

# A YEAR IN REVIEW

2016 ANNUAL REPORT

Working together to raise awareness about mental health and provide support to those impacted by mental illnesses through collaboration, education, outreach and advocacy.



## Mental Health America of Greater Houston

Established in 1954 by philanthropist Ima Hogg, is the area's longest serving mental health education and advocacy organization

focused on shaping the mental health of people and communities in the areas of children and education, integrated health care, women, suicide prevention, and veterans.



PREVENTION  
MATTERS  
**1 IN 5 PEOPLE**  
experience a  
mental health  
condition.

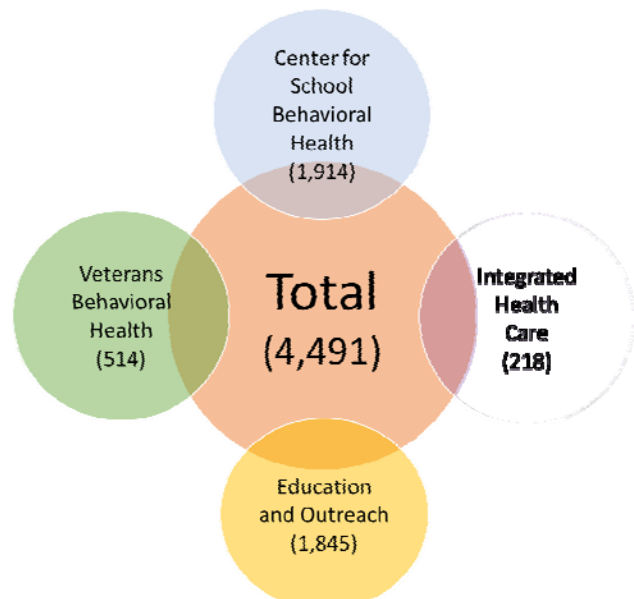
### We actively work to:

- replace misperceptions and misunderstanding about mental illness with compassion and proper treatment;
- link people to mental health services;
- provide education and training for key sectors of the community;
- remove barriers to mental health care by facilitating change in systems;
- advocate for legislative solutions that address the vast unmet need for public mental health services.

## Mental Health America of Greater Houston focuses its work on individuals and organizations

that serve and provide service to individuals, families and organizations throughout greater Houston. Our team's workshops and trainings are intensive and serve individuals who work to prevent or address mental illness in the community. Each specialty team is usually comprised of 1-3 trained staff members, health and mental health professionals, organizations and/or community representatives who offer high-level, expert instruction and "lived experiences," to participants. Courses are intensive, and due to the sensitive subject matter of each workshop or training, each course is offered to about 10-100 attendees at a time. Some presentations and workshops last for one hour, while other certification trainings may last an average of three days. Many workshops offer certifications or continuing education credits (CEUs) for teachers/educators as well as social workers (LPCs, LMFTs and LCDCs) and Community Health Workers.

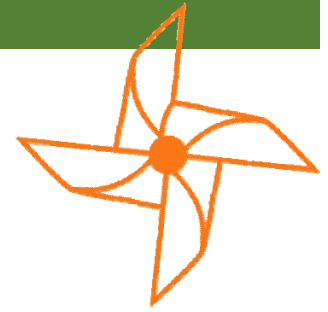
## Individuals Trained and Engaged in Systems Change Initiatives (FY2016)



## The Center for School Behavioral Health

### The Center transforms school behavioral health to support the healthy psychological and cognitive development of children

in the Greater Houston region through services and programs promoting behavioral health, as well as the prevention, early identification, and treatment of behavioral health disorders.



#### 2016 Highlights:

- Houston Endowment awarded a 3 year, \$2+ million grant, to Mental Health America of Greater Houston to transition from the School Behavioral Health Initiative to the Center for School Behavioral Health.
- The Center hosted its first Annual Conference: Educator Strategies for Addressing Student Trauma that sold out with 325+ participants representing 36 districts from 10 counties at Region IV Education Service Center. There are 20 school districts and 3 charter school districts in the Center Collaborative. The conference resulted in 5 new ISD's (Waller, New Caney, Klein, Humble, and Dayton) joining the collaborative.
- The Center for School Behavioral Health at Mental Health America of Greater Houston's 37 Consensus Recommendations are being used as the framework for designing and implementing school behavioral health services with Houston Health Department's My Brother's Keeper, ProUnitas BridgeUp project, and Houston Independent School District's Social-Emotional Learning Department.

#### Learn More About

THE CENTER  
FOR SCHOOL  
BEHAVIORAL HEALTH

[www.mhahouston.org](http://www.mhahouston.org)

## Veterans Behavioral Health

### Veterans Behavioral Health (VBH) at Mental Health America of Greater Houston strives to ensure that the behavioral health needs of veterans in our area are met.

As the Regional Coordinator for the State of Texas' Military Veteran Peer Network (MVPN), our mission is to connect service members, veterans and their families to local, state and national resources. As the mentoring arm for Harris County Veterans Treatment Courts we engage justice involved veterans with peer to peer support, health and wellness activities and connect them to supportive services through our dedicated, trained volunteers. In addition to serving our local courts, VBH provides behavioral health education statewide to volunteer veterans court mentors through its Veterans Court Advocacy and Mentoring Program (VCAMP) to better serve Harris County veterans and increase capacity for veteran treatment courts across the state.



#### 2016 Highlights:

- MHA Houston and the Military Veteran Peer Network initiated crisis de-escalation, TCOLE TRAINING 4067 TRAUMA AFFECTED VETERANS to area's law enforcement officers. In November 2016, 45 Houston Police Department officers, Constables and Harris County Sheriffs were trained and certified. Nineteen additional officers registered for training in January 2017. 100% of the Harris County Sheriff's Office Crisis Intervention Response Team (CIRT) are trained and certified.
- Two new partnerships developed with Yeager Elementary of the Cypress Fairbanks Independent School District and the Lakewood Church - to support Veterans Day celebration and coordinate Veterans Support initiatives.
- Fifty-six veteran peers from across Texas were certified and trained as mentors through our state approved Veteran Treatment Court Mentor training, VCAMP. This training increases our local capacity to serve the Harris Felony and Misdemeanor Veterans Treatment Courts, but also increases our ability to serve the entire state through the Veterans Commission's Military Veteran Peer Network.

#### Learn More About

VETERANS  
BEHAVIORAL HEALTH

[www.mhahouston.org](http://www.mhahouston.org)

## Education and Outreach

### Education and Outreach focuses on mental health Prevention and Early Intervention, Access to Care and the Mental Health Workforce.

It increases knowledge and awareness of mental health and mental illness, reduces the stigma surrounding mental illness, increases access to mental health care, and promotes the prevention and early intervention of mental health problems.



#### 2016 Highlights:

- 15 outreach events educated nearly 1,700 mothers, families and professionals on mental health topics including postpartum depression, signs and symptoms of mental health issues, chronic illnesses, suicide prevention, and available resources.
- Texas' First Postpartum Awareness Month celebrated locally with more than 200 health and mental health professionals through a film screening, *Dark Side of The Full Moon* and panel discussion which featured Representative Senfronia Thompson (Houston).
- 2016 Perinatal Mental Health Learning Community Collaborative Endeavor Project developed and launched the Perinatal Mental Health Toolkit created by Mental Health America of Greater Houston, a United Way Agency, and the Perinatal Mental Health Learning Community. In 2016, the Perinatal Mental Health Learning Community attracted nearly 500 participants.

#### Learn More About

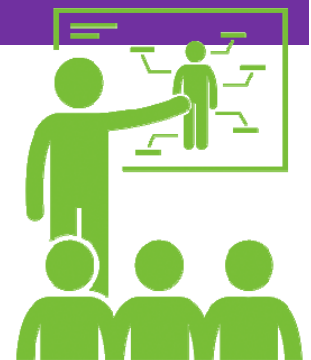
EDUCATION AND  
OUTREACH

[www.mhahouston.org](http://www.mhahouston.org)

## Integrated Health Care

### The Integrated Health Care Initiative (IHCI) works collaboratively to advance the integration of physical health care and behavioral health care services in Greater Houston and in Texas.

IHCI advances solutions for sustainable integrated health care through advocacy, education, collaboration, and collective impact. Areas of focus include workforce development, financing, payment, enhancement of service delivery, and legislative policy. We facilitate state and local learning communities; provide professional development; and convene providers, payers, institutions of higher learning, and other stakeholders for systems change.



#### 2016 Highlights:

- Published a collaborative, 18-recommendation, sustainable integrated health care report (October 2016) focused on financing and provider preparation created by stakeholders including providers, payers, and institutions of higher education.
- Completed the final year of a 3-year, integrated health care training and technical assistance collaboration with the Network of Behavioral Health Providers' Greater Houston Behavioral Health Affordable Care Act (BHACA) Initiative, and published an initiative report evaluating the positive impact of this work on Houston's behavioral health community.
- Successfully secured Houston as the host location for the 2017 annual conference of the Collaborative Family Healthcare Association—a national, interdisciplinary professional association focused on collaborative, integrated care.

#### Learn More About

INTEGRATED  
HEALTH CARE

[www.mhahouston.org](http://www.mhahouston.org)

## Public Policy and Community Advocacy

The Advocacy team drives the transformation of mental and behavioral health services in the Greater Houston Area and beyond by developing solutions to real-world problems through sound public policy and civic engagement.

As a recognized leader in mental health advocacy in the Greater Houston region, as well as throughout the state, MHA of Greater Houston executes sustained policy initiatives, ongoing grassroots campaigns and coalition building efforts to ensure individuals and families affected by mental and behavioral health issues have their voices heard at every level of government.



### 2016 Highlights:

- Traveled to San Antonio with Mayor Sylvester Turner, Houston City Council Members and leaders of the Houston Police Department and Harris County Sheriff's office, to tour Haven for Hope, a facility offering both short-term and long-term housing solutions for the homeless.
- Crafted legislative platforms for the Center for School Behavioral Health, Integrated Health Care, Women's Mental Health and Veterans Behavioral Health focusing on statewide policies to implement during the 85th legislative session. Drafted three pieces of legislation and partnered with key nonprofits working in similar issue areas to advocate on behalf of two "priority" partnership bills.
- Met with members of the House Select Committee on Mental Health, including Committee Chairman Representative Four Price and members of the Houston delegation, including Representative Garnet Coleman, Representative Sarah Davis and Representative Senfronia Thompson (Houston). Attended hearings reviewing the landscape of mental and behavioral health in Texas and children's mental health and behavioral health, including, but not limited to clinical medicine, treatment, public education and juvenile justice.

### Learn More About

PUBLIC POLICY AND  
COMMUNITY  
ADVOCACY

[www.mhahouston.org](http://www.mhahouston.org)

## Audited Consolidated Financial Statements

Mental Health America of Greater Houston, Inc. & MHA of Greater Houston Foundation, Inc.



Year Ended December 31, 2016

Total Revenues	\$2,166,390
Program Services	\$1,765,931
Support Services	\$ 289,106
Total Expenditures	\$2,055,037

### Supplementary Information

	MHA Houston	MHA Houston Foundation	Eliminations	Total
Total Revenues	\$2,041,424	\$266,966	(\$142,000)	\$2,166,390
Program Services	\$1,765,931	\$142,000	(\$142,000)	\$1,765,931
Support Services	\$ 283,396	\$ 5,710	-	\$ 289,106
Total Expenditures	\$2,049,327	\$147,710	(\$142,000)	\$2,055,037