

Mental Health Association
of Monmouth County

An Affiliate of



Mental Health America



2022

ANNUAL REPORT

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Established in 1950, the Mental Health Association of Monmouth County is an affiliate of the Mental Health Association in New Jersey, Inc., and the national nonprofit Mental Health America. Our professional staff has been on the forefront of creating a 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 create healthy communities for the future.**

Mission

We promote mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care and treatment for those who need it, with recovery as the goal.

Our mission 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.

Vision

We endeavor 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.

We understand racism undermines mental health. Therefore, we are committed to working against individual racism, interpersonal racism, and institutional racism in all their forms.

A Year of Commitment

In 2022, as we began to emerge from two years of a pandemic and stress that none of us could have imagined, the Mental Health Association of Monmouth County embarked on a mission to put mental health, wellness, and prevention efforts in the forefront of our focus. We found ourselves at a crossroads where the urgent need to address mental health challenges, particularly among our youth, was evident. The statistics were alarming, and the call to action couldn't be clearer.

Figures from our national affiliate, Mental Health America, revealed that over 2.7 million youth nationwide grapple with severe major depression, with 60% not receiving the required treatment. More than 1.2 million youth with private insurance are left without coverage. These numbers represent more than data; they represent lives in need of hope and support.

Ever-focused on the protective factors essential to youth well-being, our youth-based programs were instrumental in addressing the critical needs in our community. We organized a county-wide "Celebrating You" wellness event at Bell Works, recognizing all school personnel who demonstrated perseverance and resilience during COVID-19. Youth mental wellness is a collaborative effort, and we thank our partners and board members for their support.

As we turn our attention to adult mental health, the statistics are equally challenging: 50 million adults grapple with mental illness, and 28 million do not receive treatment. That's why our adult programs aim to bridge the immediate gaps within our community.

Across our programs, our commitment to providing evidence-based, trauma-informed, and prevention-focused services encompasses ongoing, no-cost counseling, education, case management, and housing and financial support to individuals and families. We've also introduced a new grief and loss workshop series for older adults and established meaningful partnerships with the faith-based community, ensuring our support network is comprehensive and holistic.

As we extend these efforts into 2023, our message remains the same. The significance of mental health and wellness has never been clearer, and the attention devoted to it has never been greater. We continue our 73-year history of improving the lives of the thousands of individuals we serve each year, but the journey to deliver mental wellness is one we do not walk alone.

For every dollar donated, 94 cents directly fund our programs and services. Our advocacy and collaboration with legislators, aiming to spotlight mental health, have positioned our organization as a leader in shaping key policy decisions in Monmouth County and throughout New Jersey.

We extend our heartfelt gratitude to the donors, volunteers, and community partners who make our mission possible.

Wendy DePedro, MSEd
President & CEO



Board of Directors

Operations

Christopher Wilkins, *Chair*

Thomas Schember, *President Emeritus*

Wendy Sefcik, *Vice Chair*

Marybeth Kopec, *Treasurer*

Anna-Bain Reynolds, *Secretary*

Courtlyn Crosson

Freda Fink

Glen Goldbaum

Marie Noglows

Christopher Parmigiani

Nicolas Yacyk

Foundation

Brian Rice, *President*

William McCoy, *Treasurer*

Michele Brucker-Collier, *DMD*

Nancy Pearson

Joseph Silvestri

George Whitelaw

Individuals listed reflect the Mental Health Association of Monmouth County's Board of Directors as of October 2023.

Our Programs

There is a direct relationship between housing, finance, and mental wellness, so our approach is holistic: we empower individuals and families with solution-based strategies. Our mental health services are designed to promote well-being, reduce stigma, and ensure that those who are struggling with mental health issues receive the care and support they need to lead fulfilling lives.



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*: A Suicide Prevention Program
- Grief: The Price of Connection
- Mental Health First Aid
- Substance Use Referral & Education Program



Housing & Finance

- Housing Navigation
- Red Bank Resource Network



Non-Direct Referral Programs

- Adolescent Pregnancy Prevention Initiative
- DCP&P Wrap Around
- Family Navigator - Partners with Families Program
- Intensive In-Community Services
- MHA Social Services
- Parent-Child Conflict Resolution



Start your wellness journey with us.

Scan the QR code to learn more about our programs and services, or contact the Mental Health Association of Monmouth County by calling **(732) 542-6422** or emailing mha@mentalhealthmonmouth.org.

Community Impact

When a community has strong mental health support systems, it can better cope with and recover from disasters, crises, and traumatic events. By addressing mental health needs at the community level, we can positively impact various aspects of community life, from education and employment to safety and overall quality of life.



Case Management

Improves the function and quality of life for individuals and families:

- **163** referrals
- **155** admissions



Counseling

Makes connections, maintains stability, and achieves independence:

- **240** referrals
- **121** admissions



Education

Builds stigma-free communities through outreach and education:

- **140** individuals trained in MHFA
- **21** suicide prevention trainings



Housing & Finance

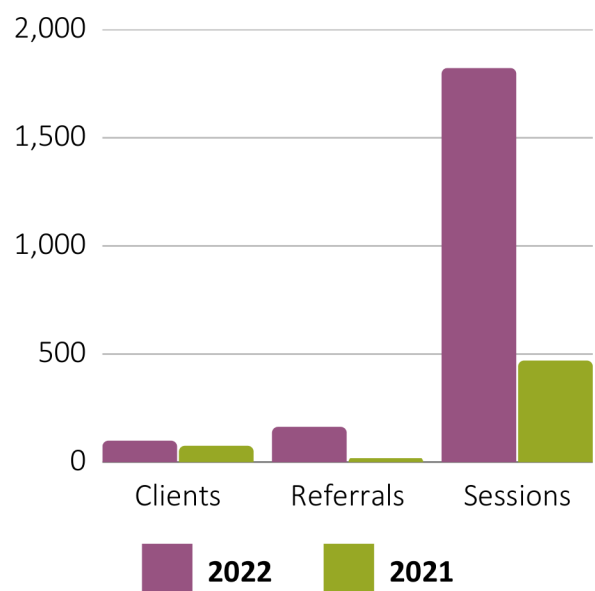
Encourages growth with housing and financial stability:

- **1242** referrals
- **1092** admissions

Our Spotlight

Emotional and behavioral challenges are normal, and understanding how stressors affect our mental wellness is critical to improving quality of life.

Our **Navigate Wellness Counseling** outpatient program promotes the integration of behavioral health and physical health, with a focus on early intervention. In 2022, the program admitted **98** clients, received **162** referrals, and performed **1821** sessions.



Numbers are based on data from the Mental Health Association of Monmouth County's 2022 End-of-Year Quality Assurance Summary.

Community Engagement

From delivering on-site bilingual counseling at Parker Family Health Center to partnering with The Salvation Army, we're providing critical resources, hope, and support to those in need.



MHA Monmouth staff pose with Manasquan Bank CEO, James Vaccaro (top center), at the Annual Golf Classic.



Wendy DePedro joins Sen. Vin Gopal and Mary Pat Angelini at MHA Monmouth's Annual Dinner.



Board Member Glen Goldbaum and his Lambs & Wolves team provide free services at the Be YourSELF Showcase.



MHA Monmouth joins JBJ Soul Kitchen for their annual Day of Hope Community Walk.



Wendy DePedro accepts the 2022 General Operating / Flex Support grant from OceanFirst Foundation.



Sigma Pi Fraternity at Monmouth University presents MHA with a donation from its lift-a-thon fundraiser.

Client Testimonial

During life's darkest storms, sometimes all it takes is a glimmer of hope to set us on a different course. For me, that glimmer of hope came in the form of MHA, or Mental Health Angels, as I call them. Every day, I thank God for MHA and the incredible individuals who became my lifeline.

I was living out of my car, on and off, for six months. I sought help from so many resources, but it seemed as though I didn't qualify for any assistance they had to offer. It was like reaching out into a void.

I'll always remember the day when Ewa, a compassionate voice on the other end of the line, contacted me. It was the beginning of a transformational journey.

But it wasn't just Ewa. Soon after, Elyse, Francesca, Lexi, and Q appeared in my life like guardian angels. When they came to meet me and my faithful dog, it was the first time in months I felt the warmth of people who truly cared. They provided not just a home, but groceries and bags of dog food – a gesture that touched my heart deeply.

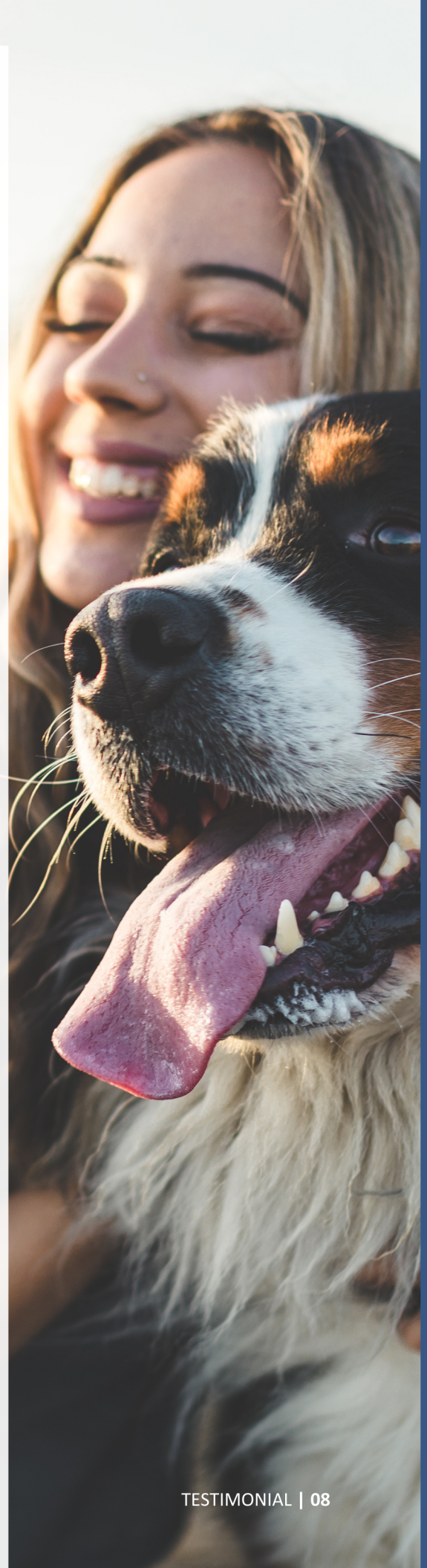
MHA went above and beyond by advocating for me and my furry companion. They understood how crucial she was to my mental well-being and helped me navigate the process of having her declared an emotional support animal.

The team stood up for me. They fought for me when I couldn't do these things for myself.

Then, I connected with Bob, a clinician in the Navigate Wellness Counseling program. I learned so much through therapy, and the process was integral to healing and strengthening my mental health.

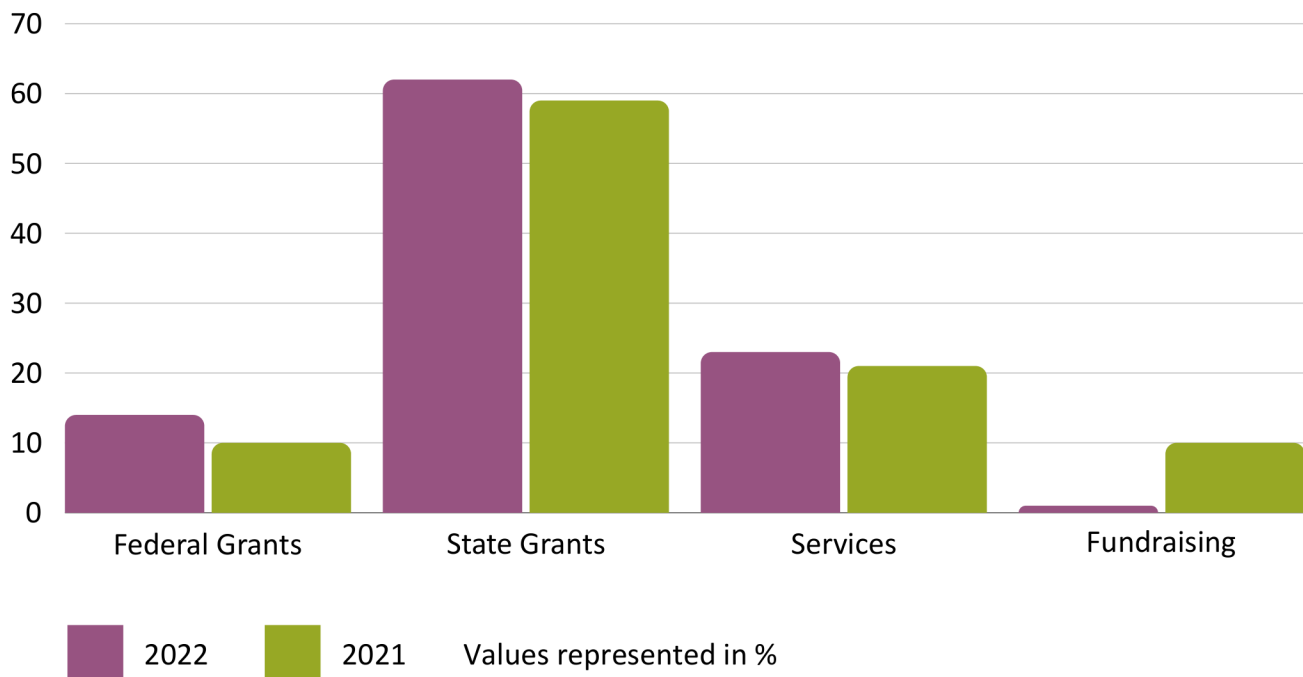
The Mental Health Association of Monmouth County does extraordinary and difficult work. I honestly don't know where I would be without them, and I am forever grateful.

When no one else cared, they did.

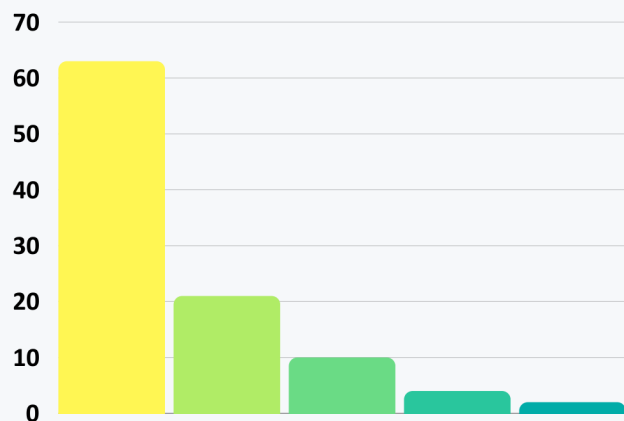
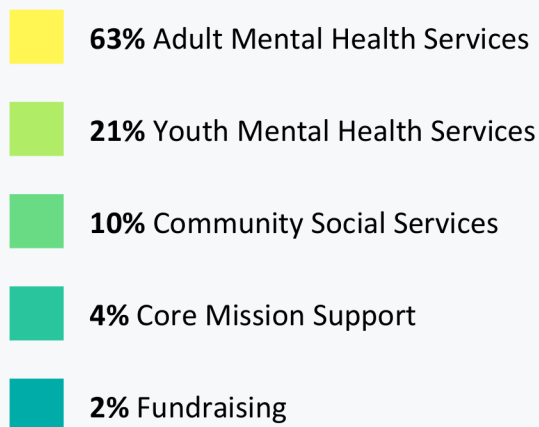


Our Financials

2022 Revenue by Source Profile



2022 Financial Expenditures Profile



Get Involved

Be part of the solution. By supporting the Mental Health Association of Monmouth County, you are investing in the well-being of individuals and families. Each donation is an act of compassion that directly addresses the critical wellness needs of our community.

Direct Support

Mail Check:

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

Website:

www.mentalhealthmonmouth.org/donate

PayPal:

@mhamonmouth

Other Ways to Give



**VOLUNTEER
OPPORTUNITIES**



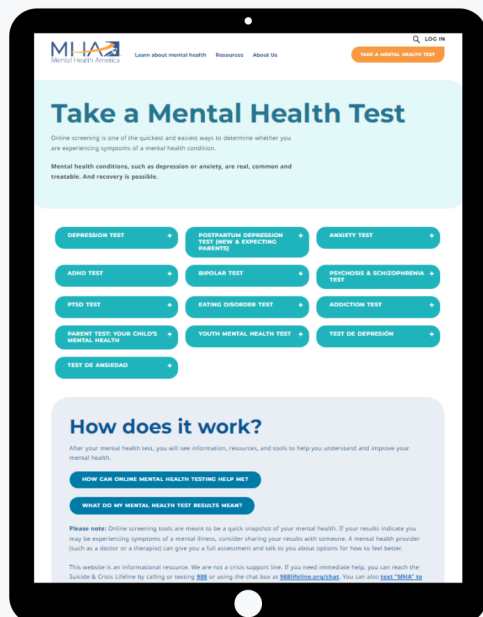
**MEMORIAL
FUND**



**GRASSROOTS
FUNDRAISING**



**COMMUNITY
PARTNERSHIPS**



Let's Connect

Find resources, volunteering opportunities, and more by following us **@mhamonmouth**.

Together, let's help change the conversation around mental health.





Corporate Sponsors

We express our heartfelt gratitude to the following organizations whose shared belief in our mission has played a pivotal role in our continued success and growth. We recognize that your support extends beyond financial contributions; it embodies a desire to make a meaningful difference in the lives of those we serve. Thank you.

Hackensack Meridian Health
180 Turning Lives Around
Coffee Corral
Citizens Bank
Lunch Break
Manasquan Bank
Monmouth University
OceanFirst Foundation
Provident Bank
Springpoint Senior Living, Inc.
Vin Gopal Civic Association

Our Donors

Our free programs and services are made possible by the generous contributions of our donors.
Thank you for helping us build a happier, healthier, and safer Monmouth County.

\$10,000+

Anonymous
Grayson, Mr. and Mrs. Peter

\$5,000 - \$9,999

Hackensack Meridian Health
OceanFirst Foundation
Sefcik Productions, Inc.
Silvestri, Mr. and Mrs. Joseph
Thrill Hill Foundation
Verrico-Stich, Judith

\$2,500 - \$4,999

Fair Haven Community Appeal
Formisano, James
Mass Mutual Matching Gifts
Monmouth Park Charity Fund

\$1,000 - \$2,499

180 Turning Lives Around
Bank, Mr. and Mrs. Charles
Bond, Dr. Elizabeth and Mardones, B.
Coffee Corral LLC
First Presbyterian Church of Rumson
Haddad, Charles
Holman Frenia, Allison
Investors Bank
Joan and Robert Rechnitz Philanthropic Fund
Labrecque, Sheila
Lambs and Wolves
Lunch Break
Manasquan Bank Charitable Foundation
Monmouth University
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Panzica, Anthony
Princeton House
Schember, Mr. and Mrs. Thomas

Springpoint Senior Living, Inc.
Sullivan, Concetta
The Bank of Princeton
The Community YMCA
Vin Gopal Civic Association

\$500 - \$999

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Burnett, Marka
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Dean's Natural Food Market
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Monmouth Medical Center - RWJBarnabas Health
Visiting Nurse Association of NJ
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\$5 - \$499

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Affordable Housing Alliance of NJ
Argibay-Boccasino, Marie
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Balto, Mr. and Mrs. Andrew
Barrett, Mr. and Mrs. Robert
Barugel, Mr. and Mrs. Alberto
Beekman, Dr. Margaret
Bereavement and Life Transitions
Berry, Marion
Bijou, Rachelle
Brookdale Community College
Buccafusco, Mr. and Mrs. Gerald

\$5 - \$499 (cont'd)

Burnett, Marka	Herr, Mr. and Mrs. Thomas
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Family Based Services Association	Martinez, Alicia
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Finnegan, Mr. and Mrs. William	McLane, Lori
Fornicola, Marissa	Mental Health Association in New Jersey
Friends of Sue Kiley	Merklinger, Anthony
Frio, Dr. Thomas	Middletown Reformed Church
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Gallini, Mr. and Mrs. Vincent	MonmouthCares
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Gelfman, Margo	Mullins, Mr. and Mrs. Thomas
Gervasi, Francesca	Nastasio, Cheryl
Gervasi, Joseph	Nelson, Mr. and Mrs. Stephen
Gioia, Roseann	Noglow, Marie
Gutentag, Patricia	Pearson, Mr. and Mrs. David
Gutman, Howard	Pierce, Nancy
HABcore, Inc.	Ponce, Lorenza
Hachicho, Denise	Preferred Behavioral Health
Halloran, Marie	Radeschi, Mr. and Mrs. David
Hansen, Mr. and Mrs. Charles	Randall, Mr. and Mrs. Robert
Haskell Jones, Hope	Reinhard, Mr. and Mrs. Thomas
Hayes, Mr. and Mrs. Michael	Resources Real Estate
	Rice Wealth Management
	Riker, Mr. and Mrs. William

\$5 - \$499 (cont'd)

Rivera, Carlos
Rosenberg, Jennifer
Ross, Dr. Steven
Sackett, Jodi
Saxe, Mr. and Mrs. Richard
Sea Girt Village Center
Sigma Pi - Delta Beta
Society for the Prevention of Teen Suicide
Sorensen, Susan
Spalding, John
Spector, Mr. and Mrs. William
Spudic, Stephen
Squan Tavern
Starnes, Dr. and Mrs. G
Taka - TBD Inc.
The Dreamcatchers
Todd, Mr. and Mrs. Melvin
United Way of Greater Mercer County
United Way of Monmouth County
Vail, Mr. and Mrs. Alan
Valinoti, Stephen
Vispetti, Mr. and Mrs. Andre
Wengert, Mr. and Mrs. Ron
Westerman, Thomas
Whitelaw, George
Whyte, Desiree
Young, Jeffrey

With **GRATITUDE**



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

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www.mentalhealthmonmouth.org

