On The Path to Wellness and Recovery
from Mental Health and Substance Abuse Issues

2017 Annual Report

Mental Health Association in New Jersey, Inc.
The Mental Health Association in New Jersey (MHANJ) is dedicated to increasing access to care for people coping with mental illness and/or substance use disorders from all walks of life, all cultures and all socioeconomic levels. We are a consistent force and leader in advocacy and policy, and breaking down the barrier of stigma which deters people from seeking treatment.

The MHANJ charts the path for transforming our mental health system toward wellness and recovery. Our public policy initiatives focus on protecting rights to assure that people get the care that they need. Our work aligns with pivotal objectives such as integrating behavioral and physical health care, navigating the system, offering recovery and support services for people with lived experience and their family members, and advancing employment opportunities for those with behavioral health problems.

The MHANJ's Call Center serves as a hub for support, education and service for people with mental health and substance use disorders. It includes: New Jersey Mental HealthCares for mental health and co-occurring issues; a Peer Recovery WarmLine; the New Jersey Self-Help Group Clearinghouse, and, NJ Connect for Recovery for people who are coping with opiate addiction and their family members. All are key partners with the State of New Jersey and other agencies and are highly regarded as services that make a difference in people's lives every day.

In 2017, a State grant made it possible for us to expand our NJ Connect for Recovery (NJCR) program to enhance our support services for individuals and families dealing with the opioid epidemic. With this expansion, we offer guidance to families about use of private insurance benefits for treatment, in addition to continuing to connect people to services available through the State. We were also able to increase family education and workshops.

The MHANJ's Mental Health First Aid Program has proven to be an invaluable tool to engage individuals in recognizing behavioral health issues in others in a broad variety of settings and encouraging them to seek counseling at an early stage.

Through the leadership of our Board of Trustees and senior staff, as well as the dedication of employees, volunteers and supporters, we will continue to proactively evaluate the behavioral health needs of New Jerseyans and to initiate and provide innovative solutions and advocacy to assure better life outcomes for all affected. We gratefully extend our appreciation to all and are convinced that, together, we can achieve the further progress and improvements those we advocate for so richly deserve.

Carolyn Beuchamp, ACSW, MSW
President and CEO

The MHANJ Board of Trustees 2017
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PRESIDENT AND CEO
Carolyn Beuchamp, ACSW, MSW

Mission Statement
The Mental Health Association in New Jersey is a statewide non-profit organization that strives for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education, training and services.
How We Do It
The MHANJ’s Government Affairs Team works in the public and private sectors to improve treatment access and safeguard rights of children and adults in New Jersey living with mental health and substance use disorders. We chair New Jersey's State Mental Health Coalition, garnering respect from Legislators across both sides of the aisles at the State House in Trenton.

Innovations and Accomplishments

**Systems Change:** Serving as a driver of systems change, the MHANJ’s Public Policy Committee’s influence has helped to change policies and practices to secure parity and access to behavioral health services in both the public and private sectors. Issues addressed in 2017 include advocating for access to behavioral health care, advocating for a “safety net” with the state's transition to a fee-for-service funding model for behavioral health services, and influencing the sustainability of integrated physical and behavioral health care.

**Transportation Issues:** In response to problems voiced by individuals receiving mental health services regarding the quality and reliability of the Medicaid Transportation System the MHANJ conducted a statewide Medicaid LogistiCare Transportation Feedback survey. This survey indicated a strong need for increased oversight, accountability and transparency by Medicaid over LogistiCare, the transportation vendor. The results were made public and shared with Medicaid, LogistiCare and legislators. The MHANJ and other organizations are working with LogistiCare to help improve the situation. Supportive legislation has also been introduced.

**Advocacy Network:** An important component of the Government Affairs Department is the MHANJ’s Legislative Network of over 6,000 mental health advocates, professionals, consumers, and families. With a grant from the van Ameringen Foundation, the MHANJ and the National Council on Addiction and Drug Dependence, New Jersey Chapter, are partnering on a peer grassroots advocacy project in six counties focusing on educating legislators, policymakers and the public on mental health, substance use, and co-occurring issues.

Breaking the Stigma of Behavioral Health Issues through Community Education and Training

How We Do It
We fight stigma. We decrease prejudice against those who have mental health and substance use disorders and break down barriers to treatment by providing education to enhance awareness and understanding.

Innovations and Accomplishments

**Mental Health First Aid:** In 2017, Mental Health First Aid for New Jersey, an initiative led by the MHANJ and a coalition of 16 stakeholder organizations, earned the Excellence in Mental Health First Aid Community Impact Award from the National Council for Behavioral Health. This initiative was awarded a second grant from the Robert Wood Johnson Foundation to continue our work in building a sustainable capacity to deliver mental health first aid training across New Jersey. This grant funded five pilot projects to create different sustainability models, focusing on youth sports leagues, suicide prevention, Emergency Medical Services, first responders, and community partnerships. MHANJ’s direct efforts in 2017 expanded mental health first aid training across the healthcare delivery system, veterans, school nurses, and caregivers. Since 2014, we have trained over 8,000 people, and have become the go-to-resource for mental health first aid education in the state.

**Community Education:** MHANJ's community education efforts bring mental health, addiction, and crisis training to a broad venue of audiences. Unique to MHANJ’s approach is our customization of presentations to fit the needs of audiences including school classrooms, police, senior citizens, and community organizations. Our VOICES program enlightens participants about how the symptoms of mental illness can impact behaviors in the community. The MHANJ's interactive theatre program reached more than 4,000 people through 65 presentations across 14 counties. Ranging in age from 16 to 90, the 40 volunteer Players perform realistic scenarios for diverse groups such as police trainees, health care workers, senior citizens, students, medical conference attendees, partial care group members, and family caregivers.

**Faith-Based Outreach:** The Promoting Emotional Wellness and Spirituality (PEWS) Program engages faith-based communities statewide in working with mental health providers to eliminate the stigma associated with seeking mental health treatment.

MHANJ's Policy and Advocacy Work:
We bring our strong advocacy voice to policy and the budget each year, playing a major role in identifying statewide behavioral health needs and encouraging positive governmental responses in New Jersey and the United States. We are an active affiliate of Mental Health America, supporting its work on Capitol Hill by participating in national and regional policy initiatives and visiting our New Jersey Congressional Delegation in their District Offices and in Washington, D.C.

Barbara Johnston, Director of Policy and Advocacy, works with legislators and policymakers as part of the MHANJ's Government Affairs Initiatives.
How We Do It
We are the leading organization in training and credentialing mental health peers (people in recovery) and successfully engaging them in employment as peer specialists. We help individuals in recovery attain services they need in their own communities.

Innovations and Accomplishments

Creating Employment Opportunities and Workforce Development:
The MHANJ remains at the forefront of developing and providing innovative peer-to-peer services, peer work programs, and training for people living with mental health issues, as well as training for mental health professionals. Our leadership in employment services for persons with behavioral health issues is recognized at the state and national levels, as we have engaged government officials, mental health providers, and the business community at large in the expansion of employment opportunities for persons in recovery.

Our Consumer Connections Program offers training to aspiring mental health peer support service providers, helping to prepare them to enter and be successful in the workforce. With 75 graduates per year, this program fulfills one of the important requirements that leads to credentialing as a Certified Recovery Support Practitioner. Our Career Connection Employment Resource Institute (CCERI) promotes best practices and works to expand workforce opportunities. In 2017, CCERI provided training to over 1,700 employment service providers, behavioral health professionals, peer providers, employers, behavioral health consumers, and family members. CCERI has become involved with outreach to state hospitals to assist patients in obtaining supported employment services upon discharge. The MHANJ in Ocean County’s Tools for Success Program combines job readiness and job training skills to prepare individuals in recovery for employment, with services provided by peers who model through their own recovery.

Supporting Families in Crisis: In 2017, the MHANJ’s Intensive Family Support Services (IFSS) Programs in Atlantic and Union Counties provided services, through more than 6,700 contacts, to people who have an adult family member with mental illness. The Acute Family Care Programs in Atlantic and Union Counties assisted families that had a family member in crisis with more than 1,500 contacts.

Call Center: The MHANJ is established as a “go-to” provider of behavioral health call center services, answering over 35,500 calls annually and integrating professional and peer services to offer counseling, information and referral, and emotional support. The MHANJ’s Call Center is nationally accredited by Contact USA, one of the only programs in the country devoted to maintaining standards of service at crisis lines, warmlines, and reassurance calling programs.

The MHANJ’s Call Lines include:
- **NJ Connect for Recovery** — counseling specifically for individuals and families coping with addiction to heroin and prescription painkillers; expanded services made possible through a State grant in 2017 include offering guidance to families regarding use of private insurance and increased family workshops.
- **New Jersey Mental Health Care** — behavioral counseling, information, and referral service providing ongoing emotional support, case management, intervention, and mental health screenings.
- **Peer Recovery Warm Line** — peer counseling service, providing ongoing telephone support to behavioral health consumers as they work toward their recovery.
- **Self-Help Group Clearinghouse** — connecting people to self-help groups for a vast variety of behavioral health and other physical and psychosocial issues.
- **Operator of the Disaster Mental Health Helpline for the State of New Jersey**
- **Participating center with the National Suicide Prevention Lifeline**

MHANJ in Ocean County has expanded services to provide peer support to individuals with substance use disorders. (Left to right) Parantap Pandya, MA, Family Support Specialist and Joyce Benze, LCSW, Director of IFSS.

MHANJ's NJ Connect for Recovery call line utilizes billboards to raise awareness.

MHANJ works to ensure access to treatment and services for people with mental health and substance use disorders. We advocate to help individuals living with behavioral health issues (both mental illness and/or substance use disorders) have full, productive lives.
FINANCIALS
STATEMENT OF OPERATING SUPPORT, REVENUE AND EXPENSES FOR THE YEAR ENDING DECEMBER 31, 2017

INCOME

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<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Affiliate Support (1%)</td>
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</tr>
<tr>
<td>Contributions (10%)</td>
<td>$580,255</td>
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<tr>
<td>Special Events (2%)</td>
<td>$98,821</td>
</tr>
<tr>
<td>Legacies and Bequests (2%)</td>
<td>$127,160</td>
</tr>
<tr>
<td>Investment and</td>
<td></td>
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<td>Miscellaneous Income (1%)</td>
<td>$71,326</td>
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<tr>
<td>Government Grants (84%)</td>
<td>$4,811,856</td>
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<tr>
<td>Total</td>
<td>$5,728,939</td>
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The majority of funding for the MHANJ’s programs is provided through government grants, primarily from the New Jersey Division of Mental Health and Addiction Services.

ASSETS

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<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
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<tr>
<td>Accounts Receivable</td>
<td>$151,258</td>
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<tr>
<td>Prepaid Expenses and Other Assets</td>
<td>$106,953</td>
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<tr>
<td>Investments</td>
<td>$591,735</td>
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<tr>
<td>Property and Equipment (Less Depreciation)</td>
<td>$6,781</td>
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<tr>
<td>Total Assets</td>
<td>$1,316,628</td>
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</table>

EXPENSES

<table>
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<tr>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>Adult Services (40%)</td>
<td>$2,256,362</td>
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<tr>
<td>Community Education (36%)</td>
<td>$2,037,768</td>
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<tr>
<td>Family and Children’s Services (10%)</td>
<td>$548,742</td>
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<tr>
<td>Public Education and Advocacy (4%)</td>
<td>$246,078</td>
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<tr>
<td>Administration (8%)</td>
<td>$461,764</td>
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<tr>
<td>Fundraising (2%)</td>
<td>$121,921</td>
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<tr>
<td>Total</td>
<td>$5,672,635</td>
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LIABILITIES AND NET ASSETS

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<th>Description</th>
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<tbody>
<tr>
<td>Accrued Expenses</td>
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<tr>
<td>Deferred Revenue</td>
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<tr>
<td>Refundable Advances</td>
<td>$8,375</td>
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<td>Line of Credit</td>
<td>$300,000</td>
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<td>Total Liabilities</td>
<td>$702,819</td>
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<tr>
<td>Net Assets</td>
<td>$613,809</td>
</tr>
<tr>
<td>Total Liabilities and</td>
<td>$1,316,628</td>
</tr>
</tbody>
</table>
| Net Assets

A copy of the complete audited financial statement of the MHANJ is available by contacting our Chief Financial Officer at 800-367-8850.

You Can Help

There is a multitude of opportunities to become involved, including special event participation, sponsorship, planned giving, major gifts, and memorial tributes. The MHANJ also has a robust volunteer and intern program. Anyone who is interested in participating or learning more about how to become active with the MHANJ is welcome to call us at 800-367-8850.

An Evening of Excellence

A message of hope, prevention and recovery was shared with over 250 in attendance at the MHANJ’s 18th Annual Evening of Excellence. Our panel discussion topic, Facing Opiate Addiction and Co-occurring Mental Illnesses, sparked an insightful discussion between our moderator, Steve Adubato, PhD, Anchor/Commentator for Thirteen/WNET (PBS) and NJTV (PBS), and our expert panelists. The Panelists were selected based on their involvement in the mental health, addiction and recovery communities: Galindo L. King, MHS, LCADC, CCS, Executive Director at Freedom House; Rebecca Light, RN, BSN, Nurse Manager at St. Clare’s Behavioral Health; Rose Ravelo, LCSW, Director of Social Work Services and Case Management for Princeton House Inpatient Psychiatric Hospital; and Kelly Van Wyck, BSN, DNP(c), Doctoral Candidate at Rutgers University.

Walk for Wellness and Recovery

Everyone enjoyed our 2017 Annual Walk for Wellness and Recovery, which was held in Nomahegen Park in Cranford, New Jersey. Working in partnership with Monarch Housing Associates, the Walk raised awareness of the importance of recovery from mental health and substance use disorders and breaking the stigma that may serve as a barrier to seeking treatment.
2017 Corporate, Foundation and Organization Supporters

The Mental Health Association in New Jersey received many financial contributions in 2017. In addition to the generosity of our individual donors, the following corporations, foundations and community organizations supported us as well:

- Alkermes
- Arms Acres
- Beacon Health Options
- Behavioral Crossroads
- Bridgeway Rehabilitation Services
- Brown & Brown of Lehigh Valley, Inc.
- Carrier Clinic
- Center for Wellness
- Collaborative Support Programs – NJ
- Community Foundation of New Jersey
- Community Foundation of South Jersey
- Community Health Charities
- Community Health Law Project
- Elements Behavioral Health
- Enlightened Solutions
- Eva's Village
- Gateway Family YMCA
- The Hyde and Watson Foundation
- Investors Bank
- Janssen Pharmaceuticals, Inc.
- Johnson & Johnson
- Lexpath
- Merck & Company
- Merck Employee Giving Campaign
- Mercurio Associates
- Monarch Housing Associates
- Morris County Chamber of Commerce
- Mutual of America
- MWW Group
- National Council on Alcohol and Drug Addiction – NJ
- Nolisvocca LLP
- OceanFirst Foundation
- Otsuka America Pharmaceutical, Inc.
- Partners for Health Foundation
- Pfizer
- Retreat Premiere Addiction Treatment Centers
- Quest Diagnostics
- The Robert Wood Johnson Foundation
- RWJBarnabas Health
- Seabrook House
- Saint Clare’s Behavioral Health
- Trinitas Regional Medical Center
- van Ameringen Foundation Inc.
- Wakefern Shoprite
- WellCare

Thank You

Mental Health Association in New Jersey

The Mental Health Association in New Jersey is a state affiliate of Mental Health America, the country’s oldest and largest nonprofit organization addressing all aspects of mental health and mental illness.

Mental Health Association in New Jersey Statewide Headquarters
673 Morris Avenue, Suite 100, Springfield, NJ 07081 • 800-367-8850 • www.mhanj.org

MHANJ in Atlantic County
4 Jimmie Leeds Road
Suite 8
Galloway, NJ 08205
609-652-3800

MHANJ in Hudson County
35 Journal Square
Suite 831
Jersey City, NJ 07306
201-653-4700

MHANJ in Ocean County
25 South Shore Drive
Toms River, NJ 08753
732-244-0940

MHANJ in Union County
144 Madison Avenue, Box #1000
Elizabeth, NJ 07201
908-810-1001

MHANJ Affiliates

The MHANJ has the following independent entities that provide advocacy, programs and services on a county or regional level, which also support the statewide advocacy efforts of the MHANJ.

MHA of Essex and Morris, Inc.
33 South Fullerton Avenue
Montclair, NJ 07042
Essex: 973-509-9777
Morris: 973-334-3496
www.mhaessexmorris.org

MHA of Monmouth County
119 Avenue at the Common
Shrewsbury, NJ 07702
732-542-6422
www.mentalhealthmonmouth.org

MHA in Passaic County
404 Clifton Avenue
Clifton, NJ 07011
973-478-4444
www.mhapassaic.org

MHA in Southwestern NJ
217 Black Horse Pike
Haddon Heights, NJ 08035
856-522-0639
www.mhaswnj.org

Our Websites and Social Media

www.mhanj.org Information about the MHANJ, updates about mental health
www.njmentalhealthcares.org NJ MentalHealthCares mental health help line
www.njconnectforrecovery.org Information about the NJ Connect for Recovery call line for coping with heroin and prescription painkillers, updates about substance use disorders
www.njdrcc.org NJ Disaster Response Crisis Counselor Certification Program
Facebook: Mental Health Association in New Jersey, Inc.
Twitter: MHANJ1 and NJConnect4Recovery
LinkedIn: Mental Health Association in New Jersey, Inc.
YouTube: www.youtube.com/user/MHAinNewJersey