

Fiscal Year

2023

July 2022 - June 2023

# Annual Report

Mental Health America of the MidSouth  
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Nashville TN, 37211  
615.269.5355



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# A MESSAGE FROM OUR EXECUTIVE DIRECTOR

As many of you know, our organization has long embraced the belief that "there is no health without mental health." This guiding principle has been at the heart of our mission, driving us to support and uplift our community through advocacy, education, and providing the right help at the right time.

The past year has been one of significant change and reflection for our organization. In May of 2022, our CEO of 13 years left the organization. In response to this transition, our board of directors took a thoughtful and deliberate approach to envisioning our future. We were committed to ensuring that our next steps would not only honor our past but also set a strong foundation for our future.

This year, we revisited our organizational strategic plan to enhance accessibility to education for our community, strengthen our programmatic impact, and ensure we are effectively meeting the needs of those we serve. To achieve this, we have made several key additions to our team, including a Director of Data and Evaluation to help us better understand and respond to community needs, and a new Director of Finance to guide our fiscal strategies.

We are proud of the strides we've made in expanding our reach and enhancing our services. This year, we achieved recognition as a continuing education provider through the National Board of Certified Counselors. Our Erase the Stigma program has launched a complimentary online Train the Trainer curriculum, now available to schools and organizations statewide. We have also prioritized staff retention and a positive work environment, reinforcing our commitment to excellence. With a clear vision and actionable plan, we are excited to continue our journey and build on our successes in the coming season.

As we move forward, we are committed to rigorously analyzing evidence, actively engaging with our community, and continuously aligning our mission to address gaps and meet the evolving needs across Middle and West Tennessee. We continue to look for new, innovative ways to reach more individuals in our community, providing them with the right help at the right time. By providing the right education so that individuals know where to turn for support, we can enhance outcomes and make a profound impact across our state.

Thank you for your continued support and dedication. It is with your partnership that we are able to strive towards a future where mental health is prioritized and accessible to all.

With hope for what is to come,

Amber Hampton, LCSW  
Executive Director  
Mental Health America of the MidSouth



**Amber Hampton, LCSW**  
**Executive Director**

# OUR BOARD

**DEB HENNESSEE**

BOARD CHAIR

**MATT SMITH**

VICE CHAIR

**NICK MANN**

VICE CHAIR

**SARAH MATTHEWS**

TREASURER

**READ DUPRIEST**

SECRETARY

**RHONDA ASHLEY-DIXON**

PAST CHAIR

## MEMBERS

Ken Sheesley

Joshua Hunley

Jill Howard

Mary Held

Antricia Gordon

Mark Flemming

Derek Farrell

Bearlyn Ash

Brent Baxter

Troy Chisolm

Jana Dreyzener

David Bohan

John Baxter

Mary Harkleroad  
(Emeritus)

# OUR MISSION

**Our mission** is to improve the lives of persons living with mental health challenges by advocating for improved public policy, educating health service providers, and connecting individuals to the right help at the right time.

1 in 5



ADULTS & CHILDREN  
IN TENNESSEE ARE  
EXPERIENCING A  
MENTAL HEALTH  
CHALLENGE

# ABOUT US

Founded in 1946, Mental Health America of the MidSouth serves as a resource for thousands of individuals across Middle and West Tennessee annually, teaching that while mental illness is real, it is treatable, and no one should face their struggles alone. Through education, training, and support, we are committed to building a community where stigma is eradicated and help is always accessible.

Our programming is extensive, from guiding caregivers through the journey of memory loss and empowering students to foster mental wellness and prevent bullying, to suicide prevention and training educators, therapists, and first responders. We work tirelessly to provide the right information at the right time, proving that the right education and support can transform lives and help people face life's toughest moments with confidence and strength.

By offering essential mental health screenings, resources, education, and community support, MHA bridges gaps in care and fosters resilience and well-being throughout all stages of life. Your support is crucial in ensuring that every individual in our community receives the help they need to promote their own mental health and wellbeing to live their happiest and healthiest life.

Committed to fostering community resilience and mental health equity, Mental Health America of the MidSouth advocates for mental wellness and support services for those impacted by mental health conditions and to ensure we build a community where everyone can thrive.

# OUR PROGRAMS



## CAREGIVER SUPPORT

Provides one-on-one educational sessions and resources to family caregivers caring for a loved one living with dementia and provides skills training to long-term care professionals for better outcomes.



## ERASE THE STIGMA - YOUTH

Our innovative school-based program strives to break down stigma that surrounds mental health and teaches students about managing bullies, bad days, big feelings and emotions, finding trusted adults, and other topics.



## MULTICULTURAL OUTREACH

MHA's Spanish-speaking case managers connect unaccompanied minors and their families with mental health, financial, education, legal, and other vital resources here in the MidSouth.



## MENTAL HEALTH SCREENINGS

Free and anonymous online mental health screening providing resources and education for individuals who may be experiencing a mental health challenge and assisting them in finding next steps.



## EDUCATION AND TRAINING

MHA concentrates on various mental health topics, providing community education to enhance and maintain positive mental well-being. Moreover, we offer specialized training programs for professionals including social workers, therapists, counselors, lawyers, healthcare providers, and others involved in mental health support.



## SUICIDE PREVENTION

Training is available at no cost to provide participants with the necessary skills to prevent suicide within communities. Additionally, MHA houses a Zero Suicide Initiative. This evidence-based program helps healthcare systems enhance client outcomes and implement comprehensive suicide prevention strategies.

# PROGRAM HIGHLIGHTS

## CAREGIVER SUPPORT

"Her help has taken a weight off my shoulders. It feels like I have fresh air in my lungs"  
-Anonymous Caregiver



1,493

Caregivers Reached

"She validated my feelings and concerns. I think this is a very valuable resource to the community. It helps to know I'm not in this alone."  
-Anonymous Caregiver

## ERASE THE STIGMA YOUTH



STUDENT INCREASE  
IN KNOWLEDGE

Students showed a 95% increase in mental and social emotional knowledge from our Erasing the Stigma Youth presentations. This is measured through a pre and post test evaluation with a numerical scale.

15,693

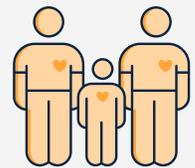
Students grades K-12  
Trained in Mental  
Health Awareness  
through ETSY

## MULTICULTURAL OUTREACH

MHA's Spanish-speaking case managers provide comprehensive services, connecting unaccompanied minors and their families with community resources such as mental and physical health services, legal consultations, and school enrollment.

480

Minors Served



## MENTAL HEALTH SCREENINGS

41,733

Total Screenings  
Completed

These free and anonymous online mental health screenings provide local resources and next steps for individuals who may be experiencing a mental health challenge.

# PROGRAM HIGHLIGHTS

## CONTINUING EDUCATION



This fiscal year, we provided training to social workers, professional counselors, nurses, lawyers, peers and more. MHA is now an approved provider through the National Board of Certified Counselors. Courses are offered on our online learning platform.

# 1,185

Online Learners

Our Continuing Education Program trained Social Workers, Professional Counselors, Certified Peer Recovery Specialists, Nurses, Lawyers and more through our 4 live continuing education courses.

## SUICIDE PREVENTION

# 461

Workforce Trainings

# 3,073

Individuals Referred to Crisis

# 127,161

Individuals Screened by Partner Agencies

# 2,094

Individuals Trained in Evidence-Based Prevention

The only acceptable suicide rate is **ZERO**  
Together we can make suicide a never event.

## MEDIA & SOCIAL PRESENCE

# 19 M

Media Impressions

# f 31,435

Facebook Impressions

# @ 28,750

Instagram Impressions

# x 7,489

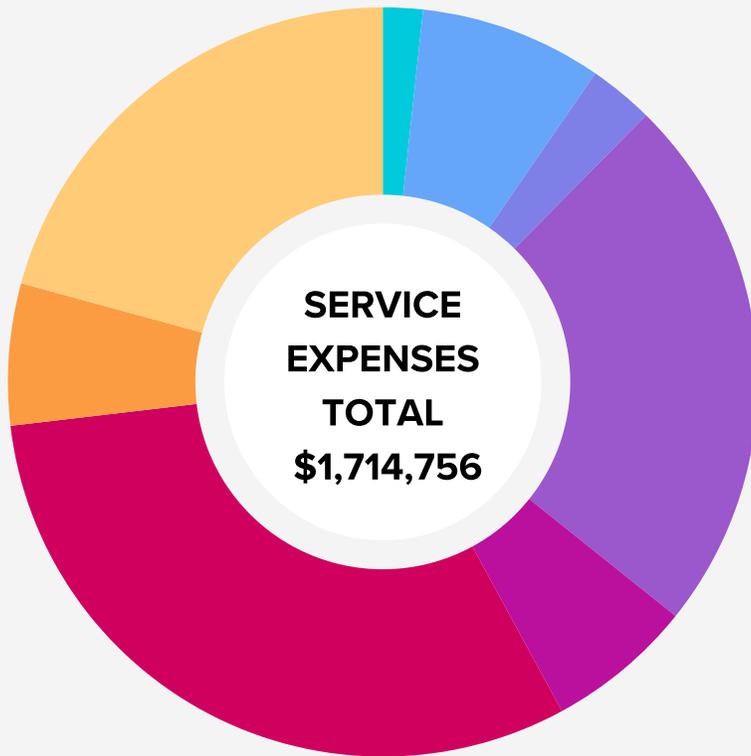
Twitter Impressions

# in 548

LinkedIn Page Views

# FINANCIAL SUMMARY

## SERVICE EXPENSES



**ADVOCACY**  
\$29,425

**ERASE THE STIGMA**  
\$135,054

**CONTINUING EDUCATION**  
\$48,041

**SCREENINGS & OTHER SERVICES**  
\$400,329

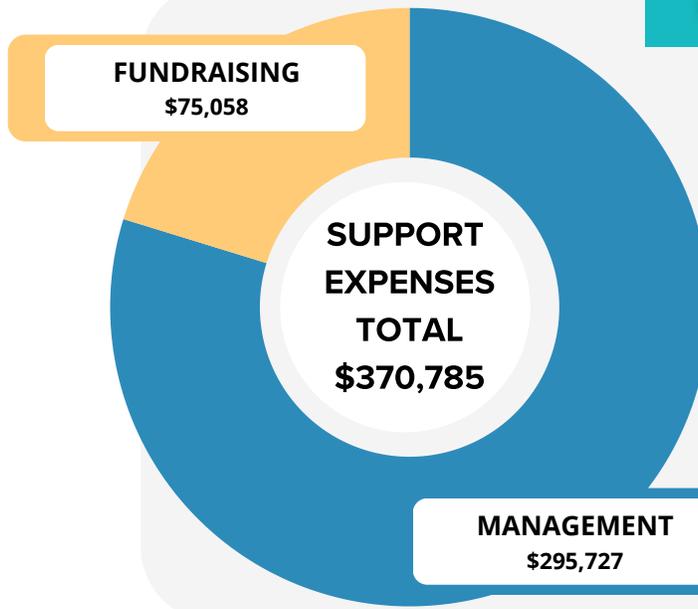
**MENTAL HEALTH AWARENESS TRAINING**  
\$108,584

**MULTICULTURAL OUTREACH**  
\$532,568

**CAREGIVER SUPPORT**  
\$104,886

**ZERO SUICIDE**  
\$355,869

## SUPPORT EXPENSES

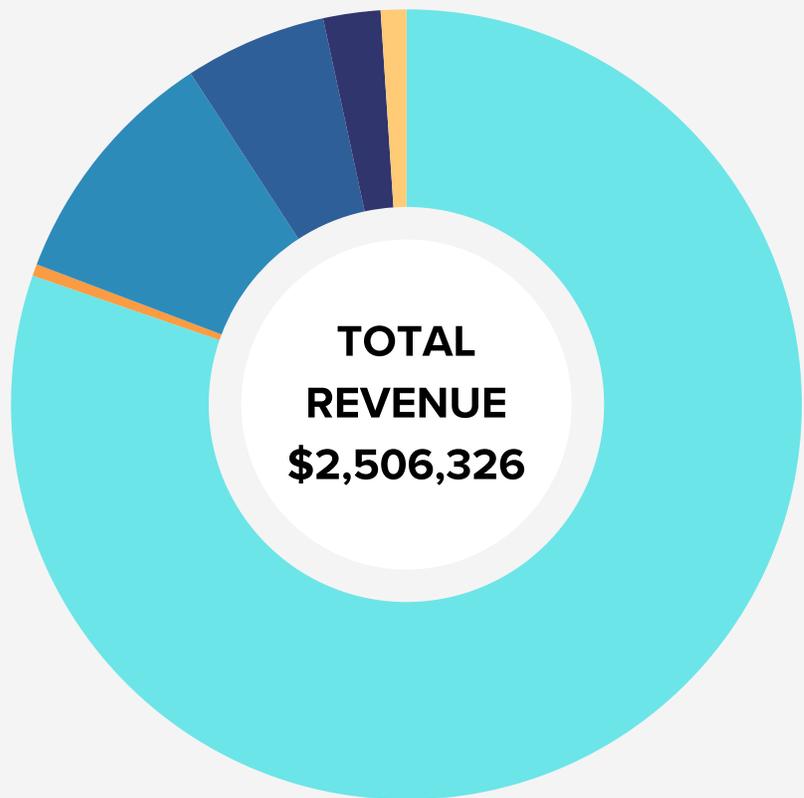
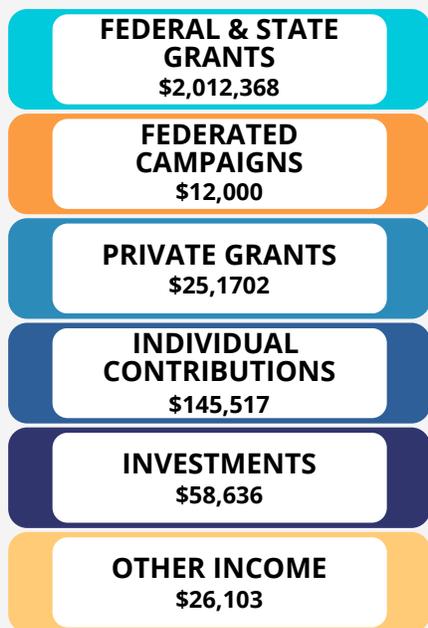


**FUNDRAISING**  
\$75,058

**MANAGEMENT**  
\$295,727

**TOTAL EXPENSES**  
**\$2,085,541**

# TOTAL REVENUE



## Net Assets

**FY 22: \$3,315,101**

**FY 23: \$3,845,937**

**Net Change in Net Assets: \$530,836**

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# Recognized Supporters

Adam Fargo  
AJ Sokol  
Alice Nichols  
Amazon Smile  
American Online Giving Foundation, Inc  
Andrew Allen Charitable Foundation  
Anna-Vija McClain  
Antricia Gordon  
Barry Beck  
Bearlyn Ash  
Belmont University  
Benevity Community Impact Fund  
BlueCross BlueShield of Tennessee  
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Caroline T Walker  
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CoreCivic of Tennessee  
Courtney Hatfield  
CSX Transportation  
Curb Records  
Dan and Jill Eisenstein  
Dan Surface  
Darla Bennett  
Dave Wood  
David Bohan  
David Husselbee  
David Swanson  
Deborah Hennessee  
Derek Farrell  
Donna DeStefano  
Dorothy Cate & Thomas Frist Foundation  
Emily Anderson Coleman  
Emily Unnasch  
Estela Blei  
Faye Snodgrass Tevebaugh  
Fidelity Charitable Gift Fund  
Forrest and Cleatus Moorehead  
Frist Foundation  
Frontstream  
GE Healthcare  
Genesco Inc.  
Greater Nashville Regional Council  
Greg Morneau  
Hall Haselton  
HCA Foundation  
Healing Trust  
Ingram Entertainment Inc.  
Irene Boyd

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# Recognized Supporters

J E Hood  
Jackson National Life Insurance  
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Jana Dreyzehner  
Jennifer Nash  
Jessica Young  
Jewish Federation of Nashville & Middle TN  
Jill Howard  
John and Randi Baxter  
John Dennison  
Joshua Hunley  
Joshua Tripp  
Kandace Groher  
Kathleen Wirth  
Kathryn G. Clifton  
Katie McCandless  
Katie Townsend  
Katy and Ken Sheesley  
Kris A. Sexton  
Kroger Company  
Lancy Collins  
Lauren Riley  
Maggie Terry  
Mark Fleming

Marlene and Spencer Hays Foundation  
Mary and Clay Harkleroad  
Matt Hardin Law, PLLC  
Matthew and Keeli Smith  
Memorial Foundation  
Meredith Norman  
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Middle TN Electric  
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Nashville Bar Foundation  
Nick Mann  
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Pinnacle Financial Partners, Inc.  
Randall Toney  
Read DuPriest  
Renaissance Charitable Foundation  
Rhonda Ashley-Dixon and Rusty Dixon  
Ross Roadman

# Recognized Supporters

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Schwab Charitable  
Shelby County Government  
Stephen and Mandy Young  
Stephen Post  
Substance Abuse & Mental Health Services  
Administration (SAMHSA)  
Susan Davenport  
Sylvia R Leins  
Target Circle  
The Jewish Federation of Nashville & Middle TN  
The Kroger Co. Foundation  
The Paul and Alice Augustyniak Donor Fund  
TN Department of Mental Health & Substance  
Abuse Services  
Troy Chisolm  
U.S. Committee for Refugees and Immigrants  
U.S. Department of Justice  
United Way of Greater Nashville  
United Way of Rutherford & Cannon Counties Inc  
United Way of Sumner County  
United Way of the Midlands  
United Way Suncoast

UT College of Social Work  
Vanderbilt University Medical Center  
Vikki Vaughan  
Volunteer Behavioral Health Care System  
Waddell Family Fund  
West End Home Foundation  
Westminster Presbyterian Church  
William and Anne Whetsell  
Wyatt McCandless  
Zhaklina Spencer

We extend our heartfelt thanks to all our supporters. Your generosity and commitment have made a significant difference! We strive to accurately acknowledge all of our supporters. If we have inadvertently omitted, please accept our sincere apologies and reach out to us for correction.

[forinfo@mhamidsouth.org](mailto:forinfo@mhamidsouth.org)

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# Thank You

Mental Health Advocates,

Thank you to all our community members, sponsors, donors, and all who support Mental Health America of the MidSouth. We appreciate your support in making Tennessee a healthier place to live!

## DONATE

Thanks to supporters like you, we are able to continue to assist our community in breaking down barriers to mental health awareness to create a happier and healthier future for all. If you are interested in contributing to Mental Health America of the MidSouth, please click or scan the QR Code.



DONATE TODAY

## CONTACT



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**Telephone**

615-269-5355



**Website**

[WWW.MHAMIDSOUTH.ORG](http://WWW.MHAMIDSOUTH.ORG)