



# THOMAS M. WERNERT CENTER ANNUAL REPORT FISCAL YEAR 2008



## THE MISSION

“To improve the quality of life for persons living with mental illness through peer-driven and focused programs which address recovery through education, peer support and advocacy.”

## VALUES STATEMENT

The Thomas M. Wernert Center is dedicated to fostering growth in our members living with mental health challenges through peer support and by enhancing recovery with opportunities for education and socialization within a safe, welcoming and diverse atmosphere of trust and mutual respect that leads to a meaningful life.

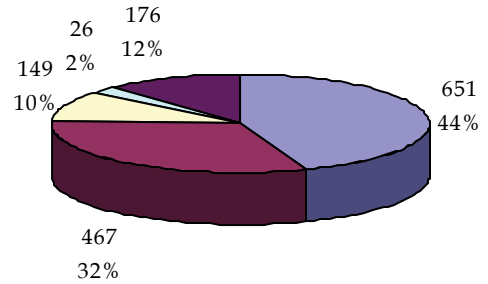
## Wernert Center Board of Trustees

Carol Nagy, President  
 Deb Paterakis, Vice President  
 Joan Rutherford, Treasurer  
 Laura Wilson, Secretary  
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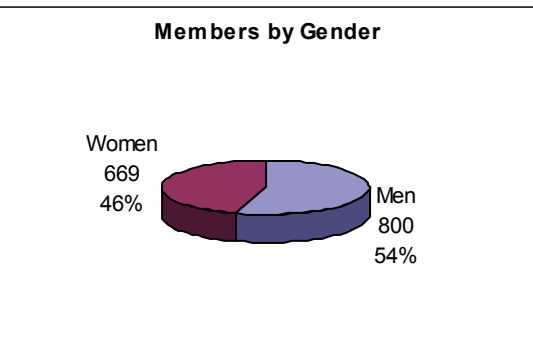
## Fiscal Year 2008

Revenues - \$618,830  
 Expenses - \$596,910  
 Operating Income \$21,920

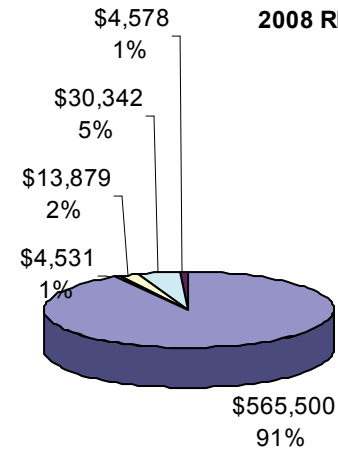
## Where our Members Receive Mental Health Services



- Unison Behavioral Healthgroup
- Zepf Mental Health
- Harbor Behavioral Healthcare
- Private Psychiatrists
- Other (Northcoast/Central Access)



## 2008 REVENUES



- MHRSBLC allocation
- Other Grants
- Donations & Gifts
- Other
- Special projects & workshops



Fiscal Year 2008, July 1, 2007 — June 30, 2008  
 Annual Report Submitted February 2009

# SUMMARY OF ACCOMPLISHMENTS

## JULY 1, 2007 — JUNE 30, 2008

### *Celebrating 16 Years of Recovery Successes*

- Aim High programming began on July 9, 2007 and offers skill building in the areas of menu and recipe planning, grocery shopping, food prep, cooking, serving, clean-up, and recycling. **127 Different individuals participated in Aim High programming during the first year, with an average of 25 members participating daily.**
- New Horizons is a social recovery program that provides members an opportunity to visit culturally diverse sights and attractions with their peers they might not otherwise experience, receive an individual linkage to pursue interests in the community on their own, and volunteering at the Wernert Center and in the community. Members not only have fun, but give and receive encouragement from their peers during the outings relating to their mental health recovery, which leads to members keeping doctor's and treatment appointments, staying on their medications, engaging in other meaningful activities, and reducing feelings of isolation. **204 Different individuals participated in New Horizons programming and 182 activities were offered, such as the Indian Pow Wow in Ann Arbor, Charles H. Wright Museum of African American History in Detroit, Mud Hens games and bowling.**
- Peer Enrichment Program (PEP) includes the courses:  
BRIDGES, a 10 week mental health education course with topics such as Emotional Stages of Recovery, Mood Disorders, Dual Recovery, Biology and Brain Chemistry, Medications, and Advocacy. **14 members graduated from BRIDGES.**  
Peer Support/Peer Enrichment Course, includes topics such as peer support, attitude, decision making, communication skills, and advocacy. **15 graduated from Peer Support Course.**  
Leadership Education Program, includes topics such as Intro to leadership, communication, government/committee structure, Robert's Rules of Order, making a motion, reading reports, and advocacy. **9 graduated from Leadership training.**



From front left clockwise: Joe, Pat, Dana, & Tammy prepare a nutritious lunch during Aim High in July 2007.

Right: Kathy enjoying fishing, a favorite hobby of hers, for the first time in many years at Dexter Trout Farm in Dexter, Michigan. "It was one of the most enjoyable times I've had in a long, long time."



Left to right: Eva, Kevin, Kathy, Katie Phillips, program coordinator, Julie, and Brenda celebrate graduation from the Leadership Education Program in March 2008.

Two year member Annie Durrett has graduated from all of the PEP courses and attributes her recovery success to learning a "great deal about the purpose and importance of medications, as well as how to advocate for myself, and the proper way to deal with my peers. These classes were a boost to my self esteem and confidence. With the assistance from my husband and the staff from the Wernert Center I was able to start the process of achieving my life long dream of becoming a CPA. I enrolled in college and I can now say I take courses online through Axia College." Annie is just one of the Wernert Center's many success stories we celebrated in Fiscal Year 2008.

Right: Member Annie Durrett has graduated from BRIDGES, the Peer Support Course, and the Leadership Education Program and is pursuing her goal of becoming a CPA.

