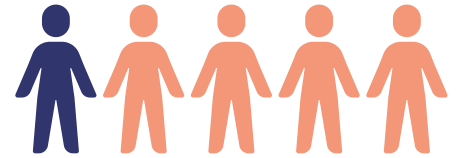


A LOOK AT THE PROBLEM

- About one-in-five adults in the U.S. experiences a mental illness.
- Over 16% of adults in NJ experienced a mental illness in 2019 -- over 1,122,000 people.*
- 57% of NJ adults with mental illness did not receive treatment.
- Nearly 7% lived with a substance use disorder.
- During the COVID-19 pandemic, we have seen the need for behavioral health support multiply in our communities across the state.



In the U.S., about one-in-five adults experience mental illness.

*Source: Mental Health America

WE'RE HERE TO HELP



The Mental Health Association in New Jersey (MHANJ) is a statewide non-profit (501(c)(3) tax-exempt) organization with a rich history spanning over 77 years. We strive for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education training and services. We protect rights and assist individuals, families and communities. When the COVID-19 pandemic arrived, the MHANJ acted immediately, shifting to all-virtual and expanding capacity to help those in need. This was especially important to those who depend on us daily to maintain their wellness.

- We studied the use of telehealth, among recipients of mental health services and providers to determine best practices, technology gaps and the importance of meeting the needs of individuals receiving services.
- We are called upon as a key partner in crisis response, including New Jersey Hope and Healing programs with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and FEMA/SAMHSA grants.
- Our Call Center integrates professional and peer services to offer counseling, information and referral and emotional support to those with mental illness and addiction and their family members. Our NJ Connect for Recovery Call Line was established to fill a gap in response to the opiate addiction crisis.
- We are a leading Mental Health First Aid Training resource in New Jersey. This program introduces participants to risk factors and warning signs of behavioral health disorders and introduces common support options.

KEY OUTCOMES

We help individuals and families

- The MHANJ's portion of the New Jersey Hope and Healing Crisis Counseling program created new services that facilitated 444 crisis counseling participants; provided 1920 COVID-19 virtual support groups and educational presentations; assisted 21,722 participants; and facilitated more than 27,000 calls/texts.
- Since the pandemic began, there was a 100% increase in call volume for the MHANJ's New Jersey Mental Health Care's Helpline official state behavioral health call line -- 36,000 calls per year!
- Community participation in our wellness and recovery centers increased over 50%.
- Our Intensive Family Support Services program assists people who have an adult family member with mental illness by providing counseling and advocacy for needed services.
- Family participation in MHANJ's NJ Connect for Recovery addiction and co-occurring family support/education sessions more than doubled.

We help communities.

- MHANJ's new COVID-19 Emotional Support for Families of Color project extends our commitment to address racism and engage underserved families in need. We created culturally relevant services in Spanish; expanded outreach to churches; and addressed stigma of mental illness across cultural and racial barriers.

We drive positive change.

- We advocated for more funding to add psychiatric residencies in New Jersey, helping to increase access to care and address the serious shortage of psychiatrists in our state.
- We provide leadership in efforts to pass important legislation, such as the Parity law, mandating that treatment for mental health and substance use disorders have the same insurance coverage as physical diseases.

We keep people out of the hospital.

- Our Peer Recovery WarmLine provides ongoing emotional support and guidance to peers in the community via telephone, helping them stay on course in recovery, often preventing a crisis.
- Our Peer Outreach Support Teams help those who are starting their recovery journey from a mental illness to establish life on their own.

We provide grow opportunities.

- We are a leader in employment training for people in recovery from mental illness. Our statewide Consumer Connections program helps people become eligible for certification as a to work in the field of mental health.
- Our statewide Career Connections Employment Resource Institute expands job opportunities for people in recovery by training professionals and employers.

