

The logo for Mental Health America (MHA) features the letters 'MHA' in a large, bold, blue sans-serif font. A thick, curved orange and yellow swoosh underline starts under the 'M', passes under the 'H', and ends under the 'A'. To the right of the 'A' is a blue square containing a white stylized graphic of a person's head and shoulders, with a white swoosh above it. A small 'SM' trademark symbol is located to the right of the square.

MHA

Mental Health America
of Indiana

STRATEGIC INITIATIVES

2021 - 2025

Working for the mental wellness of all Hoosiers

988
If you are experiencing a suicidal crisis or mental health-related distress, please contact the Suicide and Crisis Lifeline at 9-8-8

OUR MISSION

Our Mission is to work for America's mental health and victory over mental illness.

OUR VISION

Mental Health America of Indiana works for mental wellness and recovery for all Hoosiers.

In order to accomplish our vision, MHAI will work in the behavioral health sector, providing the connections between programs and advocacy as the key components to a path toward recovery. Specifically, the goal posts along that path include:



Prevention



Education & Credentialing



Crisis Services



Treatment



Recovery



Advocacy & Public Policy



ACHIEVING MENTAL WELLNESS FOR ALL HOOSIERS

According to data found in the Mental Health America Screening Tool from 2015 - 2020.

- Suicide mortality rates in Indiana have consistently increased over the past 50 years and are higher than the national rate.
- U.S. and Indiana suicide mortality rates for youth ages 15 – 24 are the highest they have ever been, and over the last 10 years, Indiana has the 10th greatest percentage increase in the U.S. for rates among youth ages 10 – 24
- There are a significant number of youth in Indiana, especially those identifying as female, that are experiencing moderate to severe symptoms of depression, anxiety, and bipolar disorder, all major precursors to suicidal thoughts, suicide related behaviors, and suicide fatalities.
- Indiana needs an increased focus on suicide prevention and intervention efforts, especially those related to youth, females, and racial and ethnic disparities.
- The COVID-19 pandemic has significantly had a negative effect on the mental health of Hoosiers, and it is anticipated that this increasing trend will continue in the foreseeable future.

MENTAL WELLNESS AND PARITY

As we plan for the future, Mental Health America of Indiana is focused more than ever to promote parity in behavioral health

MHAI's goal is to advocate for policies that promote parity and wellness are:



- Informed by culture and context, including trauma.
- Community-based and socially integrate.
- Representative of the population.



- Transformative in how they address crises.
- Accessible, affordable health coverage and equitable financing.
- Focused on long-term equity.



- Encompassing of social and economic needs.
- Power-shifting
- Empowering all individuals.



PREVENTION

Mental Health America of Indiana recognizes that just like other physical diseases, a behavioral health disorder should not be addressed only after diagnosis. We must begin with prevention. Early identification is the first step in prevention. Mental Health America of Indiana advocates for mental health screenings in an effort to recognize the first symptoms of onset mental health conditions and illness. In many cases, it takes up to ten years to get the correct diagnoses for a mental health disorder. Mental Health America of Indiana provides the programs listed below to promote early identification and intervention.



Infancy Onward

Infancy Onward – formerly known as the Indiana Association for Infant & Toddler Mental Health – is committed to strengthening relationships between infants, toddlers, parents, and other caregivers through education and credentialing.



Indiana Alliance on Prenatal Substance Exposure

Indiana APSE works to prevent prenatal exposure to alcohol, drug and other substances known to harm fetal development by education, advocating and supporting professionals policymakers, families and individuals throughout Indiana.



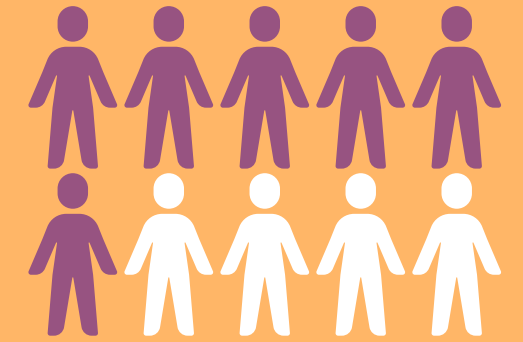
Indiana Coalition to Reduce Underage Drinking (ICRUD)

Indiana Coalition to Reduce Underage Drinking aims to create healthier and safer environments by reducing the accessibility and availability of alcohol to underage persons. ICRUD believes that all young people have the right to live and learn in environments that do not promote or facilitate underage drinking. We believe that youth and adults working together for policy change are an integral part of the solution.

Gauging Success:

MHAI will seek funding for mental health and addiction advocacy, prevention, education, harm reduction, services and recovery in Indiana. Our funding strategy must be two-fold: first, to fund MHAI programs that fulfill our mission; second, to generate revenue over and above program costs to increase financial stability, flexibility and growth.

In 2019 - 2021



+ 1,154

New Newsletter

Contacts

+ 927

New Facebook Followers

+ \$8,000

Raised In Facebook Fundraisers

+ 280

New Instagram Followers

In 2019 - 2021



+49 Courses Offered

+457 Individuals

Educated in

Treatment/ Clinical

Courses

+ 487 Individuals

Educated in Peer

Recovery Courses

+1008 Individuals

Continued

Education in

Behavioral Health

Mental Health America of Indiana focuses on the need for behavioral health professionals to receive education and trainings. Mental Health America of Indiana provides professional testing to advance credentialing and training in prevention and treatment. Providing training and credentialing for workers to stay current with today's best practices, skills, and standards is crucial to the success of MHA and our state. Mental Health America of Indiana works to provide professional testing to advance credentialing and training in prevention and treatment. MHA also credentials recovery residences in Indiana through certification to ensure quality of service.



Mental Health America of Indiana SWD Training Institute

Mental Health America of Indiana offers educational opportunities for prevention, treatment and recovery professionals, advocates, and individuals who wish to enhance their understanding of behavioral health, including beginning or furthering their professional development in mental health and substance misuse. Our educational curricula include educational opportunities in the following categories: Peer Recovery Education, Clinical Education, Mental Health, Substance Misuse, and Supervision/Leadership. Our goal is to offer an in-depth understanding of the ever evolving behavioral health field and provide education that will allow persons to better assist those with behavioral health issues. Our trainings are offered on line, in-person, and our team can even visit you, on-site.



ICAADA

ICAADA advances the field of mental health, alcohol and drug use through co-occurring disorders prevention and treatment through provision of professional testing. ICAADA provides individuals with continuing education by offering credentialing and training programs, advocacy, and membership services.



Indiana Affiliation of Recovery Residences (INARR)

INARR is committed to provide resources and trainings to recovery residence providers who achieve compliance with the NARR standard and INARR Code of Ethics. INARR is further committed to participate in academic research studies focused on ROSC, Recovery Management and residents' personal development of Recovery Capital.

Gauging Success:

MHA will create paths to collaborate on trainings, programming, and outreach activities among all programs and subsidiaries and engage in cross-training where appropriate. MHA will expand programming and training based on community need. MHA will consolidate trainings to become a part of the MHA SWD Training Institute in order to create a seamless funding stream for all trainings. This will also include expansion of trainings in the community and provide increased exposure.

EDUCATION

&

CREDENTIALING

CRISIS SERVICES

Mental Health America of Indiana believes in the need to promote, provide, and educate about Crisis Stabilization programs designed to deescalate and improve psychological symptoms of distress until treatment, if necessary, can occur. These services are typically provided in a non-traditional healthcare setting and are comprised of an array of programs designed to reach individuals requiring immediate attention for mental health or substance use related symptoms. They include the provision of telephone "hotlines" and "warm lines," engagement through virtual platforms, and mobile outreach.



The Indiana Suicide Prevention Network (ISPN)

The Indiana Suicide Prevention Network (ISPN) collaborates on suicide prevention efforts to advance suicide prevention, creating and facilitating the state suicide prevention framework, and planning the Indiana Suicide Prevention Conference.



Depression and Bipolar Support Alliance Indiana

Depression Bipolar Support Alliance of Indiana (DBSAI)

Depression Bipolar Support Alliance of Indiana educates the nature of depressive and manic-depressive illness as a medical disease, and advocates for the elimination of these illnesses.

Gauging Success:

MHAI will focus on evidence-based programs and services, internally--and externally through advocacy-- to ensure appropriate and sustained levels of funding and infrastructure to support mental health and addiction services.

In 2019 - 2021



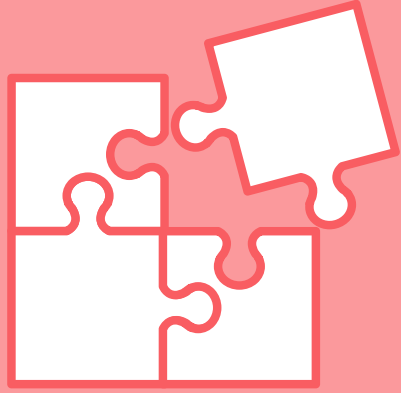
**Crisis Counselors
are located
statewide.**

**+5732 Crisis Calls
Answered**

**+1617 Hours
Engaged in Crisis
Calls**

**+52% of Individuals
received a referral
for behavioral
health services**

In 2020- 2021



+150 Individuals
Received Treatment

75% of Individuals
Involved in the
Criminal Justice
System Showed a
Reduction in
Offenses

60% of Individuals
Completed
Treatment

For most individuals living with behavioral health conditions, the most effective first step in recovery is a combination of counseling and medication. Mental Health America of Indiana works to combine both substance use counseling and mental health trauma therapy, which provides assessment, counseling and therapeutic services for children, adolescents, marriages and families. Our highly trained staff have specific therapeutic skills to assist with life challenges including abuse, trauma, behavioral issues, blended and adoptive families, and complex reunification issues. Our services offered include: art therapy, trauma therapy, substance use counseling, group therapy, gambling treatment and more!



Life Recovery Center

is the treatment and recovery program of MHA addressing mental health and addiction issues with individuals and families in Indiana, specializing in trauma experienced by children and adults alike. LRC provides individual and family therapy to children and adults, as well as outpatient drug/alcohol and gambling treatment to adolescents and adults. Certified by CARF (Commission on Accreditation of Rehabilitation Facilities) and Indiana's Division of Mental Health and Addiction, LRC delivers the highest quality services available utilizing evidence based practices to ensure the most effective and efficient approach in assisting individuals and families on their path to recovery

Life Recovery Center accepts commercial insurance, medicaid, and receives various grants that allow us to provide certain services for a reduced fee or no fee to qualifying participants. Examples include:

- **Victims Of Crime Assistance Grant:** Victims of crime (e.g. abuse, assault, violence, exploitation) that wish to address issues related to the effects of this experience qualify for counseling and advocacy services free of charge.
- **Gambling Funding:** This allows us to address gambling issues in sessions free of charge (up to a certain amount). Clients that need to address additional issues (along with gambling) may also qualify for a number of sessions addressing these issues.
- **Recovery Works:** If you are involved in the criminal justice system with a pending felony charge or previous conviction of a felony charge, over 18y.o., live in Indiana, and meet income requirements, you qualify to receive certain services free of charge. A representative of the criminal justice system needs to send our agency a referral in order to qualify for this funding.

Gauging Success:

MHA will assist Life Recovery Center in developing and implementing strategies to promote client growth. This includes developing community partnerships for referrals and expanding promotional efforts to increase the number of clients served. LRC will also develop strategic goals to expand telehealth and build a competitive advantage in areas where LRC has specialized expertise and/or funding streams.





RECOVERY

Recovery for mental illness and substance use is the over arching-goal for Mental Health America of Indiana. Mental Health America of Indiana takes a recovery-oriented approach by connecting communities to resources, increasing the amount of peer supports in Indiana, and promoting collaboration within the recovery community. We have found that through these programs, Indiana has taken monumental strides in behavioral health and has positively impacted the lives of individuals with behavioral health conditions.



Indiana Addiction Issues Coalition (IAIC)

Addiction to drugs, alcohol, tobacco, or involving other substances or actions, is a disease that can be effectively treated, allowing individuals and those around them to recover their lives. The Indiana Addictions issues Coalition advocates on behalf of people with addictive disorders. Our mission is to promote recovery through advocacy, public policy, education and service.



Indiana Association of Peer Recovery Support Services (IAPRSS)

IAPRSS is dedicated to advancing the peer recovery support profession through support, advocacy and education.



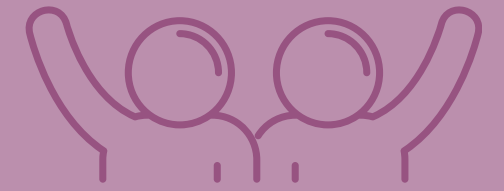
Indiana Recovery Network (IRN)

Indiana Recovery Network (IRN) is Indiana's Recovery Hub, and aims to bridge gaps in services and engagement throughout the state to ensure that recovery support and services are accessible to all individuals.

Gauging Success:

MHAI budgets for programs will be developed in coordination of the VP for Financial Management and aggregated into a MHAI comprehensive budget that is reported quarterly and annually. Enhanced coordination between programs in grant writing to allow us to respond as a single entity, so as to cross fund programs whenever possible.

In 2019 - 2021



20 Certified Recovery Hubs Throughout the State

+ 17,128 Individuals Served Through Recovery Hubs

+ 3,023 Continued Behavioral Health Service Referrals Made

In 2019 - 2021



+ 631

Calls to Action to
Indiana Legislators

+ 251

Individuals Added
to MHA Action
Alert Network

Weekly Legislative
Alerts and Monthly
IN.sessions Sent

MHA was
appointed to the
Indiana Behavioral
Health Commission

Mental Health America of Indiana's advocacy network echoes a powerful voice for change. Thousands of individuals statewide take active roles in protecting Indiana's mental health through legislative advocacy. Because of the support of individuals like you, we continue to win major victories at the state and local levels.



Mental Health America of Indiana advocates on the federal, state, and local levels in the following areas:

- Access to Medications for Mental Health and Substance Abuse
- Forensic Issues
- Opioid Treatment
- Mental Health and Addiction Funding
- Smoke-Free Air and Cigarette Tax
- Underage Drinking
- Access to Healthcare
- Suicide Prevention
- Historically Underrepresented
- Perinatal Substance Abuse
- Access to Mental Health and Addiction Services for Veterans
- Children's Mental Health and Safety
- Mental Health and Addiction Workforce Development
- Psychiatric Hospitals
- Death Penalty and People with Mental Illness
- Harm Reduction
- Recovery Residences
- Prescription Drug Misuse
- Addiction Treatment Teams and Assertive Community
- Cannabis Use Disorder
- Treatment in the Workplace
- Indiana Behavioral Health Commission
- Treatment in Emergency Settings
- Research on Psychedelic-Assisted Therapy (PAT)
- Recovery Community Organization Certification
- Bereavement Care
- Gambling

Gauging Success:

- (1) Dynamic Public Policy Committee membership reflective of behavioral health stakeholders.**
- (2) Greater use of MHA Board and Staff as MHA's spokesperson.**
- (3) Enhanced use of Voter Voice and Social Media**
- (4) Being viewed as a subject matter expert, drafting bills, providing testimony, passing legislation.**

ADVOCACY
&
PUBLIC POLICY