

Mental Health Association
of San Francisco *Annual Report*
2004-2005



*Bringing
Communities
Together*



MISSION

The Mental Health Association of San Francisco (MHA-SF) is dedicated to improving the mental health of residents in the diverse communities of San Francisco through education, advocacy, research, and service. In all its programs, MHA-SF brings people and families challenged by mental illness together with the agencies that serve them to promote prevention, access to services, leadership, and independence.

VISION The Mental Health Association of San Francisco envisions a just, humane, and healthy community where, free from stigma and prejudice, all people are accorded respect, dignity, and the opportunity to achieve their full potential.

Who We Serve

MHA-SF exists to serve anyone who is affected by mental illness including people with mental illness and their families, mental health providers, and the San Francisco community at large. Mental illness is a disease that causes mild to severe disturbances in thinking, perception, and behavior and that significantly impairs a person's ability to cope with life's ordinary demands and routines. The major categories of mental illness are anxiety disorders, mood disorders, schizophrenia, dementia, and eating disorders.

Recognizing that tens of thousands of San Franciscans live near or below the poverty level and that mental illness disproportionately affects lower income people, MHA-SF programs emphasize the needs of the underserved. This includes people who are homeless or at risk of homelessness and those who have sought and been barred from access to mental health services.



MHA-SF staff members, Assembly Member Darrell Steinberg, Mayor Gavin Newsom, Supervisor Bevan Dufty and other local leaders speak out at mental health press conference.

FROM THE EXECUTIVE DIRECTOR



*Bringing
Communities
Together*

Dear Friends,

The Mental Health Association of San Francisco brings communities together every day. This year we directly served over 4,000 people affected by mental illness and brought awareness and understanding of mental illness and mental health to thousands more.

Our successes in 2004-2005 include uniting a broad coalition of local policy makers, mental health providers, nonprofit leaders, labor organizations, mental health consumers and their families, and others. We led the local campaign for state ballot Proposition 63, passed by voters in November 2004. San Franciscans voted 74% in favor of the proposition—the highest in the state!

The historic passage of Proposition 63, now the Mental Health Services Act (MHSA), means increased funds for public mental health care as well as the transformation of current mental health practices to an improved system emphasizing prevention, innovation, and the potential for recovery. The revitalized system will be centered on consumer and family member involvement. These have been the core values of the Mental Health Association of San Francisco since we were founded almost 60 years ago.

In the year ahead, our plans include:

- Developing a speakers bureau of trained consumers and family members;
- Working closely with the San Francisco Department of Public Health to assist in the transformation of the mental health system; and
- Establishing a consumer leadership academy to deepen the leadership skills and community involvement of mental health consumers.

We need your support to achieve these goals! Together we can make a difference.

I want to thank our Board of Directors for their leadership and support. I also want to thank the many individuals, businesses, and foundations who have made our achievements possible.

We have an exciting year ahead. Please join us in bringing even more communities together in support of mental health.

Sincerely,

A handwritten signature in cursive script that reads "Belinda Lyons".

Belinda Lyons
Executive Director

PROGRAMS

“The seminar was a great success, generating a wealth of awareness about the seriousness of depression.”

– Depression Seminar participant



“This conference will have a lasting, positive impact on my life!”

– Conference attendee

EDUCATION AND TRAINING PROGRAMS

MHA-SF hosts a variety of education conferences and workshops. Highlights of this year's education conferences include:

- In July 2004 over 150 people attended a conference to hear actress Delta Burke speak about her struggle and recovery from depression.
- In October 2004 Sanjay Saxena, Ph.D., Director of the UCLA Obsessive Compulsive Disorder Research Program, was the keynote speaker at our annual conference on compulsive hoarding and cluttering. Over 250 professionals and community members attended this sold-out event.
- In April 2005 over 100 supportive housing staff attended our de-escalation training to learn strategies for managing, and preventing violent situations.
- In May 2005 we coordinated a series of community events including a conference on stigma and mental illness led by national stigma research expert, Patrick Corrigan, Ph.D. of Northwestern University.

Information and Referrals

As the first point of contact for many who seek guidance, MHA-SF made referrals and provided information on mental health services to hundreds of callers this year.

Support Groups and Workshops

We convened support groups twice a month for individuals struggling with compulsive hoarding and cluttering and monthly workshops for the Supportive Housing Network.

Throughout the year, MHA-SF collaborated with Chinatown Community Development Center, On Lok Senior Health, and Chinatown/North Beach Mental Health Clinic to provide mental wellness workshops for Asian American seniors.

“MHA-SF makes sure that the government hears the voices of consumers.”

– MHA-SF Leadership Training graduate



From left: Board President, Quintin Mecke, Executive Director Belinda Lyons, Assembly Member Darrell Steinberg, and Mary Hayashi, President of the Iris Alliance Fund.



*Bringing
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Together*

POLICY AND ADVOCACY PROGRAMS

Systems Change

MHA-SF led the San Francisco effort to pass Proposition 63, now the Mental Health Services Act (MHSA), on the November 2004 state ballot. The MHSA will provide hundreds of millions of dollars for the public mental health system across California. It mandates transforming the mental health system to a prevention-based approach centered on hope, recovery, and the involvement of people affected first-hand with mental illness.

In March, MHA-SF collaborated with the Proposition 63 Campaign Steering Committee, the Mental Health Board, and the Department of Public Health to plan an event to educate policy makers and the public about the mental health system transformation envisioned by the MHSA. This event was attended by more than 200 consumers, community members, and policy makers.

In May 2005 MHA-SF rallied consumers, providers, and other community members to participate in our annual Mental Health Advocacy Day at the State Capitol.

Consumer Organizing and Empowerment

We convened monthly meetings of the Health and Wellness Action Advocates (formerly called the Consumer Housing Group), a group of individuals with mental illness who partner with MHA-SF to advocate for improvement to the mental health system.

We trained and supported mental health consumers to take part in a variety of public policy opportunities including speaking out at hearings on mental health and serving on housing and mental health policy committees. We also held leadership training workshops for tenants of supportive housing in collaboration with the Corporation for Supportive Housing and St. Anthony's Foundation. In November we organized consumers to vote.

THANK YOU

We deeply appreciate the many individuals and organizations that support MHA-SF and we are pleased to acknowledge their generous contributions. Below are gifts made between July 1, 2004 and June 30, 2005. Please call 415-421-1882 if you have any corrections to this list.

Bell of Hope Giving Circle Members (gifts over \$250)

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**Bringing
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Together**

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The Lawyers' Club of
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The Lipschutz Family
Bernard & Leslie
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Janet L. Rogers
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Anne Stranczek
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THANK YOU

Collaborative Partners*

Our formal and informal nonprofit and governmental partners are vital to our success. The following is a partial listing of these important partners:

Access Institute for Psychological Services, AIDS Legal Referral Panel, Baker Places, California Department of Mental Health, California Institute of Integral Studies, California Pacific Medical Center, **Chinatown Community Development Center**, Chinatown/ North Beach Mental Health, Coalition on Homelessness, Community Housing Partnership, Corporation for Supportive Housing, **CVE Inc.**, Conard House Inc., **Edgewood Center for Children and Families**, Family Caregiver Alliance, **Iris Alliance Fund**, **Independent Living Resource Center San Francisco**, **Mental Health Association in California**, NAMI-SF, **National Mental Health Association**, Northern California Psychiatric Association, OASSIS Office of Self Help, On Lok Senior Health, Planning for Elders in the Central City, Progress Foundation, **Richmond Area Multi-Services, Inc.**, San Francisco Bar Association-Volunteer Legal Services Program, San Francisco Board of Supervisors, **San Francisco Community Clinic Consortium**, San Francisco Department of Human Services, San Francisco Department of Public Health-Community Behavioral Health Services, San Francisco Health Commission, San Francisco Human Services Network, San Francisco Mayor's Office on Disability, San Francisco Mental Health Board, **San Francisco Suicide Prevention**, SEIU International Locals 790, 250 and 535, SpiritMenders, St. Anthony's Foundation, Supportive Housing Employment Collaborative, Tenderloin AIDS Resource Center, **Tenderloin Housing Clinic-Central City SRO Collaborative**, Tenderloin Neighborhood Development Center, Tom Waddell Clinic, The Volunteer Center of San Francisco and San Mateo Counties, **Westside Community Mental Health Center, Inc.**, and many more.

Special thanks to the Harrington Group for their support in funding this annual report.



** Organizations in bold are MHA-SF organizational members.*

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CONSOLIDATED FINANCIAL REPORT

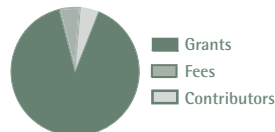
STATEMENT OF FINANCIAL POSITION June 30, 2005

Assets	
Cash	\$ 156,691
Total Accounts Receivable	308,974
Prepaid Expenses	10,870
Total Assets	\$476,535
 Liabilities and Net Assets	
Liabilities	
Accounts Payable	\$ 384
Other Liabilities	18,201
Total Liabilities	18,586
Net Assets	
Temporarily Restricted	445,120
Unrestricted	12,829
Total Net Assets	\$ 457,949
Total Liabilities and Net Assets	\$476,535

STATEMENT OF ACTIVITIES

Revenue/Expense	
Revenue	
Government Contracts	\$ 126,969
Grants	509,132
Contributions	25,084
Fees	39,071
Other Revenue	3,226
Total Revenue	\$ 703,482
Expense	
Personnel	\$ 278,948
Independent Contractors	14,182
Other Expenses	86,628
Total Expense	\$ 379,757
Net Revenue	\$323,725

REVENUE



EXPENSES



HOW TO DONATE



*Bringing
Communities
Together*

“I give to MHA-SF because it is a vital organization providing leadership to improve mental health in San Francisco.”

*– Susan Mattox,
MHA-SF donor*

“MHA gave me the information and resources I needed to find help and get my life back on track.”

*– Information and
referral caller*

Individual contributions are key to fulfilling our mission! Your contributions and commitment can bring awareness, visibility, and a strong voice to people affected by mental illness.

THERE ARE MANY WAYS TO GIVE!

- **Mail, Phone or Online** Mail your check to MHA-SF or call us with credit card information. Or visit www.mha-sf.org and click on “Support Us!”
- **Matching Gifts** Double or even triple your gift by asking your employer to match gifts.
- **Goods and Services** The gift of goods, services, and time are appreciated. Please call us to learn about our needs.
- **Stock** Gifts of appreciated stock will provide you with valuable tax savings.
- **United Way** Designate your United Way gift to the Mental Health Association of San Francisco.
- **Memorial Gifts** Make a donation in honor or remembrance of a friend or loved one by telling us the name of the person the gift is honoring. We will notify the individual or family.
- **Community Thrift Store** Donate clothing, books, or other items you would like to donate to the Community Thrift Store at 623 Valencia Street (at 18th), in San Francisco. Tel: (415) 861-4910. (Mention code #206, so that proceeds directly benefit MHA-SF.)
- **Legacy Gifts** Remember the Mental Health Association of San Francisco in your will, life insurance policy or retirement plan to give a long-lasting gift.

For more information about these or any other giving opportunities, please call Belinda Lyons at (415) 421-1882.

All donations to MHA-SF are tax deductible as allowed by law. MHA-SF is a 501 (c) 3 organization. Our Federal Tax ID# is 94-1218623.

STORY OF THE MENTAL HEALTH BELL

The Mental Health Bell is recognized throughout the nation as the symbol of the National Mental Health Association (NMHA). Cast from iron chains and shackles that once restrained people in asylums, the Bell is both a powerful reminder of the harrowing care individuals endured and a sign of hope for continued progress in understanding and treatments.

In the early 1950s, NMHA issued a call to asylums across the country for their discarded chains and shackles. In April of 1953 NMHA melted down these inhumane bindings at the McShane Bell Foundry in Baltimore, Maryland, and forged the 300-pound Mental Health Bell.

Today the Mental Health Bell tolls to end misunderstanding and discrimination and rings out hope in the fight for victory over mental illnesses.

The Mental Health Association of San Francisco is an affiliate of the Mental Health Association in California and the National Mental Health Association.

“Cast from shackles which bound them, this bell shall ring out hope for the mentally ill and victory over mental illness.”

– Inscription on NMHA Bell





Mental Health Association of San Francisco

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