

# STAND **iN** SPEAK **OUT**

**for THOSE  
WHO NEED  
HELP**

**2021  
IMPACT  
REPORT**





2022 ZARROW MENTAL HEALTH SYMPOSIUM

# EXPLORING family constructs

SEPT. 28-30, 2022

## EXPLORING FAMILY CONSTRUCTS

Through genetics, legal bonds, love, friendship, or community we identify as family and at the heart of every family is a relationship. As we move toward a more inclusive understanding of families, we must acknowledge the wide range of intersecting relationships which reach beyond our ancestry and influence us throughout our lifespan in both positive and negative ways.

The 2022 Zarrow Mental Health Symposium: Exploring Family Constructs will address the changing needs of families, examining the many facets of family relationships, dynamics, development, and systems.

ZARROWSYMPOSIUM.ORG

Front Cover: Black and white photography courtesy of Nathan Poppe, Curbside Chronicle.

# A NOTE FROM OUR CEO

*“The most beautiful people I’ve known are those who have known trials, have known struggles, have known loss, and have found their way out of the depths”*

– Elizabeth Kubler-Ross



**TERRI L. WHITE, MSW**  
Chief Executive Officer

People are more than their struggles. They are more than the data points within these pages.

We keep data on a myriad of programs to let our partners know how we are positively impacting so many lives. But the true impact lies within each individual we serve.

We serve more than 30,000 Oklahomans each year. But the most important one is the one standing before us; the one asking for help.

It’s the person on the other end of the phone calling our Mental Health Assistance Center. For many the call is hard to make, but we meet them where they are and lend a guiding hand to get the services they need.

It’s the person experiencing homelessness who was injured the night before and has lost all possessions including identification. We’re there to bandage the wounds, help get new identification documents and make an introduction to all our services. With a lot of trust building, we connect them to the dignity of work, mental health services and housing.

It all starts with the kindness of our staff. It’s hard work but MHAOK is up to the task every day. Our passionate folks set out to make a difference and they do – one person at a time.







# EXECUTIVE LEADERSHIP TEAM

WITH DECADES OF EXPERIENCE, MENTAL HEALTH ASSOCIATION OKLAHOMA EXECUTIVES LEAD A TEAM OF WELL-TRAINED PROFESSIONALS



CEO Terri White and the Chiefs at Carnivale 2021. Mark your calendars for the next Carnivale, March 25, 2023.

Together, our executive leadership team oversees Oklahoma's premier boots-on-the-ground nonprofit dedicated to promoting mental health through advocacy, preventing suicide, ending homelessness and transforming the criminal justice system.

With your support and generosity, they oversee provision of life-saving services to approximately 30,000 Oklahomans each year when they need it the most.

Association programs include housing (committed to a Housing First model), suicide prevention, mental health education, support groups, pro bono counseling, mental health and substance abuse screening and referral, peer-to-peer recovery services, employment placement and support, integrated mobile medical intervention, and criminal justice advocacy

Additionally, the Association's statewide and grass roots advocacy program works on behalf of the most vulnerable individuals affected by mental illness, chronic homelessness, substance use, and/or justice involvement. Efforts to impact local and state policy, stop stigma and discrimination, and create solutions to the most pressing problems help better the lives of thousands of Oklahomans and their families.



**TERRI L. WHITE, MSW**  
Chief Executive Officer



**GREGORY A. SHINN, MSW**  
Associate Director & Chief Housing Officer



**HEATHER M. BRYANT, MBA**  
Chief Development Officer



**MARK A. DAVIS, LCSW**  
Chief Programs Officer



**JESSICA PHILLIPS, CPA**  
Chief Financial Officer



**SELENA STOCKLEY**  
Chief Administrative Officer





# HOMELESSNESS to HOUSING

## TULSA MAN PERSEVERES, FOLLOWS PATH TO HOUSING

Shade Rowbothom, a Tulsa man experiencing homelessness, hopped on the A Better Way Van looking for a chance to start over. He'd been in and out of poor relationships, struggled with serious alcohol addiction, and subsequently had difficulty keeping a job for any length of time. Shade proved himself a hard worker and received high praise from the A Better Way van driver.

At the end of the day Shade took his \$65 cash back to the garage he was sharing with 10 other people. He vowed to make it back for his appointment with the employment specialist. The next morning, Shade showed up for his 10 a.m. intake meeting ten minutes early. After spending about 40 minutes with the employment specialist Shade was determined he would get the job recommended with AAON, a partner with the A Better Way program.

Walking to the business that afternoon, Shade filled out an application for an entry-level position. He was sure that if he could only get a job and start making some money, he could save up for a car, find stable housing and rekindle relationships he had taken for granted. He would work on his alcohol addiction and turn his life around.

A week later, after having an excellent interview with the H.R. staff of AAON, Shade was offered a job working on heating and cooling products in their production facility. Now, he just had to figure out a way to get there since the closest bus stopped  $\frac{3}{4}$  of a mile away and two hours

after his shift would begin. Shade assured the A Better Way staff that he was determined to make the most of the opportunity. After receiving a bike the A Better Way team secured for him, he rode 7 miles one-way every morning to make it on time for the beginning of his 6 a.m. shift. Shade was determined to make things work.

For a few months, Shade struggled, but he didn't give up. He was kicked out of the garage he was staying in, and even after finding a place to stay, that ended up failing because of reasons beyond his control. Shade stayed determined. Although he struggled, his work ethic impressed AAON enough that he got a raise within the first three months. This gave him a way to repair broken bridges he had with his family and a place to stay as long as he needed.

After months of ups and downs, Shade finally committed himself to sobriety and the year of 2020 & 2021 have been his best years in a long time in his battle with alcohol. Every month he sends the A Better Way staff notifications of another 30 days of sobriety, and more importantly, his occasional promotions with AAON. Since riding the A Better Way van, Shade has overcome addiction, independently secured housing, repaired broken relationships with family, and kept a job that now pays him over \$20 an hour. As of today, he lives in his own apartment.

A Better Way Team working for a day to earn \$65 and the opportunity to be connected to services, including employment.



# STREET OUTREACH

WHEELCHAIR BOUND AND HOMELESS,  
OKLAHOMA CITY WOMAN FINDS A HOME.

Stephanie Newman, case manager for MHAOK's Street Outreach and Rapid Response team, went on a hotline call in October 2021, for a woman who was an amputee sleeping in a wheelchair on the streets of Oklahoma City.

***“I left her alone at that time  
with the promise that I would  
keep checking on her.”***

— Stephanie Newman

Newman says at first, the woman would not interact with her. She wouldn't tell Newman her name or remove a blanket from her head. Newman's offers to help were ignored.

“I left her alone at that time with the promise that I would keep checking on her. The level of vulnerability was highly concerning to me,” Newman said.

Newman went back two more times to make contact. Eventually the woman spoke to her and accepted food.

In November, the street outreach team was called by Oklahoma City Police and Crisis Intervention Team to help with the same woman. They learned her name was Sandra Carmona.

“After assessing the severity of the situation, I advocated for immediate emergency shelter for Ms. Carmona with an urgency to locate a supported housing unit due to her obvious symptoms and her declining health,” Newman said.

The team was able to build trust with Carmona, worked with her to meet her needs, and found a suitable, accessible unit for her within MHAOK's Supported Housing Program.

The team later found out Carmona had been unsheltered in three different states. Now, in Oklahoma, she's off the streets with a roof over her head.





# MENTAL HEALTH AWARENESS

## MHAOK ANSWERS THE CALL AND PROVIDES CONNECTION

### MENTAL HEALTH ASSISTANCE CENTER

Calls to our Mental Health Assistance Center **grew by roughly 46% in 2021** for a total of just over 2,000 calls. The Mental Health Assistance Center provides general mental health information, clinical consultation, screening, and referral to community resources for individuals impacted by mental illness, homelessness, substance use and justice involvement.

**For eligible individuals who are uninsured or underinsured, we offer the SunBridge pro bono counseling program.**

The pro bono aspect of SunBridge counseling services assists individuals who are in need of counseling services but may be uninsured, underinsured, or unable to afford their insurance co-pay. If services are deemed necessary, we match them with a therapist.

### SUPPORT GROUPS

We maintained seven support groups and added two new ones in 2021. New to the roster were **Platicas**, our Spanish conversations group, and a group for **parents of children with disabilities**. We partner with 14 community support groups and offer referrals when needed.

Led by a trained facilitator, we hosted 480 people in our support groups.

### CREATING CONNECTIONS

Individuals impacted by mental illness and homelessness tend to self-isolate. Creating Connections presents an alternative to isolation by providing a safe atmosphere for participants in both Oklahoma City and Tulsa to build relationships. **Nearly 150 clients** were connected with everything from grocery shopping and medical appointments to bowling and movies.

This type of research-based support is proven to significantly reduce symptoms of mental illness as well as expedite recovery.

### VETERANS OUTREACH

Veterans Outreach Services in Oklahoma City continued on its path connecting with **140 veterans** who joined the roster in 2021.

We offer a “Veterans Talk” support group, which provides resources for veterans, and a platform for veterans to share their experiences, assists with the transition back to civilian life, and helps veterans visualize their goals for the future.

### ZARROW SYMPOSIUM

The Zarrow Symposium drew **790 virtual attendees** in 2021 which showcased **four keynote speakers and 122 additional speakers** contributing to **58 sessions**. For the first time, we offered several breakout sessions in Spanish.

We had attendees from **18 different states** across the country.

*Calls to our Mental Health Assistance Center grew by roughly 46% in 2021 for a total of just over 2,000 calls.*





# CRIMINAL JUSTICE REFORM

CONNECTING JUSTICE INVOLVED INDIVIDUALS WITH A NEW WAY FORWARD

**Tulsa's Special Services Docket** helped participants in 2021 **avoid 1,335 days in jail** and saved the city of Tulsa more than \$300,000 compared to \$200,000 in 2020. We connected with 240 participants, which is nearly double the number we served in 2020.

## JUSTICE AND MENTAL HEALTH TRAINING CENTER

Our Justice & Mental Health Training Center provided mental health and trauma-informed training to 465 criminal justice sector professionals.

Notable 2021 trainees:

- Tulsa municipal court judges and staff
- Oklahoma Diversion Hub case managers
- OU Campus Police (Tulsa, Oklahoma City and Norman)

## BRIDGE PROGRAM

The **Bridge Program** reduced emergency room and jail utilization among Tulsa's highest utilizers by 76%.

Prior to the Bridge program, **Austin** struggled with chronic homelessness which he attributes to his substance use disorder. This resulted in him accruing a high number of jail stays. After beginning Mental Health Court in 2019, Austin began working with the Bridge program and was housed in November 2019. Since being housed in the Bridge program, has only had one encounter with the criminal justice system, and we are proud to share that he graduated from Mental Health Court in July 2021.



*The Bridge Program reduced emergency room and jail utilization among Tulsa's highest utilizers by 76%.*



# SUICIDE PREVENTION

## INFORMATION AND TRAINING CAN SAVE LIVES.

By training Oklahomans to use the evidenced-based suicide prevention program **QPR** (Question, Persuade and Refer) we are teaching participants to recognize early suicide warning signs and risk factors, along with how to effectively intervene when someone is experiencing thoughts of suicide in a mental health crisis. Incidents of suicide have increased dramatically during the pandemic.

To address this crisis, we trained **just under 500 people** this year in QPR and are certifying additional trainers.

## STUDENT MENTAL HEALTH

Despite the challenge of limited access to schools, we connected **more than 18,000 Oklahoma students, parents and educators** with information about mental health and wellness.

The Student Mental Health program provides mental health education to 2nd-12th grade students in local schools. In addition, 5th through 12th graders receive screening, triage and referral with parental consent. We stay with students and family once connected to resources. Through this program, we promote wellness and help prevent suicide among youth impacted by mental illness.

*We connected more than 18,000 Oklahoma students, parents and educators with information about mental health and wellness.*





# HOMELESSNESS INTERVENTION

CREATING A PATHWAY FROM HOMELESSNESS  
TO SAFE AND AFFORDABLE HOUSING

## DENVER AND LOTTIE HOUSE

Our peer-run drop-in centers: Denver House in Tulsa and Lottie House in Oklahoma City are hubs for individuals who are experiencing homelessness to receive essentials such as hygiene kits, bus passes, food, water, clothing, and friendship. In addition, participants are connected to Peer Recovery Support Specialists to identify and solve needs, offer programs and provide referrals to additional community services.

In the last year we answered the **11,279 knocks on the door** to offer programs, housing and provide referrals to community services.

## ENDING HOMELESSNESS

Our primary goal is to help end homelessness by providing safe, decent and affordable housing for people

experiencing homelessness, mental illness, substance use and justice involvement.

We educate others that mental illness is one of the major contributing factors to homelessness. This is why in 2021 MHAOK had **1,545 units of affordable and supportive housing units** in Tulsa and Oklahoma City.

We moved **634 more individuals and families** into safe and affordable housing in 2021 compared to 504 in 2020. In 2021, we started our Rapid Rehousing Program, where we celebrated more than **100 move-ins** in the first nine months.

In 2021, **90% of our residents remained in housing after one year.**

## EMERGENCY SHELTERS

When temperatures plummeted to -14 degrees, we responded with amazing speed to open two emergency shelters in Tulsa and Oklahoma City, which provided warm beds where heads hit pillows 3,781 times. Staff braved the elements and combed the two cities in search of those at risk of exposure.

Black and white photography courtesy of Nathan Poppe, Curbside Chronicle.

*In the last year we answered the 11,279 knocks on the door to offer programs, housing and provide referrals to community services.*

## BREAKING NEWS

MHAOK, with funding from the City of Oklahoma City, just acquired Taylor Ridge Apartments which allows MHAOK to provide 54 additional units of housing.





**MOBILE MEDICAL, COMMUNITY HEALTH AND WELLNESS**

For those experiencing homelessness, a simple scrape may turn into a severe infection without proper wound care. Health problems grow exponentially for those living unsheltered. From diabetes to frostbite, our mobile medical teams see a plethora of medical problems.

These programs provide critical medical attention these individuals would not otherwise receive.



Mobile Medical's Jackie Sauter tends to a resident with a hurt finger.

**In 2021, over 600 unique clients** were helped through our programs in Tulsa and Oklahoma City. Some clients were seen multiple times.

Services include medical appointments, medications, medical devices and even transportation.

**ION: INTENSIVE OUTREACH AND NAVIGATION**

The Intensive Outreach & Navigation team provides outreach and services to individuals with serious mental illness. **Forty** clients were served in 2021. The program

serves individuals who are frequently and repeatedly admitted to local area mental health crisis centers such as the Oklahoma County Crisis Intervention Center, Griffin Memorial Hospital, and the Oklahoma Crisis Recovery Unit.

This program includes immediate access to housing at apartment complexes throughout Oklahoma City, along with intensive wrap-around case management services to aid individuals as they move toward obtaining self-sustainability.

**STREET OUTREACH**

Building trust is the first step toward permanent and supportive housing for those experiencing homelessness, many of whom have been overlooked and failed by many systems of support. The Street Outreach and Rapid Response Teams include staff who search the streets of Tulsa and Oklahoma City to find individuals experiencing chronic homelessness, build trust and rapport, ultimately connecting them to services and housing. Traveling the streets and entering encampments, we outreached to 1,862 unique individuals experiencing homelessness. And, distributed more than 6,000 care packs.

**EMPLOYMENT SERVICES**

Our Employment First program provides personalized case management and mentorship. We also connect with local businesses, corporations, and community organizations to develop the relationships necessary for **establishing employment opportunities.**

Programs include: Altamont Bakery, Transitional Employment, A Better Way, Supported Employment and Housing to Work programs.

**A BETTER WAY**

A Better Way is an alternative to panhandling. Participants get paid for a day's work, a meal, and the opportunity to be connected to employment, mental health and housing services. The program started in Tulsa in 2019, and we expanded to Oklahoma City in September 2021. The Oklahoma City team celebrated their first two clients being housed and provided 130 clients with the dignity of work; in Tulsa, 564 individuals were served.

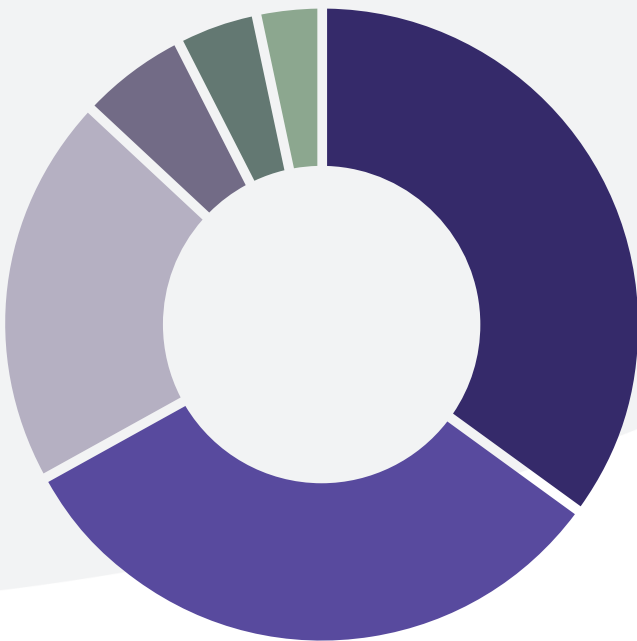
*In 2021, over 600 unique clients were helped through our programs in Tulsa and Oklahoma City. Some clients were seen multiple times.*





# REVENUE

\$24,229,004

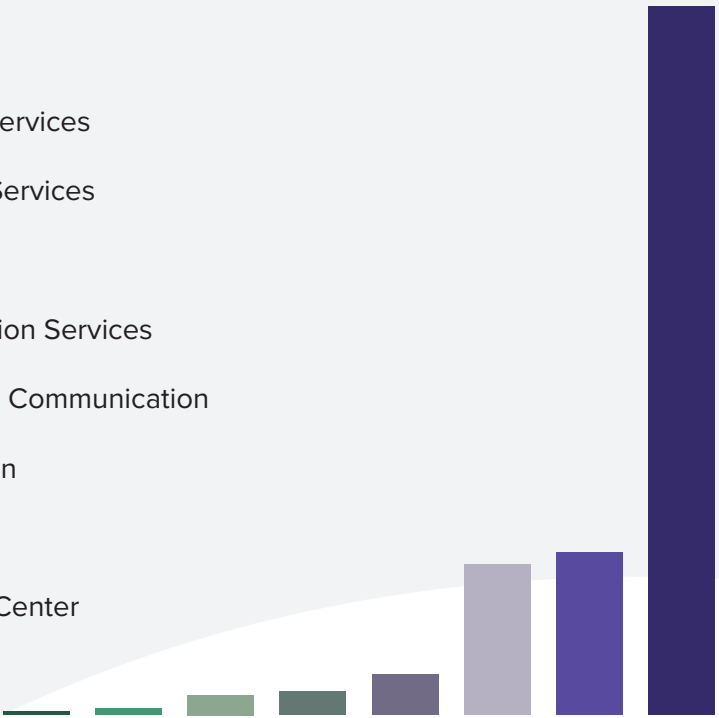


- Grants / Contracts • \$8,494,587
- Rental Income • \$7,784,285
- Contributions / Private Grants • \$4,848,007
- Paycheck Protection Program • \$1,309,387
- Fundraiser • \$1,045,385
- Other • \$747,352

# EXPENSES

\$22,740,892

- \$14,428,192 • Housing Development & Services
- \$3,310,656 • Administrative & Support Services
- \$3,073,450 • Recovery Services
- \$829,822 • Street Outreach & Prevention Services
- \$474,907 • Mental Health Education & Communication
- \$413,323 • Criminal Justice & Diversion
- \$139,164 • Advocacy & Public Policy
- \$71,375 • Mental Health Assistance Center

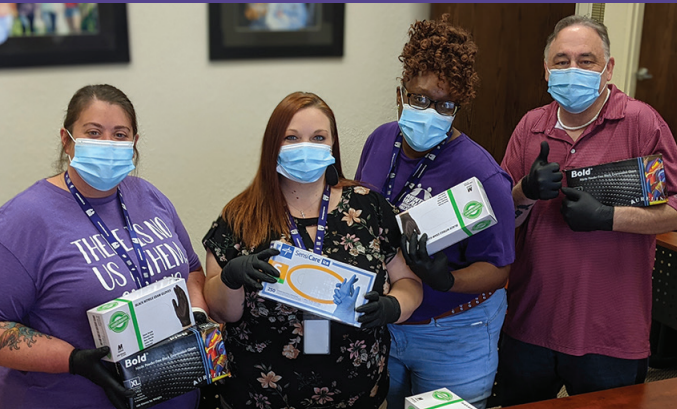






# INVESTING IN MHAOK

ADVANCING THE PREMIER BOOTS-ON-THE GROUND AGENCY SPECIALIZING IN SERVING INDIVIDUALS EXPERIENCING MENTAL ILLNESS, HOMELESSNESS, SUBSTANCE USE, AND JUSTICE INVOLVEMENT.



Members of our Street Outreach and Community Health and Wellness teams receive needed supplies. From left, Shelah Farley, Lyndsay Swihart, Stephanie Newman and Tim Chandler.

From homelessness to housing, we walk alongside our clients, help them achieve independence and connect to the services they desperately need. Partnering with MHAOK makes a life-saving difference. Serving over 30,000 people each year, together we advance mental health and strengthen our communities.

There are no words to express the gratitude we feel for all of you who have supported this important work. **Thank you!** Our development team is eager to answer your questions, share about mission-critical funding opportunities, or recommend the most strategic ways you and your company can partner with MHAOK to change and save lives.

Reach your development team: [donations@mhaok.org](mailto:donations@mhaok.org) or by calling 918-382-2410.

## THANK YOU TO ALL WHO SUPPORTED US IN 2021!

### \$500,000+

Tulsa Area United Way

### \$100,000-\$499,999

- The Anne and Henry Zarrow Foundation
- Ascension St. John
- Common Bond Foundation
- E.L. and Thelma Gaylord Foundation
- George Kaiser Family Foundation
- Hardesty Family Foundation
- Inasmuch Foundation
- Maxine and Jack Zarrow Family Foundation
- Morningcrest Healthcare Foundation
- Kathy Craft Mowry
- Sanford & Irene Burnstein Foundation
- Sarkeys Foundation
- United Way of Central Oklahoma
- The William K. Warren Foundation
- Benjamin and Kaitlyn Zigrang

### \$50,000-\$99,999

- A&E
- Blue Cross Blue Shield of Oklahoma
- Boeing
- Charles and Lynn Schusterman Family Philanthropies
- H.A. and Mary K. Chapman Charitable Trust
- Hille Foundation
- Ruth K. Nelson
- Sharna and Irvin Frank Foundation
- Transformation Church

### \$25,000-\$49,999

- Arnold & Pat Brown Family Foundation
- Roger and Susan Bey
- JW and Mollie Craft
- Joseph and Kelly Craft
- Express Employment Professionals
- John and Kristie Gibson
- Grace & Franklin Bernsen Foundation
- Hale Family Foundation
- KAPS Foundation
- Jim and Suzanne Kneale
- Learning Bridge Foundation
- Love's Travel Stops
- LUXA Enterprises
- QuikTrip Corporation

- Saint Francis Health System
  - Robert and Jill Thomas
  - William and Susan Thomas
  - The Williams Companies
- ### \$10,000-\$24,999
- Jack and Stephanie Allen
  - Argonaut Private Equity
  - Bank of America Charitable Foundation
  - BKD, LLP CPAs and Advisors
  - Carl C. Anderson Sr. and Marie Jo Anderson Charitable Foundation
  - Mary Conley
  - Coretz Family Foundation
  - Cox Charities Oklahoma City
  - Cresap Family Foundation
  - Arlo and Barbara DeKraai
  - Facebook
  - The Flint Family Foundation
  - GableGotwals

- James D. and Cathryn M. Moore Foundation
- John Steele Zink Foundation
- Philip and Miranda Kaiser
- Kirkpatrick Family Fund
- Shawn and Caron Lawhorn
- Mark and Cinda Marra
- Mervin Bovaird Foundation
- Oklahoma Bar Foundation
- Oklahoma City Community Foundation
- Osage Casinos
- Philip Boyle Foundation
- 1921 Tulsa Race Massacre Centennial Commission
- Union Pacific Foundation

### \$5,000-\$9,999

- AAON
- Jeff and Judy Alexander
- The Bama Companies, Inc.
- Bank of America
- Bank of Oklahoma
- John and Mary Ann Bumgarner
- CommunityCare
- Cox Communications
- Crowe & Dunlevy
- David E. and Cassie L. Temple Foundation
- de Beaumont Foundation

- Frederic Dorwart
  - Marlys Fallen
  - The Gelvin Foundation
  - GlobalHealth
  - Hall Estill
  - Harris Foundation
  - Hillcrest HealthCare System
  - HoganTaylor Foundation
  - David and Donnie House
  - Jodi Hudson
  - Jackie Cooper Imports
  - JPMorgan Chase & Co.
  - Mac's Electric Supply
  - Matrix Service Company
  - Merrick Foundation
  - Sanjay and Julie Meshri
  - Oklahoma Humanities Council
  - ONE Gas
  - ONEOK, Inc.
  - Jody Parker
  - Parkside Psychiatric Hospital & Clinic
  - Price Family Properties
  - John and Leigh Reaves
  - Bernard and Marcy Robinowitz
  - The Sara J Padden Revocable Trust
  - Dave and Lauren Sherry
  - Charles and Sheri Stinson
  - TTCU Federal Credit Union
  - Shane and Lori Wharton
  - Yvonne Hazelton
  - Debbie Zeligson
- ### \$1,000-\$4,999
- Jim and Susannah Adelson
  - John and Denise Ahern
  - Anchor Stone Co.
  - Wayne Anderson
  - Steven and Phyllis Anderson
  - Arvest Bank
  - Kathleen Baab
  - Joseph and Julia Back
  - Shelby Beil
  - Michelle Bloesch
  - Dan Burnstein and Martin Martinez
  - Campbell-Lepley/Hunt Foundation, Inc.
  - Mia Charity
  - Charles and Cassandra Bowen Charitable Foundation
  - Pat Chernicky



Church of the Madalene  
Samuel and Hana Clancy  
Nancy Coats-Ashley  
Caroline Cohenour  
Mike Cooke and Sarah Hansel  
Susan Crenshaw  
The Cuesta Foundation, Inc.  
Lawrence and Ronna Davis  
David and Jenny Dirkschneider  
Ken and Patricia Fike  
John and Nancy Gammie  
David W. Gorham Gift Fund  
Jake and Lacey Grinnell  
Douglas and Susan Gronberg  
Scott Hamilton  
Kay Heatherly  
Helmerich & Payne, Inc.  
Curtis Holdridge, II and Margaret Holdridge  
Indian Health Care Resource Center of  
Tulsa, Inc.  
JP Morgan Chase Bank, N.A.  
Jon and Lisa Keylor  
Hilary Kneale and Francis Wilmore  
Laureate Psychiatric Clinic and Hospital  
Ed and Jay Lawson  
Janice Loewen  
Naziha Malik  
Rob and Mary Martinovich  
Sid and April McAnnally  
Joe and Nancy McDonald  
Karsten and Carla Meyer  
Paul Mullins  
Bryan Mullins  
Sumit and Sumeeta Nanda  
John and Julie Nickel  
Oklahoma County Master Gardeners  
Association  
Charles Oppenheim  
Optum  
OSU Center for Health Sciences  
Owl Nite Security  
Pathways to Housing PA  
Pickrell Family Fund  
Eric Procter  
RAM Energy, LLC  
Rick and Susan Randolph  
Red Rock Behavioral Health Services  
Rich & Cartmill, Inc.  
Kip and Gail Richards

Jeffrey Robbins  
Cliff and Carol Robertson  
Don and Sharon Robinson  
John and Stephanie Rupe  
Ruthanna B. Snow Charitable Foundation  
Jolene Sanditen  
Lawrence Schupp  
Sidney W. and Mary Lieberman Fund  
Jeanne Smith  
Doyle Springer  
State of Oklahoma  
Douglas and Susan Stussi  
Wendy Thompson  
Tonsorial Barbershop  
Jerry and Beth Toops  
Valeo Community Residence Program  
Robert and Sharon Varnum  
William and Suzanne Warren  
John-Kelly and Lindsey Warren  
Donald and Susie Wellendorf  
Terri L. White  
Lane Wilson  
Yale Avenue Christian Church  
R. Jill Young  
Youth Services of Tulsa  
Bronya Zamarin

### UNDER \$1,000

Michael Acuna  
Donald and Susan Adkison  
Patrick Aguilar  
Jeremy Allen  
Sophia Alvarez  
Amazon Smile Foundation  
Ardmore Plumbing Supply Co.  
Lenzi Arnold  
Assistance League of Tulsa  
AT&T Employee Giving Campaign  
Sharon Atcheson  
Teresa Avery  
Robert Babcock and Bill Major  
Madison Baird  
Corrie Baker  
Kaylina Baker  
Mia Baker  
Dmitry and Rebecca Balyasny  
Shanda Bandi  
Terri Barnhart  
Sara Barry

Channon Bassett  
Raja Basu  
Mike Bayles  
Jerry and Jackie Bendorf  
Robert and Laurie Berman  
Shawonna Berryman  
Clinton and Sonya Blackwell  
Tahlina Nofire Blakestad  
David Blatt  
Suzie Bogle  
Kathleen Bond  
Hannah Bonds  
Bonfire  
Lisa Bontempi  
Marc and Irene Bookbinder  
Logan Boyd  
Trent Braden  
Derrick and Emily Brandenburg  
Steven and Susan Braselton  
Anthony Brown  
Terry and Laurie Brumbaugh  
Leah Brumbaugh  
Daniel Brumm  
Amber Bryant  
Heather Bryant  
Steve and Mary Burchett  
Deborah Burke and Malcolm Taylor  
Dani Byrd  
Bernest and Joan Cain  
Stephanie Cameron  
Jan Care  
Kevin and Donice Carel  
The Carr Family Trust  
Joel and Harriet Carson  
Misti Center  
Deborah Chase  
Rosalie Childs  
Citizen Energy III, LLC  
Stephen Clark

Brooke Clark  
John and Leah Clayman  
Charlotte Clegg  
Steven and Debbie Cochran  
Evelyn Cooks  
Karen Cooley  
Thomas and Shelley Cooper  
Venita Cooper  
Melanie Copeland  
Vincel Ray Cordry and Marcia Wheeler  
Cordry  
Joshua Cornell  
Debbie Cowan  
Jennifer Cox  
John and Kathie Coyle  
Megan Crocker  
Robin Curry  
M. Sue Daugherty  
Ruth Davidson  
Meredith Davison and Richard Wansley  
Raymond DeBrosse  
Tery DeShong  
Kenneth Diao  
Jerry and Deniese Dillon  
Clint and Laura Dishman  
Barbara Dismukes  
Lori Dixon  
Cynthia Donathan  
Kathryn Donnelly  
Glen Dorrough  
George and Phyllis Dotson  
Delmer and Jan Dreyer  
Kyle Dunn  
Benjamin Dye  
Moises Echeverria  
Theresa Edwards  
Cris Egger

Barry and Barbara Eisen  
Evelyn Evans  
Jennifer Evans  
Family & Children's Services  
Norman and Cherry Fisher  
Leslie Fitch  
Nathan Fite  
William and Susan Flynn  
Karen Ford  
Amy Foskin  
J. Frederick and Carol McNeer  
Philip Friedl and JoAnn Ryan  
Barbara Friedman  
Kelly Fry  
Virginia Fulton  
David Gale

Lindsey Garison  
Jessica Gledhill  
Annie Goad  
Kay Goebel  
Gary Goss  
Sarah Gould  
Scott and Tiffany Grantham  
Tammy Graves  
Joan Green  
Kimberly Green and Mike Yates  
Richard Greyson and Marlene Magrini-  
Greyson  
Jerry and Asialynn Griffin  
Alyssa Grooms  
Gordon and Charlotte Guest  
Kay Gurtin

Black and white  
photography courtesy of  
Nathan Poppe, Curbside  
Chronicle.





Elizabeth Gwin and Terry Vinsant  
Tyler Haga  
Jason Hale  
William and June Hamilton  
J. Phil and Nancy Hammond  
Hank and Nancy Harbaugh  
Amanda Harger  
John Harned  
Gina Harris  
Priscilla Harris  
Lesley Harris  
Heidi Hartman  
Robin Hernandez  
HFMA Oklahoma  
Toni Hignight  
Catherine Hildebrand  
Jim Hodges and Jane Wiseman  
HoganTaylor  
Joe Hogan  
Eric Holquin  
Oliver and Meredith Howard  
Leslie Hoyt  
Janet Huber  
Michael Huber  
John and Karen Hudgens  
Michele Hughes  
Deanne Hughes  
Derrick Hurst  
Thomas and Donna Igner  
Laura Ingram  
Brent Isaacs  
Reggie Ivey  
Gerry and Betsy Jackson  
Ian Jackson  
Robin Jacobs  
Carmen White Janak and Timothy Janak  
Jewish Federation of Greater Oklahoma  
City  
Sheila Johnson  
Macy Johnson  
Elizabeth Johnson  
Glenn and Doneen Jones  
Karri Jones  
Amanda Jones  
Jennifer Jones  
Kenneth Jones  
John and Lisa Joyce  
Victoria Kamp

Margaret Keenan  
Jeff and Kelly Kendall  
Kelly Kendall  
Brandon Keppner  
Mary Kindelt  
Gerald and Shelley Kinder  
Anne Kindrick  
Dillon King  
Sandra Klein  
Ginger Kollmann  
Pam Krafft  
Ali Kucsera  
Lauren Landwerlin  
Quraysh Ali Lansana  
Les and Gail Lapidus  
Nancy LaPlante

Brent Laughlin  
Brooklin Layman  
Lynn Leach  
Sara Levitt  
Lighthouse Behavioral Wellness Centers  
Jason Lile  
Charles and Donna Lloyd  
Elizabeth Lloyd-Weis  
Tiffany Long  
Laura Loughmiller  
Jaquelin Loyd  
Roxanna Maciel  
Michael and Stephanie Madsen  
Billy and Michele Magalassi  
Pamela Magee  
Michael and Sherry Mandel  
Natalie Marra



Black and white photography courtesy of Nathan Poppe, Curbside Chronicle.

Cole Marshall  
Rebecca Marshall  
Robert and Susan Mase  
Michael McClendon  
Adam McCreary  
Frank and Patricia McDonald  
William McGhee and Cheryl Wilson  
Austin and Sara McGinis  
Mary McGraw  
Calah McQuarters  
Anthony and Gabriela Meave  
Brenda Melancon  
Lauren Merrell  
MetLife  
Microsoft Employee Giving  
Jon and Kelly Middendorf  
Ian Milligan  
Kaley Mills  
Paula Milsten  
Karl Modenbach  
Lisa Mogelnicki  
Michael and Marcia Moore  
Joseph Moore  
Keith Moore  
Susan Moreland  
Harley and Sharon Morgan  
Haley Morgan  
Amanda Morrall  
Nathaniel Morris  
Peled-Mudgett Donation Account  
Susan Murray  
Craig and Cathy Murray  
James Nathan  
Kieranne Nelms  
Network for Good  
Russell and Gail Newman  
NIMH  
Ron and Kaye Nofziger  
Northeast District 4 FCCLA Chapters  
Michael Northrup  
Oklahoma Family Network, Inc.  
Teresa Oldham  
Mary Ormsby  
Aleshia Overall  
Jennifer Overmeyer  
Nina Packman  
Bruce and Joy Parker  
Jack Pedicone  
Jan Peery

Kevin Perry  
Taylor Pjesky  
Andrew Polly  
Mary Ann Porter  
Positive Changes  
Brandon Pritchard  
Amrita Priyadarshini  
Rosa Puga  
Sandra Quince  
Steve Ray  
Meghann Ray  
Reese's Medical Equipment of Tulsa  
Daniel Regan  
Barb Reiser  
Riverfield Country Day School  
RLT, LLC  
Tim and Pamela Roberts  
Alice Rodgers  
Maria Romero  
Ellen Rosenblum  
Laura Ross-White  
Malcolm and Pamela Rosser  
Mark Rubey  
The Ruskin Art Club  
Trudi Salinas  
Meg Salyer  
Santé Center for Healing  
George and Kim Schaefer  
Karen Scharf  
Kelsy Schlotthauer  
Schnake Turnbo Frank  
Brandon Schrick  
David and Nevonna Schroeder  
Kelley Scott  
Emily Sharp  
Tim and May Sheehan  
W. Kent Sheets  
Diane Shen  
Scott Shepherd  
Scott and Laura Shepherd  
Gregory Shinn and Margaret Hamlett Shinn  
Annie Shurtleff  
Amy Simon  
Michael and Anjana Simpson  
Holly Skaggs  
Harrison Smith and Joanne Saab Smith  
Cap and Diane Smith  
Nathaniel Smith  
Cristen Smith

Jason Southwell  
Philip Spechler  
Brad and Monica Spencer  
Charles Stanford  
Starbucks Employee Giving  
Anessa Steidley  
Rachel Stein  
Selena Stockley  
Marissa Street  
Denny and Ginny Strickland  
Bob Sullivan  
Sundance Office Supply, Inc.  
David and Barbara Sylvan  
T-Mobile Employee Giving  
Tahira Taqi  
Target Corporation  
Allison Taylor  
Shannon Taylor  
Shannon and Donna Thurman  
Eddy and Doris Tipton  
Dalvin Tobin  
Gary and Leslie Todd  
Brooke Townsend  
The Tristesse Grief Center  
Renee Ulberg  
United Way of Metropolitan Chicago  
Anastasia Vance  
Nancy Vann  
Ronald Walker  
Taylor Wheeler  
Judd Wheeler  
Evan White  
David and Beth White  
Alyn Williams  
Sally Williams  
Maliakah Williams  
Mary Williams  
Avarie Wilson  
Joshua Wimhurst  
Gary and Kay Witt  
Jamie Wittrock  
Todd and Keiko Wright  
Richard Young  
Thomas Young  
Lauren Zeligson  
Chance Zernicek  
Mary Ziegler  
David Zucconi



IN HONOR OF

- Yoly Alam**  
Derrick and Emily Brandenburg
- Jack and Stephanie Allen**  
Raja Basu
- Angel**  
Virginia Fulton
- Mike Brose**  
Jerry and Asialynn Griffin  
David and Donnie House  
Joe and Nancy McDonald
- Dawn and Ron Brown**  
Karen Scharf
- Heather Bryant**  
Paul Mullins
- Roger Kent Chase**  
Nathan Fite
- Clayton Chiarielli and Kelly Rojo Reyes**  
Bank of America Charitable Foundation
- Charlene A. Christ**  
Timothy Janak and Carmen White Janak
- J.W. and Mollie Craft**  
Kathy Craft Mowry
- Oklahoma Family and Friends**  
Leslie Fitch
- Alan and Anne Feld**  
Anchor Stone Co.
- Matt Gleason**  
Peled-Mudgett Donation Account
- Scott Hamilton**  
William and June Hamilton
- Shalynne Jackson**  
Cole Marshall
- Tom and Kudy Kishner**
- Emmet and Gail Richards**
- Hillary Zarrow**  
Steven and Debbie Cochran
- Daute Long**  
Michael Acuna
- Andy and Megan McElroy**  
Deanne Hughes
- Ruth K. Nelson**  
Evelyn Cooks

- Leroy Parker**  
de Beaumont Foundation
- Kip and Gail Richards**  
John and Kathie Coyle  
Frank and Patricia McDonald  
Jody Parker
- Norman Summers**  
Kay Heatherly
- Jerry and Beth Toops**  
Jan Care
- Michael Vann**  
Nancy Vann
- Terri White**  
Les and Gail Lapidus
- Larry J. Abels**  
Robert and Laurie Berman  
Lisa Bontempi  
Joel and Harriet Carson  
Rosalie Childs  
Robin Jacobs  
Margaret Keenan  
Paula Milsten  
Nina Packman  
David and Barbara Sylvan  
Lauren Zeligson
- Bitsy Allen**  
Nancy LaPlante
- Theo Anderson**  
Wayne Anderson
- Hal Balyeat**  
Caroline Cohenour
- Patrick Barry**  
Sara Barry
- William Blunk**  
John Harned
- Michael Chapman and Ashley Fiocchi**  
Terry and Laurie Brumbaugh
- Braden Climer**  
John and Denise Ahern
- Sean Gainey**  
Anthony Brown
- Kristy Jo Grossman**  
Meghann Ray

IN MEMORY OF

- Paul Hight**  
Logan Boyd  
Brooklin Layman
- James P. Johnson**  
Maurice Langston
- Ethan Lilly**  
Lenzi Arnold  
Bank of Oklahoma  
Amber Bryant  
Deborah Burke and Malcolm Taylor  
Lori Dixon  
Leslie Hoyt  
Janet Huber  
Macy Johnson  
Ali Kucsera  
Lynn Leach  
Charles and Donna Lloyd  
Tiffany Long  
Roxanna Maciel  
Joseph Moore  
Keith Moore  
Rosa Puga  
Riverfield Country Day School  
Denny and Ginny Strickland  
Kelley Weil  
Elizabeth Lloyd-Weis
- Daute Long**  
Michael Northrup
- Charles Moreland**  
Susan Moreland
- Loretta Pickhardt**  
M. Sue Daugherty  
Barbara Dismukes  
Norman and Cherry Fisher  
Oliver and Meredith Howard  
Anne Kindrick  
Ron and Kaye Nofziger  
Steve Ray  
Cristen Smith  
Richard Young
- Duane Riggle**  
Kip and Gail Richards
- Jimmye Joan Stuckey**  
Eddy and Doris Tipton
- Larry D. Todd**  
Church of the Madalene
- Vance and Nancy Vanderburg**  
Deborah Chase

- Michael Tanner Vernon**  
Ardmore Plumbing Supply Co.  
Jennifer Evans  
Amanda Harger  
Toni Hignight  
Eric Holquin  
Derrick Hurst  
Lighthouse Behavioral Wellness Centers  
Laura Loughmiller  
Teresa Oldham  
Bruce and Joy Parker  
Emily Sharp
- Dr. Kenneth Whittington**  
Wayne Anderson
- Maxine Zarrow**  
Assistance League of Tulsa  
Robert Babcock and Bill Major  
Dmitry and Rebecca Balyasny  
Jerry and Jackie Bendorf  
David Blatt  
Leah Brumbaugh  
Heather Bryant  
Dan Burnstein and Martin Martinez  
Mia Charity  
Charles and Lynn Schusterman Family  
Philanthropies  
Melanie Copeland  
John and Kathie Coyle  
George and Phyllis Dotson  
Delmer and Jan Dreyer  
Barry and Barbara Eisen  
William and Susan Flynn  
J. Frederick and Carol McNeer  
Barbara Friedman  
GableGotwals  
Kay Gurtin  
Hank and Nancy Harbaugh  
Hardesty Family Foundation  
Hogan Taylor  
Michael Huber  
Thomas and Donna Ignor  
James D. and Cathryn M. Moore  
Foundation  
Sheila Johnson  
Ed and Jay Lawson  
Sara Levitt  
Michael and Sherry Mandel

- Maxine and Jack Zarrow Family  
Foundation  
Frank and Patricia McDonald  
Lauren Merrell  
Craig and Cathy Murray  
Ruth K. Nelson  
Barb Reiser  
Ellen Rosenblum  
The Ruskin Art Club  
Schnake Turnbo Frank  
Kelley Scott  
Rachel Stein  
Tulsa Area United Way  
Terri White  
Debbie Zeligson

IN-KIND DONORS

- Albert G’s BBQ  
LaDeanna Anderson  
Wayne and Janet Anderson  
Assistance League of Tulsa  
Bank of America  
Michael Bates  
Beta Sigma Omega Chapter of Alpha  
Kappa Alpha Sorority  
Elizabeth Bouch and Mark Davis  
Marie Brankin  
Heather Bryant  
Catholic Charities Of Tulsa  
Ashley Chandler  
Samuel and Hana Clancy  
Stephanie Coit  
David and Jenny Dirkschneider  
Alisa Douglas  
Dawn Duca  
FC Tulsa  
Danielle Fielding  
Kelly Fry  
Melanie Fry  
Kimberly Green and Mike Yates  
Alyssa Grooms  
Michelle Hardesty  
Hideaway Pizza  
Abigail Hutchcraft  
Mary Isaacson
- Floyd Johnson  
Kabrei Kilgore Photo  
Bob and Sandra Kappus  
Michael and Stephanie Madsen  
Kathy Martin  
Lindsay McAteer  
Amberlee Middleton  
Notes to Self  
Dell Oakes  
Samantha Odom  
Max Parker  
Dylan and Whitney Phillips  
Jessica Phillips  
Premier Popcorn  
Project Winter Watch  
David and Shirley Reed  
Kip and Gail Richards  
Misti Rogers  
Jacqueline Sauter  
Michelle Scott  
W. Kent Sheets  
Gregory Shinn and Margaret Hamlett Shinn  
Timothy and Sherry Siler  
Patricia Simpson  
Southern Glazers Wine & Spirits  
Stan Johnson Company  
Jon and Julie Steiner  
Selena Stockley  
Jessica Tsotsoros  
Tulsa Area United Way  
Tulsa Oilers Hockey  
Tulsa World  
Terri White  
Kimberly Wooldridge  
Ronald Younger  
Maxine Zarrow Estate



# BY THE NUMBERS

11,279

Served in our Drop-in Centers.



Long-term supportive housing stability rate.

694

Participants put to work through A Better Way.

18,882

Students given mental health services and education.

9,110

Lunches and hygiene kits given out in Tulsa and OKC.

3,117

Sustainably housed in Tulsa and OKC.

8,199

Reached with Suicide Prevention and Mental Health Awareness Information

30,000

Oklahomans served by the Association.





## TULSA LOCATION

5330 EAST 31ST STREET, SUITE 1000  
TULSA, OKLAHOMA 74135  
918.585.1213



## OKLAHOMA CITY LOCATION

400 N WALKER AVE, SUITE 190  
OKC, OKLAHOMA 73102  
405.943.3700

**Mental Health  
Association Oklahoma  
is dedicated to  
promoting mental  
health, preventing  
mental disorders,  
and achieving victory  
over mental illness  
through advocacy,  
education, research,  
service, and housing.**

**Help Us, Help Others.** Calling our Mental Health Assistance Center is the first step.

By calling 918.585.1213 or 405.943.3700, you can connect with information and resources related to mental health and homelessness, including how to access services, support groups, and more.

Contact us anytime Monday – Friday, 8:30 am – 5 pm or leave us a voice message after hours and we will return your call. You may also email us at [info@mhaok.org](mailto:info@mhaok.org)

We are here to help you navigate community resources and mental health services.

### Tulsa Drop-In Center

Denver House  
252 West 17th Place  
Tulsa, Oklahoma 74119  
918.585.1213

### Oklahoma City Drop-In Center

Lottie House  
1311 North Lottie Avenue  
OKC, Oklahoma 73117  
405.600.3074

f @mhaokla  
mhaok.org



Mental Health Association Oklahoma is a partner agency of the Tulsa Area United Way and the United Way of Central Oklahoma and an affiliate of Mental Health America.