

Dear Friend,

MHA Board of Trustees

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Sometimes mental health issues affect us personally, and sometimes they impact our families, friends, and our community, but we are not sure what impact organizations have. The email below, sent to one of our Mental Health Navigators this past September, hit home about how much an organization like Mental Health America - Wabash Valley Region has on those we serve:

I've been literally physically and emotionally drained by the system.

I've been trying to make an appointment without having a complete meltdown and its scary when you're truly alone. I have been trying since February to get an appointment and my phone calls have not been successful. Thank you for helping me. You've been the only one.

The Mental Health Navigator Services pilot program is just what it says...it connects individuals and families seeking mental health and/or substance use services with appropriate mental health professionals and supportive services. This Navigator program is the first of its kind in the state, and is currently being researched by Purdue University to determine if it is an evidence-based program and can be duplicated in other locations. Services like the Navigator program are crucial as the state of Indiana ranks just 42 out of 50 in access to mental health care.

Although services such as our MHA Crisis Center, Mental Health First Aid USA certification trainings, QPR Suicide Prevention trainings, and many more are on-going, the Mental Health Navigator Services pilot program is the result of a three-year grant. [To keep programs such as our Mental Health Navigator Services and our on-going programs performing at a high level, please consider a gift to MHA-WVR.](#)

Organization Treasurer

Don Ruth, CPA

As you consider your year-end giving, also consider the impact monthly giving can make. A gift of \$42 monthly has an impact of \$500 annually and can support one day of life-saving operations for the MHA Crisis Center! This is as simple as indicating on the attached reply card that you would like a monthly withdrawal from your credit card and we will provide annual stewardship for your generosity. And of course gifts of any amount – whether monthly or annually – are greatly appreciated.



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Finally, this is also a letter of great appreciation and welcome. Appreciation of our retiring President and CEO **Jennifer Flora** after 28 years. Jennifer is recognized foremost as a community leader in identifying and implementing services and programs dedicated to achieving better mental health in Tippecanoe County and expanding those MHA services to five surrounding counties – THANK YOU!

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And we excitedly welcome **Brandi Christiansen** as our new President and CEO. After an extensive search, Brandi rose to the top and we are excited to bring her expertise to MHA-WVR. Brandi comes to us as a U.S. Navy Veteran, a strong mental health advocate, and the immediate past Executive Director of the MHA of North Central Indiana in Kokomo. We are looking forward to working with Brandi and together fulfilling our mission of achieving better mental health in the Wabash Valley Region.

Sincerely,

Kevin Umlauf

Kevin Umlauf

President MHA-WVR Board of Trustees
Foundation Board

Linda Rohrman

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Chairperson MHA-WVR

PS: A special thanks to all those who have contributed to MHA in the past – we could not do our work without you. As you make decisions about a gift this year, please consider a monthly contribution to MHA-WVR. It will make a huge difference in serving our community’s mental health needs!

Give Today!

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