

Mental Health Association  
of East Central Florida

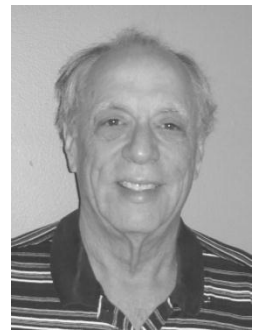
*“Through Action*



*By Commitment”*

***2008 Annual Report  
To Membership***

## Message from the Chair



As Chair of the Board for the Mental Health Association of East Central Florida (MHA), I am pleased to announce that 2008 has been a banner year both in terms of growth and change. Not only did the organization adopt a new name and hired a new President/CEO, but new programs and services were added to meet the ever growing demands in an economically challenged environment.

First, in order to more accurately identify the communities the organization serves, it was necessary to change the name from the Mental Health Association of Volusia County to the Mental Health Association of East Central Florida. The new name serves to identify the organization as a provider of services and advocacy in all East Central Florida communities including Flagler County.

Second, the year saw the retirement of the President/CEO and the selection of a new one. The change in administration flowed smoothly thanks to the efforts of Gail Gregory who retired after ten (10) years of dedicated service and Bob Decker who assumed the position in March 2008.

Finally, MHA looked at the needs of the community in light of the current financial crisis, the challenges it created and how those new needs could be met. Programs and services have been added to provide support groups, postpartum depression counseling and educational programs.

Since this is my last year as Chair of the Board, I would like to thank the Board of Directors for their support, the staff for their dedication and an especially the sponsors, donors, and business partners that have made it possible for us to serve the East Central Florida Community.

Sincerely

Ron Cahen  
Chair/Board of Directors

## Message from the President/CEO



Through action and by commitment the Mental Health Association of East Central Florida (MHA) continued to develop community resources and partnerships in 2008. As a result, the support of the organization in the community is strong and our we are honored to provide services that are vital to individuals in need.

Through action and by commitment the volunteers of MHA showed how duty and responsibility to the community make continued growth and expansion possible. The spirit of volunteerism, which forms the infrastructure of our organization, provided more than 1,800 hours of service in 2008.

Through action and commitment MHA also forged new partnerships in our community throughout the year. For example, MHA partnered with Healthy Start and Stewart Marchman Act Behavioral Health to provide postpartum depression counseling to new mothers in our community. MHA now has five independently contracted counselors to provide counseling services in home for at risk mothers.

There were major repairs accomplished in 2008 to the Debra Anne House. The porch was repaired through a matching grant from the City of Daytona and a new air-conditioning unit was installed. The Capital Campaign for 2009 will continue to address major repairs and safety concerns for our clients including installation of new electrical wiring and replacing windows that are in disrepair.

The future of the organization looks bright and promises new programs, services, and partnerships that will continue to enhance advocacy and support. MHA will continue to look for new programs that provide innovative and creative ways to reach out into our communities where we live, work and play.

Sincerely

Bob Decker  
President/CEO

## Drop-In Centers

MHA Volusia currently operates three (3) Drop-In Centers: Debra Anne House in Daytona Beach, Open Door Drop-In Center in Deland and Friends of Flagler in Bunnell. The target population is the severe and persistent mentally ill of Volusia and Flagler counties.

MHA Volusia Drop-in Centers are places where people with mental illness can go to socialize with their peers, increase their coping skills for remaining in recovery, learn new skills that increase creativity, or just be in a place that encourages self-determination, compassion and offers a safe place to just be.

MHA Volusia Drop-In Center's model is based on studies that support that overall participants at Drop-In Centers had a DECREASE in suicide rate, substance and alcohol abuse, hospitalizations and stressors while having an INCREASE in, quality of life, social support, problem solving ability, self-esteem, feeling in control of their life, hope about their future, length of time between hospitalizations, and length of time in recovery (Mowbray & Tan, 1992) (Hodges, 2002).

The Drop-In Centers are funded through contracts, grants and donations provided by:

Florida Department of Children and Families  
Volusia County Government  
City of Daytona Beach  
United Way of Volusia and Flagler Counties  
Donations from businesses and citizens of the community.

Total Revenue	\$199,908	69%
Expenses/Program Salaries	\$ 108124	37%
Expenses/Program Expenses	\$ 94,784	32%

### 2008 Statistics

- The Drop-In Centers provided services for 433 unduplicated clients.
- 98% of respondents reported they felt the Drop-In Center contributed to their staying well.
- 98% of respondents reported a sense of emotional stability because of the socialization at the Drop-in Center .
- More than half of the Drop-In Center clients are between 30 and 54.
- Clients reported an average length of time since last hospitalization as 3.4 years
- Volunteers logged 1594 hours.
- Donation of goods and services amounted to \$17,350.

## Guardian Advocate Training

Guardian Advocates are responsible for protecting the informed consent rights of the person, seeking information needed to make informed consent decisions and, making decisions using “substitute judgment” concerning treatment that the person would have made if competent to make his/her own treatment decisions.

MHA Volusia maintains an active list of qualified Volunteer Guardian Advocates. When one is needed, trained Guardian Advocates will be contacted and if he/she is willing to serve, his/her name will be submitted to the court for appointment. Family members and professional guardians should submit their training certificate directly to the court to qualify for appointment.

Volunteer Guardian Advocates for the Mental Health Association work with vulnerable adults and must agree to the following: submit to a background check, submit to random drug testing upon request, agree to abide by all rules of the organization for volunteers including maintaining client confidentiality, agree to volunteer at least four hours or more per month, and agree to abide by all Federal and State of Florida Statutes including HIPAA regulations.

The Guardian Advocate Training Program is funded by grants and donations from: United Way of Volusia and Flagler Counties and Donations from businesses and citizens of the community.

Total Revenue	\$ 16,068	5%
Expenses/Program Salaries	\$ 11,998	4%
Expenses/Program Expenses	\$ 4,070	1%

### 2008 Statistics

- MHA Volusia trained 26 Guardian Advocate and provided support for 175 individuals at a cost of \$91.82 per individual.
- The average amount of increase in knowledge of Guardian Advocate trainees was 40% from pretest to posttest.
- 95 percent of trainees felt they increased their knowledge of community resources significantly.
- 95 percent of Guardian Advocates felt they had benefited their clients by serving as their Guardian Advocate.
- Guardian Advocates logged 96 hours of direct contact hours with clients.

MHA Volusia also provided training for 96 individuals at the Florida Guardian Association Annual Conference in St. Augustine.

## Parenting Classes

The target population for Children First are adult parents of Volusia and Flagler counties that are going through separation or divorce. Many of the participants are ordered to take the class as a result of domestic violence issues as a part of their preparation for the divorce.

Experience has shown that when parental conflict is present, children are adversely affected. We know that when parents work to develop cooperative plans in the best interest of their children they can continue to grow and develop in positive ways.

The Children First Program provides divorcing parents the opportunity to learn about and discuss the effect that divorce and changing family situations has on children. The class introduces parents to methods of minimizing the negative consequences of divorce on their children. Particular focus is placed on making parents aware of the various ways their children may express their reactions to the changing family structure.

MHA Volusia provides classes in Daytona Beach, Deland and Ormond Beach. Week-end classes and evening classes are available to accommodate clients with difficult schedules. Also, MHA Volusia provides a voucher program for clients that are declared indigent by the court thereby providing those who may be economically challenged the opportunity to benefit from the classes.

The Children First Parenting classes are funded through contracts, grants, fees, and donations provided by:

Volusia County Government

Fees charged participants

Donations from businesses and citizens of the community.

Total Revenue	\$ 44,492	16%
Expense/Program Salaries	\$ 31,371	12%
Expenses/Program Expenses	\$ 13,121	4%

### 2008 Statistics

- 226 individuals successfully completed the class.
- 24% of attendees were between the ages of 18—29.
- 64% of attendees were between the ages of 30—54.
- 97 percent of respondents reported a significant increase in knowledge of how divorce affects children.
- 95 percent of respondents reported a significant increase in knowledge of community resources for their family.
- Classes are offered in Daytona Beach, Deland and Ormond Beach.

## Suicide Prevention

The target population is the general population of East Central Florida communities that are at risk for crisis. This includes individuals who may be at risk for losing their jobs, who may be at risk for losing their homes to foreclosure, the elderly who are increasingly vulnerable in this economic crisis, and anyone in the community who may be at risk for harming themselves.

MHA Volusia provides support groups and a warm line because we realize that a suicide attempt is a clear indication that something is gravely wrong in a person's life. The most common underlying disorder is depression, 30% to 70% of suicide victims suffer from major depression or bipolar (manic-depressive) disorder.

MHA Volusia provides educational programs are extremely vital because eight out of ten suicidal persons give some sign of their intentions. People who talk about suicide, threaten to commit suicide, or call suicide crisis centers are 30 times more likely than average to kill themselves. Most elderly people who commit suicide have seen their primary care doctor within 30 days of completing suicide.

The Suicide Prevention Program is funded through contracts, grants and donations provided by:

Volusia County government  
United Way of Volusia and Flagler Counties  
Donations from businesses and citizens of the community.

Total Revenue	\$ 30,225	10%
Expenses/Program Salaries	\$ 18,841	6%
Expenses/Program Expenses	\$ 11,384	4%

### 2008 Statistics

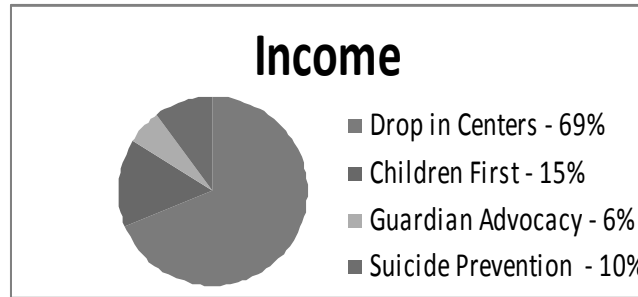
- Volusia County ranks number 8 in Florida for number of suicides.
- 1,863 individuals were educated or received services.
- 99% of callers to the Warm Referral Line reported significant increase in knowledge of community resources.
- 98% of support group attendees reported a significant amount of increase in knowledge of community resources.
- 100% of support group attendees reported getting what they needed.
- 80% of individuals trained in the signs and symptoms of suicide reported a significant increase in knowledge of how to intervene.
- Educational programs included PTSD in the Military and Suicide Prevention in Teens and the Elderly with Bev Cobain.

# Mental Health Association of East Central Florida

## 2008 Financial Overview

TOTAL ORGANIZATION BUDGET

\$290,593



### Mission Statement

Through action and by commitment, the Mental Health Association of Volusia County, Inc., strives to ensure that people with mental illnesses are provided with needed resources and are accepted into the community through increasing awareness that mental health is an integral part of overall health.



Mental Health Association of East Central Florida

531 South Ridgewood Avenue  
Daytona Beach, Florida 32114

Phone: 386-252-5785 \* Fax (386) 255-7560

Web: [www.mhivolusia.org](http://www.mhivolusia.org)

E-mail: [info@mhivolusia.org](mailto:info@mhivolusia.org)

