

MENTAL WELLNESS HAPPENS HERE

Mental Health Association
of Monmouth County

An Affiliate of



Mental Health America

2023 ANNUAL REPORT

Wellness Report

As we reflect on the successes and challenges of 2023, it is with gratitude and optimism that we look toward the future of the Mental Health Association of Monmouth County. After more than 15 years of exceptional leadership, Wendy DePedro retired as President and CEO. Her unwavering commitment to our organization's mission has left an indelible mark. We are profoundly grateful for the growth, partnerships, and innovation that occurred under Wendy's leadership. Her legacy will continue to inspire us as we move forward.

The mental health landscape continues to evolve, and we remain steadfast in our commitment to meeting the growing need for comprehensive mental health services. One in five adults in the U.S. experiences a mental health condition each year, yet fewer than half receive the care they need. This disparity underscores the importance of our work in breaking down barriers to care and advocating for better access to treatment.

In 2023, we addressed these pressing challenges. We expanded our programs, strengthened community partnerships, and provided vital services to those who need them most, with particular emphasis on mental wellness, prevention, and support for those facing housing instability, financial hardship, and other social challenges.

As part of this work, we expanded and refurbished our Red Bank Resource Network (RBRN), a bilingual community walk-in center. The site served as a successful pilot program for Monmouth ACTS, enabling us to offer social services directly in the community. In 2023, RBRN provided approximately 4,000 social services linkages, with 1,627 children benefiting from its services.

This work would not be possible without the unwavering support of our donors, volunteers, and community partners. Your generosity enables us to make a real difference in the lives of the individuals and families we serve. On behalf of the entire team at MHA Monmouth, I extend our heartfelt thanks for your continued trust and commitment.

As we look ahead, we are excited about the opportunities to build on the strong foundation Wendy and the team have established. Together, we will continue to work toward a future where mental wellness is prioritized, stigma is erased, and everyone has access to the care they deserve.

Thank you for your support, your belief in our mission, and your dedication to improving the mental health and well-being of our community.



Achille Dejean

Achille Dejean, LPC
Executive Director

About Us	3
Board of Directors	4
Programs	5
Impact	6
Testimonial	7
Community Engagement	8
Financials	9
Ways to Give	10
Sponsors	11
Donors	12

About Us

Established in 1950, the Mental Health Association of Monmouth County is a mission-driven 501(c)(3) affiliate of the Mental Health Association in New Jersey and the national nonprofit Mental Health America. Our professional staff has been at the forefront of creating a more meaningful system of mental health care that strategically focuses on eliminating social barriers and mental health discrimination. With over 15 free programs and services, we guide individuals toward stabilization and personal fulfillment, creating healthier communities for the future.

Our work is accomplished through our strength-based programs, education, advocacy, community partnerships, and the shaping of public policy. To learn more, visit our website at www.mentalhealthmonmouth.org.

Our Impact

Mission

We promote mental health as a critical component of overall wellness. This includes prevention services for all, early identification and intervention for those at risk, integrated care and treatment for those in need, with recovery as the ultimate goal.

Vision

To build a just, humane, and healthy society in which people are accorded dignity and the opportunity to achieve their full potential, free from stigma, prejudice, and other barriers to care and recovery.

Goals

- Encourage growth and independence through housing and financial stability.
- Expand social services, community outreach, and education.
- Improve the functioning and quality of life for individuals and families.
- Provide healthy opportunities for at-risk youth.

Commitment to Anti-Racism

We acknowledge that combating racism and inequity is an ongoing commitment. The impact of economic, clinical, and environmental disparities, including diverse linguistic needs, may hinder the opportunity to access and receive quality, equitable mental health care and services. Thus, we remain devoted to addressing discrimination, stigma, and other social and moral determinants of health, leading by example and educating our communities.

Our Board of Directors

Comprised of dedicated individuals from diverse backgrounds and expertise, our volunteer Board of Directors directs the strategic objectives and policy of the organization.



Operations

Chris Wilkins
Chairperson

Wendy Sefcik
Vice Chairperson

Tom Schember
Treasurer

Anna-Bain Reynolds
Secretary

Courtlyn Crosson
Director

Freda Fink
Director

Glen Goldbaum
Director

Marie Noglows
Director

Chris Parmigiani
Director

Nick Yacyk
Director

Foundation

Brian Rice
Chairperson

William McCoy
Treasurer

Michele Brucker-Collier
Director

Nancy Pearson
Director

George Whitelaw
Director

Our Programs

At the Mental Health Association of Monmouth County, we are committed to fostering mental wellness and providing vital support to our community. Our range of programs and services is designed to meet the unique needs of individuals and families, offering personalized and effective solutions. Whether through case management, counseling, education, or housing and financial support, our goal is to empower those we serve and promote lasting positive change.

Case Management

- Community Support Services
- Family Crisis Intervention Unit
- Projects for Assistance in Transition from Homelessness (PATH)

Counseling

- Intensive Family Support Services
- Navigate Wellness Counseling

Education

- Lifelines Suicide Prevention
- Mental Health First Aid

Housing & Finance

- Housing Navigation Program
- Red Bank Resource Network

Non-direct Referral

- Adolescent Pregnancy Prevention Initiative
- DCP&P Wraparound
- Family Navigator - Partner with Families Program
- Intensive In-Community Counseling
- Parent-Child Conflict Resolution



Discover more about our programs and services.

Scan the QR code to learn more or to begin your wellness journey. For direct assistance, you can also reach our main office by calling (732) 542-6422 or emailing mha@mentalhealthmonmouth.org. We are here to support you every step of the way.

Our Impact

We are proud to transform lives across our community, delivering essential programs and services that offer hope and healing. Every connection we make strengthens the path toward resilience, recovery, and brighter futures for those we serve.

Education



25

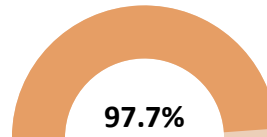
LIFELINES TRAININGS



698

**PERSONNEL TRAINED IN
SUICIDE PREVENTION**

Case Management



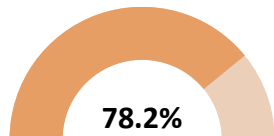
REFERRALS

530

ADMISSIONS

518

Counseling & Therapy



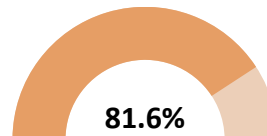
REFERRALS

156

ADMISSIONS

122

Housing & Finance



REFERRALS

652

ADMISSIONS

532

4,701

SESSIONS & CONSULTATIONS

DID YOU KNOW? In 2022, our Outpatient Services held 1,821 sessions. By 2023, this number increased to 3,258 sessions—a **78.91% increase!**

219

INDIVIDUALS & FAMILIES HOUSED



Finding Hope

Our **Housing Navigation Program**, based out of our Red Bank Resource Network in Red Bank, NJ, is dedicated to helping homeless individuals and families find their way to permanent housing. Serving as a critical point of exit from homelessness, this program prioritizes those in greatest need and offers support to secure stable housing.

Explore the inspiring story and experience of our client, Joe, who benefited from our Housing Navigation Program, and see how we are making a lasting impact in the community.



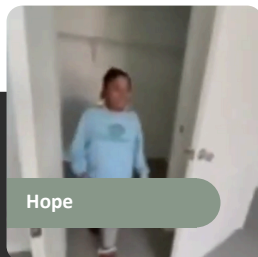
JOE'S STORY

When I got here, I didn't have anything or any place to live, and I found myself in a bad situation. I reached out to Kristina, and she helped me with all the paperwork and guided me through everything I needed to find housing.

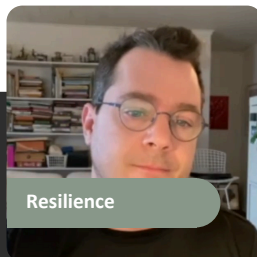
They didn't throw me under the rug. They answered every question I had and addressed every concern.

I am extremely appreciative to the Mental Health Association of Monmouth County for everything they have done for me.

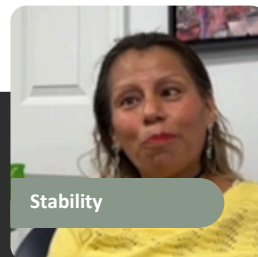
"I've been involved with other programs in other states, and they just treat you like a number. **Here, they treated me like a human being.**"



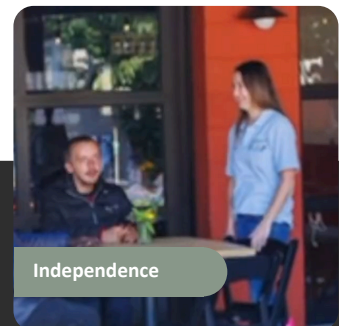
Hope



Resilience



Stability



Independence

Community Engagement

We believe in increasing access to mental health care, which means providing support wherever it's needed. We're committed to providing comprehensive resources, fostering spaces to connect with others, and sharing stories that empower you to prioritize your wellness journey.



Family & Children's Service accepts 73 bags of clothes as part of our Layers of Wellness drive.



Red Bank Resource Network celebrates the expansion of its onsite services.



Maureen Underwood and Marney Rohda present a Grief & Loss workshop at Keyport Senior Center.



MHA Monmouth joins community partners at the first Veterans Services Resources Fair.

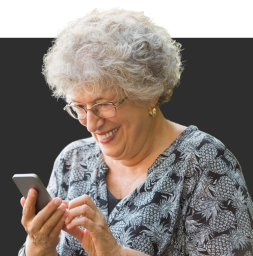


Marie Argibay-Boccasino attends The Pride Center of New Jersey's Annual Community BBQ + Health Fair.



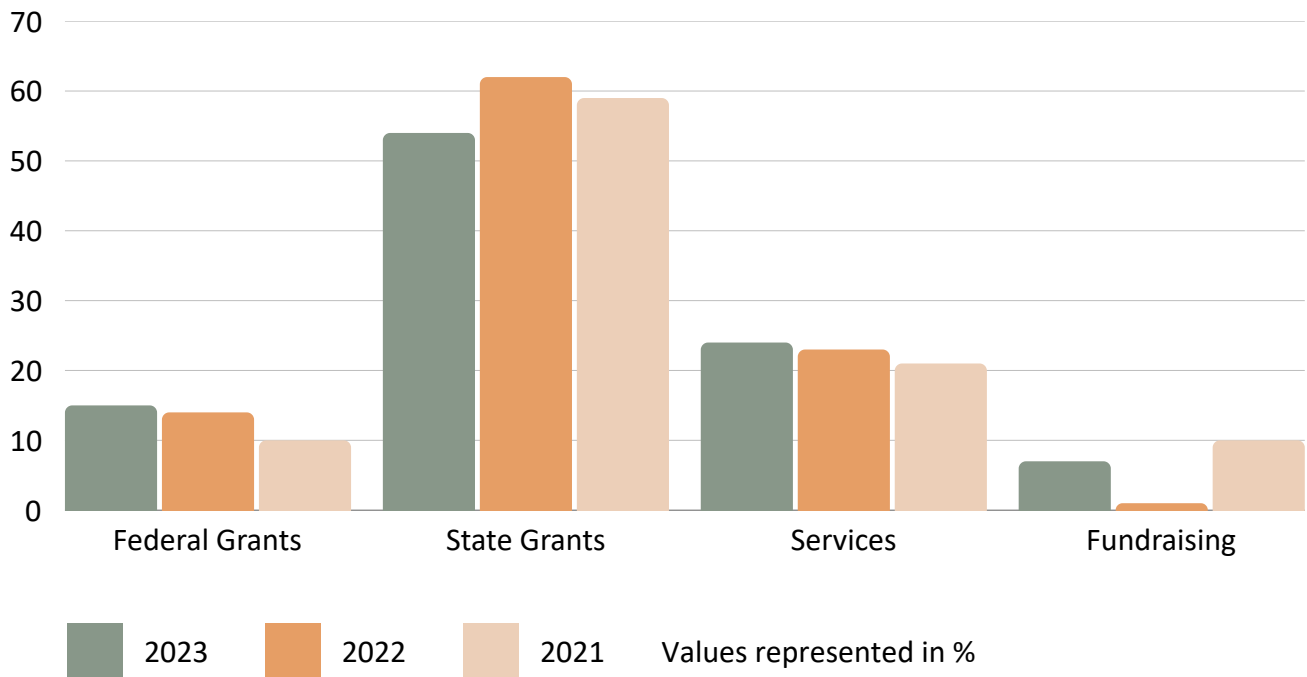
PATH and Housing Navigation staff attend Monarch's Housing as a Human Right Conference.

988 THERE IS HOPE. TEXT OR CALL 24/7
to connect with someone who cares.

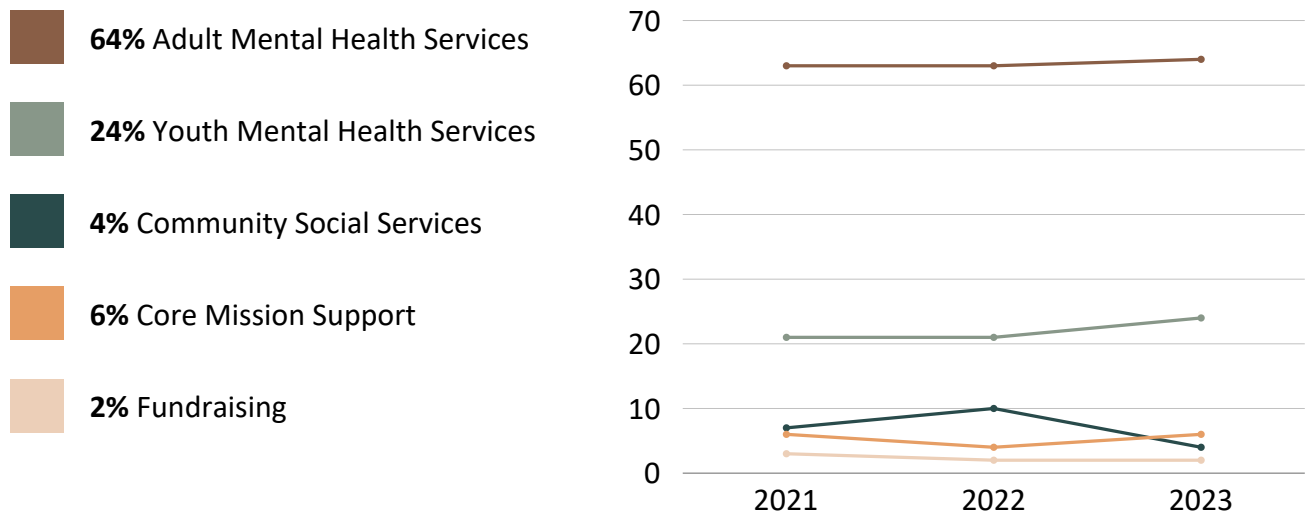


Our Financials

2023 Revenue by Source Profile



2023 Financial Expenditures Profile



Get Involved

Your support is vital in helping us continue to provide essential programs and services to our community. There are many ways you can get involved and make a difference. Whether through one-time donations, monthly contributions, planned giving, or corporate sponsorships, your generosity allows us to promote mental wellness and support those in need.

Explore the various donation methods below and find the best way for you to contribute to our mission. Together, we can build a happier, healthier community.

Direct Support

Donate by Mail:

MHA of Monmouth County
c/o Foundation
106 Apple Street, Suite 110
Tinton Falls, NJ 07724

Donate Monthly:

www.mentalhealthmonmouth.org/donate

i Of every dollar donated, \$0.92 directly supports our free programs and services.

Other Ways to Give



COMMUNITY
Partnerships



CORPORATE
Sponsorships



GRASSROOTS
Fundraising



LEGACY
Giving



MAJOR
Gifts



MEMORIAL
Gifts



STOCK
Donations



VOLUNTEER
Opportunities

The Mental Health Association of Monmouth County is a registered 501(c)(3) nonprofit in the State of New Jersey. All donations are tax-deductible. EIN 21-0665639.

Corporate Sponsors

We extend our deepest gratitude to our corporate sponsors whose generous support and partnership have been instrumental in advancing our mission. Their commitment to mental wellness and community support enables us to provide vital programs and services to those in need. Together, we are making a significant impact on the lives of individuals and families. We are proud to showcase the esteemed companies and organizations that stand with us.

Arkhitekton LLC
Bank of Princeton
Brookdale Community College
Coffee Corral
Elite Chiropractic
HFA Certified Public Accountants
Hackensack Meridian Health
Lambs & Wolves
Manasquan Bank
Marie Noglows, Woodward Realty Group
Minding Your Mind
Monmouth Medical Center
OceanFirst Foundation
Penn Medicine
Relief Mental Health
Rice Wealth Management
Springpoint Senior Living
The Junkluggers
Vin Gopal Civic Association
YMCA of Greater Monmouth County

Our Donors

We extend our heartfelt gratitude to the generous individuals and organizations whose unwavering support has made our work possible. Your contributions have been instrumental in advancing our mission of promoting mental wellness, providing vital resources, and fostering resilience in our community. Together, we are making a meaningful difference in the lives of those affected by mental health challenges. Thank you for your continued dedication and commitment to our work.

\$15,000+

Anonymous
Pearson, Nancy and David

\$14,999 - \$10,000

Manasquan Bank Charitable Foundation
Markel Corp.
MOCAPPI (Monmouth & Ocean Association of
Physicians of Indian Origin)
Peter & Josephine Grayson Foundation

\$9,999 - \$5,000

Hackensack Meridian Health
OceanFirst Foundation
Provident Bank
Rice Wealth Management

\$4,999 - \$2,500

Arkhittekton LLC
Brookdale Community College
Coffee Corral, LLC
Fair Haven Community Appeal
Formisano, James
Gavlick, Michael
Gmelich Scholarship Fund (Teddy's Fund)
McMaster-Carr Supply Co.
Monmouth Park Charity Fund
Verrico-Stich, Judith H

\$2,499 - \$1,000

Adair, Melanie
Haddad, Charles
Holman Frenia Allison
Kay Printing
Martin J Interiors
Monmouth Medical Center - RWJBarnabas Health
New Jersey Natural Gas
Noglows, Marie
O'Scanlon, Senator Declan
Panzica, Anthony
Sefcik, Wendy
Silvestri, Joseph P.
St. George's By the River
TPS Financial
VNA Health Group
Whitelaw, George
Wilkins, Christopher
YMCA of Greater Monmouth County

\$999 - \$500

Addressi, Staci
Bank, Charles & Jennifer
Beneduce, Perry
Boden, David
Boeddinghaus, Charles
Cohen, Leslie
CPC Integrated Health
Edmunds, Wayne
EZE Fitness

\$999 - \$500 (cont.)

Ferrante Miller Consulting, LLC
 Gopal, Senator Vin
 HABcore
 Hemenway, Bridget
 Hilsen, Alex
 Kirk, Elizabeth
 Lunch Break
 Lyons, Steven
 McDonagh, Amy
 Mental Health Association in New Jersey
 Minding Your Mind
 Oncea, Laura and Sam
 Relief Mental Health
 Reynolds, Anna-Bain
 Sullivan, Concetta
 Tamburri, Anthony
 The Bank of Princeton
 Tierney, David
 Tighe, Nancy
 Wegener Dale L
 Yaccarino, Chrissy

\$499 - \$5

180 Turning Lives Around
 Argibay-Boccasino, Marie
 Arron, Bernard
 Affel, John H.
 Allaire Resillency
 Angeline, Robert
 Audia, Joseph & Elizabeth
 Balto, Catherine and Andrew
 Barugel, Alberto & Julia
 Beekman, Margaret S.
 Beskin Goodman, Sharon
 Bullwinkel, Joseph
 Burnett, Marka
 Campbell, Joan M
 Chambers, Richard & Barbara
 Collier, Ronald
 Collins, Kathy
 Congregation Torat El

Connolly, Martin & Mary Ellen
 Culligan, Diane
 Davis, Mark & Susan
 Deforte Dentistry
 DePedro, Wendy and Mario
 Dyer,. Suzy
 EPIC Insurance Brokers & Consultants
 Family & Implant Dentistry
 Farhat, Connie
 Fennell, Christine
 Fink, Freda
 Finnegan, William
 Fleming, Douglas
 Friel, Michael
 Gallini, Vincent & Lois
 Gelfman, Margo
 Gioia, Roseann
 Glembocki, Anthony
 Greene-Wotton, Patricia
 Griffin, Barry
 Groff, Francis
 Gutentag, Patricia
 Gutman, Howard
 Halloran, Marie
 Hanggeli, Eric A
 Hansen, Charles and Kathleen
 Harris, Jean
 Haskell Jones, Hope
 Hayes, Michael & Gail
 Hermann, Lisa
 Herold, Rosemarie
 Herr, Thomas
 Holstein, Russell & Barbara
 Hopkins, Margaret
 Huet, Nathan
 Hueth, Mark
 Hyatt, William & Karen
 Keating, Daniel
 Kennedy, William & Barbara
 Krachman, Kerry
 Law Office of Lawrence W. Luttrell, P.C.
 Lee, Nancy
 Lobbato, Delores
 Love, Gwendolyn

\$499 - \$5 (cont.)

Lucile & Maurice Pollak Fund
 Luria, Martin & Joyce
 Maita, Maria
 Marchese, Robert
 McCoy, William
 McLoone, Beth
 Mental Health Association of Essex and Morris
 Merklinger, Anthony
 Miller, Lynn
 Minis, Stuart
 Molisani, Jodi
 Moray, Stephanie
 Mulligan, Ginger
 Mullins, Thomas
 Ottly, William
 Parmigiani, Chris
 Pearson, Linda
 Pierce, Nancy
 Raffel, Stuart
 Randall, Robert & Betty
 Raymond, Michael
 Rosenberg, Jennifer
 Rosenberg, Susan
 Ross, Steven
 Rudiger, Susanne
 Scarpa, Chris
 Schachter, Stuart
 Schember, Thomas & Barbara
 Schoepf, Rosalind
 Schwartz, Mary
 Single Throw Marketing
 Sparling, John
 Spudic, Stephen
 Squan Tavern
 Stavola, Joanne
 Sully, Paul
 Taka - TBD Inc.
 Todd, Melvin & Shirley
 Vaccaro, James
 Vail, Alan
 Vetrano, Joseph

Vispetti, Andre & Anna
 Warshawsky, Robert & Julie
 Yacyk, Nicholas
 Zieminski, Theodore & Gloria



Main Office

106 Apple Street
Suite 110
Tinton Falls, NJ 07724
p (732) 542-6422
f (732) 542-2477

Red Bank Resource Network

103 Drs James Parker Blvd
Suite B
Red Bank, NJ 07701
p (732) 383-5135
f (732) 383-5108

mha@mentalhealthmonmouth.org
www.mentalhealthmonmouth.org

