

Annual Report 2015/16

 *Building success together*
Momentum | for Mental Health



momentumformentalhealth.org

For further questions visit us online at:
www.momentumformentalhealth.org or email us at: info@momentummh.org

Remove the Stigma from Mental Illness

“At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it’s still an illness, and there should be no distinction.”

MICHELLE OBAMA



Our Mission

Thank you for your interest in the programs, services and performance of Momentum for Mental Health. Momentum focuses on a seamless delivery of comprehensive behavioral health services that are accessible, integrated, effective and engaging, resulting in the best treatment options possible.

The organization offers adults, adolescents and families an array of high-quality programs and services that promote a healthier, independent future. People who have a mental illness can, and do, recover to live life to the fullest. Momentum for Mental Health exists to help individuals achieve mental and emotional health, discover and reach their potential, and fully participate in life.

Significant advancements have been made to provide quality treatment to those that, historically, have not had access to the care they need. But, there is still a long way to go to meet the needs of those that must manage



serious behavioral health issues, including expanding access for ethnic minorities, veterans and those that are homeless.

Together, we are making a difference in our communities to provide treatment for behavioral health, as well as, to break the stigma that surrounds mental illness and addiction.

Serious mental illness can take 24 years off a person's life, which is as great as that associated with smoking 20 or more cigarettes a day.

Quote Source
<http://consumer.healthday.com>

David K. Mineta, CEO Message

Some of the most difficult illnesses are the ones that nobody else can see. Mental illnesses often go undiagnosed and untreated.

Dear Friends,

This past fiscal year saw great change within and around Momentum for Mental Health.

Welcome to the Momentum 2015-2016 Annual Report. A little over 19 years ago, in 1997, Momentum joined four agencies with a total of 100 years of services to the community to form what would eventually become Momentum for Mental Health. This past year, 5000 individuals were served by over 400 staff with an operating budget of over \$35 million. Those numbers represent the largest totals for each category in our history and speak to the absolute need for high quality, behavioral health services in our community.

Yet the seeds of change are blowing about. In the aftermath of a very contentious general election, we are uncertain about major changes in the financial structure of the public and private health care systems. We anticipate significant change in these structures, but can now only guess at what they may be. The coming years will surely unveil much.

In the meantime, we want the many families and communities we serve to know that our commitment to high quality behavioral health services continues without waver. We will never cease to serve those who need behavioral health services; this includes those with high-paying Silicon Valley employment or those with long histories of being unhoused, as well as everyone in between. We will continue to serve those who have called this valley home for generations as well as those who are new to the area. We will continue to serve



those who have some of the most complex mental health needs in addition to other chronic, co-occurring health conditions, including addictions, cancer, hepatitis, and the

like. We are proud to serve our neighbors with the compassion, humility, dignity, and expertise that spans close to 20 years. Momentum is happy to contribute its services to ensure that behavioral health needs of our community members are met.

Thank you for your continued support of Momentum for Mental Health.

Sincerely,

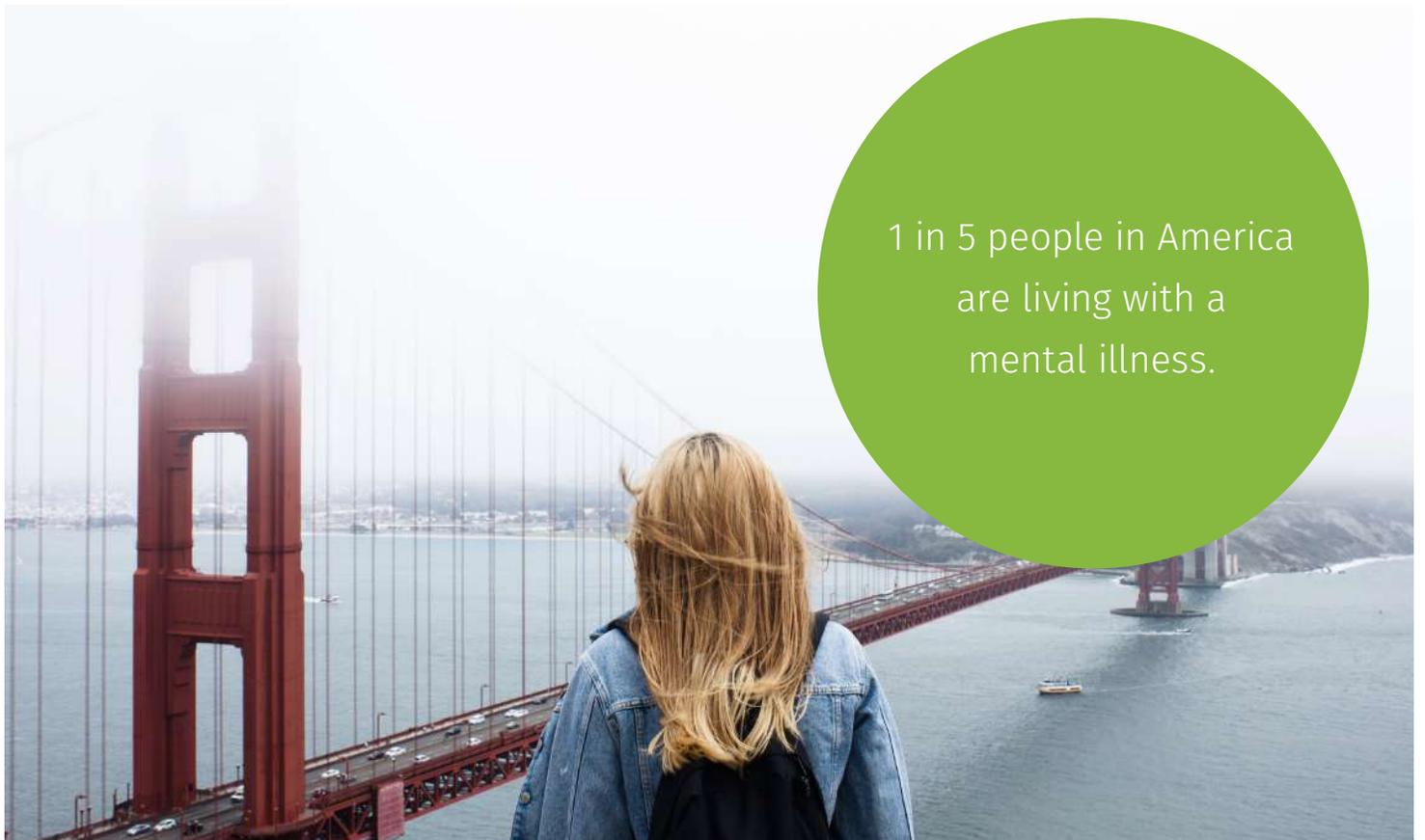
David K. Mineta, President & CEO

5,000 individuals
served this year;
a 25% increase
over the previous year.



Our Team

Momentum offers adults, adolescents and families an array of high quality programs and services that promote a healthier, independent future.



We employ over 420 team members across our mental health programs.

Momentum focuses on integrating a seamless delivery of comprehensive behavioral health services to provide the best treatment possible for mental illness.

People who have a mental illness can, and do, recover to live life to the fullest.

Increased access to whole person care combined with the vital data driven measures to ensure health providers

are accountable remains at the very top of our agency's priorities.

Our work is driven by our commitment to provide high quality treatment and care that promotes wellness and recovery for each individual.

We work together with individuals and families within a collaborative and cost-effective setting to provide a client-centered approach to high quality care.

Mental illness and substance use disorders are common, recurrent and serious. More importantly, they are treatable and people do recover.

Recovery Champions

Meet some of our Recovery Champions

Beth Johns Recovery Champion

"Eric, my art space, our dogs, and the sanctuary we've created there are really what my recovery is all about," Beth said. Their house features her watercolor paintings of her dogs.



Andre Ellison Recovery Champion

A child prodigy in math, Ellison grew up to run long distance, play guitar and draw lovely portraits simply with pencil on paper, all to "qwell the restless something in my head."



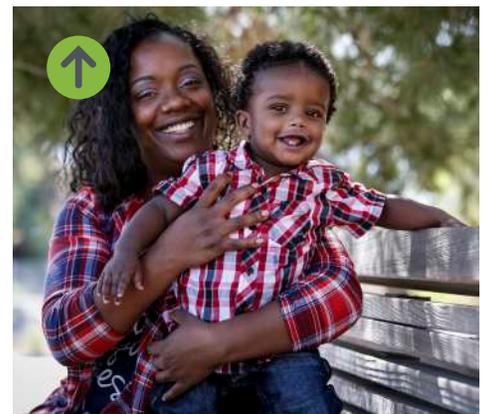
Princella Woods Recovery Champion

It took months to regain her health and custody of her son. Her life today centers calmly on her Baptist church, her son and aging mother, and her hobbies - painting, poetry, and piano.



Darcy Hudson Recovery Champion

His ongoing gender transition, Hudson said, has nothing to do with his mental disorders. Diligent with his medicines, diet, and sleep, he hasn't had a bipolar episode in three years.



What do we do?

Momentum for Mental Health offers comprehensive treatment, rehabilitation, and housing programs and services to youth, adults and older adults recovering from mental illness, substance use and other chronic health conditions. Specialized culturally-competent services are available. Momentum provides services at 10 locations and has 11 supported housing facilities in Santa Clara County.

Adult Outpatient Services

Provides social rehabilitation treatment and crisis intervention services for persons with persistent and severe mental illness. Individuals with co-occurring substance use and other chronic health conditions are also served. A multi-disciplinary team of doctors, case managers, clinicians, managers, and employment specialists, provide support to beneficiaries on their journey to wellness and recovery. Interventions, including Case Management, Medication Management, Rehabilitation and Dual Diagnosis Services, are designed to assist the individual in identification of and reaching his/her recovery goals. Individual and group services are offered at one of our sites as well as within the community. Development of specific skills and strategies for living successfully in the community are targeted. Adult Outpatient Services are provided from four different locations: Palo Alto, East San Jose, Downtown San Jose, and Central San Jose.

Youth & Family Services

Momentum's Youth & Family Services Program provides Case Management, Medication Management and Rehabilitation services in a clinic and/or community-based setting for adolescents and young adults ages 10-25. The goals of treatment include stabilizing symptoms, teaching skills and establishing supports that will allow successful participation at home, group homes, foster care, school and work. There are three different programs co-located at one site on Martinvale Lane in San Jose:

- Transitional-Age Youth (TAY) Outpatient – Ages 14-24, Medi-Cal beneficiaries only
- FSP-TAY – Ages 16-25, Medi-Cal or Un-insured individuals only
- REACH – Ages 10-25, Medi-Cal or Un-insured individuals only

Programs & Services

Full Service Partnership (FSP) - Adult Program

FSP-Adult services are based on a recovery-oriented social rehabilitation model. Highly interactive, intensive assistance is provided for small caseloads of consumers with multiple barriers. Program emphasizes community integration and collaboration with various resources to enhance overall quality of treatment. Momentum's FSP-Adult Program is located at The Alameda Site (central San Jose).

Day Rehabilitation Services

The Day Rehabilitation programs focus on education and skill development, peer support, socialization and management of illness. Services are for individuals who need to develop coping skills to live successful lives, and are provided in structured groups, drop-in centers, and through other self-help opportunities with a focus on empowerment and recovery. Programs are located at Crossroads Village, Nikki's Place on White Road and the Discovery Center at Momentum's Palo Alto campus.

Employment Services

Momentum has full-time Employment Specialists working in the community to establish relationships with employers in order to generate a variety of opportunities consistent with clients' needs and employment goals. Employment Specialists participate in employer education and attend employment interviews with clients as needed, in addition to assisting clients with identified reasonable accommodation and disability disclosure. Momentum provides clients with ongoing support and training after job placement to ensure job retention.

Housing Services

The Momentum Housing Support Staff assist and support clients to obtain, maintain and retain their housing by teaching the necessary skills for independent living. There are shared housing opportunities in homes and apartments that are below market rent throughout Santa Clara County. Other housing services include homeless outreach, referrals, advocacy and emergency housing placements for homeless persons.

Programs & Services

Crisis Residential Treatment

Momentum's three social rehabilitation crisis residential facilities--SART, FSP Residential, and Litteral House--provide group and individual treatment to clients needing support during a mental health related crisis. These programs provide 24-hour residential treatment for adults in crisis that will benefit from a community based, unlocked alternative to admissions or continued placement in an acute or long-term psychiatric facility. Services include psychiatric evaluation and treatment, individual and group counseling, life management skills training, medication stabilization, community resources and socialization activities.

La Selva Group

La Selva is a proven and innovative adult, psychiatric, residential and outpatient behavioral health treatment program. Located near Stanford University in the heart of Palo Alto, the program offers care in attractive community based settings. La Selva's comprehensive services encourage active client participation and provide individual attention to meet each person's special needs. Following assessment we are able to match each client to one or more of our program offerings which includes residential treatment, outpatient services, partial hospitalization, intensive outpatient and supported housing. La Selva partners in network with most major insurance groups.

Family Advisory Board

Comprised of family members of clients currently receiving services from the agency, the Advisory Board meets periodically to host Momentum Family Nights, educational and discussion forums addressing subjects pertinent to families of those receiving services from Momentum.

OUR VALUES

- We respect individuals and their differences.
- We demonstrate integrity.
- We strive for excellence.
- We care.

EXECUTIVE TEAM

David K. Mineta, MSW-President & CEO
Dan Correa, MHRS-Chief Officer of Residential Programs
Melinda Golden, MBA-Chief Financial Officer
Michael P. Hayes, MSW-Director of Development
Richard Jennings, JD-Director of Human Resources
Jerry McCann, CPRP-Chief Performance Officer
Jim Millsap, CPRP-Executive Director (La Selva Group)
Victoria Stanton, MD-Chief Medical Officer

Recovery Champions are real people who have been diagnosed with a mental illness or a substance use disorder, yet have come out the other side stronger than ever.

Recovery Champions

Meet more Recovery Champions

Domingo Noriega Recovery Champion

“With a little bit of effort, you get results,” Noriega said. “Sometimes it seems a little treacherous as you’re walking up the mountain and before you enter the valley below, but there’s always a reward.”



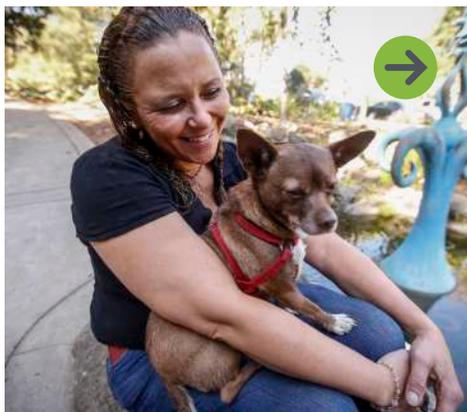
Alby Ruiz Recovery Champion

“I was in and out of the system,” he said. “But I was always with the Lord. My faith allowed me to focus on what I went through. One step at a time.”



Srecko Toroman Recovery Champion

Months of hard work with medical and socialization therapy at Momentum were successful in minimizing his symptoms. Toroman is a talented software engineer from Serbia who now works at Facebook.



Hope Holland Recovery Champion

Holland said Momentum for Mental Health laid the foundation for her recovery and gave her direction. Embracing her illness and making it work for her, not against her, she became a certified drug and alcohol abuse counselor.





Access to comprehensive, quality care services is essential to increasing the quality of life for everyone. Momentum for Mental Health strives to develop outcomes-based approaches that improve health, cost-effectiveness and, more importantly, emphasize our clients' best interest.





Summary 2015/16

TRAINING HOURS

5,340

LANGUAGES SERVED

22+

PRIMARY DIAGNOSIS

BIPOLAR

16%

PRIMARY DIAGNOSIS

PSYCHOSIS

46%

PRIMARY DIAGNOSIS

MOOD DISORDER

8%

FISCAL

2016

PRIMARY DIAGNOSIS

ANXIETY

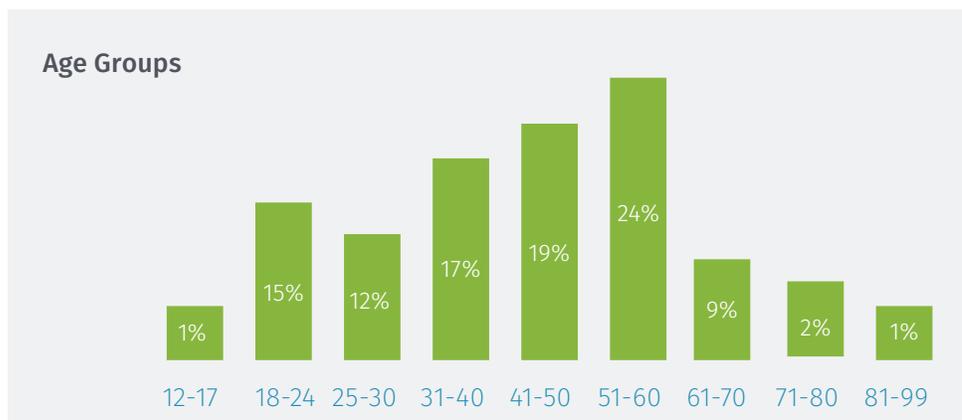
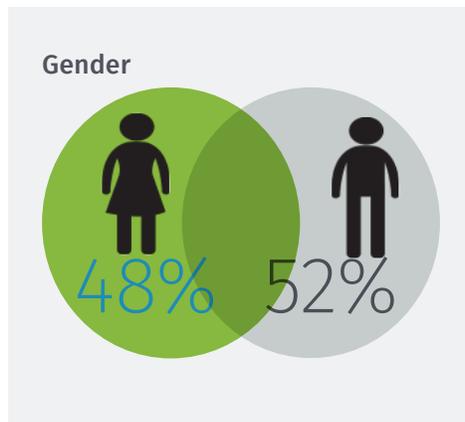
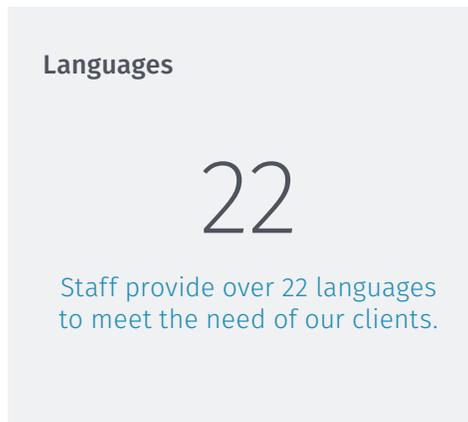
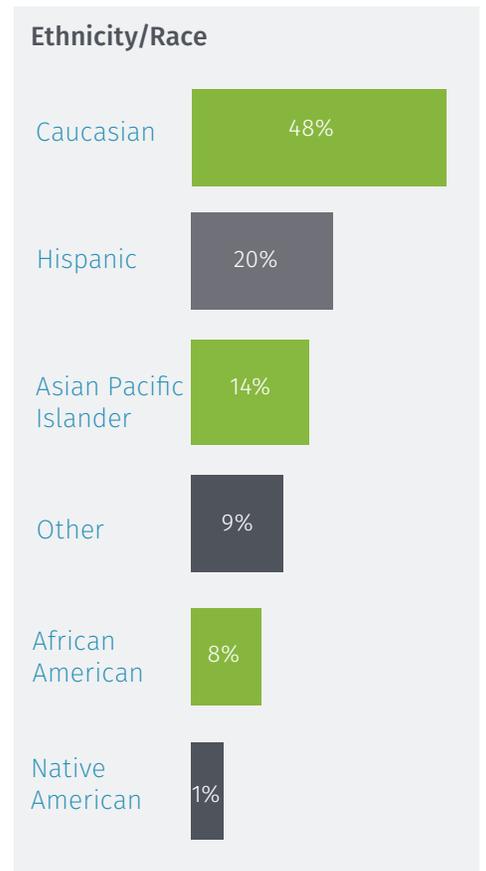
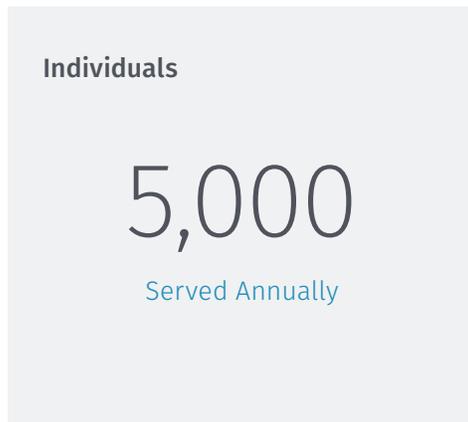
7%

PRIMARY DIAGNOSIS

DEPRESSION

20%

MOMENTUM’S COMPREHENSIVE EFFORTS FOCUS ON INTEGRATING A SEAMLESS DELIVERY OF BEHAVIORAL HEALTH SERVICES, INCLUDING TREATMENT FOR SUBSTANCE USE DISORDERS.



Today

Momentum

Is the largest private nonprofit provider of adult mental health services in Santa Clara County.

43.8 Million

ADULTS EXPERIENCE MENTAL ILLNESS IN A GIVEN YEAR.

STATISTICS BY THE NATIONAL ALLIANCE ON MENTAL ILLNESS

APPROXIMATELY

10.2

**MILLION ADULTS
HAVE CO-OCCURRING
MENTAL HEALTH
AND ADDICTION
DISORDERS.**

NEARLY

60%

**OF ADULTS WITH A MENTAL
ILLNESS DIDN'T RECEIVE MENTAL
HEALTH SERVICES IN THE
PREVIOUS YEAR.**

90%

**OF THOSE WHO DIE BY SUICIDE
HAVE AN UNDERLYING MENTAL
ILLNESS.**

2.4 MILLION

1 in 100

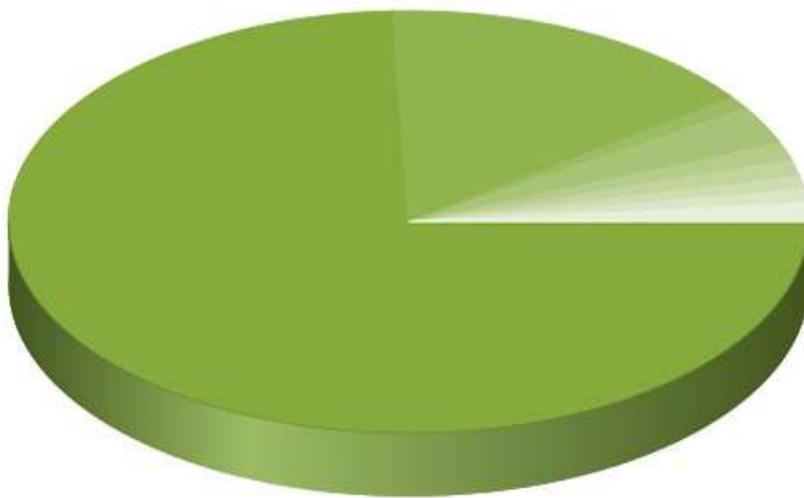
**AMERICAN ADULTS LIVE
WITH SCHIZOPHRENIA.**

Financials

July 1, 2015 - June 30, 2016

Revenues

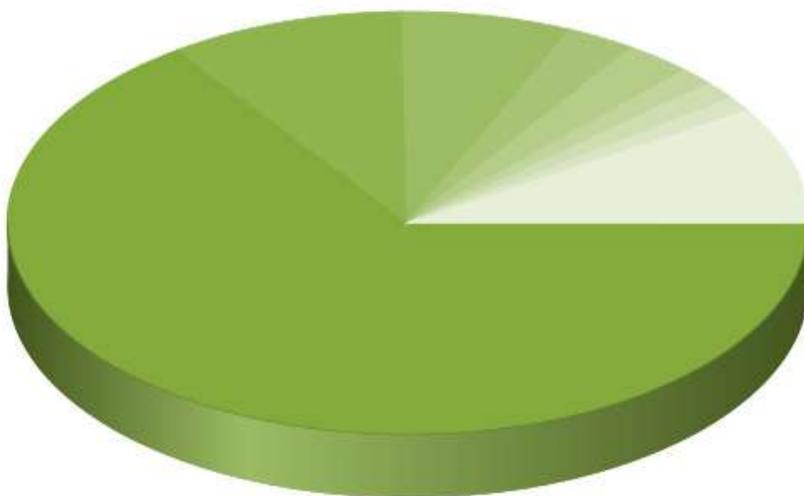
\$35,430,691



County of Santa Clara	\$26,959,994
La Selva Group	\$5,801,589
Dept. of Rehabilitation	\$450,000
Room & Board	\$895,884
Other Insurance	\$511,238
Contributions/Grants	\$478,291
Rental Income	\$244,157
Other Government Agencies	\$33,003
Other	\$56,535

Expenses

\$34,566,550



Salaries & Wages	\$22,635,654
Benefits	\$3,280,773
Payroll Taxes	\$2,341,326
Supplies	\$955,035
Professional Fees	\$928,101
Rent	\$481,497
Assistance to Clients	\$492,186
Insurance	\$381,099
Other	\$3,070,879

50%

DECREASE

Clients in the FSP Adult program reduced total days of homelessness in the first 12 months in the program by 50% in comparison to the 12 months prior to enrollment.

Clients in the FSP-90 program reduced total days living in a locked IMD by 74% for the 12 months after program completion when compared to 12 months before program enrollment.

37%

EMPLOYED

37% of Employment Services clients became competitively employed with an average wage of \$13.22/hr.

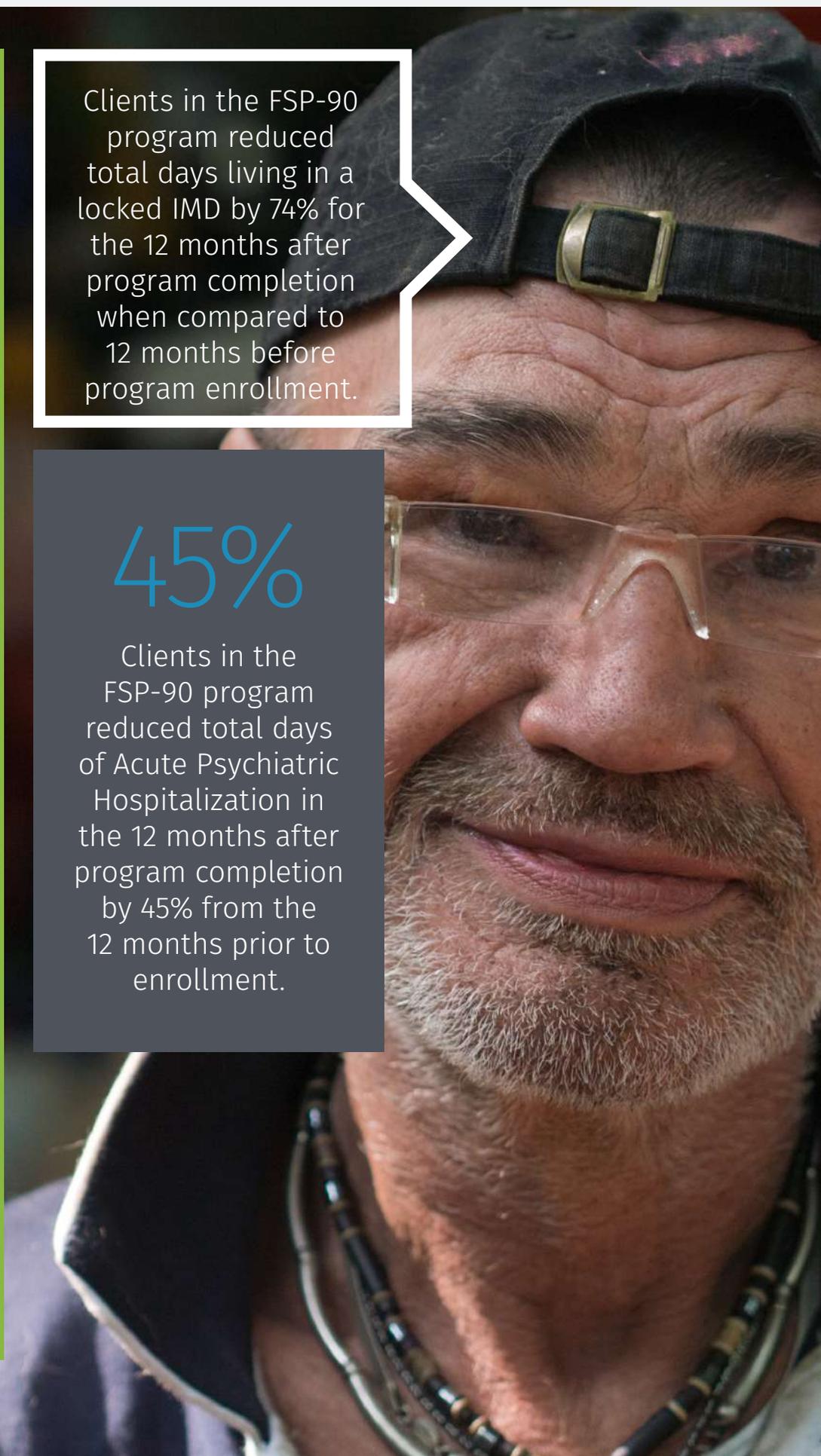
45%

Clients in the FSP-90 program reduced total days of Acute Psychiatric Hospitalization in the 12 months after program completion by 45% from the 12 months prior to enrollment.

24%

GRADUATED

24% of all program clients successfully graduated from the Employment Services program, having maintained their employment for at least 90 days.



Organization Contributions

Recovery Champions demonstrate that real people who have been diagnosed with a mental illness or a substance use disorder can come out the other side stronger than ever. We are deeply grateful to all the funders and individual supporters who help make this journey possible.

Agilent Technologies Inc.	Ben Lopez	Christopher Sliter-Ruiz	Doug Likens
Alan Alviar	Benevity	Colman & Rita Buxbaum	Douglas J Carlson
Alan & Victoria Templeton	Bernie Kotansky	Colton Bares	Dyron Rolling
Albert & Sally Knorp	Besko Electric	Cora Flemate	Ed & Aurora Neuenheim
Alexander Van Zyl	Bill Finch	Crepevine Restaurant	Eddie Hernandez
Alice & Frank McCann	Bill George	Cynthia Stewart	Edward Kennedy
Alithia & Ramon Ramirez	Bob Fasano	Dale & Clarice Horelick	El Camino Healthcare District
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Andrea Caldwell	Brandon Milligan	Dan Correa	Eleonore Sosa Pace & David Pace
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*Roles are reflective of FY 2015/16

Inkind

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Adventure Cat Sailing	Dolce Hayes Mansion	Mr. Paul S. Taylor & Ms. Tessa Moore	Sundance The Steakhouse
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Amici's East Coast Pizzeria	Fogo de Chao	Pahl & McCay	Tani Sanda
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Aperature Academy	Frances Almazan	Paul R Conrado	The Mountain Winery
Aquarium of the Bay	Gilroy Gardens	Peppermill Reno	The Ranch Golf Club
Aqui Cal-Mex	Gott's Roadside	Petroglyph Ceramic Lounge	The Walt Disney Family Museum
Atelier Salon & Studio	Gravity Bistro & Wine Bar	Phil & Terry Ackerly	Tiffany Puopolo
Balletto Vineyards & Winery	Gwendolyn Coffie	Pier 39 San Francisco	USS Hornet Museum
Barbara Finn	Henry's Hi-Life	Pietra Santa Winery	Vesta
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Chardonnay Golf Club	Julie Williams	Sara Cruz	
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Cinnabar Hills Golf Club	Lick Observatory	Service Master All Care Restoration	
Concannon Vineyard	Lindamood-Bell	SF Bay Adventures	
Cooper Garrod Estate Vineyards	Los Altos Golf & Country Club	SJ SP2 Restaurant	
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Dave Chiasson	Mr. & Mrs. Larry Burns		
Derek & Wendy Chu	Mr. & Mrs. Thomas Berthold		

CARF

In FY15-16, Momentum's residential programs began preparations for accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF accreditation signals a service provider's commitment to continually improving services, encouraging feedback, and serving the community.

ADVISORY BOARD

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Housing

Eight supported housing sites were provided with updates from remodeling of bathrooms, replacing windows to new floors.

SART

Momentum's Sub-Acute Residential Treatment program finished its second phase of major renovation to enhance the healing environment. SART provides 24-hour care and supervision for individuals who would benefit from a short-term, structured stabilization setting.

ONLINE

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