



**MOMENTUM FOR MENTAL HEALTH  
ANNUAL REPORT**

FISCAL YEAR 2018/2019



## CEO MESSAGE



As one of the largest behavioral health providers in Santa Clara County, Momentum assists individuals with complex health issues find their paths to recovery.

Although it may not always be an easy journey, Momentum staff

are committed to treating each and every individual with the best and most appropriate care for their specific set of needs. Over the past fiscal year, we've made tremendous efforts in order to continue providing the best care possible to our community; not only did we open a new substance use program to confront addiction and co-occurring disorders head-on, we also improved

an individualized recovery plan. The youth program will also focus, specifically, on suicide prevention which has become a public health crisis throughout the country. Momentum is thrilled to parallel the growth of programs with additional, highly qualified staff. As an agency, we are prepared to address our community's growing needs and assist those who are most vulnerable.

Over the next year, our organization will continue its work to reduce the stigma around mental health through the sharing of personal journeys to recovery and mental health education within the community. Momentum is dedicated to ensuring that each person who needs assistance knows there are others in a similar emotional state and that there is help available, if it is needed. Reaching the brighter side of recovery is possible with the appropriate resources.

As we move forward into the next fiscal year, and even the next decade, there will be an increased need for

**MOMENTUM FOR MENTAL HEALTH EXISTS TO HELP INDIVIDUALS ACHIEVE MENTAL AND EMOTIONAL HEALTH, DISCOVER AND REACH THEIR POTENTIAL, AND FULLY PARTICIPATE IN LIFE.**

upon our existing programs and services through therapeutic groups and opportunities for clients to build connections with staff and one another.

Momentum also answered requests for proposals which will give us the opportunity to provide at-risk populations with the treatment they require to live full and healthy lives. Throughout the next fiscal year, Momentum will breathe life into these new programs

and, ultimately, reach often over-looked people within our community. These new programs equip both adults and transitional age youth with the tools needed to stabilize and improve upon their mental health diagnosis through psychoeducation, medication management, and the development of

behavioral health care. Yet, I am positive that we have the tools and experience needed to handle what comes next. Thank you to our wonderful donors, employees, and community partners for the continued support and another successful year. I hope that you will continue to follow along with us on this ever-changing journey for the following and future fiscal years to come.







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SERVED OVER

**3,166**

COMMUNITY

MEMBERS DURING

FISCAL YEAR '19

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Esperanza House, a Supportive Housing Program for women coping with trauma, opened under Momentum's La Selva Group branch. The new facility is able to house six women at a time in a safe and supportive environment.

Individual Placement & Support Services were integrated into the agency's Employment Services program offering both mental health and employment assistance. Currently, the program has helped five individuals gain employment.

Litteral House, a Momentum transitional residential program, hosted eight events and activities for current and former clients to provide continuous recovery support. Over 240 current and former clients participated in the events.

Momentum was awarded funding to open its first Addiction Treatment Services program. This program enables Momentum to serve individuals with both mental health and substance use issues, providing comprehensive and integrated care.



On September 17, 2018, Momentum received a Notice of Award from the Substance Abuse and Mental Health Services Administration (SAMHSA) that the organization would be granted funding for a Youth Mental Health First Aid Training program. Momentum was one of 138 awardees from across the nation and one of 10 awardees in California. Through the funding, 900 individuals will be trained in Mental Health First Aid who work closely with youth, ages 12 to 18 years old, in Santa Clara County.

# ACCOMPLISHMENTS

Momentum received funding to implement an Intensive Full Service Partnership (IFSP) program for adult and older adults as well as Transitional Age Youth. Through full wrap-around services, the program will reduce homelessness, incarceration, and hospitalization as well as strengthen recovery and self-sufficiency, develop and increase community connections, reduce negative outcomes of mental illness, reduce the impact of trauma, increase social engagement and encourage consistent use of medications as necessary for recovery.



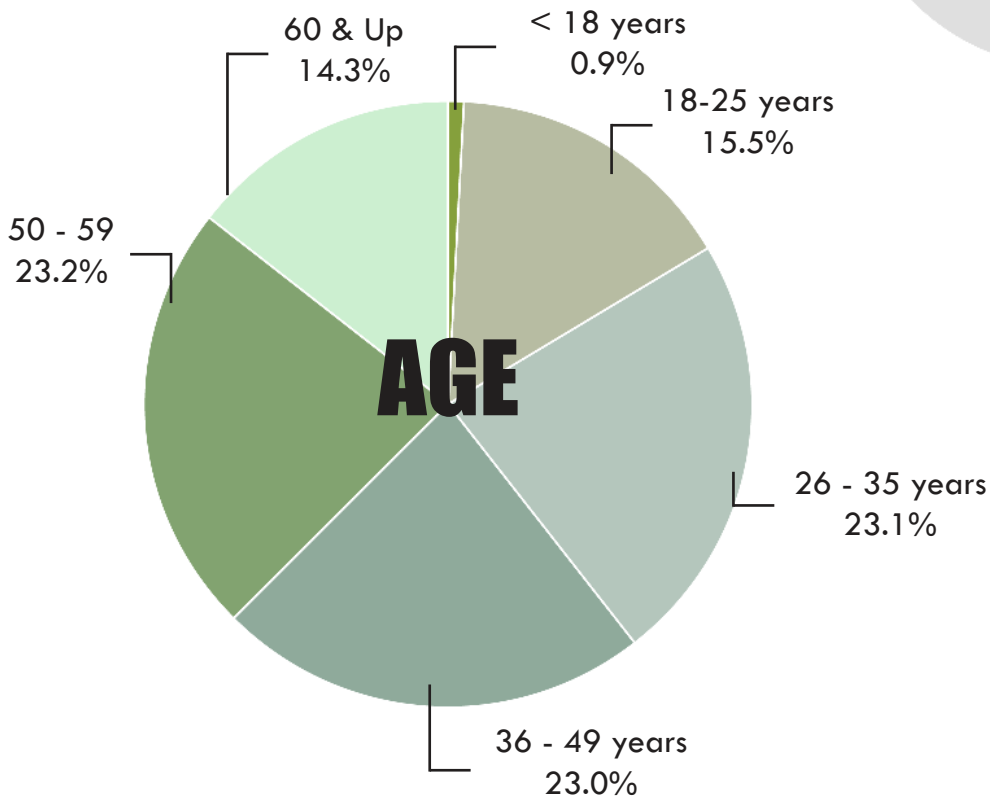
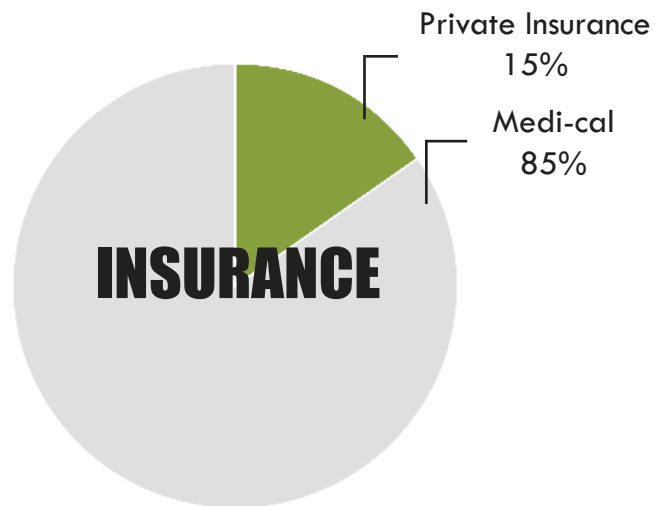
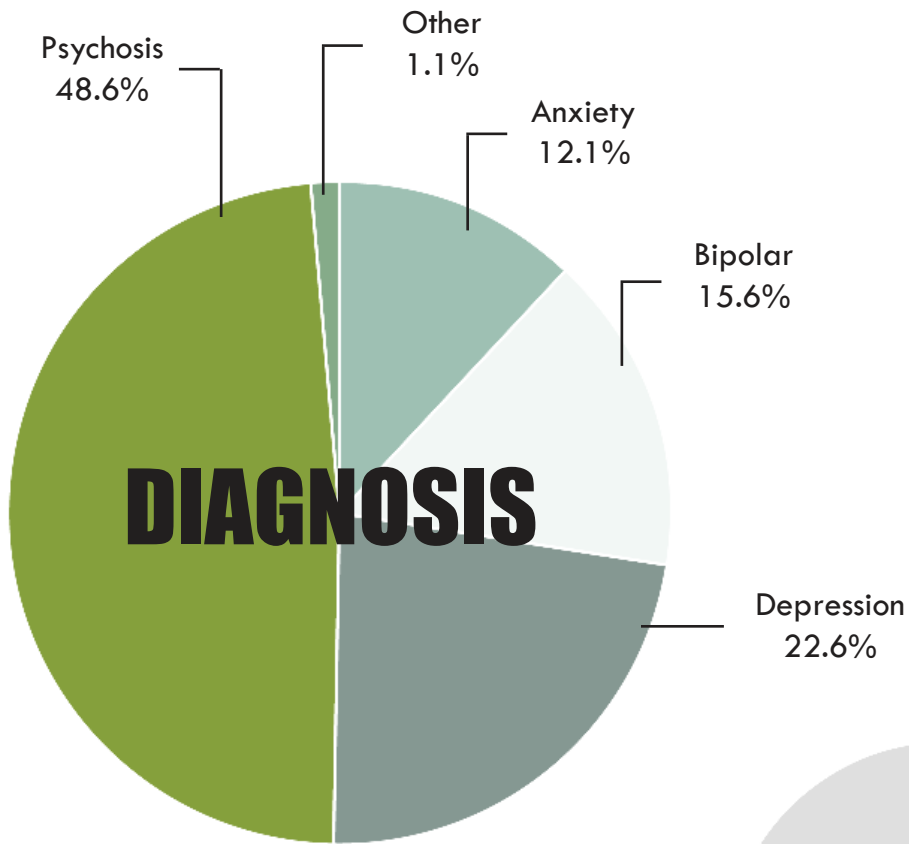
Crisis Stabilization increased 3x since it first launched in FY18 providing services to 347 clients.

"My one night stay [at CSU] was a totally unexpected lifeline for me."  
- CSU client

Crossroads Residential Village served 105 clients throughout FY19 with 69 of those clients graduating from the program to to a lower level of care, a relative's home, or their own home or apartment.

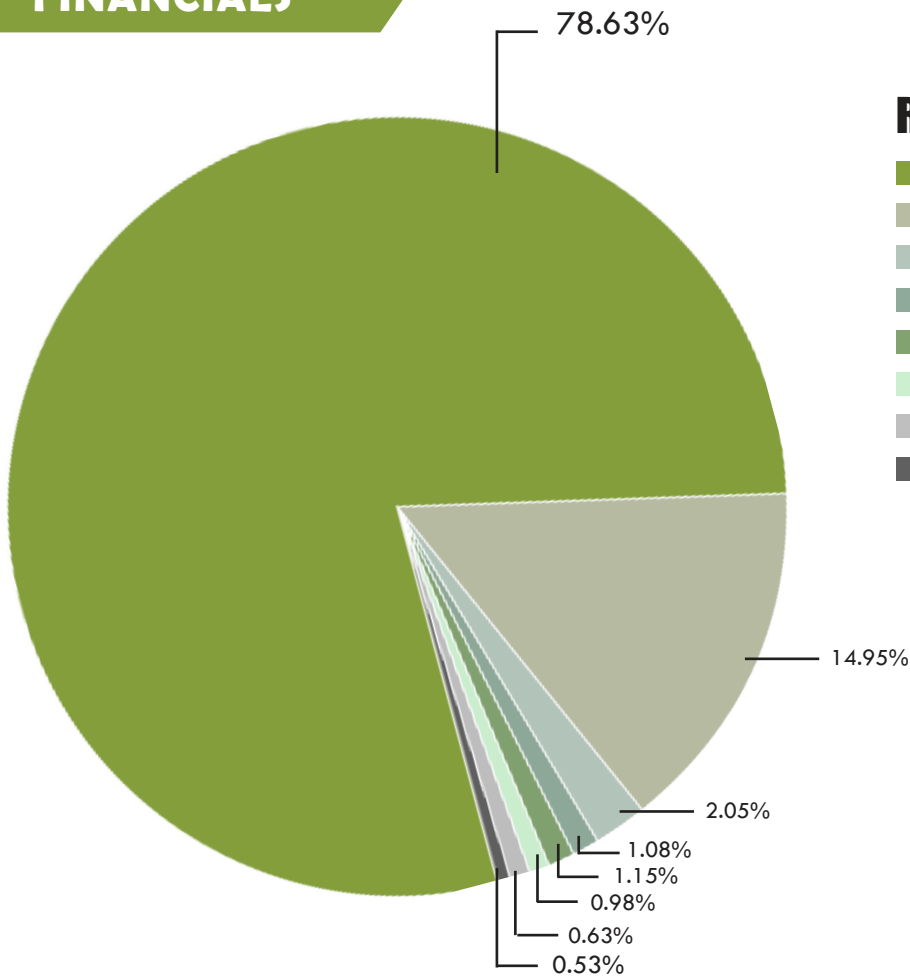
Youth & Family Services assisted clients in continuing their education and reaching career goals; clients are now enrolled at CSU Long Beach and Sonoma State University. One client was offered a job at Google!

La Selva's Community Clinic administered 42 psychiatric evaluations, provided counseling services to 17 people and case management to 112 individuals. The program also expanded services to include counseling for families and adolescents.



Mental illness can impact all people regardless of race, gender, age, religion, sexual identity, or socioeconomic status. Momentum is proud to serve all within the community no matter how they identify!

# FINANCIALS

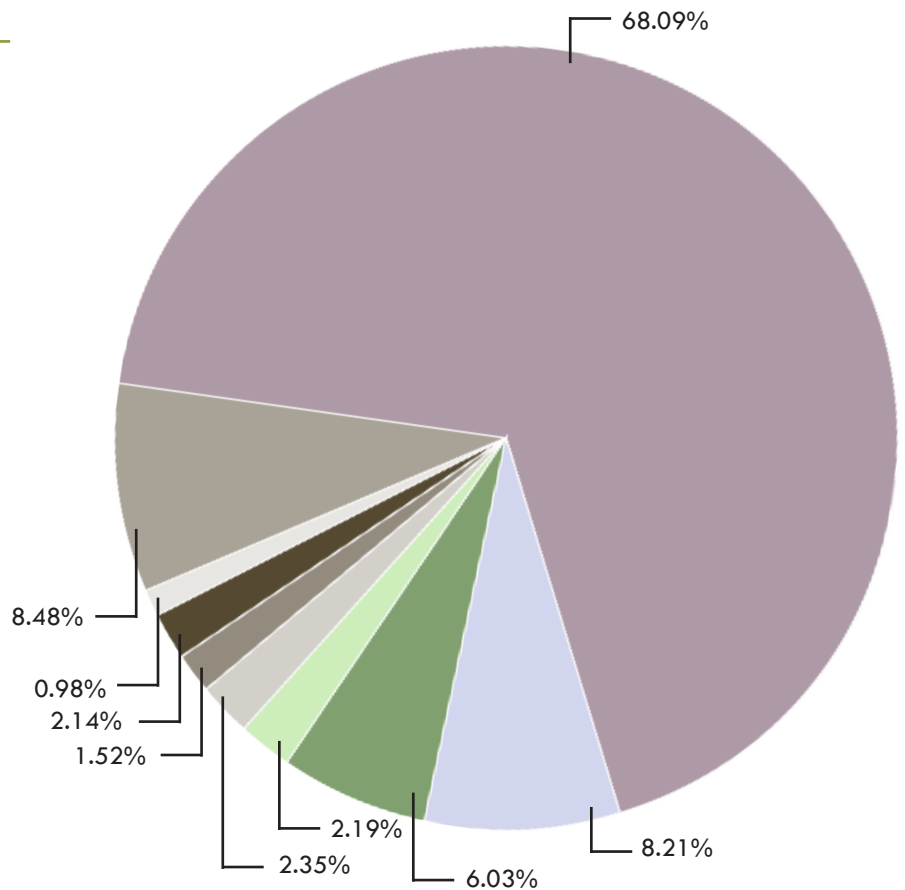


## REVENUES

County of Santa Clara	\$36,424,939
La Selva Group	\$6,927,770
Client Fees	\$947,629
Contributions/Grants	\$500,614
Other Government	\$532,271
Other Insurance	\$453,733
Rental Income	\$293,750
Others	\$246,337
<b>Total</b>	<b>\$46,327,043</b>

## EXPENSES

Salaries & Wages	\$31,044,996
Benefits	\$3,741,819
Payroll Taxes	\$2,748,887
Supplies	\$1,072,437
Professional Fees	\$999,091
Assistance to Clients	\$977,372
Rent	\$693,481
Insurance	\$447,571
Other	\$3,865,334
<b>Total</b>	<b>\$45,590,987</b>



Momentum would like to thank all of its incredible supporters and donors for their consistent and passionate support of our mission. Thanks to the generous individuals listed below, we are able to continue providing high quality behavioral health services to those affected by mental illness and substance use addiction in Santa Clara County.

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