



**PATH TO WELLNESS**



**WELLNESS & RECOVERY CLASSES**

- 1,689 attendees
- 370 hours of classes taught
- 93% used skills learned to manage their conditions
- 87% anticipate reduced need for crisis services



**SUPPORT GROUPS**

9 specialized weekly support groups serving women, families, LGBTQ, and others



**PEER SUPPORT**

- 1,037 hours of one-on-one peer support coaching
- 94% made positive life changes

*Recovery is a journey, not a destination.*



**40%** reported achieving a new job, new housing, or going back to school.

“  
Mental Health Greensboro completely turned my life around.  
”



Non-Profit Org.  
U.S. Postage  
**PAID**  
Greensboro, NC  
Permit No. 266

700 Walter Reed Drive  
Greensboro, NC 27403



**Michelle Bostian**

## **PRESIDENT'S MESSAGE**

Mental Health Greensboro is making an impact in Greensboro! From supporting adults with mental illness to preventing suicides in our youth, we are engaged with the community of Greensboro in meaningful ways.

Last year alone we provided 407 support group meetings to 3,506 individuals, added four new classes to our catalog of Recovery Skills classes, held 1,037 individual meetings for peer support, trained 95 youth in Question, Persuade and Refer suicide prevention skills, trained 48 adults in Mental Health First Aid, and satisfied 42,000 requests for information.

Every dollar you give makes an impact in reducing suicide rates in our schools and larger community. Partner with us today. Together we are advancing mental wellness in our community.

**“MHG is amazing and I'd love to stand at the side of the road with a banner saying 'everybody come here.'”**

## **PEER STORY**

Living life with mental illness can be a life fraught with trials of depression, anger, anxiety, and overwhelming emotion. A life where abuse is normalized. A life that feels worthless and hopeless. “I just wanted my life to end,” says Lee about her suicide attempt. “After I came through, I gave my daughter a hug and something clicked. I knew something had to change, I didn’t want to live my life like that anymore.” A single mother diagnosed at a young age with various mental and physical illness, Lee met one of MHG’s peer support specialists while recovering at Cone Behavioral Health Hospital. Determined, Lee began coming to classes at MHG in 2017. Beginning with the Anger Management and Wellness Recovery Action Plan (WRAP) classes, Lee’s transformation was under way. “I learned I was not a victim; I was a survivor. I learned I had to put myself first.” Empowered, Lee began to take advantage of more and more of MHG’s classes, and has graduated over 20! Her path to wellness and recovery has led her to becoming a North Carolina Certified Peer Support Specialist, a year of volunteering, and now working as office manager at Mental Health Greensboro. “I would have never thought I’d be here,” she says wide eyed. We are so glad Lee found us, and feel fortunate to be able to provide such valuable services to people like Lee seeking to turn their lives around.



**“MHG provides life changing services.  
You guys really empower people to take control and change their own lives.”**

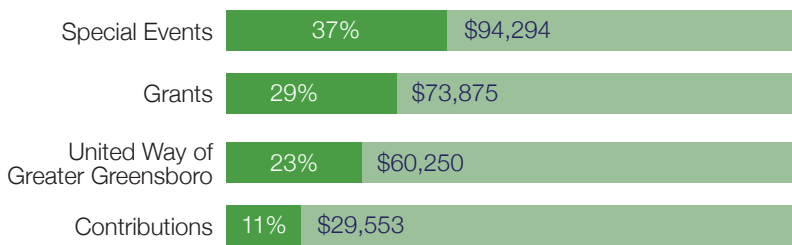
# FINANCIAL SUMMARY

In 2018-19

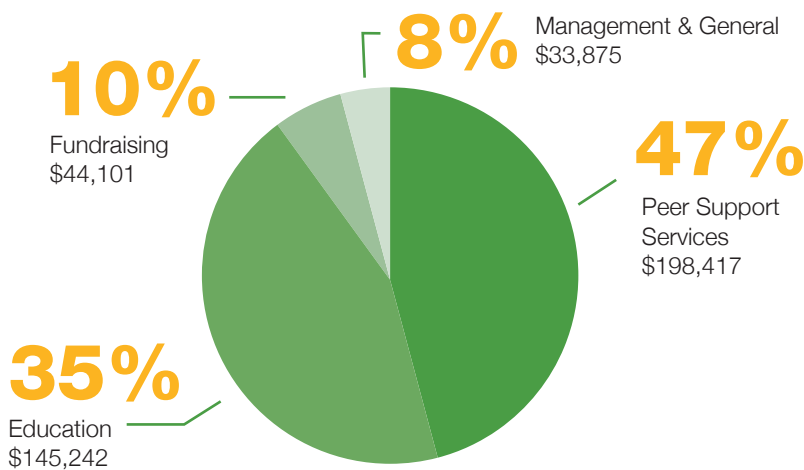
REVENUE	30-JUN-19	30-JUN-18	30-JUN-17
Public Support	257,972	211,304	179,219
Other Revenue	151,100	116,594	117,982
<b>TOTAL</b>	<b>409,072</b>	<b>327,898</b>	<b>297,201</b>

EXPENSES	30-JUN-19	30-JUN-18	30-JUN-17
Functional Expenses	343,659	279,467	287,008
Allocated Expenses	77,976	65,054	69,979
<b>TOTAL</b>	<b>421,635</b>	<b>344,521</b>	<b>356,987</b>
<b>Change in Assets</b>	<b>-12,563</b>	<b>-16,623</b>	<b>-59,786</b>
<b>Net Assets at End of Year</b>	<b>118,193</b>	<b>130,756</b>	<b>147,379</b>

## FY2019 PUBLIC SUPPORT BREAKOUT



## FY2019 EXPENSE BREAKOUT



Mental Health Greensboro is a United Way of Greater Greensboro strategic partner, working to break the cycle of poverty for families in Greater Greensboro.



## OFFICERS

Michelle Bostian, MSW, LCSW, *President*  
 Open — *Past President*  
 Tom McKenna, *Vice President*  
 Ashley Harris, *Secretary*  
 Hugh Murtagh, *Treasurer*

## DIRECTORS

Carol Davis  
 David Cashwell  
 Rebecca Buchanan  
 Rick Schneider  
 Teresa Bonnstetter  
 Elissa Langley  
 Nicole Villano

## STAFF

Alexandra Espitia, *Director of Community Education*  
 Amber Reed, MA, NCCPSS, *Peer Support Specialist*  
 Donna Shelton, MHA, *Executive Director*  
 Jan Cooke, CPA, *Accounting Manager*  
 Lee Carter, *Administrative Assistant*  
 Mary Christoph, NCCPSS, *Peer Support Specialist*  
 Rick Mozena, NCCPSS, *Peer Support Specialist*  
 Stephanie Rhodes, BSN, RN, NCCPSS, *Director of Peer Support Services*  
 Suzanne Stafford, *Director of Communications*  
 Tammi Taylor, MS, NCCPSS, *Peer Support Specialist*

# THE FUTURE OF MENTAL HEALTH GREENSBORO

Mental Health Greensboro has been growing and evolving for nearly 80 years. Providing accessible mental health support services and educating the community to decrease stigma and increase awareness surrounding mental health issues remain central to our mission. In addition to the multiple recovery classes and support groups, in the future we will enhance the impact of our organization by growing and diversifying the number of classes offered, as well as adding evening and weekend classes.



## PEER SUPPORT

Expand our wellness recovery class catalog and begin to offer evening and weekend classes to be more accessible to people that are working.

Grow our Teens Gotta Talk peer support and QPR training into public and private schools and community organizations.



## COMMUNITY EDUCATION

Continue working to eliminate stigma associated with mental illness and to disseminate the message that mental health is everyday health, and that everyone should be engaged in preventative care.

Expand Mental Health First Aid and QPR Training to train the community in how to recognize and respond to mental health crises.



## PEER SUPPORT SPECIALIST EDUCATION

Train Peer Support Specialists in mental health and addiction recovery through the LIFT Peer Support Internship.

Grow MHG's Lift Peer Support Internship program to enroll more peer support specialists.

## YOU CAN MAKE A DIFFERENCE

<https://www.mhag.org>

Now, perhaps more than any other time in American history, there is a recognition for the need of services that provide help to those experiencing mental illness. A 2019 study by the National Institute of Mental Health found that 1 in 5 Americans, over 45 million people, are living with mental illness, and the consequences of that number can be devastating. Mental illness accounts for over 55 million ambulatory care visits per year. 64% of jail inmates and 25% of the homeless population have diagnosed mental illness. One in two Americans, people just like you and me, will be diagnosed with mental illness in their lifetime. Even with such staggering numbers, states including North Carolina are cutting budgets to services that provide mental health assistance. The need for your help in supporting services like the ones Mental Health Greensboro provides is tremendous. Your support through donating, volunteering, and serving on our board helps to provide free services that give hope, encouragement, social support, and opportunity to members of our community. Together we are making strides and making a difference in the lives of our community, and we are grateful for the support we receive in this important work.

