



Sharing the Path from Hope to Recovery

2015 ANNUAL REPORT



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Board of Director's 2015 Meeting Dates

Meetings are held on the fourth
Thursday of the month. Additionally,
the Executive Committee meets on
the second Monday of each month.

January 22, 2015

March 5, 2015

April 23, 2015

May 28, 2015

July 23, 2015

September 24, 2015

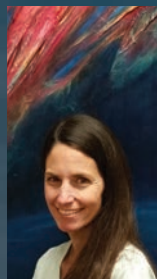
October 22, 2015

November 19, 2015

December 10, 2015

On The Cover: Art and Recovery

Art in various forms can
be an integral part of the
recovery process for some
individuals living with mental
illness. Jennifer King, a Peer
Support Specialist at Journey,
provided the art for the cover
of this annual report.



President's Report



Annual reports are a reflection of the past; a time when we can look back on what we accomplished and where we were challenged. Yet, a simple accounting of all of the details would result in a document that would be simply too weighty to manage.

The best we can offer is a summary of the highlights, and what we hope to achieve in the future.

Two Thousand-Fifteen was a year of accomplishment - amidst transition and change. Early in the year, we rolled out our PROPs program. PROPs is short for Promoting Recovery from the Onset of Psychosis. This intensive program is aimed at young adults, ages 15-25, who have experienced their first episode psychosis. We also began ramping up our Comprehensive Community Services, a state funded program that will help enable us to offer wrap around services to individuals living with mental illness in Dane County.

In August 2015, Journey received a \$1.6 million SAMHSA grant - \$400,000 over four years - to provide primary care services to Journey clients with severe and persistent mental illness and/or co-occurring substance use disorders. Three hundred-sixty individuals will receive services over the four-year period, thanks to the grant and to Group Health Cooperative of South Central Wisconsin and UnityPoint Health-Meriter, who will be providing the services of highly skilled Advanced Practice Nurse Practitioners to help consumers manage their chronic diseases. This is important, because people living with mental illness tend to die 25 years sooner than those without mental illness.

Journey continued our efforts to reach out in the community. We formed an even closer relationship with the Madison Police Department and have a Journey staff member working on-site with mental health liaison officers to help individuals in times of crisis. We maintained our presence in the schools, helping children with trauma. Other programs reach out to marginalized populations including the African American, Latino, and Southeast Asian communities.

Journey stepped up our government relations efforts in 2015 and experienced success. First, we worked on the successful passage of Resolution 556, aimed at comprehensive jail reform. The

resolution creates three work groups to investigate and develop solutions for reducing racial disparities in the county jail and across the Dane County judicial system; as well as mental health challenges in the jail. Second, we worked with a coalition of Dane County providers - agencies representing mental health, developmental disabilities, seniors, recovery, and children, youth and family agencies - to advocate for a Dane County cost of living increase, which had not been realized for more than 10 years. While the adjustment was less than we hoped for, we made our voices heard and we continued important dialogue about adequate mental health funding.

Internally, Journey staff continued working on the development of our new electronic health record and we implemented recovery-oriented levels of care. We began participating in the Downtown Rotary and YWCA Madison initiative of creating inclusive organizations. It is a multi-year effort involving systemic culture change that will help us recruit, hire and retain more individuals of color. We also worked on enhancing our staff training to include a combination of experiential and classroom style teaching.

Make no mistake, the impact Journey has on Dane County is far and wide.

We help divert individuals in a mental health crisis away from expensive hospital emergency room visits. We enable individuals with severe and persistent mental illness live in the community. We assess drunk drivers and help them with their sobriety. We treat individuals living with HIV. We offer the area's only 24/7 year 'round emergency crisis phone line. Journey is there for every individual, at every stage of life.

Looking to 2016, the 12,210 clients receiving services in 2015 will remain every single Journey staff member's focus. We will become even more active in government and media, enabling our member's voices to be heard at the local and state level. We will seek out new funding sources to maximize our revenue in order to help the individuals who are disenfranchised from the care they rightfully deserve. We will continue to be there for our clients and the communities we serve, stronger than ever before.

Ronald Lampert
President & CEO

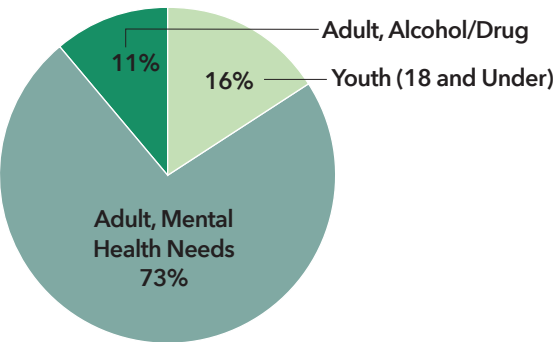
Who We Serve

PEOPLE TREATED IN 2015 12,210

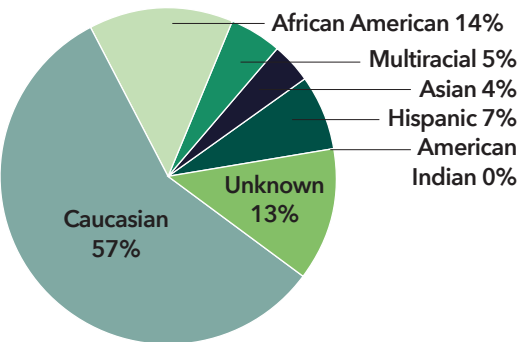
Ability to Pay

91% Consumers assessed no fee based on their ability to pay, using a sliding scale. Some consumers who are not assessed a fee may qualify for Medicare or Medicaid. Journey Mental Health Center receives payment for these services.

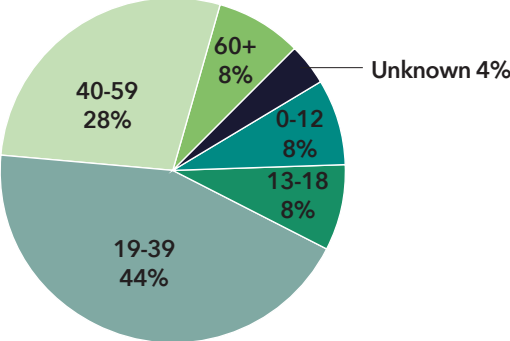
Type of Client



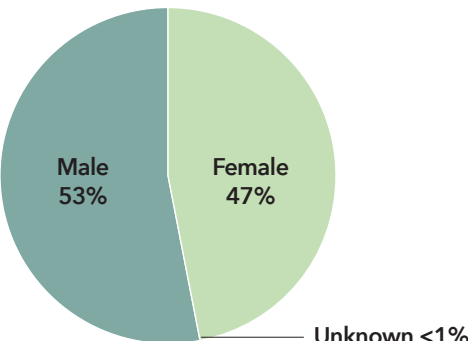
Heritage



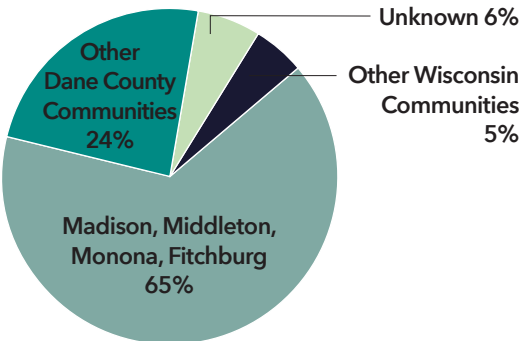
Age



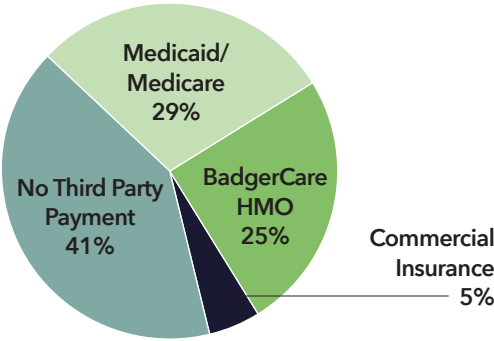
Gender



Residence



Means of Payment



PEOPLE ASSESSED IN 2015..... 4,834

Central Intake Assessment.....	2,069
OWI Assessment Program	2,228
Jail Diversion (Treatment Alternatives Program, Drug Court, OWI Treatment Court).....	537

————— *How We Serve Clients* —————

Outpatient Services

- Adult, adolescent, child and family therapy services
- Advanced Practice Intern Clinic
- Specialty counseling services for adults with developmental disabilities
- Mental health, substance use disorder and co-occurring treatment
- Psychiatric Assessment and Medication Management
- Family Preservation Program
- Ujima Treatment Program
- Community Based Trauma Informed Cognitive Behavioral Therapy
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- Clinica Latina
- Opiate Recovery Project
- HIV Clinic
- Dialectical Behavior Therapy
- Resource Bridge
- Central Intake
- Medication Assisted Therapies: Suboxone and Vivitrol Clinics

Assessment Services

- Intoxicated Driver Assessment (Chapter 20)
- Drug Treatment Court Program/ Treatment Alternatives Program
- OWI Treatment Court

Community Based Services

- Mobile Outreach To Seniors Team (MOST)
- Forward Solutions Community Support Program
- Comprehensive Community Services (CCS)
- Community Treatment Alternatives (CTA)
- Conditional Release
- Gateway Community Support Program
- HUD/CDA Triangle Services
- Promoting Recovery From The Onset Of Psychosis (PROPS)
- Yahara House
- Southeast Asian Services
 - Kajsiab House
 - Southeast Asian Program
 - Cambodian Templee

Emergency Services

- Crisis Intervention
- 24-Hour Suicide Hotline
- Adult Crisis
- Youth Crisis
- Crisis Stabilization
- Bayside Place Care Center
- Recovery House

The Lifesaving Power of Teamwork at Journey

'SARA' IS ONE OF THOUSANDS NEEDING BEHAVIORAL HEALTH SUPPORT IN DANE COUNTY

Depression, bi-polar disorder, substance use disorders and multiple suicide attempts have been a part of Sara's life since was in middle school. Today, at age 52, that is changing.

"I have been sick since I was a young girl. I don't remember being normal and happy. Once I got into middle school my illness went off the charts," Sara said. "I was drinking, skipping school and deemed delinquent. I had no idea what was wrong with me, other than I wasn't happy. Over the course of my life, I attempted suicide 10 times."

Saving Sara from drugs, suicide

After Sara's final suicide attempt, a heroin overdose in June 2014, she was admitted to a psychiatric unit of a local hospital. Upon her discharge, Sara was assessed by a crisis stabilizer from Journey Mental Health Center who referred her to Resource Bridge, a Journey program that provides intensive stabilization services after a mental health crisis.

At the time, Sara was skeptical. "Prior to Journey, people would try to provide support but I wouldn't start taking my medications. I liked being manic. Then when the depression hit, I would stay in bed."

Resource Bridge assessed Sara and assigned her to an integrated treatment team that included a peer support specialist, a crisis intervention counselor and a psychiatrist to provide intensive services over a three-month period. It was touch-and-go for a time. Sara was giving away her possessions; a sign of suicidal intent. Fortunately, those thoughts eventually diminished with proper support and adjustment to her medications. Once stable, she moved to a new level of care in Journey's Outpatient Services program.

A Story of Hope and Recovery

Sara continues working on her recovery plan with Journey staff. She counts on her comprehensive case manager to help her manage multiple doctor appointments and a plethora of medications for



ongoing physical health challenges including chronic obstructive pulmonary disease and degenerative neck and back pain. She continues in treatment with Therapist Tanya Lettman-Shue and Psychiatrist Jantina Vonk.

Her therapy work in Outpatient Services is fruitful. "Sara is also part of a women's addiction group and has been sober for 21 months," Tanya said. "Individuals in the group look to Sara for advice and support."

Sara is making a positive impact outside the walls of Journey. She participates in Narcotics Anonymous and also mentors individuals at Porchlight, a non-profit organization that provides transitional housing for homeless people. Her personal relationships are steadily improving too. Last Christmas, she saw her parents for the first time in 10 years, and she reconnected with brothers, sisters, aunts and uncles. She hopes one day to build relationships with her adult children.

Sara is grateful Journey is there for her during her time of need. "If it wasn't for Journey, I wouldn't be alive today," she said.

** "Sara" is a pseudonym used to protect the identity of a Journey consumer. She is one of thousands who look to Journey for hope and recovery.*

Your support is needed and appreciated.
To make a financial contribution to Journey Mental Health Center, please use the enclosed envelope or visit journeymhc.org/donate.

Journey Mental Health Center Programs

Outpatient Services

Journey Mental Health Center offers a full range of outpatient services provided by licensed master's level therapists, including adult, child and family therapy for mental health problems, substance use disorders, co-occurring disorders, and specialty counseling services for adults with developmental disabilities. Outpatient treatment includes individual, family and group services with psychiatry.

CENTRAL INTAKE: Provides scheduled and walk-in appointments for individuals seeking outpatient services Monday-Friday each week. Families scheduling appointments for minor children are prioritized, as well as pregnant women seeking substance abuse treatment and other populations by contract.

CLINICA LATINA: Serves Spanish-speaking individuals with mental health and substance use disorders through professional bilingual and bicultural clinicians.



UJIMA PROGRAM: Serves African-American families and adults with substance use disorders and mental health problems. The program provides culturally specific group, individual, couple and family counseling with case management services for up to 18 months.

FAMILY PRESERVATION PROGRAM: Provides intensive, in-home services for families with a child or children between the ages of 0 and 12 at risk of out-of-home placement. Families are seen daily for the first 14 days of the program of the eight-week program. On call staff and supervision is provided 24 hours a day for program families.

RESOURCE BRIDGE: Bridges the gap between a mental health crisis, such as a hospitalization, use of emergency services, or care center, to ongoing services in the community. Adults who are unconnected in the community may receive crisis stabilization services for up to 90 days.

COMMUNITY-BASED TRAUMA-INFORMED COGNITIVE BEHAVIORAL THERAPY PROGRAM: A structured trauma therapy designed to help children and families manage feelings, talk about the trauma, enhance attachment, and develop plans for feeling safe in the future.

COGNITIVE BEHAVIORAL INTERVENTION FOR TRAUMA IN SCHOOLS (CBITS): An evidence-based group and individual intervention for children who have experienced a past trauma and have active Post Traumatic Stress Disorder symptoms, including depression and behavioral problems. The goal is to improve overall functioning, including coping skills, grades, attendance, peer and parent interactions.

MEDICATION ASSISTED THERAPIES: SUBOXONE AND VIVITROL CLINICS: Provides Suboxone (Buprenorphine) and Vivitrol to individuals struggling with opiate addiction. The Clinic coordinates prescribing with ongoing treatment, drug testing and other Suboxone and Vivitrol protocols.

OPIATE RECOVERY PROJECT: Offers immediate access to treatment for individuals with a history of opiate use who are being released from Dane County Jail. Services include the use of Vivitrol®, individual and group treatment.

ADVANCED PRACTICE INTERNSHIP CLINIC: Offers masters and doctorate level interns providing outpatient mental health and substance abuse treatment services under the supervision of licensed master's level therapists and psychologists.

HIV CLINIC: Provides individual and group psychiatry services to people diagnosed with HIV. Individuals are patients in the University of Wisconsin AIDS/HIV Comprehensive Care Program.

DIALECTICAL BEHAVIOR THERAPY (DBT): DBT is an evidence-based cognitive behavioral treatment approach that incorporates group and individual work for people struggling with either affect regulation or chronic suicidality, or both.

ALTERNATIVE SANCTIONS PROGRAMS: Provides assessment for potential participants in Dane County Drug Treatment Court, Drug Court Diversion and OWI Treatment Court. The program also provides coordination of services for ongoing participants through attendance at court sessions.

Community Based Services

Journey Mental Health Center's Community Based Support programs have achieved an international reputation for clinical effectiveness for individuals with complex mental health and substance use disorders. The goal of these programs is to provide recovery-oriented services in the least restrictive setting to a diverse range of communities.



COMMUNITY TREATMENT ALTERNATIVES: Works with consumers involved in the criminal justice system. CTA was the first jail diversion program in the country to employ the principles of Assertive Community Treatment, or ACT. Services include: medication evaluation and monitoring, assistance in obtaining a source of income, finding housing, securing and maintaining competitive employment, counseling for alcohol and other drug abuse, assistance following through with any court-ordered requirements and help with the activities of daily living.

COMPREHENSIVE COMMUNITY SERVICES (CCS): A community based program under the state of Wisconsin Department of Health Services, CCS is for individuals with mental health and/or substance use disorders. Services are person-driven and include a range of case management and therapies enabling consumers to define their own life goals and path toward recovery.

CONDITIONAL RELEASE PROGRAM: Court ordered and approved comprehensive treatment and case management services for consumers who have been found by the legal system as "not guilty by reason of mental disease or defect" and whom the court deems appropriate for conditional release.

GATEWAY AND FORWARD SOLUTIONS: Two of Journey's three state-certified Community Support Programs offering comprehensive support to Dane County residents who have severe mental illness and may also have substance use disorders.

KAJSIAB HOUSE: A place where Hmong elders and their families can be safe, express and experience culture, increase their understanding and the ability to live successfully within the Dane County Community, and receive help and treatment for mental health issues.



MOBILE OUTREACH TO SENIORS TEAM (MOST): Addresses the highly complex and changeable needs of seniors and their caregivers by offering a range of accessible mental health services.

RECOVERY HOUSE: A voluntary, short-term, residential crisis stabilization program for adults experiencing psychiatric illness and/or psychological distress not requiring hospitalization.

PROMOTING RECOVERY FROM THE ONSET OF PSYCHOSIS (PROPS): Serves youth and young adults between the ages of 15 and 25 who are experiencing early symptoms of psychosis.

SOUTHEAST ASIAN SERVICES: Mental health and psychiatry services for Southeast Asian individuals living in Dane County.

YAHARA HOUSE: A path to recovery through relationships and work for adults with mental illness. It is built on the clubhouse model that guarantees a place to belong and experience meaningful relationships, meaningful work and a place to return.

Clinical Assessment Programs

The Clinical Assessment Program provides assessments for individual who have been charged or convicted with operating a motor vehicle, boat, or all-terrain vehicle while intoxicated. Services include EDAC (Early Detection of Alcohol Consumption) testing for individuals who meet EDAC program requirements. EDAC provides information regarding the effects of alcohol use on the body including effects of chronic or heavy alcohol use.

Emergency Services Programs

The Emergency Services Programs at Journey Mental Health Center supports adults and children with special and long-term mental health needs reside successfully in the community, with a goal of assisting individuals in crisis return to a more satisfactory level of functioning. Emergency Services Programs work to prevent suicides, lower the number of out-of-home placements for children and youth and reduce unnecessary hospitalizations and institutional stays.

CRISIS INTERVENTION: Services include a 24/7 emergency crisis phone line, 16-hour per day mobile response, suicide and homicide risk assessment, hospitalization assessment, prescribing services, medication observation, and referral to ongoing treatment.

BAYSIDE PLACE CARE CENTER: Designed and staffed for expert assessment, stabilization and treatment of individuals experiencing a mental health crisis. This short-term residential facility provides quality care while reducing the need for hospital admissions. It is housed with Journey's Emergency Services Unit, providing an efficient and seamless transition from assessment to treatment.

ADULT AND YOUTH CRISIS STABILIZATION: Helps Dane County residents with persistent mental illness become and remain stable in the community. Services include short-term stays in a Crisis Home or Recovery House, longer-term stays in Adult Family Homes, and support for individuals who are transitioning to independent living.

SURVIVORS OF SUICIDE SERVICES (SOS): Offers free support and information to persons affected by suicide.



Administrative Services and Organizational Resources

Clinical Services are supported by the Administrative Services team (Accounting, Communications, Facilities, HR/Payroll and Information Systems) and the Organizational Resources team (Client Services, Clinical Records, Switchboard, Training and Transcription).

Balance Sheet

Assets

Cash.....	\$1,500,802
Accounts Receivable.....	1,321,164
Prepaid Expenses.....	138,090
Investments.....	308,557
Property and Equipment (net).....	3,403,196
TOTAL ASSETS	\$6,671,809

Liabilities & Equity

Accounts Payable.....	\$1,442,454
Other Current Liabilities.....	732,719
Notes & Mortgage Payable.....	2,503,026
TOTAL LIABILITIES	\$4,678,199
Retained Earnings.....	\$1,737,700
Net Surplus – Current Year.....	\$255,910
TOTAL EQUITY	\$1,993,610
TOTAL LIABILITIES AND EQUITY	\$6,671,809

Sources of Funds

Southeast Asian Program & Kajsiab House.....	3.4%
Mobile Outreach to Seniors.....	1.9%
Yahara House.....	6.2%
Developmentally Disabled.....	0.2%
Emergency Services.....	12.7%
Hospital Diversion.....	6.3%
Community Support Programs.....	13.3%
Jail Diversion.....	8.0%
Youth and Family Services.....	15.8%
Drug and Alcohol Treatment Related.....	14.2%
Adult Mental Health.....	11.2%
Ujima.....	1.0%

2015 Grants, Funding, Contracts

Badger Prairie Health Care Center

City of Madison-Community Development Authority

City of Madison-Southeast Asian Senior Services Grant

Clearview Longterm Care and Rehabilitation

Dane County Department of Human Services-Mental Health/AODA Services

Department of Veterans Affairs

Federal Ticket to Work Program

NAMI

Wisconsin Department of Health Services - Conditional Release

Wisconsin Department of Health Services - First Episode Psychosis Grant

Wisconsin Department of Workforce Development - Supported Employment

United Way of Dane County

University Hill Farms Neighborhood Association

University of Wisconsin-HIV-Aids Comprehensive Care Program

UW Department of Family Medicine



Sharing the Path from Hope to Recovery

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