



MENTAL HEALTH Association of east tennessee

2021 ANNUAL REPORT



**Building Resilience,
Adapting to Change**

a message from our CEO, **Ben Harrington**

2021 marked the second year of the pandemic and my 27th year as the CEO of this wonderful organization. I am not only proud of our growth, but even more pleased with our team's resilience, creativity and ability to adapt during challenging times. We could not be successful without our great team of staff members, board members, donors, and supporters in the community.

Best regards,

Ben Harrington



table of contents

- 1 Meet the Team: Staff**
- 2 Meet the Team: Board Members**
- 3 Services & Goals**
- 4 Call Center**
- 5 Screenings**
- 6 Outreach Activities & Presentations**
- 7 Mental Health 101**
- 8 Knox County Report**
- 9 Thanks to Funding Partners**

Meet the Team



Caitlin E.

MH Regional Coordinators

1



Casey C.



Sarah M.



Leah B.



Zhannae C.

MH101 Educators



Cyndi D.



Caitlyn B.



Madi C.



Brina T.



Harriet G.

Peer Recovery Call Center



Ana S.



Jacqueline



Keith H.



Toby L.



Tina W.



Ashtyn P.



Sara O.



Melody C.



John R.

MHAET would like to wish Linda Beaty and Janice Prince a happy retirement. We thank you for all your dedication and your hard work!



BOARD MEMBERS:

SCOTT ANDERSON
MARY BETH BLEVINS
LADONNA BOOKER
SCOTT BRANHAM
(*TREASURER*)
LINDSEY CODY
DAVID CUNNINGHAM
NATE EVANS
MARK FIELD
DAWN FORTICH
MARI LORENZ
CECILIA PETERSEN
LUIS RAMOS
HOPE RENEAU

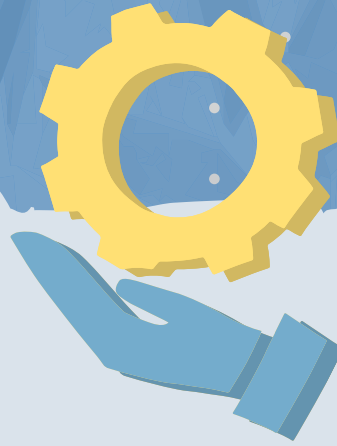
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SANDRA ROWCLIFFE
EMILY SCHEUNEMAN
(*PRESIDENT*)
ERIC SCHWARZENTRAUB
VIVIAN UNDERWOOD SHIPE
TIM TATUM
KATIE VALENTINO
HARRY WADE
MICHAEL WALTKE
(*PRESIDENT ELECT*)
TAMMY WHITE
MICHAEL YATES

Welcoming New Members



CYNTHIA FINCH
REICO HOPEWELL
JERRY MERCER
DONNA MITCHELL
TONY MURCHISON

Services



- B4Stage4
- Mental Health 101
- Fall Psychiatric Symposium
- Mental Health Screenings
- Peer Recovery Call Center
- Worksite Classes + Seminars
- Knox County Mental Health Report

Goals



To promote mental health awareness, wellness and recovery in our communities

To provide client services & peer support which promote resiliency and recovery

To advocate for and build a behavioral health system which is responsive to the needs of its citizens and community

To provide essential mental health education in middle & high schools

4

Peer Recovery Call Center

If you need treatment for a mental health or substance abuse issue, the PRCC will work with you to find the best treatment and support resource available to you

6,718
contacts
made & received

5,597 calls
1,121 emails

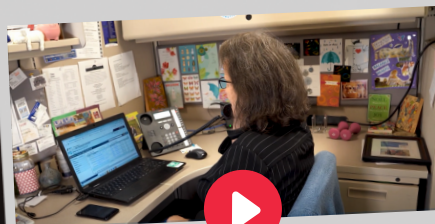
72%

**requested follow up
peer recovery**

top 2 caller concerns
mental health
treatment

availability
of resources

new callers
270



total texts
13,823

56%

**made positive steps
toward recovery**

Mental Health Contributors

54%

Loneliness & Isolation

53%

Past Trauma

26%

Grief + Loss

TOP 2

ANXIETY & DEPRESSION

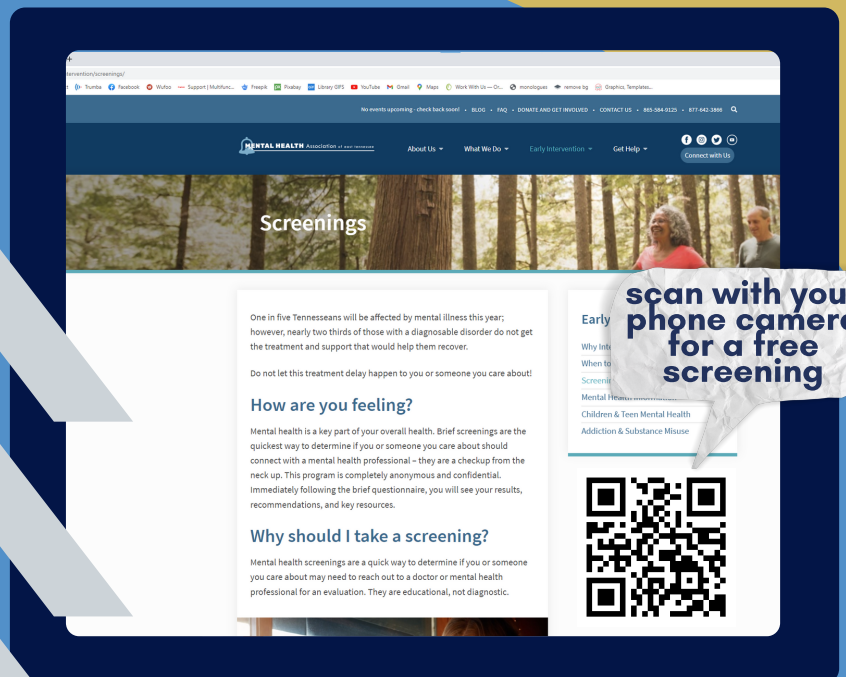
5

SCREENINGS

Screenings provide a quick, free, and anonymous way to identify whether you may be experiencing symptoms commonly associated with an illness and determine whether follow up with a professional is recommended

13,533
screenings

26% increase
from 2020



Outreach



55,234

**MATERIALS
DISTRIBUTED
+ PEOPLE
REACHED**

48 Presentations
2 Conferences
4 Webinars



12
**NEWS
STORIES**



20,653 students
taught

7
avg. star rating
4.82

COMPOSITION BOOK
**Mental Health
101**

Mental Health 101 is our early intervention program
for middle and high school students across
Tennessee

107
schools scheduled

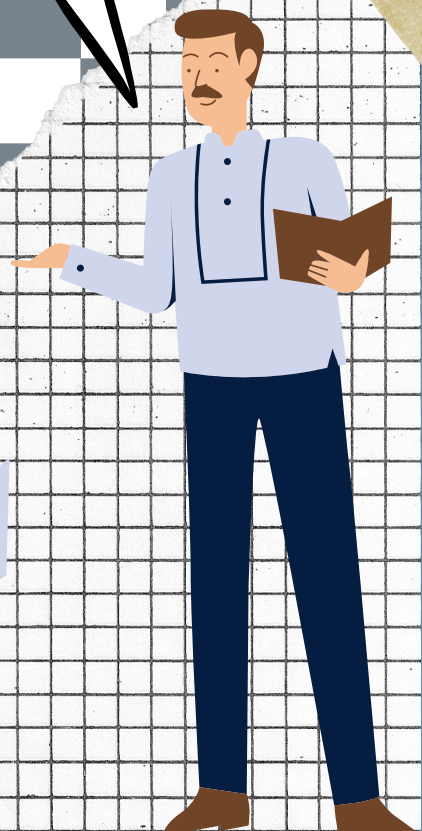
**Excellent
all around!**

I have had several students come
to our counseling office because
they felt more comfortable doing
so after this presentation!

Excellent program

- Our favorite at Alcoa Middle - the kids
get so much from the presentation!

630
teaching days
scheduled



Knox County

state of mental health report



The Knox County State of Mental Health Report project was commissioned by Mayor Glenn Jacobs to identify gaps in mental health services in Knox County, TN

Recommendations

Improve public sector access by developing long term "Talent Recruitment Pool" for public sector mental health professionals

Increase number of Black & Spanish-speaking mental health professionals in Knox County to improve access to care for persons of color

Improve youths' access to care by partnering with KCS and providers to improve the ratio of students per social worker/counselor

Demand for mental health care has surged across both public + private sectors

1 in 5 residents became 2 in 5 in Knox county

scan with your phone camera for access



read all about it here!

Thank you to our Funding Partners

- Mental Health America
- Knox County Government
- United Way of Greater Knoxville
- East Tennessee Foundation Youth Endowment
- Johnson & Johnson
- Robert Lee Weiss Foundation
- First Horizon Foundation
- McNabb Center
- The Middle Path
- Nate Evans Law Firm
- Ryan Oyer via Play it Forward
- Orange Hat Brewery
- Bank of America
- Tennessee Department of
Mental Health & Substance Abuse Services



- private donations
- government grants
- matching gifts
- in-kind



- corporate giving
- events
- foundation grants



www.mhaet.com

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This agency is funded under a grant contract with the State of Tennessee Department of Mental Health and Substance Abuse Services. MHAET offers all services to eligible persons regardless of race, color, national origin, or disability