

THE MAIN PLACE, INC. 2015-16 ANNUAL REPORT

Our Mission: The Main Place, Inc., Your Recovery Center, is a consumer-operated mental health recovery center that promotes recovery through peer support, socialization, education, and training. By working together, consumers build better lives for themselves, gain employment, maintain independence and earn acceptance within their communities.



FROM THE DIRECTORS:

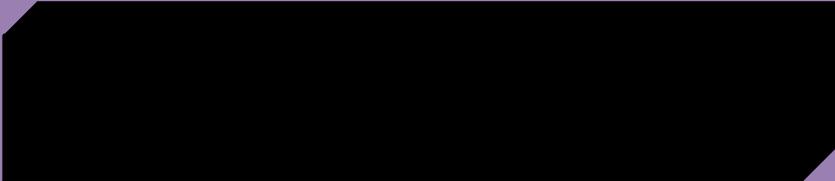
In July, 2016, after nearly seven years with the agency as Finance Director, I was promoted to Co-Executive Director, along with Rhonda Gibson, as successors to our boss, Glenn Hopkins, who had made significant progress with his life's work to help his peers build better lives for themselves through the work of The Main Place. What made them peers were their experiences with severe and persistent mental illness. By working together on the life-long process of recovery from mental illness, they sought to help one another build better lives for themselves.

And that is what the agency seeks to continue with the important work that is done on a daily basis at The Main Place. The two drop-in centers which operate in Newark, serving Licking County, and Mt. Vernon, serving Knox County in Ohio, are only hubs of all The Main Place activities, and also serve as a critical component of our local mental health system. But it does not end there, as management, staff, and consumers participate in statewide events and advocacy, whether it is advocating for themselves or their peers, attending training, or a gathering on the statehouse steps to increase awareness with our state lawmakers of the needs of those with mental illness.

There will always be this work to do, as mental illness is not a condition that can be eradicated. It is a condition that is a part of humanity and will continue to be present in our communities. At The Main Place, someone can "drop-in," without an appointment, on any weekday between 9-5 and start to receive services for which they qualify. It might start out with a cup of coffee, a meal, a shower, or Thanksgiving Dinner. Hopefully, it is only the very first step in a lifelong journey of recovery from mental illness.

So the heartbeat of this organization is to be here for our communities, to serve those who experience mental illness, to provide a safe, healthy, and nurturing recovery environment, and to work together on mental health recovery--as consumers, as peer supporters, as case managers, as counselors, as diagnosticians, as landlords, as housekeepers, as cooks, as administrators--so that individuals experiencing mental illness can build better lives for themselves.

Cary Loughman
Co-Executive Director



It has been nearly 10 years since I first came to the Main Place as a mental health consumer, seeking to improve and educate myself on how to live a productive life despite a mental illness that sometimes impacted my daily functioning abilities. I was drawn to the Art Therapy classes initially and participated at both centers, quickly learning a lot about my own recovery as well as the widespread advocacy the Main Place participated in nationwide.

I was asked to become a member of the Board of Directors by Glenn Hopkins, who was Executive Director at the time. Glenn's passion for the Main Place was the result of his own mental illness and a desire to help others seek treatment and recovery options. While on the board, I continued to participate in groups and classes. I was hungry for more knowledge, so I became trained as a peer group facilitator for Wellness Management and Recovery, an evidence-based wellness program sponsored by SAMHSA.

In 2009, Glenn and I developed the Wellness Warriors as part of managing the SAMSHA Million Hearts grant, which recognized that people who have mental health issues die 25 years earlier than the general population, but can reduce those numbers with the addition of exercise and healthy eating. This led to a position with the agency as the Wellness Coordinator. Moving up through the ranks of the organization, I eventually assumed the position of Site Supervisor of the Newark location, then was promoted to Peer Support Director. This culminated in a promotion to the position of Co-Executive Director in July, 2016.

My passion for mental health recovery has grown out of my own recovery journey and wanting to lead as an example of what is possible and giving others hope that, despite a mental health diagnosis, one can lead a productive and passionate life. Hopefully one day, through our advocacy efforts on the local, state and national level, we will lessen the stigma that goes along with a diagnosis so that more who need help will not be afraid of seeking treatment. Further, my hope is that a diagnosis of a mental illness will carry no more weight in our communities than a diagnosis of diabetes.

As we move forward into a new year, the state is recognizing the value of Peer Support by licensing those who have experienced mental health and addiction issues. As these peer supporters collaborate as part of a treatment team with other mental health professionals, perhaps more individuals will engage in formal counseling and Psychiatric care, and will continue providing peer services to facilitate the recovery journeys for both themselves and their peers for longer and more fulfilling lives.

Rhonda Gibson
Co-Executive Director

CONSUMER OPERATED SERVICE

DROP-IN CENTER & PEER SUPPORT

A drop-in center allows The Main Place to start services immediately for qualified mental health consumers without an appointment.

The Main Place served 897 consumers between the two communities with funding of \$494, 217 from the local mental health board, Mental Health and Recovery of Licking and Knox Counties. 598 of these consumers received individual or group peer support at one of our centers. These consumers would have also participated in various socialization activities, received a meal three days a week, perhaps wash and dry their laundry, or enroll and/or maintain their healthcare benefits, just to name a few services provided in the drop-in centers.

ASSESSMENT, CASE MANAGEMENT , COUNSELING

In accordance with industry best practice that coordinates the mental health care of individuals with a broad range of services from a single provider, The Main Place provides mental health assessment, case management and counseling services, providing services to 353 individual adult consumers last fiscal year, which accounted for 32% of total revenues.

ASSESSMENT—a process of gathering information to assess consumer needs and functioning in order to determine appropriate service and/or treatment based on identification of the presenting problem, evaluation of mental status and formulation of a diagnostic impression.

CASE MANAGEMENT—to provide specific, measurable and individualized services to each person served. These services should be focused on the individual's ability to succeed in the community, to identify and access needed services and to show improvement in school, work and family and integration and contributions within the community.

COUNSELING—Individual psychotherapy provided by a Licensed Independent Social Worker

WELLNESS INITIATIVE

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In January 2016, The Main Place, Inc. was awarded \$40K by the Ohio Department of Mental Health and Addiction Services with a Wellness Initiative Grant as a regional coordinator for the State of Ohio. This award was made possible by the agency's focus over the last 5 years to improve the metabolic health of individuals who experience severe and persistent mental illness so that consumers can live healthier and longer lives with its own initiatives—a few examples follow:

Wellness Warriors—a group of consumers led by staff and participating in a variety of wellness related events centered around improved diet and exercise

Flip the Switch—an ongoing Peer Support group based on a self-help book by the same name, created by recently semi-retired former Executive Director, which focuses on “jump-starting” one's metabolism with easily implemented daily diet and basic daily activities

Agency provided lunches—by controlling portion sizes, reducing high carb options, and making sure there is “color on the plate,” free lunches provided to consumers are much healthier.

The Wellness Initiative Grant was renewed for SFY17.



HOUSING PROGRAM

The Main Place Housing Program operates three apartment buildings providing 11 units of housing in Newark and 6 units of housing in Mt. Vernon. Using a “Housing First” model, most residents cannot obtain housing through traditional means, so the agency often is a landlord of last resort.



8 Unit Apartment Building, Newark

TRANSITIONAL HOUSING FUNDS

To directly assist the homeless, the agency manages transitional housing funds in both communities through local and federal program funding. This funding provided temporary housing for 43 homeless adults experiencing severe and persistent mental illness.

PERMANENT SUPPORTIVE HOUSING



THE PLACE NEXT DOOR

The Main Place operates one Permanent Supportive Housing 10-unit Facility known as “The Place Next Door.” Located in Newark, this facility opened in November 2014, and has been 100% occupied since February, 2015.

REVENUES SFY 16



■ MHLK	\$592,783	46%
■ Medicaid	\$409,908	32%
■ Rents	\$178,363	14%
■ Grants	\$69,409	5%
■ Contributions	\$9,651	1%

Total = \$1,292,251, 3% Decrease

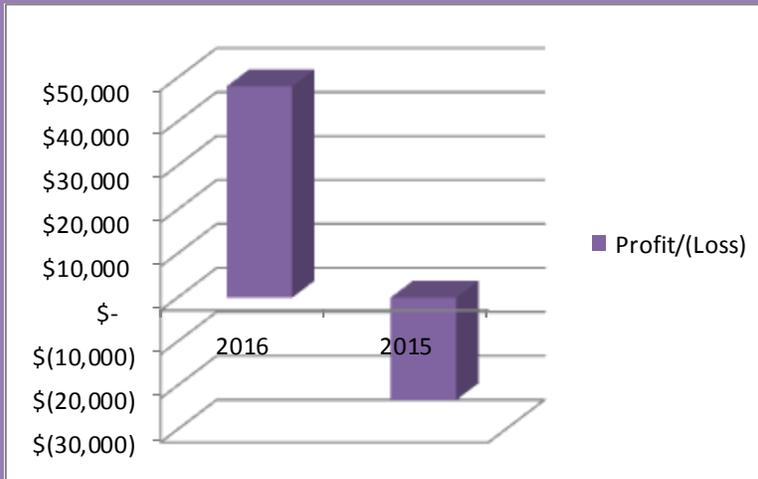
EXPENSES SFY 16



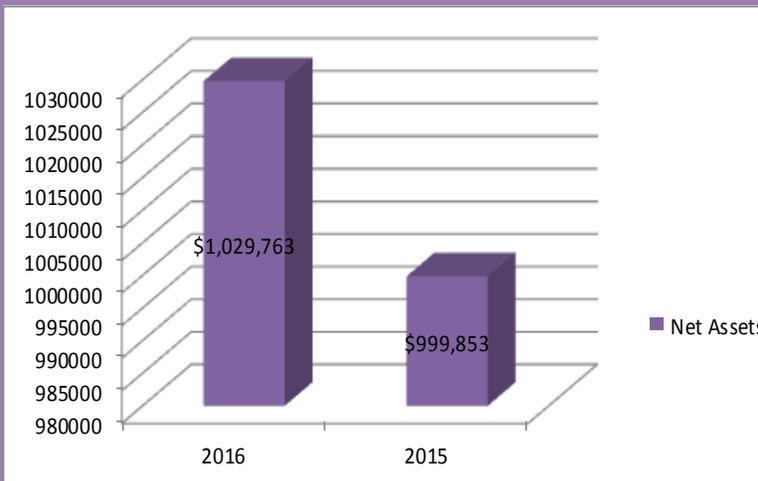
■ Program Services	\$773,722	62%
■ Management & General	\$443,241	36%
■ Fundraising	\$27,268	2%

Total = \$1,244,231 8.5% Decrease

PROFIT AND LOSS



NET ASSETS





LICKING COUNTY RECOVERY CENTER, NEWARK OH



KNOX COUNTY RECOVERY CENTER, MT. VERNON, OH

BOARD OF DIRECTORS

LAUREN KELLETT, PRESIDENT

BECKY SFORZA, VICE-PRESIDENT

JOHN ERICKSON, TREASURER

VIVIAN NEISWANDER, SECRETARY

TERRY BEEKMAN, MEMBER

DAVE PACETTI, MEMBER

SCOTT CLOUSTON, MEMBER

ROBERT STINE, MEMBER

The Main Place Board of Directors is comprised both of volunteers from the communities in which it operates and mental health consumers. As a consumer-operated service, at least 51% of the Board of Directors must be comprised of consumers. This agency has been fortunate to always have adequate consumer participation to meet this requirement.

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