

MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of



JOURNEY

TO MENTAL WELLNESS

2018 ANNUAL REPORT

A LETTER FROM OUR CEO AND BOARD CHAIR

In the last year, the need for mental health treatment increased substantially throughout our country. The Centers for Disease Control and Prevention (CDC) describe suicide as “a large and growing public health problem,” driven by data that suicide is now the second leading cause of death for people 10 to 34 years of age and the 10th leading cause of death nationwide. Suicide was responsible for 47,000 deaths in 2017, resulting in about one death every 11 minutes. Our national affiliate, Mental Health America, reported in 2018 **more than 10 million** adults have an unmet need for mental health treatment, and that number has not declined since 2011. Clearly, there is much work to be done in improving and saving lives.

Here in Monmouth County, the MHA has been doing the work. In 2018, the MHA of Monmouth County (MHAMC) completed its 68th year of providing leadership in advocacy, programs, services, and education to individuals and families affected by mental illness.

We continue to provide the Lifelines program – a nationally recognized, evidence-based suicide prevention training – to schools throughout Monmouth County. This free, comprehensive program has been trained in over 163 schools, impacting 44,410 students, 551 faculty, and 155 parents.

Our outpatient program, Navigate Wellness Counseling offers mental health services to individuals and families. Navigate Wellness is underscored by confidential and compassionate therapy using evidence-based and trauma-informed interventions at two locations in Red Bank, NJ, and Tinton Falls, NJ.

Mental Health First Aid Trainings (MHFA), in partnership and collaboration with key stakeholders throughout Monmouth County communities, has increased the public’s knowledge of how to address the mental health concerns of their neighbors, family, and friends.

We remain dedicated to MHAMC’s prevention-focused role in Monmouth County and throughout the state in identifying the gaps in the mental health system of care and working with our partners to find solutions.

On behalf of our Board members and professional team, thank you for your generous support and standing with us to help so many on their journey to mental wellness.

Warm Regards,



Wendy DePedro,
MSEd./CEO



Thomas A. Schember
Board Chair

68 YEARS

The Mental Health Association of Monmouth County is an affiliate of Mental Health America and the Mental Health Association in NJ. The MHAMC is dedicated to promoting 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 strength-based programs, education, advocacy, community partnerships, and the shaping of public policy.



Foundation Board, 2018 Annual Dinner



BUILDING STRONG FAMILIES THROUGH HOUSING AND FINANCIAL STABILITY

- Stop the cycle of homelessness: help individuals successfully integrate into their community, establish independence, and maintain housing.
- Coordinate with community partners to secure permanent housing for clients living with mental illness.
- Provide free financial services, which include screening, benefits application assistance, connections to community resources, and more.
- Enhance financial competency through hands-on, educational workshops that help clients manage money, increase income, find better employment, and improve housing opportunities.

EXPANDING SOCIAL SERVICES, COMMUNITY OUTREACH, AND EDUCATION

- Build resiliency by strengthening the abilities of individuals and families to succeed and offering a comprehensive array of information and referral services.
- Develop competent communities and resources that identify and respond to local needs related to suicide prevention.
- Deliver best practices and evidence-based training that assesses both youth and adult suicide risk.
- Train individuals in Mental Health First Aid (MHFA) to lessen the stigma surrounding mental illness and equip laypeople with the knowledge to address mental health issues prior to reaching a crisis point.

IMPROVING THE FUNCTION AND QUALITY OF LIFE FOR INDIVIDUALS AND FAMILIES

- Promote the integration of behavioral health and physical health.
- Offer traditional outpatient counseling and in-home therapy to youth, adolescents, and adults with a focus on early intervention.
- Foster supportive individual and group counseling to families affected by a mental health crisis.
- Advocate for caregivers as they navigate the mental health system of care, creating space for their emotional well-being.

CHANGING THE COURSE FOR YOUTH AT RISK

- Intervene, assess, counsel, and refer families involved with the Monmouth County judicial system to community resources.
- Put youth on a path to wellness through development of interpersonal relationships, academic success, and advancement opportunities.
- Support goals of health, safety, and permanency for children.
- Stabilize families in crisis through engaging youth and their parents in conflict resolution and reduction of school truancy.

COMMUNITY IMPACT

Support and counseling to over **900 persons** living with housing insecurity

Bi-lingual social services provided to over **1,081 households** and **1,647 children**

Crisis interventions to **1,000+ at-risk youth**

No cost comprehensive suicide prevention training in **163 NJ schools**, impacting **44,410** middle and high school students

193 families received support group services and educational training

2018 Annual Revenue by Source Profile

- State of NJ Grants 58%
- Monmouth County Grants 13%
- Federal Grants 5%
- Counseling & Social Services 15%
- Fundraising & Contributions 9%



2018 Financial Expenditures Profile

- Adult Mental Health Services 53%
- Children's Mental Health Services 22%
- Core Mission Support 14%
- Fundraising 7%
- Community Social Services 4%



Your position along a continuum of mental health will be influenced by a range of risk and protective factors, and environmental influences. In particular, mental health and well-being is most likely to occur in an inclusive environment, where people have supportive relationships with each other.

Last year, we touched more 6,500 lives. Your generous support better equipped us to address the needs of the many, children, adults, and families who rely on us. For that, we are humbled and grateful.

We recognize that more work needs to be done. By donating today, you ensure MHAMC's life-changing programs and services continue.

TEXT MHAMC to 41444 Today

DONATE ONLINE: mentalhealthmonmouth.org

DONATE BY PHONE: 732.542.6422 ext. 108

DONATE BY CHECK: 106 Apple Street, Suite 110 Tinton Falls New Jersey 07724

Please consider doubling your impact by using your employer's donation matching program or supporting with a planned gift.

**“DON’T TRY TO DRIVE
THE HOMELESS INTO
PLACES WE FIND
SUITABLE.
HELP THEM SURVIVE
IN PLACES THEY FIND
SUITABLE.”**

—Daniel Quinn

Homelessness can be an obstacle to recovery, making it difficult to develop good mental health, secure stable housing, find and maintain a job, stay physically well, and to maintain healthy relationships.

There is a two-way relationship between homelessness and mental health. Living with a mental health problem can create the circumstances that cause a person to become homeless in the first place, but it’s true that poor housing or homelessness may increase the chances of developing a mental health problem, or exacerbate an existing condition.

MHAMC addresses homelessness and mental health through the Projects for Assistance in Transition from Homelessness (PATH) program. Free case management and stability building resources are provided to adults 18 years and older.

Imagine the feeling of finally finding home.

FINDING SERENITY AT THE SHORE

At 50, Kurt’s road to serenity was anything but easy. The trauma and abuse he experienced before the age of nine became compounded with his father’s death, which left his family financially crippled and forced his mother to work two jobs. By 14, Kurt felt like a burden.

Stress and anxiety weighed on him: he had trouble focusing and sleeping, and the steps he took to break the mental fog exhausting his energy simply wasn’t enough. He struggled to maintain healthy relationships, and when his best friend completed suicide, he spiraled into depression.

Kurt turned to drugs and alcohol to bury the pain, and for years the substance use led to numerous encounters with police, which ultimately resulted in his incarceration. Despite his best efforts, he failed to find his purpose.

Kurt’s release from prison found him bouncing from shelter to shelter, where he witnessed firsthand the struggles of others, particularly women who were left homeless and unable to obtain benefits. The experience profoundly inspired him to make a positive difference not only in himself, but also in the lives of others.

Kurt involved himself with the church and used his story to launch the Women’s Hospitality Network to provide emergency overnight housing for women.

The mental fog was lifting, and his desire to address his mental health and substance use connected him to the Mental Health Association of Monmouth County’s PATH program. Kurt’s success in working with his case manager produced stable, permanent housing near the shore and his church in a drug-free community.

“It has changed my whole life. PATH taught me to hope”; Kurt found his serenity.



WITH GRATITUDE

\$10,000-\$65,000

Impact 100 Jersey Coast
Ridge Road Run
Silvestri, Joseph and Laurie

\$5,000- \$9,999

Englert Inc
Englert, Patti
Feeling Swell LLC
Grayson, Peter & Josephine
Ocean First Foundation
Pearson, David & Nancy
Rockefeller Philanthropy Advisors

\$2,500-\$4,999

Avon, Richard
Brennan, Raymond
Brubella INC.
Fair Haven Community Appeal
Hackensack Meridian Health
Labrecque, Sheila
Monmouth Park Charity Fund
Moore, Robert & Christine
Privetera, Jack
Springpoint Senior Living, Inc.
United Healthcare Community Plan
Whitelaw, George

\$1,000-\$2,499

Allied Beverage Group LLC
Anonymous
Bank, Charles & Jennifer
Burke & Manna Real Estate
Cancro, Linda H.
Clifton, Melissa
Contemporary Motor Cars, Inc.
Duke, Tyler
Gallo Wines
Geoghegan, Michael
Haddad, Charles
Harms, George & Ruth
Irvine, Daniel R.
Jackson, Debra
Kingsbery, James
Labrecque, Douglas & Cynthia
Lyons, Steven & Julie
McCoy, William & Clare
McMahon, Tim & Heather
McMaster-Carr Supply Co.
Network For Good
New York Life Insurance Office
of Governmental Affairs
Opici Family Distributors
Panzica, Anthony
Performance Food Group
Rechnitz, Joan & Robert
Schember, Thomas & Barbara
Sharkey, Michael & Kate
Siciliano, Karen
Sullivan, Concetta
The Perricone Foundation Charitable Trust
Tighe, Nancy
Torcivia, Benedict J.
World Jeep

\$500-\$999

Anan, Suzanne
Andrew Grossman Upholstery
ARC Document Solutions
Brunetti, Laura
Bush, Donald & Christine
Dahms, Gary
Donato, Elizabeth
Donovan, Stacey
Ferjentsik, Steven
Fink, Freda
Holsey, Patricia
IBM Employee Services Center

Jersey Shore Tri Gals, Inc.
Krikorian, Lori
Lambs & Wolves
Land, Desiree
Maldjian, John P.
Marsh & McLennan Companies, Inc.
McGurk, Michael
McLaughlin, J
McLaughlin, Mike
Mental Health Assoc. In NJ
Miller, Conrad & Lynn
Miller, Lynn & Win
Monmouth Medical Center -
RWJBarnabas Health
Ohayon, Maimon
Salameh, Amal
The Benevity Communtiy Impact Fund
Villapiano, John A
Volk, Christen & Kevin
Wegeman, Denise
Yacyk, Nicholas & Lynn

\$10.00-\$499.00

Aaron, Bernard & Susan
Abramson, Lawrence
Adair, Melanie
Adams, Courtney
Adams, Jackie
Allaire Women's Club
Alliant Insurance
Anderson, Doug
Andrus, Nedra
Angelini, Mary Pat
Angelini, Robert
Arch Brow Bar
Arolick, Deena
Audia, Joseph & Elizabeth
Axelrod, Alan
Ballard, Christine
Balto, Andrew & Catherine
Barugel, Alberto & Julia
Baur, Caren
Beskin Goodman, Sharon
Bifano, Diane
Bijou, Pauline
Bijou, Rachelle
Black, Bill
Black, John & Kim
Blaze, Donna
Board Of Chosen Freeholders
Of Monmouth County
Bond, Elizabeth & Mardones, Nano
Bonet, Addy
Bossone Family
Bradshaw, William
Brennan, Suzanne
Brown, Dean R.
Brush, Raymond
Buccafusco, Gerald & Marlene
Bullwinkel, Joseph
Burke, John & Diane
Burnett, Marka
Burns, Barbara
Butters, Robert & Dianne
Campbell, Craig
Carlesimo, Patricia
Carton, Peter & Barbara
Cassidy, Timothy
Castellini, Lesley
Casucci, Sarah
Charles, John
Chavez, Emily
Chianese, Andy
Cissel, Mary
Coene, Ted
Coffee Corral LLC
Coleman, Elodie
Collaborative Support of NJ

Collier, Kevin & Michele
Collier, Ronald & Virginia
Collins, Kathy
Colmer, Marcell
Commander, Lisa
Community Health Law Project
Conway, Michelle
Corey, Michelle
Cosgrove, John & Elizabeth
Cox, Larry
Crawford-Phillips, Rowena
Creen, Regina
Crough, Meghan
Culligan, Diane
Cummings, Robyn
CVR
Davis, Mark & Susan
DeForte, Carolyn
Delta Medical
Depatria, Janice
DePedro, Mario & Wendy
Devlin, David & Karin
Dingfeld, Courtney
Dolly, William
Drago, Deborah M.
Dunn, Karen
Eaddy, Sorena
Ebinu, Isaac
Eulner, Kimberly A
Fagen, James
Falone, Andrew
Farren, Art
Fay, Cindy
Feeley, Erin
Finnegan, William & Susan
First Energy Service Company
(C/O Cybergrants, Inc.)
Ford, Elizabeth
Foreign Cars Of Monmouth
Frederick, Joy
French, Renee & Tom
Friends Of John P. Curley
Frio, Thomas
Gallini, Vincent & Lois
Gannon Holsey Real Estate
Gaudette, Stephen & Cheryl
Gelfman, Arnold & Margo
Gervasi, Joseph A
Gethsmane Lutheran Church
Gibney, John
Gilstein, Zachary
Gioia, Roseann
Goldbaum, Glen
Goodman, Sharon
Gratzel, Joe
Greenberg, Sarah
Grinwis, Marilyn
Grosd, Lauri
Grossman, Andrew
Hague, Michelle
Haik, Ross
Hall, Irene
Hall, Thomas & Irene
Hanggeli, Eric
Hanggeli, Eric A
Hanlon, Thomas
Hanna, Janice
Hansen, Charles & Kathleen
Hart, Robert & Laura
Harvey, Carmeleta
Hatten-Dillions, Gwendolyn
Hayden, Abigail
Hayes, Michael & Gail
Hayes, Thomas
Hendrickson, Therese
Henneberger, Erin
Hensle, Robert & Lindsay
Hernandez, Ileana

Heston, Holly
 High Focus Centers
 Hilfiker, Ainsley
 Holstein, Russell & Barbara
 Hopkins, Ann M
 Hopkins, Charles & Margaret
 Howard, Donald & Phyllis
 Howe, Lin
 Huff, Roger
 Hyatt, William & Karen
 Impreveduto For Freeholder
 Inc, Charlie & Jack
 Irvine, Daniel
 Irvine, Karen
 Irwin, Mike
 Johnson Carol
 Johnson, Edward
 Jones III, Charles H. & Shea
 Jones, Charles
 Jones, Denise
 Jones, Hope Haskell
 Jones, Shearon
 Joyce, Rachel
 Kaplan, Teena
 Keating, Miriam
 Keefe, Dorcas
 Keeler, Marcia
 Kelly, Eugenia
 Kelly, J. Ryan & Eva
 Kerekes, Tina
 Kile, Judith
 King, John F.
 Kirby, Michael & April
 Kopeck, James & Marybeth
 Korker, Russell & Janice
 Korn, Jerry
 Kostenblatt, Jessica
 Landy, David
 LaRocca, Maggie
 Lauch, Tim
 Lee, Magan
 Liberty Coating Co.
 Lilley, Michael
 Lindabury, McCormick, Estabrook & Cooper
 Logio, Judi
 Long, Krista
 Lotiffhs, Jeannifer
 Luria, Martin & Joyce
 Lustgarten, Jonathan
 Mack, Jim
 Mack, Ray & Susan
 Mahony, Kevin
 Malik, A
 Mama, Robin S.
 Manna, Michael
 Margolin, Dina
 Marnie Doherty Photography
 Marshall, Kerry
 Martell, Richard & Nicole
 Martha Chapter No 37 OES PHA
 Martinetti, Christopher
 Martinez, Alicia
 Martz, Patricia
 Mason, Howard & Janice
 Matflerd, Carolyn
 Mazzini, Yannah
 MBG Monmouth LLC - Skyzone Ocean
 McAdams, Joan
 McAdams, John A
 McClelland, Mary
 McCooley, Timothy & Amy
 McCormick, Marianne
 McCoy, Carly
 McGagh, Patrick & Jennifer
 McGrath, Robert
 McHugh, Maureen
 McMahan, Deirdre
 McMahan, Emmett
 McMahan, John & Patricia

McNamara, Janice
 Mella, Deborah
 Melody, Rose
 Melody, Rose
 Mercereau, Brian & Margaret
 Merker, Corrine
 Metzger, Mark
 Meyer, Colleen
 Meyer, Gregory & Colleen
 Miller, Gwen
 Miller, Lynn
 Monahan, James
 Monmouth Beach Veterans Association
 Moore, Agnes
 Moran, James & Susan
 Moreland, TJ
 Mr. & Mrs. Aguilar
 Ms. Courtenay Adams
 Mulligan, Ginger
 Murphy, Darryn
 Murphy, Kat
 Murphy, Peter
 Nastasio, Cheryl
 Naughton, Jennifer
 Nduati, Judy
 Nieves, Carmen
 Nolan, Michael & Nicole
 Norcia, Nick
 Northwestern Mutual
 O'Brien, April
 O'Connor, Paul & Kelley
 O'Meara, Margaret & Ranis, Ryan
 Oncea, Samuel & Laura
 O'Scanlon, Declan
 Owens, Alessandra
 Paczkowski, Kara
 Palacio, Ruth
 Parker, Shante
 Parkes, Claudette
 Pascale, David
 Penza, Jane
 Pettigrew, Daniel C
 Phair, Melissa
 Phillips, Marcus
 Pianoforte, Vincent & Stephanie
 Pierce, Nancy
 Pollak, Henry
 Poyner, Jeffrey & Christine
 Preferred Behavioral Health
 Price, Olgacy
 Princeton House
 Pritchard, Elise Reilly
 Puma, Gary
 Radeschi, David & Catherine
 Randall, Robert & Betty
 Rasch, Guillermo
 Rea, Michael
 Red Bank Regional Source Foundation
 Redden, Haral & Bernadine
 Reilky, Gaik
 Reinhard, Thomas F. & Susan C.
 Reuter, Mark & Judith
 Rigby, Kathryn
 Riley, Mary
 Rivera, Carlos & Julia
 Rizin, Liza
 Roberts, Paulette
 Robinow, Tricia
 Rogers, Zechariah
 Rosado, Delcina
 Rose, Frederick & Judith
 Ross Wellness Group
 Ross, Douglas G. & Megan
 Ross, Stacy & Howard
 Rovell, Kris
 Rudiger, Susanne
 Rue Insurance
 Russo, Alyce
 Russomanno, Gina

Salameh, Amal
 Salerno, Pat
 Samayoa, Grisel
 Samuels, Robert & Laura
 Sansone, Vera
 Sasinowski-Smith, Tina
 Savino, Jennifer
 Saxe, Richard & Julie
 Schaefer, William & Marcey
 Schild, Dr. Peter
 Scire, Leah
 Sea Girt Village Center
 Senator Vin Gopal
 Sharkey, Mike
 Siebel, David
 Sinclair, Kevin
 Smith, Alan & Debra
 Smith, J. Brian
 Smith, Stephen William
 Sourlis, George & Nikie
 Sparling, John & Jenna
 Spudic, Stephen J
 Squan Tavern
 St. Lifer, Bob
 Stavola, Joanne
 Stefanowicz, Lynn
 Stevens, Flavia
 Stevenson, Regina
 Stewart, Victoria
 Stickler, Albert & Linda
 Stufsky, Mallory
 Sullivan, Christine
 Summerhill-White, Anita
 Tamaro, Frank & Joanne
 Tellone, Susan
 Tencza, Megan
 The Bank Of Princeton
 The Center For Neurological &
 Neurodevelopmental Health
 The Community YMCA
 The Law Office Of Toby Grabelle, LLC
 Thees, Lawrence P
 Thorsen, Geraldine
 Tierney, Alexandria
 Tisnado, George
 Tognola, Edmund & Patricia
 Tomasulo, Linda
 Trapp, Elizabeth & Amendola, Carl
 United Way of Monmouth County
 Vail, Kathleen
 Vanegas, Vicente
 Velasquez, Luz
 Venezia, Joan
 Vetrano, Joseph
 Vigilante, Frank & Diane
 Villapiano, Matthew
 Villapiano, Phil & Laura
 VNA Health Group
 Walko, Carly
 Wasserfall, Eric & Carolyn
 Weiss, Sandra
 Weston, Kathy
 Whitelaw, Nevin
 Williams, Rasheen
 Williams, Spencer
 Wilson, James
 Wilson, William
 Wirth, Debra
 Withum
 Woods, Donna
 Woods, Robert & Erika
 Wopat, John & Joyce
 Young, Jeffery
 Zager, Joshua
 Zieminski, Theodore & Gloria
 Zilai, Alyson
 Zilai, Robert & Deborah



Wendy DePedro, MEd
Chief Executive Officer

BOARD OF DIRECTORS

Co-Chair

Thomas A. Schember

Co-Chair

Marybeth Kopec

Vice Chairs

Desiree Land

Erika L. Woods, MSW

Secretary

Freda Fink, LCSW

Directors

Elizabeth Bond, PhD

Doug Labrecque

Edward Johnson

Mike McLaughlin

Ramon Solhkhah, MD

Karen Van Natten, MA

Nick Yacyk

FOUNDATION BOARD

Co-Chairs

Nancy Pearson

Kate Sharkey

Vice Chair

Donna Crosson, PhD

Treasurer

William McCoy

Directors

Courtenay Adams

Fred Beshore

Michele Brucker-Collier, DMD

Laura Brunetti

Patricia Holsey

Lori Krikorian

Ruth Palacio, MS, CASAC

Joseph P. Silvestri, CFP

Denise Wegeman, MSW, LCSW

George Whitelaw

Programs of the Mental Health Association of Monmouth County

COMMUNITY SUPPORT SERVICES

Community Support Services (CSS)

Information and Referral Services

Intensive Family Support Services (IFSS)

Projects for Assistance in Transition from Homelessness (PATH)

Housing Navigation Program (HNP)

SOCIAL SERVICES

Grandview and Pinetree Social Services programs

Red Bank Resource Network (RBRN)

FAMILY & CHILDREN SERVICES

Division of Child Protection and Permanency Wrap Around Program (DCP&P)

Family Crisis Intervention Unit (FCIU) & Wrap Around Services

Intensive In Community Program (IIC)

Time to Grow: In School Prevention

COUNSELING

Navigate Wellness Counseling

PREVENTION EDUCATION

Caring Competent Communities

Lifelines: Comprehensive Suicide Awareness & Responsiveness Program for Teens

Mental Health First Aid

MENTAL HEALTH ASSOCIATION
OF MONMOUTH COUNTY

An Affiliate of



106 Apple Street, Suite 110, Tinton Falls, NJ 07724

Phone: (732) 542-6422 • Fax: (732) 542-2477

mentalhealthmonmouth.org

mha@mentalhealthmonmouth.org