



2023 ANNUAL REPORT

A LETTER FROM OUR EXECUTIVE DIRECTOR



Daniel Colpoys
Executive Director

The Mental Health Association in Niagara County staff and Board of Directors are pleased to release our 2023 Annual Report. 2023 was a busy year at the MHA - which is a good news/bad news situation. The good news is that the MHA provided services to over 13,000 individuals. The bad news is that the MHA provided services to 13,000 individuals. Did I confuse you? Let me explain further. While the staff at the MHA does heroic work on a daily basis, and we're honored and humbled to do it, the number of individuals with mental health concerns in Niagara County – and across the country – is growing! So, demand is up, so to speak, and supply (the MHA) is needed to meet the demand for professional and effective service delivery.

So, how did we meet the demand in 2023?

- a. Hope House, which provides temporary housing for individuals experiencing a mental health crisis, had 44 house guests.
- b. Our Respite program, which provides free emergency childcare for families who have a child with a mental health diagnosis, served 80 families with 194 children.
- c. Our Compeer program, whose aim is to improve the quality of life for program participants through social, recreational, and educational activities, served 829 individuals.
- d. Our Peer Services program, which provides one-on-one, as well as group support sessions for individuals struggling with their mental health, served 2,579 individuals.
- e. Our Community Education Department served 9,327 individuals in 2023 through their department's functions listed below:
 1. Conducts presentations on various mental health-related topics to schools, civic organizations, businesses, and houses of worship
 2. AND gives out the MHA's Directory of Community Services (aka Help Books)
 3. AND tapes our monthly television show, "The Many Faces of Mental Health" shown on Lockport Community Television
 4. AND maintains the agency's social media pages and agency website
 5. AND represents the MHA at community tabling events
 6. AND maintains the agency's Eric Arendas Resource Library
 7. AND puts together our quarterly newsletter, The Voice
 8. AND handles all telephone, email, and in-person inquiries about the agency

That...is what I call meeting demand. Again, we are honored and humbled to be able to serve so many people in need. And, if demand increases even more in 2024...the staff of the MHA will be there to meet that demand.






I thank everyone for their support of the agency.




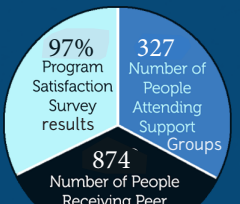

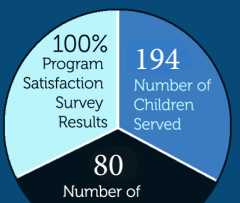

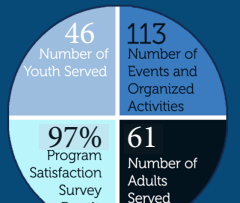


Sincerely,

Daniel Colpoys
Executive Director

PROGRAMS, SERVICES AND OUTCOMES



<p>COMMUNITY EDUCATION</p> 	<p>MHA is dedicated to promoting mental wellness, while providing valuable information and education about mental illness. Our programs and resources benefit children, families, professionals, consumers of mental health services, and the general public. Through our Community Education program, you can:</p> <ul style="list-style-type: none"> - Request a mental health-related presentation for your school, business, group, organization or house of worship - Receive free agency informational brochures, packets, and access our FREE lending library - Request an MHA representative to attend a health fair or other event <p>With our Community Education Department's Information & Referral services you can find out about valuable service agencies and how to connect with them. You can easily find services related to topics such as: addictions, children/youth, crisis & emergency services, education/training, employment, family, financial, food & clothing, LGBTQ+, government, health insurance, health services, housing, law enforcement, legal issues, mental health, senior citizens, transportation, and veterans' services.</p>
<p>PEER SERVICES</p> 	<p>We offer a variety of peer-led programs to consumers who may need help navigating through the different stages of a mental health diagnosis. There are many benefits to seeking help from a certified peer. When receiving peer-led services, you're learning from someone who has been where you are and speaks your language. Certified peers have navigated their way through the mental health system, which can often be difficult to understand. Certified peers are a reminder that you are never alone and that recovery is possible. Our peers will advocate for you, support you, and help you find the programs to best aid in your recovery. We have peers located at:</p> <ul style="list-style-type: none"> - Niagara Falls Memorial Medical Center - Trot Access Center - Shaw Building - Hope House <p>We also offer a variety of support groups. Support groups provide the opportunity for anyone who wishes to benefit from shared experiences, encouragement, and information. We sponsor several support groups throughout Niagara County. For schedules, please call our office at 716-433-3780. Some of our support group topics include:</p> <ul style="list-style-type: none"> - Suicide Survivors - Mental Wellness - Grief Support <p>We also facilitate the Consumer Planning Advisory Committee (CPAC). CPAC is a collective organization of mental health service consumers who provide input into the local planning process for mental health services. Our monthly meetings provide a unique opportunity for the voices of mental health consumers to be heard amongst policy makers and leaders in Niagara County. CPAC members have the opportunity to tell policy makers which of their needs may or may not be met— whether that be public transportation, housing, or access to food banks and shelters.</p>
<p>RESPITE</p> 	<p>The Respite Program through the Mental Health Association provides free childcare to families with a child (or children) with a current mental health diagnosis and their siblings. Respite can reduce the family's overall stress level and increase the caregiver's ability to provide childcare that best suits the needs of their children.</p> <p>The Respite Program gives the primary caregiver a reliable and planned break from parenting. Whether the caregiver needs time to relax or just clean up around the house, the In-Home Respite Program is here to help. The caregiver may use the respite time to:</p> <ul style="list-style-type: none"> - Run errands - Attend professional or personal appointments - Spend time with family and friends - Take a class - Renew old hobbies - Enjoy quiet time - To spend valuable one-on-one time with their other children.
<p>COMPEER</p> 	<p>Compeer Niagara is a volunteer-based program in that serves adults and children who have a mental health diagnosis and limited social supports. Our aim is to improve the quality of life and self-esteem of our clients through social inclusion and enjoyable activities. Compeer recruits, screens, and matches trained volunteers and mentors for one-to-one supportive friendships with children and adults.</p> <p>A "Compeer" is a companion who is also a peer or equal. Those diagnosed with a mental illness may experience the loss of self-esteem, the fear of failure, loneliness, and the need to build support systems; this is where Compeer can help.</p> <p>The goal of Compeer is to provide a caring friend who can offer support through social inclusion and mutual understanding. Compeer participants must be referred by their Mental Health professional.</p>
<p>HOPE HOUSE</p> 	<p>Hope House provides temporary housing for individuals experiencing a mental health crisis. The program was developed to provide services to Niagara County adults in a home-like, safe and secure environment. Unique to this program is its peer-operated aspect, where the program's staff identifies as having lived experience themselves.</p> <p>The Center offers four respite beds for hospital diversion, temporary housing, symptom management, and as a rest or relief from stressors to current living situations. Also offered is a Recovery Line, providing face-to-face meetings and/or phone support to prevent the onset of an emotional crisis. Therapeutic support and intervention services are offered through the Mobile Transitional Support Team, specifically helping those in transition during this critical time.</p>

<p>BREANNA LOCKHART Community Education Director</p> 	
<p>SHANNON VEIDERS Peer Services Director</p> 	
<p>SARA GEORGE Respite Manager</p> 	
<p>TARA PORTER Compeer Niagara Director</p> 	
<p>ROSEMARY MARVIN Hope House Director</p> 	

Statement of Financial position

2024 BUDGET

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	Comm. Ed.	Respite	Compeer-Adult	Peer Services	Compeer-Youth	MTS	Hope House	Peer WC	Ag Adm	
REVENUE										
Niagara County	39,036									39,036
Local Assistance	70,975									70,975
CSS-Client Advocacy										0
CSS-Peer Advocacy				76,405						76,405
Adult Case Management-Compeer Adult			119,723							119,723
Adult Family Service				7,556						7,556
Outreach-Kids Compeer					72,067					72,067
In Home Respite		70,467								70,467
Mobile Transport Support						53,538				53,538
Peer Wellness Coach								46,093		46,093
Min. Wage Inc. Respite		9,866								9,866
Min. Wage Inc. Outreach					9,568					9,568
Min. Wage Inc. Advocacy										0
Min. Wage Inc. Comm. Ed.	9,161									9,161
Min. Wage Inc. Peer Advocacy				11,609						11,609
United Way of Greater Niagara										0
UW Donor Designated	1,000									1,000
Donations	8,089									8,089
Grigg Lewis Foundation, Inc.	10,000									10,000
Grigg Lewis Workshop	5,350									5,350
MHA in NYS Grant	1,500			1,500						3,000
Mental Health Advocates	6,000									6,000
Community Missions for Hope House							126,500			126,500
Shaun Rocco Foundation				1,500						1,500
TOTAL REVENUE	151,111	80,363	119,723	98,570	81,655	53,538	126,500	46,093	104,076	757,553

We extend our heartfelt gratitude for your unwavering support and commitment to mental wellness. Your generosity has a profound impact on the lives of countless individuals within our community. Through your contributions, we can continue our vital work, providing essential services, education, and hope.

GRANTS & DONORS (OVER \$100)

- . NIAGARA COUNTY DEPARTMENT OF MENTAL HEALTH & SUBSTANCE ABUSE SERVICES
- . NEW YORK STATE OFFICE OF MENTAL HEALTH
- . MENTAL HEALTH ASSOCIATION IN NEW YORK STATE
- . GRIGG LEWIS FOUNDATION
- . UNITED WAY OF GREATER NIAGARA
- . MENTAL HEALTH ADVOCATES OF WESTERN NEW YORK
- . NIAGARA FALLS HOUSING AUTHORITY
- . SHAUN ROCCO FOUNDATION
- . WILSON CENTRAL MUSIC PARENTS ASSOCIATION
- . NIAGARA FALLS SCHOOL DISTRICT
- . ALIX + BRIAN HUTCHISON
- . TOMPKINS FINANCIAL
- . GREATER NIAGARA MECHANICAL, INC.
- . MATTHEW NATALI
- . VEEVA SYSTEMS
- . TERRI ARENDAS
- . JAMES + KAREN GRUNDY
- . STEPHANIE ARENDAS
- . RONALD CARRIGAN
- . JOHN MADDEN
- . JASON PARRY
- . REID'S DRIVE IN
- . NIAGARA'S CHOICE CREDIT UNION
- . EVAN SCALES
- . SUSAN FREELAND
- . BRADEN SCALES
- . EFPR GROUP



2023 - MHA in Niagara County Volunteer Board Roster

OFFICERS:

EMILY SHIELDS, BOARD CHAIR

JOEL GRUNDY, VICE CHAIR

TRACY DIINA, SECRETARY

KYLE ZUNNER, TREASURER

MEMBERS:

SARAH LANZO

KATHY ZUNNER

JAIME LUBS

JAKE MOSKAL

Dear Community,

In the heart of Niagara County, we stand united—a beacon of compassion, resilience, and hope. The Mental Health Association invites you to join hands in our mission to transform lives, one step at a time.

Why “Turning Illness into Wellness”? We believe that every challenge holds within it the seed of growth. Mental health struggles are no exception. By nurturing understanding, empathy, and support, we turn the tide. Together, we rewrite the narrative—from illness to wellness.

How Can You Make a Difference?

Advocate: Raise your voice for mental health awareness. Break down barriers, challenge stigma, and foster understanding.

Volunteer: Be a lifeline. Volunteer with Compeer Niagara, offering friendship and companionship to those who need it most.

Donate: Your generosity fuels our programs—support groups, respite care, education, and more. Every contribution counts.

Attend: Join our community education sessions. Equip yourself with knowledge to support loved ones and promote mental well-being.

Share: Spread the word. Let others know that healing is possible. Share stories of resilience and recovery.

Together, We Thrive Let’s weave a safety net of compassion, lifting each other toward brighter days. Join us as we turn illness into wellness—one connection, one smile, one act of kindness at a time.

Together, we heal. Together, we thrive.



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Instagram: @mhaniagaracounty