

*Improving lives here.*



**Helen Ross  
McNabb Center**

2015 Annual Services Report

# *Rick and Marilyn Turner*

## **Building a stronger, healthier community**

It is the Helen Ross McNabb Center's pleasure to dedicate the 2015 Annual Services Report to Rick and Marilyn Turner, long-time partners, donors and friends of the Center and its mission. With their contributions of time, resources and talent, the Center has been able to further achieve its goals and fulfill its mission of improving the lives of those it serves.

Rick Turner of Richardson Turner Construction (RTC) has been an active partner and supporter of the Center for almost three decades. In the early 1980s, Rick was introduced to the Center when RTC built the Knox County Children and Youth Center. During the construction of the facility, Rick's interest in the Center and its services was sparked by the building's unique design, which provides a welcoming, comforting space while maintaining the ability to provide quality and professional care to individuals and families in need of mental health care. Through building other Helen Ross McNabb Center facilities, Rick and Marilyn were further introduced to the scope of the Center's services and received a direct glimpse of how the Helen Ross McNabb Center operates. Rick and Marilyn say the reason why they support the Center is because of its effective and efficient use of resources to meet unique needs in our community.

Marilyn Turner, like her husband, greatly appreciates the Center's services. Specifically, she admires the children and youth programs that address trauma early on to avoid concerns that have the potential to carry over into adulthood. Community mental health programs have always been close to her heart since she volunteered with mental health services during college, doing art projects and activities with clients.

The Turners believe that addressing the world's needs must start at home, within your community. The Center also embraces this concept by providing mental health and addiction services when and where people need them. By helping children avoid long-term mental illness as an adult; or seeing that adults have the resources they need to live to their fullest potential, each life improved is similar to the building blocks of RTC's creations, as together, with supporters like the Rick and Marilyn Turner, the Center is building a stronger and healthier community.

*Thank you, Rick and Marilyn,  
for your efforts to ensure that  
the people of East Tennessee  
receive only the highest qual-  
ity of behavioral health care.*



# Improving Lives Here.



Dear McNabb Community,

The Helen Ross McNabb Center is honored to have so many dedicated volunteers, passionate staff and engaged community partners to advance our mission - "Improving the lives of the people we serve." Our mission statement is more than a motto. It is a way of professional practice. As a growing health care provider in East Tennessee, Helen Ross McNabb Center has extended its reach to both urban and rural communities to offer improved access to needed care. Our drive is simply to afford people facing mental illness, addiction or emotional trauma the chance to recover as quickly as possible because we know that treatment works.

This year we opened outpatient clinics in Oak Ridge, TN and Athens, TN. With the opening of these new clinics, the Center completed its strategic goal to provide greater access to care across East Tennessee. Additionally, we secured and renovated a new facility for the Sexual Assault Center of East Tennessee that overlooks downtown Knoxville. The location affords victims a serene, safe place to receive support, advocacy and therapy. The Center also added to its array of supportive housing by building and renovating two separate apartment complexes for veterans. All too often the men and women who defend our country struggle to find their place when they return home. Our newly developed apartments offer a stable, clean and affordable place to call home, while veterans seek employment, reconnect with family and re-establish their roots.

While we've experienced success in expanding our reach, we continue to look for ways to improve, close service gaps and deliver the best care available. The 2015 Annual Services Report reveals the journey we've been on this past year. After reviewing the outlined financial and service numbers, you will know that the Helen Ross McNabb Center is more than a place. We are a mission-focused group of professionals and volunteers, which, with your support, continues to meet its mission. We are "improving lives here!"

Sincerely,

Jerry Vagnier, LCSW  
President & CEO

## LEADERSHIP TEAM

**Jerry Vagnier, LCSW**  
*President & CEO*

**Clifton R. Tennison, Jr., MD**  
*Chief Clinical Officer*

**Mona Blanton-Kitts, LCSW**  
*Vice President of Clinical Services*

**Leann Human-Hilliard, LCSW**  
*Vice President of Clinical Services*

**Stephanie Carter, LCSW**  
*Vice President of Operations*

**Houston Smelcer, CFP**  
*Vice President of Development and Government Relations*

**Paula Hudson**  
*Senior Director of Corporate Compliance*

**Jason Lay, CPA**  
*Senior Director of Financial Services*

**David Manning, MD**  
*Medical Director, Adult Services*

**Dovile Paulauskas, MD**  
*Medical Director, Children and Youth Services*

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## REPORT CONTRIBUTORS

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Jill Knight, *Graphic Designer*

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Wade Davies  
Charles "Chip" Finn  
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Joe Petre  
Traci Topham

*This publication is paid for, in part, with state funds.*

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# OUR TEAM

## *Professional Staff:*

*The Helen Ross McNabb Center realizes that the quality of treatment provided to clients is directly related to the quality of our work force. The Center has a remarkably dedicated staff that consistently provide excellent and compassionate care. Every day, more than 900 staff members demonstrate commitment to the Center's mission of "improving the lives of the people serve."*

## *Board of Directors:*

*In order to encourage and maintain credibility, the Center is governed by a 21-member volunteer Board of Directors. Board members have the responsibility to create and evaluate policy and organizational goals regarding the Center's operations. Board members are elected to serve a three-year term and may serve two terms consecutively.*



(Left to right) Front row: James Schaad, Ted Flickinger, Traci Topham, Karen Sowers, Charles "Chip" Finn, Back row: Richard Maples, Joe Petre, Ellie Kassem, Wade Davies, Susan Conway, Della Morrow, Ford Little and Mary Kay Sullivan. Not pictured: Harold Black, Nancy Cain, Joe Fielden, Mike Fishman, the late Mai Bell Hurley, Debbie Jones, Ross Schram, Nikitia Thompson.

# OUR ROAD MAP

## Mission:

*Improving the lives of the people we serve; helping children, adults, and families with addiction, mental illness and social challenges.*

## Vision:

*To be the premier provider of high quality behavioral health and social services through a continuum of care focusing on our clients first and foremost, delivering quality services, demonstrating effectiveness, inspiring our staff and building upon the spirit of our founder.*

## Clinical Philosophy:

*Services are designed for the expressed purpose of helping people live successfully in their own communities. We are striving to utilize best practice standards throughout our delivery system. We recognize and embrace the use of co-occurring treatment practice for individuals who experience both mental health and addiction issues. An ecological approach to the treatment of problems takes into consideration the biological, medical, psychosocial, and community impact on the person being treated. Our clients benefit from highly trained and experienced practitioners who work within a team approach with colleagues and our clients/patients.*



## 2015 Helen Ross McNabb Center Board of Directors

Dr. Harold Black

Ms. Nancy Cain

Mrs. Susan Conway, *Chair*

Mr. Wade Davies, *Chair Elect*

Mr. Ted Flickinger

Mr. Joe Fielden

Mr. Charles "Chip" Finn, *Secretary*

Mr. Mike Fishman

Ms. Mai Bell Hurley

Mrs. Debbie Jones, *Treasurer*

Mrs. Ellie Kassem

Mr. Ford Little

Mr. Richard Maples

Mrs. Della Morrow

Mr. Joe Petre

Mr. James Schaad

Mr. Ross Schram, III

Dr. Karen Sowers

Dr. Mary Kay Sullivan

Mrs. Nikitia Thompson

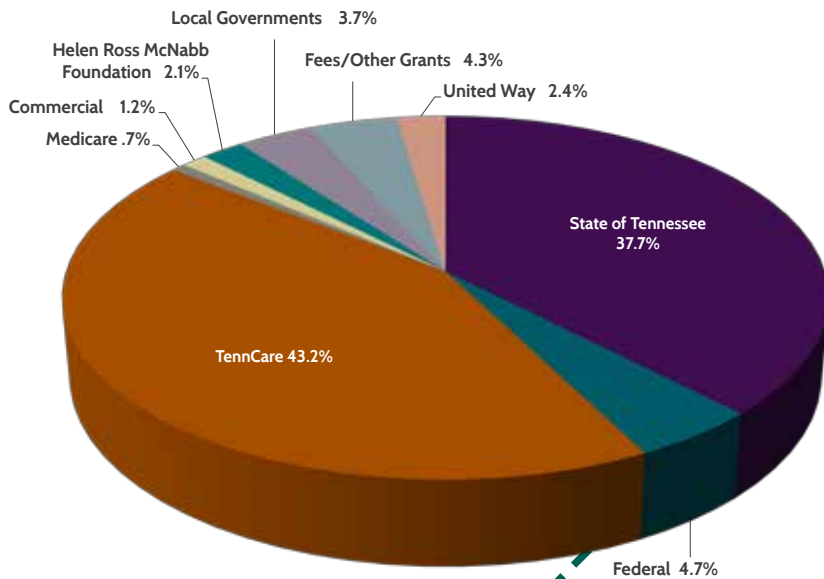
Mrs. Traci Topham

# BY THE NUMBERS

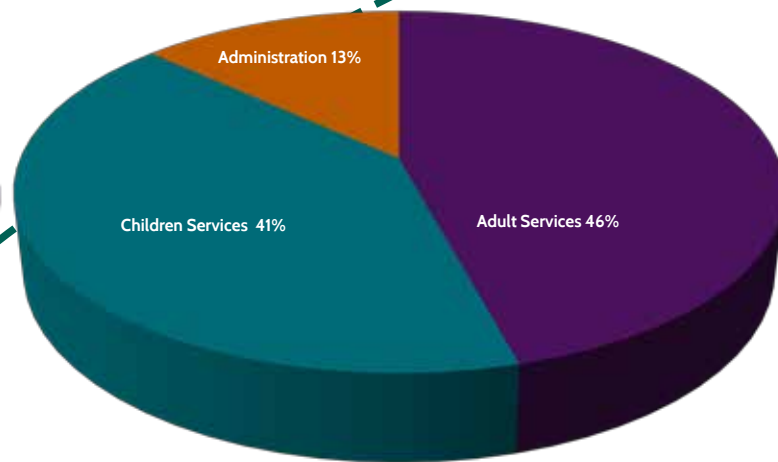
The Helen Ross McNabb Center relies on a diverse group of funding sources. This makes the Center unique in its operation and provides solid financial strength. The Center receives grants from the federal government and the State of Tennessee through various agencies, including: Tennessee Department of Mental Health and Substance Abuse Services, Department of Health, Department of Children's Services, Department of Education and the Bureau of TennCare. It also receives funding from various local governments, including: Blount County, City of Chattanooga, Cocke County, City of Gatlinburg, Hamblen County, Hamilton County, Knox County, City of Knoxville, Loudon County, City of Morristown, City of Pigeon Forge, Roane County and Sevier County. Other sources of revenue include local grants, contributions from donors, the Helen Ross McNabb Foundation, local United Ways and third party and private client payments. The following information displays the Center's unaudited revenue and expenses for the fiscal year 2015.



## REVENUE



## EXPENSES



**\$2.1 million**

*Contributions provided by the Helen Ross McNabb Foundation for program services and capital*

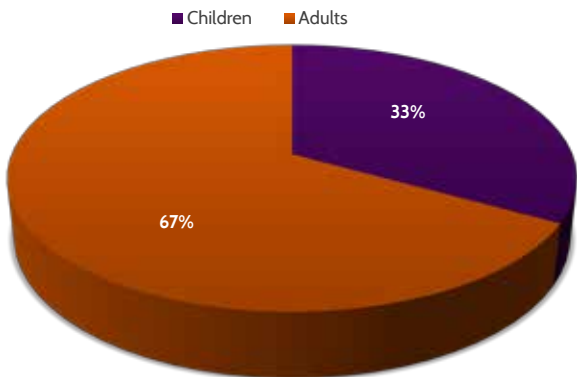
**\$8 million**

*Value of uncompensated services provided by the Center*

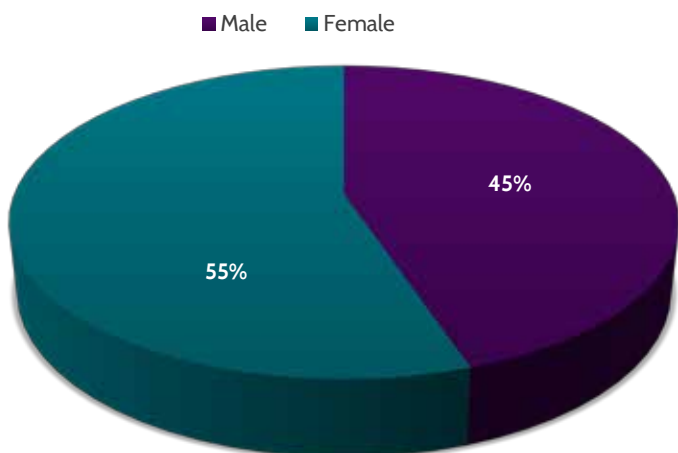
As a charitable organization, the Center is dedicated to serving our community through delivering high quality behavioral health care. Generally, the Center serves those with the fewest resources and the most impairing conditions. As part of our treatment philosophy and community commitment, the Center provides a significant amount of uncompensated care to the East Tennessee community.



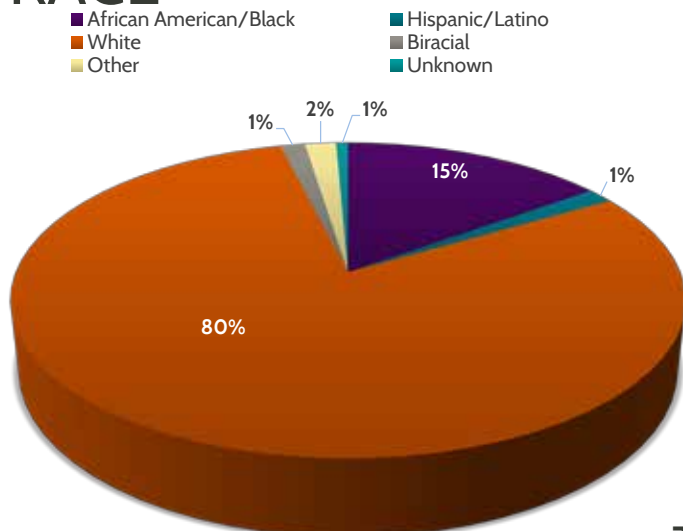
## AGE



## GENDER



## RACE



\*Estimate excludes some grant-based programs, like DCS programming.

## Early Intervention and Prevention Services

**206** first-time parents received home visitation services designed to prevent child abuse and neglect through education, intervention and strengthening the family.

**146** children who have experienced trauma, like abuse or neglect, graduated from Therapeutic Pre-school where they received cognitive and developmental stimulation, therapeutic behavioral treatment and help learning personal safety and social skills.

**701** families participated in an evidence-informed, sexual abuse prevention training program that educates adults to recognize, prevent and react to sexual abuse.

**75** at-risk families in an identified community worked with a life coach, through the United Way of Greater Chattanooga Building Stable Lives partnership, to increase access to medical care, mental health care, education, employment and housing.

**4,094** students saw a Kids on the Block performance, a free educational service that uses child-sized puppets to teach children about topics such as abuse, bullying, nutrition and drug prevention.

**449** families with children identified as having potential developmental delays received education and assistance from a parent trainer made available through a partnership with United Way of Greater Chattanooga's Building Stable Lives program.



Services

Children, Youth & Families

The Helen Ross McNabb Center has provided quality and compassionate care to help children overcome behavioral health challenges since 1948. Our team of trained professionals creates individualized treatment plans to address the unique needs of each child. By partnering with families, schools and community agencies, we build a system of care that supports and encourages healing for each child.

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## Mental Health Services

More than **9,000** children and adolescents dealing with mental health and emotional disturbances received counseling, psychiatric services and case management through outpatient clinical facilities in 10 East Tennessee counties.

**955** students received individual, group and family counseling and case management services in select East Tennessee schools. School-based mental health services give children living with emotional and behavioral issues the opportunity for health and success in their education and community.

**167** children and adolescents located in rural communities received access to specialized care through the use of telehealth equipment and technology.

## Foster Care and Adoption Services

**138** children were placed in foster care. The Therapeutic Foster Care and Adoption Program serves children and teens who are in state's custody due to abuse or neglect and who are experiencing behavioral or emotional problems.

**35** children were placed in forever homes through adoption.

# McAmis Family

Family and faith come first for Jeremy and Amy McAmis and their devotion led them to become foster parents through the Helen Ross McNabb Center's Therapeutic Foster Care Program. At the time, the couple had been married for one year and desired to foster, with the intent to adopt. Both Jeremy and Amy have experience in social work and have witnessed firsthand the need for safe, loving foster homes. They felt a strong calling to provide a stable, loving environment for children who have been abused and neglected. The Helen Ross McNabb Center's Therapeutic Foster Care Program serves children and teens who are in state's custody due to abuse or neglect and who have behavioral or emotional problems. With the support of the Helen Ross McNabb Center, Jeremy and Amy completed their therapeutic foster parent training that same year and opened their home to children in need of a foster home. The training provided the McAmis family with the skills and tools they needed to help children successfully transition to a new environment. The McAmis family have welcomed five foster children to their home since they began the program in 2010. At times, children are unable to be reunified with their biological families and need a family that will adopt them. With this knowledge, Jeremy and Amy decided to provide a forever family to two children, Lily and Garrett. Jeremy and Amy also have three biological children, Zoe, Alexander and Sadie.



## Social Services

**2,000** children experiencing homelessness or children at-risk of homelessness received outreach or case management services.

**87** adolescents and young adults were served by the transitional housing program.

**80** children and adolescents received emergency shelter care either through the Youth Emergency Shelter in Hamblen County or Safe Place.

**3,681** family members received supervised visitation services through the Parent Place program.

## Crisis Services

**1,391** assessments were provided through the Children and Youth Mobile Crisis Unit, which provides a 24-hour response system for children and youth experiencing a behavioral health crisis.



# Linda

Linda Munday is 22 years old and the mother of Isaiah. Linda has faced many challenges in life. She grew up in a troubled home and experienced abuse. At age 8, she entered foster care. Throughout her childhood, Linda lived in eight to ten foster homes. She was featured on a local news station's foster care segment but was never adopted. She changed schools and families frequently and had a difficult time making friends because of the moves. Linda started to receive counseling and therapy for symptoms of depression and anxiety when she was put in state custody and was diagnosed with post-traumatic stress disorder and separation anxiety disorder. When Linda turned 18 she aged out of foster care and became homeless. She was referred to the Center's Healthy Families program by the health department after she found out she was pregnant. After the birth of her son, Linda had a hard time finding work due to lack of experience, transportation and her hours of availability. After one year of volunteering, Linda was hired full-time at Goodwill Industries. This year, she purchased her first car and was honored by a state organization for her personal courage. Through the support of community resources and her determination, she has achieved stability and success.

## Substance Use and Co-Occurring Treatment

**216** teens who have substance abuse and/or co-occurring mental health issues received after-school intensive outpatient services.

**172** adolescents with substance abuse and/or co-occurring mental health issues received services at one of three Helen Ross McNabb Center residential facilities in East Tennessee.

## Juvenile Justice Services

**528** youth involved in the juvenile court system received case management, counseling, and crisis intervention services through Helen Ross McNabb Center programming.



# Priscilla

Priscilla grew up in poverty and was surrounded by substance abuse at a young age. She began using at 14 and continued throughout her life, despite raising children. The drug use eventually took over her life and she lost her children, house and job. After she lost everything that was important to her, Priscilla gave up and dove deeper into using harder drugs and avoided treatment. After being arrested, Priscilla discovered that she was pregnant with another child. She was terrified that her baby would be taken away from her. She wanted to change her life and be a good mother. Priscilla was admitted to Great Starts and began the difficult road to recovery. Great Starts is a structured living program that offers integrated substance abuse and mental health treatment services to recovering pregnant and parenting women. In this program, Priscilla learned how to be sober, assertive, and ask for help, all while caring for her new baby. Having her child with her in treatment was very therapeutic for Priscilla. And, it's comforting for her to know that her son benefitted from the children's services offered by Great Starts. Priscilla has graduated from the program, has her own apartment and is breaking the cycle of substance abuse in her family. Her future is brighter than it has ever been.



## Mental Health Services

**11,000** adults received mental health counseling, psychiatric services and case management through outpatient clinics in 10 East Tennessee counties.

**152** adults located in rural communities received access to specialized care through the use of tele-health equipment and technology.

**116** adults received services through Program for Assertive Community Treatment (PACT.) PACT is described as a hospital without walls, providing access to direct mental health care in the community.

**247** adults in recovery with a diagnosed mental illness were served by peer support centers in Knox and Hamilton counties.

**48** adults with a severe and persistent mental illness received 24-hour residential care, including: psychiatric, nursing, case management, recovery, transportation and personal care services.

## Crisis Services

**5,556** assessments were provided through the Adult Mobile Crisis Unit, which provides a 24-hour response system for individuals experiencing a behavioral health crisis.

**1,384** adults were served by the Crisis Stabilization Unit, a facility-based service that delivers short-term stabilization treatment to prevent acute psychiatric hospitalization.



Services

Adult

The Helen Ross McNabb Center offers a full array of programs for mental health care, addiction and co-occurring treatment, recovery and social services to meet the needs of adults in our community. Our staff of highly-qualified mental health and addiction/recovery professionals interact daily with community partners such as psychiatric hospitals, physicians, social service agencies, the courts and, of course, family and friends to ensure the best care for people served.

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## Substance Use and Co-Occurring Treatment

**212** parenting women received intensive outpatient treatment and structured living services for co-occurring mental health and chemical dependency issues.

**634** men and women received residential rehabilitation and medical detoxification for chemical dependency.

**584** adults received intensive outpatient services for co-occurring mental health and chemical dependency issues.

## Criminal Justice Services

**3,288** adults involved in the criminal justice system received psychiatric assessments, medication management, case management, advocacy, counseling and crisis intervention.

*Ron*



With a recent death in Ron's family, he experienced trouble sleeping and had a hard time controlling his thoughts and behaviors. His mom was very worried about him and felt that he needed help. He decided to call the Mobile Crisis Unit (MCU), which provides a 24-hour crisis response system for individuals experiencing a behavioral health crisis in East Tennessee. After talking to the MCU staff, Ron decided to get help from the Crisis Stabilization Unit (CSU) at the Helen Ross McNabb Center. He worked hard to turn things around while he was there with the help of the staff at CSU. It's been almost a year and a half and Ron is doing well. His mother is really proud and he's proud of himself. Ron knows there isn't a magic cure and that he has to continue to work hard to stay healthy. However, if he starts to not feel well, Ron knows that the Helen Ross McNabb Center is there for him.

## Domestic Violence

**3,617** calls were made to the domestic violence hotline. This hotline provides a number for victims to call for any-time-of-day access to safety planning and information on emergency shelter, support groups and other domestic violence services from caring, knowledgeable staff.

**216** women and children were served by the Family Crisis Center, the shelter dedicated to serving victims of domestic violence.

**94** victims of domestic violence received transitional housing assistance to help them achieve independence from their abuser.

**582** victims of domestic violence received outreach services which can include legal advocacy, safety planning, case management, support groups, counseling and transportation assistance.



# Jackie

Jackie was confused and terrified. She had been sexually assaulted by her boyfriend because he was convinced that she was cheating on him. While being treated for her injuries in the emergency room, the Sexual Assault Center of East Tennessee was contacted to consult with Jackie. She was examined by a nurse specializing in sexual assault and an advocate also came to the hospital to provide support and help her connect to needed services. Jackie feared for her safety and feared that the rape was her fault. To ensure her safety, her advocate helped her get an order of protection and eventually victim's compensation to help with her medical treatment and lost wages. Jackie began to work with a therapist to rebuild her sense of safety and self-worth. Through therapy and support groups, she eventually accepted that she was not to blame for the attack. Today, Jackie is healing and has hope for the future.

## Sexual Assault Center of East Tennessee

Approximately **1,000** calls were made to the Sexual Assault Center of East Tennessee crisis hotline.

**645** victims of sexual assault received services provided by the Sexual Assault Center of East Tennessee. Services include sexual assault nurse examinations, advocacy and therapy services.

**5,000** children, adolescents and adults received age-appropriate personal safety education provided by Sexual Assault Center of East Tennessee education specialists.

## Social Services

**487** men and women facing homelessness received outreach and case management services.

More than **200** men and women with a history of mental illness live in Helen Ross McNabb Center affordable, supportive housing.

More than **4,000** individuals received HIV/AIDS education and prevention services which include individual and group education, assessment, referral and counseling services and HIV testing.

*Barry*



Helping others has always been very important to Barry. He served in the Air Force and fought in the Vietnam War. After years of struggling with mental illness following the war, Barry found himself without a home. He bounced around from hotels to staying with friends, and finally ended up in a mission. After staying at the mission on and off for more than 9 months, Barry learned about the Helen Ross McNabb Center's supportive housing program. Barry was able to establish a residence and now lives in a stable environment where he can focus on his health. He has been able to meet others in similar situations and finally has a place to call home. Barry is working towards employment and would eventually like to write a book about his life. He wants to help people as much as he can, give back to the community and to try to bring a little happiness to the lives of others.

# HELEN ROSS MCNABB FOUNDATION

Since its founding in 1972, the Helen Ross McNabb Foundation has worked diligently to support the work of the Helen Ross McNabb Center. In addition to providing leadership and direction, the Foundation's staff and 28-member volunteer board actively raises, holds and invests funds on behalf of the Center. Funds raised by the Foundation over the past 43 years have contributed greatly toward the stability and growth of the Center. The Foundation raises funds through several organized efforts.

## Planned Giving

Through the Foundation's giving options, community members have the opportunity to leave a legacy starting today. There are many ways a donor can create a brighter future for children, adults and families in East Tennessee by remembering the Helen Ross McNabb Center in their financial planning. Their thoughtfulness can help support programs and services that make a real difference not only in the lives of individuals, but in the community as a whole.

- Charitable Remainder Trusts
- Endowments
- Life Insurance
- Bequests
- Retirement Plans

## Memorial and Honorary Gifts

Memorial and honorary gifts allow donors to remember or honor a loved one through a gift that provides vulnerable children and adults in East Tennessee the opportunity to receive quality, compassionate mental health care. Upon receipt of the gift, the Foundation sends a note to acknowledge the gift to the family of the individual being remembered or to the honoree.



(Left to right) Front row: Sandy Bertelkamp, Mark Kroeger, Andy Shafer, Avice Reid, Betsey Bush, Joe Johnson, Chris Kahn, Jim Lloyd. Back row: Bob Petrone, Dale Keasling, Bob Joy, Jenny Brock, Elizabeth Campbell, Jerry Vagnier, Patrick Birmingham, Jeannie Dulaney, Davis Overton, Mitch Steenrod, George Kershaw, Carl Van Hoozier, Richard Montgomery. Not Pictured: Fay Bailey Carr, Debbie Brown, Nick Chase, Greg Gilbert, Virginia Love, Don Rogers, Keith Sanford.



## Annual Fund Campaigns

Annual fund campaigns allow the Foundation to raise funds for projects and programs which meet pressing needs for clients and the community. This past fiscal year, the Foundation concluded its **Access to Care Campaign**.

Community leaders Dale Keasling, Home Federal Bank chairman, president and CEO, and Richard Maples, East Tennessee business leader, spearheaded the campaign and raised \$3.15 million to increase access to quality mental health care in East Tennessee. Funds are being used to offset the cost of hiring quality clinical staff, including psychiatrists and nurse practitioners and to make needed renovations to facilities acquired after the Center's merger with Child and Family Tennessee. The Center began recruiting clinical staff and making necessary renovations in Fall 2015.

The Helen Ross McNabb Center and Child and Family Tennessee were started by concerned citizens who wanted to see individuals in their community receive quality and compassionate care, regardless of their ability to pay. The organizations share a rich history of providing safety net services for children and adults often overlooked and underserved in our community. On August 1, 2013, these organizations merged operations in order to provide a comprehensive set of services that would reduce barriers for individuals seeking and needing help. Merging operations allowed the organizations to make a greater impact in the community by advancing efficiency in its operational structure and filling service gaps both geographically and programmatically. Consumers now have access to a greater range of services that meet their unique and individual needs under the umbrella of one organization.

The Center relies on a professional staff of psychiatrists, nurses, clinicians, therapists, and case managers to provide expert, individualized care. With a national shortage of psychiatrists, it is rare and fiscally challenging to provide specialized mental health services in rural and underserved areas. While access to psychiatrists continues to decrease, mental health problems remain common and costly in our community. Increasing access to affordable psychiatric care is vital to our community's health.

Funding raised through the Access to Care campaign will allow the Helen Ross McNabb Center to hire quality, expert staff and provide services in facilities that are safe and therapeutic.



*“As an East Tennessean, a businessman and a father, I want my community to be as healthy as it can be. It is our duty to make sure that our family, friends and neighbors receive the best care possible, and this campaign will help make this happen.”*

Richard Maples, Campaign Co-Chair

## 2015 Helen Ross McNabb Foundation Board of Directors

Mrs. Fay Bailey Carr

Mrs. Sandy Bertelkamp

Mr. Patrick Birmingham

Mrs. Jenny Brock, Secretary

Mrs. Debbie Brown

Mrs. Betsey Bush

Ms. Elizabeth Campbell

Mr. Nick Chase

Ms. Jeannie Dulaney, Chair

Mr. Greg Gilbert, Treasurer

Dr. Joe Johnson

Mr. Bob Joy

Mrs. Chris Kahn

Mr. Dale Keasling

Mr. George Kershaw, Past Chair

Mr. Mark Kroeger

Mr. Jim Lloyd

Ms. Virginia Love

Mr. Richard Montgomery

Mr. Davis Overton, Chair Elect

Mr. Bob Petrone

Mrs. Avice Reid

Mr. Don Rogers

Mr. Keith Sanford

Mr. Andy Shafer

Mr. Mitch Steenrod

Mr. Jerry Vagnier, Ex-Officio

Mr. Carl Van Hoozier

# ANNUAL FUNDRAISERS



## Special Events

The Foundation organizes special events each year to raise financial support and awareness for the Center. These events are embraced and supported by local media and businesses and provide public outreach, which attracts people who may never come in contact with the Center's work at any other time. Last year the Foundation organized seven events that raised more than \$400,000 to support behavioral health services. With the support of the community, these events continue to grow with thousands of East Tennesseans participating every year. To get involved, visit [mcnabbcenter.org](http://mcnabbcenter.org).

## Volunteers

In addition to its professional staff, the Center relies on a core group of volunteers to help support the Center's mission and daily operations.

There are ample opportunities for people to volunteer that vary in commitment level and interest. Through our children and youth services, volunteers can serve as a "safe adult" for children who have experienced abuse or trauma or mentor an adolescent dealing with substance abuse issues. Community members also volunteer in our adult services and programs by providing support to clients. Other volunteer opportunities include providing administrative support for our programs or volunteering at special events and community functions throughout the year. Everyone is invited to be a part of the McNabb story of improving lives in our community!

### Annual volunteer opportunities include:

- Special events
- Programs and services
- Group service projects
- Administrative assistance

This past year **752** volunteers contributed **34,848** service hours!



## Community Relations

In addition to raising funds, the Foundation is charged with raising awareness and reducing stigma around issues that impact the lives of our clients and our community as a whole. These issues include mental illness, addiction and social challenges like child abuse, domestic violence and sexual assault. The Helen Ross McNabb Center opened its doors in 1948 because community members identified the need to provide community-based mental health treatment and support to children and families, regardless of their ability to pay for services. The Center continues to answer the needs of our community today. However, this would not be possible without the continued support and trust of our neighboring communities and businesses. Community partnership is a vital component to the success of the Center's programs.

## Government Relations

Staff members of the Helen Ross McNabb Center keep officials and legislators on a local, state and national level apprised of issues that impact clients served by the Helen Ross McNabb Center. Historically, individuals with limited resources and debilitating conditions are often overlooked and underserved. Our staff members advocate every single day to make sure that clients are treated with dignity and receive the best care possible.

## Media Relations

The Helen Ross McNabb Center relies on local media to provide coverage around vital issues that impact every member of our community, not just clients of the Helen Ross McNabb Center. Media relations are used to raise awareness of available services and resources, health and safety, and potential changes to the health care system. It is important for our community to be informed and healthy! Local media outlets also provide special sponsorship of community events to encourage participation and volunteerism.

## Community Education/Speaker's Bureau

The staff of the Helen Ross McNabb Center is comprised of compassionate, dedicated professionals who go above and beyond everyday to advance their respective fields and raise awareness of pressing issues. Our experts have years of experience and are often asked to speak at local, regional, state and national events. These experts are available to share their knowledge and experience with community groups.

### Topics of interest may include:

- Mental illness
- Substance abuse treatment
- Addiction treatment/recovery
- Domestic violence
- Sexual assault
- Suicide
- Intellectual developmental disabilities
- HIV/AIDS prevention and outreach
- Foster care
- Childhood abuse and neglect
- Behavioral disorders
- Child development and early intervention
- Psychiatric rehabilitation
- Homelessness





# Helen Ross McNabb Center

McNabbCenter.org  
1-800-255-9711

*And here.*

