



THE MENTAL HEALTH ASSOCIATION
of NEW YORK CITY



One in five people is affected by mental illness, a disease that does not discriminate, that strikes every economic, religious, and ethnic group. Mental illness touches relatives, friends, and colleagues. MENTAL ILLNESS IS TREATABLE.



THE MENTAL HEALTH ASSOCIATION
of NEW YORK CITY (MHA of NYC)
is one of the leading mental health advocacy and services
agencies serving the New York metropolitan area.



The success of MHA of NYC lies in a balanced
approach integrating advocacy, direct services,
and public education.

ADVOCACY

The MHA of NYC identifies unmet mental health needs and works collaboratively with advocates, legislators, and other stakeholders to shape the policies that benefit individuals of all ages who suffer from mental illness.

DIRECT SERVICES

The MHA of NYC helps thousands of individuals and families improve their quality of life by promoting recovery and pioneering new approaches to mental health services.

PUBLIC EDUCATION

The MHA of NYC educates people about the signs and symptoms of mental disorders and helps them get the treatment they need, by advancing early detection and intervention and providing information to combat the stigma attached to mental illness.

HALF A CENTURY OF ADVANCING MENTAL HEALTH

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NATIONAL | STATEWIDE

1955: Census in state psychiatric hospitals peak at 550,000 nationwide with 93,000 in institutions in New York State.

1955-1965: Breakthroughs in psychiatric medication begin. Community mental health policy emerges.

1968-1973: Most aggressive period of statewide deinstitutionalization, halving number of beds from 80,000 to 40,000.

1978-1983: Community support programs begin, providing housing, rehabilitation, expanded outpatient services.

1984-1992: New York State Office of Mental Health (OMH) turns attention to mental health needs of children, releasing first comprehensive plan.

1992: OMH releases groundbreaking report, *At the Crossroads*, calling for new ways to work with emotionally disturbed children and their families.

1993: Reinvestment Law passes in New York. Resources flow into communities to develop recovery-oriented services.

1999: U.S. surgeon general issues landmark report on mental health, equating mental illness with physical illness and naming lack of education and stigma as barriers to care.

2001: Largest mental health disaster-recovery program in history launched after terrorist attacks of 9/11.

2003: President issues *New Freedom Commission Report on Mental Health*, calling for transformation of the mental health system; suicide prevention cited as top priority.

MHA of NYC

1950s: MHAs advocate to safeguard patients' rights; fight to end deplorable institutional conditions.

1955-1965: MHAs turn attention to fostering the development of community-based services.

1964: Local MHAs of Bronx and New York counties merge to strengthen advocacy voice.

1968-1973: MHA exposes failure of deinstitutionalization to provide adequate community services.

1981: MHA founds Mental Health Advocacy Group for Children and Youth (MHAGCY), focusing attention on unmet mental health needs of children.

1982: MHA launches its first community service program, Open House.

1991-2000: MHA pioneers more than 20 innovative direct service programs to fill unmet needs in community for children, adolescents, and adults.

1993: MHA leads family empowerment movement in New York City by introducing first parent-run resource center.

1994: MHA launches 1-800-LIFENET, city's largest and most technologically advanced independent crisis, information, and referral hotline.

1996: MHA launches Bronx Anti-Stigma campaign to raise awareness of symptoms of mental illness.

1996: MHA forms Depression Coalition to coordinate mental health screenings for early detection across the city.

2001: LifeNet named official mental health hotline for tristate area after 9/11 attacks doubling average monthly call volume from 3,000 to 6,000.

2003: MHA founds Center for Policy and Advocacy to identify emerging mental health challenges and meet anticipated needs in the new century.

2005: MHA of NYC awarded federal grant to develop and launch National Suicide Prevention Lifeline, 1-800-273-TALK.

*Today MHA of NYC operates more than
20 programs, employs 200 people, and runs
on a \$12 million annual budget.*

MHA OF NYC: LEADER IN MENTAL HEALTH

COLLABORATING: To solve problems, the MHA of NYC creates partnerships among professionals, community organizations, government agencies, and consumers of mental health services, joining with others to speak as one voice.

PIONEERING: The MHA of NYC delivers innovative programs and services quickly and effectively to meet a specific need or follow a community-wide crisis or disaster.

INFORMING: The MHA of NYC serves as a primary source of referrals and information for family members, mental health professionals, consumers, legislators, and the media.

OUR PROGRAMS

Mental health treatment can be highly effective, especially when symptoms are identified and treated early.

1-800-LIFENET: LIFESAVER OF THE COMMUNITY

The MHA of NYC operates the award-winning crisis, information, and referral hotline, answering over 75,000 calls a year, helping New Yorkers find emotional support or mental health treatment for themselves or loved ones, 24 hours a day, 7 days a week. LifeNet is a multilingual and multicultural hotline offering services in English, Spanish and Chinese.

DISASTER RESPONSE AND RECOVERY helps New Yorkers recover from emotional pain and trauma after a disaster through services such as training for professionals, public education, and information and referral services through 1-800-LIFENET.

English: **1-800-LIFENET**
(1-800-543-3638)

Spanish: **1-877-AYUDESE**
(1-877-298-3373)

Chinese: **1-877-990-8585**

THE CENTER FOR POLICY AND ADVOCACY works with governments, service agencies, and policy makers to promote a community-based mental health system that meets the needs of all New Yorkers.

PUBLIC EDUCATION AND OUTREACH programs provide training, mental health screenings, and a variety of communication tools that educate the community about mental illness, encourage early identification and treatment, and fight stigma.



ADOLESCENT SKILLS CENTERS give youth the opportunity to earn their General Education Diplomas (GED) and to acquire vocational skills through classroom study, with an emphasis on math and literacy. The program also offers training and placement in summer jobs and internships.

ANOTHER WAY provides peer-to-peer support for people with mental illness who are still in treatment and living independently in the community.

COORDINATED CHILDREN'S SERVICES INITIATIVE works with families of children with severe emotional disturbances to integrate services among multiple New York City child-care agencies. This results in individualized and coordinated mental health plans designed to keep children at home with their families.

FAST TRACK TO EMPLOYMENT assists people in returning to the workforce early in their recovery by utilizing internships and job placements. In 2002 the program was cited as a model by the President's Committee on Employment of People with Disabilities.

HARLEM BAY NETWORK enables adults with chronic mental illness to gain independent living skills and build social networks by providing them with experience managing and operating their own clubhouse.

PARENT RESOURCE CENTERS in Manhattan and the Bronx provide information and support for parents of children with emotional problems and teach parents to become more effective advocates for their children.

RECOVERY WORKS AND SUPPORTED HOUSING gives people with a dual diagnosis of mental illness and substance addiction a safe and comfortable place to live on a transitional or permanent basis.

RESIDENTIAL TREATMENT CARE MANAGEMENT coordinates access to residential treatment facilities by working with agencies and parents of children with serious emotional disorders to make appropriate referrals, track progress, and smooth a child's transition back into the community.

RESPITE CARE provides parents of children with emotional disorders time to rejuvenate and tend to their own needs, calling on trained staff to provide short-term child care.



PARTNERS AND SUPPORTERS

The MHA of NYC relies on the generosity of individuals, foundations, corporations, and government agencies to support and partner with us in improving the mental health of New Yorkers.

If you would like to support the MHA of NYC, learn more about the organization, or speak to a professional in any of the MHA of NYC programs, please contact:

THE MENTAL HEALTH ASSOCIATION
of NEW YORK CITY

666 BROADWAY, SECOND FLOOR
NEW YORK, NY 10012

212-254-0333
helpdesk@mhaofnyc.org
www.mhaofnyc.org

For information about making a donation or a bequest, please contact the director of development at 212-254-0333.



NEED HELP?

For mental health assistance, information,
or crisis support, call:

English: 1-800-LIFENET (1-800-543-3638)

Spanish: 1-877-AYUDESE (1-877-298-3373)

Chinese: Asian LifeNet Hotline (1-877-990-8585)

The MHA of NYC is dedicated to raising awareness about the prevalence of mental disorders, encouraging individuals and families to use mental health services, and lessening the stigma attached to mental illness.





**the mental health association
of new york city, inc.**

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