

## Our Leadership Team

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*"I look forward to attending the CSBH Learning Community every month. The Learning Community educates me about issues students face from the lens of different stakeholders. It allows me the opportunity to share my own experience and agency offerings to both schools and other agencies. I have made so many contacts that have led to inter-agency collaborations. The Learning Community is invaluable. And to put a bow on top of it all, the facilitators, Sharifa and Nicole, make the meetings fun, welcoming, and inspiring!"*

*~ Suzanne Mobarak, LMSW, Girls Inc of Greater Houston*

**Financial information is  
available on our website**

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*An affiliate of Mental Health America*

Serving Harris, Fort Bend, Montgomery, Brazoria, Galveston, Liberty, Waller, Chambers, and Austin Counties

### Rising To The Challenges In A Year Of Crises



Visit Our New Website At [MHAHouston.org](http://MHAHouston.org)

## A MESSAGE TO THE COMMUNITY

Dear Friends,

There is little argument that 2020 was a year of unprecedented strife and catastrophic impact, demonstrated by an unspeakable loss of life, a national reckoning on race and inequality, economic instability, and modifications to how we live and work, as well as how we educate and care for our children.

During this troubling time, we prioritized the health and safety of our community and their mental health, taking quick and decisive action to provide resources and share trauma-informed practices to support recovery and resilience. Yet, we know the isolation and separation of the past year, coupled with our region's history of natural disasters, will undoubtedly influence the psychological wellbeing of all of us as individuals and as a community for the long-term.

In this new year, we continue to move with speed and intention ensuring the future of our organization reflects the insight and opportunities revealed to drive community solutions to promote the mental health for all.

I would be remiss if I did not acknowledge the fearless men and women—staff and board members—I work alongside, who prioritized serving the community even as they personally coped with the harsh realities of the pandemic and convergence of political, social, and cultural change.

I am inspired every day and look ahead to a horizon of possibilities.

In service,

Renae Vania Tomczak, MBA  
President|CEO



Mental Health America of Greater Houston is a 501c3 non-profit organization

## BENEFIT TO THE COMMUNITY

### A Snapshot of Our Commitment to Wellness

#### PUBLIC POLICY

- Our Public Policy and Government Affairs team developed a series of virtual conversations and panel discussions with legislators to lead conversations around strengthening safety net programs, protecting workers and families, and building community resilience. This work began in April, and these conversations helped us prepare for the 87th Legislative Session, which is currently in session.

#### CENTER FOR SCHOOL BEHAVIORAL HEALTH

- CSBH conducted a needs assessment survey which was sent to Greater Houston school districts in mid 2020 to gain insight on the behavioral health needs of educators and families. 63% of respondents indicated that needs have increased due to COVID-19. We strategically used this data to reevaluate, modify and expand our offerings to our target audience with one-pagers, virtual pandemic-related trainings, and Emotional Backpack Project modification.

#### VETERANS BEHAVIORAL HEALTH

- Certain program activities have had to be put on hold during the pandemic, yet we have been able to continue to provide support to veterans effectively. We transitioned some of our other program activities, such as Military Veteran Peer Network Basic Training, to virtual formats and we participated in virtual Veterans Treatment Court dockets.

#### INTEGRATED HEALTH CARE INITIATIVE

- We worked diligently to provide opportunities to expand and improve delivery of care while operating in a work-from-home environment. The IHCI work included advancing telehealth to aid in overcoming the regulatory, financial, and technological barriers that exist in the short term, as well as when we return to our lives and rebuilding the economy. While emergency measures have reduced some of the barriers to advancing telehealth, it is important we continue to establish best practices that will compel lawmakers to keep in place measures that support connected health.

#### MENTAL HEALTH LITERACY

- Our Mental Health Literacy team has produced a variety of resources to promote wellness during the pandemic, including weekly wellness e-mails; self-care videos; and virtual trainings that support a general audience.

#### 2020 MENTAL HEALTH SCREENINGS OVERVIEW

- Last year, more than any year before, 15,000 greater Houstonians self-identified as a help-seeking population, giving us new opportunities to address mental health concerns long before they become a Stage 4 crisis. While we are not the only screenings available to people, and we only capture a fraction of those affected, we provide the most direct, real-time measure of the deep impact the pandemic is having on mental health in our region. Visit our website to take a screening and check in on your mental health.

WWW.MHAHOUSTON.ORG