



2019 ANNUAL REPORT

NORTHERN VIRGINIA MENTAL
HEALTH FOUNDATION

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The mission of Northern Virginia Mental Health Foundation is to raise awareness and acceptance of individuals living with a mental health condition and provide individuals seeking mental health services in our community with the funding necessary to achieve their wellness goals.

Northern Virginia Mental Health Foundation has offered assistance to over 6,000 individuals since its inception 27 years ago. Barriers to treatment can be daunting, and timely support can make such a meaningful difference.

This past year, the Foundation provided funds for such critically-needed items as: 1) medical appointments and medical copays, 2) security deposits for apartments 3) essential dental services, and 4) therapy lamps and recreation center passes to enhance wellness. These supportive interventions are not available from other funding sources. Yet, they can empower these individuals to continue their journey towards healthy living and recovery.

In addition, the Foundation supported education and advocacy through the annual Pathways to Wellness Conference. With generous support of our donors, the Foundation will be able to continue the mission of transforming lives in our community.

HIGHLIGHTS OF 2019

Northern Virginia Mental Health Foundation is pleased to have been able to provide scholarships to 97 individuals at the annual Pathways to Wellness Conference on October 18, 2019. The Foundation also fulfilled 44 grant requests (4 denials) serving 148 activities as indicated below.

TYPE OF GRANT	# OF ACTIVITIES	AMOUNT FUNDED
Medical/Dental	13	\$12,590
Housing Related	13	\$9,699
Nutrition/Health/Social	32	\$4,514
Medical Copays	90	\$7,545
Total	148	\$34,348

FINANCES OF 2019

Northern Virginia Mental Health Foundation has an all-volunteer Board with no staff. Overhead costs are kept to a minimum, so donations directly impact the individuals served. Funds are provided by generous individual and corporate donors via direct donations, Community Health Charities, Giving Tuesday, and DoMore24.

BUDGET CATEGORIES	FUNDS
REVENUE	
Donations	\$33,451
Medical Copays	\$4,995
Wellness Conference	\$7,581
Total Revenue	\$46,027
EXPENSES	
Grants	\$26,803
Medical Copays	\$7,545
Wellness Conference	\$8,510
Fundraising	\$1,200
Administrative	\$3,324
Total Expenses	\$47,382
Ending Net Assets	\$45,096

COMMUNITY FEEDBACK

Individuals receiving grants provide feedback about the impact of the funding. Some of their stories are as follows.





“ She didn't smile for years because she was embarrassed by her dental hygiene which really impacted her self-confidence and her self-esteem. Having this dental work done has also helped her to heal from her traumatic upbringing. She was neglected as child without parental guidance about dental care. Her dental treatment symbolizes her recovering and healing from her traumatic past and moving forward in a positive direction. ”

SELF CARE CAN CHANGE LIVES



“ With funds for a recreation center pass, this individual’s self-care started with participating in swimming but then developed into joining recovery-based groups. In addition to decreasing her symptoms, she was able to recognize the need to focus on treatment and recovery. This opportunity may have saved her life as she was given the opportunity to find one thing that allowed for self-care. ”

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