

Mental Health Association Of Central Florida Inc



General Information

**Nonprofit
Address
Phone
Web Site
Facebook
Twitter
Email**

Mental Health Association Of Central Florida Inc
605 E. Robinson Street
407-898-0110
www.mhacf.org
<https://www.facebook.com/mhacf>
mhacf
mstahlman@mhacf.org

Mission & Impact

Statements

Mission

We strive to empower our community to be inclusive, equitable and aware of mental, emotional and behavioral health needs in ourselves and others. We work to advocate for all to be courageous in their pursuit to be seen, heard and understood on their path to wellness. The Mental Health Association of Central Florida understands that violence, racism, hate, and discrimination undermine mental wellness and are significant contributors to individual and community trauma. Therefore, we are committed to breaking cycles of multi-generational distress for marginalized communities in all that we do by pledging to work against racism, bias, prejudice, and discrimination at individual, interpersonal, and institutional levels.

Background

Established in 1946, originally as the Central Florida Mental Hygiene Society, the Mental Health Association of Central Florida, Inc. (MHACF) is one of the oldest nonprofits in Central Florida and is the leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. With 1 in 5 adults having a diagnosable mental health condition in any given year and 50% of Americans meeting the criteria for a diagnosable mental health condition sometime in their life (with half of those developing conditions by the age of 14) the Association's work of promoting mental wellness and equity of access to mental health care is rooted in providing mental health services, support and information to the members of the Central Florida community. This mission is supported by the Association's commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal. The MHACF also understands that violence, racism and discrimination undermine mental wellness and are significant contributors to adverse traumas. Therefore, we are committed to breaking cycles of multi-generational distress in marginalized communities and anti-racism in all that we do, pledging to work against individual

racism, interpersonal racism, and institutional racism in all their forms. We commit to providing and developing services to meet the every evolving needs of our central Florida community.

Impact

Dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all, the MHACF mission is guided by the Before Stage 4 (B4Stage4) philosophy- mental health conditions should be treated long before they reach the most critical points in the disease process. Since 2020, COVID has had disastrous effects, creating a nationwide mental health crisis. The CDC reports that suicide is the leading cause of death in ages 11-24, with 1 suicide every 11 minutes with both the number and rate of suicides increasing 4% in 2021. The largest increase (8%) occurred among minority males ages 15-24. Contributing factors include victimization, discrimination, neighborhood violence and historical trauma yet most health care or school settings are not screening for this risk. In response, the MHACF launched the "You Are a Lifeguard" suicide prevention program in July 2021 with grant support from the Central Florida Foundation, Orange County Government, City of Orlando Police Department and Central Florida Cares. The program includes 6 original, dramatic "infomercials" placed as a paid social media campaign via Facebook, Instagram and Tik Tok. The program is supported by a robust resource and education platform (www.youarealifeguard.org) that encourages individuals and family members to PLEDGE to become a "Lifeguard" and take an active role in understanding suicide risks and practice preventative interventions specifically for ages 11-24. The program seeks expansion in order to target minority youths and change the conversation from suicide-to-suicide prevention, and encourage actions that promote healing, help and give hope. With access to behavioral healthcare at such a continual precarious state in Florida, since 1991 the MHACF has curated and maintained "Connections", a unique and extensive Information and Referral program that is at the core of supporting the mission of the Association. Now in its 32nd year, "Connections" provides consumers, their families, case managers, community-based nonprofits and the Courts no cost, real time data and access to over 3,000 verified and documented mental health, addiction treatment and community care providers, hospitals, treatment facilities, and consumer run organizations that deliver services in Orange, Osceola, Seminole, Lake, Brevard, Polk and Volusia counties. Whether through the MHACF website portal (www.mhacf.org/connections-referral-program) or directly phoning the "Connections" team, the Association is leading the way in bridging the void of behavioral healthcare and addiction treatment information by maintaining new avenues of access for those that are most in need. At the Outlook clinic, in 2021-22 2760 new and existing patients have been able to receive continued behavioral health care therapies via a telehealth and in person delivery model. This is the only free clinic offering mental health and medication services to the uninsured in Central Florida. The MHACF's Outlook Clinic provides cognitive based mental health therapies, and medications when clinically appropriate, to uninsured patients, as well as resources and referrals to additional community support options, while they are an active patient. The goal of the clinic is to reduce baker acts, and hospital admissions and readmissions due to mental health needs.

Needs

MHACF is always interested in community collaboration and partnerships. We also have Corporate Sponsorships available. Please contact Lisseth Russa at lrussa@mhacf.org to explore opportunities for collaboration. The MHACF is looking for a renewable funding source to support the Mental Health Connections Program which was able to assist over 3,600 family members, friends, and consumers who contacted our office looking for services in the community just last year. We are also in need sponsors for our Legacy of Champions Luncheons that honor Champions for Mental Health in our community. This annual event brings light to the extraordinary work of a Champion we honor in our community. For more details, please visit our web page www.mhacf.org.

Statement from CEO/Executive Director

The past few years have made a huge difference in the outreach for the Mental Health Association of Central Florida. We have worked very hard to get the attention of the leadership of our community and the support of our citizens. It is with great pride that I see such a big change. We now reach so many that it is difficult to calculate the numbers. In our free mental health clinic, we are achieving a 90% stable or improved rating for our patients. That is an amazing success story for many families! Good mental health is the basis for quality of life. It is the foundation upon which healthy individuals,

parents, families and communities can thrive. Without it, we have a vicious cycle of issues which affect every aspect of every area of our community. Central Floridians have a history of being extraordinarily generous and empathic when it comes to caring for each other. I am so grateful to you for taking the time to read this and I ask you help us in our efforts to care for our brothers and sister in this beautiful community. Keep in mind, you can donate by credit card by going to www.mhacf.org.

Statement from Board Chair

Service Categories

Primary Category	Mental Health & Crisis Intervention - Mental Health Associations
Secondary Category	

Areas Served

Our Mental Health Connections program, a qualified membership information and referral database of 2,300 mental health, addiction treatment and community care providers, hospitals and treatment facilities and consumer run organizations that deliver mental health services, addiction services, or both in Orange, Osceola, Seminole, Lake, Brevard and Volusia counties. Over 4,200 referrals are made annually to individuals and families in need of mental health resources.

In a specific U.S. city, cities, state(s) and/or region.,In a specific U.S. city, cities, state(s) and/or region.,In a specific U.S. city, cities, state(s) and/or region.

Programs

Guardian Advocates
<p>Description</p> <p>Guardian Advocate Training and Volunteer Program: When someone in Florida intends to harm themselves or others due to a mental health crisis, there are options for involuntary treatment under the Baker Act. In those cases a surrogate may be needed to make best interest decisions, that position is called a Guardian Advocate. A Guardian Advocate is a trained representative who is court assigned to advocate for the rights of a client who has been involuntarily committed under the Baker Act. The Mental Health Association trains family members and volunteers to act as trained Mental Health Guardian Advocates. In addition to training individuals to be Guardian Advocates MHACF also works with local Baker Act Receiving facilities to link volunteers with clients who do not have friends or family able to advocate for their rights. This rewarding program allows community members and caregivers the information to advocate for the rights of those receiving involuntary treatment. How do I Become a Guardian Advocate? Florida Law requires Guardian Advocates to complete a 4-hour training course, which meets certain minimum requirements. The Mental Health Association of Central Florida, Inc. and the Department of Children and</p>

Families, collaborated to produce this high quality training program. Responsibilities of a Guardian Advocate are imperative to the clients' recovery. When a person is involuntarily admitted and the court determines that he/she is incompetent to make decisions for him/herself a Guardian Advocate works directly with the treatment team and the patient to determine treatment options and to ensure the patient's rights are not being violated. The Guardian Advocate is the patient's representative in giving informed consent for treatment. For more information on becoming a Guardian Advocate please contact Charlotte Melton by email at CMelton@mhacf.org or by phone at (407) 898- 0110 ext. 24.

Budget \$122,270

Category Mental Health & Crisis Intervention - Mental Health Treatment

Population Served Adults, People with a disability/Families of person with a disability, LGBTQ+, Poor, Economically Disadvantaged, Indigent, People with a specific illness/Families of person with a specific illness

Short Term Success An individual receiving training will be able to better understand the Baker Act and advocate for an individual who has been Baker Acted involuntarily and needs a Guardian Advocate leading to a stronger patient voice and stronger treatment outcomes.

Long Term Success The central Florida community will be able to better understand inpatient crisis treatment through the Baker Act and that a pool of volunteers and family members will be certified to help our community when an individual is Baker Acted involuntarily and needs a Guardian Advocate.

Program Success Monitored By

Outlook Clinic

Description

Outlook Clinic: MHACF and Advent Health have partnered to open the Outlook Clinic. The Outlook Clinic is located in Downtown Orlando and is a clinic for depression, anxiety and Co-Occuring conditions. By partnering with Advent Health, Orange County Government, Walgreens, and the Mental Health Association of Central Florida the Outlook Clinic hopes to provide direct access to outpatient mental health care for targeted hospital and medical clinic patients at the right time and with the right follow through. Outlook Clinic offers the following services for uninsured central Florida residents ages 13+: Individual therapy sessions, group therapy sessions, case management, medication management as well as treatment for anxiety and depression. By providing these services to the community we believe that we will improve health and reduce the cost to our health care system. There are other admission criteria besides the few listed above. The clinic provided free psychiatric services to over 2,900 patients in 2022-23. The Outlook Clinic is also a contracted member of the Florida Department of Health's Volunteer Healthcare Provider Program, the Florida Association of Free and Charitable Clinics and a member of the Primary Care Access Network. For more information about how to become a patient call MHACF at 407-898-0110. Please call MHACF to be pre-screened for admissions to the Outlook Clinic.

Budget \$275,000

Category Mental Health & Crisis Intervention - Counseling

Population Served Adults, Adolescents (13-19 years), Children Only (5 - 12 years), Families, Poor, Economically Disadvantaged, Indigent

Short Term Success Individuals who were previously unable to attain services due to a lack of insurance are able to seek help for their depression or anxiety and maintain a connection with a primary care doctor as part of the program.

Long Term Success We aim to effectively serve these clients and reduce the impact

felt by Advent Health Emergency Departments. Counseling and med management are offered free of charge and medications are available free or at greatly reduced prices making getting help more manageable.

Program Success Monitored By

Reflections

Description

Reflections is a peer-driven recovery community working together in wellness. It offers continuous support and comfort through a community of peers. The goal of the Reflections community is to be an educational, supportive, safe haven for individuals looking to maintain their mental health wellness and prevent crisis. Reflections seeks to provide a strong and supportive community that can grow and flourish in order to break the stigma of mental health and encourage individuals to participate in activities that foster self-care and wellness. For a calendar of groups please email Shawonda at SHenderson@mhacf.org

Budget \$150,000

Category Mental Health & Crisis Intervention - Counseling

Population Served Adults, People with a disability/Families of person with a disability, Families, LGBTQ+, People with a specific illness/Families of person with a specific illness

Short Term Success To provide support and education related to mental health and recovery in the community.

Long Term Success We aim to provide wellness workshops and training to create a more educated peer base in Orange, Osceola, Seminole, and Brevard County. We also intend to provide hope and resources for their long term mental health and life goals by bringing a Peer Support Center to the community.

Program Success Monitored By

Consumer Support

Description

People's Inc. Consumer Support: The People's Inc. groups are peer to peer support groups in which members can develop a sense of fellowship and community. Group topics vary from coping skills, current mental health topics, to challenges facing group members. Members work together to help each other through tough patches and encourage each others' growths and triumphs. On Monday afternoons a peer leads the People Inc. Support Group. In order to participate in the groups a member must be currently in treatment and have a quick interview with the group leader. This allows us to make sure the group is a fit, and the consumer's needs are met. MHACF Group leader support their members in all aspects and want to make sure they are receiving all the services and care required. Our target demographic are consumers, particularly those who do not have a support system at home or work, and are typically unemployed, on disability and medically indigent.

Budget

Category

Population Served People with a disability/Families of person with a disability

Short Term Success Consumers who attend are provided with a safe environment to share and receive support from staff and fellow group members.

Long Term Success Consumers of this group hope to achieve a network or peers, a supportive environment, as well as skills and feedback on their experiences. We also intend to provide hope and resources for their long term mental health and life goals.

Program Success Monitored By

Mental Health Connections

Description

A free information and referral resource for individuals seeking mental health information for themselves, family, or friends. With a database of 2,500 mental health, addiction treatment and community care providers, hospitals and treatment facilities and consumer run organizations that deliver services in Orange, Osceola, Seminole, Lake, Brevard and Volusia counties. Over 4,200 referrals are made annually to individuals and families in need of mental health resources. Callers receive resources in 24-48 hours and a follow-up check in on the Connection. Over 1,000 volunteers have dedicated their time in the last 5 years. Visit here to create a referral inquiry <https://www.mhacf.org/mental-health-connections/> or to join as a Connections resource email Alan at ABruns@mhacf.org

Budget \$30,000

Category Mental Health & Crisis Intervention - Mental Health Treatment

Population Served Adults, Aging, Elderly, Senior Citizens, LGBTQ+, People with a specific illness/Families of person with a specific illness, People with addiction/substance abuse issues

Short Term Success Over 3,600 families and individuals from July 1, 2018-June 30, 2019 that called to request a referral, they were given over 6,000 referrals to community resources. Out of the people that called for a referral the majority, were referred to us by an Organization. The second largest connection point was the Internet (website). Orange County had the most requests, followed by Seminole County. The most common services that were requested were for a Counselor, Psychiatric Services, Medication, Psychiatric Evaluation, Support Group, and other.

Long Term Success The long term goals of this program are to provide information and referral services to the community by maintaining a current database of providers in the counties we cover.

Program Success Monitored By

Orange You Happy

Description

Orange You Happy is a campaign we have coordinated for 7 years now. The premise is to change the conversation from one of mental illness to wellness, a goal the entire community shares. This campaign focuses on suicide prevention by connecting to the community directly with a positive interaction and a gift. Each year we are able to make approximately 5,000 points of contact recently focusing on university campuses. This transition is to address a high need population, suicide is the third leading cause of death for individuals ages 15-24. We have provided orange affirmations and well wishes, which are natural anti-depressants. To make interactions more personal and long lasting we have developed hand crafted paper oranges with an affirmation on one side and our referral information on the other.

Budget

Category

Population Served General Public, unspecified

Short Term Success At each Orange You Happy event we see uplifted spirits in the recipients and our staff and volunteers. Connecting to the community under this positive context energizes this feel good suicide prevention effort.

Long Term Success We have increased our points of contact from a few hundred the first year to just over 5,000 last year. The more people we have a direct and positive point of contact opens the conversation about mental health. Long term we hope to develop enough exposure and positive interactions that when someone faces suicidal thoughts in them selves of a loved one, they will know who to contact and that someone cares. Interventions at this time are life saving. Suicide is the most preventable cause of death.

Program Success Monitored By

You Are A Lifeguard

Description

Dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all, the MHACF mission is guided by the Before Stage 4 (B4Stage4) philosophy-mental health conditions should be treated long before they reach the most critical points in the disease process.

Since 2020, COVID has had disastrous effects, creating a nationwide mental health crisis. The CDC reports that suicide is the leading cause of death in ages 11-24, with 1 suicide every 11 minutes with both the number and rate of suicides increasing 4% in 2021. The largest increase (8%) occurred among minority males ages 15-24. Contributing factors include victimization, discrimination, neighborhood violence and historical trauma yet most health care or school settings are not screening for this risk.

In response, the MHACF launched the "You Are a Lifeguard" suicide prevention program in July 2021 with grant support from the Central Florida Foundation, Orange County Government, City of Orlando Police Department and Central Florida Cares. The program includes 6 original, dramatic "infomercials" placed as a paid social media campaign via Facebook, Instagram and Tik Tok. The program is supported by a robust resource and education platform (www.youarealifeguard.org) that encourages individuals and family members to PLEDGE to become a "Lifeguard" and take an active role in understanding suicide risks and practice preventative interventions specifically for ages 11-24. The program seeks expansion in order to target minority youths and change the conversation from suicide-to-suicide prevention, and encourage actions that promote healing, help and give hope.

Budget \$150,000

Category Mental Health & Crisis Intervention - Hot Lines & Crisis Intervention

Population Served Adults, Adolescents (13-19 years), Children and Youth (0 - 19 years), LGBTQ+, People with addiction/substance abuse issues

Short Term Success

Long Term Success The "You Are A Lifeguard" program has a continuous evaluation process, which includes collecting, analyzing and using the accumulated data from the "infomercials" to answer questions about the efficacy and effectiveness of the projected Outcomes and Impact has demonstrated, in the past year, that the Program's suicide prevention and awareness content messaging has value and is resonating with the geotargeted audiences.

The Program's first year of analytics

• Impressions 1,108,018

• Reach 625,434

• Clicks 851

• Pledges 94

has informed the process of indicators to measure the success of the "You Are A

Lifeguard" program in year two which is twofold - first, new creative assets must be curated and produced that educate and engage with the targeted core audience -

1. Minority Children and Adolescents between the ages of 11-18
2. Young Adults between the ages of 18-24
3. Parents and guardians of minority children, adolescents and young adults ages 11-24

By doing so, the opportunity to greatly increase the rate of education and awareness of these targeted audiences on suicide risks and prevention and education opportunities will equate to higher rates of retention, awareness and conversion of "You Are A Lifeguard" clicks to PLEDGES.

Program Success Monitored By The "You Are A Lifeguard" program currently operates on the theory of Evidence-based practices (EBP) which is the objective, balanced, and responsible use of current research and the best available data to guide goals, policy and practice decisions. The program also utilizes the SMART (Specific, Measurable, Attainable, Relevant, and Time-Based goals) methodology for tracking and making adjustments to expected outcomes.

The "You Are A Lifeguard" program utilizes the methodology and strategies of Geo marketing and geotargeting in order to obtain the desired geographic area and audience. This allows for more sophisticated measurement and –personalization of the content being delivered. It also permits the delivery of different content to visitors based on their geolocation and includes country, region/state, city, metro code/zip code, organization, IP address, ISP, or other criteria as desired to obtain the targeted audiences Reach, Impression and Frequency. These additional criteria can include ages, genders, socio-economic status, language preferences, affiliation habits and unique content interests.

Additionally, the "You Are A Lifeguard" website (www.youarealifeguard.org) utilizes IP delivery for search engine optimization (SEO) which is the process of improving a website in order to increase its visibility when people search for products, services or information.

Program Comments

CEO/Executive Director/Board Comments

Since 2020, COVID has had disastrous effects, creating a nationwide mental health crisis. The CDC reports that suicide is the leading cause of death in ages 11-24, with 1 suicide every 11 minutes with both the number and rate of suicides increasing 4% in 2021. The largest increase (8%) occurred among minority males ages 15-24. Contributing factors include victimization, discrimination, neighborhood violence and historical trauma yet most health care or school settings are not screening for this risk.

In response, the MHACF launched the "You Are a Lifeguard" suicide prevention program in July 2021 with grant support from the Central Florida Foundation, Orange County Government, City of Orlando Police Department and Central Florida Cares. The program includes 6 original, dramatic "infomercials" placed as a paid social media campaign via Facebook, Instagram and Tik Tok. The program is supported by a robust resource and education platform (www.youarealifeguard.org) that encourages individuals and family members to PLEDGE to become a "Lifeguard" and take an active role in understanding suicide risks and practice preventative interventions specifically for ages 11-24. The program seeks expansion in order to target minority youths and change the conversation from suicide-to-suicide prevention, and encourage actions that promote healing, help and give hope.

GOALS: What is the problem or issue to be addressed through this program?

What are the projected outcomes? What is expected to be accomplished? *

In January, 2021 with the COVID-19 pandemic well established to have continuing significant mental health related implications the following facts have become known:

- Florida ranks 49th nationwide on access to mental health care
- 116,000 Floridian youths with depression had unmet treatment needs this year
- 1 in 5 with COVID-19 is also diagnosed with a psychiatric disorder like anxiety or depression within three months of recovery from COVID-19
- In 2020 half of 11-17-year-olds reported having thoughts of suicide or self-harm

Suicide and suicidal behavior among youth and young adults is now a major public health crisis. Suicide is now the leading cause of death among people 10-24 years of age in the United States (US), and rates have been rising for decades. Suicide affects all populations. Youth of any race, ethnicity, gender identity, sexual orientation, socioeconomic status, or community may be at risk for suicide. Our children should grow, thrive, and live long, healthy lives; yet among youth in the US who die, over a quarter die from suicide.

As today's Central Florida youth navigate their social and emotional development, various forms of health inequities, systemic discrimination, and challenges from the COVID-19 pandemic have added stress and barriers to their overall health. Stressors such as social isolation, losses, grief, academic and extracurricular disengagement, and financial hardships for families have exacerbated mental health symptoms and other suicide risk factors.

According to a Centers for Disease Control and Prevention (CDC) report, the proportion of mental health-related emergency department (ED) visits for suicide attempts in early 2021 among adolescents 12-17 years of age increased 31% compared with the same period in 2019.

As a result of these alarming statistics the MHACF endeavored to revitalize its previous Suicide Prevention program but with a significantly different content orientation, targeted audience and information delivery mechanism - the utilization of social media channels and platforms to specifically reach

1. Children and Adolescents between the ages of 11-18
2. Young Adults between the ages of 18-24
3. Parents and guardians of children, adolescents and young adults ages 11-24

These targeted ages were selected based upon significant data and research that emerged showing the COVID-19 pandemic as having profound mental health consequences specifically for individuals in these age ranges.

Through a "wholistic" patient-centered approach, the Mental Health Association of Central Florida (MHACF) in Orange County aims to expand access to mental health care services for uninsured adolescent patients and their families at its Outlook Clinic. The expansion includes a full-time licensed mental health counselor for direct client treatments and full-time care manager to facilitate the recruitment and credentialing of additional volunteer mental health providers via the Volunteer Healthcare Provider (VHP) Program (MHACF is a contracted entity of the Florida Department of Health's VHP Program). The funding will allow for implementation of an array of mental and behavioral health services, in person or via telehealth. Upon intake, standardized screenings will be utilized to assess the patient's behavioral health needs and determine the appropriate level of care, including evidence-based and culturally appropriate therapies.

Governance

Board Chair Company Affiliation

Kimberly Holdridge
International Association of Theatrical
Stage Employees
September 2020 - June 2023

Term Email

Board of Directors

Name	Affiliation	Status
Dr. Luis Allen	AdventHealth	Voting
Ariel Cavazos	Nelson, Mullins, Riley & Scarborough, LLP	Voting
Daniel Davis	Axiom Bank	Voting
Christopher Evans	Central Florida Behavioral Hospital	Voting
Melissa Geist	Orange County Clerk of Courts	Voting
J. Nelson Kull	Pathways Drop-in Center	Voting
J. Nelson Kull	Pathways Drop-In Center, Inc.	Voting
Ms. Cherlette McCullough	Peace Center for Family Therapy	Voting
Audra Romano	Orlando Magic	Voting
Dr. Lisa Spector	Nemours	Voting
Dawn Steward	Retired - Legislative Affairs	Voting
Christopher Walker	Florida Gators Sports Properties	Voting
Jacqueline Withers MSW	University of Central Florida, School of Social Work	Voting

Board Demographics - Ethnicity

African American/Black	1
Asian American/Pacific Islander	0

Caucasian	11
Hispanic/Latino	2
Native American/American Indian	0
Multi-Racial	0
Other	0

Board Demographics - Gender

Male	5
Female	9
Unspecified	0

Governance

Board Term Lengths	3
Board Term Limits	6
Board Meeting Attendance	85%
Does the Organization have written Board Selection Criteria?	Yes
Does the Organization have a Written Conflict of Interest Policy?	Yes
Percentage Making Monetary Contributions	100%
Percentage Of Board Members Making In Kind Contributions	100%
Does the Board include Client Representation?	Yes
Number of Full Board Meetings Annually	12

Standing Committees

Executive
 Finance
 Program / Program Planning
 Legislative
 Board Governance
 Development / Fund Development / Fund Raising / Grant Writing / Major Gifts

Risk Provisions

Management

Executive Director
Email
Term Start

Marni Stahlman
 MStahlman@MHACF.org
 October 2020

Marni's Experience: Marni Stahlman has a 34-year career in C-suite health care delivery management in medical, educational and mental and behavioral health care organizations. She is currently the President/CEO of the Mental Health Association of Central Florida, Inc (www.mhacf.org) one of the oldest nonprofits in Central Florida (1946) and the leading community-based nonprofit dedicated to promoting mental wellness and equity of access to mental health care by providing mental health services, support and information to the members of the Central Florida community. Additionally, she has been an Adjunct Professor

in the department of Social Innovation at Rollins College, Winter Park, FL since 2019.

Prior to her current role, Marni was President/CEO for five years of Shepherd's Hope (www.shepherdshope.org) the largest free and charitable clinic system in Florida with 5 locations that cumulatively provided, through her tenure, over 221,000 free, acute care and specialty care patient visits to the uninsured. Preceding Shepherd's Hope, Stahlman was the Senior Director of Operations at United Cerebral Palsy of Central Florida (www.ucpcf.org) for six years where she oversaw pediatric physical, occupational and speech therapy outpatient services, across seven locations, for approximately 800 patients.

Stahlman's behavioral care expertise arose when she was made the first female CEO of a large hospital in Central Florida, of Laurel Oaks Behavioral Healthcare, an 80-bed adolescent in-patient and out-patient facility with 150+ employees and an onsite Charter School. While there, Marni developed companywide clinical and performance management protocols for a national behavioral healthcare network, re-engineered the system's clinical programs, and initiated new on-site/home based clinical programs while successfully leading a JCAHO re-accreditation. Previously she was the State Administrator of Rehab Provider Network - Florida, Novacare, Inc., where she led a statewide initiative to create a rehabilitation therapy network for 100+ affiliate clinical practice sites in 40 Florida counties.

Currently, Marni is the President-elect of the Florida Executive Women, is an appointed member to the Orange County Public Schools Mental Health Commission and Discipline Advisory Task Force and is a member of the Executive Board of the Primary Care Access Network.

Consecutively in 2015 and 2016, Marni was recognized by the Orlando Business Journal as a CEO of the Year and in 2018 was one of ten people featured in Orlando Weekly's annual "People We Love" edition. In 2017 she was recognized by the Women's Executive Council as Woman of the Year in Healthcare. In 2016 Marni received the prestigious Bud Bell Florida State Advocate of the Year award from the Florida Community Health Action Information Network. Additionally, she was selected in both 2014 and 2015 as a Women Who Mean Business nominee by the Orlando Business Journal and in 2014 was a Women of Distinction Nominee for the Girl Scouts of Citrus Council.

In 2014 she completed her second three-year appointed term as a lay member to the Florida Bar Grievance Committee for the Ninth Judicial Circuit and from 2008-2012 was a Florida Supreme Court appointee to the Florida Bar's Citizen's Forum.

Previous community services included concurrently serving, from 2014-18, as a member of the Public Policy Council for the Florida Association of Free and Charitable Clinics, Vice Chairwoman of the Orange County Government Educational Facilities Authority from 2003-2018 and a two-year appointed term from 2012-2014 as the Chairwoman of the Disability Advisory Board for Orange County Government.

A Central Florida "native" since 1975, Marni Stahlman was raised in Winter Park, and is a graduate of Winter Park High School. She is mother to her 14-year-old daughter Lily Mae, trainer to the families 85 lbs. chocolate Labrador "Ellie" and has been

married to her husband Paul for 16 years. She holds a B.S. in Psychology from the University of Tampa, a dual M.S. in Counseling and Psychology from Troy State and Ph.D., ABD in Clinical Sexology from Maimonides University.

Staff

Number of Full Time Staff	10
Number of Part Time Staff	0
Volunteers	322
Contractors	0
Staff Retention Rate	90%

Plans & Policies

Fundraising Plan?	Yes
Strategic Plan?	Under Development
Years Strategic Plan Considers	3
When Strategic Plan Adopted?	January 2013
Management Succession Plan?	Under Development
Policy and Procedures Plan?	Yes
Nondiscrimination Policy?	Yes
Whistle Blower Policy?	Yes
Document Destruction Policy?	Yes

Senior Staff

Name	Title
Liseth Russa	Vice President of Operations
Jennifer Helriggle	Vice President of Philanthropy

Formal Evaluations

Is there a formal evaluation for...	Frequency
CEO/Executive Director Yes	Annually
Senior Management Yes	Annually
Non-Management Yes	Annually

Affiliations

Affiliation	Year
Mental Health America	2002
Florida Association of Free and Charitable Clinics	2022

Awards

Award/Recognition	Organization	Year
Diversity in Business Awardee	Orlando Business Journal	2022

Financials

Financials

Fiscal Year Start
2022-07-01

Fiscal Year End

2023-06-30

Projected Revenue

784319

Projected Expenses

779159

Detailed Financials**Revenue and Expenses**

Fiscal Year	2021	2020	2019
Total Revenue	\$731,438	\$792,186	\$586,435
Total Expenses	\$705,603	\$573,836	\$508,776
Revenue Less Expense	\$25,835.00	\$218,350.00	\$77,659.00

Revenue Sources

Fiscal Year	2021	2020	2019
Foundation and Corporation Contributions	\$75,000	\$25,000	\$56,164
Government - Federal	\$0	\$0	\$0
Government - State	\$0	\$0	\$0
Government - Local	\$0	\$0	\$0
Government - Unspecified	\$0	\$141,890	\$0
Individual Contributions	\$521,398	\$587,579	\$444,428
Indirect Public Support	\$0	\$0	\$0
Earned Revenue	\$0	\$-358	\$0
Investment Income, Net of Losses	\$0	\$259	\$651
Membership Dues	\$4,617	\$1,748	\$430
Special Events	\$130,423	\$29,513	\$76,250
Revenue In-Kind	\$0	\$6,555	\$8,500

Other	\$0	\$0	\$12
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Expense Allocation

Fiscal Year	2021	2020	2019
Program Expense	\$577,345	\$472,097	\$425,466
Administrative Expense	\$115,099	\$89,678	\$72,200
Fundraising Expense	\$13,159	\$12,061	\$11,110
Total Revenue/Total Expenses	104%	138%	115%
Program Expense/Total Expenses	82%	82%	84%
Fundraising Expense/Contributed Revenue	2%	2%	2%

Top Funding Sources

Fiscal Year	2021	2020	2019
Top Funding Source & Dollar Amount	Individuals - \$521,398.00	Individuals - \$587,579.00	Individuals - \$444,428.00
Second Highest Funding Source & Dollar Amount	Special Events - \$130,423.00	Government - Unspecified - \$141,890.00	Special Events - \$76,250.00
Third Highest Funding Source & Dollar Amount	Foundations and Corporations - \$75,000.00	Special Events - \$29,513.00	Foundations and Corporations - \$56,164.00

Assets and Liabilities

Fiscal Year	2021	2020	2019
Total Assets	\$564,481	\$515,856	\$345,083
Current Assets	\$545,459	\$466,809	\$300,076
Long-Term Liabilities	\$0	\$0	\$63,200
Current Liabilities	\$43,719	\$18,176	\$28,399
Total Net Assets	\$520,762	\$497,680	\$253,484

Endowment Info

Do you have an endowment?

Yes

Endowment Value

\$19,003.01

Spending Policy

Percentage

Percentage (if selected)

Capital Campaign Info

Currently in a Capital Campaign?

No

Solicitation Permit Info

State Charitable Solicitations

Permit

Yes