MISSION STATEMENT

The mission of MHA is to promote mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.

3701 Latrobe Drive
Suite 140
Charlotte, NC 28211
704-365-3454
www.mhacentralcarolinas.org

MHA Impact >

750+ local law enforcement personnel have been trained in the public safety version of Mental Health First Aid, this fiscal year to date!

Breaking the Pipeline to Prison

In North Carolina, an average of 37,000 individuals are incarcerated each year, 15% of whom are diagnosed with a mental illness. On April 1, MHA of Central Carolinas partnered with MHA of the South Mountains to host its annual legislative breakfast which focused on “Mental Health in North Carolina Jails and Prisons: Challenges and Solutions.” The breakfast featured John Santopietro, MD, FAPA, Chief Clinical Officer, Behavioral Health at Carolinas HealthCare System, as keynote speaker and eight topic experts who gave short presentations regarding various facets of the issue of breaking the mental health pipeline to prison.

Examples include the Stepping Up Initiative, pretrial release programs, and utilizing mental health courts. To receive advocacy updates, join the AIMWell mailing list on MHA’s website by checking “Legislative Update.”

MHA encourages policymakers to allocate appropriate state-wide funding and resources toward programs aimed at addressing the mental health needs of those who have entered, or are at risk of entering, the judicial system.

Amplify Your Impact!

Support mental wellness by becoming a new, increased, or renewed donor to MHA before May 31st and The Leon Levine Foundation will match your gift $1 for $1 up to $10,000! Join us to Wake Up for Wellness on May 20th, use the enclosed envelope or make a secure on-line gift to leverage their match! See the back of our newsletter for details, register on our website, or call an MHA Development team member at (704) 365-3454 to inquire about the breakfast or how your gift can qualify for the match.

L to R: MHA Board Member Rachel Rosenfeld, Senator Jeff Tarte and Michelle M. King, LCSW

The Leon Levine Foundation
Coffee & Conversations (C&Cs)

MHA’s Multicultural Advocacy outreach this fiscal year includes Breaking Stigma One Conversation at a Time through Café & Conversación in Spanish. MHA’s bilingual volunteer, Ambassador Guillermo Villar leads the conversations as part of MHA’s Mental Health Matters: It’s Time to Talk series. These hour-long events have a goal of normalizing discussion around mental health issues and encouraging individuals to seek help when challenges arise. C&Cs are offered in conjunction with local agencies working with Hispanic/Latino adults and periodically at MHA, open to the public. Contact MHA Assistant Director Kate McAllister to schedule a Spanish Coffee & Conversation for your group. Register for Coffee & Conversations in English at www.mhacentralcarolinas.org.

“(This event) was eye opening for Alianza, Latino coalition... a member of the coalition realized he was experiencing symptoms described by (Guillermo). After the presentation, he asked me to help him contact a health professional; now he and his family are getting mental health assistance”

- Alba Sanchez, Latino Programs Manager at Center for Prevention Services

This fiscal year to date...
Volunteers are the Heart of MHA

MHA appreciates all 146 of our volunteers and provides special recognition annually at our Chocolate Therapy event. This year, MHA’s ParentVOICE program volunteer was Aminah Hardy who, since 2013, has been a consistent, smiling face at ParentVOICE support group nights. Aminah initially assisted with our ACTIVE Youth and then graciously shifted to child care when the need arose. Her passion for youth shows through as she quietly engages with them. Her enthusiasm and caring spirit are reassuring to parents. ParentVOICE also awarded a special youth award this year to Francis Honeycutt. Youth Engagement Specialist Kevin Markle, said of Francis, “She’s been willing to attempt new pursuits, through art, training on mental wellness, or speaking to small groups. Her personality shines in a crowd and I’ve seen her grow as a youth leader.” Finally, Essie Stanley won our Compeer program award. Essie is a joyful and dependable friend to Haia, and feels the friendship is a reward in itself.

Mental Health Matters

MHA raises awareness throughout May in honor of Mental Health Month.

On Thursday, May 5th, please join us to “Make Charlotte Ring” for National Children’s Mental Health day at 12:00 noon at the courtyard plaza of the Charlotte-Mecklenburg Government Center. Wear kelly green and we’ll give you a bell to ring to show your support for children and youth who are living with behavioral, emotional and mental health challenges. Follow us on www.facebook.com/makecharlotteringmha.

On Saturday, May 7th, families are invited to Children’s Mental Health Matters: a free family-fun event and resource fair from 11:00 a.m.-2:00 p.m. at Independence Park—300 Hawthorne Lane in Charlotte. MeckCARES Community Collaborative, MHA, and other supporting agencies are providing information, entertainment and activities. Food trucks will also be available.

The Future of MHA

Last fiscal year, MHA was named one of eleven charities to receive a bequest from Helen Heather Martin, who passed away without any heirs, at the age of 89. In an effort to create a lasting legacy with $300,000 of Ms. Martin’s gift, MHA’s Board established the MHA of Central Carolinas Quasi-Endowed Fund through Foundation For The Carolinas. The endowment fund is a self-sustaining source of funding which can grow and provide support to our mission in perpetuity. MHA’s new endowment fund offers an opportunity for those who care passionately about MHA to continue its work indefinitely. Donors interested in making an investment to the endowment or discussing a planned gift should contact Andrea Towner, MHA Development Director, at 704-365-3454 ext. 223.
Wake Up for Wellness is a free one hour breakfast hosted annually to inspire, educate, and engage community members in addressing mental health issues early, #B4Stage4. We will ask guests to consider making a contribution to MHA, helping promote mental wellness and ultimately preventing mental health crises! Space is limited to 400 guests.

The Leon Levine Foundation will match all new, lapsed, and increased donations to MHA through May 31, 2016!

Join MHA for a Powerful Hour to Promote Mental Wellness in our Community

Friday, May 20, 2016
7:30-8:30 A.M.
Charlotte Convention Center
501 South College Street
Charlotte, NC 28202

RSVP by May 4th at www.mhacentralcarolinas.org

Special Thanks to our Advocacy Leader Breakfast Sponsors >