

MENTAL HEALTH
Minnesota
The Voice of Recovery

2019
Annual Report

2019 Highlights

Minnesota Warmline Takes More Than 12,000 Calls

The Minnesota Warmline provides people across Minnesota with an opportunity to connect with others, find support, reduce social isolation, and talk about their concerns in a peer-to-peer environment.

Our Warmline took more than 12,000 calls and texts in 2019, from 69 counties across Minnesota. That was a 13% increase over 2018.



Mental Health Minnesota Takes On New Role with Mental Health America

Mental Health Minnesota took on a new role with Mental Health America in 2019, with Executive Director Shannah Mulvihill now serving as one of four Regional Policy Council Representatives.

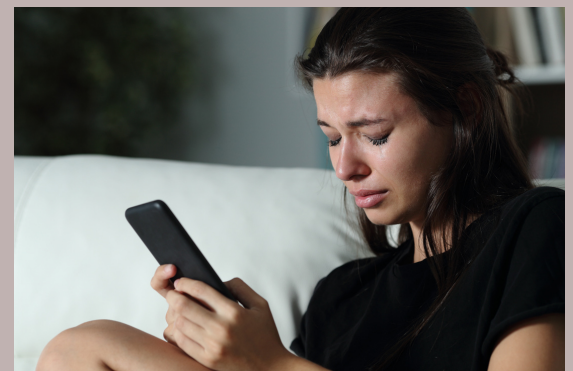
In that role, she works with MHA affiliates in 10 states to collaborate and share best practices regarding public policy and programs.



Mental Health Online Screenings More Than Double

Mental Health Minnesota provides online mental health screenings on its website for a number of common mental health conditions. In 2019, the number of screenings more than doubled over 2018 numbers, with more than 6,600 screenings during the year.

Two-thirds of people taking screenings are under the age of 24, and two-thirds of all screens happen on a mobile device. Those who screen positive are taken to a page with local resources.



Blue Cross Blue Shield Provides Program Support

In the fall of 2019, Blue Cross Blue Shield of Minnesota committed to providing a minimum of three years of financial support for the Minnesota Warmline. The 2019 contribution of support was more than \$40,000 and helped Mental Health Minnesota increase staffing to meet needs.

Blue Cross Blue Shield members make up approximately 25% of callers. One in four callers say they would call EMS/crisis or go to an emergency room if they were unable to reach the Warmline service.



The mission of Mental Health Minnesota is to enhance mental health, promote individual empowerment, and increase access to treatment and services for persons living with mental illness.

We work to help people in their journey toward mental health recovery and wellness through direct service, public policy, education and outreach. Our vision is improved lives for those living with mental illness.

2019 Financial Report

Statement of Financial Position

Assets

Current Assets

Cash and cash equivalents	\$21,218
Investments	\$678,944
Accounts Receivable	\$320
Prepaid Expenses	\$2,821

Total Current Assets **\$703,303**

Property and Equipment	\$61,483
Less: Accumulated Depreciation	(\$61,267)

Total Property and Equipment **\$216**

Total Assets **\$703,519**

Liabilities and Net Assets

Current Liabilities

Accounts Payable/Accrued Expenses	\$11,778
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Total Current Liabilities **\$11,778**

Net Assets

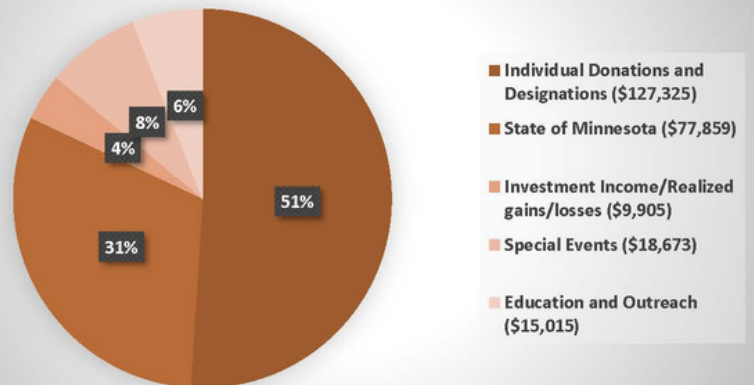
Unrestricted	\$691,741
Temporarily Restricted	-

Total Net Assets **\$691,741**

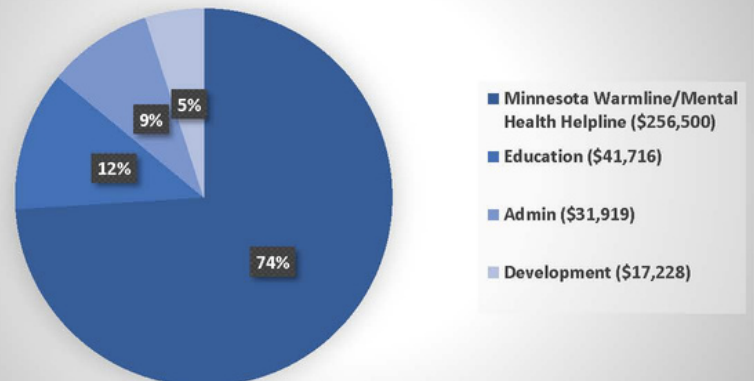
Total Liabilities and Net Assets **\$703,519**

12/31/19

2019 Revenue



2019 Expenses



Mental Health Minnesota

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2019 Board of Directors

- Jaime Driggs, JD (President) - Linda L. Cutler, JD (Past President) -
- Patrick Rhone (Vice President) - Royal Jaros (Treasurer) -
- Anastasia Cyptar - Mikhail Erickson - Beth Silverwater -
- Linda Sjoberg - Beth Sullivan - Michael Trangle, MD -

Executive Director: Shannah C. Mulvihill, MA, CFRE