MHA helped protect $30 million in mental health funding. During the 2016 legislative session, $152m in potential funding cuts were slated for mental health. MHA, together with many local and state mental health advocacy agencies, collaborated to urge the legislature to decrease that impending cut, resulting in a $30M partial restoration.

“21st Century Cures Act: the Mental Health Overhaul” Congress PASSED this major mental health reform bill in 2016! Our national affiliate Mental Health America was a key contributor to this bill, along with grassroots efforts from other advocates (including MHA of Central Carolinas who served on the Southeast Regional Policy Council).

In March of 2016, MHA of Central Carolinas joined again with MHA of the South Mountains to host our annual Legislative Breakfast to educate and bring awareness to constituents and elected officials.

The theme was “Mental Health in North Carolina Jails and Prisons: Challenges and Solutions,” dovetailing on a similar theme of the state-wide Annual Legislative Breakfast on Mental Health. This issue has been a hot topic in our state and across the nation as more community mental health services receive funding cuts, leading to more instances of people living with mental health conditions inappropriately being housed in the corrections system. MHA continues to press the legislature to allocate appropriate funding for community mental health services.
MHA convenes a quarterly local Mental Health Trainers Collaborative meeting to share best practices and develop co-training partnerships to reach target audiences. MHA trainers will reach every Charlotte Mecklenburg Police Department (CMPD) and Mecklenburg County Sheriff Office (MCSO) officer with Mental Health First Aid (MHFA) in collaboration with co-trainers from Novant Health and Carolinas Healthcare System. American Foundation for Suicide Prevention (AFSP) provided financial sponsorship of MHFA for over 800 of the individuals trained in 2015-2016.

**OUR COLLABORATIVE PARTNERS:**
- American Foundation for Suicide Prevention
- Cardinal Innovations
- Carolinas Healthcare System
- Davidson Lifeline
- Family First Community Services
- Novant Health

Charlotte Mecklenburg Police Department’s Facebook page picture above went viral with over 256,000 shares and 734,000 reactions for Officer Purdy’s compassionate approach to a high school student who was thought to be suicidal. Officer Purdy was among 1,102 public safety officers from CMPD and MCSO who received Mental Health First Aid (MHFA) training in 2015-2016.

2439 community members trained in life-savings skills to include:

- **1,372** in Mental Health First Aid
- **1,067** in QPR Suicide Prevention Skills

96% said as a result of this training, they feel more confident they can assist a person who may be dealing with a mental health problem or crisis to seek professional help.

**OUR COLLABORATIVE PARTNERS:**
- American Foundation for Suicide Prevention
- Cardinal Innovations
- Carolinas Healthcare System
- Davidson Lifeline
- Family First Community Services
- Novant Health

Compeer friends like Pam and Sylvia (left to right) are matched to alleviate loneliness and isolation that often accompanies mental health challenges.

A result of Compeer friendships:

- **64%** said “My use of hospitalization or crisis services has been reduced or I have not needed such services”
- **80%** said “I have more confidence managing my health concerns (physical and mental)”

35 Compeer volunteers gave **1,680** hours

**OUR COMPEER COLLABORATIVE PARTNERS:**
- Amara Wellness
- Promise Resource Network
- Family Preservation Services

Consider becoming a Compeer volunteer at www.mhacentralcarolinas.org.
4. WE EMPOWERED.

We supported **86** individuals in Cabarrus County (parents and youth) with a part-time Family Partner, twice the number reached in 2014-2015!

**74%**

Of parents/caregivers assessed indicated they are now knowledgeable of where to go to seek help and affordable resources when current services end

**86%**

Of parents/caregivers assessed indicated they participate in decision making with those involved in their child’s care

**456**

Family members served in Mecklenburg and Cabarrus Counties

Our ParentVOICE Collaborative Partners:
- Anuvia
- Charlotte-Mecklenburg Schools
- Family First Community Services
- Mecklenburg County Drug Courts – Youth Treatment Court
- Mecklenburg Behavioral Health Division
- NC Department of Public Safety Division of Juvenile Justice
- Council for Children’s Rights
- Mecklenburg Youth and Family Services
- Promise Resource Network
- Reid Park Academy
- Reid Park System of Care Initiative
- Salvation Army Center of Hope’s Women’s Mental Health Initiative
- Triple P Positive Parenting Program

Learn more about ParentVOICE at [www.mhacentralcarolinatas.org](http://www.mhacentralcarolinatas.org).

5. WE PROMOTED B4STAGE4.

Approximately 1 in 5 U.S. adults has a mental health disorder.

1,500 Individuals utilized one or more of the 9 confidential screening tools listed through MHA’s website: [www.mhacentralcarolinatas.org](http://www.mhacentralcarolinatas.org)

**B4STAGE4 Philosophy**

When we think about cancer, heart disease, or diabetes, we don’t wait years to treat them. We start way before Stage 4. We begin with prevention. We can offer people choices and supports to help them recover.

DEPRESSION
ANXIETY
BIPOLAR
PTSD
YOUTH
PARENT
ALCOHOL/SUBSTANCE ABUSE
PSYCHOSIS
WORK HEALTH
SUPPORT & REVENUE

- Contributions & Grants: $339,720
- United Way: $281,205
- Membership Dues: $13,940
- Mecklenburg County: $560,000
- Special Events: $11,024
- Program Service Fees: $4,599
- Miscellaneous: $378

TOTAL SUPPORT AND REVENUE: $1,210,866

EXPENSES

- Program Services: $1,033,618
- Management & General: $70,931
- Fundraising: $138,271

TOTAL EXPENSES: $1,242,820

A BIG THANK YOU TO OUR WAKE UP FOR WELLNESS SPONSORS:

For our 2015-2016 Donor Recognition go to www.mhacentralcarolinas.org/publications.cfm

Mental Health America of Central Carolinas
Promoting Mental Wellness Since 1933
www.mhacentralcarolinas.org

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United Way of Central Carolinas
A Member Agency