

Fiscal Year  
**2025**  
July 2024 - June 2025

# Annual Report

Mental Health America of the MidSouth  
1321 Murfreesboro Pike  
Nashville, TN 37217



# CONTENT

- 3** A NOTE FROM OUR EXECUTIVE DIRECTOR
- 4** OUR BOARD
- 5** ABOUT US
- 6** OUR PILLARS
- 7** COMMUNITIES SERVED
- 10** MENTAL HEALTH SCREENINGS
- 11** MEDIA HIGHLIGHTS
- 12** EVENTS
- 14** FINANCIAL SUMMARY
- 16** RECOGNIZED SPONSORS
- 18** CONTACT

---

# A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Every December, our team gathers to plan the year ahead. We build our calendars, set our priorities, and prepare for the upcoming year.

None of us could have predicted what this fiscal year would bring.

The nonprofit landscape shifted in ways we have never seen before. Federal funding changed overnight, and as priorities shifted at the top, funders throughout the sector followed. It was a year that tested all of us, but it was also the year our team proved what we are made of.

During the COVID pandemic, we made deliberate investments in our infrastructure, our processes, and our people. Those investments paid off. When the landscape around us began to shift, we leaned into our community partnerships, found creative solutions, and made sure that every grant we closed came with a plan for the work to continue.

Because of that foundation, and because of you, we kept showing up for the people who need us the most. We connected caregivers with answers, helped students know where to turn, supported parents and schools in getting ahead of crisis, and opened access to training that helps professionals do their work better. **This all matters because prevention works.** When people have the right information at the right time, fewer lives are derailed by crisis. That is what the research shows and what we see every day.

Looking ahead, we are launching Erase the Stigma: Train the Trainer — equipping other organizations with our research-based youth mental health programming so they can implement it in their own communities. This is how we scale: by building the capacity of those around us.

To our supporters and partners: thank you. Your belief that the right information at the right time can change lives is what makes all of this possible. Extraordinary things happen when we stay consistent, keep our eyes on what we are building, and surround ourselves with people who genuinely care about making tomorrow better than today.

I'm proud of what we accomplished, and I'm excited for you to read about the work we have done. The challenges ahead are real, but so is everything we have built together. We're building hope and providing real things that people can do today to take care of themselves, something that is needed now more than ever. Every Tennessean deserves access to the right help at the right time, and every day we are getting closer to that being a reality. The best is still ahead.

In partnership,

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



# OUR BOARD FY 2025



**DEB HENNESSEE**  
BOARD CHAIR

PINNACLE FINANCIAL PARTNERS



**MATT SMITH, CPA**  
VICE CHAIR

LBMC



**SARAH ROBBINS, MS, CPA**  
TREASURER

PWC



**JOHN BAXTER, ED.D**  
SECRETARY

CORE CIVIC



**RHONDA ASHLEY-DIXON**  
PAST CHAIR

VANDERBILT BEHAVIORAL HEALTH

## MEMBERS FY25



**ALLISON DIEHL, LCSW**

UT COLLEGE OF SOCIAL WORK



**SUZANNE REED**  
INCOMING BOARD CHAIR FOR FY26

LBMC



**AMANDA BRACHT, LCSW**

PARK CENTER



**ERIC ARNOLD**

HCA



**DR. KRISTEN DAUSS, MBA, CCHP**  
INCOMING BOARD SECRETARY FOR FY26

CORE CIVIC



**BEN FLY**  
INCOMING BOARD TREASURER FOR FY26

PWC



**BRENT BAXTER**

---

# ABOUT US

**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.

Since 1946, Mental Health America of the MidSouth has stood alongside thousands of individuals and families across Middle and West Tennessee, because mental health is health, and no one should have to face life's hardest moments alone. From empowering caregivers navigating memory loss and equipping students to champion mental wellness, to training educators, therapists, and first responders and advancing suicide prevention, our work meets people where they are, at every stage of life, with the tools and resources they need to face challenges with confidence and strength.

As a 501(c)(3) nonprofit, we are committed to building a community where stigma has no foothold, care is always within reach, and mental health equity is not an aspiration but a standard. Through screenings, advocacy, training, and community-rooted support, MHA of the MidSouth bridges gaps, fosters resilience, and ensures that every person, regardless of background or circumstance, has the chance to live their healthiest, fullest life. Your support makes that possible.

# OUR PILLARS



## Youth Mental Health & Education

Every thriving community begins with its children. We invest in young minds early, giving them the language, tools, and courage to understand their emotions, break the silence around mental health, and carry that strength into the adults they become.



## Family & Caregiver Support

We recognize and uplift the vital role caregivers play by providing the resources, compassion, and guidance that help families navigate difficult moments and make informed decisions together. We believe healthy family support systems build stronger communities.



## Improve Community Mental Health Access

We believe in amplifying the voices of our community. We remove barriers to care so that every individual, regardless of circumstance, has a clear and accessible path to the mental health support they deserve. Mental health should be a priority, not a privilege.



## Professional Education & Training

We invest in the professionals and the communities they serve by fostering evidence-based, person-centered approaches across disciplines. By extending our reach we raise the standard of mental health knowledge in practice.



**260,782**

SERVED IN FY2025

## THE IMPACT

While early intervention with youth is critical, we know that mental health does not exist in isolation. Supporting caregivers and families ensures that the impact extends beyond the classroom and into the home. In FY25, we expanded youth mental health education across Middle Tennessee, equipping students with the knowledge and skills to recognize warning signs, build coping strategies, and seek support. Through both SOS (Signs of Suicide) and ETS-Y (Erase the Stigma - Youth) programming, we are helping create school environments where students feel safer asking for help. By reaching youth early, we are building a foundation of awareness and resilience.

## THE NUMBERS

28,655

Youth and students reached

24,297

Reached through the Erase the Stigma Program

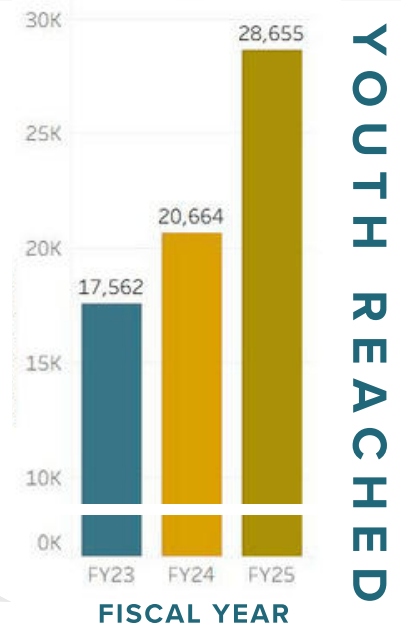
80%

Increased knowledge of suicide prevention

Through the SOS program, middle & high school students are equipped with essential skills to recognize signs of depression and suicide in themselves & their peers. Utilizing the ACT® method “Acknowledge, Care, Tell” students learn to identify warning signs & seek help when needed. 18 schools in Sumner County implemented this programming in FY25.

“ As a counselor at a school that has hosted ETS-Y presentations multiple times, I am now seeing students apply the coping skills introduced during your sessions. Students have begun using breathing techniques during stressful moments and are even encouraging their peers to use healthy coping strategies as well. The lessons are clearly extending beyond the classroom and influencing everyday behavior. ”

Community School Counselor



**TRAIN THE TRAINER**  
**BECOME AN [ETS-Y] PROVIDER**

ETS-Y has proven so effective that we have built a Train the Trainer module for our community to expand our reach. Scan the QR code for more details and to schedule a consult with us!

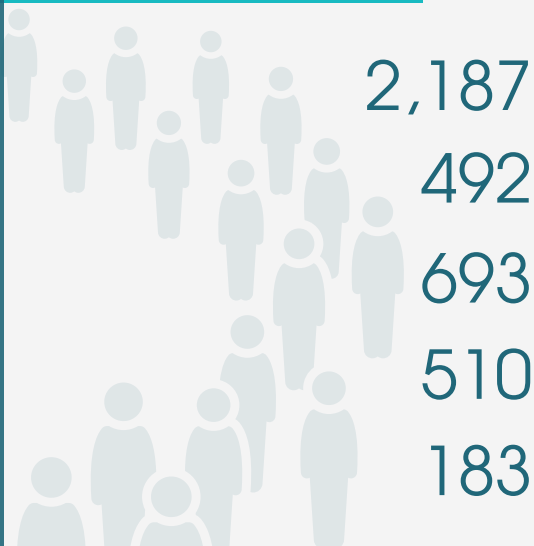


SCAN ME

## THE IMPACT

As we support families navigating complex challenges, we also recognize that many communities face systemic barriers to care. This year, our Caregiver Support Program expanded access to education by launching on-demand trainings statewide, while still providing one-on-one dementia caregiver support. Our Multicultural Outreach program, designed to bridge systemic gaps, ensured families knew where to find help and support in their community. No family we served was left without a pathway to help. We met more families on their own terms, in their own communities, with the resources and guidance they needed to feel confident and supported. Families reported feeling more prepared and less overwhelmed as a result of both programs.

## THE NUMBERS



Dementia caregivers and families served

Individuals trained by a certified dementia specialist

Spanish-speaking families served

Multicultural outreach home visits

Encuentro community members

MHA's Spanish-speaking case managers provide comprehensive services, connecting unaccompanied children and their families with community resources such as mental and physical health services, legal consultations, and school enrollment. **Encuentro Latino** is our community group for Spanish-speaking providers who meet monthly to connect with each other and share resources.

“ Having someone on our 'team' to partner with as we navigate this unknown territory has been a tremendous help! As her needs change, knowing you are available to guide us makes this journey more bearable and feels less lonely. You truly make a difference for those of us looking to provide the best care for our loved ones. ”  
Client, Caregiver Support Program

“ One youth on my caseload had been abandoned by the family who initially brought her to the United States, leaving her in a household with little support and feeling isolated and afraid. I became one of the only trusted adults in her life. Through consistent check-ins and emotional support, I helped her identify an individual willing to provide a safe and supportive home, and facilitated communication between the student, guardian, and school to ensure a stable transition. I also located a pro bono attorney to assist with her complex legal case and continue to provide guidance to her new caregiver about her needs and cultural background. ”

Case Manager, MOP Program



## THE IMPACT

Expanding access to care also requires strengthening the professionals who serve our communities. By investing in training and education, we are increasing the capacity of the mental health workforce across Tennessee. In FY25, we launched our Lifeline Youth Suicide Prevention asynchronous course, expanding access to harm-reductive suicide prevention training for providers across the state. This created a sustainable, statewide platform for accessible training and education on best practices for professionals supporting youth. MHA continues to support professionals providing vital services to our community by hosting high-quality continuing education events throughout the year at an affordable cost.

## THE NUMBERS



MHA of the MidSouth is an approved provider through the National Board of Certified Counselors

4,207

Online learners

365

Continuing education certificates awarded

999

Individuals enrolled in Lifeline Youth Series

130

Days of time spent by learners on Lifeline Youth



Visit our online learning platform  
[LEARNING.MHAMIDSOUTH.ORG](https://learning.mhamidsouth.org)



## LIFELINE YOUTH SERIES

Suicide Prevention Training for Youth Intervention

RECORDED SELF-PACED LEARNING

Youth VILLAGES

Boost your confidence in responding to crises. Become a lifeline of hope through our engaging online training series designed to equip providers with the tools to prevent youth suicide.

A successful two-day in person event executed by our ZERO Suicide Initiative. Dr. Sally Spencer-Thomas engaged participants in activities that helped approximately 33 clinicians with her model for helping clients cope with grief, trauma, and distress.

## POSTVENTION

Navigating the Tsunami After Suicide: An 8-Session Treatment Model for Clinicians Helping People Cope with Grief, Trauma, and Distress

2-Day In-Person Workshop  
Dr. Sally Spencer-Thomas

# Improving Community Mental Health Access

## ADVOCACY WORK

Our commitment to mental health access extends well beyond the walls of our programs. Our team members serve as chairs, co-chairs, founding members, and advisors to community and statewide advocacy groups, bringing firsthand perspective to the tables where policies, priorities, and systems are shaped. From coalitions for children and youth to councils championing healthy aging, our staff help improve mental health education and access across every stage of life.

Through these partnerships, we identify gaps in care, amplify the voices of underserved populations, and contribute to community-driven solutions. Sustainable change requires both quality services on the ground and a persistent, informed presence in the conversations that determine access to care.

29+

Advocacy Groups

23+

Counties Represented Across the MidSouth

22+

Regional Advocacy and Working Groups

7+

Statewide Commissions and Councils

### Our Focus Areas

#### Children, Youth, & Families

Early childhood wellness, school-age supports, and family-centered systems

#### Healthy Aging & Caregivers

Aging-in-place supports, dementia care, and caregiver support

#### Community & Systems Change

Policy, coordinated care, and community-driven solutions

After seven years as vice-chair and then chair of the Region V Planning and Policy Council, our Executive Director Amber Hampton was appointed by Commissioner Williams as Vice-Chair of the Tennessee Department of Mental Health and Substance Abuse Services Statewide Planning and Policy Council, carrying a regional voice to the state table.

**Executive Director  
Amber Hampton, LCSW**





TAKE A FREE & ANONYMOUS SCREENING!



# MENTAL HEALTH SCREENINGS

In addition to direct services and training, we continue to prioritize early identification through accessible tools. Our mental health screenings serve as a critical entry point, helping individuals recognize their needs and take the first step toward care. Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

**23,335**  
SCREENINGS TAKEN



**18-34**

Most screened age group



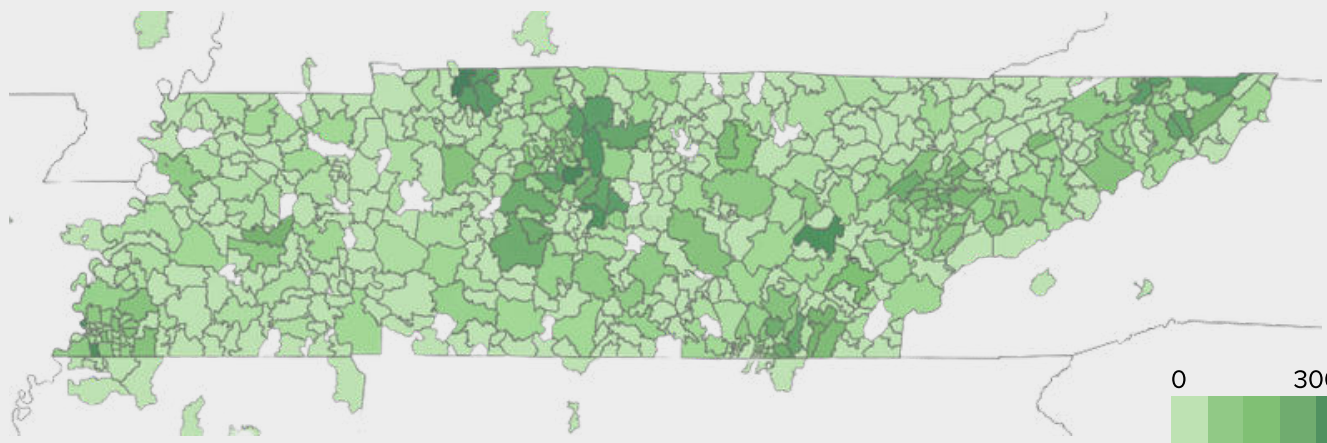
**50%**

Of screeners report they are not currently receiving treatment



**18,547**

Positive screenings





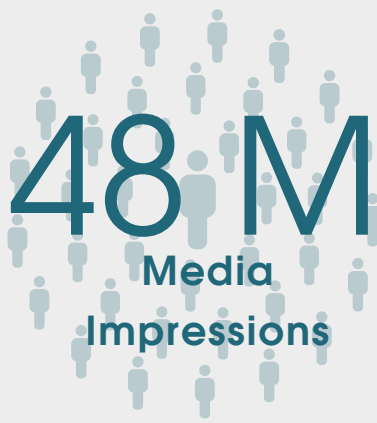
*CamSoft*  
**GET INVOLVED**  
 GIVE US A FOLLOW






Give us a follow & join our mailing list of over 8,000 MENTAL HEALTH ADVOCATES !

# MEDIA HIGHLIGHTS

## MEDIA & SOCIAL PRESENCE



 11,476	 14,300	 98,842
Facebook Impressions	Instagram Impressions	LinkedIn Impressions

**WEBSITE USERS**  
 213,958  
 Users



# MENTAL HEALTH SONGWRITER NIGHTS

BENEFITING MENTAL HEALTH AMERICA OF THE MIDSOUTH

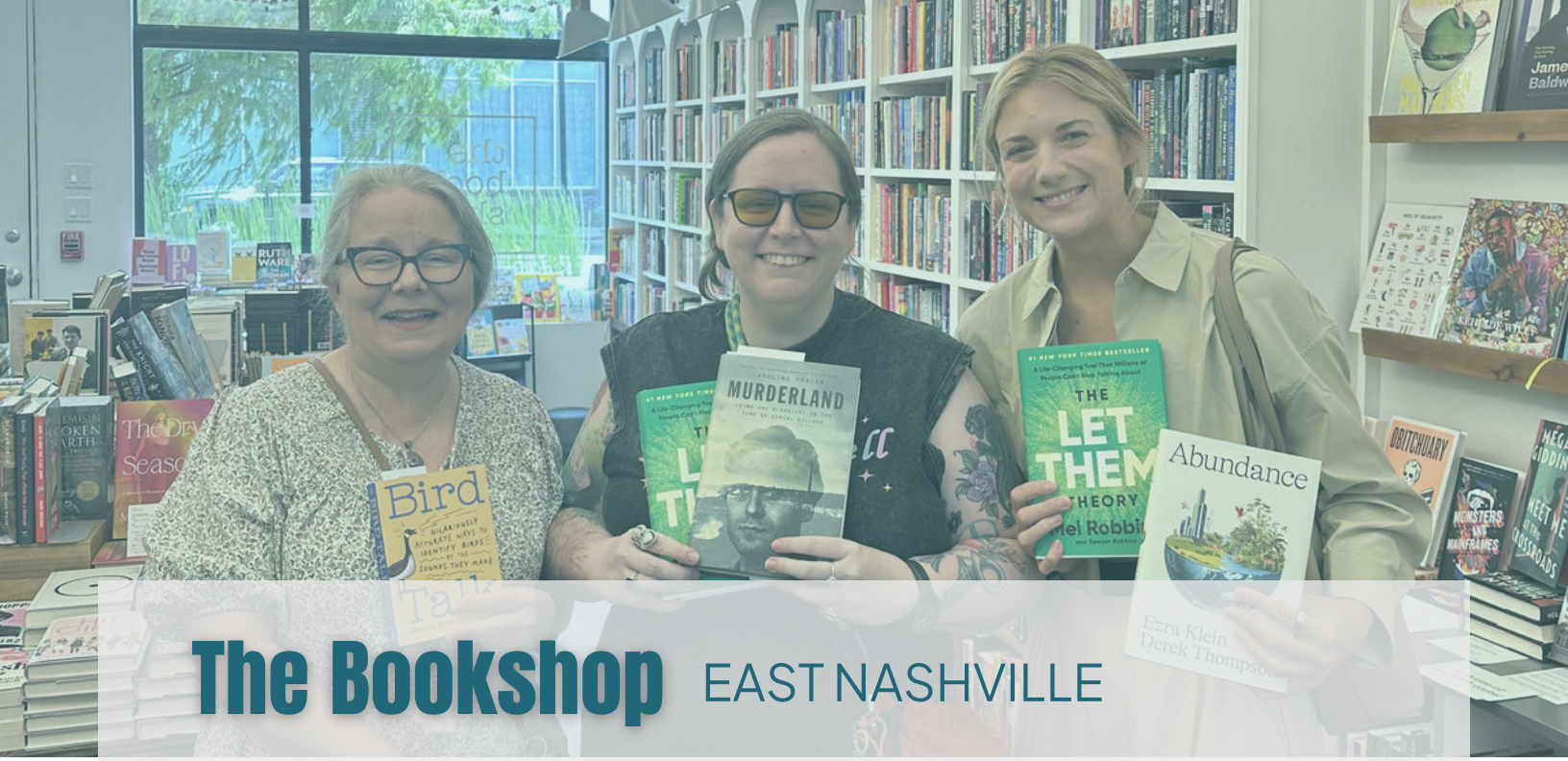


## MHSN | Founded by Zhaklina Spencer

Mental Health Songwriter Nights highlight Nashville's rising artists as they share their lived experiences with mental health challenges through music. These original songs, created from real journeys, create powerful moments of connection and understanding. Each night opens the door for honest conversation, reduces stigma, and reminds our community that even through the struggle, something meaningful and even beautiful can grow. We have been honored to be the beneficiary for five songwriter nights.



**\$2,493**  
RAISED



# The Bookshop EAST NASHVILLE

## SECOND SUNDAY FUNDRAISER



Thank you to The Bookshop in East Nashville for their annual fundraiser donating 10% of sales to benefit our services! We are so grateful for our local businesses who take an active part in supporting our community's mental health.

**\$593**  
RAISED

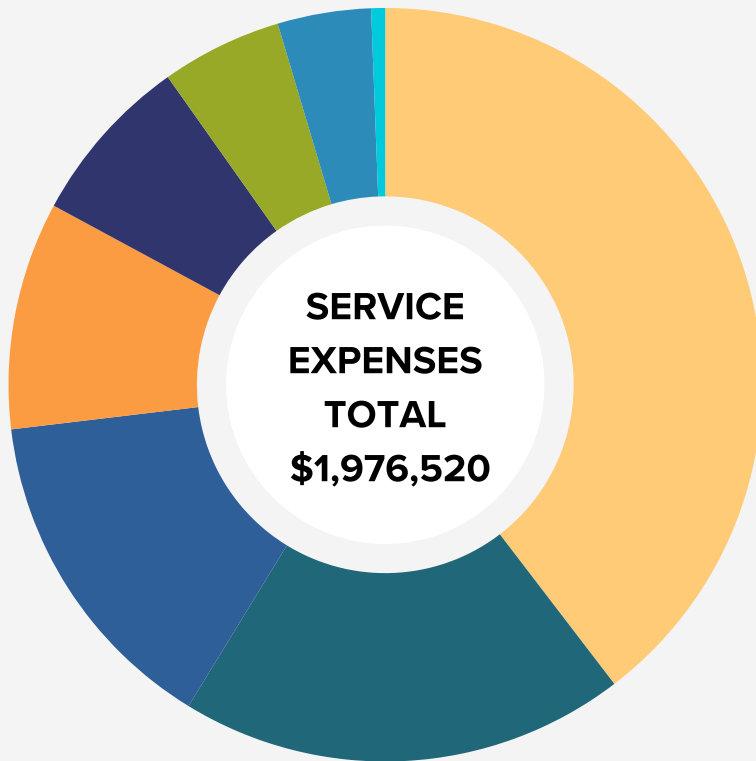
### IS YOUR BUSINESS INTERESTED IN INVESTING IN THE FUTURE OF MENTAL HEALTH?

Contact us to host a benefit donating a portion of sales to support our mental health programs. We love collaborating with and supporting our local businesses!



# FINANCIAL SUMMARY

## SERVICE EXPENSES



**ADVOCACY**  
\$14,936

**CONTINUING EDUCATION**  
\$27,437

**CAREGIVER SUPPORT**  
\$102,806

**MENTAL HEALTH AWARENESS TRAINING**  
\$141,437

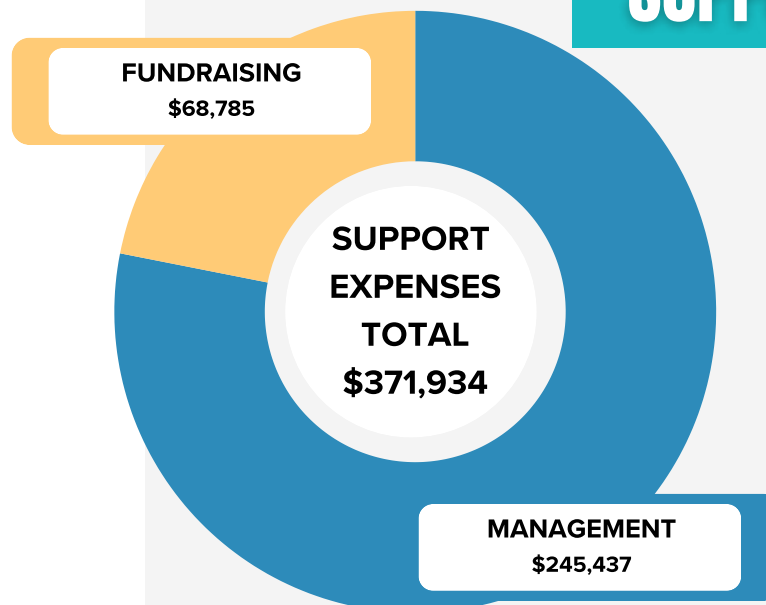
**ERASE THE STIGMA**  
\$193,790

**SCREENINGS & OTHER SERVICES**  
\$284,776

**ZERO SUICIDE**  
\$379,550

**MULTICULTURAL OUTREACH**  
\$785,114

## SUPPORT EXPENSES

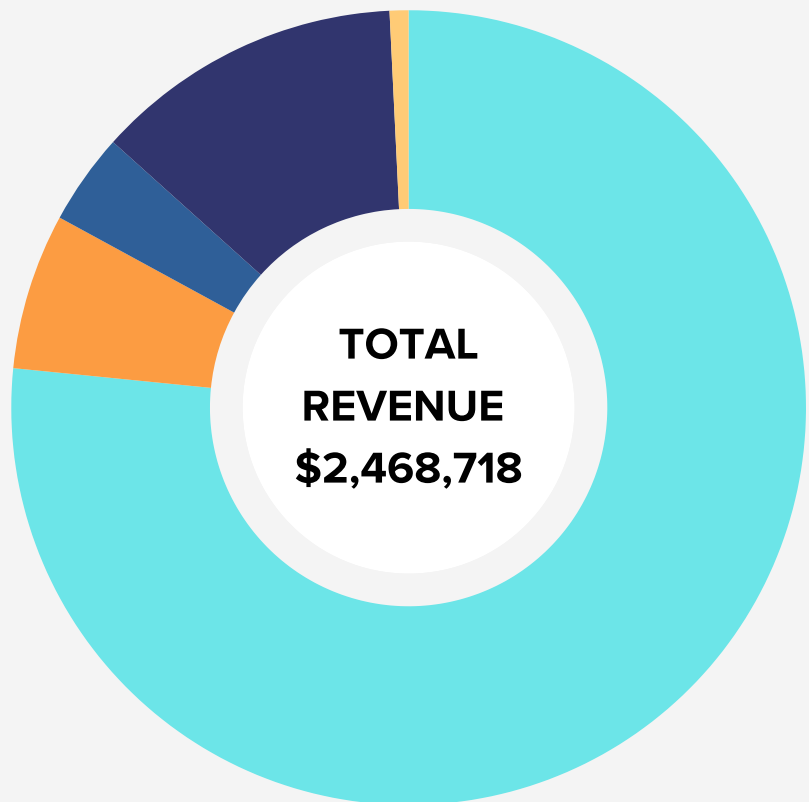
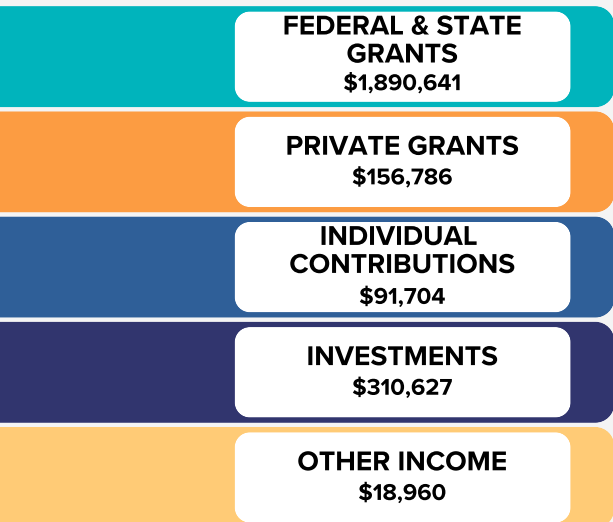


**FUNDRAISING**  
\$68,785

**MANAGEMENT**  
\$245,437

**TOTAL EXPENSES**  
**\$2,296,815**

# TOTAL REVENUE



## Net Assets

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

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

**FY 24: \$3,882,995**

**FY 25: \$4,054,898**

**Net Change in Net Assets: \$171,903**

---

# Recognized Supporters

None of this impact would be possible without the strategic investment of our funders and partners. We are committed to transparency and responsible stewardship as we continue to grow our reach and deepen our impact.

## Platinum Level Donors

West End Home Foundation

**Marlene and Spencer Hays Foundation**

Volunteer Behavioral Health Care System

**HCA Foundation**

Gerry Vance

The Yarbrough Family Advised Fund of The Community Foundation of Middle Tennessee

## Gold Level Donors

Memorial Foundation

**Waddell Family Fund**

Marie T. Lancaster

Marty and Betty Dickens

Neurocrine Continental, Inc.

R. Milton Johnson

**United Way of Sumner County**

**Legacy Donors** with five or more years of consecutive support are listed in bold.

Thank you for your dedication to our services at MHA of the MidSouth.

## Silver Level Donors

UT Knoxville Campus

**United Way of Greater Nashville**

**Mary Harkleroad**

Zhaklina Spencer

**Kandace Groher**

Steve Turney

**Dan Surface**

**Dorothy Cate & Thomas Frist Foundation**

Starbucks

American Online Giving Foundation, Inc.

**Rhonda Ashley-Dixon**

**Deborah Hennessee Thomas**

**Stephen G. Young**

Pinnacle Employee Giving

**Hall Haselton**

Suzanne Reed

AIMHiTN

Claudia Bonnyman

Tennessee NonProfit Network

Amanda Bracht

Jessica Stewart

Johnson McGinnis Elder Care Law PLLC

Adam Fargo

Cari Chase

Dan Eisenstein

Jeff Fisher

John C. Eason

Justin Milam

**Kris A. Sexton**

Ernestine Adams

Anne and Richard Carter

Brian Tate

Jennifer Jones

The Jewish Federation of Nashville & Middle TN

Alan Jewett

Amani Dickerson

Bailey Dempsey

Blake Hylton

Carrie Usher

Jennifer Washburn

Jessica Teter

Lauren Luther

Lindsey Gafford

Lisa Littlejohn

Nicholas Deslattes

Rebecca Bain

Telissa Nelson

Zadie Harlow

Susan O'Connell

**Courtney Hatfield**

Kristin Peterson

Margaret Reed

Phyllis Simpson

Rose Pierce

Forrest J. Moorehead

Network for Good

## THANK YOU TO OUR CONTINUING EDUCATION SPONSORS

UT College of Social Work

Vanderbilt Behavioral Health

TN Department of Mental Health & Substance Abuse Services

# 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.



SCAN QR CODE TO FOLLOW US ON SOCIALS, VISIT OUR WEBSITE, OR MAKE A DONATION TODAY.

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 you have been inadvertently omitted, please accept our sincere apologies and reach out to us for correction at [forinfo@mhamidsouth.org](mailto:forinfo@mhamidsouth.org)

## CONTACT



### Mental Health America of the MidSouth

1321 Murfreesboro Pike Suite 210 Nashville, TN 37217



### Telephone

615-269-5355



### Website

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