



2012

Annual Report to the Membership



Pennsylvania Mental
Health
Consumers' Association



PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION

Annual Report to the Membership

**Statement of Program Activities
2011/2012**

**Statement of Fiscal Activities
Fiscal Year 2010/2011**

Board of Directors

Officers

Bylinda Brown, President
Mark Fisher, First Vice President
Joseph Alex Martin, Second Vice President
Tracy Carney, Treasurer
Bette Peoples, Secretary
Mark Davis, Founding President

Regional Representatives

Region 1	Linda Parker & Charlene Saner
Region 2	Bylinda Brown
Region 3	Shirley Ruth French
Region 4	Deb Milheim
Region 5	Mark Fisher
Region 6	Cynthia Wishard
Region 7	Joseph Alex Martin
Region 8	Jeff Proof
Region 9	Vacant
Region 10	Ronald (Rosco) Cole

At-Large Representatives

Tracy Carney
Mary Fala
Debbie Marshall
Tom Newman
Bette Peoples
Margaret (Peggy) Thatcher
David Wooledge
Cindy Work

PMHCA Staff

Lynn Keltz, Executive Director
Rita Cisneros, CSTAP Coordinator
Jennifer Cramer, Director of Administrative Services – Through May 29
Tyler Eppley, Fiscal Director
Samantha Harkins, Receptionist
Pat Madigan, Director of Technical Assistance and Training
Sarabeth Orłowski, Program Coordinator
Rachelle Weiss, PA Peer Support Coalition Coordinator
Danny Wildasin, CSTAP Director
Wendy Wood, Director of Opportunity & Networking
Liz Woodley, Forensic Peer Support Coordinator – Through April 30

PMHCA Annual Report 2011-2012

Introduction

This year we have each had our own experiences with the conference theme of “rising above challenges” and PMHCA as a whole has also worked to rise above them. 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 more recovery oriented mental health services.

Our combined lived expertise in recovery and our understanding of hope has strengthened us as we pursue budget advocacy strategies intended to influence the future of our community mental health system. We are collaborating with many to advocate against Governor Corbett’s proposed 20% cuts to community mental health services; a human services block grant that combines our funding with other human services money and completely eliminates General Assistance, while tightening requirements in its Medicaid health insurance that covers, among other things, the costs of mental health and substance abuse treatment services.

We are an organization governed, managed, and staffed by individuals who identify as being on mental health recovery journeys. And we are proud that together we are the only statewide group that represents the voices of people in recovery.

PMHCA Team and Activities

I’d like to recognize our hardworking staff and acknowledge that the face of PMHCA is changing.

The Administration Department, led by Jen Cramer, organizes and manages everything that goes into making the annual conference a success. Jen has been the successful liaison between the board of directors, its committees, and PMHCA staff, with assistance from Sarabeth Orłowski, Program Coordinator.

Jen, Sarabeth and Samantha Harkins are responsible for the many tasks that keep us going day to day. PMHCA database development and maintenance continued this year and now includes an online searchable Drop-In Centers database, which can be accessed on our web site in the projects section. This department’s tasks are many and the three have brought unique expertise to their jobs.

Jen recently began a new job as a conference planner for a firm in Harrisburg and we sincerely miss her.

The former Advocacy Department became the Department of Opportunity and Networking when OMHSAS funding was lost in 2011 for the two recovery advocacy specialists, Matt Groff and Dan Craig. Wendy Wood has continued individual advocacy and all of the staff have joined in to assist her. To name just a couple accomplishments of the past year, a training on Talking to Your Psychiatrist was developed and implemented; the Drop In Center Coalition was strengthened with the award of mini-grants and development of a public database; and PMHCA became listed on the federal and state United Way campaigns so that employees have the opportunity to donate to us.

The Coalition of Satisfaction Teams Across Pennsylvania continued with Danny Wildasin as Director and Rita Cisneros as CSTAP Coordinator. Monthly calls with CSTAP members continued and a successful leadership retreat was held in April. Danny also was key to creating

an electronic survey tool designed to obtain Drop-In Center information and he worked with Wendy and Nancy Massey of MasseyNet.com, Inc. to prepare the information for the database.

Rita also works with Pat Madigan on the Keystone Pride Recovery Initiative, a three year project funded by the Substance Abuse and Mental Health Administration (SAMHSA). Curriculum is being developed and delivered around the state that will help providers, peer specialists and others provide recovery oriented, engaging and effective treatment services for people who identify as Lesbian, Gay, Bisexual, Transgender and Intersex.

The Department of Technical Assistance and Training is led by Pat Madigan. Through April, staff included Liz Woodley, Forensic Peer Support Coordinator. Together they completed the Forensic Peer Support project with Drexel University, funded by the PA Commission on Crime and Delinquency and the Office of Mental Health and Substance Abuse Services.

Rachelle Weis was hired as Peer Support Coordinator in September. She continued the work of the Coalition and helped steer us through the concept and discussions of a possible formal certification process for Certified Peer Specialists. Continuing education opportunities were promoted through the Coalition and the web site and calendar and job opportunities were posted.

Pat Madigan, with the assistance of Liz Woodley for part of the year, provided technical assistance to the four Community Support Plan regions. We continue to promote the concept of “nothing about us without us” through CSP. In the current budget climate, strong local and regional CSPs are needed more than ever to provide the input of real life experience to county mental health offices for their annual plans, to legislators and to others in the community.

Our Fiscal Department's Director is Tyler Eppley. He works with Kristal Plummer, our bookkeeper/fiscal consultant, to keep track of all income and expenses, successfully using our computer-based accounting system. We received a completely clean audit report for the past fiscal year and hope to do the same this year.

PMHCA links all department activities together through management team and staff meetings, our web site, and our Facebook page. We hope that everyone has had, or will have, a chance to check out www.pmhca.org and the Facebook page.

Our association works to influence public policy through activities of the staff and Board of Directors. This is done for many reasons: to combat stigma and discrimination, to promote a truly recovery-oriented mental health system and to inform the public about mental health concerns.

All of our staff participates on statewide and regional stakeholder groups as voices for our members on issues that affect our lives. Many members have successfully met with legislators and county commissioners in recent months to explain the importance of community mental health services and General Assistance. We thank all of you. We are all journeying on our separate roads of recovery. But our voices come together to promote recovery, acceptance and life in the community for everyone.

Future

The future does look different for the structure of PMHCA but our beliefs and the activities we undertake to combat stigma, educate people about mental health needs and to provide individual and systems advocacy continue.

The state budget proposals, if they pass in the legislature and get signed into law, will probably not include any money for state advocacy organizations such as ours. Our funds came from

OMHSAS, which until now has always had “discretionary funds” that were kept separate from money going to the counties. It looks like there will be no more discretionary funds.

This sad state of affairs may set back our movement towards a more recovery oriented mental health system but it won't stop it. Too many of us are vested in receiving and providing strong recovery services. We won't be going away and we refuse to go backwards.

PMHCA's cash flow from OMHSAS stops June 30, 2012, unless something changes. Due to this distinct possibility, everyone on staff has either been laid off through May and June or has had their hours reduced. Our primary funding sources now are the SAMHSA grant for KPRI and a new grant from the Pennsylvania Developmental Disabilities Council to conduct an anti-stigma project involving people with all disabilities.

Beginning July 1, PMHCA staff will consist of Rita Cisneros, Tyler Eppley, Lynn Keltz and Pat Madigan. Our Board of Directors will work closely with us to assure that we can do as much as possible to meet our mission and to find other sources of income.

It's a challenging time but with the help of our friends, our members and the concepts of hope and recovery, we can rise to overcome the challenges and become wiser and stronger as a result.

A handwritten signature in black ink, appearing to read "Lynn Keltz". The signature is fluid and cursive, with a prominent loop at the end.

Lynn Keltz
Executive Director

PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION

Statements of Activities

For the Years Ended June 30, 2011 and 2010

	<u>2011</u>	<u>2010</u>
Revenues		
Grants	\$943,614	\$966,743
Grants to Others	116,797	201,729
Membership Dues	7,448	12,701
Conference Registration Fees	126,266	90,623
Conference Sponsorship Fees	39,725	40,599
Other Program Fees	14,141	4,705
Contributions	1,694	194
Other Revenue	5,000	-
Realized Loss on Disposal of Fixed Assets	<u>-</u>	<u>(14,390)</u>
Total Revenue	<u>1,254,685</u>	<u>1,302,904</u>
Expenses		
Program Services	1,093,098	1,152,486
General and Administrative	102,522	142,524
Fundraising	<u>2,489</u>	<u>-</u>
Total Expenses	<u>1,198,109</u>	<u>1,295,010</u>
Changes in Net Assets	56,576	7,894
Net Assets, Beginning of the Year	<u>159,786</u>	<u>151,892</u>
Net Assets, End of the Year	<u>\$216,362</u>	<u>\$159,786</u>

General Contributions:

\$1 to \$99

Diane Sandra Lichtman - \$5
Sarabeth Orłowski - \$5 (TAH)*
Sarabeth Orłowski - \$5 (GK)**
MHA of Central Susq. Valley - \$10 (GK)**
Helen Baker - \$10
J.E. Maciak - \$10 (TAH)*
Rosemary Quarteroni - \$10
Elizabeth Sewalk - \$10
Millie Silverstein - \$10
Sharon Davis - \$15 (TAH)*
Deirdre Galvin - \$15 (TAH)*
Lynn Keltz - \$15
Kimberly Pry - \$15
Janice Meinert - \$17 (TAH)*
Maryann Donovan Mason - \$20 (GK)**
Nancy Massey - \$20 (GK)**
Marilyn Baker - \$25 (GK)**
Ronald Berman - \$25
Jen Cramer - \$25 (GK)**
Hiram & Florence Koons - \$25 (GK)**
Berniece Pepple - \$25 (GK)**
Margaret Thatcher - \$25 (TAH)*
Margaret Thatcher - \$25 (GK)**
Granger Consultation Services - \$50 (GK)**
Recovery Connections - \$50 (GK)**
Mary Beth Hyatt - \$50 (GK)**
Judith Moser - \$50 (GK)**
T.M. Myers - \$50 (GK)**
Albert & Betty Sites - \$50
Linda L. Tobias - \$50 (TAH)*
C. Lu Conser - \$75 (GK)**

\$100 to \$499

MHA of Reading & Berks - \$100 (GK)**
NAMI PA Montgomery Cty. - \$100 (GK)**
John Farmer - \$100
Cynthia McDonald - \$100 (GK)**
Support the Journey - \$119.75
Granger Consultation Services - \$130
Advocacy Alliance - \$250 (GK)**
Roberta Altenor - \$250 (GK)**
Joan Erney - \$250 (GK)**
Disability Rights Network - \$300 (GK)**
Shared Ministry - \$398.49
Hiram & Florence Koons - \$400 (GK)**
Sharon & David Hicks - \$500
Homewood Chapel Offering - \$1,100 (GK)**

*Take a Hike for Mental Health Fund

**Glenn Koons Scholarship Fund

Conference Support:

Other

Alder Health Services, Inc.
Active Minds
Community Support Program
Consumer Satisfaction Team Alliance of PA
Emergency Preparedness
Forensic Peer Support
Home Depot
Hopewell
Keystone Pride Recovery Initiative
Leadership in Recovery
MasseyNet.Com, Inc.
NAMI of PA
NAMI of Southwestern PA
Office of Mental Health and Substance
Abuse Services
PA Adult & Older Adult Suicide Prevention
Coalition
PA Association of Psychiatric Rehabilitation
Services
PA Behavioral Health and Aging Coalition
PA Community Providers Association
PA Peer Support Coalition
Project Transition
Recovery Opportunity Center
Stairways Behavioral Health
Sherman Williams
United Way
UGI
Matt Hopper, C/O 'The Crimson Frog'
Karen Snider
Mike Veny
Eric Weiss, C/O 98.5 'The Peak'

\$1 to \$99

Acquired Brain Injury Network of PA
Crazed Nation/Transcendent Visions
Flemings Sub Shop
Recovery Connections
Support the Journey
Ann Van Dyke
Elizabeth Galazin
John Galazin & Clara DiGiorgio
Jeanie Gui
Kay Huber
Joseph Alex Martin
Theresa Myers
Barbara Orłowski
Matthew Orłowski
Nancy & John Orłowski
Jill Pento

\$100 to \$499

Allegheny County Coalition for Recovery
Allegheny Health Choices, Inc.
Double Tree by Hilton, Pittsburgh Green
Tree
MHA in PA
MHA of Northwestern PA
MHA of Westmoreland County
PA Psychiatric Society
Lynn Keltz
Judith Shepler

\$500 to \$999

Clarion Psychiatric Center
Disability Rights Network of PA
Drexel University College of Medicine,
Behavioral Healthcare Education
Janssen Pharmaceuticals
Keystone Community Mental Health
Services
Meadows/Universal Community Behavioral
Health
National Network of Libraries of Medicine,
Middle Atlantic Region
Network of Care
PA Coalition Against Domestic Violence &
Rape
Resources for Human Development
Roxbury Treatment Center
TCR
Value Behavioral Health of PA

\$1,000 to \$4,999

Capital Area Behavioral Health
Collaborative, Inc.
Community Behavior Healthcare Network of
PA
Magellan Behavioral Health of PA, Inc.

\$5,000 – to \$10,000

Community Behavioral Health

\$10,000 and Above

Community Care Behavioral Health