

# MENTAL HEALTH RESOURCE CENTER

Fiscal Year 2024 Impact



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# 2,006

individuals served at the MHRC in FY24

**Two service navigators became certified Community Health Workers (CHWs).**

CHWs are public health outreach professionals who can serve as liaisons between community members and health care and social service providers.

emergency, a few of the young camp counselors who were present were traumatized. One of our therapists debriefed with those present in a group zoom session and followed up with an additional one-on-one session with one young counselor, who was having a hard time.

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# 656

individuals contacted the MHRC about the Parent Education Program (PEP). 289 completed the PEP classes.

**The MHRC began hosting a bi-monthly NAMI In-Person Family Support Group.**

A trained service navigator, along with another facilitator, is leading this group - the first NAMI support group to be offered in Middletown (ever).

**Staff participated in Middletown's Pride event.** We interacted with hundreds of attendees and passed out magnets and first aid kits with the MHRC logo and contact info.

**Two crisis debriefing sessions were offered to Oak Hill camp counselors after an incident at Camp Harkness.** After a camper had a medical

**Cigna Group Foundation awarded \$50,000 to provide Mental Health First Aid (MHFA) training** to 250 community members and to certify 4 staff and 1 board member to become trainers.

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# 1,240

calls were answered by service navigators

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**While most of the calls were from the local Middletown area, people called from as far away as Maine, South Carolina, Wisconsin, California, Canada & Puerto Rico!**

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# 48

outreach events at  
Covenant Living

Service Navigators at Covenant Living had approximately 346 in-person contacts with residents and staff, which included: 2 Book Clubs, 1 Grief & Loss seminar, Lunch & Learns, EFT tapping and drop-in hours.

The YMCA received funding from CHEFA Nonprofit Grant Program to expand Gilead's current service navigation services from 5 to 20 hours per week.

## HOPE STARTS HERE.

"My service navigator has kept me grounded, safe and is the reason why I'm here today. It's good to know there's always hope. Gilead is my one stop shop ... from the groups to the one-on-ones to the navigation."

- Rob, MHRC client

# 62

YMCA clients  
received Service  
Navigation services

