



75 YEARS OF
**Leadership,
Innovation and
Social Justice**



ANNUAL REPORT

75th
ANNIVERSARY



**Mental Health
Association in
New Jersey, Inc.**

75 Years of Leadership, Innovation and Social Justice



Message from the Board Chair and the President



The Mental Health Association in New Jersey (MHANJ) has a rich history of improving the lives of people with mental health and substance use disorders. As the Association marks 75 years of service, there is much to celebrate!



The MHANJ is a statewide non-profit organization whose mission is to strive for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education, training and services. The MHANJ breaks down stigma and other barriers that prevent

people from seeking treatment. It builds a strong base of support and network of services for people coping with behavioral health issues and their family members.

Our History of Leadership, Innovation and Social Justice

The MHANJ had humble beginnings in the 1940s – but a big voice even back then! It all started with launching statewide advocacy to improve conditions for tens of thousands of patients warehoused in county and state hospitals. Through the years, we have charted the path for transforming our mental health system toward wellness and recovery. A consistent leader in advocacy and policy, we protect the rights of individuals and their family members, from all walks of life, cultures and socioeconomic levels.

Our public policy initiatives focus on assuring that people get the care they

need. Our work aligns with pivotal objectives such as integrating behavioral and physical health care, recovery and support services for people with lived experience and their family members, and advancing employment for those with behavioral health problems. Most recently we led in the fight to have New Jersey's first Mental Health Parity Legislation signed into law to assure fair insurance coverage for behavioral health disorders.

Working as key partners with the State of New Jersey and other entities our services are highly regarded and make a difference in people's lives every day! We have contributed many innovative solutions, especially in the area of disaster response and employment for those in recovery. The MHANJ's Call Center serves as a hub for support, education and service for people with mental health and substance use disorders.

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 and encouraging them to seek counseling at an early stage.

A Hopeful Future

Through the leadership of our Board of Trustees and senior staff and the dedication of employees, volunteers and supporters, we will continue to proactively evaluate the behavioral health needs of New Jerseyans. We gratefully extend our appreciation to all our supporters. Together, we can achieve the further progress and improvements those we advocate for so richly deserve.

Carolyn Beauchamp, ACSW
President and CEO

Harold B. Garwin, Esq.
Board Chair



75 Facts Celebrating the MHANJ

- 1. We believe recovery is possible.
- 2. The MHANJ's state headquarters is located in Springfield.
- 3. The MHANJ's has county-based locations in Atlantic, Hudson, Ocean and Union.

Increasing Access to Care through Grassroots Consumer Advocacy and Proven Government Affairs Initiatives

- 4. The MHANJ's affiliates are in Essex, Monmouth, Morris and Passaic Counties and Southwestern New Jersey including Camden, Gloucester and Burlington Counties.
- 5. 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.
- 6. **The MHANJ's Government Affairs Team** works in the public and private sectors to improve treatment access and safeguard the rights of children and adults in New Jersey living with mental illness and substance use disorders.
- 7. We chair New Jersey's State Mental Health Coalition, garnering respect from legislators across both sides of the aisle at the State House in Trenton.
- 8. 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.

- 9. Serving as a driver of systems change, the **MHANJ's Public Policy Committee's** influence has helped to establish parity and access to behavioral health services in both the public and private sectors.
- 10. The MHANJ Government Affairs Department calls upon its Legislative Network of over 6,000 mental health advocates, professionals, consumers and families.
- 11. Issues in 2019 included advocating for enhanced access to behavioral health care, addressing improvements to the state's transition to a fee-for-service and community support services payment model for behavioral health services.
- 12. With a grant from the van Ameringen Foundation, the MHANJ and the National Council

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

- on Addiction and Drug Dependence, New Jersey Chapter, partner on a peer grassroots advocacy initiative in six counties focusing on educating legislators, policymakers and the public on co-occurring issues.
- 13. Through community education and awareness initiatives, we fight stigma which often keeps people from seeking the help that they need.
 - 14. The MHANJ's community education initiatives provide valuable training about suicide prevention, handling crisis and depression.
 - 15. Unique to the MHANJ's approach is our customization of presentations to fit the needs of a vast variety of audiences including school classrooms, police, senior citizens and community organizations.

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.



75 Facts Celebrating the MHANJ (continued)

16. Our **New Jersey Mental Health Players** provide audiences with interactive presentations about behavioral health issues, followed by meaningful conversations, spreading compassion and building understanding in an effective way.
17. Ranging in age from 16 to 90, our New Jersey Mental Health Players' volunteer actors/educators reach an audience of over 4,300 per year, performing for diverse groups such as police trainees, health care workers, senior citizens, students, medical conference attendees, partial care group members and family caregivers.
18. Since we began our work in **Mental Health First Aid (MHFA)** in 2014, our organization has trained close to 10,000 individuals in adult or youth MHFA, approximately 40% of all those trained in New Jersey.
19. The MHANJ continues our leadership in building a strong statewide cadre of Mental Health First Aid instructors.
20. We work towards creating opportunities to embed Mental Health First Aid training across healthcare and veterans' services and prioritizing training for our law enforcement community including juvenile justice, parole and EMS workers.
21. One of our major initiatives focuses on training public school nurses to become instructors in Mental Health First Aid.
22. The **MHANJ's VOICES** program enlightens participants about how the symptoms of mental illness can impact behaviors in the community.
23. Our **Wellness Recovery Action Plan** teaches individuals how to focus on maintaining individual emotional wellness.
24. The **MHANJ's 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.
25. Our presence at health fairs and community events provides many with an opportunity to speak about mental illness and substance use for the very first time.
26. The MHANJ is a leading organization in training and credentialing mental health peers, people in recovery from mental illness and/or substance use disorders.
27. We successfully engage persons in recovery in employment as peer specialists.
28. We help individuals in recovery attain services they need in their own communities.
29. The **MHANJ's community wellness centers** in Atlantic and Ocean Counties and our Spanish-speaking wellness center in Union County offer a wide array of peer-delivered wellness and recovery services to 2,000 people per year.
30. Through our **Recovery and Peer Outreach Support Team (POST)** programs, trained staff members who are in recovery help others on their journey by providing emotional support and encouraging self-empowerment. Based in Atlantic, Hudson, Ocean and Union Counties these services help more than 200 individuals per year.
31. The **MHANJ's Intensive Family Support Services (IFSS) and Acute Family Care** programs in Atlantic and Union Counties support families dealing with mental illness issues through more than 8,000 interactions per year.
32. Our **NJ Connect for Recovery Family Education Workshops** and training provide education, support, information and referral to over 2,500 individuals and family members across the state.
33. The **MHANJ's Call Center** is nationally accredited by Contact USA and is a recognized leader in blending addiction and mental health support utilizing certified recovery peer specialists.

*Changing Lives by Connecting
New Jersey Citizens to Treatment,
Support and Recovery*

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75 Facts Celebrating the MHANJ (continued)

34. The MHANJ Call Center offers multi-lingual service to all callers.
35. The MHANJ's Call Center includes lines for behavioral health assistance, counseling, information and referral which are toll-free and free to utilize.
36. The MHANJ is established as a "go-to" provider of behavioral health Call Center services, answering over 50,000 calls annually.
37. **NJ Connect for Recovery (855-652-3737)** provides counseling specifically for family members and individuals coping with addiction to heroin and prescription painkillers; guidance to families attempting to access services via state and private insurance is available.
38. **New Jersey MentalHealthCares (866-202-HELP (4357))** provides behavioral counseling, information and referral services which offer ongoing emotional support, case management, intervention and access to mental health screenings by phone or via our website.
39. Our **Peer Recovery WarmLine (877-292-5588)** offers peer counseling services and ongoing telephone support to peers as they work toward their recovery.
40. Our **Self-Help Group Clearinghouse (800-367-6274)** connects people to our self-help groups for behavioral, physical and psychosocial health issues and offers guidance on how to start and run a support group.
41. In the case of a statewide emergency, our MHANJ Call Center serves as the NJ Disaster Mental Health Helpline.
42. Our MHANJ Call Center is a National Suicide Prevention Lifeline Network participating center answering thousands of suicide calls each year.
44. We have engaged government officials, mental health providers and the business community at large in the expansion of employment opportunities for persons in recovery.
45. The MHANJ's Consumer Connections program offers intensive 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. It is considered one of the gold standards for mental health peers in the nation.
46. The MHANJ's Career Connection Employment Resource Institute (CCERI) promotes best practices and works to expand workforce opportunities for persons with behavioral health issues.
47. We annually train more than 1,800 employment service providers, behavioral health professionals, peer providers, employers, behavioral health consumers and family members.
48. CCERI has become involved with outreach to state hospitals to assist patients in obtaining supported employment services upon discharge.
49. **The Tools for Success Program** in MHANJ's Ocean County location offers an innovative approach, combining job readiness and training skills taught by trained staff members who are in recovery to help prepare peers for employment.

Creating Innovative Employment Opportunities and Workforce Development

43. The MHANJ's leadership in employment services for persons with behavioral health issues is recognized at the state and national levels.

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75 Facts Celebrating the MHANJ (continued)

Welcoming Community Involvement and Assistance

50. You can help. There is a multitude of opportunities to become involved with the MHANJ, including special event participation, sponsorship and fundraising, planned giving, major gifts and memorial tributes. The MHANJ also has a robust volunteer and intern program.

How We Evolved

51. **The Time Line of our Evolution** – See the timeline (panel to the left) for a graphic depiction of our evolving role in promoting mental health in New Jersey.
52. **In the 1940s**, a grassroots advocacy organization called the New Jersey Mental Hygiene Association began its fight to improve treatment for those with mental illness.
53. The New Jersey mental health advocacy movement was inspired by a national movement led by Clifford Beers, a mental health patient in recovery.
54. The MHANJ organized statewide advocacy to improve conditions for the tens of thousands of patients warehoused in county and state hospitals.
55. **In the 1950s**, our national association, Mental Health America, issued a call to asylums across the country for their discarded chains and shackles that had been used to restrain people with mental illness.
56. Mental Health America melted down inhumane shackles and recast them into a sign of hope: the Mental Health Bell.
57. The MHANJ led the movement to create community guidance centers for families and children.
58. Legislative advocacy and public education focused on improved treatment using new medications.
59. The MHANJ volunteer “bell ringers” went door-to-door and raised over \$500,000 to support mental health in New Jersey.
60. **In the 1960s**, with our 19 county chapters, the MHANJ led the advocacy to support the passage of the Kennedy Community Mental Health Act.
61. The MHANJ advocated for reducing the census at state psychiatric facilities and increasing funding for services in the community.
62. The MHANJ’s annual conferences attracted national leaders to address the issues of stigma and human rights.



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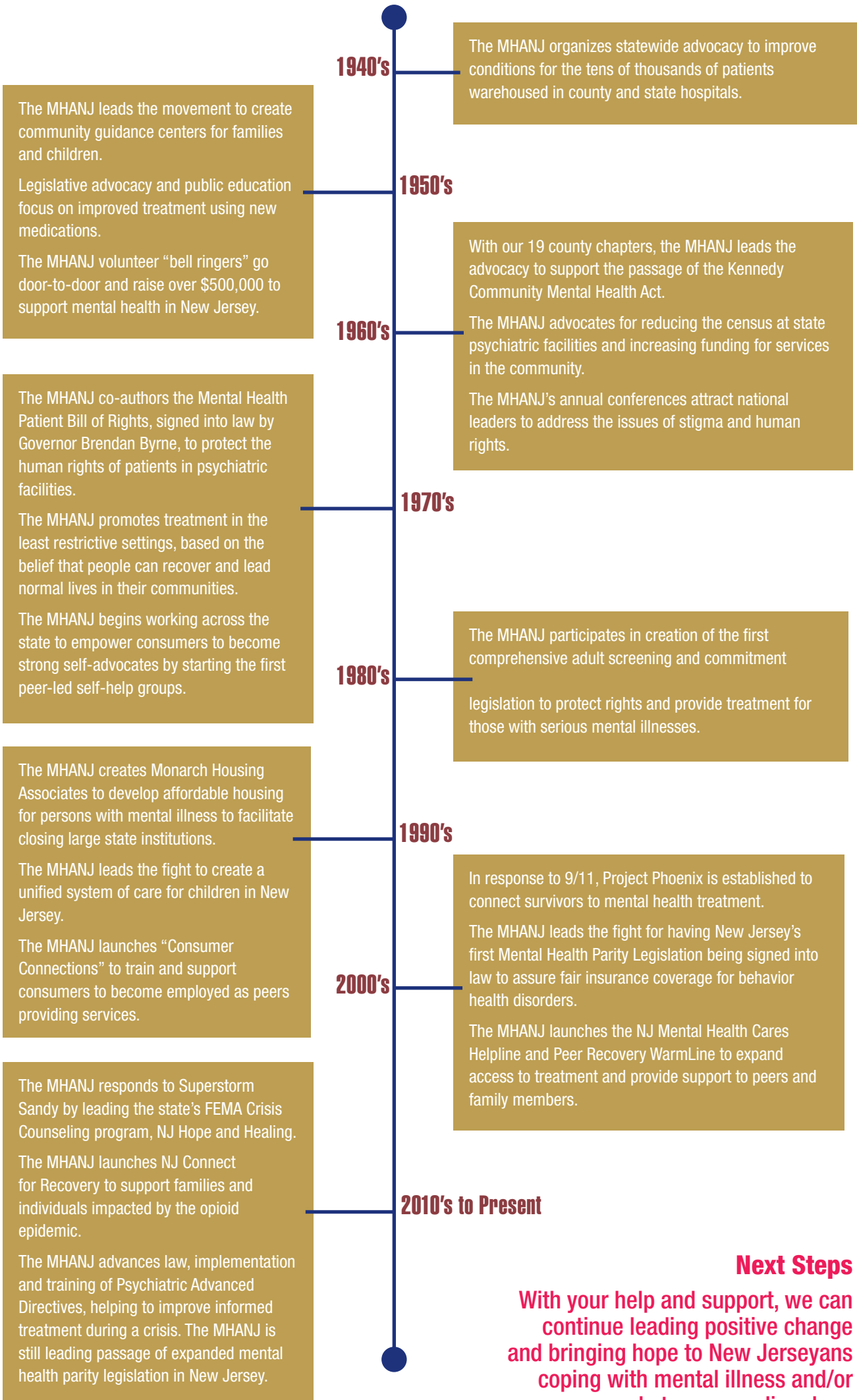


75 Facts Celebrating the MHANJ (continued)

63. In the 1970s, the MHANJ co-authored the Mental Health Patient Bill of Rights, signed into law by Governor Brendan Byrne, to protect the human rights of patients in psychiatric facilities.
64. The MHANJ promoted treatment in the least restrictive settings, based on the belief that people can recover and lead normal lives in their communities.
65. The MHANJ began working across the state to empower consumers to become strong self-advocates by starting the first peer-led self-help groups.
66. In the 1980s, the MHANJ participated in creation of the first comprehensive adult screening and commitment legislation to protect rights and provide treatment for those with serious mental illnesses.
67. In the 1990s, the MHANJ created Monarch Housing Associates to develop affordable housing for persons with mental illness to facilitate closing large state institutions.
68. The MHANJ led the fight to create a unified system of care for children in New Jersey.
69. The MHANJ launched “Consumer Connections” in 1997 to train and support consumers to become employed as peers providing services.
70. In response to 9/11, Project Phoenix was established to connect survivors to mental health treatment.
71. The MHANJ launched the NJ Mental Health Cares Helpline and Peer Recovery WarmLine to expand access to treatment and provide support to peers and family members.
72. The MHANJ responded to Superstorm Sandy by leading the state’s FEMA crisis counseling program, NJ Hope and Healing.
73. The MHANJ launched NJ Connect for Recovery to support families and individuals impacted by the opioid epidemic.
74. The MHANJ advanced law, implementation and training of Psychiatric Advanced Directives helped to improve informed treatment during a crisis.
75. The MHANJ led the fight to have New Jersey’s first Mental Health Parity Legislation signed into law to assure fair insurance coverage for behavior health disorders.



The Timeline of Our Evolution



Next Steps

With your help and support, we can continue leading positive change and bringing hope to New Jerseyans coping with mental illness and/or substance use disorders.

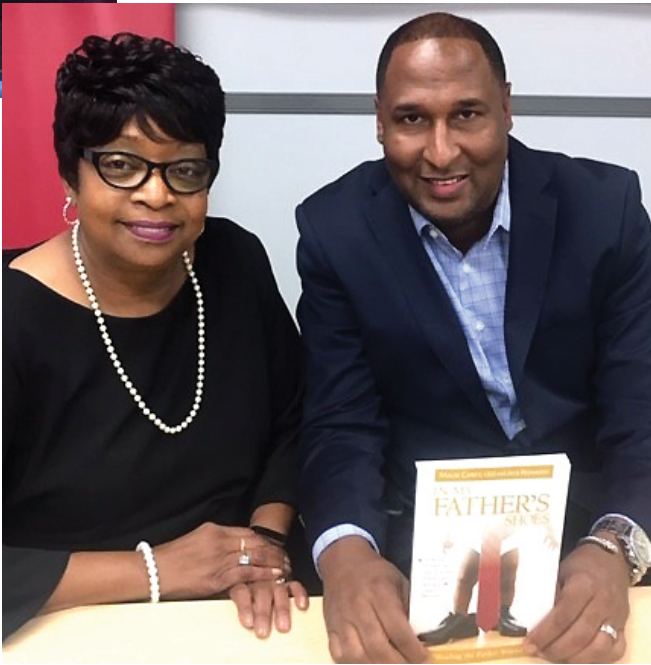


75 Year Photo Gallery



(Foreground) Governor Phil Murphy shakes hands with Barbara Johnston, MHANJ's Director of Policy and Advocacy, at the Parity Bill signing.

Laverne Williams, CSW, Director of the MHANJ's Promoting Emotional Wellness and Spirituality program, hosted a webinar about men and depression, interviewing Malik Carey, MS, CEO of Family Healing Center.



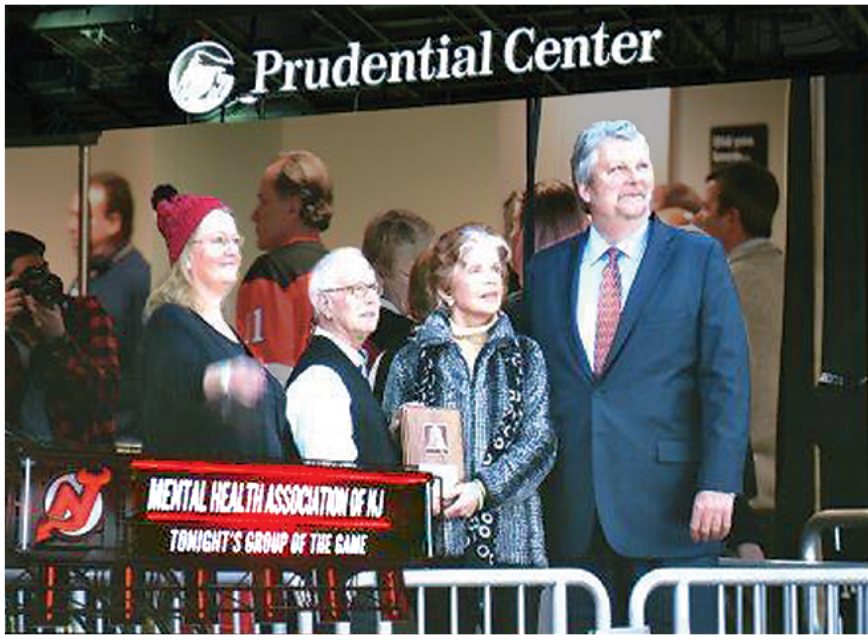
(L-R) Ruth Kaluski, Director of MHANJ's Career Connection Employment Resource Institute; Patrick J. Kennedy and Jaime Angelini, MA, DRCC, Director of Consumer Services for MHANJ in Atlantic County, discuss Mental Health First Aid initiatives at a national behavioral health conference.

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75 Year Photo Gallery

The MHANJ was featured at the NJ Devils' first Mental Health Awareness Night. (L) Harold Garwin, MHANJ Board Chair, was honored for his service and appears with Carolyn Beauchamp and Board members Janine Kane and Michael Naughton.



(R) Betty Jean, MA, NCC, LPC, CCTP, Senior Coordinator of MHANJ's Call Center and Courtney Emery, DNP, from Hackensack Meridian Health Carrier Clinic, appear live on NJ 101.5's Child Mental Health Town Hall.

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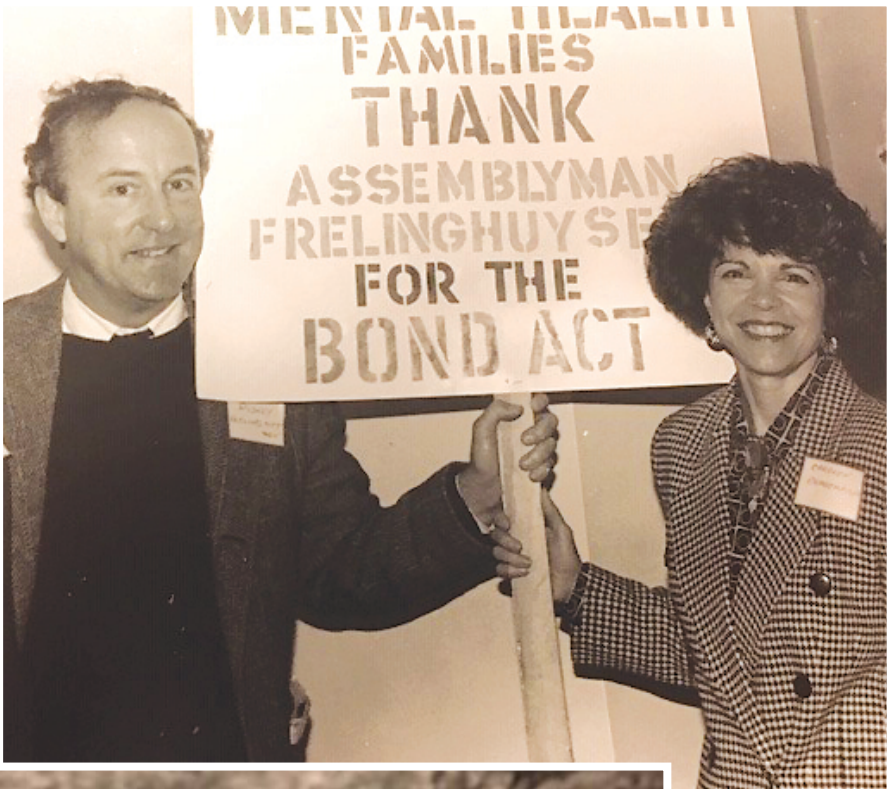


75 Year Photo Gallery



(L-R) In 1986, the MHANJ honored New Jersey Governors Richard Hughes, Robert Meyner, Brendan Byrne and Thomas Kean for supporting mental health, shown with MHANJ Board President Carol Ann Wilson.

In 1989, Carolyn Beauchamp and (L) Bob Parker, current President of NewBridge Services, posed at a family event thanking Assemblyman Rodney Frelinghuysen for leading the fight to pass the first Housing Bond Issues initiative for persons with mental illness.



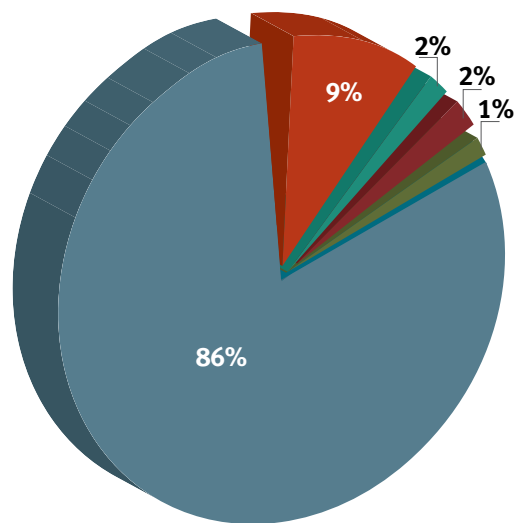
(L-R) At the 1998 Annual Meeting, Barbara Carton, MHANJ's Board Chair, posed with Keynote Jim Jensen from WCBS-TV2, Victoria Brown, Board Vice President, and Wick Hollingshead, Treasurer.



Financials

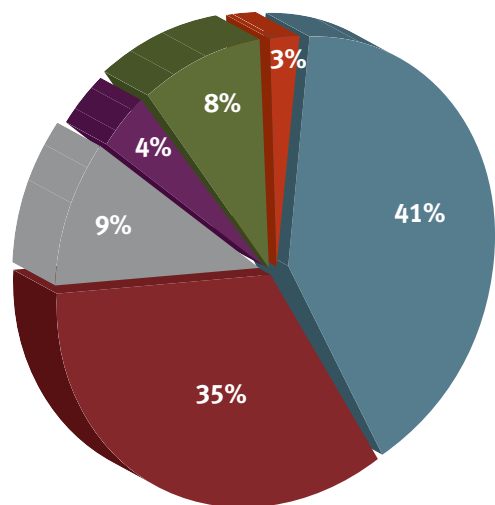
Statement of Operating Support, Revenue and Expenses for the Year Ending December 31, 2018

INCOME



Affiliate Support (1%)	\$39,890
Contributions (9%)	\$530,586
Special Events (2%)	\$118,854
Legacies and Bequests (2%)	\$126,567
Investment and Miscellaneous Income (0%)	(\$3,063)
Government Grants (86%)	\$5,234,406
Total	\$6,047,240

EXPENSES



Adult Services (35%)	\$2,147,532
Community Education (41%)	\$2,535,844
Family and Children's Services (9%)	\$543,056
Public Education and Advocacy (4%)	\$224,195
Administration (8%)	\$478,227
Fundraising (3%)	\$189,252
Total	\$6,118,106

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.

Statement of Financial Position December 31, 2018

Assets

Cash and Cash Equivalents	\$118,997
Accounts Receivable	\$110,734
Prepaid Expenses and Other Assets	\$91,130
Investments	\$581,782
Property and Equipment (Less Depreciation)	—
Total Assets	\$902,643

Liabilities and Net Assets

Accrued Expenses	\$295,637
Deferred Revenue	\$55,706
Refundable Advances	\$8,357
Total Liabilities	\$359,700
Net Assets	\$542,943
Total Liabilities and Net Assets	\$902,643

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



Corporate, Foundation and Organization Supporters

The Mental Health Association in New Jersey received many financial contributions in 2018. In addition to the generosity of our individual donors, the following corporations, foundations and community organizations supported us:

Alkermes	Daytop New Jersey	Merck Employee Giving Campaign	Pinnacle
Ammon Labs	Delta Dental	Mercurio Associates	Pfizer Inc.
Alpert Group	Eva's Village	Monarch Housing Associates	Prime Healthcare
Beacon Health Options	Gateway Family YMCA	Morris County Chamber of Commerce	The Robert Wood Johnson Foundation
Brown & Brown of	Heritage	Mutual of America	RWJBarnabus Health
Lehigh Valley, Inc.	High Focus Centers	MWWPR	Seabrook House
Carrier Clinic	The Hyde and Watson Foundation	National Council on Alcohol and Drug Addiction - NJ	Summit Oaks Hospital
Chiesa Shahinian & Giantomasi PC	Investors Bank	New Hope	Trinitas Regional Medical Center
Collaborative Support Programs-NJ	Janssen Pharmaceuticals, Inc.	Nisivoccia LLP	van Ameringen Foundation Inc.
Community Foundation of South Jersey	Johnson & Johnson	OceanFirst Foundation	Wakefern Shoprite
Community Health Charities	Law Offices of Joseph C. Petriello	Otsuka America Pharmaceutical, Inc.	
Community Health Law Project	Lexpath		
	Merck & Company		

The MHANJ Board of Trustees 2018

CHAIR Harold B. Garwin, Esq.	TRUSTEES Amy C. Conti, Esq.	Keith Libou, DDS Ada Melendez-McGuinness, MBA Michael J. Naughton, Esq.	PRESIDENT AND CEO Carolyn Beauchamp, ACSW
VICE CHAIR Victoria Brown, Lcsw	Bruce Dabney Harper Lee Garrett III, CPA, CGMA	BOARD MEMBER EMERITUS William Waldman, CSWM	VICE PRESIDENT AND COO Robert Kley
VICE CHAIR William P. Murray	Steven E. Geltzeiler Janine Kane		CFO Alexis Van Ek, CPA

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
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MHANJ Affiliates

The MHANJ has the following independent entities that provide advocacy, programs and services on a county or regional level, and 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 106 Apple Street Suite 110 Tinton Falls, NJ 07724 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 South Black Horse Pike Haddon Heights, NJ 08035 856-522-0639 www.mhaswnj.org
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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.

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

www.njgroups.org NJ Self-Help Group Clearinghouse

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



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Association in
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Springfield, NJ 07081

Phone: 800-367-8850

Fax: 973-218-0636

E-mail: info@mhanj.org


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