



**MENTAL HEALTH** Association of east tennessee

# Turning Awareness into Action

ANNUAL REPORT 2024

**“Turning Awareness into Action”** is what we do every day. Knowledge is powerful stuff and without it, our clients won’t be motivated to take action.

Changing what people know about mental health and substance misuse - from recognizing and understanding symptoms, to how and where to access care - inspires youth and adults to get help for themselves, their friends, family and co-workers. Thanks for joining us in supporting this work!

*Ben Harrington*, CEO



## Table of Contents

Page 3	<b>Cast and Crew</b>
Page 4	<b>The Producers</b>
Page 5	<b>Lights, Camera, Action!</b>
Page 6	<b>Peer Recovery Call Center</b>
Page 7	<b>Screenings</b>
Page 8	<b>Mental Health 101</b>
Page 9	<b>Treatment Access Bank</b>
Page 10	<b>Co-Occurring Disorders</b>

# Cast and Crew



Jill



Harriet



Caitlin



Meredith



Sara



Janet



Keith



Kendall



Jennifer



Jacqueline



Jay



Cyndi



Kelly



Elise



Kristen



Meg



Peter



Tina



Casey



John



Melody



Rick



Mo

# The Producers

Lawrence Alexander  
Mary Beth Blevins  
LaDonna Booker  
Jan Cagle  
Lindsey Cody  
Brian Cole  
BJ Coleman  
David Cunningham  
Nate Evans  
Cynthia Finch  
Dawn Fortich

Kelly George  
Julie Hamlin  
Taylor Hasson  
Reico Hopewell  
Donna Mitchell  
Amy Morehous  
Tony Murchison  
Nichole Pfohl  
Justin Pruitt  
Luis Ramos  
Micky Roberts

Eric Schwarzentraub  
Vivian Underwood-Shipe  
Tim Tatum  
Ashley Trotto  
Kathryn Walker  
Mandy Walker  
Michael Waltke  
Bryan Webb  
Tammy White  
Amber Young



# Lights, Camera, Action!

## Our Mission

The Mental Health Association educates, advocates for, and serves East Tennessee by supporting mental wellness and recovery with respect and dignity for all.

## Our Vision

We envision an East Tennessee where mental health is valued and wellness thrives.

## Our Services

Mental Health 101  
Treatment Access Bank  
Mental Health Screenings  
Peer Recovery Call Center  
Fall Psychiatric Symposium  
B4Stage4 + Worksite Classes  
Co-Occurring Disorders



# Peer Recovery Call Center



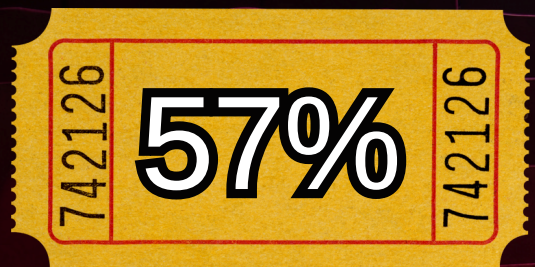
**34,285+** Contacts made & received

**65%** Requested follow up peer recovery

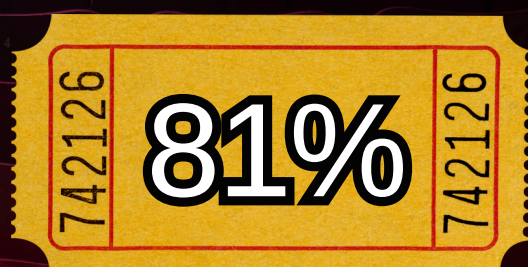
**62%** Made positive steps toward recovery

*Turning awareness into action by entering treatment  
and working on their recovery.*





8 of depression screeners  
are suicidal



6 of screeners screened positive for a  
diagnosable and treatable mental  
health condition

9,972 total screens in 2024  
81% positive for moderate to severe conditions

*Screenings* provide the knowledge - it's real,  
diagnosable & treatable - to take *action!*

Free mental  
health screenings!



SCAN  
ME





# Mental Health 101

**26,169** Students

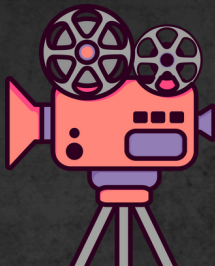
**137** Schools

**2,039** Classes

**45** Districts

**37** Counties

SCAN  
ME



**85%** of teachers believed the curriculum/information was useful

**99%** of teachers want MH101 to come back to their school

**95.83%** 4 or 5 star ratings

"I like how they let us know it's okay to not be okay, and that it's okay to reach out for help."

"Thank you so much for this class. I feel like you may have saved a student's life!"

**MH101** changes what kids & teens know about mental health- prompting them to act to help their friends, family members, & themselves.



# Treatment Access Bank

The Treatment Access Bank helps individuals who cannot afford mental health care access therapy, with assistance from the Mental Health Association (MHA) in covering the costs.



Clients served **112**

Sessions Provided **1680**

Emergency service  
costs prevented

(over \$5 million saved)



**TAB** turns hopelessness into *HOPE* because of donors like you!



*Coming in 2025:*  
**Rural Treatment Access Bank!**

SCAN  
ME

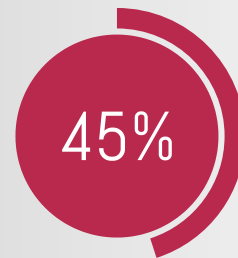


# NOW PLAYING

CO-OCCURRING DISORDERS

## UNMASKED

**MENTAL  
HEALTH**  
Association  
of east tennessee



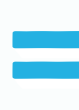
45% of people in the United States  
suffer from co-occurring  
disorders



Mental or Medical Illness



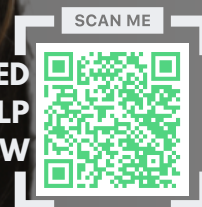
Substance Misuse



Co-Occurring  
Disorder

Co-occurring disorders are the presence of 2 or more disorders at the same time. Drugs/alcohol & mental illness can mask the symptoms of an underlying health condition.

**GET CONNECTED  
FIND HELP  
SCREEN NOW**



# Thank you to our FANS!

*We appreciate*  
**YOU!**

**SCAN ME**



**DONATE**



Axsome Therapeutics  
Bristol Myers Squibb  
Dan & Sylvia Caldwell  
City of Knoxville  
CNS-Y12 Foundation  
Paul Cochran  
Cornerstone of Recovery  
Diocese of East Tennessee  
East TN Behavioral Health  
First Horizon Foundation  
Ben & Norma Harrington  
Haslam Family Foundation  
Janssen Pharmaceutical  
Johnson & Johnson  
Knox County Government  
Knox Ctr for Behavioral Medicine  
Sherri Lee

McNabb Center  
Mental Health America  
Amy Morehous  
Mount Rest Foundation  
Otsuka  
Ridgeview  
Robert Lee Weiss Foundation  
Staley Family Foundation  
Dan Standley  
Tennessee Opioid Abatement Council  
Trinity Health Foundation  
United Way of Greater Knoxville  
UT Battelle / ORNL GIVES  
UT College of Social Work  
Janice Spillman  
TN Dept of MH & Substance Abuse Svcs

*\*Note: Not all donors are included.*

Foundation  
Grants

Government  
Grants

Events

In-Kind /  
Matching  
Gifts

Corporate  
Giving

Private  
Donations

*We couldn't do it without*  
**YOU!**





# MENTAL HEALTH

Association



Opioid Abatement  
Council

