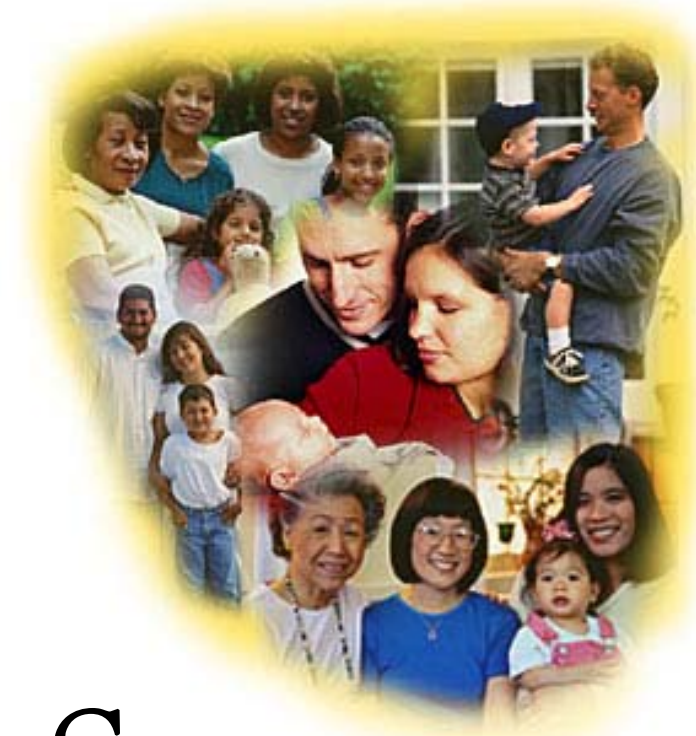


**BEHAVIORAL HEALTH RESOURCES  
&  
COMMUNITY MENTAL HEALTH  
FOUNDATION**



***S**trengthening families and rebuilding  
lives through community support for over  
50 years!*

**ANNUAL REPORT  
2008/2009**

## Mission

*Behavioral Health Resources supports and strengthens individuals, families and the community by promoting mental health and chemical dependency recovery.*

*The Mission of the Community Mental Health Foundation is to facilitate the solicitation, recognition and management of charitable gifts in support of Behavioral Health Resources.*

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## A letter from John Masterson CEO of Behavioral Health Resources

### Is it a great time to work in healthcare?

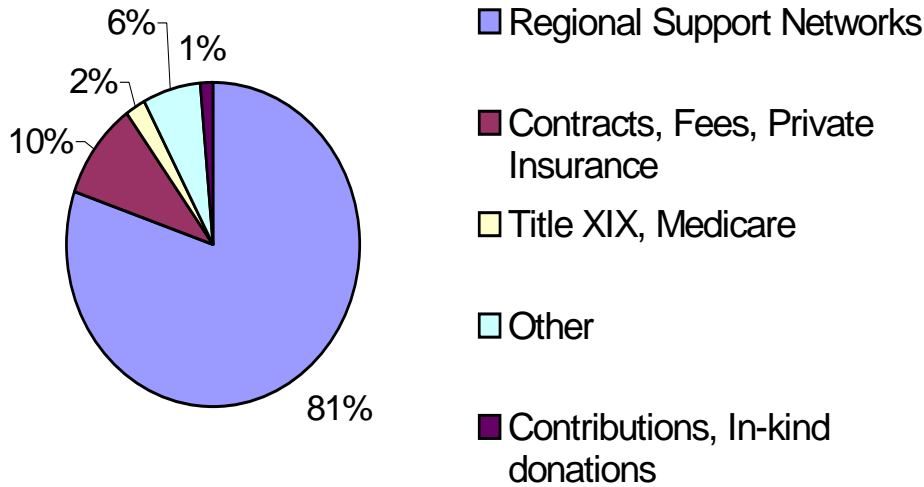
Now more than anytime in recent history, the health care industry is calling out for leadership. The economic challenges, the work on “national healthcare reform”, the growing number of uninsured individuals or under-insured individuals, the call for electronic health records, advancements in evidenced based practices and therapies, and the shortage of physicians are all part of the daily work of nearly 400 staff at BHR who care for some of more needy citizens in our communities.

While the national spotlight is captured by the plethora of issues we face, thousands of people we serve each month are working hard to recover from the challenges they face to due to mental illness and/or addictions. Most of our clients work hard each day to live healthy, hopeful and productive lives using their gifts to contribute to society.

All too often our clients’ abilities are dismissed because of inaccurate perceptions of the effect of mental illness and addictions. And yet, our world history is flush with examples of amazingly talented and successful people who have learned to live with these chronic conditions. The list includes people such as Abraham Lincoln, Isaac Newton, Patty Duke and Winston Churchill.

These conditions, now more than ever, are treatable, allowing individuals to live successful fulfilling lives. If you know someone who could use some assistance, encourage them to get help!

*What was BHR's source of income?*



\$ 21,329,872	Regional Support Networks
\$ 2,524,645	Contracts, Fees, Private Insurance
\$ 600,260	Title XIX, Medicare
\$ 1,704,274	Other
\$ 367,878	Contributions, In-kind Donations
<b>\$ 26,554,878</b>	<b>Expenses</b>

*Investments*

\$68,442	Equity
\$51,501	Money Market
\$49,123	Restricted Endowment
\$357,042	Evergreen Apartments Equity

**Community Mental Health Foundation**  
**July 1, 2008- June 30, 2009**  
*Grants Awarded*

September 2008

- \$3,500 Positive Peer Group
- \$1,800 Children's Team Core Pilot Project

October 2008

- \$4,000 Client Heating Fund
- \$5,000 Holiday Gift Cards, Thurston, Mason, Grays Harbor Clients

November 2008

- \$1,000 Evaluation & Treatment Center for Art Supplies, Self Help Books, MP3 Player and Microwave.

January 2009

- \$2,100 MRT Training for 3 clinicians (MRT is an evidence based treatment that will benefit BHR adult clients who have criminal thinking or behaviors by providing training to think and act differently).
- \$720 Craft supplies for Distress Tolerance Group

March 2009

- \$875 Mental Health First Aid Training for Thurston, Mason and Grays Harbor Counties.

May 2009

- \$600 Adult Garden Project
- \$700 Harvest Program for cost of required TB tests
- \$450 Sound Crew Project
- \$300 Positive Peer Group families for misc expenses associated with going to a Mariners Game (donated tickets from the Mariners Team)

Total awarded grants for fiscal year 2008-2009

**\$21,045**

*BHR's Community Mental Health Foundation*



Each June BHR and the Community Mental Health Foundation hosts the Phoenix Awards. The Phoenix Awards celebrates and acknowledges people who have “risen from the ashes” of mental illness and addiction and now are making a difference in their communities – due to their experience with their disease. The event is also an opportunity to showcase the strides and successes of recovering people and to salute those who assist them along the way. And most importantly, it breaks some of the stigma and shame associated with these illnesses.

For you see, at the Phoenix Awards, we talk about something we don't usually talk about. In fact, we celebrate something we don't talk about. Mental illness and Addiction: these diseases are not about blame and not about shame .... Mental illness and addiction is about illness.

Simply put - It's about people just like us. It is true that these illnesses devastate families and communities. But it is also true that people can and do use their strengths, resiliency, and agencies like BHR and other community supports to rise above illness and seek out recovery.

When this happens - lives are transformed, families are reunited and these recovering individuals help to change the world for the better.

*BHR Recovery Services  
Harvest Program*

*Mother's Day Tea*

May 6th & 7th, 2009



This year's events in Shelton on May, 6th, and in Tumwater on May 7th played a special part in the hearts of our clients as the community came together to support their efforts to stay in clean and sober. For many of them, this was the only Mother's Day recognition they received.

Clients were once again met at the door with donated flower bouquets and a gourmet buffet fit for royalty. In spite of the economic hardships people face, there was an outpour of generosity from the community.

Just to highlight some of the items, there were gift certificates for haircuts, pedicures, facials and tanning. Curves, 24-hour Fitness and the YMCA gave certificates for exercising, along with water bottles and t-shirts.

In the weeks following the event, some women are still saying, “It was like being on Oprah, you should have been there!”



## Thank you to our donors

### *BHR and the Community Mental Foundation gratefully acknowledges*

24 Hour Fitness, 2nd Street Design Studio, John Aakre, Mr. and Mrs. Fred Adair, Louise and Roy Adams, Mary Adams, Mr. and Mrs. Scott Alf, All About You, Marcia and Bernard Altman, Terry Anderson, Carole Apple, ARCHOS Corporation, Yvonne and Harry Baird, Balance Day Spa, Bank of America Matching Gifts, Mr. and Mrs. Robert Barnoski, Fred Barthe, Mr. and Mrs. John Bay, Behavioral Medicine Clinic, Dan Berschauer and Phyllis Edwards, Big 5 Sporting Goods, Kristin Bishopp, Dorothy and David Bjornson, Blooms by the Park, Larry Blume, Meredith and James Blundell, Boeing Employees Community Fund, Irene Boldt, Betty Bombardier, Sally Bradford-Simmons, Samuel Bradley, Margaret Brammall, Karen and George Bray, Scott Breidenbach, Janet Lee Brown, Sheila Brown, Tom Brown, Brett Buckley, Mr. and Mrs. Dan Buehler, Nora Burke, Scott Busk, Sara Butler, C.G. Campell Associates, Inc., Jennifer and James Cahill, Becky Cant, Capitol Radio & TV Inc., Janis Carrington & Gary Michel, Stephanie Claire and H. Chris Wickham, Margaret Clapp, Pat Cole, Compass Rose, Sherwin Cotler, Counseling Consultants, Kathy Cox, Dennis Craig, Creative Office Supply, Carolyn Criscione, Jim Cabbage, Mr. and Mrs. Denis Curry, Curves, Carol and Richard Cushing, Georgia and Jerry Cutburth, Diane Dakin & Steven Bray, Mr. and Mrs. Donald Daniel, Paula Deen, Cheryl Deviny, Mr. and Mrs. Richard Ditlevson, Donna Doerer and Craig Allen, Michelle and Robert Doran, Sharon Dorsey, Dorothy Doyle, Mr. and Mrs. Samuel Dunlap, Cynthia Durkee-Murphy, Lorraine Ely-Morrison, Leslie Emerick, Cindy Extine, Marjorie Faber, Dr. Gerald & Sheila Fay, Mr. and Mrs. Joseph Felts, Fidelity Charitable Gift Fund, First United Methodist Women, Betty Flani, Roberta Fletcher, Margaret Foran, Katherine

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### *all of our donors who contributed July 1, 2008 through June 31, 2009.*

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# BHR's Mission, Vision and Values

## **BHR's Mission is:**

*Behavioral Health Resources supports and strengthens individuals, families and the community by promoting mental health and chemical dependency recovery.*

## **BHR's Vision statement is:**

*Mental health and addiction recovery are integral to overall community health. Through treatment, education and advocacy, we are leaders in addressing and meeting the changing needs of our community.*

*BHR's Values speak to who we are as an organization. We hold ourselves accountable to these ideas.*

## **BHR Values are:**

### **Integrity**

*Our words and deeds are aligned. We are accountable to behave ethically.*

### **Individual Value**

*All people have value, potential and something to contribute and shall be treated with dignity. Persons with chemical dependency and mental illness can live without shame and stigma, with hope, self-respect and faith in recovery.*

### **Personal Responsibility**

*All people are empowered when they practice self-management and personal responsibility. We commit to holding each other accountable.*

### **Learning Environment**

*We commit to a shared value of recovery through education and training of all parties involved as the best way to continue to address the changing environment.*

### **Sustainability**

*We commit to manage and develop resources so that our services are available to support the ongoing recovery needs of our clients.*

### **Civility**

*BHR values behavior that promotes and preserves civility in the workplace and encourages the following behavioral norms; self-awareness, teamwork, collaboration, trust, constructive controversy, mutual respect and reciprocity of good will.*

**Behavioral Health Resources services are provided at a variety of locations throughout the community, ensuring accessibility.**

**Elma**

575 E Main Suite C  
**482-5358**

**Hoquiam**

205 8th St  
**352-8629**

**Lacey**

4422 Sixth Avenue SE  
**704-7170**

**Olympia**

3857 Martin Way E  
3773-A Martin Way  
**704-7170**

**Tumwater**

6128 Capital Blvd SE  
**754-7576**

**Shelton**

110 West K Street  
**426-1696**

**Washington Relay Service for Hearing and Speech Impaired  
1-800-833-6388**

**Business Hours  
8:00am - 5:00pm and by Appointment**



For further information about our programs and donating on line check out our website at

**[www.bhr.org](http://www.bhr.org)**



A United Way funded agency