

ANNUAL REPORT 2023-24

OCTOBER 2024



GREETINGS FROM OUR EXECUTIVE DIRECTOR

Welcome to the first Annual Report for Peer Vision for Mental Health! It has been a whirlwind year since our official start on October 1st of 2023. In this short period of time, we have worked hard to assure the continuation of some community peer services, and taken on new endeavors that allow us to serve additional groups of individuals. We have reached out to other organizations in our community to form cooperative relationships, and sought to identify needs in our community that can be addressed through peer support services. We are looking ahead with optimism to the next year, finding opportunities for growth and improvement. I am energized by all we have done, and by all of the possibilities before us. It is my hope and plan that Peer Vision serves to make a true difference in the Minot community and beyond.

Tamra Huesers

EXECUTIVE DIRECTOR



*Connection, Growth,
and Possibility*

We are a Peer-Run Organization that Promotes:

- Peer Support and Shared Lived Experience as Tools for Well-Being
- Strengths-Focused Services
- Peer Advocacy
- Wellness Education
- Resources and Referrals
- Community Collaborations

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OUR MISSION AND ACCOMPLISHMENTS

The Peer Vision for Mental Health Mission Statement

Our mission, as a peer-driven organization, is to unite our communities through advocacy, support, and empowerment to anyone who is in recovery or identifies with any mental health challenge.

Peer Vision for Mental Health aims to walk alongside peers on their journey to wellness. In addition, Peer Vision strives to encourage community partnerships, educational opportunities, and peer support opportunities that strengthen recovery and wellness in North Dakota.

Some of This Year's Accomplishments

In its inaugural year, Peer Vision:

- Founded and added to its Board of Directors.
- Was awarded the North Dakota Health and Human Services (NDHHS) contract to manage the Harmony Center in Minot, ND.
- Took a Minot area veteran peer support group under its wing, transforming it into *Minot Vets for Vets*. Continued bimonthly Vets for Vets peer support group meetings.
- Received a North Dakota Community Foundation grant to enhance community outreach for Peer Vision projects.
- Established a website that includes web pages for Peer Vision-managed organizations.
- Was awarded a NDHHS Suicide Prevention Community Programming contract in April to support its veterans' peer support activities.
- Opened the Vets for Vets meeting center, hired a Program Coordinator, and started open hours for drop-in veteran peer services.
- Received a Minot Area Community Foundation Grant to assist with technology and equipment purchases for Vets for Vets.
- Completed our first *Intentional Peer Support* training for Peer Vision staff, program participants, and volunteers.
- Increased collaboration with other community entities in order to bring more service options to those served by Peer Vision and its entities.

OUR ORGANIZATIONS

Peer Vision is a peer-run nonprofit organization. It serves as the managing agency for two peer support entities: The Harmony Center and Minot Vets for Vets, both located at 720 Western Avenue in Minot, ND. More information about Peer Vision and its associated entities can be found on our website at peervisionnd.org.

The Harmony Center is a community support center for individuals that self-identify as having behavioral health concerns that affect their well-being. The center provides individual and group peer support, mental health recovery education, social recreation, and drop-in availability. The center is funded through a contract with North Dakota Health and Human Services (NDHHS), and has been in existence in Minot since 1988. In 2023, the contract to manage the center was assumed by Peer Vision, making it the first fully peer-run center among the state's eight NDHHS-funded mental health recovery centers.

Minot Vets for Vets is a peer organization serving veterans and former service members in the Minot region. It is funded through a NDHHS Suicide Prevention Community Programming grant, as well as by additional small grants and private donations. In just its early months of development, the organization is currently providing group peer support open to the community, and has established a veteran-dedicated meeting space with drop-in open hours available six days a week. The center is staffed by a veteran with broad lived experience and peer support training. In the upcoming year, Vets for Vets plans to expand its veteran-geared peer support, increase its education and training offerings, and serve as an available gathering space for other veteran-related groups or organizations in the area.



**HARMONY
CENTER**



OUR OUTLOOK

Peer Vision for Mental Health is just getting started, but we see terrific opportunities for improvement and growth in the upcoming year.

Our outlook includes continuing to manage the Harmony Center, striving to help it remain a strong resource for community members who struggle with mental health concerns. This endeavor will include broadening our viewpoint from a strictly mental health focus, to a focus that embraces all individuals with behavioral health concerns who have a primary or underlying mental health need. We believe in a broad emphasis on well-being and living a satisfying life, and will strive to help individuals cultivate those factors that promote well-being, which include connectedness, hope, identity, meaning and purpose, and empowerment. Areas of development we hope to address at the Harmony Center this year include family peer support and outreach to young adults.

Minot Vets for Vets is still in its developmental stages, and we have high hopes for its progress in this next year. Having established our veteran-dedicated peer support center, hired staff, expanded participation, and begun our internal peer support training initiative, we look forward to reaching a continually expanding cohort of former service members and service-related individuals who are in need of connection and support from others who have similar life experience. We have recently had tremendous media recognition, and hope to build on the momentum that has resulted from increased community awareness of our activities.

This year's areas of focus for Vets for Vets will include expanding peer support training, establishing a women's education and peer support group, expanding participation in established peer support groups, formalizing our volunteer program, creating a community services resource reference, pursuing community and rural outreach, providing mental health-related educational opportunities for participants, increasing the use of the gathering space by other veteran-related groups and activities, and exploring the possibility of adding family peer support. Many possibilities are presenting themselves, and
(continued)

OUR OUTLOOK

we will pursue the possibilities in an open yet informed fashion, making sure all that we do works toward our goals of providing beneficial connection and support.

Peer Vision as an organization in itself has goals for the next year, as well. We plan to expand our Board of Directors, which currently has six members, by one to three Directors. This will allow us to add insight and new skillsets to our governing body, enabling us to manage our organization and entities more effectively and with a broadened worldview. We are also in early conversations with North Dakota Health and Human Services regarding becoming a training hub for Intentional Peer Support, offering both veteran-gearred and general peer support training. Additionally, Peer Vision, having created outreach materials and an online presence, will also begin other community outreach to heighten awareness of our programs and activities. This will include having informational booths at local events, distributing printed information, participating in community-based meetings and events, and collaborating with other local organizations both in day-to-day operations and on behavioral health-related community projects.

Peer Vision's current program funding is heavily state contract-based. In the upcoming year, Peer Vision will explore additional and diversified funding sources in order to make sure that we are strong and sustained into the future. Part of this diversification will also include developing a donation process by which individuals and groups can easily give to the Peer Vision programs and projects that have meaning and value to them. Becoming a training hub would offer Peer Vision additional revenue possibilities, and we will explore such opportunities vigorously.

In all, this is a very exciting time for Peer Vision. With the ultimate goal of improving the well-being of individuals and our community, we will continue to seek opportunities to expand peer support services that simply help people to live better lives. Doing this will ultimately improve mental health in the community and address the needs for connection and support that might not be met in other ways. We plan to be a supplement to all behavioral health measures underway in the Minot area, working to lift up those in need.

OUR FINANCIAL OVERVIEW

The fiscal year for Peer Vision extends from July 1 to June 30. Financial reporting below represents the fiscal year ending June 30, 2024, and does not represent a full calendar year due to the mid-cycle start of the organization.

INCOME AND EXPENDITURE SUMMARY 2023-24

Income

• North Dakota Health and Human Services Contracts	\$105,811.42
• North Dakota Community Foundation Grant	4,000.00
• Trinity Foundation Grant	10,696.12
• Private and Organizational Donations	<u>2,687.13</u>
◦ Total	\$123,194.67

Expenditures

• Harmony Center	\$107,482.15
• Minot Vets for Vets	4,343.87
• North Dakota Community Foundation Outreach Expenditures	<u>1,063.50</u>
◦ Total	\$112,889.52

PROJECTED BUDGETS FOR 2024-25 FISCAL YEAR

Expenditures

• Harmony Center	\$164,183.00
• Minot Vets for Vets	64,286.00
• Peer Vision Activity Costs, est.	<u>2,850.00</u>
◦ Total	\$231,319.00

Income

• NDHHS Contracts	\$228,539.52
• Additional Grants	3,720.00
• Additional Donations, est.	<u>6,500.00</u>
◦ Total	\$238,759.52

OUR BOARD OF DIRECTORS

The Peer Vision for Mental Health Board of Directors serves as the governing body for our organization. As the backbone of our 501c3 nonprofit, the Board oversees the operations of Peer Vision and its programs, and makes sure that we stay on track and true to mission. Each Director brings valuable experience and skills that help us to run an efficient, responsive, and creative Board of Directors.

The Peer Vision Board can seat up to nine Directors, with greater than fifty percent required to be persons with lived experience of mental health concerns. This requirement is written into our founding documents, and helps us to maintain our focus on promoting mental health and serving those who wrestle with mental health concerns.

Peer Vision is currently seeking to fill one to three spots on its Board of Directors. If you have an interest in volunteer service and in helping to steer a nonprofit focused on public service, please contact us to find out more information and begin an application process.

2023-24 Peer Vision Board of Directors

David Van Lith, Vice President

Denalie Morrison, Secretary

Vernna Anderson, Treasurer

Maria Mollenhauer

Donita Theiler

Isaiah Keller

CONTACT US



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Find us online at:
<https://peervisionnd.org/>

On Facebook at:
<https://www.facebook.com/PeerVisionND>

-Report prepared September 1, 2024
by Tamra J. Huesers,
Executive Director, Peer Vision for Mental Health