

THE VOICE and 2012 Annual Report

Volume 5, Issue 3

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Individual Advocacy

In the Individual Advocacy program, client advocates work one-on-one with individuals, family members, and providers to identify barriers to mental health treatment and other services and to develop strategies for removing those barriers. People call us for help with issues such as housing, employment, getting services from the county, applying for disability, and more. Often, as an advocate works with a client, it becomes evident that there is more than one issue at play. In those cases, the advocate also helps the client prioritize his or her needs so that all issues can be addressed.

In 2012, we provided individual advocacy to 905 people. We also reached 580 people through three workshops on self-advocacy and patient rights. Information packets were mailed to 172 people, and 1,480 people accessed information online. We provided direct referrals to 236 people over the phone, and 53,098 people received a referral online. 98% of advocacy cases were resolved to the highest degree possible, and 99% of our clients reported knowing the next step to take toward resolving their issue.

Emerging Trends

In 2012, we noticed an increase in the number of clients who needed help coordinating care across services. Individuals living with mental illnesses have to navigate numerous systems – education, employment,

transportation, medical, social service, to name a few – and it is increasingly difficult because the systems don't necessarily coordinate easily.

Another concerning trend is the lack of rental housing. Even with a Section 8 voucher, it can be incredibly difficult to find an apartment, let alone supportive housing. Without the stability of a place to live, our clients are at great risk of not getting proper treatment, medications, and supportive services that help them stay independent. We are finding that our clients are

Individual Advocacy continued on page 4

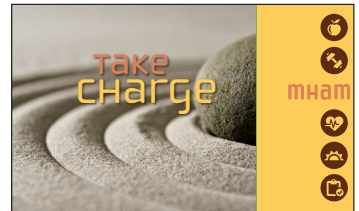
Outreach Program

MHAM's Outreach Program provides science-based information about mental health, overall health, and mental illnesses. We conduct workshops for individuals and frontline providers, distribute education materials at health and community fairs, publish a newsletter, maintain a website which includes online screening for mood and anxiety disorders, sponsor support groups, and create and distribute tools to help improve overall wellness.

In 2012, we conducted 11 workshops for 482

individuals. We met with 667 attendees at 19 health and community fairs. Our newsletter had a circulation of 6,393, and the website had 197,326 total visitors. Over 3,600 people received Steps to

Outreach Program continued on page 2



Wellness self-care kits and Take Charge booklets to improve health. We also supported 291 people through the Depression and Bipolar Support Alliance (DBSA) support groups throughout the state. MHAM was also one of the top ten online mental health screening sites in the nation for National Depression Screening Day® (NDS) in October 2012.

According to workshop evaluations, 88% of participants reported an increase in their knowledge about mental health; 88% reported a better understanding of how to seek help for a mental health issue; 77% reported an increase in knowledge about the methods to maintain overall health; and 80% reported that they would share what they learned with others.

New in 2012

As we strengthened the focus of the Outreach Program on health and overall wellness for people living with mental illnesses, we developed a booklet called Take Charge. This booklet was developed to assist individuals in implementing healthy lifestyle choices around diet, exercise, stress management, and sleep habits. It also includes a step-by-step goal-planning sheet and wellness journal so that people can track weekly progress. We printed 2,500 booklets, and they were unveiled for the first time at the 3rd Annual Celebrating Recovery Education Event on Thursday, September 27, 2012.

ISSUES ADVOCACY

Through the Issues Advocacy Program, MHAM represents individuals with mental illnesses to ensure parity in insurance coverage for mental health, protect patient rights, and increase funding for, and accessibility of, community-based mental health services. We advocate on public policy committees at the state legislature, on the State Advisory Council, the Mental Health Legislative Network, and in other groups to protect the rights of people with mental illnesses. We also work with mental health local advisory councils (LACs) throughout the state. LACs submit unmet needs reports to the Board of County Commissioners in the area of mental health. The County Board uses the report to determine if or where changes should be made in the delivery of mental health services. We work with the LACs to set goals and improve communication. We also work to increase participation on the part of people living with mental illnesses to ensure that individuals have a voice in the delivery of mental health services in their communities.

In 2012, MHAM reached 584 individuals in 16 counties through our work with mental health LACs. Advocates served on the patient advisory panel for Regions Hospital, the State Advisory Council for Adult Mental Health, the Permanent Supportive Housing Evidence Based Practices Stakeholder's Group, the Mental Health State Advisory Committee Housing and Homeless Workgroup, the Minnesota 10 x 10 Wellness Project, and the Leadership Team for Mental Health Crisis Alliance. MHAM's Outreach and Policy Coordinator also served on the Steering Committee of the Interfaith Network for Mental Health.



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of Minnesota **mham**

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*The MHAM newsletter is published five times per year, with a circulation of 4,500.
Nancy Paul, Editor.*

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Saint Paul, MN 55104-5589
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800-862-1799
www.mentalhealthmn.org
info@mentalhealthmn.org

2012 Memorial and Honor Gifts to MHAM

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Computer Consulting, Inc.

Jeffrey Pomeroy Running in the 2013

Medtronic Marathon

Phyllis Pomeroy
Sharon Snider
Blythe Gruber
Carl Knudson
Michelle Reynolds
Michelle Riesgraf
Kathryn Robbins

Jane Stein

Shirleymae Lane

This list is current as of May 15, 2013. Every effort has been made to ensure accuracy. If you note an error or omission, please accept our apologies. You can notify us of changes by calling Nancy Paul at 651-756-8584, ext. 9.



Letter from the Executive Director



We need your help. More and more of our individual advocacy cases are becoming increasingly complicated. As health plans merge, Accountable Care Organizations (ACOs) develop, and billable hours become the priority, people can be left behind. Your financial support ensures that we will be able to help people obtain the services they need to be independent.

Flexible funding of services has always served people with mental illnesses well. Drop in centers and community support services (CSPs) have become second homes for many people. As enlightened providers add services to these locations, people can have their health care needs met, socialization needs met, and other services that lead to a life of recovery.

As we lose flexible funding, services go away. We have heard from many consumers and providers about long-time services closing. Quantifying outcomes becomes a mantra. Billable hours becomes a mantra. If a provider cannot bill for something, it must not be worth doing, so they stop doing it. At what cost?

We are all more comfortable with a health care provider, or our barber, the longer we go to them. We build a rapport and level of comfort when we feel we get the services we need. But, as we enter into a new method of providing services can we maintain that level of comfort?

We get calls from people saying their insurance provider has changed where they can go for their health care, and they are overwhelmed. There is a feeling of hopelessness. After all, what can they do?

MHAM can help them find alternatives and perhaps even continue with the same provider with a little flexibility. We help explore options to continue the same level of service they are used to.

It's easy for people to be pushed aside when changes occur. We follow the rules set by our providers, often to our detriment. Instead of working to be healthier, we take a step backward.

Won't you help us continue our work with people in need? It takes a flexible approach to help people get where they want to be. MHAMs journey with them makes a difference.

Thank you for your support.



Individual Advocacy continued from page 1

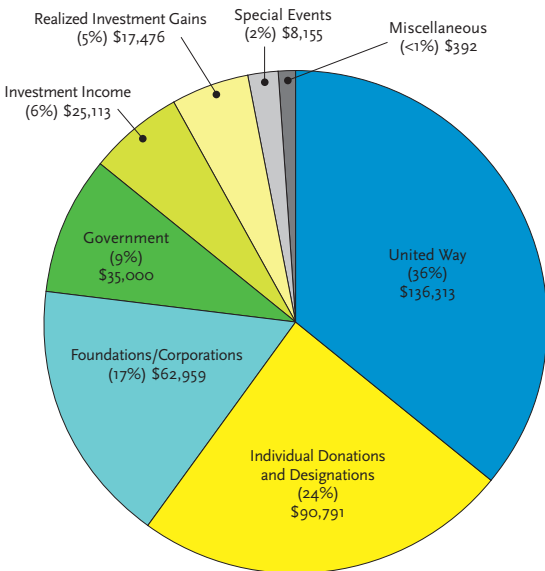
couch surfing, which means they don't have a permanent address. This makes it difficult to get paperwork from the county to receive Medical Assistance (MA), Minnesota Care, or other publicly funded assistance.

There was also a significant increase in the number of working poor who contacted MHAM for help in 2012. Individuals who are working generally don't qualify for MA, and their insurance often doesn't cover treatment and medications for mental illnesses. The insurance vouchers that are offered are unaffordable. Even a sliding fee scale clinic may charge more than an individual can afford. Individuals also can't access other services, such as the Supplemental Nutrition Assistance Program (SNAP). As a result, they are not treating their mental illness adequately, and they risk losing the job that is helping them stay independent.

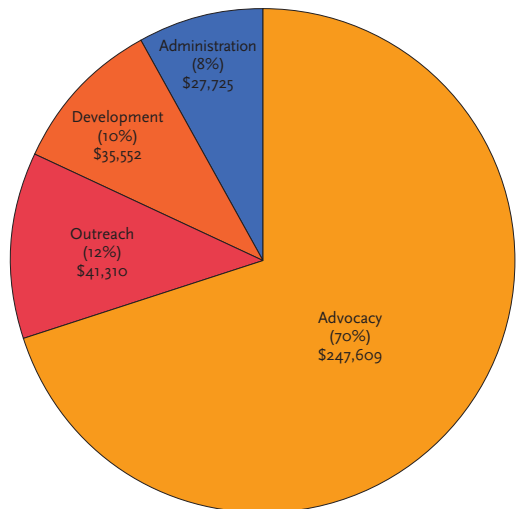
Financial Report - Statement of Financial Position

ASSETS	12/31/12
Current Assets	
Cash and cash equivalents	\$123,311
Investments	\$643,367
Accounts Receivable	\$10,060
Prepaid Expenses	\$1,956
Total Current Assets	\$778,694
Property and Equipment	\$60,248
Less: Accumulated Depreciation	(\$55,969)
Total Property and Equipment	\$4,279
Total Assets	\$782,973
 LIABILITIES AND NET ASSETS	
Current Liabilities	
Accounts Payable	\$80
Accrued Expenses	\$49,543
Total Current Liabilities	\$49,623
Net Assets	
Unrestricted	\$733,350
Temporarily Restricted	\$0
Total Net Assets	\$733,350
Total Liabilities and Net Assets	\$782,973

2012 Revenue



2012 Expenses



2012 Donors

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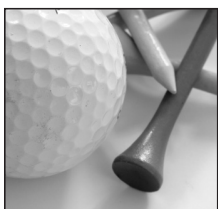
Old Chicago Pizza
 Orange Theory Fitness
 Relieve Care, Inc.
 RJW Foundation
 Sparks Restaurant
 St. Agnes' Project Joy Fund as directed
 by Rebekah Gross
 Starbucks
 StyledLife
 Tanel 360
 Town Hall Tap
 Travelers Community Connections
 Matching Program
 Minnesota Twins
 Whitey's Saloon
 Zelo Restaurants

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 Beardsley Area United Fund Drive
 Bernadotte Township United Fund
 Caledonia United Way / Charities
 Central Mille Lacs United Way
 City of Vesta Charity Drive
 Combined Sharing Plan
 Community Chest of Mapleton
 Delafield Township United Fund
 Echo Township United Fund
 Emerald Township United Fund Drive
 Gales Community Fund
 Greater Twin Cities United Way
 Hancock Township United Fund
 Henning Community Fund
 Herman United Fund
 Highwater Township Fund
 Jackson United Fund, Inc.
 Lake Benton Community Chest
 Lake Valley Charities
 Norman County Association of
 Townships One Fund
 Northfield Area United Way, Inc.
 Polk County Community Fund
 Pomme de Terre Community Fund
 Rosendale Township United Fund
 Sherburn Community Chest
 Springdale Charity Drive
 St. James Township United Fund
 Swede Grove Drive for Charities
 United Fund of Decoria-McPherson-St. Clair
 United Fund of Garden City Township
 United Fund of Kenyon
 United Fund of Le Center
 United Fund of Le Sueur
 United Way of Fairmont, Inc.
 United Way of McLeod County
 Urness Township Community Chest
 Verona Township United Way
 Washington Lake Township Combined Fund
 Wood Lake Township Rural Charities
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 Matching Program
 The Mary L. Anderson Family Trust
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SAVE THE DATE!

- **Saturday, June 22, 2013** – Golf Tournament Fundraiser at Oneka Ridge Golf Course
- **Saturday, September 28, 2013** – Tom Murphy Memorial Golf Tournament

More information is available at mentalhealthmn.org or call 651-493-6634 or 800-862-1799.

Support Groups

DULUTH SUPPORT GROUP FOR PEOPLE WITH MENTAL ILLNESSES

1st and 3rd Thursday of each month, 5 – 7 pm, Miller Dwan Medical Center, Meeting Room 1 – 3, Lobby Level, East Side, *For more information, call MHAM at 1-800-862-1799.*



DBSA SUPPORT GROUPS

For people living with depression or bipolar disorder and their family members and friends

TWIN CITIES

Eden Prairie
Maple Grove
Minneapolis
Mounds View
Oakdale
St. Louis Park
St. Paul

1st, 3rd, and 5th Monday, 7pm
1st and 3rd Thursday, 7-9 pm
2nd and 4th Monday, 7:30 pm
2nd and 4th Tuesday, 7 pm
1st and 3rd Tuesday, 7 pm
2nd and 4th Thursday, 7 pm
1st, 3rd and 5th Wednesday, 7 pm

Beth Bell
Steve
Steve
Pam Karls
Carol Treague
Bobby Nemer
Mary Richards

612-722-4185
763-425-6505, ext. 515
651-493-6634
612-867-6863
651-735-2345
952-938-8941
651-636-4012

GREATER MINNESOTA

Albany
St. Cloud

Every Monday, 6:30pm
Every Monday, 3:30 pm
Every Thursday, 6 pm

Mary
Lynn Keller

320-845-6104
320-980-6589
320-240-3324



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