

MOMENTUM FOR MENTAL HEALTH



BUILDING SUCCESS TOGETHER
ANNUAL REPORT FISCAL YEAR 2015

A MESSAGE FROM THE CEO

"In the great American community, we treat mental health as part and parcel of overall health. We must cast aside the unacceptable stigma and barriers to access that keep too many people from getting the help they need. That is why I will call upon faith and civic leaders to use the power of their pulpits to save lives while saving souls, by igniting a conversation around mental health. . . Together we will bring mental illness out of the shadows."

"Build the Great American Community"

Remarks by Vice Admiral Vivek H. Murthy

Commissioning and Change of Command for the 19th Surgeon General of the United States

Conmy Hall • Joint Base Myer-Henderson Hall • Fort Myer, Virginia

Wednesday, April 22, 2015 1:00-2:30 p.m. EDT

Dear Friends,

Fiscal year 2014-2015 saw great change within and around Momentum for Mental Health. Federal, state, and local governments along with the private sector continued their movement to include behavioral health as an integral part of health care services. As the Surgeon General's powerful remarks indicate, he prioritized mental health services among the Nation's most important health issues. But he went one giant step further by recognizing that substance use disorders, linked directly to the epidemic of prescription painkiller and heroin use that grips so much of the country, also require our special attention.

Our Nation's physician elevated mental health and substance use disorder services to their rightful place alongside other chronic illnesses. Last April, I was fortunate to be invited to the Change of Command Ceremony for the Surgeon General. As I listened to Dr. Murthy at his commissioning ceremony, I thought how special is the time in which we live. In addition to other Federal, state, and local agencies' work, 21st Century health services continue along a steady path for behavioral health integration.

The key to these policy shifts is to implement the changes at the end-user level - our neighbors, our family members, and ourselves. My predecessor, Paul Taylor, wrote very eloquently in previous annual reports about the work of Momentum, to improve whole person care by not just excelling in mental health services but by connecting to or adding primary care and substance use disorder treatment for clients. 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.

At the end of the fiscal year, numerous transitions took place within Momentum as Paul Taylor retired and a search for a successor took place. This was a pivotal change for the agency this past year and I'd like to thank Paul for his years of dedicated service to families experiencing mental illness. Throughout his career, Paul brought passion, compassion and intelligence to Momentum, setting the agency on a course to not just weather the Great Recession, but also prepare it for the aforementioned fundamental transformation. As I transitioned into this position, I had the pleasure of getting to know Paul; we agree on many things including the seismic shifts presented to our field, yet believe that some things need to remain constant. The agency's core mission and values haven't changed. As a thank you to Paul and all the staff who bring it to life everyday, I will end my inaugural CEO letter by re-stating Momentum's mission and value statement:

Momentum for Mental Health exists to help individuals achieve mental and emotional health, discover and reach their potential, and fully participate in life.

Sincerely,

David K. Mineta // President & CEO of Momentum for Mental Health

Our Clients

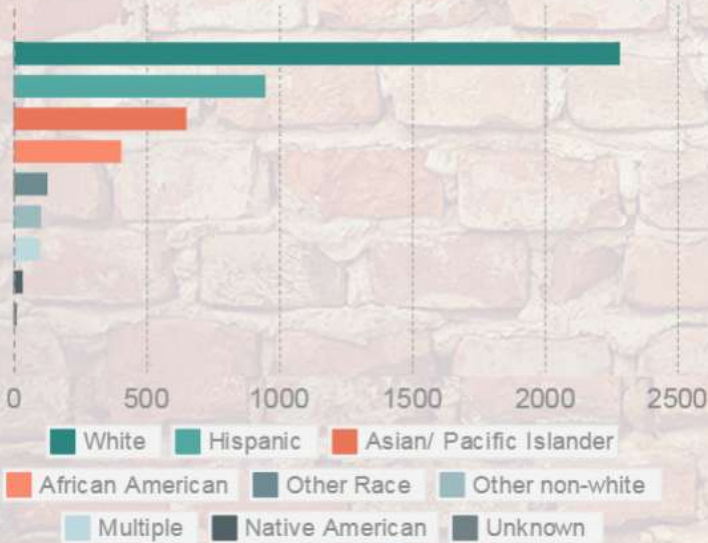
Gender

Men:  = 2,788

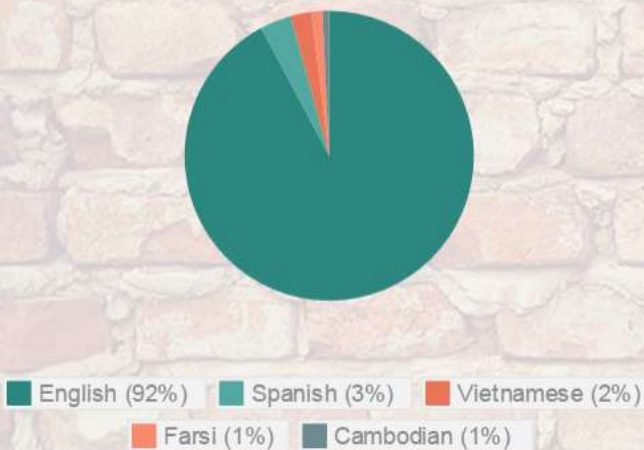
Women:  = 2,450

Unknown = 5

Ethnicity



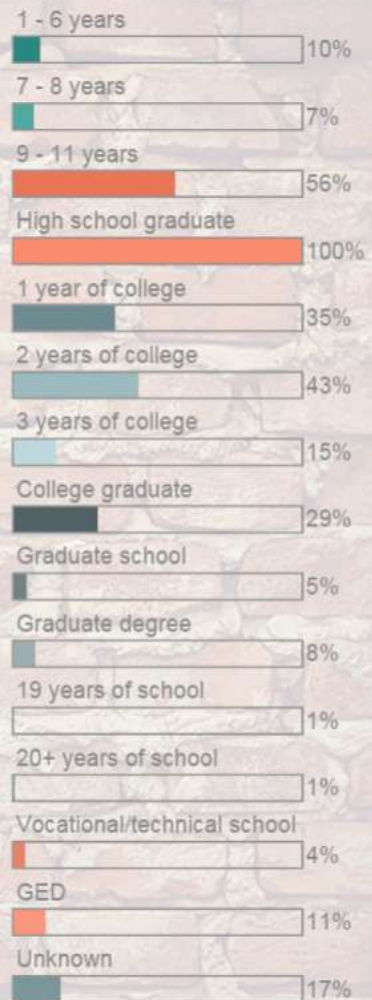
Languages



Age



Education Level



OUR SERVICES

Youth & Family Services

Drop-in Center The Drop-in Center, otherwise known as The Garage, is an after-school zone for youths of all three Youth and Family Services programs who would like to attend groups and learn new skills. In the past, The Garage has offered: yoga classes, gardening, movie nights, improv classes, FitCamp, and special outings to the Santa Cruz Beach Board Walk and Monterey.

Youth Early Intervention Raising Early Awareness and Creating Hope (REACH) serves youth ages 10 to 25 who are either showing early signs of or have recently been diagnosed with a psychosis. In addition, REACH aims to raise awareness and understanding of mental illness within the community while offering culturally competent and evidence-informed treatment to underserved youth and their families.

Youth Outpatient Services Offer a full array of services focused on helping young people and their families learn skills to live a full life by effectively managing the symptoms of mental illness. Services are based on a recovery-oriented, social rehabilitation model. Highly interactive, intensive assistance is provided for young adults faced with multiple mental health barriers.

Acute Care For youth experiencing a sudden or unexpected episode of illness, Acute Care Services offer intensive support to help stabilize and re-engage the young adult. Engagement of the youth often take place in natural settings, such as schools, home, and other community locations. Family involvement in care is key to successful treatment outcomes. This intensive level of care, commonly known as Full Service Partnership, allows for longer term engagement of the youth and family, building recovery skills and developing goal directed activities to enhance personal strengths and wellness.



Adult/ Older Adult Services

Crisis Services

Momentum's crisis residential services provide a safe environment for individuals who are experiencing a mental health crisis to receive treatment, avoid psychiatric hospitalization and stabilize symptoms.

This level of support provides 24-hour care and supervision for individuals who would benefit from a short-term, structured stabilization setting.

Adult Acute Care

Adult acute care features our full service partnership programs.

Full Service Partnership (FSP) programs are designed for adults ages 26-59 who have been diagnosed with a severe mental illness and would benefit from an intensive service program. Full Service Partnerships provide a "whatever it takes" approach to support individuals on their path to recovery and wellness.



Adult Outpatient Services Momentum implements a recovery-oriented clinical framework that is person-centered with an emphasis on assisting people live a meaningful life. Individuals are provided a broad range of mental health services and treatment that supports individual strengths and needs. The goal would be to gradually reduce the need for formal contact with mental health services and strengthen the use of available natural community resources. However, a team of professionals are in place to re-engage with people at an intensified level when needed.

Adult Residential Services Momentum provides a warm, safe, nurturing alternative to hospitalization for adults (ages 18-59) experiencing acute and severe symptoms of a mental illness.

Crossroads Village is an adult residential facility with the capacity to manage care for 45 clients. The average length of stay is approximately six months.

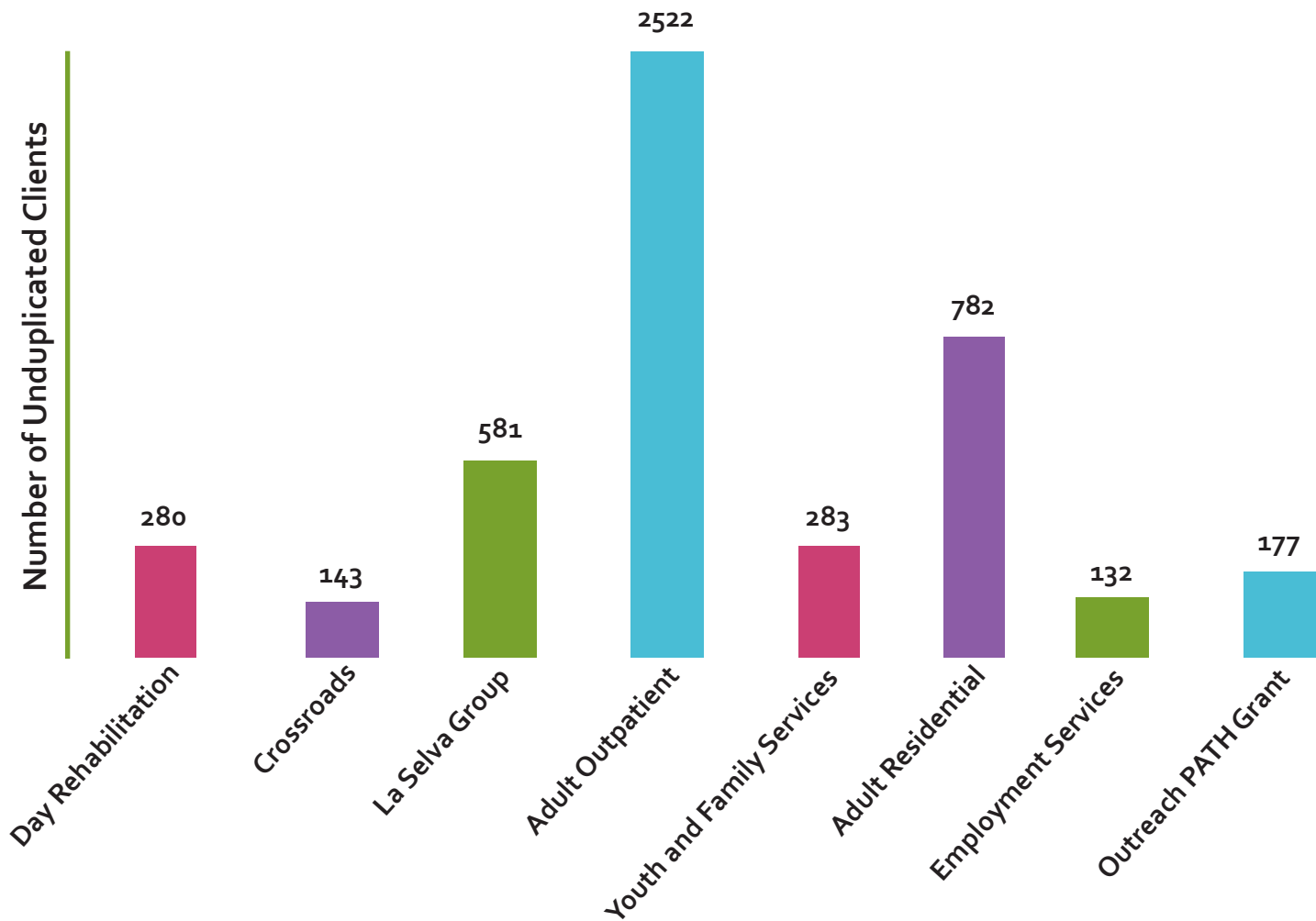
The treatment model provides a supportive, structured, living and learning environment. The treatment plan is developed through a partnership between the individual and treatment team.

Comprehensive mental health services are in place to prepare and support the client for successful independent community living.

Employment Services

The program is dedicated to assisting individuals to obtain and retain meaningful employment. Clients are assisted with learning the tools and strategies needed to get and keep a job; linked with job opportunities in the community based on their individual preferences, experience and abilities and are provided individualized job retention support. The goal of the program is to support clients to make the transition from the role of mental health consumer to job seeker and ultimately, to successful employee.

WHO WE SERVE



Homeless Outreach

In Fiscal Year 2014-15, Momentum received a City of Palo Alto Human Services Resource Allocation Process grant which contracted the organization to make 500 contacts with homeless individuals, 50 of those being unduplicated individuals and 30 of whom have a mental illness, and to refer at least 20 individuals to mental health and/or social services.

Momentum's Homeless Outreach Specialist exceeded this goal by making 684 contacts with individuals who are without housing, 107 of which who are unduplicated and 87 of whom have a mental illness. Overall, the specialist referred 90 individuals to mental health and/or social services.

REVENUES & EXPENSES

Revenues

County of Santa Clara

\$25,074,113

La Selva Group

\$5,360,890

Department of Rehabilitation

\$877,252

Room & Board

\$871,867

Other Insurance

\$843,779

Contributions/ Grants

\$281,130

Rental Income

\$242,380

Other Government Agencies

\$32,167

Other

\$56,382


\$33,639,960

Expenses

Salaries & Wages

\$21,632,257

Benefits

\$3,196,387

Payroll Taxes

\$2,202,354

Supplies

\$957,137

Professional Fees

\$749,096

Rent

\$445,824

Assistance to Clients

\$439,720

Insurance

\$381,099

Other

\$3,317,757


\$33,321,631

S U C C E S S E S

Employment Services

According to Momentum's contract with The Department of Rehabilitation it is expected that 50% of consumers who attain employment retain their jobs for 90 days or more. Momentum exceeded this goal with 74% of clients obtaining employment and holding steady jobs for 90 days or more.

Crossroads Residential

25% of Crossroads clients attended a WRAP (Wellness Recovery Action Plan) group. WRAP is a powerful tool that helps people to decrease and prevent intrusive or troubling feelings and behaviors, increase personal empowerment, improve quality of life, and achieve their own life goals and dreams.

Crossroads Village was instrumental in facilitating the successful transition of 40 consumers from EVP Riviera Living and St. Joseph's Board and Care due to the closure of those facilities in early 2015.



Residential Programs

Residents of our four Residential Programs were surveyed on discharge throughout fiscal year 2014-2015, with the majority rating their overall stay as "good" to "great." When residents were asked what they liked best about their stay, 52% said "the staff," often singling out the staff's helpful, compassionate and professional assistance.

Outpatient Programs

Consumers of our Outpatient Programs were surveyed in Fall 2014 and Spring 2015. Consumers rated their general satisfaction using the following statements:

88% said: I liked the services I received here

84% said: If I had other choices, I would still get services from this agency

86% said: I would recommend this agency to a friend or a family member

Annual Administrative Review

The results for the Momentum Annual Administrative Review for fiscal year 2014-2015 by the Quality Improvement Program of Santa Clara County's Department of Behavioral Services were 100% in compliance in all categories for the 4th straight fiscal year.

Quality Improvement

Momentum is subject to a clinical records compliance audit by Santa Clara County Department of Behavioral Health Services.

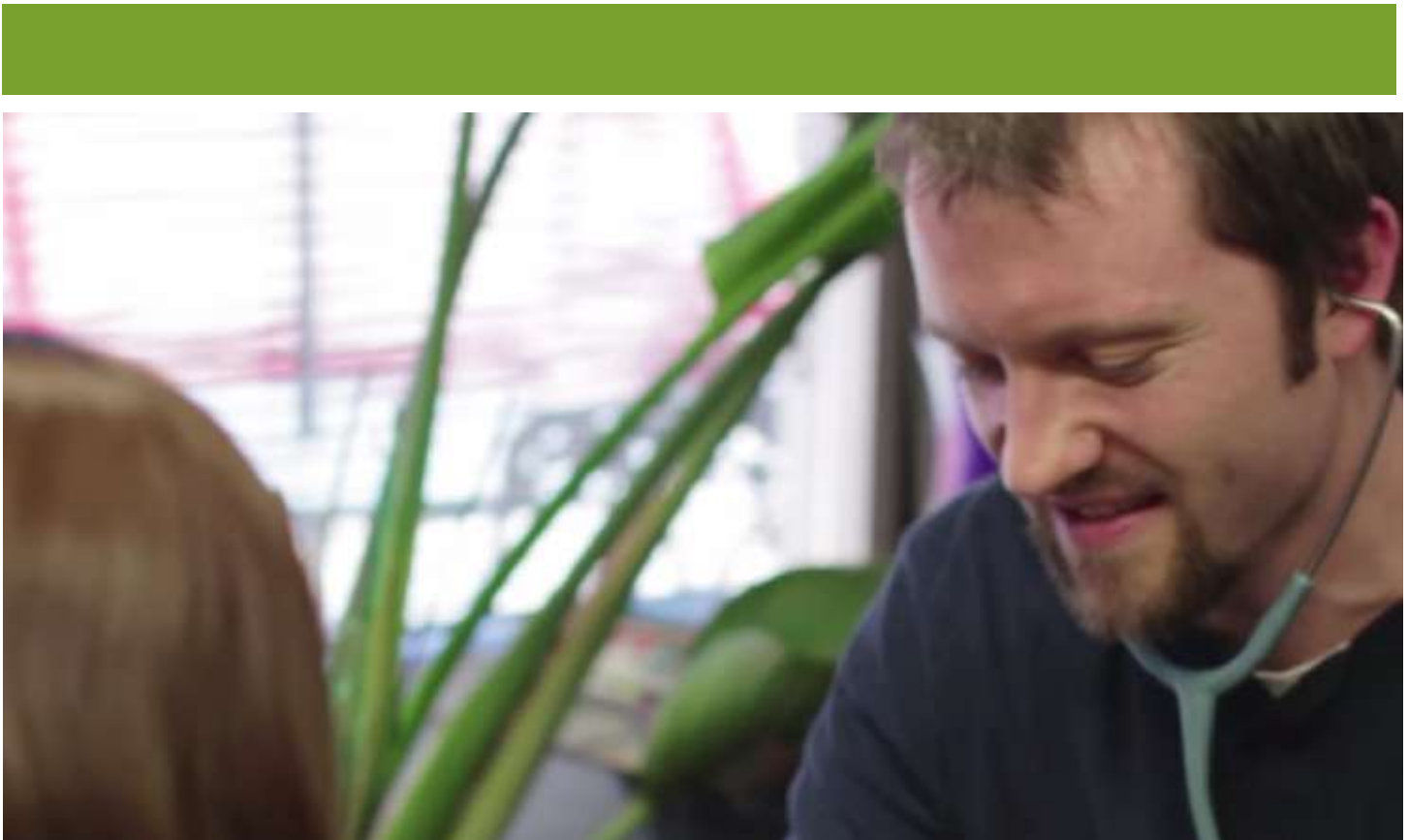
For FY 14-15, a disallowance of 2.1% was received. This was the lowest rate realized in the last 5 years of audits.

R.E.A.C.H.

REACH had an increase in census from 13 clients in July 2014 to 22 clients in June 2015. This is a 30% increase in clients towards the full capacity of 30 at our site.

La Selva Group

La Selva Group demonstrated a 93% success rate transitioning clients to lower levels of care after discharge.



OUR STAFF

Momentum is made up of 420 staff members with diverse backgrounds. Out of those 420, 156 individuals speak more than one language offering our clients the ability to communicate their needs and receive help in their preferred language. Over 35 languages are spoken by staff members!

68 individuals speak Spanish

18 individuals speak Vietnamese

7 individuals speak Tagalog

6 individuals speak Mandarin

5 individuals speak Korean



Staff members also put in a total of **5,340 training hours** to advance their knowledge of the mental health field and provide better care for all clients who walk through our doors.

What makes Momentum a great place to work?

"What I like most about working at Momentum is that every day I have the opportunity to help someone do a little better than the day before. Some days it is clients, other days staff, and some days it is me. It feels good to know that I work with a team of people who are just as committed as I am to helping others."

-- David Balicki

Program Manager, FSP-go

"I am honored and
am able to be part
helping people from
backgrounds or
come from. I am
I am able to contribute
and aiding the Vietnam
tion in understanding
tance of getting the
health treatment in
of symptoms
-- Pam

MHRS, Eastside C

Ethnicity

Ethnicity is also an important factor when communicating with clients of different backgrounds. Momentum's staffing reflects a broad spectrum of racial and ethnic diversity.



140 individuals who identify as White

97 individuals who identify as Asian

93 individuals who identify as Hispanic

64 individuals who identify as Black or African American

14 individuals who identify as two or more races

8 individuals who identify as Native Hawaiian or other Pacific Islander

3 individuals who identify as American Indian/Alaskan Native

nd proud that I
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no matter what
ethnicity they
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ding the impor-
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toms. "
Choi
Outpatient Team

"My work with Momentum has challenged and rewarded me in so many different ways. The work I do has helped me grow as a person and has helped foster a higher level of acceptance and understanding for individuals' personal struggles and recovery. I truly believe that the greatest power is to empower others."

-- Anthony Miller, MFTi
Director of Residential Services,
La Selva Group

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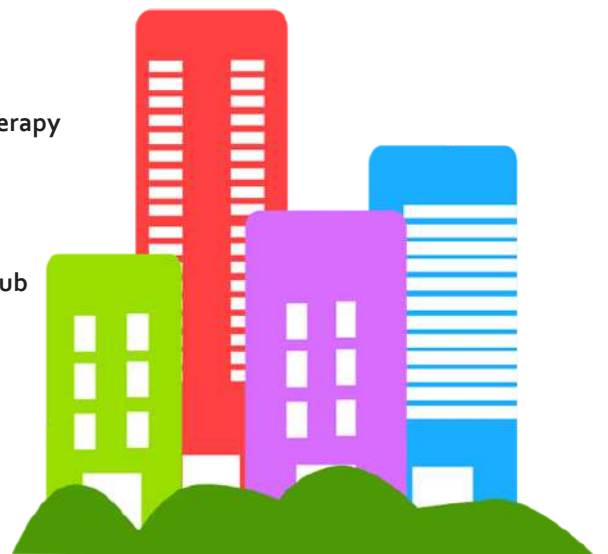
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HERE'S TO ANOTHER YEAR!