

MENTAL HEALTH ASSOCIATION OKLAHOMA

HOUSING. HEALING. WHOLENESS.



2024

IMPACT REPORT



HOUSING. HEALING. WHOLENESS.

Three words. One mission. Because everyone deserves the dignity of hope, the support to heal, and the opportunity to thrive.

A LETTER FROM THE CEO

Carrie Blumert, Chief Executive Officer

Most evenings, when I leave the office and drive home, I don't stop to consider where I'm going. I've driven this route thousands of times and I know where I'm going. I know who will be there and what food is in the fridge. I know the lights will work, and the air will be on. I know my husband and dogs will be anxiously waiting to greet me. It's my home. A place where I feel safe, loved, and taken care of. A place where I can be myself and rest. My home is vital to my well-being and success as a human being. I could not imagine my life without my home. I doubt you can either.

At Mental Health Association Oklahoma, this is what we get to provide for our neighbors. Home. A safe, affordable place that is always ready to welcome you. It's a place, but it's also a feeling. Everyone deserves to feel at home. Everyone deserves to feel safe, and supported, and taken care of. Everyone deserves to go home each night. Without even having to think about it.

Many of the neighbors we serve have lived without the stability of a home for many years. Often compounded with this instability are trauma, addiction, and mental illness.

And then some of our neighbors are experiencing instability for the first time.



Either way, Mental Health Association Oklahoma is eager to help bring people home.

In my first few months leading this incredible organization, I have been blown away by the resilience and tenacity of the neighbors we serve. They simply do not give up. Through supportive housing and mental health services, we serve Oklahomans who deserve a better life and a place to call home.

In this Impact Report, you'll learn about our organization's reach throughout Oklahoma and the lives we touched in 2024. There are so many stories to share, and I am incredibly proud of the work we do every day. Thank you for your support and for giving a damn about your fellow Oklahomans.

Because every Oklahoman deserves to be at home.

With gratitude,

Carrie Blumert



MEET CORIENA

The first thing you notice about Coriena is her unwavering love for her son. It's the kind of love that drives a mother to risk everything to protect her child.

Facing an unsafe and volatile situation, Coriena made one of the most difficult decisions of her life—she took her son and fled. With no time to plan and nowhere to go, homelessness was her only option.

Living outdoors was not easy. Food and clean water were never guaranteed. Rest was interrupted; moments of peace were rare and brief. But Coriena never stopped being a mother. She made sure her son got to school each day.

Despite these conditions, Coriena found a community with others experiencing homelessness. They formed an encampment and, with that, came a support system. They looked out for each other, and they watched over her son.

The future began to shift when Coriena connected with the **Key to Home** program—a public-private partnership led by the City of Oklahoma City and powered by local funders and nonprofits, including **Mental Health Association Oklahoma**. MHAOK's Street Outreach team met Coriena where she was. They listened. They learned what she needed. And they walked alongside her as she secured permanent housing.

Last year—just days before Christmas—Coriena and her son moved into an apartment of their own. For them, it wasn't just shelter—it was peace. It was stability and the first step toward healing.

As Coriena says, "He just gets to be a kid. He doesn't have to worry about where he's going to lay his head at night, or where he's going to get a meal."

Now, when she picks him up from school, he smiles and says, **"Let's go home."**

This is the power of **housing**.
Of **healing**. Of **wholeness**.
This is why we do the work.

SCAN FOR THE PODCAST



Listen to Coriena as she shares her powerful story of resilience, motherhood, and the road from homelessness to home.



“THE ACHE FOR HOME
LIVES IN ALL OF US.”

– MAYA ANGELOU

When a person is without a home, they are without safety, dignity, and the foundation for healing.

Housing is the first step toward lasting change. It unlocks access to employment, education, healthcare, and hope. At MHAOK, we follow the **Housing First** model—a proven approach that begins with a safe place to live and then builds the services needed to sustain it.

234 INDIVIDUALS

IN TULSA AND OKC TRANSITIONED FROM
HOMELESSNESS TO HOUSING IN 2024.

INTENSIVE OUTREACH AND NAVIGATION (ION):

The ION team serves individuals in Oklahoma City living with serious mental illness and chronic homelessness. With immediate housing options and wraparound services, ION redefines what's possible for our most vulnerable neighbors.

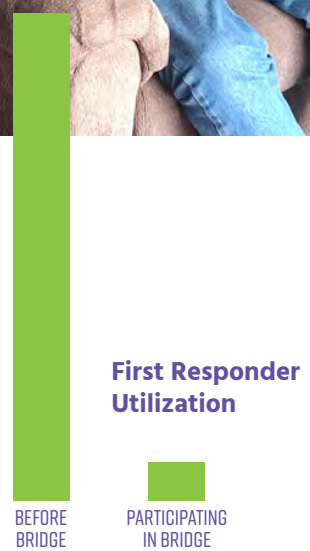
ION SERVED
40 INDIVIDUALS
IN 2024, WITH **78%**
ABLE TO ACHIEVE
SELF-SUFFICIENCY.



BRIDGE PROGRAM:

The Bridge Program fills the gap for Tulsans experiencing chronic homelessness who repeatedly engage with criminal justice, emergency responders, and crisis services by connecting them with housing and wraparound services, significantly reducing the community's emergency system costs.

THE BRIDGE PROGRAM HAD A
100% OCCUPANCY RATE
IN 2024 AND REDUCED FIRST
RESPONDER UTILIZATION AMONG ITS
PROGRAM PARTICIPANTS BY **92%.**



HOUSING TO HOPE YOUTH PROGRAM (HHYP):

The Housing to Hope Youth Program (HHYP) in Oklahoma City provides transitional housing and case management services to young adults, ages 18-24, experiencing homelessness, justice involvement, or human trafficking. Through HHYP, participants can enroll in benefits, obtain vital documents, complete their education, find employment, and participate in mental health services.

21 YOUNG ADULTS RECEIVED LIFE-
CHANGING TOOLS AND GUIDANCE IN 2024.

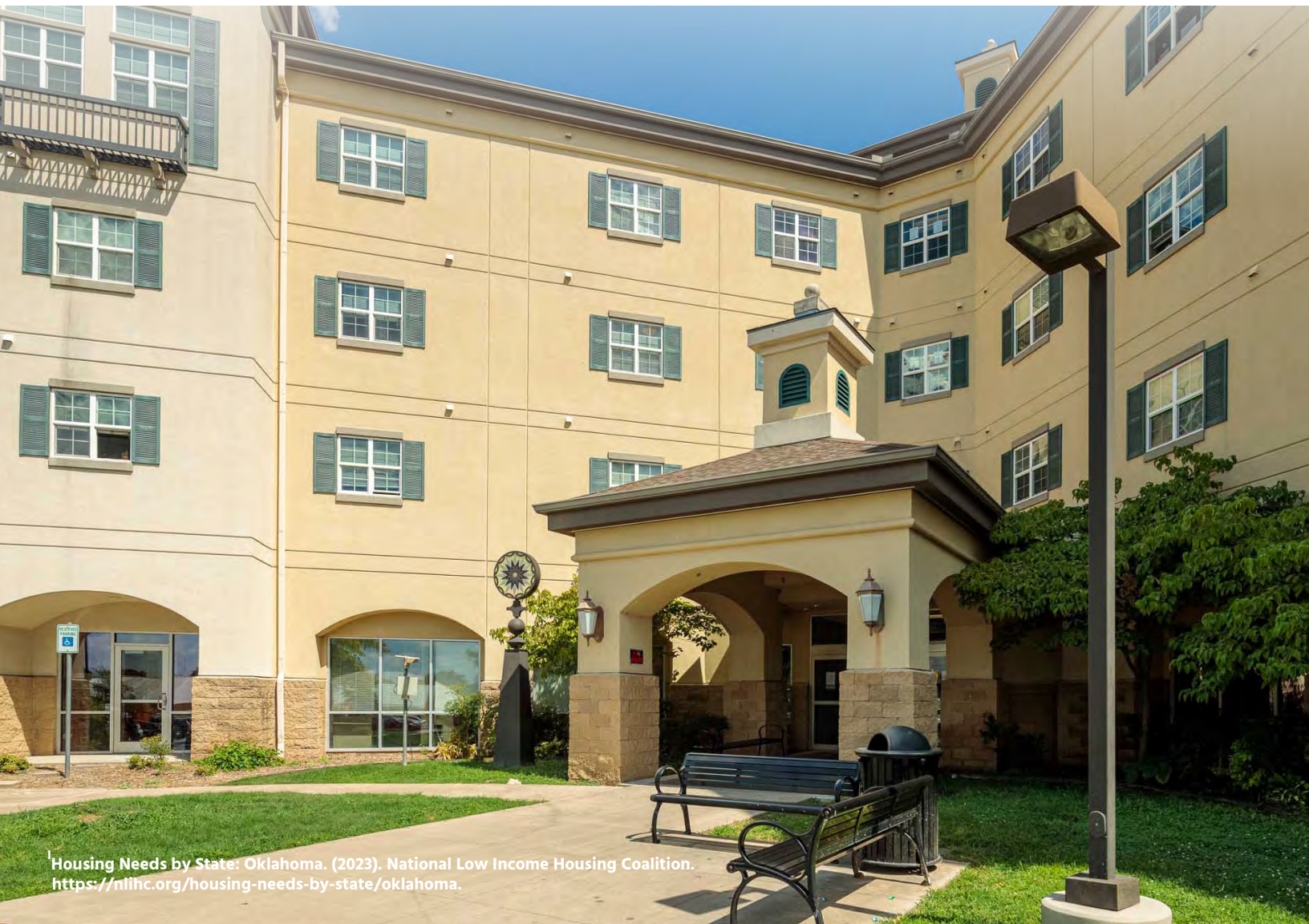
OKLAHOMA FACES A DEFICIT OF OVER 77,000 AFFORDABLE HOUSING UNITS¹

MHAOK is helping close that gap—one unit at a time.

With over 1,300 units across Tulsa and Oklahoma City, we offer more than shelter. We offer stability, support, and community.



86% OF RESIDENTS
IN OUR SUPPORTIVE
HOUSING PROGRAMS
REMAINED HOUSED
AFTER ONE YEAR.



¹Housing Needs by State: Oklahoma. (2023). National Low Income Housing Coalition.
<https://nlihc.org/housing-needs-by-state/oklahoma>.



STREET OUTREACH:

From sidewalks to urban encampments, our street outreach teams engage individuals experiencing homelessness in both OKC and Tulsa with compassion and purpose—offering housing and support that leads to transformation.

OVER 3,000 CALLS

WERE ANSWERED BY OKC'S COMMUNITY RESPONSE TEAM, EQUIPPING INDIVIDUALS WITH NEEDED SERVICES AND SUPPORT.

1,551 UNIQUE INDIVIDUALS

RECEIVED SERVICES THROUGH STREET OUTREACH IN 2024.

PEER-RUN DROP-IN CENTERS:

Denver House (Tulsa) and Lottie House (OKC) are Oklahoma's only peer-run drop-in centers, where individuals experiencing homelessness, mental illness, or substance use disorders can find connection, stability, and support from those with lived experience.

At the drop-in centers, visitors can access services such as connection to housing, obtaining their ID card, connection to a mental health provider, and signing up for SNAP benefits.

28,232 VISITORS

ACCESSED VITAL SERVICES IN 2024.



PANHANDLING DOESN'T OFFER A PATH OUT OF HOMELESSNESS— A BETTER WAY DOES.

A Better Way in Tulsa offers a day's work, a meal, and meaningful support services designed to help participants take their first steps toward employment, housing, and healing.

679
PARTICIPANTS
EARNED A DAY'S WAGES
FOR A DAY'S WORK.

67
PARTICIPANTS
SECURED
PERMANENT JOB
PLACEMENTS.





75 SUPER-UTILIZERS
OF EMERGENCY SERVICES IN
TULSA WERE CONNECTED
WITH CASE MANAGEMENT
THROUGH COMMUNITY
ASSISTANCE, REFERRAL, AND
EDUCATION SERVICES (CARES).

MOBILE MEDICAL

MHAOK's Mobile Medical and Street Medicine teams in Tulsa and OKC deliver urgent health care directly to people experiencing unsheltered homelessness—reducing ER visits and saving public dollars.

From wound care and medications to dental and primary care referrals, we bring healing where it's needed most.

1,476 INDIVIDUALS
RECEIVED CARE,
SAVING **\$814,351**
IN AVOIDED ER COSTS.

MENTAL HEALTH BY THE NUMBERS

1,177 CALLS WERE
ANSWERED
BY OUR MENTAL HEALTH
ASSISTANCE CENTER,

connecting callers with general mental health information, clinical consultation, screening, or referrals to MHAOK's SunBridge Pro Bono Counseling Services, ensuring those who are uninsured or unable to pay for mental health services get access to the treatment they need.

65 VETERANS
RECEIVED SERVICES

at Oklahoma City's Lottie House
Peer-Run Drop-In Center.

7 UNIQUE
SUPPORT GROUPS

were offered statewide by trained facilitators, with topics ranging from BIPOC (Black, Indigenous, and People of Color), Anxiety Management, and Survivors of Suicide Loss.

149 HISPANIC
COMMUNITY
MEMBERS PARTICIPATED
IN PLATICÁS,

a Spanish-language program in Tulsa providing support groups, parent programs, sibling workshops, counseling, and case management.

20,881 STUDENTS
AND STAFF
PARTICIPATED IN THE YOUTH
MENTAL HEALTH PROGRAM,

providing free mental health education to 2nd-12th grade students in schools throughout Oklahoma. Students receive mental health screenings and learn vital skills to promote wellness and prevent suicide.

338 PARTICIPANTS COMPLETED SUICIDE PREVENTION TRAINING.

MHAOK's evidence-based training, Question, Persuade, Refer (QPR), equips participants to recognize and respond effectively to someone exhibiting behaviors consistent with suicide ideation.

23 QPR TRAININGS WERE COMPLETED IN 2024.

119 INDIVIDUALS PARTICIPATED IN CREATING CONNECTIONS,

a vital program in Tulsa offering an alternative to isolation and a pathway to stability for adults living with mental health diagnoses. Through safe, supportive environments, participants are empowered to build healthy relationships and engage more fully in community life.

116 PARTICIPANTS GRADUATED FROM THE SPECIAL SERVICES DOCKET,

saving the City of Tulsa \$579,765 in avoided incarceration costs.

The Special Services Docket allows individuals affected by mental illness, substance use, and homelessness who have committed low-level municipal offenses to be paired with a case manager in place of serving jail time. After successful completion of the program, participants often have charges dismissed, fines, fees, and court costs suspended and, when appropriate, court records expunged.

84% OF GRADUATES OF THIS PROGRAM ARE NON-REOFFENDERS.

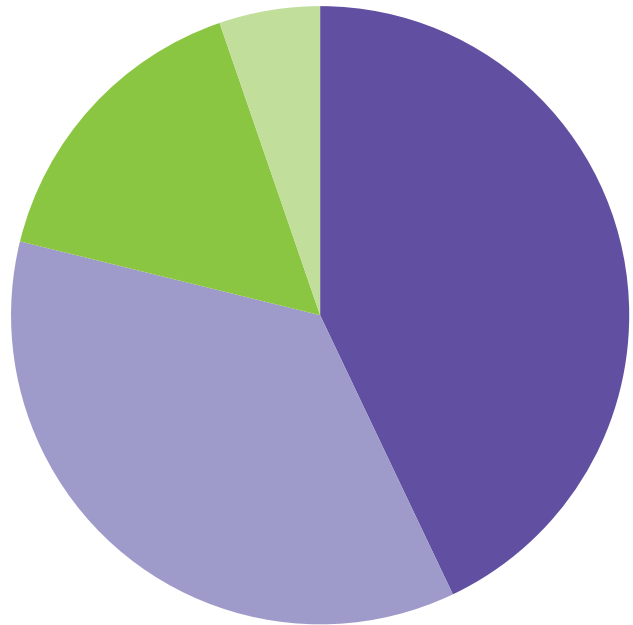
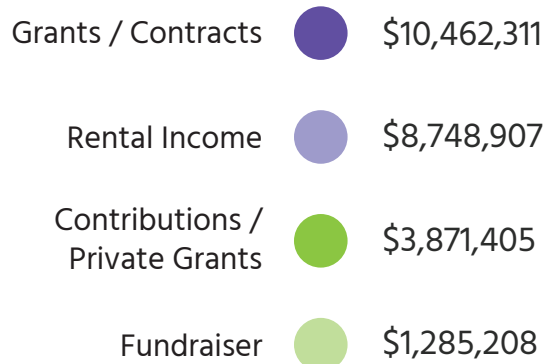
166 CRIMINAL JUSTICE SECTOR PROFESSIONALS

participated in the Justice and Mental Health Training Center's customized mental health and trauma-informed training, equipping them to better serve individuals with mental illness engaged in Tulsa's legal system.

2024 FINANCIALS

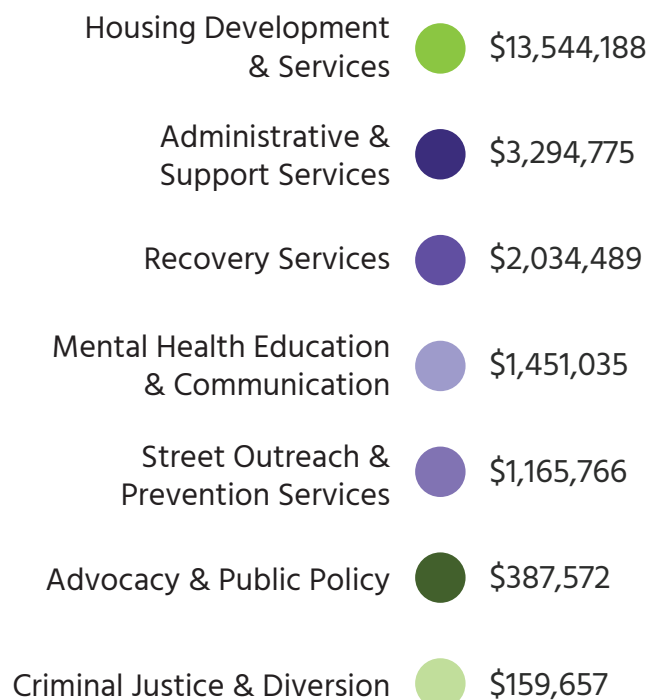
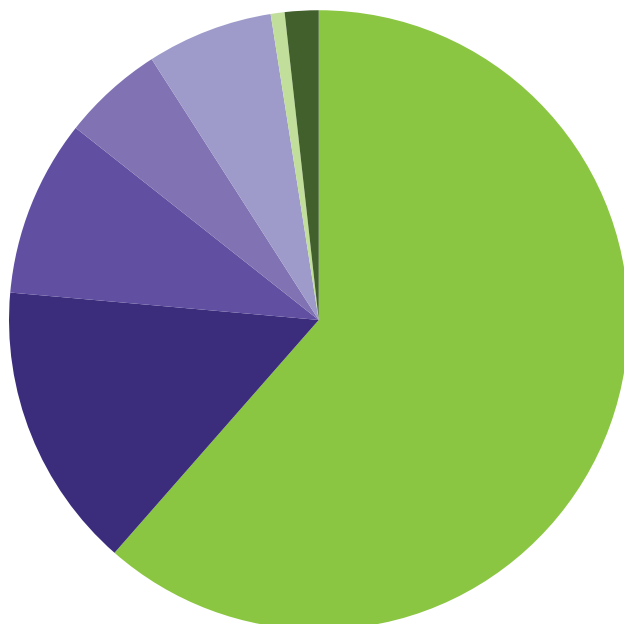
2024 REVENUE

\$24,367,831



2024 EXPENSES

\$22,037,482





Your continued belief in our mission and countless acts of kindness and generosity have brought dignity, comfort, and stability to those who need it most.

Let's keep building a future where mental health is supported, homelessness is rare and brief, and justice is truly restorative.

DONATE TODAY

Your tax-deductible gift directly fuels our work across Oklahoma.

Give now at mhaok.org/donate.

STAY CONNECTED

Follow us [@mhaokla](https://www.instagram.com/mhaokla)



Share our blogs, podcasts, and social media posts.

Shop to support: All proceeds from our online store directly support our programs.



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FOLLOW US ON SOCIAL MEDIA,
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THANK YOU

TO THOSE WHO SUPPORTED US IN 2024.

\$500,000+

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Tulsa Area United Way

\$100,000 - 499,999

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The Oxley Foundation
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Tulsa Fin Tube

\$5,000 - \$9,999

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OR DONATE.**





31ST ANNUAL ZARROW MENTAL HEALTH SYMPOSIUM



OCTOBER
8-10,
2025
A VIRTUAL EVENT



LEARN MORE AT [ZARROWSYMPIUM.ORG](https://zarrowsymposium.org)

GET HELP NAVIGATING THE MENTAL HEALTH SYSTEM

Mental Health Assistance Center

Our free resource referral line provides one-on-one customer service to help find the best referral option for individuals in need. We're here to work with you and help you navigate the mental health system.

Contact us at **918.585.1213** or **405.943.3700**
Monday-Friday from 8:30 a.m. to 5 p.m.
or **scan the QR code** to send us a message.



mhaok.org/get-help



OKLAHOMA CITY LOCATION

915 N. Robinson Avenue
OKC, Oklahoma 73102
405.943.3700

TULSA LOCATION

5330 E. 31st Street, Suite 1000
Tulsa, Oklahoma 74135
918.585.1213



@mhaokla
mhaok.org

MENTAL HEALTH ASSOCIATION OKLAHOMA

is dedicated to
promoting mental
health, preventing
mental disorders,
and achieving
victory over mental
illness through
advocacy, education,
service, and housing.

Mental Health Association Oklahoma is a partner agency of the Tulsa Area United Way and United Way Central Oklahoma, an affiliate of Mental Health America, and is accredited by the Council on Accreditation.

