



2020 ANNUAL REPORT

NORTHERN VIRGINIA MENTAL
HEALTH FOUNDATION

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The mission of Northern Virginia Mental Health Foundation is to raise awareness and acceptance of individuals living with a mental health condition and provide individuals seeking mental health services in our community with the funding necessary to achieve their wellness goals.

Northern Virginia Mental Health Foundation (the Foundation) has offered assistance to over 6,000 individuals since its inception twenty-seven years ago. Barriers to treatment can be daunting, and timely support can make such a meaningful difference.

During 2020, the Foundation provided funds for such critically-needed items as:

- 1) medical appointments and medical copays,
- 2) security deposits for apartments
- 3) essential dental services, and
- 4) therapy lamps and recreation center passes to enhance wellness.

These supportive interventions were not available from other sources. Yet, they can empower these individuals to continue their journeys toward healthy living and recovery.

In addition, the Foundation supported education and advocacy through two virtual events. With generous support of our donors, the Foundation will be able to continue the mission of transforming lives in our community.

HIGHLIGHTS OF 2020

The Foundation initiated its first annual webinar, *Taking Care of our Mental Health in Challenging Times*, hosted by Michael Lane, Director of Individual and Family Affairs at the Fairfax-Falls Church Community Services Board, on May 19, 2020. The Foundation also was pleased to co-host the 19th annual Pathways to Recovery Conference with local non-profit partners where all participants were able to attend a no-cost event, *Stronger Together*, with David Woods Bartley, a national speaker on mental health issues, on October 22, 2020.

The Foundation fulfilled 31 individual grants and served 126 individuals as indicated below. The Foundation added a new program where food gift cards are used as incentives to engage individuals in treatment services. This program will be more fully implemented in subsequent years.*

TYPE OF GRANT	# OF INDIVIDUALS	AMOUNT FUNDED
Medical/Dental	9	\$4,417
Housing/Employment	13	\$7,063
Nutrition/Health/Social	9	\$2,786
Engagement*	50	\$500
Subtotal	81	\$14,766
Medical Copays	45	\$3,863
Total	126	\$18,629

FINANCES OF 2020

Northern Virginia Mental Health Foundation has an all-volunteer Board with no paid staff. Overhead costs are kept to a minimum in order to maximize the funding available to meet the treatment needs of the individuals served, specifically administrative expenses* are just 5% of total expenses, and fundraising expenses** are just 7% of total expenses. Funds are provided by generous individual and corporate donors via direct donations, Community Health Charities, Giving Tuesday, and DoMore24.

FINANCIAL CATEGORIES	AMOUNT
Carryover 2019	\$48,059
REVENUE	
Donations	\$33,158
Medical Copays	\$9,990
Wellness Conference	\$3,900
Total Revenue	\$47,048
EXPENSES	
Grants to Individuals	\$14,766
Medical Copays	\$3,863
Wellness Conference	\$3,500
Fundraising	\$1,350*
Administrative	\$1,832**
Total Expenses	\$25,311
Ending Net Balance 2020	\$69,796

COMMUNITY FEEDBACK

Individuals receiving grants provide feedback about the impact of the funding. Some of their stories are as follows.





“

As a result of your funding, this person was able to have the tooth treated which prevented infection.

She has heart issues so an infection would have been very dangerous for her. She has also followed up with her other medical providers, and she is taking care of her physical health. The help she received from your organization put her at ease and helped her to care for herself.

”



“NVMHF graciously helped with my client’s phone bills. The client has used the phone to engage in outpatient mental health and medical treatment. She started looking for a part-time job so she could pay bills and outstanding child support. With your help, this client has been able to remain connected to treatment services as well as to social supports – members of her church and supportive family members. Thank you again for your generosity!”

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