



Advocate | Educate | Serve



We are committed to helping individuals with mental health challenges live productive and meaningful lives.

A MESSAGE FROM OUR INTERIM EXECUTIVE DIRECTOR



Jeffrey McQueen
MBA, LCDC

“We have to return to a frame of mind that people are first in this industry. Their lives matter and our goals must align with the goals of the community we serve.”

As the appointed Interim Executive Director, it is my honor and responsibility to take the lead in guiding our agency to further its journey towards our mission. For over 65 years the Mental Health Association of Nassau County, Inc. (MHANC) has believed in strengthening community by way of Outreach, Support, Advocacy, Training and Awareness. This organization was founded on a desire to advocate for the rights and needs of others and has placed people first. We have to return to a frame of mind that people are first in this industry.

Their lives matter and our goals must align with the goals of the community we serve.

MHANC will continue to be a voice for those who are at the mercy of others and have not been able to grasp the concept of wellness and recovery.

Recovery has become a “buzz” word and it is used more often than it is understood. It is the mission of this agency to not merely distill the stigma of the individuals in our community who live with stigmatizing labels and the challenges in tandem, but to make recovery a tangible goal for everyone. By cultivating hope, not just our community but the entire world will realize that recovery is not just possible or likely, it is expected and achievable.

BOARD OF DIRECTORS

Miriam R. Milgrom → **Board President**

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Laura Swiggett

MEET OUR TEAM

Interim Executive Director

Jeffrey McQueen, MBA, LCDC

Executive Assistant

Diane Riedel



Chief Financial Officer
Michelle Hickey, CPA, CISA



Director of Human Resources
Karina M. Conti, SPHR



Director PROS/ SOAR
Samantha Kleinman,
LCSW-R



Director CLP
Nicole Mennella



Director Care Coordination
Michelle Gibson,
LMSW



Manager Peer Services
Allen Cardwell



Director Financial Management
Jennifer Baldwin, MA



Director Education & Training
Yvonne Lyon



Program Manager PFC Dwyer/VET2VET
Brent Russell, LMSW



Manager Quality Assurance
Samantha Maurice



Manager Facilities, Purchasing, IT, Fleet
Patrick Dejean



AS I LOOK BACK
ON MY LIFE, I REALIZE
THAT EVERY TIME I
THOUGHT I WAS BEING
REJECTED
FROM SOMETHING GOOD,
I WAS ACTUALLY
BEING RE-DIRECTED
TO SOMETHING BETTER.

MISSION STATEMENT

MHANC is a not-for-profit membership organization dedicated to improving mental health in our community through advocacy, education, program development and the delivery of direct services.



OUR VISION: OPENING DOORS, INSPIRING HOPE.

The Mental Health Association of Nassau County, Inc. (MHANC) impacts thousands of lives as we celebrate more than 65 years of service. We have been helping Long Island families by advocating, educating and providing concrete services to the most vulnerable populations, by implementing systematic changes and utilizing grass roots efforts to promote our message of hope. Our vision is to provide assistance to individuals so that they are able to live a life recovered from the often debilitating and devastating impacts of their challenges and move on to live their most meaningful life.

1953



Founded in 1953, MHANC has advocated and developed concrete rehabilitation services to meet the needs of adults and children with psychiatric and emotional difficulties

Our **65+ years of achievements** include: the first residence for children with autism and the first newly constructed permanent-home apartment complex for

In 1983, MHANC expanded its services to include housing recognizing its tremendous value when supporting people on their paths to stabilization, recovery and regaining a fulfilling life in the community. Today, the **Community Living Housing Program** offers 130 beds.

Peer Services/ Turquoise House: Leading the industry with peer services. Offering respite beds as an alternative to hospitalization unique on Long Island.

OUR PHILOSOPHY

Commitment to providing the concrete elements of life: safe & stable housing, employment, money management, care coordination, peer support, education and home and community based services (HCBS).

OUR IMPACT

MHANC offers 31 services and programs to support adults, children and the community-at-large.

The following are measured statistics from our current programs:

PROS- delivered 16,941 hours of direct care

Housing – 44,165 days of housing with support services

Education & Training – Providing workshops for more than 1,800 community members and professionals

Financial Management– Supporting over 557 individuals

Veterans' Services – Reaching over 4,500 veterans on Long Island, home to the second largest population of veterans in the county



PROGRAMS AND SERVICES

The Mental Health Association of Nassau County is committed to improving mental health and wellness in the community through the delivery of direct services, as well as through advocacy, education, and training of behavioral health care professionals.

Our mission embodies evidence-based practices, education, and resources for the community in both, clinical and residential settings, while maintaining a standard of excellence that is recognized throughout Long Island.

The Mental Health Association of Nassau County strives to eliminate the stigma surrounding mental illness. We advocate for changes in services, policies, and procedures. We deliver services through an array of programming unmatched elsewhere in the community.

REHABILITATION AND SUPPORT SERVICES

Gathering Place PROS—Day program focusing on Personalized Recovery Oriented Services, where adults with mental illnesses actively participate in skill development toward employment, housing, education, wellness self-management and improving their health while working toward community integration.

SOAR—Socialization and Recovery Program. SOAR is a “Clubhouse-like” program for recovery and social skills.

Peer Services—This division of MHANC provides support services through certified peers specialists. All staff share personal experience in the mental health system.

Phone Link—Peer-to-Peer warm line offers consumers a chance to talk to other consumers about recovery, relationships, work, school, problem solving, and more.

Turquoise House—A peer respite house that supports guests during a mental health crisis providing connection and hope; a successful alternative to hospitalization.

Peer Support Groups—These peer run self-help groups focus on different topics, e.g. financial wellness, coping with anxiety and creative arts.

Financial Management—Helping those living with Mental Illness regain their financial independence.

Care Coordination— Provides a care coordinator to help individuals navigate the mental health system and link them to needed services and supports

Medicaid Service Coordination—Assists adults and children with developmental disabilities to develop life goals, make informed choices and achieve self-reliance and community inclusion.

Crisis Respite for Families—We provide an out of home residential stay for children in need of some time apart from their family. Families benefit from a short respite.

Hospital Discharge Coordination—Coordinates all children’s psychiatric discharges from Nassau County Hospitals to ensure comprehensive community linkages and supports.

Compeer Program—Compeer works as a complement to psychiatric therapy for people in recovery from mental illnesses. Screened, trained, monitored and caring volunteers provide social support through friendship and advocacy, by being positive role models, and by providing opportunities for educational and recreational activities.

Adult Family Support—Free and anonymous support groups for family members and friends with adult loved ones living with mental illness.

Home and Community Based Services (HCBS) — Providing a wide variety of supports and services in non-institutional settings that enable adults and children with mental health challenges to remain at home and in the community.

Housing Services

The Terrace—A housing program for autistic children to live in a family-like setting with consistent behavioral interventions and staff support.

Titus—An adult housing program that teaches life skills to young adults with autism.

Cushman House, Garvey House, Walden House—Homes for adults with mental illnesses, providing needed around-the-clock supports to focus on recovery.

The Dales—Apartment programs that provide the next step in mental health residential housing.

Supported Housing—Provides a number of housing opportunities for people living with mental illness to live on their own.

Education & Training Services

Continuing Education for behavioral health professionals—Community based psycho-educational training for behavioral health professionals and the community at large.

Community Outreach and Education—Provide information and educational materials to increase the public awareness about mental health issues and community-based resources.

The Players—Volunteer theater troupe that uses vignettes and performances to help eliminate the stigma of Mental Illness.

Advocacy & Community Relations

Public Policy—We advocate for individuals living with mental illness, in an attempt to improve service delivery, modify laws and support people in their recovery.

Children's Advocacy Committee—A grassroots group comprising parents and professionals who are dedicated to the recognition of children's mental health; timely access to comprehensive, quality services and equity in treatment.

Veteran's Services

Vet2Vet—Veterans Peer Support and networking groups for Nassau County Veterans

Veterans Health Alliance of Long Island—building a friendly veteran community by promoting the health and well-being of Long Island veterans and their families through advocacy, outreach, training, peer support and awareness.



ANNUAL IMPACT

PROS total direct care hours	⇒	Provided 16,941 hours of direct care
Housing	⇒	44,165 days of housing with support services
Education & Training	⇒	Provided workshops for more than 1,800 professionals and community members
Adults Receiving Financial Management Services	⇒	Supported 557 individuals
Veterans Services	⇒	Reached over 4,500 veterans on Long Island, home to the second largest population of veterans in the entire country



MHANC— Over 65 years of service in Nassau County

We invite you to visit our website: www.mhanc.org to learn more about our programs, services, events and workshops.

Founded in 1953, MHANC has advocated for mental health in our communities across Long Island and developed concrete rehabilitation services that meet the needs of adults and children with psychiatric and emotional difficulties. MHANC's six decades of achievements include the first group home in Nassau County; the first children's residence for autistic children; the first supported education program for college students; and the first newly constructed permanent-home apartment complex for adults with psychiatric disabilities. As a leader in whole-person, behavioral health innovations for adults and children, these "firsts" represent a commitment to establishing standards of excellence in programs and services for those with mental and developmental disabilities. The vision for MHANC is for every individual to live a life recovered from the often debilitating and devastating impacts of their challenges and to live the most meaningful life.



FINANCIAL DATA FOR 2018

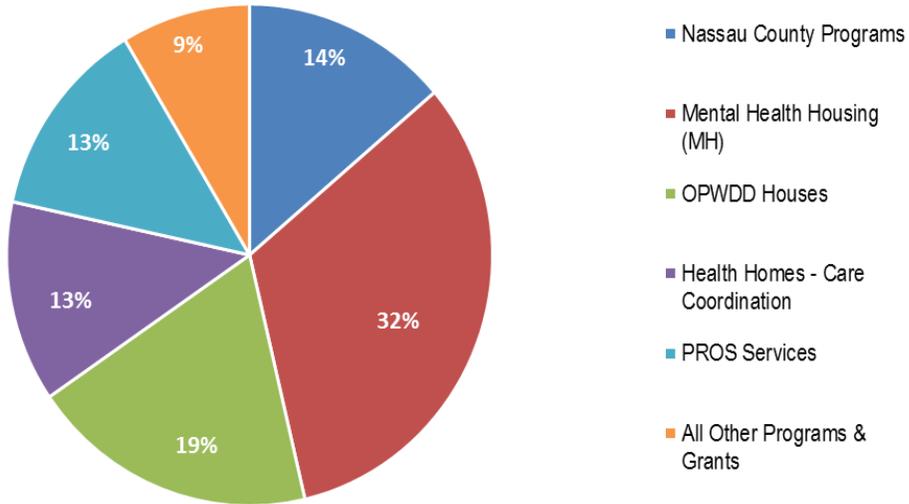
STATEMENT OF ACTIVITIES

Year Ended December 21, 2018

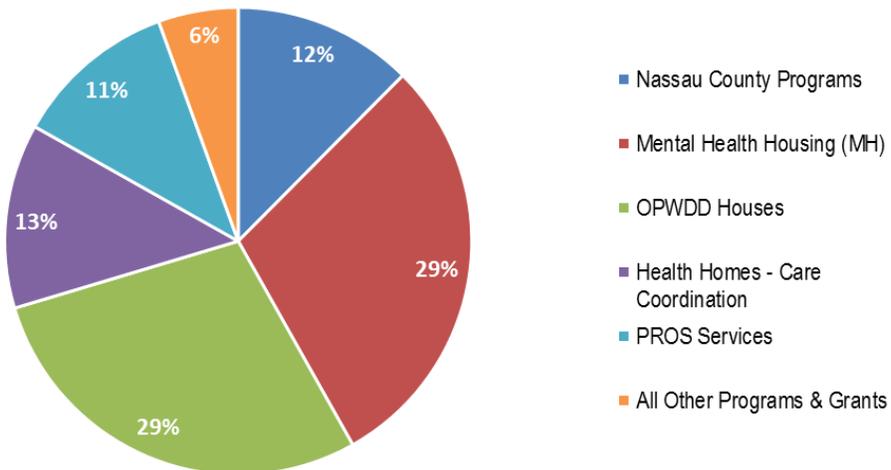
(With Summarized Financial Information from the Year Ended December 31, 2017)

	2018	2017
OPERATING REVENUES		
Nassau County Programs	1,388,398	1,422,348
Mental Health Housing (MH)	3,280,926	2,975,005
OPWDD Houses	1,923,204	2,364,731
MHA Programs (Financial Management)	497,562	102,032
Health Homes - Care Coordination	1,307,809	1,306,385
Personalized Recover Oriented Services (PROS)	1,311,187	1,220,444
Medicaid Service Coordination Services	33,727	64,340
In-Home Respite Services	23,792	63,121
Other Programs and Grants	309,592	365,118
Total Operating Revenues	10,076,197	9,883,524
OPERATING EXPENSES		
Program Services		
Nassau County Programs	1,198,346	1,205,712
Mental Health Housing (MH)	2,824,130	2,465,516
OPWDD Houses	2,744,119	2,253,359
MHA Programs (Financial Management)	198,195	291,535
Health Homes - Care Coordination	1,229,043	1,386,556
Personalized Recover Oriented Services (PROS)	1,088,218	1,017,243
Medicaid Service Coordination Services	63,624	49,619
In-Home Respite Services	58,679	90,776
Other Programs and Grants	211,237	244,069
Total Program Services	9,615,591	9,004,385
Supporting Services		
Management and General	2,083,859	1,868,831
Fundraising	124,291	30,333
Total Supporting Services	2,208,150	1,899,164
Total Operating Expense	11,823,741	10,903,549
Change in Net Assets from Operations	(1,747,544)	(1,020,025)
NONOPERATING REVENUES, EXPENSE, GAINS, AND LOSSES		
Investment Return (Net)	(162,582)	383,162
Fundraising Contribution (Net)	-	-
Gain on Involuntary Conversion	-	240,936
Miscellaneous Income	14,714	269,915
CHANGE IN NET ASSETS	(1,841,739)	(80,855)
NET ASSETS AT THE BEGINNING OF THE YEAR	9,371,276	9,452,131
NET ASSETS - END OF YEAR	7,529,537	9,371,276

2018 Program Revenue



2018 Program Expenses





2018 PROGRAM HIGHLIGHTS

Mental Health Awareness Month—May 2018. MHANC celebrated mental health and wellness throughout the entire month of May with workshops and activities for staff as well as the community.

Turquoise House, Peer-Operated Respite—142 guests were admitted, 97 successful diversions were facilitated. 92% of guests said that access to the respite program made it possible for them to stay out of the hospital. 42% of guests added that the stay prevented them from attempting suicide.

Education and Training—The Education & Training Department offered over 70 events that reached over 1,800 community members behavioral and health professionals.

Housing—Residential stability in housing—average length of stay is reported for the year at 1,913 days

HR: All Staff Training—MHANC started an all staff training initiative in 2018 that allowed for all staff working directly with individuals to be trained in person-centered, trauma-informed care as well as Motivational Interviewing. All staff without clinical background were offered Mental Health First Aid training.

Financial Management— In 2018 the Financial Management program successfully completed a monitoring visit by the Social Security Administration. In addition, the Program implemented a new grant from the Nassau County Department of Social Services for a full-time Case Manager designated to assist consumers not enrolled with other HHCM or county funded programs. The Financial Management Case Manager is a Masters’ level position, created in order to add a clinical level of ancillary support to the program to those participants who may be resistant to or awaiting enrollment in Case Management, ACT or FACT services. In addition to the Case Manager position, the Financial Management Entitlement Specialist position was made a full-time position. The Financial Management Program also expanded the office space allocated to the program at the MHA headquarters, adding an additional office and storage space to accommodate additional records and staff. In the coming year, the Financial Management Program continues to explore new opportunities to expand and improve the services offered to consumers in order to provide excellent services and promote financial independence and self-sufficiency.

Care Coordination—Continually provided services to over 436 individuals. The department arranged for a coat drive between November and December distributing 93 coats to clients in need. The Department welcomed its new director, Michelle Gibson, LMSW, in October.





June 21- Freeport Veterans' Fishing Trip



August 16 - Freeport Veterans' Fishing Trip



Dec 14- Veterans' Holiday Party



May 7- Hofstra Movie Screening of KING-SPARK with Lucy Winer

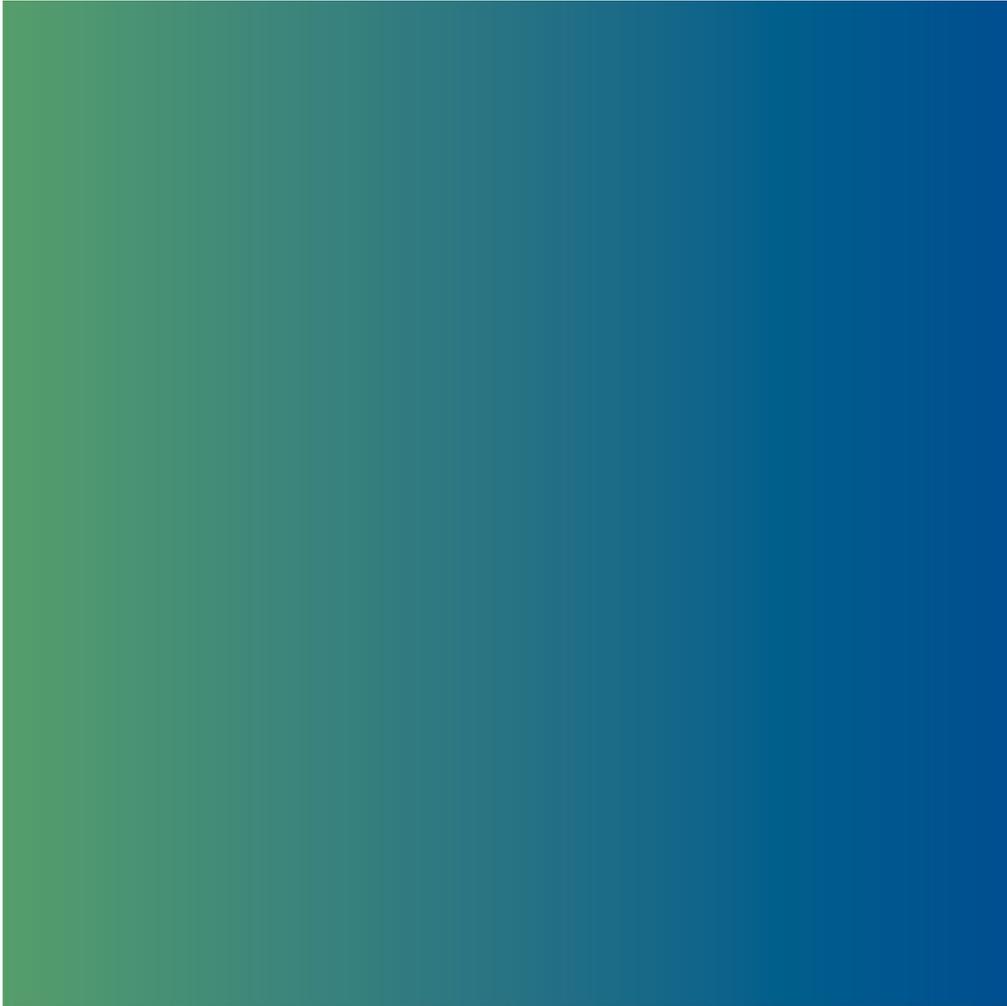


March 30 - Adelphi Movie Screening BLOOD STRIPE



October 12- Hofstra Panel Discussion during Mental Health Awareness Month





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MHANC

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