



**MHAHO**  
MENTAL HEALTH & ADDICTION ASSOCIATION OF OREGON

# Annual Report 2019

**MHAHO is an inclusive peer-run organization dedicated to self-direction honoring the voice of lived experience.**

## The Climb

*If a mountain seems too big, then climb a hill instead. If the morning brings you sadness, it's ok to stay in bed.*

*If the day weighs heavy and your plans feel like a curse, there's no shame in rearranging; don't make yourself feel worse.*

*If a shower stings like needles, and a bath feels like you're drowning; if you haven't washed your hair for days, don't throw away your crown.*

*A day is not a lifetime; a rest is not defeat. Don't think of it as failure, just a quiet, kind retreat.*

*It's ok to take a moment from an anxious, fractured mind. The world will not stop turning while you get realigned.*

*The mountain will still be there when you want to try again, so climb it on your own time.*

*Tanya Lakin*

**EVOLVE Peer-Delivered Services Recipient**

**Grace Jo, MHAHO Peer Support Specialist**

*This peer is a miracle and is fighting so hard for herself and her new life. She has stayed clean and sober and has turned her life around while living in a shelter.*

## Recovery Stories



**David Barrett, MHAHO Peer Support Specialist for Clackamas County, on how he supported one of his displaced peers in obtaining affordable housing:**

*"I started working with a peer a few months ago and together we created several person directed plans. One of those plans was to improve her finances around her housing situation. She is on a fixed income and her current rent is higher than the income she brings in. This was a struggle each month, causing stress and uncertainty in her life. We worked together to find resources to help with rent assistance.*

*A couple weeks into working on this plan my coworker had emailed out a resource about the Preference Policy on the Magnolia 2 effort to address the harmful impacts of urban renewal by giving preference to housing applicants who were displaced, are at risk of displacement, or who are the descendants of families that were displaced due to urban renewal in North and Northeast Portland. After speaking with my peer, I knew this was something that she had experienced.*

*So her person directed plan had changed to obtain housing at the Magnolia 2 which was in the process of being built. This process to put together all the proper documentation was not an easy task. She had to prove she was displaced by the impacts of urban renewal in North Portland to get higher on the list that hundreds of people were trying to get on. The home she grew up in no longer existed. She had no mail or any record of her address. We contacted the Portland public school board for school transcripts without any luck. Finally, she was able to get her school admission records that proved she, indeed, lived and was displaced due to urban renewal.*

*This was amazing! She now had all the documentation to submit. It was accepted and she was placed 26th on the preference list. After the preference list was announced we found out that there was only one 30% of income one bedroom apartment. After weeks of waiting she received a call that she got the 30% apartment. She was able to pick out her apartment last week and will be moving in after the first of the year when the building is finished being built. This is life changing for her. The joy that overcame my heart to listen to her tell me about the hope she has for future is the reason I love to do this work."*

**Sadie Campbell, MHAHO Peer Support Specialist for Multnomah County HB-4143, on how she supported her peer in his recovery:**

*I have a peer that I met in the hospital. He was hospitalized for multiple weeks of antibiotics. Throughout his stay at the hospital, we worked together to identify housing and shelter options. He advocated for himself and was able to get in to a shelter upon his discharge. He attended his follow-up care appointments, connected with resources to get his license replaced, attends recovery meetings, and now has a job lined up and meets with me regularly.*

*I think one of the greatest things that I have seen him accomplish, since working with him, is the continuation of his relationship with his family. The joy on this man's face when showing off photos of his son dressed up for Halloween, was priceless. Life can be beautiful if you give yourself a chance.*

**EVOLVE Peer-Delivered Services has supported over 1,000 individuals in pursuing their paths to recovery in 2019!**

### Peer Wellness Specialist Training Success!

*"There have been only a few times in my life that I have been challenged to my core. This PWS training is at the top of this short list.*

*I am so grateful for this opportunity to look into my heart, to challenge my beliefs, character and values. I am honored to be a part of the peer movement.*

*For the first time, in a long time, I can get a glimpse of the kind of peer in recovery that I want to be. Thank you, MHAHO!!*



**Brandon Quinn, Case Manager for Bridges to Change, pictured with Emily Privatsky, PWS Trainer for MHAHO**

# MHAHO 2019

MENTAL HEALTH & ADDICTION ASSOCIATION OF OREGON

## Technical Assistance

- Peerlink National Technical Assistance Center trained a total of **385 peers in 28 separate trainings in 2019**. Trainings took place stateside in Oregon, Washington, Idaho, Nevada, and Arizona, as well as Alaska, Hawaii, American Samoa, Guam, and Palau.
- Communities of focus this year included the Pascua Yaqui Tribe, who we supported in facilitating their first state-recognized five-day Peer Support training in Tuscon, Arizona, as well as assistance in program development to hire three Native American Peer Support Specialists.
- Trainings offered included a two-day Money Basics Facilitator Training, a two-day Peer Employment Specialist Training, a one-day Supervising Peers Training, a two-day WRAP Facilitator training, a five-day WRAP Seminar, and a Program Development training on creating a successful peer-run drop-in center. Other topics included peer advocacy, and peer support job duties.

## Training and Outreach

MHAHO facilitated **18 Community of Practice meetings** on behalf of the Mental Health Technology Transfer Center for Peer Supervisors and Peer Supports, with attendees joining from Alaska, Idaho, Oregon, and Washington.

The Oregon Peer Delivered Services Coalition, a Project of MHAHO, distributed a **Statewide Peer-Delivered Services Workforce Needs Assessment, which has reached every county in the state**. We will continue our work to ensure as many voices as possible are represented. We hope that the final report will be shared far and wide to inform policies and promote systemic change.

MHAHO facilitated **7 Peer Wellness Specialist trainings** through the Oregon Peer Trainings and Innovations Center (OPTIC), with an average of 15 people per training. **105 peers successfully completed the PWS training!**

**Three PeerZone Facilitator Trainings were held in 2019**, with 52 new toolkits released by PeerZone HQ. One peer described their experience, stating, "The course is fun and will provide so much knowledge and self-discovery!"

## Organizational Highlights

MHAHO was named one of The Oregonian's 2019 Top Workplaces and was the recipient of their "Meaningful Work" Award



MHAHO's Executive Director, Janie Gullickson, was honored as one of 4th Dimension Recovery's 2019 Better Together Award recipients for supporting the greater good of peer services.

## Equity Initiative

**Our vision is that MHAHO will have an atmosphere that:**

- **lifts** the voices of lived experiences at all intersections,
- **mirrors** and honors the diversity of the community,
- **fosters** a safe work environment, while establishing authentic conversations where honesty matters,
- and **educates** our community on intersecting identities and a multi-cultural spectrum of abilities.

## Audited Financials FY2018

Revenue	
Government and foundation grants and contracts	\$1,796,320
Conference registrations	\$74,269
Contributions	\$136,708
Training fees and other	\$76,125
Sponsorships	\$23,400
<b>Total revenues and other support</b>	<b>\$2,106,822</b>
Expenses	
Program services	\$1,764,698
Management and general	\$285,576
<b>Total Expenses</b>	<b>\$2,050,274</b>
<b>Change in net assets, all unrestricted</b>	<b>\$56,548</b>
<b>Net assets, beginning of year</b>	<b>\$112,973</b>
<b>Net assets, end of year</b>	<b>\$169,521</b>

## Peerpocalypse

We had a record number of **575 peers in attendance**, and offered 47 workshops at our annual conference in May, which was hosted in Salem, Oregon.

We are looking forward to another record-breaking year, with an anticipated **700 peers projected to attend**, which will be back in Seaside, Oregon this year!