



ASSOCIATION for  
MENTAL HEALTH & WELLNESS



MAKING AN  
IMPACT

2017 ANNUAL REPORT



# ASSOCIATION *for* MENTAL HEALTH & WELLNESS



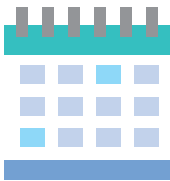
# 100%

of Recovery & Wellness  
clinical staff trained in  
suicide prevention



# 93%

of Client Satisfaction  
Surveys rated excellent  
or good (CSQ-8)



# 94

Community Outreach  
and Education Events

# 6,000



Nearly 6,000 people  
accessed our programs  
and services

The origin of the **Association for Mental Health and Wellness (MHAW)** dates back to 1955 with the incorporation of the Mental Health Association in Suffolk County. In 1990, Clubhouse of Suffolk was founded, providing a wide array of psychiatric rehabilitation and recovery programs. With the growing need to provide services for Veterans with PTSD and other service-related challenges, Clubhouse merged with MHA Suffolk and Suffolk County United Veterans in 2014 to form the Association for Mental Health and Wellness. The Association for Mental Health and Wellness, a not-for-profit 501(c)(3) corporation based in Ronkonkoma, NY, provides programs, services, and advocacy for people and families facing mental health challenges with an enhanced focus on serving military Veterans.





Michael Stoltz, LCSW

## DEAR FRIENDS, COLLEAGUES, AND SUPPORTERS:

We are proud to present to you our 2017 Annual Report, presented in an electronic format that allows easy navigation between sections and access to links on our website so you can learn more about our growing and impactful organization.

Despite the many challenges that face non-profits like ours, the Association for Mental Health and Wellness (MHAW) is well-positioned to promote and provide quality behavioral health services to Suffolk County residents. Consistent with Mental Health Associations across the country, MHAW provides principled leadership in the region and the state on matters that concern all people and communities who have behavioral and physical health concerns.

In this Report, you will find:

- » Profiles of three people who have used our services—Wanda, Bill, and Ruth—who share their recovery journeys to self-sufficiency and enriched family lives thanks to newfound resilience.
- » A profile of Dwyer Veteran Peer Support Project Peer Specialist Roger, whose service on the battlefield, and his recovery from physical and mental wounds, engendered his path to giving back to other Veterans.
- » An interview with a senior member of our Board of Directors, Rosemary Speciale, who discusses why her relationship with MHAW has been important and meaningful for her.
- » Snapshots of the impact of our programs and services in 2017 and of our organization's financial standing.

This Report also reflects the emergence of a key element in population health—effective collaboration among stakeholders in the health and wellness of each individual and community we serve. These include primary and specialty healthcare providers, anti-poverty entities, employers, schools and universities, and a myriad of government agencies that oversee criminal justice, public health, and social services. With new knowledge that “social determinants” bear a greater impact on our health than genetics or treatment alone, MHAW takes great pride in having assembled such committed and passionate partners.

It is our hope that this Report will help you learn more about our organization and consider additional ways in which you can participate in our efforts and support our growth. Together, we can continue to “Make an Impact” on mental health and wellness for all Suffolk County citizens.

Sincerely,

MICHAEL STOLTZ, LCSW  
Chief Executive Officer

CYNTHIA MASON  
President



Cynthia Mason



Association for Mental Health and Wellness was the recipient of the HIA-LI 2017 “Business Achievement Award” in the Not-for-Profit category. Our award was received in recognition of positive employer/employee relations, commitment to Long Island growth, and a strong vision for the future.



On July 21st in 93 degree heat in an incredible show of support, over 1,500 cyclists came together to ride 25 miles from the Town of Babylon Parks & Recreation to Overlook Beach, Babylon, NY. The Wounded Warrior Project donated over \$45,000 in support of the Suffolk County United Veterans project.



MHAW’s Director of Special Projects, Tara Larkin-Fredericks, and Community Outreach/Health Coach, Janet Farfan, spoke to over 200 healthcare leaders today at the Project Advisory Committee of the Suffolk Care Collaborative’s DSRIP Program. Janet and Tara (center) are flanked by Dr. Linda Efferen (left), VP and Medical Director, SCC, and Amanda Chirco, Project Manager for SCC.





Recovery Center East's peer-run program provides a range of activities designed to help individuals in recovery to live, work and fully participate in communities.

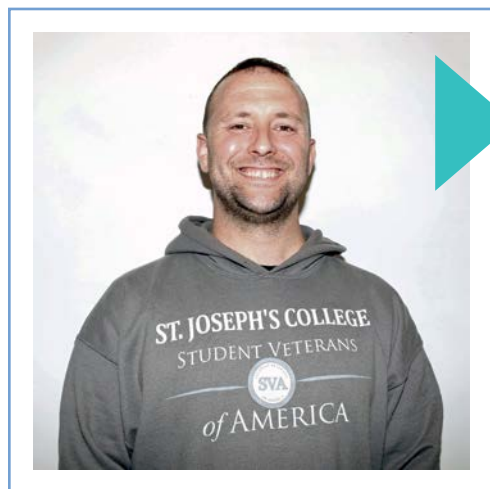


The Girl Scouts showed their support for our Veterans by decorating a recreation area at The Vets Place Shelter.



Bethel Hobbs Community Farm in Centereach provided four large garden plots for our members to grow their own organic produce.

# HOW IT WORKS



## **ROGER**

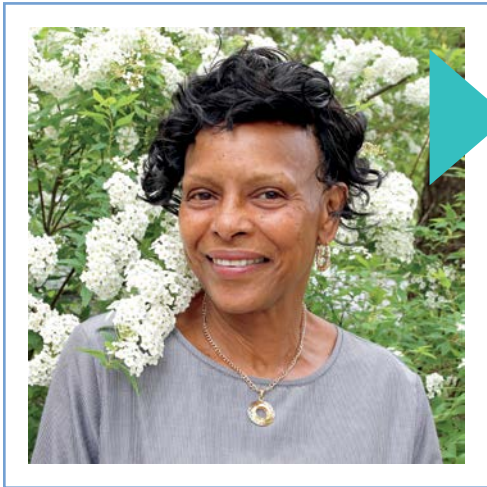
During my four years of service in the U.S. Marines, including two deployments to Iraq, I was shot by a sniper and received a Purple Heart award. The Joseph P. Dwyer Peer Support Project was critical in assisting me with post-service transition issues. They gave me an understanding of life after the military and helped me to regain personal stability. I became able to effectively apply my military skills into civilian life. In 2014, I came full circle and was hired to be a Peer Mentor with the Dwyer Project, facilitating a support group at the Sag Harbor site.

## **RUTH**

As a single mother of a son with multiple disabilities, life was difficult and I found myself isolating and sleeping all day. My therapist recommended I go to MHAW. It wasn't easy at first because I had a lot of anger issues, but after two years I started talking to members and staff, slowly opened up, and began working one-on-one with a counselor. I now come five days a week and am working on becoming a peer specialist, having completed three courses online with plans to soon enroll into the Peer Specialist Training program. I volunteer at the front desk, the kitchen, and the food pantry and enjoy life now.





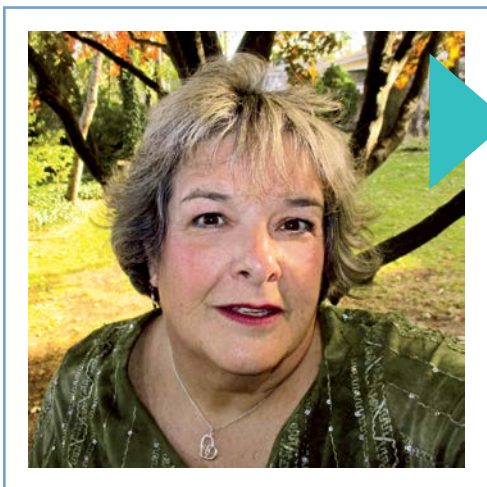
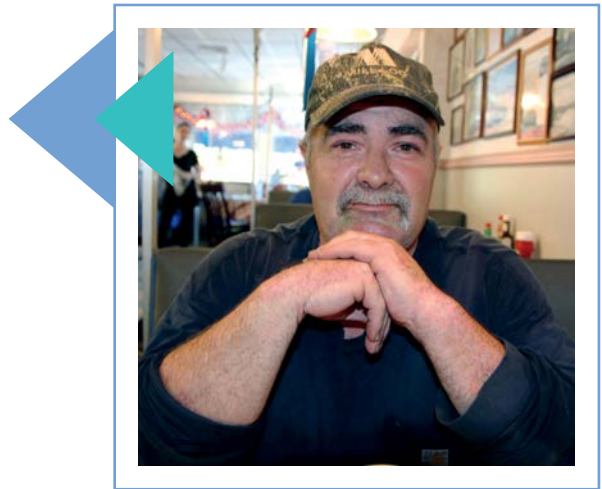


### **WANDA**

For the longest time I didn't understand what a mental illness was; I just knew I had these labels and felt suicidal when I was diagnosed. Fortunately, the Department of Labor referred me to MHAW where I saw lots of people like me. I enrolled in the Home and Community Based Services program that allowed me to create my own goals. I started taking the Peer Specialist Training and I graduated this past June. I am looking forward to completing my 2,000 hours and hope to secure a position as a peer specialist.

### **BILL**

I was enlisted in the Coast Guard in 1980 where I trained to be an electronics technician. However, after my mother fell ill, the stress of working and being caretaker took its toll, and after my mother died, I was diagnosed with diabetes and heart problems. I lost my job and was forced to live in my truck, until I found out about The Vets Place housing and food pantry. I was connected with the VA and my health is now under control. I also enrolled in the United Way of Long Island's VetsBuild program where I completed green construction training and secured a full-time job.

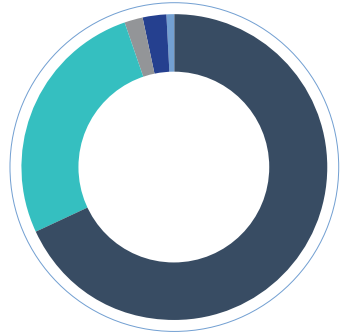


### **ROSEMARY**

Rosemary Speciale has served on our Board of Directors for 26 years, having joined during our early years as Clubhouse of Suffolk. She is our Board Treasurer and Chair of our Finance Committee. In collaboration with our CFO, they ensure that our organization delivers on our mission, which relies on fiscal responsibility. Our Board is kept informed as to how our programs operate and how the community we serve benefits. Rosemary is also a regular participant at our awareness events and fundraising activities, stating, "It is always a joy to see the people we serve, the community, staff, managers, and Board all come together for our cause!"

2017

# FINANCIAL STATEMENTS



## Support and Revenue

● Fee for Service.....	\$7,804,728
● Grants & Contracts.....	\$3,062,076
● Development Events and Donations .....	\$219,622
● Rental Income.....	\$284,856
● Other Income .....	\$87,188

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\$11,458,470



## Expenses

● Programs & Services.....	\$9,332,998
● Supporting Services .....	\$1,667,934

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\$11,000,932

## 2018 GOALS

- » Enhance all MHAW and SCUUV physical plant environments through grants and fund-raising.
- » Position MHAW for success in Value-based-Payment arrangements with MCOs by quantifying the experience and outcomes of our clients as well as the costs of our services.
- » Enhance the skills and capacity of our region’s peer specialist workforce—including Veteran peers—through our Careers in Recovery and Wellness classes, post-certification training, and internships.
- » Build capacity and sustainability of the Federal Home and Community-Based Services (HCBS) waiver services.
- » Enhance our outreach services at sites where people with acute and pressing health and social needs appear, such as homeless shelters, after release from prisons and jails, and hospital emergency rooms.
- » As NYSDoH Health Home rates stabilize, including “Health Home Plus” expansion for those with most serious behavioral health challenges, continue to define ourselves as “high achievers and contributors” under our two lead Health Homes.
- » Increase the number of people in Suffolk County who become certified in Mental Health First Aid, with a focus on staff in high-need school districts, libraries, and social and forensic services settings.



2017

# GRANT AWARDS

## COLLABORATIVE GRANT PARTNERS

- » Economic Opportunity Council of Suffolk, Inc.—Supportive Services for Veteran Families (SSVF) \$113,398 per year
- » Suffolk Care Collaborative, LLC of Stony Brook University’s Performing Provider System (under the state Health Department’s System Reform Incentive Program)—Integrated Care Project

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**\$316,889** » Suffolk County Department of Social Services renewal funding for emergency and transitional shelter with support services for Veterans

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**\$117,600** » NYS Office of Temporary and Disability Assistance New York State Supportive Housing Program renewal funding to support case management services for Veterans

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**\$76,036** » U.S. Department of Housing and Urban Development renewal funding to provide housing and support services for Veterans who are elderly and/or disabled

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**\$10,917** » Long Island Cares Seed Grant for a 6-month Volunteer Coordinator to enhance productivity of the Chemical Free Garden

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**\$17,500** » United Way of Long Island for military family assistance

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**\$1,988,716** » NYS Office of Temporary and Disability Assistance Homeless Housing Assistance Program for three new homes for Veterans (contract approved)

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**\$968,751** » Dormitory Authority State of NY for energy efficient capital improvements to Pollack Center for Recovery and Wellness (contract approved)

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**\$5,000** » NYS Office of Mental Health for Mental Health Awareness Week activities

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2017

# EVENTS

## MENTAL HEALTH AWARENESS WEEK

Michelle Williams gave an inspiring and dynamic presentation that served as the perfect capstone for the 2017 Mental Health Awareness Week. Her message of hope resonated throughout the enthusiastic crowd. “There’s nothing wrong with going and getting the help that you need,” she told the audience.



## KICK STANDS UP MOTORCYCLE POKER RUN AND CAR SHOW

On Sunday, July 16, beautiful bikes as well as custom and classic cars, Veterans, their families, and the community from across Long Island came together for the 5th Annual Kick Stands Up Motorcycle Poker Run and Car Show, co-hosted by Founding Sons MC and Impressive and Aggressive Motor Club.

## CHILI COOK OFF AND FALL FESTIVAL

Cornucopia Natural Foods in Sayville took top prize for Best Chili in the professional vegan category. Participants enjoyed the most diverse, delicious, and creative meat and vegan chili dishes from local food establishments, area businesses, and local talent. Our other big winners included Rothco/ Pace’s Steak House, Chili Wonka and Vegan Long Island.





# Board of Directors

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## OFFICERS

Cynthia Mason, M.S.  
*President*

Dr. Kristie Golden  
*Vice President*

Thomas McOlvin, Jr., LCSW-R  
*Vice President*

Rosemary Speciale  
*Treasurer*

Virginia Cravotta  
*Secretary*

Dr. Dave Pollack  
*President Emeritus*

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Robert Detor, LCSW

Silas Kelly, LMSW, CMHT

Jennifer Martin, JD

Deb Mayo, RN

Dr. James Mullin

Cindy Reide Comb, LMSW

Susan Shilling, Esq., LCSW

## EXECUTIVE TEAM

Michael Stoltz, LCSW  
*Chief Executive Officer*

Kim Koster, CPA  
*Chief Financial Officer*

Paula Fries, LCAT, ATR-BC, CPRP  
*Chief Operating Officer*

Roni DeKoning, LMHC, CRC  
*Deputy Director*

Anne Marie Montijo, LCSW  
*Deputy Director of Strategic Initiatives*

# Corporate Support and Donors

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Adelphi University

Aero Mechanical of NY, Inc

Al-Anon Suffolk Information Services

American Foundation for Suicide Prevention

Ancient Order of Hibernians

Anna Smith Strong Chapter NSDAR

David Blumenfeld

Bradley & Parker, Inc.

Breakfast Club

Bridgehampton National Bank

Dr. Evelyn Bromet

Sheila Carpenter

Carol Castellano

Catholic Health Services

Catholic War Veterans Nassau/Suffolk Chapter

Cerini & Associates, LLP

Kim Cestare

Clean Magic Car Wash

Col. Josiah Smith Chapter NSDAR

Frederick Combs

Concern for Independent Living

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Founding Sons LE/MV MC

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Fusion Architecture, PLLC

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John and Judith Glaessgen

Dr. Kristie Golden

Carl Goodwin

Goody Two Shoes

Grace Community Church

H & M Leasing Corp.

Home Depot

HS Dobiecki, PC Architects

Impressive and Aggressive Motor Club

Innovative Termite & Pest Control

Irwin Contracting

Jewish Communal Fund

Jewish War Ladies Auxiliary Post 336

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Knights of Columbus Council #6062

Kim Koster

Dennis A. Kulak

North Shore LIJ South Oaks Hospital

Long Island Behavioral Medicine, PC

Long Island Moose Classic Car Club

Make It Count Foundation

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William McCarthy

Thomas & Marie McOlvin

Mental Health Association of Nassau County

Mercy Haven

Dr. James & Francine Mullin

Mutual of America

NAACP—Islip Town Branch

National EAP

Network for Good

Nixon Peabody LLP

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Marjorie A. Ottaviano

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People's United Bank

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PSEG

Quanastas

Jim Quinn

Edward S. Reiff

Religious Society of Friends

Retlif Testing Laboratories

Riverhead Elks Lodge #2044

Riverhead Toyota

Robert Half Account Temps

Robert Half International, Inc.

Ronkonkoma RC Charitable Fund

Rotary Club of Middle Island

Rotary Club of Rocky Point

ROTHCO-Corporate Headquarters

Selden Cadets Alumni Association

Howard Somberg

Milton Somberg

Sound Beach Civic Association

Cara Stone

Stony Brook Hospital

Suffolk Bus Corp.

Suffolk Machinery Corp.

Teachers Federal Credit Union

Trickster Productions

United Way of Long Island

VFW Rocky Point Post #6249

Wounded Warrior Project

Zabell and Associates, P.C.



# THANK YOU

SUPPORT FOR OUR ORGANIZATION IS ESSENTIAL TO PROVIDING QUALITY SERVICES AND PROGRAMS THAT CHANGE LIVES. WE ARE VERY GRATEFUL TO EVERYONE WHO HAS HELPED TO MAKE THIS HAPPEN.

**ASSOCIATION *for***  
**MENTAL HEALTH & WELLNESS**



**LOCATIONS**

**Pollack Center for Recovery & Wellness**

939 Johnson Avenue  
Ronkonkoma, NY 11779  
Phone: (631) 471-7242

**Synergy Center for Recovery & Wellness**

1380 Roanoke Avenue  
Riverhead, NY 11901  
Phone: (631) 369-0022

**Suffolk County United Veterans**

32 Mill Road  
Yaphank, NY 11980  
Phone: (631) 924-8088

**Administration & Care Management**

2040 Ocean Avenue  
Ronkonkoma, NY 11779  
(631) 471-7242

[www.mhaw.org](http://www.mhaw.org)

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