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HOPE, HEALTH & RECOVERY

MHR'S NEWSLETTER - FALL 2014



Mental Health Resources, Inc.

NALDA'S STORY

Nalda is a 60-year-old woman from Cuba, where she was jailed at 15 years old. "I was brutalized while in jail," Nalda recalls. "I have not seen my sister or mother since then." In 1981, she came to the US on the Mariel Boatlift.

Once in the States, Nalda began using drugs to self-medicate from her Post Traumatic Stress Disorder and depression, and now lives with Hepatitis C and terminal liver disease. She is proud to say that for the last eight years, she has been clean and sober.

Nalda has worked with MHR's Care Coordination team to find suitable housing and manage her liver disease. She doesn't let her stage four liver failure stop her. "Nalda has shown tremendous courage and resilience in her recovery," states Saresse, Nalda's Case Manager. "She is a great example of how clients go through their journey of recovery. Nalda now has more hope than she has ever had."

Nalda has worked very hard to achieve her social goals and now volunteers at a local homeless shelter and has made a friend. She has a cat and a dog and finds great joy in caring for them. She works out at the gym as a natural way to manage her mental illness, and has recently found her family back in Cuba with the help of MHR Case Manager, Saresse.

"With the help of MHR I have found safe and clean housing that I can afford and it makes me so happy. I just found out that my mother and my sister are alive in Cuba and I feel so happy knowing this. I speak with them now and this gives me so much joy. I volunteer, I take care of my animals and I have my mother and sister back."



INVISIBLE NO MORE

Launched in 2013, MHR's Invisible No More Campaign is our first ever major philanthropic fundraising effort. The Campaign goal is to develop a base of new support from foundations, corporations and individuals that have not previously contributed to the agency to implement new programmatic initiatives and sustain them over the long-term.

Until 2013, the significant majority of MHR's annual budget was secured through government contracts, for-profit health plans, medical assistance, and earned income. Increasing contributed funding through the Campaign will allow the organization to address gaps in service by implementing new programs, such as Develop an Enhanced Integrated Service Model; Create a Comprehensive Dental Program; Pilot a Parent/Child Prevention Program; and Upgrade and Expand Data Collection and Evaluation Systems.

Thank you to the following foundations, corporations and individuals for their support. To date, \$931,250 of the \$1.1m Campaign goal has been committed. If you are interested in making a gift to the Campaign, please contact Jill Johnson, Director of Advancement, at (651) 999-4641.

*Anonymous (3)
Bentson Foundation
Blue Cross and Blue Shield of Minnesota Foundation
Blue Cross and Blue Shield of Minnesota and Blue Plus
Bremer Bank
Brian and Nancy Siska Family Fund of The Minneapolis Foundation
David Winton Bell Foundation
Dorn/Behrens Fund of the Raymond James Charitable Endowment Fund
E.R. Bigelow Foundation
Hardenbergh Foundation
Otto Bremer Foundation
Richard M. Schulze Family Foundation
Rodman Foundation
Saint Paul Foundation
Seward Community Co-op
Smikis Foundation
Wyman Family Foundation*



OPEN BASKETS

In 2006, Colleen Hansen and her family created some small gift baskets for MHR staff. After delivering them, Colleen received a phone call informing her that the staff could not accept them as it would be a conflict of interest. During the conversation the staff member mentioned an upcoming holiday party for the clients. "I asked if the baskets could be used there," said Colleen, and of course this was a welcome suggestion. Colleen, her family and a group of dedicated volunteers still work throughout the year to gather donations and assemble holiday gift baskets. "We receive great joy in gathering and creating the baskets," stated Colleen, "By making the holiday baskets for MHR clients, we are able to achieve having family time and creating a passion for giving while brightening the lives of MHR clients."

A big THANK YOU to Colleen Hansen and all of the Open Baskets volunteers and donors. 2014 marks the 9th year of MHR's partnership with Open Baskets. Colleen, her family and the group of 225 volunteers plan to gather donations to assemble 1,800 holiday gift baskets for MHR clients and their children. To donate or volunteer, please visit www.openbaskets.org.



MEDICA PROJECT

In July, MHR completed a project in partnership with Medica concentrated on providing intensive case management to persons with Severe and Persistent Mental Illness (SPMI) living with any combination of a medical diagnosis, substance abuse, and/or pain management. This three-year project was funded by a \$300,000 grant awarded by the Medica Foundation. Throughout the project, community-based case managers worked extensively with clients to coordinate medical care, dental care, mental health care and substance abuse treatment as well as connections to comprehensive human services such as housing security, vocational training, basic needs, transportation support, and more.

Throughout the three-year project, Medica completed multiple comprehensive analyses of claims data, which resulted in the following outcomes: average monthly cost per client was reduced by 49.8%; inpatient hospitalizations were reduced by 72.2%; emergency room visits decreased by 35.4%; urgent care visits saw a 12.5% reduction; outpatient visits decreased by 18%; prescription drug usage increased by 57.2%, which correlates positively with grant medication goals.

This project demonstrated an excellent return on investment regarding medical cost and increase in overall client health. We are currently working with a provider and other funders to expand this model to serve more individuals living with SPMI.

NEW STAFF POSITIONS AT MHR



Wellness Coordinator

Erica Sitton comes to MHR with a master's degree in Occupational Therapy which she received at St. Scholastica in 2005 and an undergraduate degree in Health Science from the same institution. She has worked in an assortment of settings using her skills to help people with various challenges learn how to achieve their goals in recovery and life. Most recently she was a telephonic health coach in a corporate wellness program and prior to that was working at Professional Rehabilitation Consultants. Erica enjoys camping and hiking with her husband and their dog, a husky lab mix.



Director of Advancement

Jill Johnson joined the MHR team in August and brings a broad background in fund development, public communication and marketing. Through her most recent position with consulting firm J. Murphy & Associates, Jill worked with many local nonprofits serving clients living with mental illness. In her free time, Jill enjoys spending time with her family, running, baking and playing French horn in the Minnesota Army National Guard Red Bull Band.



Duluth Office Team & Lead/Clinical Supervisor

Yvette Anderson has been with MHR as the Duluth Special Needs Basic Care Team Lead/Clinical Supervisor since May. Her favorite thing about MHR is working on integrated care with both staff and clients. Prior to MHR, she worked in civil commitment, group homes, inpatient psychiatric hospital and community mental health. In her free time, Yvette enjoys attending sporting events for her 16 year old son (especially basketball), agate hunting with her significant other, gardening and home remodeling projects.

IN BRIEF

Participation in Minnesota Community Healthcare Network

MHR has been collaborating with four other mental health organizations for the past two years to develop the Minnesota Community Healthcare Network (MCHN: pronounced 'mission'). MCHN's intent in building this alliance was to have a greater impact on services for persons with serious mental illness and severe and persistent mental illness. MCHN has been successful in its quest to receive state grant funds through the State Innovation Model initiative of the MN Department of Health and MN Department of Human Services. With a grant award of \$600,000, the 2nd highest awarding of funds in the state, MCHN was the only mental health alliance to receive this grant. The grant is designed to develop capacity for a Health Information Exchange in collaboration with Hennepin Health, including Hennepin County Human Services and Public Health, and Hennepin County Medical Center. Mental Health Resources, Inc. is a MCHN member along with Canvas Health, Guild Incorporated, RESOURCE and Touchstone Mental Health.

MHR Listed in MNSights

Thank you to the Minnesota Philanthropy Partners for publishing 16 High-Impact Nonprofits in mental health. Mental Health Resources came in at number eight on the list.

Medica Annual Report

Watch for MHR's mention in Medica's Annual Report, highlighting the outstanding results of our health and human services integration project completed in July 2014. Through analysis of actual claims data, this intensive case management project reduced the overall costs of all medical care by 50% in a mere six-month period.