



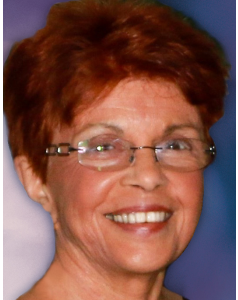
# *Igniting The Spark That Creates Change*

## **Mission Statement**

The Mental Health Association in New Jersey is a statewide non-profit organization that strives for people to achieve victory over mental illness and substance use disorders through advocacy, education, training and services.



## Message from the Board Chair and the President



**Mental Health Association in New Jersey (MHANJ) is excited to be marking more than eighty years of service for people with behavioral health challenges.**

MHANJ had humble beginnings in the 1940s, but a big voice even back then! It all started with launching statewide advocacy to improve

conditions for tens of thousands of patients warehoused in county and state hospitals. Through the years, we have charted a path for transforming our mental health system toward wellness and recovery.

**We put the mental health needs of New Jerseyans first.**

We listen. We learn about the gaps. We fight for rights and step up to help meet the needs of our neighbors with mental illness and substance use disorders and their family members.

**Our public policy initiatives help ensure that people get the care they need.** We are living in a time of profound disruption, uncertainty, and distress, where rapid changes are reshaping our lives in countless ways.

**MHANJ brings together a community of passionate advocates and dedicated changemakers with a shared sense of purpose.** Our advocacy work and services are strategically designed to address current issues in behavioral health.

**We respond in times of crisis.** We partner with the State of New Jersey and other key organizations to provide mental health support during the most challenging times, such as the COVID-19 pandemic.

**We work to improve and safeguard mental health.** With support from our partners across the state we facilitate valuable education programs to improve mental health for people of all ages. One key focus is Mental Health First Aid training; another is Question, Persuade, Refer suicide prevention gatekeeper training.

**We are dedicated to continuously being the spark that ignites change!** We will intensify our efforts to bring parity to insurance coverage for behavioral health. We will increase work to combat teenage suicide and broaden access to mental health services, especially for members of New Jersey's diverse communities, veterans, seniors and individuals with disabilities. We will enhance our role as a responding Call Center for the 988 Suicide and Crisis Lifeline. We will augment our three Wellness Centers located in Atlantic, Ocean, and Union Counties and continue to lead an initiative to support these programs across the state.

**With more than 80 years behind us, we look forward to a bright future.** With guidance from our Board of Trustees and leadership team, and through the dedication of our employees, volunteers, and supporters, we will continue to be here for New Jerseyans in need.

Together, we can achieve the future progress and improvements that those we advocate for so richly deserve.

CAROLYN BEAUCHAMP, ACSW, MSW  
President and CEO

HAROLD B. GARWIN, ESQ.  
Chairperson of the Board

# Facts Celebrating MHANJ

☞ *We believe recovery is possible.*

☞ *MHANJ is deeply committed* to diversity, equity and inclusion. We oppose racism in all its forms and iterations.

☞ *MHANJ's state headquarters* is located in Springfield.

*MHANJ has county-based operations* in Atlantic, Hudson, Ocean and Union Counties. Our affiliates are in Essex, Monmouth, Morris and Passaic Counties.

☞ *We believe in community-based treatment* whenever possible.

☞ *We are an active affiliate* of Mental Health America, supporting its work on Capitol Hill by participating in national and regional policy initiatives and visiting our New Jersey Congressional Delegation in their District Offices and in Washington, DC.

## ☞ **Increasing Access to Care through Grassroots Consumer Advocacy and Proven Government Affairs**

☞ *MHANJ's Government Affairs Team* works in the public and private sectors to improve treatment access and safeguard the rights of New Jersey residents living with mental illness and/or substance use disorders.

☞ *We chair New Jersey's State Mental Health Coalition*, garnering respect from legislators across both sides of the aisle at the State House in Trenton.

☞ *We bring our strong advocacy voice* to policy and the budget each year, playing a key role in identifying statewide behavioral health needs, and encouraging governmental responses in New Jersey and the United States.

☞ *Serving as a driver of systems change*, the MHANJ's Public Policy Committee's influence has helped to establish parity and access to behavioral health services in both the public and private sectors.

☞ *MHANJ's Government Affairs Department* calls upon its Legislative Network of over 6,000 mental health advocates, professionals, consumers and families.

☞ *In 2023, we advocated* for the expansion of the 988 Suicide and Crisis Lifeline and its community crisis system of supports.

☞ *We address extended hold times* for persons being evaluated for an involuntary hospitalization.

☞ *We address parity* between physical healthcare and behavioral healthcare.

☞ *We advocate to assure implementation* of existing parity laws regarding network adequacy in both private and public managed care plans.

☞ *We work to increase access* to quality mental health and substance use disorder treatments for those in need.

☞ *We advocate for the expansion* of the Crisis Intervention Team (CIT) program, which unites and trains law enforcement and mental health professionals to enhance collaboration and share essential crisis intervention skills and resources.

☞ *MHANJ in Atlantic County* partnered with the Atlantic Center for Independent Living to create the Civic Action and Engagement initiative. This project focuses on bringing together diverse individuals from various backgrounds to form alliances and work toward common goals.

☞ *Our Atlantic County team* co-chairs their county's CIT, including leading and coordinating training and contributing to help establish statewide standards. Our Hudson and Ocean County staff and statewide employees, along with those in other counties, play essential roles in supporting local CIT programs.

☞ *Changing Lives* by Connecting New Jerseyans to Treatment, Recovery and Support Services



## Facts Celebrating *(continued)*

☞ *MHANJ played a key role* in New Jersey's mental health disaster response during the COVID-19 pandemic in partnership with the New Jersey Department of Human Services, FEMA, and SAMHSA.

☞ *Our presence at health fairs* and community events provides many with an opportunity to speak about mental illness and substance use disorder for the very first time.

☞ *MHANJ is a leading organization* in training and credentialing mental health peers, people in recovery from mental illness and/or substance use disorders.

☞ *We are one of the state's largest employers* of people in recovery as peer specialists.

☞ *We help individuals in recovery* attain the services they need in their own communities.

☞ *MHANJ's Community Wellness Centers* in Atlantic and Ocean Counties and our Spanish speaking wellness center in Union County offer a wide array of peer-delivered wellness and recovery services to more than 2,700 people per year. All of these centers have been selected for significant expansion, allowing them to serve more people more effectively.

☞ *Since its inception in 2021, United by Wellness*, MHANJ's peer-led virtual wellness center, has conducted more than 6,300 groups, with a total attendance of over 75,000.

☞ *Our Recovery and Peer Outreach Support Teams* in Atlantic, Hudson, Ocean, and Union Counties provide emotional support and empowerment to over 233 individuals annually. They are led by staff in recovery from mental illness and/or substance misuse.

☞ *Our Geriatric Peer Outreach Support Team* in Ocean County assists seniors in the community.

☞ *MHANJ's Intensive Family Support Services*, Acute Family Care Programs and Recovery Family Support Services in Atlantic and Union Counties helped more than 1,080 families in 2023.

☞ *NJ Connect for Recovery* offers family educational webinars about issues related to substance misuse that are valuable for professionals and individuals.

☞ *MHANJ's Call Center* is accredited by the International Council of Helplines and is a recognized leader in blending support for mental illness and substance use conditions utilizing certified recovery peer specialists as well as professionals.

☞ *MHANJ's Call Center* includes lines for behavioral health assistance, emotional support, information and referrals which are toll-free and free to utilize.

☞ *MHANJ is established* as a "go-to" provider of behavioral health Call Center services, answering approximately 70,000 calls annually.

☞ *NJ Connect for Recovery* (855-652-3737) provides guidance to family members coping with their loved one's substance use condition.

☞ *New Jersey Mental Health Cares* (866-202-HELP) (4357) provides emotional support, information and referrals and access to mental health screenings by phone or website.

☞ *Our Peer Recovery WarmLine* (877-292-5588) offers peer counseling services and ongoing telephone support to people with lived experience.



# Igniting the Spark that Creates Change

☞ *Our Self-Help Group Clearing-house* (800-367-6274) connects people to our self-help groups for behavioral, physical and psychosocial health issues and offers guidance on how to start and run a support group.

☞ *Our Call Center* is one of four responding centers in New Jersey and one of 200 across the US. We have recently been chosen to increase our capacity to serve.

☞ *We have engaged government officials*, mental health providers and the business community in the expansion of employment opportunities for persons in recovery.

## Creating Innovative Employment Opportunities and Workforce Development

☞ *MHANJ's Consumer Connections* program impacts over 2,300 people annually by providing intensive training for the mental health and co-occurring peer support workforce, preparing them for Certified Recovery Support Practitioner (CRSP) roles.

☞ *MHANJ's Career Connection Employment Resource Institute (CCERI)* promotes evidence-based best practices and seeks to enhance workforce opportunities.

☞ *CCERI* annually trains over 1,200 behavioral health professionals, peer providers, employers, clients, and family members through both in-person and online sessions.

☞ *The Tools for Success Program* in MHANJ's Ocean County location combines job readiness and training skills taught by trained staff members who are in recovery to prepare peers for employment.

## Breaking the stigma of Behavioral Health Issues

☞ *We fight stigma* related to mental illness and substance use conditions through community education and awareness initiatives.

☞ *MHANJ's community education initiatives* provide valuable training about suicide prevention, handling crises and depression.

☞ *Unique to the MHANJ's approach* is our customization

of presentations to fit the needs of a vast variety of audiences including school classrooms, police, senior citizens and community organizations.

☞ *Our nationally award-winning NJ Mental Health Players (NJMHP)* combine art and advocacy to provide audiences with interactive presentations about behavioral health issues followed by meaningful conversations. Volunteers range in age from 16 to 90.

☞ *The NJMHP's* reach 61 audiences and 5,000 individuals every year, including groups such as police trainees, health care workers, senior citizens, students, medical conference attendees, partial care group members and family caregivers.



MHANJ's spring Walk for Wellness and Recovery was a big success, with approximately 300 people participating and several members of our Board and leadership team leading the way!



## Igniting the Spark that Creates Change *(continued)*

☞ *The MHANJ Special Projects* team takes a leadership role in building a strong and diverse statewide cadre of Mental Health First Aid (MHFA) instructors. We offer support, coordination and coaching to other entities providing this vital training in our state.

☞ *Since our work* in Mental Health First Aid (MHFA) began in 2014, our organization has facilitated and partnered with other organizations training more than 20,000 individuals in Adult and Youth focused MHFA.

☞ *Through multiple grants*, foundation supports and community partnerships, we work to embed MHFA across the state of New Jersey focusing on veterans, health care workers, school staff, higher education, human service providers, the justice system, private companies, libraries, and the perinatal/postnatal workforce.

☞ *DMHANJ* has been a leader in the state in offering suicide prevention gatekeeper training. Generally, we offer the Question Persuade Refer (QPR) program and have certified more than 4,100 adults in this life saving curriculum.

☞ *MHANJ's Special Projects Team* is in year three of providing QPR to adults with a focus on youth. The Horizon Foundation for New Jersey has generously supported our ongoing efforts.

☞ *We completed two full school years* of facilitating Teen MHFA resulting in training of more than 9,200 teenagers in 28 high schools, made possible with funding from

the New Jersey Division of Mental Health and Addiction Services.

☞ *As part of the Governor's Challenge* to Prevent Suicide Among Service Members, Veterans, and their Families, MHANJ collaborated with the New Jersey Hospital Association and provided 22 military focused MHFA courses throughout the state. This initiative was made possible with funding from New Jersey Department of Military and Veterans Affairs.



(Left to right) Robert Eilers, MD, Medical Director for the Division of Mental Health and Addiction Services, reviews Wellness Center information with Racheal O'Dea, MS, AMTP, CGRS, CAO of MHANJ.



MHANJ's Call Center marked its second anniversary with the 988 Suicide and Crisis Lifeline. (Left to right) Julie McMillan, Manager of Staff Development, Training and Support; Kahilah Whyte, PhD, LMFT, Director of Call Center Services; Jaime Dentato, Call Center Specialist; Camille Parker, 988 Suicide and Crisis Lifeline Coordinator; Ashley Lane, MA, Call Center Text/Chat Lead Specialist; Robert Kley, MHANJ's Vice President and COO; and Kiyonna Thomas, Call Center Operations Manager.

### OVERDOSE AWARENESS WEEK

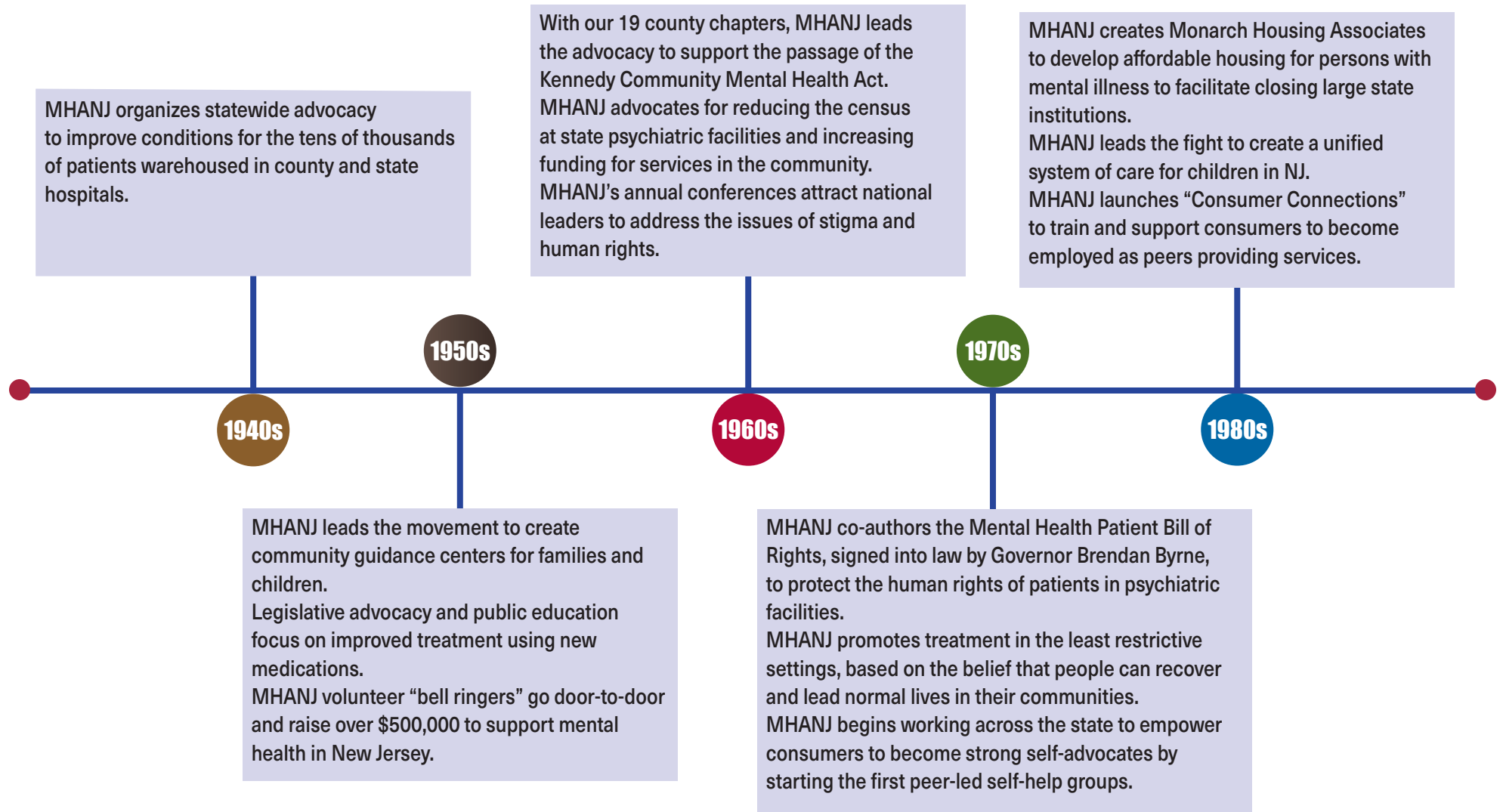
“ I had no real education on harm reduction for the first 10 years of my son using drugs. Naloxone saved my son's life many times, but I didn't understand the importance of syringe access.

Tonia Ahern  
Community Coordinator  
National Center for Advocacy and Recovery



Tonia Ahern, Family Advocate for MHANJ and National Center for Advocacy and Recovery shares insights during Overdose Awareness Week.

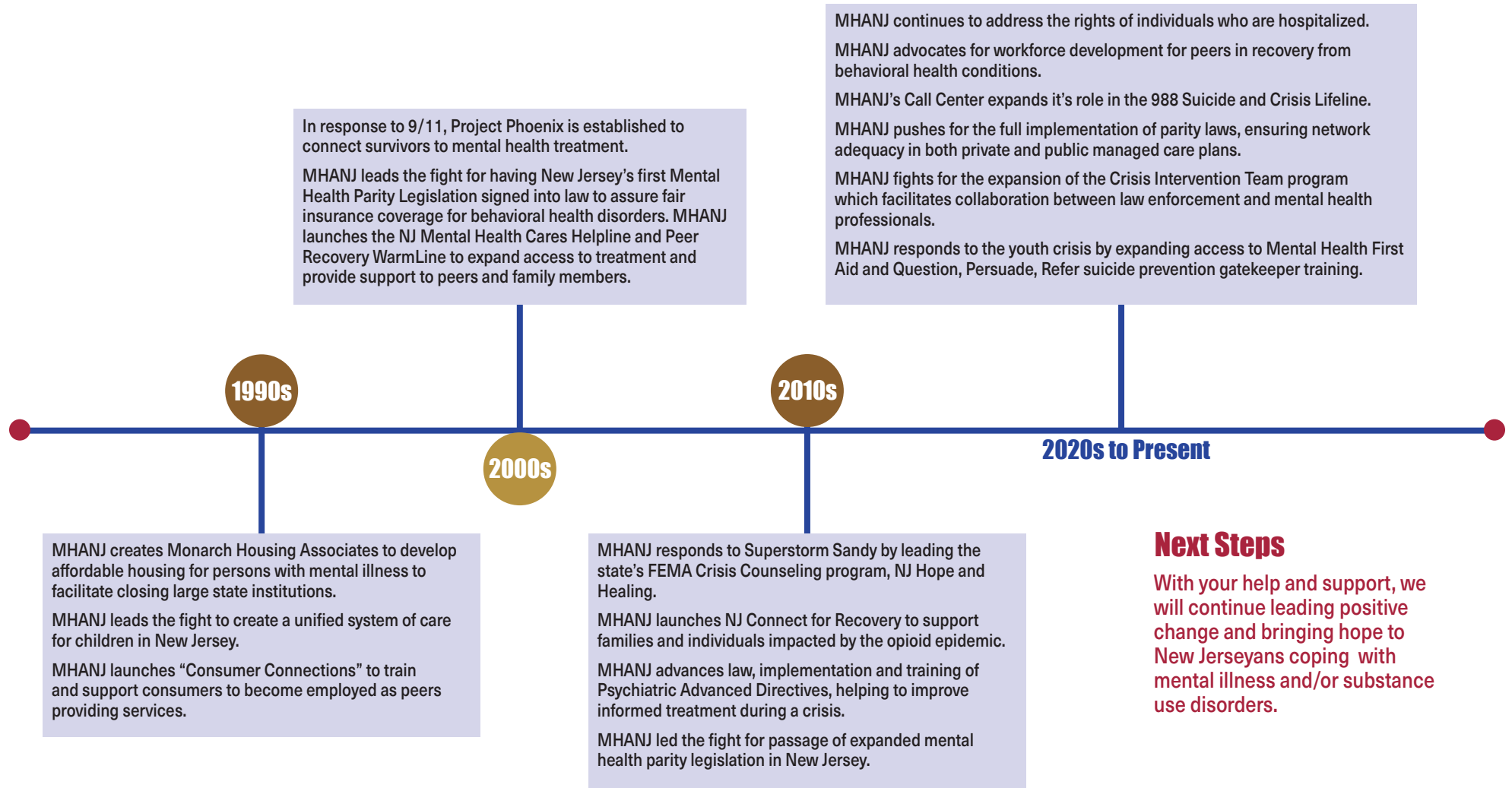
## The Timeline of Our Evolution



THE TIMELINE OF OUR EVOLUTION CONTINUES  
[CLICK HERE](#)



## The Timeline of Our Evolution *(continued)*







ABOVE: (Foreground, left to right) Governor Phil Murphy shakes hands with Barbara Johnston, MHANJ's Director of Policy and Advocacy, at the Parity Bill signing.



ABOVE: (Left to right) State Senator Jon Bramnick and Joyce Benz, LCSW, Director of Intensive Family Support Services for MHANJ in Union County discuss resources for families.

BELOW: (Left to right) MHANJ's Special Projects team, including Adriana D'Allema, BS, and Emily Wahler, MPAP, Program Coordinators; Ruth Kaluski, MS, CRC, LMHC, Statewide Director of Strategic Programs and Mental Health First Aid; and Jaime L. Angelini, MA, DRCC, AMTP, Statewide Director of Suicide Prevention, Crisis Response and Special Projects pose with Algae, the Mental Health First Aid mascot.



BELOW: (Left to right) Michelle Price, CPRS, CRSP, CGRS, Director of MHANJ in Ocean County; Jill Schlossberg LPC, LCADC, CCS, Director of Consumer Services for MHANJ in Hudson and Union Counties; and Racheal O'Dea, MS, AMPT, CGRS, CAO of MHANJ celebrate the opening of MHANJ in Hudson County's new Jersey City office.

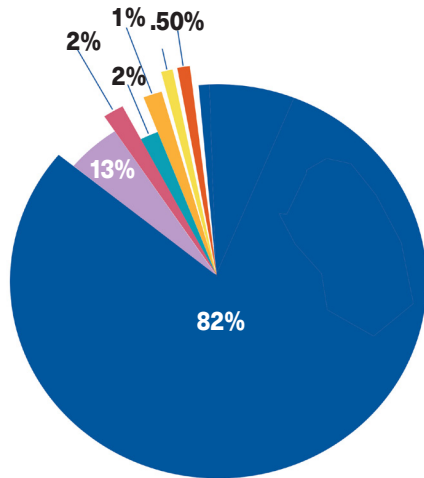


BELOW: Atlantic County Crisis Intervention Team Co-Chairs, (left) Sergeant Brian Shapiro of the Atlantic City Police Department and (right) Vicki Phillips, Executive Director of MHANJ in Atlantic County, joined Lead Trainer, (second right) Carolyn Quinn, CRSP, CPRP, CPRS, I/C PRS, DRCC, BS, Director of Community Engagement and Wellness Programs for MHANJ in Atlantic County to honor (second left) Ken Litwak for his dedicated years of service as a CIT instructor specializing in the Substance Use and Gambling training modules.



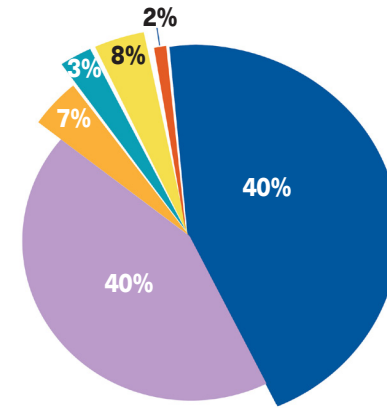
# Financials

STATEMENT OF OPERATING SUPPORT, REVENUE AND EXPENSES FOR THE YEAR ENDING DECEMBER 31, 2023



## INCOME

Affiliate Support (0.50%)	\$28,859
Contributions (0.50%)	\$51,382
Special Events (2%)	\$188,058
Legacies and Bequests (2%)	\$152,651
Investment and Miscellaneous Income (1%)	\$68,783
Program Fee (13%)	\$1,243,706
Government Grants (82%)	\$7,904,301
<b>Total</b>	<b>\$9,637,740</b>



## EXPENSES

Adult Services (40%)	\$3,825,682
Community Education (40%)	\$3,826,151
Family and Children's Services (7%)	\$677,950
Public Education and Advocacy (3%)	\$313,064
Administration (8%)	\$784,090
Fundraising (2%)	\$218,631
<b>Total</b>	<b>\$9,645,568</b>

*The majority of funding for the MHANJ's programs is provided through government grants, primarily from the New Jersey Division of Mental Health and Addiction Services.*

## Financials *(continued)*

STATEMENT OF FINANCIAL POSITION DECEMBER 31, 2023

### Assets

Cash and Cash Equivalents .....	\$1,776,680
Accounts Receivable.....	\$1,178,327
Prepaid Expenses and Other Assets.....	\$125,415
Investments.....	\$703,376
Operating Lease Right of Use Asset .....	\$1,206,166
Property and Equipment (Less Depreciation).....	\$161,599
Total Assets.....	\$5,151,563

### Liabilities and NET ASSETS

Accrued Expenses.....	\$522,263
Deferred Revenue.....	\$271,178
Refundable Advances .....	\$868,520
Note Payable-Paycheck Protection Program.....	\$284,938
Operating Lease Liability.....	\$1,225,193
Total Liabilities .....	\$3,172,092
Net Assets.....	\$1,979,471
Total Liabilities and Net Assets .....	\$5,151,563

*A copy of the complete audited financial statement of the MHANJ is available by contacting our Chief Financial Officer at 800-367-8850.*

## You Can Help

There is a multitude of opportunities to become involved, including special event participation, sponsorship, planned giving, major gifts, and memorial tributes. The MHANJ also has a robust volunteer and intern program.

*Anyone who is interested in participating or learning more about how to become active with the MHANJ is welcome to call us at 800-367-8850.*



*ABOVE: The national award-winning MHANJ's NJ Mental Health Players (NJMHP) performed a mental health presentation entitled "Holiday Blues" for an audience of senior citizens in West Orange. (Left to right) Tammy Williams, Council Member in the Township of West Orange; Lynette Sheard, Director of MHANJ's NJMHP, and Community Education Coordinator; Patricia Walton, NJMHP volunteer; Karen Lundry, NJMHP volunteer; and Laura Van Dyke, Director of the Department of Senior Services in the Township of West Orange.*

## Major Corporate, Foundation, Organization and Individual Supporters

*Mental Health Association in New Jersey received many financial contributions in 2023. Following is a listing of corporations, foundations, community organizations and individuals who supported us at the level of \$1,000 or more.*

Atlantic Center for Independent Living, Inc.	Elaine Ferretti	Kiewit Companies Foundation	Victor M. Nichols
Deborah Baseil and Jeff Kleinbaum	Steven E. Geltzeiler	Brian Kressler and Jessica Van Tassel	Nisivoccia LLP
Baseil Associates Inc.	Harold B. Garwin, Esq.	Legacy Treatment Service	George and Kathleen O'Brien
Biogen	The Greater Newark Holiday Fund	Lexpath	Otsuka
Carolyn Beauchamp, MSW and Raymond Ciccetti, LCSW	Gold Group Enterprises/GoMo Health	Lifestyle Studio LLC	Printers Place
Chiesa Shahinian & Giantomasi PC	Hackensack Meridian Health	Lundbeck	Propeller Communications, Inc.
Community Access Unlimited	Hackensack Meridian Health Carrier Clinic	Charles and Ruth Marcon	Purple Swans Corporation
Community Foundation of New Jersey/ Morris County Funders Group	Jean Hoffman	Mental Health Association in Passaic County	R & J Strategic Communications
Community Health Charities	Horizon Blue Cross Blue Shield of New Jersey	Merck & Company	Rutgers University Behavioral Health
Collaborative Support Programs-NJ	The Horizon Foundation for New Jersey	Mercurio Associates	RWJBarnabas Health
Delta Dental	Inserra Supermarkets, Inc.	MikeWorldWide	Sage Therapeutics
Lisa Marie Falbo	JAG Physical Therapy	Music Mountain Theater	Rosemary and Michael Scoppetuolo, MD
	Johnson & Johnson	Mutual of America	
	Janine and Dan Kane	Network for Good	

## The MHANJ Board of Trustees 2024

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Rachel O'Dea, MS, AMTP, CGRS

*The majority of funding for the MHANJ's programs is provided through government grants, primarily from the New Jersey Division of Mental Health and Addiction Services.*

# Mental Health Association in New Jersey

*The Mental Health Association in New Jersey is a state affiliate of Mental Health America, the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness.*

## Mental Health Association in New Jersey Statewide Headquarters

673 Morris Avenue, Suite 100, Springfield, NJ 07081 • 800-367-8850 • [www.mhanj.org](http://www.mhanj.org)

### Mental Health Association in New Jersey

MHANJ in Atlantic County  
4 Jimmie Leeds Road  
Suite 8  
Galloway, NJ 08205  
609-652-3800

### MHANJ in Hudson County

35 Journal Square  
Suite 500  
Jersey City, NJ 07306  
201-275-0207

### MHANJ in Union County

673 Morris Avenue  
Suite 100  
Springfield, NJ 07081  
800-367-8858

### MHANJ in Ocean County

25 South Shore Drive  
Toms River, NJ 08753  
732-244-0940  
1747 Hooper Avenue  
Unit 15

Toms River, NJ 08753  
732-244-0940

691 Mill Creek Road  
Unit 13  
Manahawkin, NJ 08750  
609-205-1600

## MHANJ Affiliates

The MHANJ has the following independent entities that provide advocacy, programs and services on a county or regional level, and also support the statewide advocacy efforts of the MHANJ.

### MHA Serving Northern NJ

33 South Fullerton Avenue  
Montclair, NJ 07042  
Essex: 973-509-9777  
Morris: 973-334-3496  
[www.mhainspire.org](http://www.mhainspire.org)

### MHA of Monmouth County

106 Apple Street  
Suite 110  
Tinton Falls, NJ 07724  
732-542-6422  
[www.mentalhealthmonmouth.org](http://www.mentalhealthmonmouth.org)

### MHA in Passaic County

404 Clifton Avenue  
Clifton, NJ 07011  
973-478-4444  
[www.mhapassaic.org](http://www.mhapassaic.org)



**Mental Health  
Association in  
New Jersey, Inc.**

673 Morris Avenue, Suite 100, Springfield, NJ 07081  
Phone: 800-367-8850 • E-mail: [info@mhanj.org](mailto:info@mhanj.org)



[www.mhanj.org](http://www.mhanj.org)  
Information about the MHANJ,  
updates about mental health

## Our Websites and Social Media

[www.njmentalhealthcares.org](http://www.njmentalhealthcares.org) NJ MentalHealthCares mental health help line  
[www.njconnectforrecovery.org](http://www.njconnectforrecovery.org) Information about the NJ Connect for Recovery call line for coping with heroin and prescription painkillers, updates about substance use disorders  
[www.njdrc.org](http://www.njdrc.org) NJ Disaster Response Crisis Counselor Certification Program  
[www.njgroups.org](http://www.njgroups.org) NJ Self-Help Group Clearinghouse  
Facebook: Mental Health Association in New Jersey, Inc.  
Instagram: MHANJ4U  
LinkedIn: Mental Health Association in New Jersey, Inc.  
YouTube: [www.youtube.com/user/MHAINNewJersey](http://www.youtube.com/user/MHAINNewJersey)

