What is inspiring about these storytellers is their openness and their willingness to be vulnerable and brave at the same time. Their underlying message: SEE ME, the human not the label.

Throughout this Impact Report, you will meet MHA storytellers and learn more about the strides MHA made in 2018-2019. As we move forward in 2020, we remain committed to educating the community about issues relating to mental health so that we SEE the one in five in our community who are living with a mental health diagnosis as a human first... that we continue to fulfill our mission of providing help, offering hope and promoting mental wellness through advocacy, education and prevention in Mecklenburg and Cabarrus counties.

We See You,

Executive Director
2019 LEGISLATIVE BREAKFAST

Nearly 90 attendees

94% said their knowledge of mental health policy was increased by the event

EDUCATION

1,289 Community members gained skills to recognize those who may be experiencing a mental health crisis

MHA and the Mecklenburg County Mental Health First Aid & QPR Trainers’ Collaborative hosted the 2019 North Carolina Mental Health First Aid Instructor Summit with 150 trainers in attendance from around the state.

Coffee & Conversations

199 individuals attended Coffee & Conversations at MHA and in the community during 2018-2019.

At each Coffee & Conversation, MHA Storytellers share their experience of living with mental health concerns or supporting a loved one with challenges.

96% of participants report increased awareness about how they can help reduce stigma

78% said the program increased their willingness to act to correct misconceptions others have about mental health issues

Prevention

MHA’s Compeer program matches community volunteers with adults living with chronic mental health concerns. Thirty volunteers provided one-to-one supportive friendship spending 880 hours with 30 participants in 2018-2019, helping offset loneliness and social isolation. Compeer is an international evidence-based program.

ParentVOICE focuses on empowering parents to advocate for their youth living with emotional, behavioral and/or mental health concerns. MHA’s Family Partners helped 345 individuals navigate the mental health, education, justice and social services systems in 2018-2019. In addition, seven individuals became state-certified Family Partners through MHA.

“ParentVOICE provided a trusted partner to guide me through difficult waters around the holistic care of my son, JC.” - MHA Storyteller and major donor Carla Carlisle

88% participants reported, “I feel good about myself since being matched with a Compeer volunteer.”

88% participants reported, “I have the support I need since being matched with a Compeer volunteer.”

84% of families supported by a Family Partner reported increased knowledge of where to access affordable services, more understanding and acceptance of their child’s challenges, and recognition of their child’s and family’s strengths.

80% of families supported by a Family Partner reported increased participation in decision-making about their child’s care.

“My Compeer volunteer has had a positive impact on my life.” - 100% participants reported

Iris Esguerra

MHA Storyteller Iris Esguerra was an award winning Compeer volunteer and dedicated friend to two Compeer participants from 2011-2016 (with friend Heather in 2015). Iris is now a generous, legacy donor.

Trauma Informed Learning Community

In January 2019, MHA joined nine other Mecklenburg County organizations and agencies in a Trauma-Informed Learning Community (TILC) with facilitation by the National Council for Behavioral Health. MHA and partners such as Charlotte-Mecklenburg Schools, Department of Social Services, Pat’s Place, Teen Health Connection and Promise Resource Network, reviewed the critical role of being trauma-informed and developing a Core Implementation Team. Since then, MHA’s Team has been working on three domains: Educated and Responsive Workforce; Safe and Secure Environments; and Community Outreach and Partnership Building. MHA has taken an internal look at how we operate, as well as focusing externally to ensure that we engage the entire community in becoming more resilient.
Audited MHA Financials
Year Ended June 30, 2019

SUPPORT & REVENUE
- Contributions & Grants: $296,383
- United Way: $322,875
- Membership Dues: $895
- Mecklenburg County: $417,000
- Special Events: $6,498
- Program Service Fees: $8,050
- Investment Income: $11,368

TOTAL SUPPORT AND REVENUE: $1,072,733

EXPENSES
- Program Services: $853,498
- Management & General: $47,437
- Fundraising: $128,120

TOTAL EXPENSES: $1,029,055

SUPPORT & REVENUE:
- 28% Contributions & Grants
- 30% United Way
- 39% Mecklenburg County
- 1% Investment Income
- 2% Other

EXPENSES:
- 83% Program Services
- 5% Management & General
- 12% Fundraising

MHA’s Top Corporate Investors
- NC Healthy Blue (Visionary)
- Elliott Davis
- Novant Health
- LRC Language Resource Center
- United Way of Central Carolinas
- Mental Health America of Central Carolinas

Contact:
704.365.3454
mha@mhacentralcarolinas.org

www.mhacentralcarolinas.org