



PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION

Annual Report to the Membership

Statement of Program Activities 2015/2016
Statement of Fiscal Activities Fiscal Year Ending June 30, 2016

Board of Directors

Officers

David Woledge, President
Deborah Marshall, 1st Vice President
Bette Peoples, 2nd Vice President
Deb Shoemaker, Treasurer
Alicia Kanelopoulos, Secretary

Mark Davis, Founding President

Regional Representatives

Region 1	Liz Woodley (Resigned)
Region 2	Bernadette Kozen
Region 3	Vacant
Region 4	Vacant
Region 5	Vacant
Region 6	Alicia Kanelopoulos
Region 7	Deb Shoemaker
Region 8	Vacant
Region 9	Vacant
Region 10	Roscoe Cole (Deceased)

At-Large Representatives

Tracy Carney
Deborah Marshall
Bette Peoples
David Woledge
Joseph Martin
Margaret Thatcher

Election Results for 2016-2017

Region 6	Barry Hetrick	Region 10	Jimmy Members
Region 7	Deb Shoemaker		

PMHCA Staff

Lynn Keltz, Executive Director
Pat Madigan, Outreach Coordinator
Tyler Eppley, Fiscal Manager
Samantha Harkins, Administrative Assistant
Ellen Schellenberger, Health Insurance Navigator
Deb Hodges-Hull, Certified Community Behavioral Health Clinics Coordinator

Introduction

Our team of staff, Board members and Pennsylvania Mental Health Consumers' Association (PMHCA) members continue to effect positive change for people in recovery and in the delivery of recovery oriented mental health services.

We are an organization governed, managed, and staffed by people who identify as being on mental health recovery journeys. And together with our members, we are the only statewide group that represents the voices of people in mental health recovery. We very much appreciate the support given to our mission by PMHCA members.

Report on current year

We continue to function with just 30 percent of the state funding that we used to receive four years ago. Grant funding from sources discussed later in this document have allowed us to continue our mission and employ staff.

We have seen positive changes this year in the Pennsylvania Department of Human Services (DHS). Secretary Ted Dallas has made it possible for his department to examine and revise old regulations in OMHSAS and other parts of DHS. PMHCA staff have participated on DHS licensing workgroups and on OMHSAS *Peer Support for Youth and Young Adults* and *Behavioral Health Rehabilitative Services* regulations workgroups. Also, the *crisis intervention* work that began in 2014 was completed this year. Each workgroup had consumer input in addition to that of PMHCA.

The state budget impasse of 2015-2016 was not fully resolved until March 2016. No one seems certain of when this year's budget will be passed into law. The governor has again proposed restoration to human services funding, including community mental health which makes up 70 percent of it, over a three-year period. This is the human services block grant that combined community mental health funding with other human services money and was cut by ten percent in the same year that PMHCA funding was cut. The block grant includes counties' CHIPP funding which gave county mental health offices the ability to provide services both to keep people released from state hospitals in their communities and to prevent others from needing hospitalization. This increase was first

proposed in the 2015-2016 budget but was not included in the legislation which finally passed. A Human Services Advocacy Day will be held June 13 at the Capitol Rotunda to educate legislators, the press and the public about the need for adequate human services funding.

In order to assure that the restoration funding is provided for community mental health in 2015-2016, the governor's proposed budget must be passed in total with proposed revenue increases. We encourage members to advocate for support of the entire budget so that people with mental health needs will be better served in their communities.

Collaboration with other organizations is the best way to proceed when organizational resources are tight. We continue to work on funding and activities with the Mental Health Association in Pennsylvania (MHAPA). Samantha, Administrative Assistant, assists with some MHAPA tasks and we share office equipment and office space with MHAPA. It is easy to stay in touch since MHAPA rents the lower floor of the PMHCA building.

Our Navigator Consortium consists of PMHCA, MHAPA, Mental Health Association of Westmoreland County (MHAWC) and The Advocacy Alliance. We continue to provide Health Insurance Navigator services to people with behavioral health needs and to the community at large. We entered into this work because the Affordable Care Act (ACA) requires that all health plans in the Marketplace provide behavioral health care (mental health and drug and alcohol treatment) in addition to physical health care. Additionally, pre-existing conditions no longer disqualify people from getting insurance, as they did prior to enactment of the ACA, opening up insurance coverage for people who may have been disqualified due to mental health conditions.

We did this work for the two previous years and PMHCA now holds a three-year grant from the Centers of Medicare and Medicaid Services (CMS). Collaboration allows us to cover the state in a way that PMHCA would be unable to without the other organizations. We assist people to enroll in the Health Insurance Marketplace and Medicaid, depending upon their eligibility. We also do outreach to many community and statewide resources through presentations, exhibit tables at job and health fairs, "May is Mental Health Month" events, Community Support Program meetings and numerous other venues around the state.

We have helped roughly 900 to 1,000 people each year to enroll in the Marketplace or Medicaid and CHIP (Children's Health Insurance Program through the PA Department of Health). Many people are able to finish enrollment on their own but others prefer assistance. In January 2015, Governor Wolfe made Medicaid Expansion possible and over 600,000 Pennsylvanians previously ineligible for this health insurance are now covered. We are proud that our navigators and other staff have been part of helping people get this coverage.

Navigators enroll people at sites in their communities, as well as in our offices. We travel to the communities and meet at places like Career Links offices, libraries and even coffee shops. Our consumers are diverse and include refugees and immigrants. We use a telephone interpretation service for people who need that assistance. Health insurance is complicated for those of us who have always spoken English so we sometimes need help explaining it to people for whom English is a second language. The interpretation service is also available for other PMHCA projects.

Positive relationships have been developed with the PA Department of Labor and Industry (L&I) and the Department of Corrections (DOC) due to the navigator grant. Every year we find more intersections where we can provide both health insurance navigation and assistance with behavioral health questions and concerns. We helped unemployed people through the L&I Rapid Response Teams at small, medium and large employers. Navigators went to some of the State Correctional Institutions to help inmates prepare for release by completing Medicaid applications and providing health insurance information. We also participated in a health fair for "May is Mental Health Month" at the DOC administrative offices.

Pat Madigan conducted Caucuses at the Community Support Plan regional meetings to obtain input for PMHCA on issues that people around the state feel are important to recovery and the mental health system. A summary of the results is available to anyone who is interested and there will be a link to it on our web page.

There are some ongoing state and federal issues that continue to need advocacy. With our small staff, we welcome opportunities to participate in advocacy coalitions. We continue to be part of the National Coalition for Mental Health Recovery's efforts to impact PA Congressman Tim Murphy's Helping Families in Mental Health Crisis proposed bill, HR 2646, which is not recovery oriented. The bill has not moved and to us, that is a good result. We agree with the National Coalition's support of HR 4435, Comprehensive Behavioral Health Reform and Recovery Act, sponsored by Representatives. Green, DeGette, Matsui, Tonko, Loeb sack, and Kennedy. Information about these bills can be found at <http://www.ncmhr.org/> and more will be added to the PMHCA website. The problem with any comprehensive mental health bill is that Congress is not likely to provide sufficient funding to have a truly beneficial effect throughout the country. But every step towards a better understanding of mental health needs is important.

Behavioral health parity in health insurance is a continuing theme for PMHCA, the state and the nation. Last year's annual report talked about the issue and there is still need for discussion. Final federal regulations were released in late 2013 for the federal Mental Health Parity and Addictions Equity act of 2004 and several months ago, CMS released final rules for parity in Medicaid. Over the

past year, the Parity Coalition, comprised of various advocacy groups, has shared our concerns about parity with Commissioner Theresa Miller of the PA Department of Insurance and her staff. The department has updated information on their website to better inform readers about parity. This is helpful, however the department has not performed a detailed analysis of approved insurance plans and whether they are meeting federal and state parity requirements. Consumers have not filed parity complains but it is a complicated issue that probably is not fully understood by most of us. The Parity Coalition has met with PA Representative Thomas P. Murt (R-Montgomery/Philadelphia and he has agreed to introduce legislation that will strengthen the Insurance Department's ability to enforce the federal parity law. Information is available from PMHCA.

Our grant funding this year includes receipt of a Substance Abuse and Mental Health (SAMHSA) Statewide Consumer Network grant. The first thing we did as began planning for enhancement of our *Peer Support within the Criminal Justice System* curriculum and development of a one-day trauma informed care training for certified peer specialists was to hire Liz Woodley, Certified Peer Specialist. We are happy to have her back with us to coordinate implementation of the grant and conduct training. This grant is for three years, which will allow us to do several trainings, including one for advanced facilitators who can train others.

This year we worked with OMHSAS and Drexel University to provide training to veterans incarcerated in state prisons and with OMHSAS to hold community trainings for peers who work with veterans. Additionally, we received a grant from the PA Coalition on Crime and Delinquency grant to hold two forensic trainings which are occurring this month, June 2016.

Another new funding source this year is a SAMHSA grant for Recovery and Resiliency that is intended to bring together the mental health and drug and alcohol recovery communities to enhance their working relationships in ways that will benefit both communities. We work with PRO-A's executive director Bill Stauffer and staff to meet the project goals. We are compiling results of a survey about policy and employment needs that will help us develop a strategic plan for future work. We will jointly host a one-day Recovery Works! Summit on September 27, 2016 at the Sheraton Harrisburg Hershey. This is the first time in several years that either organization has been able to hold a conference. We are now applying for a second year of funding, to sustain accomplishments of our first year.

PMHCA continues to have funding from the PA Developmental Disabilities Council for the Stigma Project. The campaign launched in April 2016 using the traditional press, social media and "thought bubbles" placed in communities that are designed to get people to think again. There is a website letsthinkagain.org and a twitter campaign #letsthinkagain. Board member Joe Martin is one of the individuals on the website who speaks about personal experience with stigma.

The concept is that people who stigmatize others need to think again about how that stigma hurts and stereotypes the stigma victims. People with disabilities are not the cause of stigma. Education for schools and community groups is being developed as a next step.

We also continue to pursue our PMHCA goal of eliminating stigma against people with mental health needs. Pat promotes ["I'm the Evidence"](#) by giving awards to communities and/or individuals through her work with Community Support Programs. *I'm the Evidence* was developed by consumers and funding is through MHAPA.

We received additional separate funding from OMHSAS to help with the Certified Community Behavioral Health Clinics (CCBHC) work conducted through a SAMHSA planning grant. We are part of the steering committee and responsible for getting consumer participation in such things as the planned readiness reviews at 16 clinic sites. We hired Deb Hodges Hull to help OMHSAS coordinate their work.

Mental Health Advance Directives training continues at PMHCA. Pat Madigan, Lynn Keltz and Sue Walther of MHAPA provided several Advance Directive trainings this year and provided hundreds of booklets to organizations interested in providing them to their constituencies. We expect to continue this work and would like to train more trainers when funding becomes available.

PMHCA Team and Activities

Our hardworking staff is what makes all of this work happen.

Pat Madigan, Community Outreach Coordinator, continues to be involved with the Keystone Pride Recovery Initiative, assists with training and policy issues and works on the two SAMHSA grants, Recovery and Resiliency and Statewide Consumer Network.

Pat provides *Leadership in Recovery* presentations and is available to conduct Mental Health Advance Directive training. She was the primary staff to gather information for the Caucus Report. Pat travels more than the rest of us combined and we thank her for her willingness to do that.

Pat provided technical assistance to the four Community Support Plan regions and advocated for their state funding. She promotes the concept of "nothing about us without us" through CSP and elsewhere. Two local CSPs requested her assistance during this past year to get back on their feet and she put a lot of time and effort into those endeavors.

Tyler Eppley is our Fiscal Manager. He works with Kristal Plummer, our bookkeeper/fiscal consultant, to keep track of all income and expenses. This past year we have had SAMHSA, CMS, BRSS TACS, OMHSAS and PCCD grants, all with unique budgets and reporting systems. Tyler maintains and submits all related fiscal reports. He also prepares budgets and budget narratives for grant renewals and new grant applications. We received a clean audit report (available on our web site) and hope to do the same this year. Tyler is also takes on many operations responsibilities

Samantha Harkins is Administrative Assistant and helps with behavioral health navigation calls, finding mental health resources for people who need them. She has to be knowledgeable about all of our grant work because her assistance on them is essential. We count on her to take meeting minutes, conduct meeting planning and much more. She often assists Pat with particular outreach projects.

Ellen Schellenberger is a Health Insurance Navigator. She is experienced in navigating the ins and outs of the Health Insurance Marketplace and Medicaid. She perseveres in getting people completely through the process. She attends outreach events, participates on many Rapid Response Teams, makes presentations and travels to communities to enroll people in insurance options.

Liz Woodley came back to full time PMHCA employment to coordinate implementation of our Statewide Consumer Network grant. She is sought after for forensic peer support trainings and has conducted at least four since December 2015. More are in the planning stages. She keeps the trainings organized, working with Sam and the rest of us to plan venues, conduct registration, prepare materials and do the training. We are glad she is back at PMHCA.

Deb Hodges Hull provides information and referral services as a Behavioral Health Navigator and is a certified Health Insurance Navigator. She is employed by MHAPA and housed at the PMHCA office. This year she became a part time, temporary employee of PMHCA to coordinate the CCBHC, as previously mentioned. We welcome her as our newest team member.

There are numerous opportunities for all of us to participate in collaborations and on work groups and committees that may enhance the quality of our public mental health system. A few are listed here.

Community Support Programs

Mental Health and Justice Advisory Committee, PA Commission on Crime and Delinquency

OMHSAS Planning Council, formerly OMHSAS Advisory Committee

OMHSAS Peer Support for Youth and Young Adult Regulation Workgroup

OMHSAS Crisis Management Workgroup

OMHSAS Peer Support Services Workgroup

OMHSAS Behavioral Health Rehabilitation Services Regulation Workgroup
Parity Coalition
Pennsylvania Psychiatric Leadership Council

PMHCA's Future

The staff and Board of PMHCA thank all of our members and supporters. We must bring our voices together to promote recovery, acceptance and life in the community for everyone. We want and need more members. In past years, people became members or renewed memberships at our annual conferences. We will staff an exhibit table at the Recovery Works! Summit and hope to gain members there.

The record budget impasse caused some partial staff lay-offs this year. The grants we have did help ameliorate the situation and we will continue to look for grant funding that enhances our mission. Our unemployment compensation rates go up every year that we have to lay off staff and we would rather spend that money on recovery oriented projects.

As we stated in last year's annual report, we have to accept that PMHCA will remain smaller in staff while state government experiences lower revenues and that we cannot host an annual conference like those of the past until or unless we get back to previous funding levels. We have hope that it will get better!

Our beliefs in consumer run organizations and services remain a primary motivation for our work. The activities we undertake to fight stigma, educate people about mental health needs and provide individual and systems advocacy continue. With your support and hope, and your memberships and donations, we can keep moving forward together to promote recovery and overcome stigma. Please keep in touch!

PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION
 Statements of Activities
 For the Years Ended June 30, 2015 and 2014

	<u>2015</u>	<u>2014</u>
Revenue		
Grants	\$ 976,281	\$ 797,128
Membership Dues	2,636	3,006
Other Program Fees	32,234	21,003
Contributions	994	541
Other Revenue	467	390
Loss on Disposal of Fixed Assets	<u>0</u>	<u>(1,588)</u>
Total Revenue	<u>1,012,612</u>	<u>820,480</u>
Expenses		
Program Services	821,040	646,011
Supporting Services		
General and Administrative	165,596	130,440
Fundraising	<u>4,959</u>	<u>3,991</u>
Total Expenses	<u>991,595</u>	<u>780,442</u>
Changes in Net Assets	21,017	40,038
Net Assets, Beginning of the Year	<u>287,318</u>	<u>247,280</u>
Net Assets, End of the Year	<u>\$ 308,335</u>	<u>\$ 287,318</u>

*The **Pennsylvania Mental Health Consumers' Association** extends a sincere thank you to the many supporters of our efforts. The generosity and dedication of our contributors has helped build a foundation of increased support for consumer recovery and involvement in Pennsylvania.*

General Contributions:

\$1 to \$99

Eastern PA and South Jersey Combined Federal Campaign - \$3.59
Jeff Iseman - \$20.00
Nancy Massey - \$25.00*
Rachelle Weiss - \$25.00
Carole Hendricks - \$30.00
Doris Ramsey - \$30.00
Kathyann Corl & William Traister, Jr. - \$35.00
Lynn Keltz - \$50.00*
Donald Levan - \$50.00
Lisa Lowrie - \$50.00

\$100 to \$500

Travis Labrum - \$100.00
United Way of the Capital Region - \$227.77
Honorarium from BRSS TACS panel presentation/Lynn Keltz - \$500.00**

*Rita Cisneros Health and Wellness Fund

**Glenn Koons Scholarship Fund

Please note: We have made every effort to give proper recognition to individuals and organizations supporting from June 17, 2015 to June 1, 2016. If we made an error, we apologize. Please contact us so we may correct our records.

Contact Pennsylvania Mental Health Consumers' Association

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