



Celebrating Positive Change



Annual Report

July 1, 2012—June 30, 2013

Celebrating over 50 Years
of Advancing Recovery

Wellness Health
Therapy
Recovery from Mental Illness
Balance Recovery from Addiction
Fighting Stigma

(800) 539-4228

access@smabehavioral.org

www.smabehavioral.org



Rosaria C. Upchurch
Chairman

From Chairman, Rosaria C. Upchurch, Ph.D., LMFT:

“Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge.” Eckhart Tolle

The word “change” can trigger profound anxiety in many. Yet the prospect of life continuing in the status quo can also create deep anxiety, especially if addictions and/or mental illness are present. Change is part of the natural progression of life. Change happens at the individual, the systemic, and the global levels. When change happens, life’s natural forces can be expressed and honored.

When people come together with a common goal, magic happens. Often, much of what we accomplish is measurable only by the heart. We simply know and feel that we have impacted a life in a positive way and that we have been transformed by the experience.

Despite knowing the importance of keeping good records, judicious budgeting, making sound business decisions, etc., I ask: “How does one count the illuminating of a path for someone whose life has become dark? Or, the creation of hope in someone who feels he/she has no reason to go on? Or, the restoring of tranquility and serenity in someone who lives with constant fear? It would be like trying to count the number of drops of water in the ocean. We just know that it’s really big!!!” Each day, people come to SMA ... feeling hopeless, crestfallen, bewildered, and disenfranchised. They put their trust in us, hoping that we will help them find the change that leads them to a new way to live. At SMA, we work hard, frequently with insufficient resources, to create a community where addiction and mental illness are treated promptly, comprehensively, and with respect for all.

I am proud of our caring, committed, empathic team who work diligently to have meaningful impact on people’s lives, each day. I thank our clients who trust us enough to put their care into our hands. I celebrate them. I celebrate all the people who are part of this journey. And, I celebrate the privilege to be part of meaningful work that is nothing short of sacred, and is filled with grace.

MISSION

*To deliver exceptional and comprehensive behavioral healthcare
to individuals and families in our community*

ON THE COVER: SMA Board and Staff “Celebrating Positive Change”

2013-2014 Board of Directors

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Matthew M. Foxman	

From Chief Executive Officer, Chet Bell: SMA is now five years old. Amazing how quickly time passes.

Over this brief period we've expanded our service area to include Putnam and St. Johns counties. We've doubled our capacity to serve pregnant, addicted women, more than doubled the number of people receiving outpatient services and significantly increased our capacity to serve state prison inmates re-entering the community. We are very proud of our increased commitment to prevention services through programs like Mental Health First Aid and our Family Education Program.



Chet Bell, CEO

The SMA team is looking to a future in which behavioral health is more firmly integrated with other aspects of healthcare. We see in our commitment to evidence based practice a future in which individuals and families consistently see marked improvement in bringing the chronic illnesses we treat under control and into remission.

Thank you for being a partner with SMA as we continue to work to improve the behavioral health of our community.



Clients Served

Over **22,000** clients were served during fiscal year 2012-13. Of those, 52% were male and 48% female. Of these, 82% were White, 14% were Black, and 4% were American Indian or Alaska Native, Native Hawaiian or other Pacific Islander, or multi-racial. 8% described their ethnicity as Hispanic or Latino.

Age groups of those served were as follows: 28% were ages 21-30, 20% were 31-40, 19% were between 41-50, 17% were 51-64, 7% were under 18, 6% were 18-20, and 2% were over 65.

Client Outcomes

SMA programs for Fiscal Year 2012-13 averaged an 89% overall client satisfaction rating of good or excellent.

SMA’s Comprehensive Community Support Team (CCST), based in Daytona Beach, DeLand, New Smyrna Beach, Bunnell, Palatka, and St. Augustine, serve people with severe and persistent mental illness. The teams provided care to nearly 9,700 clients during the year and less than 5% of these clients required an inpatient psychiatric service during the year.

SMA’s Florida Assertive Community Treatment Team completed an income study that evaluated cost savings to the 100 clients served in the program—those individuals with the most significant histories of mental illness, hospitalization, legal involvement, and homelessness. We compared days spent in jail, state hospitals, crisis units and homeless in the year immediately preceding. We found annual system cost savings approaching \$10 million!

92% of Project WARM clients that were contacted post-discharge have retained custody of their children.

ADI (Anti-Drug Initiative) had a successful completion rate for the fiscal year of 95%.

Drug Court had an 86% successful completion rate for the fiscal year.

SOME PEOPLE CHANGE

Written by: Neil Thrasher, Jason Sellers, and Michael Dulaney

*Here’s to the strong; thanks to the brave
Don’t give up hope; some people change
Against all odds, against the grain
Love finds a way; some people change*

SERVICE ~ INTEGRITY ~ EXCELLENCE

Evidenced Based Practices Used in Treatment

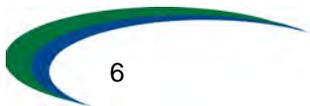
SMA clients have a broad range of clinical diagnoses. In fact, many individuals have multiple diagnoses, typically a substance use disorder combined with a thought disorder and a personality disorder. To treat these chronic illnesses, SMA uses clinical practices that have been proven effective through ongoing research. The following is a partial listing of the evidence based practices used by SMA to assure individuals receive the most effective clinical interventions.

Evidenced Based Approaches Utilized in SMA Programming

- MI-MET – Motivational Interviewing-Motivational Enhancement Therapy
- MRT – Moral Reconciliation Therapy
- CBT – Cognitive Behavioral Therapy
- Matrix Model – Social and Life Skills Building
- MANDT—Crisis De-Escalation Techniques
- PACT – Programs of Assertive Community Treatment
- CCISC- Comprehensive Continuous Integrated System of Care
- Seeking Safety – Attainment of safety from trauma, PTSD and substance abuse
- Solution Focused Brief Therapy
- Systemic Family Therapy
- Living in Balance

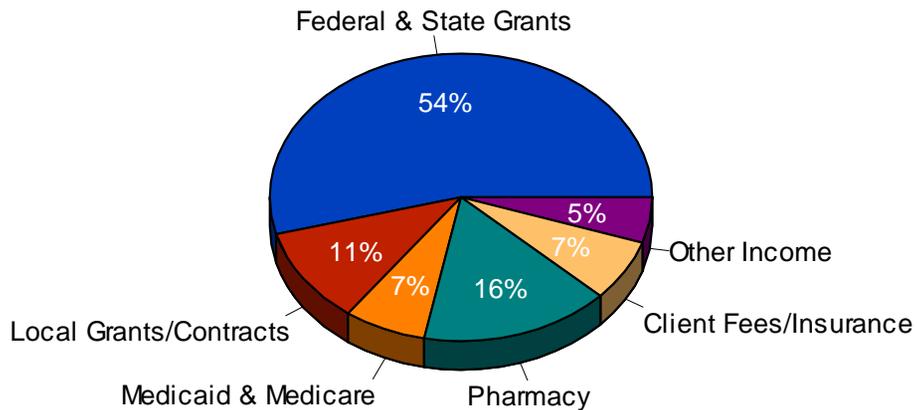
Most frequently occurring client diagnoses:

Mood Disorder	24%
Mixed or Unspecified Drug Abuse	17%
Opioid Dependence	9%
Schizophrenia	8%
Alcohol Dependence	8%
Depressive Disorder	7%
Anxiety Disorder	6%



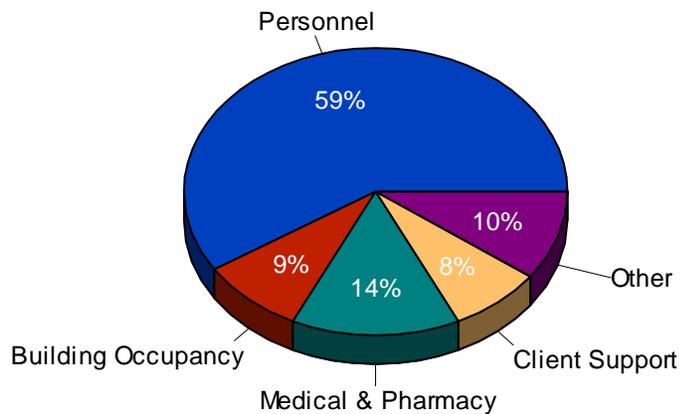
Revenues FY 2012-13

Total revenues were \$43,078,375



Expenditures FY 2012-13

Total expenditures were \$42,627,891



Access to Services

SMA's Access Center, (800) 539-4228, provides a 24/7 central point of entry and intake and is staffed with first contact specialists who can handle crisis calls as well as a wide range of information and referral services. The Access Center follows the AIRS (Alliance of Information and Referral Services) Model and is accredited by the American Association of Suicidology. **During FY 2012-13, the Access Center answered 46,182 calls. They responded to 1,326 Suicide Hotline Calls.**

Prevention Services



The **East Central Florida Keep Kids Drug Free Regional Prevention Center (KKDF RPC)** makes presentations and disseminates free materials to the community on alcohol, tobacco and other drug abuse prevention. KKDF RPC prevention strategies include educating the community on risk and protective factors related to drug abuse, promotion of life positive activities, networking with relapse prevention and recovery programs, implementing evidence based prevention programs for adults and kids, training and equipping community leaders with tools to prevent substance use and suicide, and promoting educational activities and opportunities for youth. The program is a leader in coordinating National Recovery Month activities in our community each September. The KKDF RPC is funded by the KKDF specialty license tag which can be purchased at all Florida State Tag Offices. **During FY 2012-13 the Florida KKDF Prevention Center Network reported prevention contacts with more than 200,000 people. More than 40,000 of those contacts were made in our region by SMA's KKDF Prevention Center. Statewide in 2012, 5,922 Keep Kids Drug Free specialty license plates were sold.**

The mobile **Prevention on the Move (POM)** program brings services to communities where individuals might otherwise not be able to access services. POM's 37-foot RV travels throughout the community providing HIV "rapid test" and Hepatitis screening and testing, and linkages to care for participants who test positive for HIV or Hepatitis, or who have other unmet needs. Other prevention activities include information and referral, i.e. providing information regarding immunizations and food stamps. The POM team also participates throughout the year in health fairs, resource fairs and other events promoting awareness in our communities about the importance of healthy lifestyles and regular testing. **During FY 2012-13 Prevention on the Move had contact with 27,695 people and provided HIV testing services to 991 individuals.**



The **Women’s Intervention Specialist (WIS)** provides services to pregnant and postpartum women with children aged newborn to three with barriers in receiving treatment services they need. The WIS works with the pregnant and/or post partum client by connecting her to the services she needs to begin again and maintain a healthy drug-free lifestyle. Some of the services offered and/or provided are Healthy Start screening, home visits, linkage to services, and continued support. Linkage to community services includes, but is not limited to, referral to **Healthy Start** and/or **Healthy Families**, two voluntary, free programs for parents expecting a baby or with a newborn. Healthy Start and Healthy Families educate parents about prenatal care, immunizations, nutrition, well-baby care, mental health, housing, assistance, day care assistance, HIV testing, and career development. **During FY 2012-13, Healthy Start conducted 1,328 Initial Assessments and provided Care Coordination to 1,423 participants.**

Outpatient Services

The **Anti-Drug Initiative (ADI)**, Level I Program is a web based diversion program for non violent, first and second time drug offenders and is offered to drug possession arrestees with no prior felony convictions. ADI consists of an on-line intake session followed by 6 on-line sessions that are monitored by professionally qualified program staff. Participants are also required to provide urine specimens that are randomly scheduled. The on-line program is accessible 24 hours, 7 days a week, allowing participants to complete the sessions at their convenience. Successful completion of the program results in “no filing” of the referring charge by the State Attorney’s Office. **During FY 2012-13 the Anti-Drug Initiative successfully diverted 814 drug offenders from the local criminal justice system.**

SMA provides **Adult Outpatient (AOP) Substance Abuse Counseling** including an enhanced outpatient treatment program for individuals participating in the DUI, adult and family dependency drug courts in Volusia, Flagler and Putnam counties. AOP Services provide individual sessions, weekly groups and monthly treatment plan reviews. Family participation in treatment is encouraged, and family educational and counseling services are provided to support the family in the recovery process. Outpatient services allow the individual to remain active with work, family, and the community while they participate in treatment. **During FY 2012-13, SMA served 1,272 adult clients in its outpatient substance abuse counseling programs.**



*My biggest change is being a better mom to my kids ~
Crescenza
Adult Outpatient*

Adolescent Outpatient Substance Abuse Counseling (ADOP) services are provided at five locations by master level, licensed and/or certified professionals. Outpatient services include individual therapy with family involvement with options to include group therapy and other research based approaches to effect a positive change in the client. Treatment is specifically directed toward repairing disrupted relationships, reducing impulsivity, developing social and life skills, and providing treatment interventions for the youth to remain substance free. **During FY 2012-13, SMA served 1,360 adolescents in outpatient services.**



*Feeling Better ~
Marilyn
Physician Services
(seen here with LPN Gloria
Zemaitis)*

The Comprehensive Community Support Team (CCST) program, comprised of teams in Bunnell, Daytona Beach, DeLand, New Smyrna Beach, Palatka and St. Augustine, provide medical and clinical support services to individuals with severe and persistent mental illness and co-occurring disorders. Goals include lessening or eliminating the symptoms of mental illness and rebuilding a person's skills to facilitate recovery and reconnection to the community. The teams are comprised of advanced registered nurse practitioners, nurses, therapists, case managers, a life skills coach and a team leader. Services include psychiatric evaluation, treatment planning, medication management, nursing services, therapy, and case management. **During FY 2012-13 SMA served 7,714 clients in Physician Services and our CCS Teams served 3,359 clients.**

The **Forensic Comprehensive Community Support Team (FCCST)** provides forensic services to persons with severe and persistent mental illness in Volusia & Flagler Counties who have criminal charges. Forensic CCS team services include jail diversion, jail screening, and case management for persons being released from prison or deemed to be Incompetent to Proceed or Not Guilty by Reason of Insanity. **During FY 2012-13, the Forensic CCS team provided 143 clients with forensic case management and managed 69 clients in re-entry.**

The **Florida Assertive Community Treatment (FACT) program** provides comprehensive, community based services to 100 individuals who have severe and persistent mental illness, have had multiple psychiatric hospitalizations, and who have not been able to live successfully in the community on their own. The team delivers a wide scope of services and provides crisis assessment and intervention 24 hours a day every day of the year to these individuals. **At least 75% of all services provided to FACT clients, are provided within the community. FACT expanded their wellness program for clients (a program they started last year) to include a nutrition and diabetic education group.**



*Living independently
in the community ~
Craig—FACT*

The **Enrichment Program** encompasses Enrichment, Supported Employment and Enrichment Industries. Enrichment provides psychosocial rehabilitation and adult day training activities for adults with disabilities. These services are designed to help participants live and work more fully in the community and improve the quality of their lives. The groups offered by Enrichment target increasing independent living, social and/or employment skills and include pre-vocational training, coping, life and social skills trainings, Job Club, basic math, basic reading, as well as group and individual therapy. The

Supported Employment Program provides assistance to individuals desiring competitive employment in the community. These services include screening and job matching, job development, job placement, on-site training assistance, and life-long follow-along services to help the individual maintain employment. **During FY 2012-13, more than 590 individuals received services in our Enrichment and Step-Up, and Supported Employment programs.**



*Ajeenah
Supported Employment*

Enrichment Industries (EI) provides support to manufacturers and other companies with their light manufacturing, assembling, packaging, and promotional product services at Enrichment in Daytona Beach, and Step-Up, in Palm Coast. EI also manufactures their own line of products which are available for sale (crab traps, safety glasses and goggles, ear plugs, office wall clocks, dust mops and jumper cables) **During FY 2012-13 EI provided employment opportunities for 242 clients and had sales of \$410,803 from products and manufacturing support.**



*I enjoy learning new skills and everyone has been a support to me ~
Carlos—Enrichment*

Another component of EI is **Service Contracts**, which provides janitorial and lawn care services for public and private entities. The goal is provide quality services while providing employment opportunities for individuals with disabling conditions. The service contracts maintain a 75% or better ratio of work being completed by individuals with a disabling condition at all sites. **During FY 2012-13 there were 15 contract sites in 6 counties totaling \$2.5 million in revenues and employing 108 individuals.**

The Enrichment Program developed a community support council (EICSC) during this fiscal year. They have been instrumental in the on-going development of marketing materials and opportunities for EI.

SMA's **Pharmacy** provides our clients with quick and easy access to medications prescribed by our psychiatrists, physicians, and nurse practitioners. Our **Patient Assistance Specialists** help clients access new atypical anti-psychotic medications that they otherwise could not afford. **During FY 2012-13, SMA's Pharmacy filled 61,048 prescriptions.**

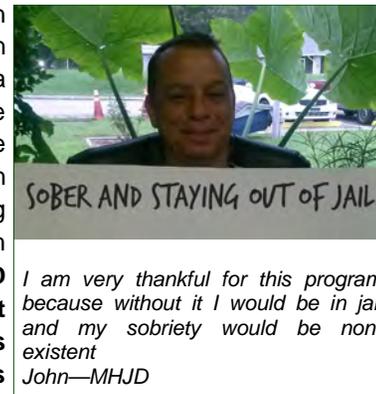
Family Intervention Services (FIS) works with families who are involved in the child welfare system who are experiencing substance abuse / mental health problems and who are at risk of losing their children. Family Intervention Specialists assess and link clients to treatment/services such as the SMA Family Intervention Treatment program, and provide case management services until the client is engaged in services. FIS staff members provide interventions in the home and in the community. **During FY 2012-13, FIS served 215 individuals.**



Child and adolescent targeted case management (TCM) services are provided in Putnam and St. Johns Counties to assist the individual and their family in gaining access to needed medical, social, educational, and other related services. The goal of TCM is to promote independent functioning through coordination of the provision of quality treatment and support services. The TCM provides linkage between the client's home, school, and treatment environment to avoid out of home placement and promote independent functioning. **During FY 2012-13, there were 128 TCM clients served.**

Community/Court Liaison (Outreach) Services- Outreach workers in Volusia, Putnam, and St. Johns counties assure that assessments and recommendations are accurately reported to the courts. They also act as a liaison for the courts and other referral sources to help offenders access treatment services within SMA's service delivery system..

The **Mental Health Jail Diversion (MHJD)** is an intensive program designed for individuals in Flagler County who have been diagnosed with a severe and persistent mental illness and who have multiple hospitalizations and criminal justice involvement. Services include medication management, case management, nursing services, and counseling for both mental health and substance abuse. **During FY 2012-13, MHJD served 26 individuals. Pre and post participation arrests, emergency room visits and hospital admissions among MHJD clients have all been reduced by 80% or more.**



The **SMA Jail Treatment Team at the Volusia County Department of Corrections** provides mental health screening, psychiatric services, crisis intervention, and discharge planning to inmates at the Volusia County Branch Jail and the Volusia County Correctional Facility. **During FY 2012-13, the program provided mental health services to an average of 474 inmates per month and provided psychiatric medication to an average of 278 inmates monthly.**

Residential Services

Project WARM relocated to its new location in Bunnell on April 1, 2013 and became **WARM at Vince Carter Sanctuary**. The new location increased bed space from 16 to 52 residential treatment beds. The program continues as co-occurring capable and is able to offer psychiatric evaluation, counseling interventions, and management of psychotropic medication.

WARM provides long-term residential treatment program for at-risk women, many of whom are pregnant, post-partum, or parenting young children. The women live on campus in a therapeutic and supportive environment. Those with children are able to have their children (under the age of 6) in residence with them. Children over 6 are able to visit overnight on weekends.



*I've gained HOPE
Kearstin—WARM at VCS*

The program is a diverse multi-cultural program providing a broad range of therapeutic, wrap around interventions, which are based upon the client needs identified during the admission assessment. Strategies include: Moral Reconciliation Therapy, Motivational Interviewing Therapy, Cognitive Behavioral Therapy, Seeking-Safety Curriculum guided therapies, Stages of Change Model, Strengthening Families – Non-Violent Parent Education and Living in Balance Curriculum.

WARM's move and expansion also resulted in the new **Evelyn Lynn Child Development Center**, which is operated by Easter Seals' professional staff. The ELCDC has the licensed capacity for 24 children (ages 6 weeks to 5 years old) to participate in child development while their mothers participate in treatment . **During FY 2012-13, WARM at Vince Carter Sanctuary served 82 women and 58 children. A total of 19 drug free babies were born at WARM at Vince Carter Sanctuary during the year.**

The **Putnam Adult Residential Treatment (ART) program** is a short-term intensive program for adult males and is designed to provide clients with the tools necessary to begin and maintain their recovery. The program philosophy is to create an atmosphere of safety and care, and to promote the stability of daily living in recovery through therapeutic interaction. Co-occurring capable, the program offers as needed psychiatric evaluation and the management of psychotropic medications. **During FY 2012-13 82 clients were served in the Putnam residential program.**

Reality House was operating as a 113 bed, adult male residential program, contracted through the Florida Department of Corrections in FY 2012-13. Effective July 1, 2013, the Department contracted with SMA for an additional 60 beds, making this now a 173 bed program. This facility provides a 9 to 12 month residential substance abuse treatment program and a Work Release Program. It is the only therapeutic community of its kind in Florida offered to inmates



Left Lindon; Right Terell—Reality House

outside the walls of a prison. Milieu therapy and social learning theory provide the foundation for the recovery process. Services include culinary arts program, individual and group counseling, family education, recreation, spiritual services, self help groups, anger management, communication skills, daily living skills, domestic violence groups, family dynamics group, drug screening, and outside referrals as needed. **During FY 2012-13, a total of 205 clients were served at Reality House. The program continues to provide food service to most of SMA's residential programs through its Culinary Arts Program.**

The **CCI Re-entry Transitional Program**, located within the Florida Department of Corrections' (FDOC) Columbia Correctional Institution Annex in Lake City, Florida, consists of two components: The first is an Intensive Outpatient Program (IOP) for criminal thinking & substance abuse treatment, as well as educational classes for basic literacy or GED achievement, or a vocational class. The second component is the Aftercare Program. **During FY 2012-13, the CCI/Annex program served 365 clients.**

BEACH House is a shelter that provides short-term respite for youth ages 10 to 17. These youth are truant, ungovernable or runaway/homeless. Referrals come from our **CINS/FINS Service Manager**, CINS/FINS (Children In Need of Services/Families In Need of Services) court, Safe Place sites, law enforcement, school personnel and parents. We provide youth in our care with shelter, meals, individual and group counseling, educational groups, and family therapy. Our goal is family reunification and assisting the family in building communication skills and relationships. Program staff also promote awareness activities related to youth at risk in our community. **During FY 2012-13 BEACH House programs served 423 youth and their families.**



Alexis—RAP

The **Residential Adolescent Program (RAP)** is a 24 bed facility serving substance dependent youth ages 12-18, utilizing individual, group, and family interventions. The average length of stay is 4-6 months. The proven principles of AA/NA are the foundation for the clinical program. Dialectical Behavioral Therapy is an important ingredient in treatment along with positive peer culture, reality therapy, outdoor therapeutic model, experiential learning theory, and behavior modification systems. Education services are provided by Volusia County Schools. The program is co-occurring capable, staffed by licensed and certified therapists, nurses, and youth specialists. **During FY 2012-13, the RAP program served 71 youth and their families.**

SMA's **Supportive Housing Program** provides a safe, sober, and supportive living environment for persons who are homeless. It specifically targets the chronically addicted, often dually diagnosed who are residing in emergency shelters, transitional housing, or treatment programs. Permanent housing models are currently in use for homeless persons with disabilities in five locations. With SMA Supportive Housing residences continuously at capacity, a referral network has been developed with for-profit Recovery Homes in the community to try to address the housing needs of clients leaving SMA's Detox and Project WARM programs. **Currently SMA houses 16 residents, including 6 children.**



Drug free and re-united with my wife (also drug free) - Jonathan and Debra Supportive Housing

Crisis Services

SMA's Crisis Services provide 24-hour emergency screening and admission to mental health crisis stabilization, drug abuse detoxification and/or referral to other services. Our crisis services are the central point for screening, referral and placement of involuntary clients under the Baker Act and Marchman Act. A court liaison provides assistance to families filing Marchman Act petitions for involuntary assessment or treatment. **In FY 2012-13, 5,324 screenings were conducted.**

The Volusia County Crisis Stabilization Unit (CSU) and Detoxification (Detox) Services are licensed for 30 beds and 19 beds respectively. Our average length of stay in these units is 4.25 days for CSU and 3.32 days for Detox. Individuals receive medication appropriate to their presenting problems, individual and group counseling, and discharge planning toward the next appropriate level of care. Individuals can be safely medically detoxified from alcohol, opiates, prescription medications, and other physically addicting drugs. Registered nurses and behavioral health techs are on duty 24 hours a day, 7 days a week as is a Physician



Pinegrove CSU —
Daytona Beach

and/or Advanced Registered Nurse Practitioner to direct treatment. **During FY 2012-13, 1,528 individuals were treated in our Detox Unit and 1,178 individuals were treated in our CSU.**

The Putnam Detoxification Unit is a licensed 8-bed facility, serving the needs of Putnam and St. Johns counties. Individuals receive medications appropriate for their presenting problems, group and individual counseling and discharge planning. Alcohol and prescription drug abuse accounts for the majority of all admissions. The unit is staffed with 24-hours per day nursing care (Registered, and Licensed Practical Nurses), and is supervised by a Director of Nursing who is a licensed ARNP. **During FY 2012-13, 469 clients were served in the Putnam Detox Unit.**

“The Chinese use two brush strokes to write the word 'crisis.'
One brush stroke stands for danger; the other for opportunity.
In a crisis, be aware of the danger--but recognize the opportunity.”

— John F. Kennedy

Community Outreach & Education

SMA is one of the community partners that make **Crisis Intervention Training (CIT)** possible, along with NAMI of Volusia/Flagler County and the Volusia and Flagler County Sheriffs' Departments. The CIT program is a community effort designed to improve the skills of law enforcement to mental health emergencies with goals of assuring safety, understanding, and service to the mentally ill and their families. **To date this program has trained more than 890 first responders in Volusia and Flagler Counties (56 officers in FY 2012-13).**



Mental Health First Aid (MHFA) is a 12-hour training certification course which teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual. It introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. **This program has trained more than 345 community members since its May 25, 2011, inaugural class (90 in FY 2012-13).**



The course (MHFA) was very helpful and informative. Sometimes training seems like a waste of time but this was an excellent use of time.—MHFA Trainee

I have learned a life long tool that I can apply to everyday life. - MHFA Trainee

Our **Family Education Program (FEP)**, utilizing the evidence based Family Unit Matrix model, provides 12 educational sessions for family members. The family education program describes how addiction impacts the entire family and offers assistance. The goal is to provide information and guidance to families struggling to cope with the family impact of addictive disease. **Since the program's inception in 2011, over 200 lives have been touched.**

FEP brought awareness of drug addiction into my life. With that knowledge came courage, courage to make changes.... SMA and FEP gave me hope when I had none. I now have hope everyday! - Debbie, FEP

SMA's **Speakers Bureau** offers presentations in the community on topics ranging from SMA services as a whole, specific programming, and/or behavioral health issues.

Celebrating Volunteers

SMA provides opportunities to volunteer, intern, or volunteer in groups in almost all of our programs. We have 42 registered volunteers, 32 interns, a large number of anonymous individuals from the recovery community, and 18 groups who donate their time, talent, and treasure to better our programming for SMA clients every year. **During FY 2012-13, volunteers donated over 23,000 hours, which translates to \$439,781 of in-kind match.**

The **12-step community** is extremely active in SMA's programs. There are approximately 47 AA and 17 NA groups, as well as 1 Al-Anon group, per week facilitated by volunteers from the community and provided at SMA sites.

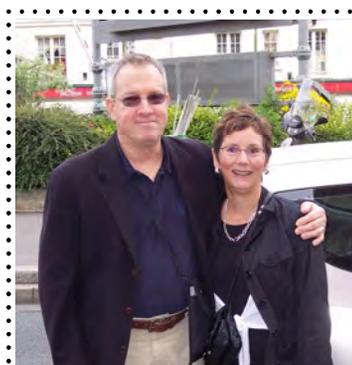
In addition, SMA has a volunteer **Board of Directors** made up of 24 professionals from our community. Board members attend monthly Board meetings, serve on committees, participate in advocacy activities and work with the SMA Foundation on fundraising efforts. They put in numerous hours toward the governance of SMA, hours that are not included in the volunteer hours previously indicated.

There are also additional groups such as the **FACT Advisory Committee, WARM/Vince Carter Sanctuary Community Support Council, Adolescent Advisory Committee, and Enrichment Industries Community Support Council**, where community members participate to provide valuable feedback on SMA services.

In April 2013, volunteers were celebrated and recognized for their contributions to SMA at their **Annual Volunteer Appreciation Night** event at the Peninsula Club. The theme this year was *"Volunteers don't get paid... not because they're worthless, but because they're priceless."* Over 60 volunteers and staff attended and shared stories of their volunteer work and what it means to them.

SMA's Volunteer of the Year awards went to the **Junior League of Daytona Beach** (Volunteer Group of the Year) for their ongoing support and mentoring at WARM and to **Hank and Susan Ashby** (Volunteer Advocates of the Year) for their creation of the Jay's Hope Fund.

Jay's Hope annually conducts a fundraiser through the SMA Foundation to support mental health programming and advocacy.



Hank & Susan Ashby

Celebrating Staff



SMA supports and encourages staff growth through programs like tuition reimbursement for staff wishing to further their education in our field, and through recognition programs that highlight longevity (years of service).



During FY 2012-13, 16 staff participated in the agency's tuition reimbursement program. As a result, SMA is proud to report that the following staff obtained their degrees: **Christopher Chmielewski** (BA in Human Resources); **Tanesha Strickland** (BS in Psychology); **Kelly Tremel** (BAS in Supervision and Management/With Honors); **Kimberly Rand** (BS in Human Resources/With Honors); **Sheila Jennings** (Masters in Business Administration); and **Shinece Carr** (Masters in Human Services).



Further, the following staff obtained licensure: **Vicki Buckles** (License in Mental Health Counseling); **Samantha Hickey** (License in Mental Health Counseling); and **Sarah Ellich** (Licensed Clinical Social Worker).

Longevity of employees plays an important part in the success of SMA. During FY 2012-13 27 staff celebrated 5 years of service, 9 celebrated 10 years, 5 celebrated 15, 3 celebrated 20 years, 1 celebrated 25 years, and **4 celebrated 30 years (Lee Wallace, Rodney Curtis, Anna Marie Cappola, and Lynda Flassig).**



Lee Wallace

Rodney Curtis

Anna Marie Cappola

Lynda Flassig

Celebrating 30 years of Services with SMA

Graduates shown above:
 Left (Top to Bottom) are Kimberly Rand, Sheila Jennings, Shinece Carr
 Right (Tom to Bottom) Christopher Chmielewski, Tanesha Strickland, Kelly Tremel

Other staff honored for work in their field this year include: **Dr. Guy Czaykowski**, FACT Team Psychiatrist, nominee for FCCMH and FADAA Direct Service Provider of the Year; **Thomas Schisler**, Life Skills Coach to the Mental Health Jail Diversion Program, awarded FCCMH and FADAA Peer Specialist of the Year; and **Earl Pollard**, Enrichment On-Site Supervisor/Palm Bay Rest Area, award RESPECT's Employee of the Year for Services.

SMA Staff In Our Community

SMA staff, Board members, and volunteers strive to collaborate with the community to rid the area of stigma and raise awareness related to addiction and mental illness as well as to advocate for the needs of our clients and community. The following is just a small sample of these activities:

SMA's Staff Personnel Committee promotes events such as the **Breast Cancer Awareness Walk** in Daytona Beach each October and the **Mutt Strutt**, which supports the Halifax Humane Society. Staff raised over \$1,200 in support of the Breast Cancer Walk and had 38 walkers participate in the event. They raised \$345 toward the Mutt Strutt and 18 walkers participated. During Mental Health Month each October, staff and clients alike support **Mental Health America's Walk for Dignity**.



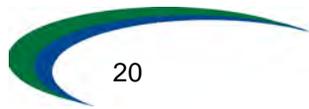
Women and Men of SMA putting on their pink bras to support BREAST CANCER awareness



Frank Heckman (SMA Foundation Board Member and Adolescent Advisory Committee Member) with Heather Prince

The 2012 **BEACH House 5k Run for Runaways**, an event held each November promoting Runaway Prevention Month, was held on Saturday November 10th, 2012. The run started and ended at Ocean Deck Restaurant and was a very fun and successful event. The event raised over \$14,000 dollar for the shelter, and had 83 participating runners. There were over 60 raffle prizes given away to runners, valued at over \$1000, along with another \$1000 dollars worth of donated giveaways and coupon items included in the runner goodie bags.

SMA employees support **United Way Volusia/Flagler** each year during its annual fundraising campaign. During FY 2012-13, SMA staff donations totaled \$10,117. Staff also represent SMA at United Way appreciation events such as Positive Picketing.



Celebrating Growth and Community Partnerships

The KKDF Regional Prevention Center Director, Victoria Kress, plays an integral part in the coordination of **National Recovery Month** Events for the greater Volusia/Flagler area. Partners include local churches, faith-based groups, recovery support groups, and other community agencies and companies. Activities include a celebration at the Daytona Bandshell that includes line dancing, entertainment and stories of recovery. In September 2012, over 1,500 individuals came out to “Celebrate Recovery”.



Line Dancing at the Daytona Bandshell during Recovery Month 2012

SMA’s Pinegrove facility became an official classroom for **Western Governors University** nursing students, making Pinegrove a competitive option for nurses who want to make their career in the field of behavioral health.

SMA’s Palatka outpatient center, in conjunction with the **Lee Conlee House**, Putnam County’s domestic abuse shelter, was awarded a grant that will fund a SMA substance abuse counselor on site at Lee Conlee House.



Culinary Arts Graduates proudly display their chef hats (symbolic of their new career)

Reality House is also very proud of the Culinary Arts education program that was implemented just over 5 years ago. This program is accredited through the **University of Florida** and consists of 5 different Certificate courses. The program has awarded over 500

certificates of completion for Nutrition, Human Resources Management and Supervision, and Food Production. We have also certified over 250 new Professional Food Safety Managers, and more than 100 Certified Dining Room Apprentices. This makes for a grand total of 850 certificates/Certifications awarded over the course of the past 5 years. **During FY 2012-13 a total of 272 certificates were awarded.**

SMA would like to thank its community *partners and funders for their part in SMA's success in FY 2012-2013



* SMA partners with numerous agencies and organizations, all of which may not be included here.



The Stewart-Marchman-Act Foundation focuses on building the resources to compliment the programs of Stewart-Marchman-Act Behavioral Healthcare, conducting research, advocacy and community education.

This past year, the Foundation has been busy in advancing recovery and resiliency through advocacy, education, and various fundraising efforts to increase community awareness and reduce the stigma of addiction and mental illnesses.

Achievements over the past year include the implementation of a **Mini-Grant Program**. We use a formula to determine the annual amount that can be awarded to SMA programs and departments. This year a total of \$42,983 was used for a variety of projects: incentive program for drug court, increase safety and work efficiencies for Enrichment, audio/visual equipment to use around the agency, landscaping equipment, an outside visitation area for Reality House, refurbishment of recovery homes, recreation equipment for WARM, and a padded room for the Crisis Stabilization Unit.

Our **membership** is growing and we use 100% of the membership funds for the Mini-Grant Program! A big thank you to our members – and if you are not yet one please consider joining today (www.smafoundation.com).

In July 2013, the Foundation held its **15th Annual Dinner and Gala** honoring Trevor Bayne, the youngest person to win the DAYTONA 500. This year's dinner exceeded previous year's raising over \$120,000.

In November 2011, the Foundation held its inaugural **Jay's Hope Fund** event. Floral arrangements were sold to raise money to support individuals and families affected by mental illness. Since then just under \$50,000 has been raised!



Chet Bell & Trevor Bayne
at the July 2013 Dinner

The funds from the Jay's Hope Fund are helping our FACT Team clients and families as well as NAMI.

The Foundation has an annual operating budget of \$731,976 and assets just over \$9 million. Assets include equipment, property and buildings utilized by SMA including the Vince Carter Sanctuary in Bunnell, the Four Townes Care Center in DeBary, the Foundation and Keep Kids Drug Free Prevention offices on Loomis, and the Cantley Outpatient Center in Daytona Beach.



Shannon King & Deborah Zeoli
Check Presentation to FACT

**Stewart-Marchman-Act Foundation
2012-2013 Board of Directors**

David Remy, Chairman
Jon Greaves, Vice-Chairman

Melissa Murphy, Secretary
Lonnie Brown, Treasurer
David Perryman, Immediate Past Chair

*Founder and Director Emeritus
James H. Foster*

Debra Berner
Alan Florez
Jimmy Foster
Maureen France
Julie Giese
Tony Grippa

Andrew Gurtis
Frank Heckman
Peter Heebner
Larry Kelly
Carl Lentz, IV

Julian Lopez, Jr.
Connie Ritchey
Richard Roberts
Jill Simpkins
Bob Wheeler
Ryan Will

"The volunteer Board of Directors of the Foundation was elated this year to begin making grant allocations to SMABH. The founders envisioned that when the endowment fund grew to over \$1 million we would use the revenue to further enhance SMA's programs. The Directors' knowledge, experience, and passion for the SMA mission has steered the Foundation to continued success. We thank the community for its continued support of our organization!"



David Remy
Foundation Board Chair

~ David Remy, Chairman SMA Foundation

STEWART-MARCHMAN-ACT BEHAVIORAL HEALTHCARE

"exceptional and comprehensive behavioral healthcare"

Locations

Serving Volusia, Flagler, Putnam and St. Johns Counties

**Stewart-Marchman-Act
Behavioral Healthcare**
Main Center &
Administrative Offices
1220 Willis Avenue
Daytona Beach, Florida 32114

24 hour Access Center
Call: 800-539-4228
Fax: 386-236-3259
access@SMAbehavioral.org
www.SMAbehavioral.org

SMA Foundation
214 Loomis Avenue
Daytona Beach, Florida 32114
386-254-1136
www.s-mf.org

**Pinegrove
Crisis Services & Detox**
1150 Red John Drive
Daytona Beach, Florida 32124

**Dr. Ernest Cantley Outpatient
Center**
702 S. Ridgewood Avenue
Daytona Beach, Florida 32114

**Darrell & Stevie Waltrip
Residential Adolescent Program**
3875 Tiger Bay Road
Daytona Beach, Florida 32124

Enrichment Program
200 Fentress Blvd., Suites C&D
Daytona Beach, Florida 32114

**Four Townes Outpatient Care
Center**
356 Englenook Drive
DeBary, Florida 32713

BEACH House
1004 Big Tree Road
Daytona Beach, Florida 32119

Step-Up
1 Corporate Drive, Building 3
Palm Coast, Florida 32137

DeLand Counseling Center
105 W. Calvin Street
DeLand, Florida 32720

WARM at VCS
301 Justice Lane
Bunnell, Florida 32110

**Putnam County
Outpatient Care Center**
613 St. Johns Ave., #107
Palatka, Florida 32177

**Southeast Volusia
Outpatient Care Center**
311 North Orange Street
New Smyrna Beach, Florida 32168

**Putnam Outpatient, Detox
and Residential**
330 Kay Larkin Dr.
Palatka, FL 32177

Reality House
1341 Indian Lake Road
Daytona Beach, Florida 32124

St. Johns Outpatient Care Clinic
1955 US 1 South, Suite C-2
St. Augustine, FL 32086



SMA is CARF accredited.

*SMA Programs are sponsored in part by
the State of Florida Department of Children and Families.*



Stewart-Marchman-Act Behavioral Healthcare is an equal opportunity and drug-free workplace and prohibits discrimination in all programming and activities on the basis of race, color, sex, age, religion, national origin, marital status, disability, veteran's status, or other legally protected status.

If you are a person with a disability who needs any accommodation, you should contact the office of our ADA Coordinator who is physically located at 3875 Tiger Bay Road in Daytona Beach, Florida - 32124 or through the mail via 1220 Willis Avenue, Box 30, Daytona Beach, FL - 32114.

You can also call, fax or e-mail your needs via Phone - (386) 236-3112, Fax - (386) 236-3140 or Email ADAcoordinator@SMAbehavioral.org