



Mental Health America
of Franklin County

At MHAFC, we transform how people think about mental illness, make help easier to find, and give people the support they need to get better, and stay better.

Our focus:

- Identify gaps in mental health services and create free programming to fill those needs
- Help people find the services they need through compassionate, expert guidance
- Educate the community about mental health issues to remove biases

Pro Bono Counseling Program

Ombudsman Services

Maternal Mental Health (POEM) Program

Support Groups

The Get Connected Class

Workplace & Community Programs

Mental Health & Recovery Services Directory

Online Mental Health Screening

Free counseling for people who are under- or uninsured

Program volunteers are licensed, insured mental health professionals

PRO BONO COUNSELING PROGRAM

Counseling lasts for 8-12 sessions; referrals to other counseling options always provided

Operates in Franklin, Delaware and Fairfield counties

Assists clients in resolving concerns by working with agency staff where the client receives services

Refers untreated clients to the appropriate service providers

OMBUDSMAN PROGRAM

Supplies information about, and referral to, community resources

All client contacts are confidential; callers receive a response within two business days

Support line with both phone and text options; provides assessment, information, connections to mental health services, and follow-up

Multiple in-person and online support groups (for pregnant/postpartum and moms with toddlers to teens)

**THE POEM PROGRAM
(PERINATAL OUTREACH
& ENCOURAGEMENT FOR
MOMS)**

Mentoring Moms program

Referrals to specialized health care providers and community resources; professional education

We sponsor five types of support groups in Franklin County

Depression; Schizophrenia and related symptoms; Obsessive Compulsive Disorder; Caregivers/family members; Maternal mental health

SUPPORT GROUPS

2017 survey results showed over 90% of people would recommend their group

The groups are led by experienced facilitators; free of charge, drop-in format

Teaches individuals how to manage their physical health while dealing with mental illness

Free, 6-week program open to 10-15 participants at a time

GET CONNECTED

Areas of focus include:
Motivation, Eating Well,
Active Living, Recharging,
Chronic Illness
and Maintenance

98% of participants would recommend this program to someone they know

Mental Health and Recovery Services directory with hundreds of local support services available in print and online

Heavily involved in community collaborations and coalitions, legislative issues, and anti-stigma awareness campaigns

EDUCATION AND ADVOCACY

Online and in-person mental health screenings (assesses for 9 different mental health issues)

Workplace and community education programs for employers, employees, community members, and professionals

Step 1: ASSESS key components of workplace wellbeing through quantitative analysis

Step 2: ENGAGE employees in focus groups to enrich and illuminate survey data

OCCUMETRICS: Reduce employee turnover; improve morale, satisfaction and productivity

Step 3: Recommend specific CHANGES to address the agency's core issues

One agency reported 12% reduction in turnover, saving \$266k in employee replacement costs

Emphasized in POEM,
Ombudsman, Pro Bono
Counseling, Get Connected,
& Support Groups

ACEs-educated staff
members; incorporation into
presentations when possible

Trauma-informed CARE

Emphasis on “voice and
choice”

Goal to create safe space for
all histories, identities, and
experiences, and prevent
system re-traumatization

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