### Financial Report

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We approach all people with attitudes of nonjudgmental optimism, humor, humility, honesty, and compassion.

Integrated care, innovation, and cultural diversity is to be valued and promoted.

We are

COMMUNITY

MENTAL HEALTH AFFILIATES

2019 BOARD OF DIRECTORS

Todd DeGroff, Chairman of the Board
Linda Filipetti, Vice Chairman
Jessica Hernandez, Secretary
Hunter Mathena, Treasurer
Raymond J. Gorman, President & CEO
Nicholas Pettinico, Past Chairman
Steven Andrychowski
Jenifer Yarsawich

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2019 ANNUAL REPORT
In purchasing and renovating 233 Main Street, CMHA intended to expand and improve agency services. More than that though, CMHA has expanded our Community.

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My how times have changed! Care is integrated, sites are consolidated, and we’re known across the community as the provider of choice. CMHA has reached a milestone in a decade-long journey. Along the way, the wisdom and perseverance of board members, staff, and supporters, coupled with deliberate and astute organizational decisions, have positioned the agency to become the force it is today.

Over the past year, CMHA completed three major property acquisition and renovation projects. It began in the Fall with the relocation of our Waterbury Outpatient Clinic to a larger, conveniently located and accessible office in downtown Waterbury.

Then in December we began moving most of our New Britain programming to 233 Main Street, the agency-owned building in the city’s increasingly vibrant downtown. Now nearly 40 programs and 200 employees are settled into the historic building, which is fully occupied for the first time in 20 years.

CMHA Board Treasurer Todd DeGraff and Beacon Pharmacy Manager Ethan O’Hara present a check for $10,000 to fund innovations and service improvements.

CMHA Board President Todd DeGraff and Board Chair Ray German present a check for $10,000 to fund the first installment of a $50,000 renovation.

CMHA Board President Ray German and Board Chair Todd DeGraff pose with The Past family Foundation board.
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CMHA received $25,000 from The Fund for Greater Hartford to create a state-of-the-art Sensory Room Program at the New Britain Child and Family Outpatient Clinic on the third floor of 233 Main Street. The room features a diverse number of items for clients to see, touch, and feel. The space is well-stocked with art supplies and games to calm, engage, and relax children as they incorporate play and mindfulness into individual therapy sessions. The Sensory Room is part of CMHA’s trauma-informed network of care for victims of violence or abuse.

The Child Health and Development Institute (CHDI) awarded CMHA a grant to participate in the year-long Child Parent Psychotherapy (CPP) Learning Collaborative, which will help the agency implement another evidence-based treatment modality. CPP is an intervention for children aged 0-5 who are experiencing behavioral health problems due to trauma.

After Hurricane Maria brought displaced Puerto Rican residents to Connecticut last year, CMHA staff sprang to action. By collaborating with the New Britain Puerto Rican Society and Family Life Education in Hartford, CMHA collected supplies for victims, offered special therapy support groups, and even threw a welcome celebration for families. The Community Foundation of Greater New Britain (CFGNB) helped fund the initiative.

The CT Department of Children and Families (DCF) awarded CMHA nearly $1 million for two Multidimensional Family Therapy (MDFT) teams in New Britain, including the first entirely bilingual/Spanish speaking MDFT team in the state. Innovative and evidence-based, MDFT is a family-driven substance use recovery program for adolescents and their families.

CMHA also received DCF funding for two Parenting Support Services (PSS) teams covering Waterbury and Danbury. Based out of CMHA’s Waterbury office, the program helps families enhance parenting skills as well as strengthen and repair relationships.

The CT Department of Mental Health and Addiction Services (DHMAS) asked clients to voluntarily complete a questionnaire to measure satisfaction across seven domains: Access, General Satisfaction, Outcome in Treatment, Quality, Recovery, and Respect. DHMAS holds 80% satisfaction to be the minimum standard across all seven domains. This year, CMHA did not just meet the minimum standard, we exceeded it across every domain, a first in CMHA history. In five of the seven domains, CMHA scored greater than 90% satisfied, an impressive commentary on the quality of services!

Building upon Peer Fit, last year’s pilot study with Dartmouth College to help improve the physical health of people with Serious Mental Illness (SMI), CMHA is now participating in Fit Forward. A community-engaged research project that aims to enact and evaluate a group-based lifestyle intervention for persons with SMI, Fit Forward focuses on weight management and improved cardio-respiratory fitness for participants.

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Net Surplus (Deficit) $155,957

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