara Quinn – President & Chief Executive Officer, Park Center
Pamela J. Womack – Chief Executive Officer, The Mental Health Cooperative
Elizabeth Slagle Todaro – Program Director, Family & Children's Service Crisis Center and 211

In addition to these, the MHAMT presented its annual awards as follows:

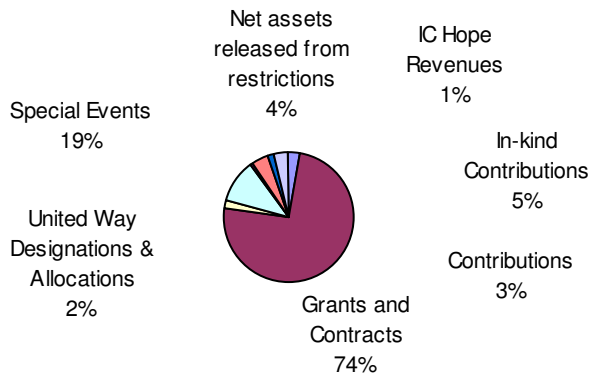
Phoebe Knox Binkley – Louise B. Katzman Volunteer of the Year
Gordon Doss, Ph.D. – Board Member of the Year

Through your support, we have been able to spread the message that improved treatments bring hope to those who struggle daily with mental health issues and to those who care deeply about them. Thank you to all our supporters who are making a difference!



Angie Thompson
Executive Director

2006-2007 REVENUE



Contributions	\$	52,777
Grants and Contracts	\$	1,328,666
United Way Designations & Allocations	\$	38,102
Special Events	\$	192,736
Investment Income	\$	8,339
In-kind Contributions	\$	81,512
IC Hope Revenues	\$	22,790
Net assets released from restrictions	\$	65,486
Total	\$	1,790,408

Total expenses exceeded total revenue for 2006/2007 due to the timing of the Association's bi-annual fundraising dinner honoring the late Jack Massey. The fundraising dinner was held and the revenue recorded in fiscal year 2005/2006; however, the proceeds from the dinner are actually used to fund various Association programs during fiscal years 2005/2006 and 2006/2007. 50% of the proceeds from the 2005/2006 Dinner were earmarked for 2006/2007 expenses.

2006-2007 EXPENSES

