



PENNSYLVANIA MENTAL HEALTH CONSUMERS' ASSOCIATION

Annual Report to the Membership

**Statement of Program Activities
2017/2018**

**Statement of Fiscal Activities
Fiscal Year Ending June 30, 2017**

Board of Directors

Officers

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

Mark Davis, Founding President

Regional Representatives

Region 1 Vacant
Region 2 Vacant
Region 3 Vacant
Region 4 Meggin Bruce
Region 5 Vacant
Region 6 Barry Hetrick
Region 7 Deb Shoemaker
Region 8 Vacant
Region 9 Vacant
Region 10 Jimmy Members

At-Large Representatives

Tracy Carney
Deborah Marshall
Bette Peoples
David Woledge
Joseph Martin
Margaret Thatcher
Shirley Ruth French
Fred Terling

Election Results for 2017-2018

Region 6 Jason Rilgio
Region 8 Edward Cortazar
Region 10 Anthony Sclafani

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
Garth Champaign, Health Insurance Navigator
Zack Karenchak, Policy and Program Development Coordinator, Youth MOVE PA
Corey Ludden, Technical Assistance and Engagement Coordinator, Youth MOVE PA

Introduction

Our team of staff, Board members and Pennsylvania Mental Health Consumers' Association (PMHCA) members are pleased that since 1986, we have been able 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.

PMHCA Team and Activities

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

Pat Madigan, Community Outreach Coordinator, had another busy year with Community Support Programs. In addition to providing technical assistance to the regional Coordinators and providing *Leadership in Recovery* and Mental Health Advance Directive presentations, she has assisted local CSPs to re-organize and assisted consumers with a drop in center reorganization. She was also the primary person, with PRO-A staff, to conduct regional CSP meetings focused on both mental health and drug and alcohol recover. In the coming year, we plan to do more within the OMHSAS Planning Council to inform the entire council, in addition to the adult committee, of CSP opportunities for people of all ages who are in recovery or who want to be in recovery.

Tyler Eppley is our Fiscal Manager. He works with Kristal Plummer, bookkeeper/fiscal consultant, to keep track of all income and expenses. This past year we have had SAMHSA, CMS, OMHSAS and PCCD grants, all with unique budgets and reporting systems. Tyler maintains and submits all related fiscal reports and prepares materials

for the annual audit. He prepares budgets and budget narratives for grant renewals and new grant applications and 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. We count on her to take meeting minutes, conduct meeting planning and much more. She is knowledgeable about all of our work because her assistance to each of us is essential.

Ellen Schellenberger is a Health Insurance Navigator, experienced in navigating the ins and outs of the Health Insurance Marketplace and Medicaid. She attends outreach events, participates on many Rapid Response Teams, makes presentations and travels to communities to enroll people in insurance options. Some of the healthcare situations experienced by people are very complicated and require the type of expertise she offers.

Liz Woodley coordinates implementation of our Statewide Consumer Network grant. She is sought after for forensic peer support trainings and presents them around the state. She keeps the trainings organized, working with Sam and the rest of us to plan venues, conduct registration, prepare materials, develop and enhance our curricula and do the training.

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. She also continues as a temporary employee of PMHCA to coordinate the CCBHC, as previously mentioned.

Garth Champaign works elsewhere full time and was a part time Health Insurance Navigator. His help in the York area and on weekends and evenings added to our ability to provide the navigator services in central Pennsylvania in Open Enrollment for 2018.

Zack Karenchak is the Policy and Program Development Coordinator for Youth MOVE PA and Corey Ludden is Youth MOVE PA's Technical Assistance and Engagement Coordinator. Their work involves diverse activities, all directed to promoting leadership among young adults with lived experience. They work closely with PA Care Partnership at the OMHSAS Children's Bureau on such things as Mental Health Awareness Day and assisting counties to include youth and young adults in their governance and advisory structures. They are building their statewide Youth MOVE chapter and assisted TAAG in Westmoreland County to become a Youth MOVE National chapter this year. The Children's Interagency Conference, sponsored by SOC and OMHSAS, provided opportunity to network with a broader audience. Five workshops were presented there by Corey and Zack, and one by Lynn.

Report on current year

We continue to function with just 30 percent of the state funding that we used to receive, although we request additional funds for specific efforts each year. We will be notified later this summer of our funding amount for fiscal year 2018-2019. In order to sustain PMHCA and its mission, we apply for various grants and been successful with most of our applications.

The state funding received this year from OMHSAS is the same amount we received each of the past four years. We will not know how much we will have for FY 2018-2019 until after OMHSAS makes decisions about distribution of available funds. Budget legislation was finalized earlier than usual so we hope we will get our allocations earlier.

Our state OMHSAS funding enables us to do the ongoing, day to day work of PMHCA, including our policy work through participation on state workgroups, provision of education about mental health, fighting stigma, and assistance to Community Support Programs. Mental Health Advance Directives training also continues due to the state funds. Sue Walther of MHAPA and Pat Madigan provided Advance Directive trainings this year and we supplied hundreds of booklets to various organizations and individuals. We expect MHAD work will occur in future years and would like collaborate with other organizations to train more trainers when funding becomes available. Additionally, we hope to work together to increase awareness of suicide prevention in the coming year.

The federal grants and their work will be discussed later in this report.

Lynn Kovich was appointed as Deputy Secretary of OMHSAS, following the death of former deputy Dennis Marion. Ms. Kovich and the OMHSAS staff understand the importance of stakeholder participation and of Community Support Program principles. PMHCA staff have participated on various DHS regulations workgroups, and were part of the PA Certification Board workgroup that established the grandparenting procedure for certified peer specialist' certification. We were represented on the OMHSAS Planning Council and other statewide groups, including the Mental Health and Justice Advisory Committee of the PA Commission on Crime and Delinquency, Pennsylvania Psychiatric Leadership Council, PA Clubhouse Coalition and PA Care Partnership (Systems of Care).

In September 2017, we held our second Recovery Works Summit, in collaboration with PRO-A, with the financial support of a SAMHSA Recovery and Resiliency grant. The regional CSPs were a valuable tool for input into needs of the two recovery communities. Without support of the grant this year, we were unable to hold a third summit. We are more than willing to offer that opportunity again if or when funds are available.

Collaboration with other organizations is still 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). It is easy to stay in touch since MHAPA rents the lower floor of the PMHCA building.

Our Navigator Consortium, funded by a grant from the Centers for Medicaid and Medicare Services of the U.S. Department of Health and Human Services, was diminished in September 2017 when the US Department of Health and Human Services cut funds from most navigator grants. We had to reduce funds to the subcontractors, MHAPA, Mental Health Association of Southwest PA (MHASWPA) and The Advocacy Alliance, when notified of the 2017-2018 grant amounts. We continued to provide Health Insurance Navigator services to people with behavioral health needs and to the community at large throughout the state until December 31, but with fewer personnel. After December, only MHAPA and PMHCA were able to provide navigator services and we have done our best to serve as many people as possible. Funding for fiscal year 2018-2019 is quite uncertain at this time.

We committed to the navigator work because the Affordable Care Act (ACA) requires that all individual health plans in the Marketplace provide behavioral health care (mental health and drug and alcohol treatment) in addition to physical health care. 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. The pre-existing condition guarantees are now threatened by actions of the current federal administration.

Although the Open Enrollment period for the Health Insurance Marketplace was half as long this past year, and there was very little advertising of the opportunity from HHS, nearly the same number of people enrolled and re-enrolled in this insurance that so many find to be valuable.

Free help with Medicaid applications is available year-round, as is navigation assistance with the Affordable Health Care marketplace. We want to find a way to continue this important work, even if the Navigator grant is not available.

Positive relationships continue with the PA Department of Labor and Industry (L&I) and the Department of Corrections (DOC) due largely to the navigator grant. We inform people losing jobs about health insurance options through the L&I Rapid Response Teams. Collaboration with the DOC enables us to go to state prisons and community corrections centers to explain insurance options available for people upon their release to the community. Many people in the state correctional institutions have become PMHCA members.

There have been two recent advocacy efforts focused on legislation that would affect state mental health policy. An “Assisted Outpatient Treatment” bill, HB 1233, passed in the PA House of representatives and is in the Senate Health and Human Services committee. We worked with fellow advocates (MHAPA, Disability Rights PA and NAMI Keystone PA) in 2017 to add suggested language that would be better for consumers but the lobbyists for the Treatment Advocacy Center did not accept the language. More recently, we met with Secretary Miller, Deputy Secretary Kovich and staff to advocate against the bill. DHS has since been working with the legislature and the lobbyists to change language in the bill and to make the case that this legislative change would not

be without costs, as was asserted by the lobbyists. The bill has stalled due to our advocacy efforts but we won't have a complete victory unless the bill does not get voted into law.

The second effort by the advocacy coalition was our work to include CHIPPS funding in this year's state budget. This state money used to provide community-based resources for people leaving the state mental hospitals is called for in the state's Olmstead Plan. However, this year, for the first time, the governor's budget proposal did not include the necessary funds. Our organizations met with leadership at the PA Department of Human Services: since our meeting, they have stated they will provide CHIPPS to counties, using currently available funds, without it being part of the final state budget. We hope this happens and that counties take advantage of the opportunity. We will need to advocate now for CHIPPS in the next year's budget.

PMHCA is part of the Coalition for the Responsible Closure of the Norristown State Hospital Civil Unit. We are working with other advocacy organizations to help assure that people leaving the civil unit are leaving with a Community Support Plan to provide them with resources needed to help them return to, and successfully remain in, their communities. Stakeholder meetings are still being held and there are ongoing conversations with OMHSAS and Norristown staff.

Federal Grant Funding

Our grant funding includes the third year of our Substance Abuse and Mental Health (SAMHSA) Statewide Consumer Network grant, with Liz Woodley as the Forensic Peer Support Coordinator. In addition to our Pennsylvania training, we have met requests to train in other states, including Massachusetts, Wyoming and California. We applied for a new SCN grant for 2018-2021 which would allow us to train peer support specialists on how to use the MHAD in their work.

The previously mentioned Recovery and Resiliency grant with PRO-A ended in September 2017. SAMHSA will not offer that grant opportunity for at least another year. This grant gave us the opportunity to work collaboratively to address issues that impact those in mental health and drug and alcohol recovery.

We are in the last year of a three-year Centers for Medicare and Medicaid Services grant for a total of five years as grant recipients, discussed previously. We assisted approximately 900 to 1,000 people each year to enroll in the Health Insurance Marketplace and Medicaid. The grant enables PMHCA to extend our outreach to many community and statewide resources through Navigator 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 continue to pursue our PMHCA goal of eliminating stigma against people with mental health needs through both the Stigma Project and "[I'm the Evidence](#)", the anti-stigma campaign developed by consumers and funded through Mental Health Association in Pennsylvania. This was the first year that a regional CSP, Southeast

CSP, received the *I'm the Evidence* award for their work in the community. We also continue to present the Stigma Project video produced by Suasion, which we presented at the OMHSAS Children's Interagency Conference this spring.

With separate funds from OMHSAS, we assist the department with the Certified Community Behavioral Health Clinics (CCBHC) work that began with a SAMHSA planning grant award. We focus on helping the clinics obtain required training through Deb Hodges Hull's coordination and our role as fiduciary.

PMHCA's Future

PMHCA's 30th year began in August 2017. We are always adjusting to the times, the changing government landscape and funding sources and the needs of people with mental health challenges. Our belief in the importance and viability of consumer run organizations and services that are recovery focused remain a primary motivation for our work.

In July 2017, we welcomed Corey Ludden and Zack Karenchak of Youth MOVE Pennsylvania to our staff. Their work is fiscally supported by Systems of Care (SOC) grant funds, administered by OMHSAS, as described previously. We are learning together about how to merge our missions and our work. We trust that involvement of young adults in Youth MOVE PA in association with PMHCA will draw millennials to the causes and advocacy actions of mental health consumers in the service of assuring a recovery oriented mental health system.

The staff and Board of PMHCA thank all of our members and supporters. We must keep bringing our voices together to promote recovery and successful lives in the community for everyone. We need to make it clear wherever we go that recovery is possible! We will keep spreading the word through presentations on recovery to providers, consumer run groups and organizations and community based groups.

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 Year Ended June 30, 2017 and 2016

	<u>2017</u>	<u>2016</u>
Revenue		
Grants	\$1,354,199	\$1,060,677
Membership Dues	2,315	1,776
Other Program Fees	91,453	32,427
Contributions	943	19,884
Other Revenue	60	1,179
Rental Income	<u>11,826</u>	<u>11,826</u>
Total Revenue	<u>1,460,796</u>	<u>1,127,769</u>
Expenses		
Program Services	1,216,784	886,611
Supporting Services		
General and Administrative	200,663	171,156
Fundraising	<u>5,694</u>	<u>5,315</u>
Total Expenses	<u>1,423,141</u>	<u>1,063,082</u>
Changes in Net Assets	37,655	64,687
Net Assets, Beginning of the Year	<u>373,022</u>	<u>308,335</u>
Net Assets, End of the Year	<u>\$410,677</u>	<u>\$373,022</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

Anonymous
Bernadette Kozen
Dave & Frances Wooledge**
Granger Consultation Services**
Joseph Rogers**
Maryann Donovan**
Nancy Massey**
Recovery InSight, Inc.**
Theresa Myers**
Thomas & Tracy Carney*

\$100 to \$499

Allan & Marcy Hasbrouck
John Farmer
Lynn Keltz*
Lynn Keltz**
Margaret Thatcher**
PMHCA (Via Capital One Rewards)**
United Way of the Capital Region

*Rita Cisneros Fund

**Glenn Koons Scholarship Fund

Please note: We have made every effort to give proper recognition to individuals and organizations supporting from June 2, 2017 to June 20, 2018. If we made an error, we sincerely apologize. Please contact us so we may correct our records.

Contact Pennsylvania Mental Health Consumers' Association

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