# Contents

**Chairperson’s Address** ........................................................................... 4  
**CEO’s Welcome** ...................................................................................... 6  
**Organisational Information** ................................................................... 8  
**About Mental Health Ireland** ................................................................. 9  
  - MHI Board of Directors ........................................................................ 10  
  - MHI Staff ............................................................................................. 10  
  - Mental Health Associations (MHAs) ...................................................... 10  
  - Area Development Officers (ADOs) ...................................................... 10  
  - Mission, Vision and Values .................................................................... 12  
**Mental Health Ireland’s Activities** .......................................................... 13  
  - 1. PROMOTING MENTAL HEALTH AND WELLBEING ................. 14  
    - 50th Anniversary Conference .............................................................. 14  
    - Training ............................................................................................ 15  
    - Information Service ........................................................................... 16  
    - Website ............................................................................................ 16  
    - Newsletter ....................................................................................... 17  
    - Campaigning .................................................................................. 17  
    - National Projects ............................................................................. 18  
  - 2. SUPPORTING RECOVERY & COMMUNITY CONNECTION .......... 20  
    - Review of Peer-Led Community Services Gateway .......................... 20  
    - MHA Activity ................................................................................... 21  
    - Partnership Projects ......................................................................... 22  
    - Communications ............................................................................... 23  
  - 3. DEVELOPING THE ORGANISATION ............................................. 24  
    - HSE Partnerships ............................................................................... 24  
    - Governance ...................................................................................... 27  
    - Charity Regulation ........................................................................... 27  
    - Fundraising ...................................................................................... 27  
    - Smiley Pancake ................................................................................ 28  
    - Our Volunteers ................................................................................ 29  
    - Our MHAs ..................................................................................... 30  
**Directors’ Report and Audited Financial Statement** .............................. 41  
  - Directors’ Report ................................................................................ 45  
  - Independent Auditors’ Report ............................................................... 61  
  - Audited Accounts .............................................................................. 63
It gives me great pleasure as Chairperson of Mental Health Ireland to present to you our Annual Report and Accounts for 2016.

2016 was a special year in Ireland as we commemorated the centenary of the 1916 Rising, which led to the founding of the State. In Mental Health Ireland we celebrated the 50th Anniversary of our establishment in 1966. Over those 50 years Mental Health Ireland has remained faithful to the founding principles and objectives of promoting positive mental health and providing support to people with a mental illness. Over its history MHI has had a profound impact and fundamentally reshaped public awareness and attitudes to mental health in Ireland.

I have had the great privilege and pleasure of Chairing the Board of Mental Health Ireland and during my tenure we worked with external consultants to introduce a model of membership which continually renews itself through the planned rotation of members. All of our Board members are volunteers, giving selflessly of their time and expertise. Many Board members have volunteered at a national and local level for many years and have made an enormous contribution not only to our organisation but also to their own communities.

The past number of years have been quite challenging in the community and voluntary sector in Ireland with public confidence being shaken by some high-profile news stories. At Mental Health Ireland we have worked hard to ensure the highest standard of governance, accountability and transparency. We are very conscious that we have a special responsibility in working with people at a vulnerable time in their lives and we have taken the necessary steps to safeguard the best interests of service users, our volunteers and the public. I am pleased to report that Mental Health Ireland has retained the support and confidence of our primary funder the Health Service Executive both at a national and local level.

Nevertheless, we cannot become complacent and we must continue to refine our governance and management processes to ensure that we continue to be exemplars of best practice at both a national and local level. Each MHA is now working through the detailed Memorandum of Understanding process to achieve full compliance with the various codes of practice and regulation. While this can at times seem to be burdensome, it is now a basic requirement for all agencies working in this sector and at Mental Health Ireland we have committed a lot of time and resources to improving these processes.

In line with good governance and best practice, the Board decided to review and amend the Memorandum and Articles of Association and we were very fortunate to have the skills and guidance of Board Member Alice Murphy in preparing a comprehensive new Memorandum and Articles which will be presented to our members at our AGM in 2017.

Over the past 50 years Mental Health Ireland has been more than a witness to the extraordinary changes in mental health service in Ireland, we have been an active partner and a catalyst for change. In November 2016, our 50th Anniversary Conference proved to be a great success attracting almost 200 delegates, including 35 delegates from Mental Health Europe. We were especially pleased that Minister for Health, Simon Harris TD opened this special event. Anne O Connor, National Director for Mental Health also spoke at our conference where she thanked and acknowledged the important work done by our volunteers in MHAs throughout Ireland. Resilience, Wellbeing and Mental Health were the themes for this event. Our MHAs and MHI have been a positive and shining example of resilience right across our 50-year history.

2016 was a busy and dynamic year for Mental Health Ireland advancing our 2015-2017 Strategic Plan by introducing many new programmes and innovations. I would like to pay a special tribute to Orla Barry our outgoing CEO for her dedication, focus and excellent stewardship. Orla guided the organisation through a period of change and development and brought great wisdom and stability to our organisation. During 2016 Orla announced that she
would be retiring and on behalf of the Board I would like to thank Orla for her work and wish her every success in the future. At the end of 2016 the Board began a recruitment process to appoint a new CEO and we are pleased to welcome Martin Roghan as the new CEO to Mental Health Ireland. He brings to the role a wealth of knowledge and expertise in the field of Mental Health.

On a personal note, I would like to thank all of the Head Office staff and Area Development Officers at Mental Health Ireland for their continued support and commitment. They work tirelessly to advance our organisational goals and do so with a positive energy which is always encouraging. I know the team at MHI will be there to support MHAs and volunteers in their work and to help to grow our networks in communities throughout Ireland.

Mental Health Ireland depends heavily on its volunteers who continue to give of their time and talents to support people within their own local communities. Their work is often gentle and discreet as they engender dignity and respect while greatly improving the quality of life for people on a path to recovery.

We are working in a period of significant and fast paced change and each MHA must now look at its role and how it can prepare for the future. In some instances, to maintain viability and success this may mean merging with a neighbouring or larger MHA in order to protect the projects that have been developed over time and to refocus and attract new volunteers and momentum.

Mental Health Associations harness mobilising local expertise and energy to bring effective and impactful projects which promote positive mental health and support people with significant mental health needs. This is important work and we must continue to develop and build upon it in collaboration with our statutory and NGO partners.

Over the past decade we have seen a shift in public awareness, concern and understanding around mental health issues. This new profile is built upon the work of MHAs throughout Ireland. Stigma is in retreat, but not yet gone and we have more work to do. By bringing accessible information, knowledge and training to local communities, our staff and volunteers have helped to reshape public attitudes and beliefs and we can be rightfully proud of this achievement.

I have been heartened to see the greater involvement of people with self and lived experience. Mental Health Ireland has been to the fore in embracing and facilitating a growing number of peer-led and recovery orientated initiatives. During 2016 we built upon these values in supporting the Advancing Recovery in Ireland (ARI) process as well as the Gateway and Áras Folain projects. In 2016 we commissioned Trinity College Dublin to conduct a detailed research evaluation to gain new insights into the benefits of such peer-led initiatives. This excellent report was published and kindly launched by Minister Helen McEntee TD in December 2016.

There will always be a role for innovation and 2016 proved to be a very positive year as Mental Health Ireland continued to work in partnership with many mental health promoting agencies including Mayo Mindspace, ARIES and Jigsaw. We also developed a special partnership with Molo in responding to the trauma and hurt caused by unemployment through a 12-week Men’s Health project rekindling hope and self-esteem. Mental Health Associations can look to the future with confidence and know that their work is valued and appreciated and continues to make a very real difference.

My term as Chairperson and Board Member of Mental Health Ireland will conclude in 2017 and it has been my great honour and privilege for me to serve in these roles. I would like to express my appreciation to my fellow Board Members both past and present for their support, guidance and co-operation during my term of office. We are entering a time of great change, no doubt there will be some new challenges but I am confident about the years ahead and I look forward with great optimism and hope for the future.

Thank you

Maria Molloy,
Chairperson
Board of Directors, Mental Health Ireland
Mental Health Ireland is truly a national organisation with volunteers and staff working right across Ireland. Over its first 50 years, MHI has created a new context for how we understand mental health issues, not just for ourselves, but for all the members of our community.

Over that past half-century there has been an extraordinary shift in public perception, understanding and attitudes to mental health in Ireland. MHI and MHAs have played a pivotal role in bringing about these changes and we will continue to drive the agenda forward. We are about leading change in mental health.

Time is a valuable and non-renewable resource. In 2016 MHAs worked hard to plan and deliver many successful projects within their local communities. MHA volunteers share their time in order to make a real and sustained difference. Volunteers need to know that their work is both effective and impactful and how we continually need to adapt as we develop. While remaining true to our original objectives we must always refresh our thinking. Some of the approaches used in the past will now need to be set aside if we are to progress new projects and initiatives. This is not always easy, but it is necessary if we are to grow and thrive.

At MHI we recognise our leadership responsibilities to ensure that volunteer time is well utilised and focused for maximum effect. It is really important that we can demonstrate that our work is effective, impactful and making a difference.

Our Area Development Officers team act as a resource to MHAs in offering guidance and practical support in planning projects, recruiting new members, providing training and assisting with applications and initiatives. ADOs work across the Community Health Organisations and are actively engaged in the implementation of Connecting for Life and Area Action Plans. Our ADOs collaborate with fellow NGOs and work in partnership with many community groups to promote greater social inclusion and integration.

The Memorandum of Understanding (MoU) process was developed further to act as a helpful guide to MHAs in meeting their compliance obligations. While this can at times seem like a chore, the MoU is designed to safeguard service users, our volunteers, the public interest and our organisational reputation. MHI and MHAs must attain and retain the highest level of compliance within the regulatory framework and this will be an ongoing process of improvement.

Ireland’s Mental Health Policy, A Vision for Change (2006), restates the centrality of the service user in decision making, there is now a new dialogue about recovery and what it really means. One of the roles of a voluntary organisation is to innovate and to lead the way, to set the agenda and give practical expression to policy intentions.

Since its inception, MHI has sought to support people with a mental illness through a variety of initiatives including befriending, housing, employment and social events. Today, these aims are advanced using newer methods which are designed to foster personal independence and autonomy. Many MHAs are actively delivering projects designed to build confidence, capacity and capability, in people who use mental health services and their families.

During 2016, MHI took this responsibility to a new level and brought its organisational skills and capability to advance peer led and recovery oriented programmes. In supporting peer led initiatives like Aras Follain and Gateway, MHI commissioned TCD to bring the forward robust evidence. MHI will maintain its leadership role in this arena. The Advancing Recovery in Ireland (ARI) process has now been adopted nationally as the way forward and MHI are integral partners in this work.
MHI went from strength to strength during 2016 under Orla Barry’s expert leadership. In her three years at MHI, Orla brought a determined pragmatism and a passion for change. Orla’s knowledge and commitment to mental health has been lifelong and her ability to network and build constructive alliances is unparalleled. I would personally like to thank Orla for her extraordinary work and wish her a long and happy retirement.

Our Board members bring enormous experience, expertise and wisdom and their vigilant stewardship of MHI is greatly appreciated. During 2016 our Board began the process of revising the *Memorandum and Articles of Association*. Vital to good governance, this complex and detailed task ensures that our organisation is streamlined, future proofed and ready to meet new challenges. I would especially like to acknowledge the diligent work of Maria Molloy, Chairperson of the Board for her extraordinary commitment and focus.

During 2016 the National Mental Health Division of the HSE supported MHI and built upon the long standing relationship, without this support, it would not be possible for MHI to achieve its goals and to advance nationally agreed objectives. At the 50th Anniversary event, both Minister Harris and Anne O’Connor, National Director for Mental Health recognised and acknowledged the important work of MHAs in building community connection.

The 50th Anniversary Conference chose the theme of Resilience, which was timely as Ireland was at last beginning to emerge from the longest period of recession since the foundation of the State. The event attracted over 300 Delegates and welcomed many colleagues from across Europe. This conference created a moment for reflection before we embark on our next 50 years.

At MHI our role is to provide support and guidance to our member organisations so that we are fully prepared and ready for future opportunities. We will continue to improve public awareness and understanding of mental health issues, promote positive mental health and wellbeing and to be an advocate and a pragmatic companion to people who experience mental health difficulties on their journey of recovery.

In a busy, noisy environment, we need to be very clear about our role and mission and take the lead in promoting positive mental health and wellbeing. Research and evidence must underpin our work as we contribute new knowledge and understanding in this domain. Working with international and academic partners we can bring these insights to all members of our community. Protecting mental health and wellbeing, sharing knowledge and skills and supporting people with lived experience to find recovery - This is our work.

Martin Rogan
CEO
Mental Health Ireland
# Mental Health Ireland

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson</td>
<td>Maria Molloy</td>
</tr>
<tr>
<td>Chairman of Finance Committee</td>
<td>Neil Hughes</td>
</tr>
<tr>
<td>Directors</td>
<td>Charles Burke</td>
</tr>
<tr>
<td></td>
<td>Denis Creedon</td>
</tr>
<tr>
<td></td>
<td>Brian Glanville</td>
</tr>
<tr>
<td></td>
<td>Neil Hughes</td>
</tr>
<tr>
<td></td>
<td>Seamus McNulty</td>
</tr>
<tr>
<td></td>
<td>Alice Murphy</td>
</tr>
<tr>
<td></td>
<td>Colm Murphy</td>
</tr>
<tr>
<td></td>
<td>Anthony O’Boyle</td>
</tr>
<tr>
<td></td>
<td>John Fitzmaurice - Resigned January 2016</td>
</tr>
<tr>
<td></td>
<td>Brendan Madden - Resigned May 2016</td>
</tr>
<tr>
<td>Company Secretary</td>
<td>Neil Hughes</td>
</tr>
<tr>
<td>Auditors</td>
<td>JPA Brenson Lawlor,</td>
</tr>
<tr>
<td></td>
<td>Brenson Lawlor House,</td>
</tr>
<tr>
<td></td>
<td>Argyle Square,</td>
</tr>
<tr>
<td></td>
<td>Morehampton Road,</td>
</tr>
<tr>
<td></td>
<td>Dublin 4.</td>
</tr>
<tr>
<td>Bankers</td>
<td>Bank of Ireland,</td>
</tr>
<tr>
<td></td>
<td>Smithfield,</td>
</tr>
<tr>
<td></td>
<td>Dublin 7.</td>
</tr>
<tr>
<td>Solicitors</td>
<td>Partners at Law,</td>
</tr>
<tr>
<td></td>
<td>Dun Laoghaire,</td>
</tr>
<tr>
<td></td>
<td>Co. Dublin.</td>
</tr>
<tr>
<td>Business address / Registered Office</td>
<td>1-4 Adelaide Road,</td>
</tr>
<tr>
<td></td>
<td>Glasthule,</td>
</tr>
<tr>
<td></td>
<td>Co. Dublin.</td>
</tr>
</tbody>
</table>
Mental Health Ireland’s (MHI) aim is to promote mental health and wellbeing to all individuals and communities and to actively support people who experience mental health difficulties on their journey of recovery. Founded in 1966 on the recommendation of the Commission on Mental Illness, MHI is a national organisation leading a network of Mental Health Associations throughout Ireland.

MHI is a lead provider of mental health promotion within the voluntary sector through the education activities of Area Development Officers and campaigning and advocacy at a national level. MHI also supports the 87 affiliated MHAs in promoting mental health and supporting people with mental health difficulties in local communities.

MHI has been an innovator in the promotion of mental health in Ireland for half a century. In 2014 we refocused our mission and regenerating our activity to support our new vision; for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation.

We are founding members and the Irish representatives for both Mental Health Europe and the World Federation for Mental Health.
Mental Health Ireland’s Board of Directors are volunteers. It includes people with finance and legal expertise; volunteers from local Mental Health Associations and service users and professionals with mental health expertise. The board is dedicated to the governance of MHI and supporting the CEO in managing the organisation and delivering on our strategy 2015 - 2017.

In 2016 Brendan Madden’s term as Board Member concluded and John Fitzmaurice resigned. We would like to take this opportunity to thank both Brendan and John for their service and we would like to highlight their many years of service at a local and national level.

The Board consists of two ongoing committees; the Audit and Finance Committee and the Governance Committee. The Board also from time to time forms other committees dedicated to specific projects.

In 2016 there were some significant movements within Head Office. CEO Orla Barry retired in January 2017; we wish her a long and healthy retirement and thank her for her very valuable contribution. We welcomed our new CEO Martin Rogan in early 2017. We employed a Research & Information Officer Karen Galligan on a fixed term contract. Our Financial Manager Tommy Carroll took up a new role in another NGO and in his place Carol Moore joined us on fixed term basis to manage the Finance and Governance role.

2016 also saw a structural change within head office. Barbara Davis took up the role of Administration Manager and Jill O’Herlihy took on the role of Head of Fundraising in addition to her role in Communications.

MHI is a membership based organisation and has 87 affiliated MHAs located across Ireland. While they are autonomous, MHAs share the mission, vision and values of MHI and participate in projects organised at national level. The MHAs are run by local community volunteers; service users, family members, friends and mental health professionals.

The MHAs engage in mental health promotion and fundraising in their local communities and while differing in size and complexity, traditionally MHAs engage in peer-led activities, social support for service users, social activities and individual grants to support the social inclusion of people with mental health difficulties.

Regionally nine Area Development Officers (ADO), provide support to the Mental Health Associations. The ADOs also engage in mental health promotion activities in their region and deliver awareness raising initiatives and targeted education and training on a variety of mental health issues.

In 2016 Mental Health Ireland began the process of aligning our ADOs with the HSE’s nine CHO areas. We currently have coverage in six of the nine CHO’s.

The ADOs work in partnership with statutory and voluntary organisations to develop mental health promotion and recovery initiatives locally. They have the flexibility to adopt a local approach, working out of hours to engage fully with local communities.

In 2016 we welcomed John McElhinney to the Limerick and Clare area and said goodbye to Niall Dunne in Mayo.
### Area Development Officers

<table>
<thead>
<tr>
<th>Code</th>
<th>Region</th>
<th>Contact Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>CH01</td>
<td>Donegal, Sligo &amp; Leitrim, Cavan &amp; Monaghan</td>
<td>Bill Vaughan &amp; Rachel Reilly</td>
</tr>
<tr>
<td>CH02</td>
<td>Mayo, Roscommon &amp; Galway</td>
<td>Niall Dunne &amp; Nicola Morley</td>
</tr>
<tr>
<td>CH03</td>
<td>Clare, Nth Tipperary and Limerick</td>
<td>Aoife Farrell &amp; John McElhinney</td>
</tr>
<tr>
<td>CH04</td>
<td>Kerry &amp; Cork</td>
<td>No MHI ADO in 2016</td>
</tr>
<tr>
<td>CH05</td>
<td>Waterford, Wexford, 5th Tipperary, Carlow, Kilkenny</td>
<td>Linda Thorpe</td>
</tr>
<tr>
<td>CH06</td>
<td>Wicklow, Dun Laoghaire, Dublin South East</td>
<td>Michael Noble</td>
</tr>
<tr>
<td>CH07</td>
<td>Kildare, West Wicklow, Dublin West, South City &amp; South West</td>
<td>No MHI ADO in 2016</td>
</tr>
<tr>
<td>CH08</td>
<td>Offaly, Laois, Longford, Westmeath, Louth &amp; Meath</td>
<td>Finola Colgan</td>
</tr>
<tr>
<td>CH09</td>
<td>Dublin North, North Central &amp; North West</td>
<td>No MHI ADO in 2016</td>
</tr>
</tbody>
</table>

![Map of Ireland]
MISSION, VISION AND VALUES

In 2014 the management Team and Board of Directors revised our mission, vision and values for Mental Health Ireland. These remained unchanged in 2016.

Mission

The mission of Mental Health Ireland is as follows:

Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities, and through our network of Mental Health Associations, we support people who experience mental health difficulties on their journey of recovery.

Vision

Our vision is:

MHI’s vision is for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation. MHI will lead the way in informing Irish society’s understanding of mental health and fostering a culture where people with mental health difficulties are respected and supported.

Values and Beliefs

Our values and beliefs underpin everything we do:

- We believe that everyone is entitled to inclusion in society and opportunity for personal fulfilment;
- We believe in the right of everyone to be treated with dignity, respect and equality;
- We believe in the right of those experiencing mental health difficulties to be supported in their recovery;
- We are committed to transparency in our work and compliance with the highest ethical standards.
Mental Health Ireland’s Activities

Since the foundation of MHI in 1966 the activities of the organisation have had a twinned purpose; promoting mental health locally and nationally and supporting people with mental health difficulties in services and in the community.

MHI’s focus/activity is informed by and aligned to national policy including:

1. Healthy Ireland
2. A Vision for Change
3. Connecting for Life

MHI continues to support and develop innovative initiatives aligned to our founding principals. Our activities come under three headings:

1. Promoting Mental Health and Wellbeing
2. Supporting Community Connection and Recovery
3. Developing the Organisation
MHI’s work in mental health promotion and wellbeing falls into two areas of activity:

- information for the public about mental health;
- campaigning including communications and projects;

This area of our work also includes partnership projects particularly in the arts.

**50TH ANNIVERSARY CONFERENCE - RESILIENCE, MENTAL HEALTH AND WELLBEING**

In 2016, we celebrated our 50th anniversary and to mark this occasion we hosted a major International conference on the 20-21st November which was very well attended and received.

Minister Simon Harris TD addressed 190 delegates at The Royal Marine Hotel in Dun Laoghaire at Mental Health Ireland’s 50th Anniversary Conference, supported by Mental Health Europe.

The conference discussed the topics of resilience, mental health and wellbeing in the context of personal resilience and resilience in families, communities and society.

Orla Barry, then CEO, Mental Health Ireland said, “Our 50th Anniversary Conference is a time for us to acknowledge the thousands of volunteers who have supported Mental Health Ireland over the last half a century. We are delighted to welcome the speakers from Ireland and abroad who are all contributing to our resilience themed conference and to welcome over 30 delegates from 15 European countries from Mental Health Europe”.

Speakers throughout the 21st and 22nd November included International keynote speakers Peter Kinderman, President of the British Psychological Society and Ilona Boniwell, Author of Positive Psychology In a Nutshell, the Happiness Equation and Positive Psychology: Theory, Research and Application.

Kinderman delivered a talk entitled ‘On the cusp of change: realistic models for humane mental health care’.

Ilona Boniwell delivered a talk on ‘Resilience, Mental Health and Wellbeing’.

**Irish speakers included:**

- Anne O’Connor, National Director for Mental Health, HSE, spoke on “Mental Health Services in Ireland”.
- Dr Pat Bracken, Consultant Psychiatrist and Former Clinical Director of HSE MH Services in West Cork spoke on “Resilience in Recovery”.
- Olivia O’Leary, Broadcaster and Journalist spoke on “Resilient Societies”.
- Prof Pat Dolan, NUIG UNESCO Chair spoke on “Growing Resilient Children and Families”.
- Martin Rogan, Director of Strategy, Planning and Development at Rehab Group spoke on “50 Years of Mental Health - Opportunities Missed and Taken”
- Prof Agnes Higgins spoke on “The Years to Come - Opportunities not to be missed”.
- Liam Hennessy, Head of Service User, Family member and Carer Engagement, HSE and Fionn Fitzpatrick, Gateway Mental Health spoke on “Service User Involvement in Ireland within Mental Health Services and in the Community”

Attending the conference were health professionals from Ireland and abroad; educationalists; community workers; policy makers and members of the public looking to learn more about mental health in Ireland.
Training

At MHI we recognize the importance of public understanding of mental health issues and see it as our responsibility to be significant providers of training and workshops in this area.

2016 was a year of significant change for Mental Health Ireland in relation to the Area Development Officer team composition and training provided. In 2015 the Mind Your Mental Health (MYMH) training workshop was developed by MHI and piloted throughout the network of Family Resource Centres throughout Ireland. Following the review of the pilot in early 2016 the content and documentation was finalised and the rollout of the new training workshop commenced in May 2016.

In addition, Mental Health Ireland provided training initiatives in partnership with stakeholders including The National Office for Suicide Prevention (NOSP) and the HSE.

In 2016 a total of 283 training and information sessions for over 8000 participants were provided by MHI. This included 85 Mind Your Mental Health training workshops, 32 Information sessions and 166 general information and partnership training interventions as outlined in the following:

<table>
<thead>
<tr>
<th>TRAINING PROVISION</th>
<th>DETAILS</th>
<th>TIMELINE</th>
<th>SESSIONS</th>
<th>TOTAL PART.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilot Phase (MYMH)</td>
<td></td>
<td>Jan-April</td>
<td>34</td>
<td>810</td>
</tr>
<tr>
<td>Post Pilot (MYMH)</td>
<td></td>
<td>May-Dec</td>
<td>83</td>
<td>1464</td>
</tr>
<tr>
<td>Partnerships Initiatives</td>
<td>ASIST, SafeTalk, Stress Control, .b, Roots of Empathy, Decider training, WRAP, UCC Cert. Prog</td>
<td>Jan-Dec</td>
<td>166</td>
<td>5728</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
<td>283</td>
<td>8002</td>
</tr>
</tbody>
</table>

2016 saw the recruitment of Area Development Officers in the Limerick/Clare and Mayo/Roscommon regions. MHI also facilitated / supported a number of important partnership initiatives in 2016. This included:

- Pilot MYMH with Cairde: MHI piloted a MYMH workshop for cultural leaders within the Cairde network. The outcomes from the pilot will inform the next steps towards the provision of MYMH training workshops throughout Cairde’s wider network in 2017.
- Irish Refugee Protection Programme (IRPP). MHI worked in partnership with the HSE National Office for Social Inclusion to support programme refugees arriving in Ireland under the Irish Refugee Protection Programme (IRPP). To support this MHI developed a proposal for the rollout of a
culturally contextualised version of MYMH which aimed to support those arriving in Ireland to attain and sustain optimal wellbeing and integration. The pilot is scheduled to commence in 2017.

National Training Panel: In November MHI engaged with a trainer with substantial experience in the delivery of Mental Health training with a view to considering the development of a national training panel to support the rollout of MYMH and other mental health training initiatives to meet national requests received regionally and by head office. The pilot phase (6 months) is due to commence in quarter one of 2017 and the outcomes will inform the next steps.

In addition to an array of regional interagency consultative and working groups MHI actively participated in a range of national interagency consultative groups, working group initiatives, forums and networks in 2016. This included the Connecting for life Youth Mental Health Consultative Group, the Mental Health Task Group (Housing Agency) and the Family Resource Network.

INFORMATION SERVICE

Mental Health Ireland provides an information and signposting service to the public on issues relating to mental health. Information requests are received by telephone, email and letter. Email queries are the most common source of information queries.

Experiencing or supporting someone through an illness can be a difficult time. Access to good quality information which is accessible and timely can be really beneficial.

Daily, MHI receives queries from the public with queries on a wide range of issues relating to mental health and mental health services.

In 2016 MHI carried out an in-depth review of our information service with the following outcomes:
Most commonly, queries related to sourcing information on mental health or mental illness, information on where to seek help and information on support services available for specific mental health conditions. Queries came from people experiencing mental health difficulties, concerned family members, friends, students and professionals in other sectors. Information queries are also made by individuals interested in volunteering for the organisation.

In addition to the information service, other means of communication include information leaflets, press releases, social media using Facebook, Twitter and Instagram and the website.

WEBSITE

Mental Health Ireland’s website is the first place many go to if looking up information about mental health and wellbeing. Our website was redesigned in 2015 and has received very positive feedback from visitors.

The statistics for the new site are available from April 2016 - December 2016:

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Number of active engagements with the site</th>
<th>85,735</th>
</tr>
</thead>
<tbody>
<tr>
<td>Users</td>
<td>Number of people who logged into the site</td>
<td>65,706</td>
</tr>
<tr>
<td>Page views</td>
<td>Number of pages viewed</td>
<td>198,266</td>
</tr>
<tr>
<td>New visitors</td>
<td></td>
<td>75%</td>
</tr>
<tr>
<td>Returning visitors</td>
<td></td>
<td>25%</td>
</tr>
</tbody>
</table>

The site received a peak in visitors during the last week in April and Mental Health Week in October with lowest level of access during the month of August.

Who are our visitors?

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
<th>Age Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>75%</td>
<td>18-24</td>
</tr>
<tr>
<td>Male</td>
<td>25%</td>
<td>25-34</td>
</tr>
<tr>
<td>23%</td>
<td>35-44</td>
<td></td>
</tr>
<tr>
<td>22%</td>
<td>18-24</td>
<td></td>
</tr>
<tr>
<td>15%</td>
<td>45-55</td>
<td></td>
</tr>
<tr>
<td>7%</td>
<td>55-65</td>
<td></td>
</tr>
<tr>
<td>3%</td>
<td>65+</td>
<td></td>
</tr>
</tbody>
</table>

How visitors found us:

<table>
<thead>
<tr>
<th>Source</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic search</td>
<td>59,337</td>
</tr>
<tr>
<td>Direct</td>
<td>14,033</td>
</tr>
<tr>
<td>Social</td>
<td>7,116</td>
</tr>
<tr>
<td>Referral</td>
<td>5,237</td>
</tr>
</tbody>
</table>

Visitors searching for words including mental health refs
Visitors with no referring websites
Visitors clicking on links to the site via social media
Visitors on another website sharing our links
NEWSLETTER

In 2016 subscribers to our e-newsletter grew from 635 to 823. There were 20 e-newsletters issued to our growing number of subscribers via email, our website, Facebook and Twitter.

Our newsletter provided information about Mental Health Ireland’s activities including the Smiley Pancake Campaign, Green Ribbon Campaign, Art & Photograph Competition, Solstice Wellbeing Event, summer updates, Mental Health Week, 5000 Steps to Wellbeing Walk, MHI’s National Conference and general mental health and wellbeing news of relevance.

This regular contact with people is important on many levels including supporting our fundraising strategy.

CAMPAIGNING

At a national level MHI promotes mental health and well-being by campaigning to improve awareness and understanding of mental health through the media, social media, events and projects.

Solstice Wellbeing Day - 20th June 2016

Over 60 participants attended the National Solstice Wellbeing Event in Dublin City University at the Labyrinth on 20th of June to reflect on wellbeing, mark the moment of the solstice and make a wellbeing intention for the remainder of the year.

Everyone joined in a Labyrinth meditation walk hosted by Sr. Stanislaus Kennedy. We had musical accompaniment from a Harpist followed by refreshments for everyone.

Local events were hosted by Drumcondra and District MHA; Fingal MHA in association with Donabate Mental Health; Bailieborough MHA; North Clare MHA; West Kerry MHA; Limerick MHA; West Limerick MHA and Ballyfermot MHA.

Mental Health Week

Mental Health Week 2016 took place from the 9th - 15th October with many Mental Health Associations (MHAs) choosing to celebrate the week from the 10th – 17th October.

It was an opportunity to bring awareness and understanding to mental health at a national and community level, informing and educating people about mental health, recovery and wellbeing.

This year The World Health Organisation (WHO) theme was Mental Health First Aid. Mental Health Ireland made a decision to promote the Five Ways to Wellbeing. New literature was designed including posters, bookmarks and leaflets explaining the Five Ways to Wellbeing.
Locally, MHAs organised over 300 different events nationwide throughout the week. They generated awareness of the five ways theme and mental health and wellbeing in their communities via events including laughter yoga, walk & talks, tea and a chat events, information evenings, mindfulness and meditation classes and much more.

Nationally, MHI organised the 5,000 Steps to Wellbeing Walk in Avondale Forest Park, Co Wicklow. Over 75 people attended the walk on the 9th October which highlighted each of the Five Ways to Wellbeing for every 1,000 steps.

We received national and local media coverage for the walk including Irish Daily Star, The Journal, East Coast FM, The Wicklow Voice, The Wicklow Times and other online sources.

A great example of one of our MHAs activities during Mental Health Week comes from Limerick MHA who put on a fantastic week of events for the local community.

**NATIONAL PROJECTS**

The active promotion of positive mental health remains at the core of all our activities. This can be seen through the work of our local Mental Health Associations, our Development Officers and through our national projects.

**Art and Photography for Schools**

The Art and Photography Competition is in its 11th year with entries growing each year. All Post Primary Schools are invited to submit entries from their students in both categories using the theme of mental health and wellbeing.

In 2016, 1,324 pieces of Art and 147 photographs were submitted from Post Primary students from all over Ireland. The number of schools that submitted entries was 66 for the Art category and 42 for the Photography category, an increase from the previous year. The provincial and national winners entries in
both categories form our MHI calendar for the following year. This year we invited guest judge and artist Lisa Butterly to adjudicate the entries. The National winners, provincial winners and 26 Highly Commended entries were displayed at a week-long exhibition in Dublin City Council with an awards ceremony for the students to receive their prizes and certificates.

**Mental Health Promotion Partnership Projects**

MHI partners with the First Fortnight arts festival, CAST Film Festival and See Change, Green Ribbon Campaign as part of our mental health promotion activity.

MHI is a supporting partner of the **First Fortnight Arts Festival** which takes place in the first two weeks in January and was created to challenge mental health prejudice through the creative arts.

MHI were involved in two elements within the Visual Arts section of the festival, supporting the street art project and a performance theatre project. The street art project produced seven large and small scale street art installations around the country which were supported by Mental Health Associations in Donegal and Longford.

MHI supported **The CAST Film Festival** in 2016, for the sixth year. The CAST Film Festival ‘Calls to Action’ youth groups, schools and organisations to ‘Break the Mould’ and produce a film which sheds light on a social issue indicating a possible solution to the identified issue. MHI sponsored the prize for the winning poster designed by students for their short film. The winning group received a state of the art video camera.

As a member of **See Change**, the national anti-stigma coalition, MHI partnered with Coillte, the IFA and See Change in the Green Ribbon campaign Talk and Walk events in May 2016. Local MHAs and the Area Development Officers supported these events and distributed Green Ribbons in the community.
2. Supporting Recovery & Community Connection

REVIEW OF PEER-LED COMMUNITY SERVICES GATEWAY, RATHMINES AND ÁRAS FOLLÁIN, NENAGH

Research into the impact of peer-led mental health projects in the community was led by a team from the School of Nursing and Midwifery, Trinity College Dublin and spearheaded by Mental Health Ireland in partnership with the HSE Mental Health Division.

The research team, including two peer researchers, Angelika Lindenau and Catherine Corrigan and TCD Researchers Dr Rebecca Murphy; Carmel Downes and Professor Agnes Higgins, documented the development and impact of two of Ireland’s long-running community based peer-run projects, Gateway in Rathmines, Dublin and Áras Folláin in Nenagh, Tipperary.

The research, conducted over six months, examined the role of Gateway and Áras Folláin within the context of the HSE Mental Health Services development of recovery oriented community services.

Both projects are over ten years old and have grown organically from very small beginnings. They share a commitment to recovery; peer expertise; and have engagement in consultation and community development at their core.

Professor Agnes Higgins of Trinity College said “This report provides clear evidence of the value of collective models of peer support in people’s recovery journeys. It also highlights the importance of ensuring sustainability of peer services by providing adequate fiscal supports.”

The research utilised both qualitative and quantitative data collection methods. Data was collected using focus groups, individual interviews, surveys and documentary analysis. The majority of participants were attending the services for over two years and engaging in their drop-in hours or activities on a weekly basis. Participants identified components of Gateway and Áras Folláin which informed their satisfaction and continued engagement with the projects. These included: a safe, non-prescriptive space; recovery oriented; peer-led; and a social outlet.

Survey participants gave the highest helpfulness ratings to ‘receiving support from peer workers’, ‘opportunities for involvement in social activities’, ‘opportunity to provide support to others’, and ‘seeing how other people coped with their mental health difficulties’. Many participants reported improvement in overall emotional wellbeing, hope for the future, self-confidence and self-worth.

Orla Barry, CEO of Mental Health Ireland said “This report is testimony to the immense support that people can give each other in recovery. Gateway and Áras Folláin are wonderful places where people support each other to gain confidence and skills, and be involved in the life of their community. Mental Health Ireland recognises the benefit of peer-led community projects and is committed to the development of the projects and their leaders”.

The ongoing involvement of peers, family members, mental health professionals and community representatives in the governance of the projects has sustained their development over time. The commitment of the local communities to championing Áras Folláin and Gateway is indicative of the value of these peer-led projects.

Quantitative data comprised of a survey completed by 139 service users. Almost 2/3 of survey participants were from the Gateway service (61.2%, n=85), with 38.8% (n=54) being from Áras Folláin.
The Beneficial Outcomes of Peer-Led Support:

- On a scale of 0-7, participants scored the services’ impact on all items associated with their personal recovery above 5, including a sense of belonging (M=5.69), hope for the future (M=5.69), sense of ownership of recovery (M=5.67), sense of purpose (M=5.59), self-worth (M=5.56), self-confidence (M=5.51), and self-empowerment (M=5.43).
- Survey participants also highly rated the services’ impact on their knowledge in relation to their mental health (M=5.75), the mental health services (M=5.22) and their rights and entitlements (M=5.05).
- The projects also impacted positively on participants’ skills in making friends (M=5.57), empowering them to deal with their mental distress (M=5.48) and giving them daily coping skills (M=5.24). Help-seeking skills were also impacted on positively in terms of being able to ask for what is needed (M=5.06), knowing how to seek support (M=5.39) and accessing mental health resources (M=4.96).
- In terms of clinical recovery outcomes, over half of participants reported some, or a significant reduction in the symptoms of their mental health difficulties (53.8%). Just over two-fifths reported some, or a significant reduction in hospital admission (43.9%) and attendance at mental health services (43.9%), and just under two-fifths reported some, or a significant reduction in GP attendance (39.7%). Approximately, 34.9% reported some, or a significant reduction in medication.

Researchers at TCD:

- Professor Agnes Higgins
- Dr Rebecca Murphy, Post-doctoral Researcher, TCD
- Carmel Downes, Researcher, TCD
- Angelika Lindenau, Peer Researcher, Áras Folláin
- Catherine Corrigan, Peer Researcher, Gateway

Research Advisory Group:

- Orla Barry (Chair), Chief Executive Officer, Mental Health Ireland
- Fionn Fitzpatrick, Project Co-ordinator, Gateway
- Ali Rochford, Development Worker, Gateway
- Rachel Burke, Project Worker, Gateway
- Margo O’Donnell, Roche Project Co-ordinator, Áras Folláin
- Shannon Sweeney, Volunteer, Áras Folláin

- John McCusker, Operations and Service Improvement Manager, Mental Health Division, Health Service Executive
- Tony Leahy, General Manager, Service Improvement Unit, Mental Health Division, Health Service Executive
- Karen Galligan, Research and Policy Officer, Mental Health Ireland
- Liz O Sullivan, former Manager, North Tipperary Community Services

HSE Mental Health Division:

- Anne O’Connor and Liam Hennessy

**MHA ACTIVITY**

MHAs traditionally support the social inclusion of people with mental health difficulties through local projects including social clubs, befriending, and social housing. The emergence of peer support initiatives is a welcome development with the MHI network.

**Social Clubs**

There are a total of 32 MHAs offering Social Club activities, run by volunteers, for their members. One such example is Ennis MHA who have a very active social club. They run a club called DiZ to assist members in socialising through activity-based programmes including going bowling, DVD night, coffee and chat afternoons and food nights. They have club rules that are adhered to by all members making it a safe and fun place to socialise.

**Befriending**

Traditionally many MHAs offered a Befriending Services to their members. Befriending in Waterford has a new managed service with staff and volunteers.

Waterford MHA run a successful Befriending Service for their members. Registered volunteers meet with members for anything from 2-4 hours per week. They go to the cinema, go shopping, take a walk and will assist the members achieve personal goals within the community.

Befriending plays a valuable part in helping members who have or are experiencing mental health difficulties to live their life to the full in their community.

**Social Housing**

A total of 13 MHAs operate or have allied, social housing projects, with a total of 263 housing units. Ten are approved housing bodies and three are under MHI’s approved housing body status.
Supporting Recovery & Community Connection

**Peer Led Projects**

A significant cultural change is the involvement of service users, family members and carers in management of the mental health services. This movement is occurring in communities with the emergence over the last 10 years of community-led and peer-led services. In the MHI network this change is clearly evident in 2015/6.

**Supporting Individuals**

**Training Bursary**

At MHI we recognise the value of education. In 2014, MHI established a Training Bursary to support people with personal experience of mental health difficulties, family members and people with limited means, who are interested in community mental health activism, to access education and training. Up to 50% of course fees can be supported for applicants requiring support.

2016 saw the rollout of the Mental Health in The Community Certificate Programme in Dublin, Cork and Tralee. In 2016 MHI provided 43 bursaries totaling €21,150 to students undertaking the Programme.

**PARTNERSHIP PROJECTS**

**Music In Mind - National Concert Hall**

Following the resounding success of the 2015 Music in Mind Programme two rounds of the programme were implemented in 2016. Each round consisted of six sessions of choral or drumming workshops in Dublin, Wexford, Donegal, Sligo/Leitrim and Mayo. Following cycle 1 the programme was evaluated. The evaluation highlighted that the programme had extremely positive benefits on the mental health and wellbeing of its participants. This was verified through the increase in participant scores between pre and post Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), and by the expressed impact on participants of the programme on key skills, emotions, learnings, participation in team work and overall extremely high levels of satisfaction.

The recommendations from the outcome evaluation highlighted a clear need to address the ongoing funding/resource requirements to support the programme and the administrative and research challenges to ensure the timely completion, return and analysis of the evaluation documentation.

Music in Mind has become a strong partnership programme between the National Concert Hall and Mental Health Ireland. The programme forms a core element of the National Concert Halls outreach provision and is clearly embedded into both partners’ strategic plans. Funding has been sought by the National Concert Hall to help ensure the programme provision and expansion over the coming three years.

**Woodlands for Health**

Woodlands for Health is a programme designed to promote physical activity and community connection. The programme invites service users to enjoy walks in Coillte’s forest parks as a group activity.

This is a partnership between, the Wicklow HSE Mental Health Service, Coillte and MHI whereby members of the community are invited to take part in a Walk and Talk event in Coillte forest and park locations.

This scheme was successfully piloted in Wicklow in a number of locations. Additional funding is needed to roll this scheme out to Coillte locations nationally.
COMMUNICATIONS

MHI’s social media and media reach supports the organisations mental health promotion campaigns. Our social media presence was grown substantially in 2016 and the response from users has been strong with the following statistics recorded for 2016:

<table>
<thead>
<tr>
<th>Social Media</th>
<th>Followers</th>
<th>Avg. post reach:</th>
<th>Impressions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facebook</td>
<td>6,600 to 8,902</td>
<td>1,231 people</td>
<td></td>
</tr>
<tr>
<td>Twitter</td>
<td>4,000 to 7,000</td>
<td></td>
<td>957,200</td>
</tr>
<tr>
<td>Instagram</td>
<td>631 to 1,174</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Our online newsletter was introduced to communicate with subscribers at key times throughout the year. The numbers subscribing is 850 with new sign ups every week.

Our engagement with the general public and influencers on social media is growing from strength to strength and we look forward to growing our online networks in the years to come.

Blog

Mental Health Ireland has engaged with a number of new bloggers. They blog about their own experiences of their mental health and wellbeing. All blog posts are shared on social media platforms and received great feedback.

Media

Mental Health Ireland developed a media strategy for 2016 to take a proactive and planned approach to our media outreach which resulted in national and regional coverage when we issued press releases or statements.

National Media Highlights

<table>
<thead>
<tr>
<th>Newspaper/Programme</th>
<th>Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ireland AM</td>
<td>15min slot for Smiley Pancake campaign with Eoghan McDermott</td>
</tr>
<tr>
<td>Irish Times</td>
<td>Future Health Summit article</td>
</tr>
<tr>
<td>Irish Times</td>
<td>Peer-Led two page article</td>
</tr>
<tr>
<td>Irish Times</td>
<td>Conference – two page article</td>
</tr>
<tr>
<td>Irish Examiner</td>
<td>Smiley Pancake coverage</td>
</tr>
<tr>
<td>The Journal</td>
<td>Smiley Pancake</td>
</tr>
<tr>
<td>Irish Daily Star</td>
<td>Smiley Pancake</td>
</tr>
</tbody>
</table>

Regional Media Highlights

<table>
<thead>
<tr>
<th>Regional Media</th>
<th>Coverage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regional Radio</td>
<td>Nationwide coverage - 5,000 Steps to Wellbeing</td>
</tr>
<tr>
<td>East Coast FM</td>
<td>15min interview - 5,000 Steps to Wellbeing</td>
</tr>
<tr>
<td>Wicklow People</td>
<td>5,000 Steps to Wellbeing</td>
</tr>
<tr>
<td>Wicklow Voice</td>
<td>5,000 Steps to Wellbeing</td>
</tr>
<tr>
<td>Regional papers</td>
<td>Art &amp; Photography finalists -</td>
</tr>
<tr>
<td></td>
<td>blanket coverage</td>
</tr>
</tbody>
</table>

MENTAL HEALTH IRELAND Supporting Positive Mental Health
Developing the Organisation

Mental Health Ireland wish to acknowledge the Health Service Executive for their continued support and funding throughout 2016. MHIs national activity is funded through a National Service Level Agreement and in HSE Community Health Organisations (CHO) 1, 2, 3, 6, & 8. MHI supports the network of MHAs in developing capacity through training, guidance and the development of standards to support the operation of the MHAs.

- In 2016, we continued to roll out our volunteer policy, provide guidance on financial matters, and meet with MHAs individually in their areas.
- MHI processes Garda Vetting for all MHAs and other organisations in the mental health sector. There was a heavy administrative burden with this essential activity which has been reduced with the introduction of electronic vetting. Where a volunteer has not lived abroad they can now be vetted online in two to three days which is a significant improvement.
- MHI is supporting the MHAs to work to the Charity Regulatory Authority standards and MHI has worked with individual MHAs to establish a Memorandum of Understanding between MHI and the MHAs in 2016. We compiled the MHAs annual financial accounts and made a formal return to the Charities Regulatory Authority.

HSE PARTNERSHIPS

During 2016 MHI worked in partnership with the HSE in five projects nationally. Jigsaw Galway, Mindspace Mayo, ARI and ARIES, Aras Follain and Mojo.

On these projects we employ staff funded by the HSE who lead and manage these projects. It is anticipated Jigsaw Galway will move to a single partner structure in early 2017. A snapshot of one such projects Mindspace Mayo is shown below.

Promoting Innovation - Partner Organisation

Mindspace Mayo makes it as easy as possible for young people to access support as they can refer themselves or be referred through a health care professional. Under our partnership with Mindspace Mayo we employ key staff, accept funding from the HSE on their behalf, disperse funding to local Mojo projects and support Mojo to grow and become a national independent organisation.

In 2016 Mojo commenced programmes in the following locations:

- South Dublin
- North Dublin
- Kildare
- Offaly

Highlights

The plan is to develop a second outreach centre in Mayo to complement the existing Castlebar and Erris centres.

On two HSE projects we actively help lead and manage include Mojo and Gateway which are described below.

MOJO

Long term unemployment can have a detrimental effect on a person’s self-esteem and confidence. While the rate of unemployment reduced significantly in 2016 the needs of unemployed men are an area of particular interest.

Mojo is a 12 week training programme, developed by a collective of organisations, to reduce the high levels of male suicide in Ireland. Men learn to build their mental & physical fitness while developing the ability to engage with local services, set goals & develop a life plan.

Under our partnership with Mojo, we employ staff in the Mojo National Office, accept funding from the HSE on their behalf, disperse funding to local Mojo projects and support Mojo to grow and become a national independent organisation.

In 2016 Mojo commenced programmes in the following locations.

- South Dublin
- North Dublin
- Kildare
- Offaly
Due to strong demand, shorter variants of the programme have also been developed as shown below.

Mojo is unique in a number of aspects. Firstly Mojo is firmly rooted in the recovery model with the voice of the service user driving development. Even at this early stage past graduates of Mojo sit on the Management Committee and participate in network development days as equals. Secondly Mojo’s commitment to a quality service is excellent. All projects have been independently evaluated and the results show excellent outcomes for service users as follows:

Outcomes

- 83% reduction in anxiety & depression
- 90% retention rate
- 70% progression to work, education or volunteering

Finally Mojo’s commitment to collaborative inter agency working. No Mojo project starts until key local agencies are on board and active in the local Mojo management committee. In some projects up to twenty local agencies are involved ranging from specialist mental health services to local enterprise partnerships. This ensures Mojo draws on existing knowledge and expertise and keeps costs down. It also provides valuable feedback for the agencies involved on the issues many men face in accessing services.

A formal pre-development process is in place to enable trust and relationships to be developed between different agencies. This ensures responsiveness to local needs while ensuring consistently high quality standards are maintained in each project.

People who reach out and look for help can often find it difficult to get the right type of help. Developing the capacity of multiple agencies to work together is critical to eliminating this problem and the Mojo way of working is starting to address this problem.

The future

The plan is to have a Mojo programme in every county in Ireland. Currently there are two projects in the pre-development stage. We are very proud to be associated with this programme which is making such a positive difference to so many lives.

For more information see www.mojo.ngo

Left to Right, Niamh Kearney, Project Coordinator Mojo Kildare, Helen McEntee, Minister of State for Mental Health and Older People, Derek McDonnell, Executive Director Mojo

Gateway

Gateway is a unique project which is led and run by people with lived experience of mental health difficulties. Under our partnership with Gateway we employ certain staff, accept funding from the HSE on their behalf and provide a range of supports from accounts to corporate governance.

Gateway provides a range of activities from twice weekly drop-in’s to holistic supports such as Indian head massage to helping members campaign for better mental health services. In keeping with its original ethos, peers continue to determine the direction and emphasis of Gateway and its activities.

In 2016 Gateway members participated in a research study with Trinity College the results of which are reported earlier in this report.
Gateway really has to be experienced to be understood and appreciated. They truly operate as a non-paternalistic, member led group with a community development approach and a social model of recovery. A key value is to integrate members into the social, economic, cultural and employment life of the community and developing and practising peer support and peer modelling. The values of respect and high regard with dignity are practised daily. There is no set path with Gateway. It is a “door” to many and operates as a truly safe, relaxed space.

As one member says

“The difference between Gateway and other day projects is it’s non-judgemental you know, you can come to Gateway and just be yourself... you’re not told what to do”

Key Highlights

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>NUMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership</td>
<td>240 members with 53 new members</td>
</tr>
<tr>
<td></td>
<td>150 members participate frequently &amp; regularly</td>
</tr>
<tr>
<td></td>
<td>12 member meetings with average of 30 people attending</td>
</tr>
<tr>
<td>Drop-in sessions</td>
<td>91 sessions with average attendance of 30 people</td>
</tr>
<tr>
<td>Education training and development</td>
<td>From relaxation to music in mind, to mind your mental health</td>
</tr>
<tr>
<td></td>
<td>105 participants</td>
</tr>
<tr>
<td>Number of newsletters</td>
<td>12</td>
</tr>
</tbody>
</table>

A first in Ireland, members participated in PeerZone training. Originally developed in New Zealand, PeerZone combines people’s lived experience of dealing with mental distress with academic theories to better support people in their lives.

A new management committee was also initiated taking over from the advisory committee.

Future Direction

A key challenge is to secure ongoing funding to ensure Gateway can continue. Discussions are ongoing and it is anticipated funding will be secured on a more sustainable basis.

Developing greater community understanding of the peer support ethos and building on the outreach work is a key priority.

Advancing Recovery Ireland

ARI is a National Mental Health Division initiative that brings together people who provide services, those who use them and their families and community supports, to work on how we make our mental health services more recovery focused.

ARI spreads the word that Recovery - a socially integrated, meaningful and hope filled life, with or without mental health difficulties - is possible for everyone. It supports local mental health services in bringing Recovery Principles into the heart of how we work collaboratively.

People who use their services have immense knowledge about their own situation; their strengths, their values and what works best for them. In mental health they found that when mental health professionals value and use this knowledge, and work in partnership with them and those that care for them, that then the results tend to be better for everyone.

The relationship between ARI and MHI continued to strengthen throughout 2016. The employment of three new staff was facilitated by MHI including the appointment of an ARI Managing Partner, Development Officer and Administrative Assistant.

With the building of capacity within ARI it was possible to garner the experience of Service users, Family Members / Carers and Service Providers to train as Recovery Consultants. This cohort of people have gone through a 5 day training programme which included two days with ImROC in Nottingham. The Recovery Consultants act as a valuable resource to newer sites providing guidance, support and practical help in achieving their ARI goals and objectives.

Integral to ARI is the collaboration with Service users / Family Member / Carers and as part of this the recognition through payment and reimbursement for their time and expenses incurred in supporting ARI at national level and within their CHO areas. The Reimbursement & Payment Scheme was finalised in August 2016 and a national process for payment...
and reimbursement has been established through the HSE. This will be reviewed regularly to ensure it meets the needs of all involved.

ARI National Strategy 2016 was published, which has provided the blueprint for services on supporting their services in becoming more recovery oriented.

ARI is an active participant on the MHI Management Team. In 2016 the number of services becoming ARI sites went from 7 to 13 and ARI hosted six Learning sets in 2016. Two with the NGO sector, one innovation Learning Set and 3 themed Learning sets. Two Recovery Principles and Practice Training for Trainers were held which facilitated 20 teams becoming skilled facilitators to deliver the Recovery Principles and Practice workshops (RPPW) within the mental health services.

A review of the RPPW was held in September and recommendations from this is informing the development of a national standardised facilitator’s manual.

GOVERNANCE

For MHI’s board, enhancing governance and strategy is a priority. As a result of the ongoing work of the past few years, MHI has been able to comply with the Charities Governance Code and has now formally registered this compliance on www.governancecode.ie. A detailed risk register has been prepared and will be updated again in 2017.

The Memorandum and Articles of Association are also under review to reflect the sequence and changes in the Companies Act 2014.

CHARITY REGULATION

MHI is compliant with the Charity Regulator Standards and also assists MHAs in achieving these standards. Currently a number of MHAs use our charity number under a formal Memorandum of Understanding procedure and we then file the MHAs accounts separately with the Charities Regulator.

As the Charities Regulator develops further guidance this process will evolve and be actively updated. MHI will work with MHAs to achieve compliance through our Memorandum of Understanding process and in providing guidance on regulator matters. This may prove to be a challenge for some smaller MHAs and MHI is placing a special emphasis on this in 2017.

FUNDRAISING

Fundraising activities contribute to key projects and help to raise the profile of our work while demonstrating the public’s interest and concern in mental health.

Nationally, we are fortunate to attract generous and committed fundraisers each year. The fundraising activities include mini marathons, half and full marathons, Hell and Back races and many other sporting events. We are very grateful to these people for their contributions and for choosing MHI as their charity of choice.

We have received generous donations from the public throughout the year via bank transfers, PayPal, cheque and via our Text to Donate platform. The support from our donors is so important and we work each day to create strong relationships with them.

Volunteers in our Mental Health Associations throughout the country are regularly involved in a variety of interesting fundraising initiatives which generate crucial revenue for their Mental Health Associations, thus enabling their valuable activities. We have listed some of the fundraising activities in our Mental Health Association Achievements 2016 section.
The Smiley Pancake campaign has proven to be a lot of fun and is popular and engages with new audiences in workplaces and communities across Ireland. The aim of the awareness campaign is to encourage everybody eating pancakes on Pancake Tuesday to put a smile on their pancake, reminding people of the power of a smile. 2016 was the second year of this campaign.

Smiley Pancake Day received the national media coverage in the Irish Sun and The Herald newspapers and a 15 minute prime time morning slot on TV3’s Ireland AM. Our brand ambassador was 2FM’s Eoghan McDermott and he went on Ireland AM to take part in the, now annual, pancake challenge and to talk about minding our mental health.

We had huge support from bloggers and the public for the campaign from people in their offices, colleges and at home with donations coming in via MHI’s Text to Donate button. €500 was raised via the interactive text to donate model.

Six MHAs organised Smiley Pancake events of their own with all funds raised going to that MHA.
Without the continued support of volunteers working in their communities, it would not be possible to deliver on our programmes, raise awareness or provide practical support locally.

MHA volunteers play a vital role in their communities and make a very real difference to people at a vulnerable time.

Volunteers make an enormous contribution to the work of MHI around the country, actively supporting people with mental health difficulties and supporting positive mental health in their communities.

An increasing number of information queries come from individuals looking for information on volunteering with MHI and getting involved in local projects and activities. In 2014 we created a database of social media volunteers. Overnight we received interest from 240 people to help MHI spread our messages using their own social media channels.

This number increases weekly via a call for social media ambassadors on our website. We see this as an illustration of people’s willingness to support our network. It is a great opportunity to engage with the youth market and let them share their thoughts on mental health and wellbeing and to support us with our messaging.

Our team of Development Officers work with volunteers around the country supporting them in their work and providing training.
OUR MHAS

It is not possible to do justice to all of the great activities our MHAs are involved with. You will find a snapshot which reflects the activities undertaken around the country in the following pages.

DONEGAL - Bill Vaughan

Letterkenny MHA
- Drop in facility - open daily 9.30 - 2.30 in Cara House.
- Safe Talk evening attended by 25 people.
- Outing to Celtic Prayer Gardens and I.O.S.A.S Centre, Muff attended by 33 people (with dinner in the An Grianan Hotel, Burt).
- Promoting Men’s Health in the month of June.
- Cinema outings for members.

Buncranna MHA
- Smiley Pancake fundraising event

Cloughaneely MHA
- Pop up Café in Dunfanaghy with over 60 people in attendance.

Moville MHA
- Wellbeing Walk with over 60 people in attendance.

Carrick MHA
- Stress Control talk for members with 15 people in attendance.

Get Together Inish Owen
- Social Mornings for members.

Ballybay MHA
- Mindfulness Walk for members.

Sligo/ Leitrim - Rachel Reilly

Sligo MHA
- Befriending outing in January with 40 people in attendance.
- Social outing to Molly Fultons with 46 members.

Brefni MHA
- Information stand at Cycle Against Suicide event in Carrick on Shannon.
- Information stand at Darkness Into Light.

Cavan/ Monaghan - Nicola Morley

Ballybay MHA
- Monthly senior citizens social group.
- Mindfulness Walk for Summer Solstice in the Wetlands.

Carrickmacross MHA
- Primary Schools Essay Competition with over 50 students participating

Roscommon/ Mayo - Niall Dunne

Mayo Mental Health Association

- Shave your Views fundraiser.
- Turough 8km fun run.
- Mayo Sports Awards.
- GAA U16’s Easter Camp with over 160 people in attendance.
- Hearing Voices listening group support network.
- Mayo Little Things campaign launched in McHale Park, Castlebar with 15,000 people at the match on the day.
- Colour Run fundraiser.
- Parke Community Sevens.
- County-wide poster competition.
Ballaghadereen MHA hosted a Design a Poster competition for primary schools in the area.

Fifth and sixth class pupils of Lisacul National School won the competition and the prize of €500 in conjunction with Roscommon Leader Partnership.

The competition attracted entries from ten different national schools from the North and East of the county and was designed to promote improved mental health awareness among senior primary school children. Each participant school was given €100 for their entries.

Pupils were also asked in a survey who they turned to when feeling sad or distressed with respondents citing their pets, family members, or teachers. Entries were adjudicated by Four-Mile-House Artist, Frances Crowe.

Participants focused on what made them happy with themes such as family, farming, sports and holidays featuring. Presentations at the prize giving were given by representatives of Foroige and by Kevin Duffy of NUI Galway.

Secretary of Ballaghadereen MHA and co-ordinator of the Social Inclusion Community Activation Programme (SICAP) of Roscommon Leader Partnership Patricia Madden said the competition had been a great success and the first of its kind to engage with primary school students.

Galway - Nicola Morley

Galway Mental Health Association

Social Housing: One of Galway MHAs main activities is the provision of social housing. The MHA own and manage a housing portfolio of nine properties throughout the city, in collaboration with the HSE Mental Health Services and the Local Council. Galway MHA is committed to providing housing that contributes to the mental wellbeing and recovery of all tenants by ensuring that every house is maintained to a very high standard.

Summer Outings, Christmas Party & Cinema outings: Galway MHA financially supported two summer outings for service users attending the day centres, which included the transport, activity for the day and a meal. Each year Galway MHA also provides financial support for a Christmas party for approximately 90 service users in a local hotel in the City. On a monthly basis a cinema outing is organised in partnership with a group of service users.

Comfort Fund: Galway MHA provided funding towards a variety of activities for service users throughout the year. Some of these activities included gym memberships, concert and theatre tickets, a weight management programme & educational course fees.

Mental Health Week 2016: The MHA organised their annual choral event in St. Nicholas Collegiate Church in Galway City to celebrate World Mental Health Week and to raise funds for the MHA. This year the MHA saw a huge increase in turnout with a crowd of over 150 people attending the event. It was also the first year that a local school choir took part in the event. The MHA organised an information stand in the Church on the night distributing Mental Health Ireland’s Leaflets.

Ballinasloe Mental Health Association

Community in Focus Photographic Project: During the month of March, Ballinasloe MHA organised a Community Photography Project entitled “Community in Focus”. The concept of the project built upon previous community projects developed by the MHA. Each participant was asked to capture the essence of their group in a photograph. All the images were compiled and displayed in the Ballinasloe
Library. A total of 24 community groups participated in the Photographic Project.

- **Art Exhibition:** In May, the MHA encouraged a talented individual to exhibit their art work in a local coffee shop in Ballinasloe town. The focus was to highlight the abilities of persons with mental health difficulties.

- **Mental Health Week 2016 Service User Quiz:** This was a combined effort by local Mental Health Associations coming together to celebrate World Mental Health Week. There were seven tables of 4 participants from all areas of the East Galway Mental Health Service.

- **Dance Classes:** During November, the MHA funded Dance Classes in the local Day Centre for 30 service users.

### Tuam and District Mental Health Association (TDMHA)

- **Smiley Pancake Tuesday:** In February TDMHA organised a local Smiley Pancake Tuesday in the MHA Office in Tuam. Local chef, Cathal Reynolds, prepared delicious pancakes all morning for the general public. Approximately 240 people attended over the course of the day. Pupils from Gaelscoil larfhlahta also showed their support, making the MHAs first Pancake Tuesday event extremely successful!

- **Table Quiz:** In April TDMHA held their 2nd annual table quiz event in the Ard Ri House Hotel, which was a great success. 180 people attended on the night.

- **Solstice Wellbeing Event:** In June TDMHA organised a local Solstice Wellbeing programme of events which consisted of Sun Salutations with Tuam Yoga & Pilates Studio, a ‘talk’ by Margaret Tierney – Console’s Director of Business Management in Galway and a ‘mindfulness’ walk of Knockma.

- **Mental Health Week 2016:** During Mental Health Week, TDMHA in partnership with Tuam Library organised a Musical Therapy event in the Library. Musical therapist William Sexton gave a delightful introduction into the world of music therapy, incorporating various musical instruments and songs for children with special needs.

### Clifden MHA

- **Historical Trip to Kilmainham Jail:** During the month of May, Clifden MHA organised a trip to Dublin to visit Kilmainham Jail. A total of 11 people went on the trip, which included a two night stay in the city.

- **Coffee Morning:** To coincide with Clifden Arts Week in September, the MHA held their annual coffee morning in the Elm Tree Centre. Approximately 160 people attended on the day, which was also a fundraiser for the MHA.

- **Information Open Day:** In December, the MHA held an information open day in the Elm Tree Centre for the general public. Approximately 70 people attended on the day.

- **Christmas Party:** The Association supported the annual Christmas Party event for approx. 80 people, which took place in Peacocks, Maam Cross.

### Loughrey MHA

- The Association held their Annual BBQ in July.

- Loughrea MHA supported the Table Quiz in Ballinasloe during World Mental Health Week.

- The MHA were involved in supporting the annual Christmas lunch in December.

### Cosán

Cosán is a new peer support group in Galway, affiliated to MHI in the summer of 2016. Initiated by Galway Mental Health Services Consumer Panel, the group offer peer support, recovery education and recovery through creativity. The group currently meet once a week on Sundays but are seeking funding and premises to expand to, ideally, seven days per week. They have also made a proposal to the HSE regarding working together to offer a better admissions system that could divert people from inpatient services.

### Clare/ Limerick / North Tipp - John McElhinney

#### Ennis Mental Health Association

- Summer solstice yoga and mindfulness in Ballybeg Woods.
- Community Garden Fete on October 2nd during Mental Health Week.
- Healing Heart meditation on October 5th during Mental Health Week.
- Schools Essay Competition on the topic of ‘Promoting Positive Mental Health’ open to 2nd Year students across Clare.

- The Saturday Club and the DIZ Club are social clubs for mental health service users aimed at reducing social isolation and promoting recovery in local communities. Activities included day trips/social outings, access to training courses, art and craft, music, etc. and personal development.
Aras Follain Mental Health Association
- Summer BBQ and Summer Tea Party took place.
- Time to Talk coffee mornings throughout the year.
- Aras Follain were involved in the research project in association with Trinity College Dublin which documents models of peer support. “Development and Impact of Peer-Led Mental Health Support in the Community - A Review of Áras Folláin and Gateway”, was launched in Trinity College Dublin on 7th December 2016 by Anne O’Connor, National Director Mental Health.

Thurles Mental Health Association
- The Failte Club is a social club for mental health service users aimed at reducing social isolation and promoting recovery in local communities. Activities included day trips/social outings, access to training courses, art and craft, music and personal development.

Shannon Mental Health Association
- Summer Solstice event at Shannon Sky Court Shopping Centre.

Nenagh Mental Health Association
- Wellness Café with week-long menu of activities for Mental Health Week.

Limerick Mental Health Association
- Limerick Mental Health Week 2016 developed a comprehensive list of activities for the week catering to all ages and interests.
- Start of Post Natal Support Group.
- Men’s Shed St Joseph’s going from strength to strength
- Christmas Party at Le Cheile.
- Be Well Week - a variety of scheduled events aimed at young people.
Developing the Organisation

**West Limerick MHA**

**Public Talk**
- “Seasons of Change: Supporting Families through Loss, Grief and Trauma” delivered by Dr Malie Coyne.
- Public Talk “Promoting emotional wellbeing in teenagers” delivered by Enda Murphy October 11th Desmond Complex Newcastle West.
- Summer Solstice Walk on June 20th in Glin.

**Kilmallock Mental Health Association**
- 5000 Steps to Wellbeing walk including a heritage talk on Kilmallock during Mental Health Week.
- Recovery and personal development opportunities for service users including Fit 4 Life programme, social outings, music sessions and art classes, resulting in exhibition of work in local library.

**Kilmallock Mental Health Association**

**North Clare**
- A night of music for Mental Health at Lahinch Sea World during Mental Health Week.
- Happiness Week - a celebration of happiness-inspired events including yoga, meditations, laughter yoga, water aerobics.
- Schools Essay Competition on the topic of ‘Promoting Positive Mental Health’.

**North Liberties**
- Continued support of long stay service users in Community Residences in Limerick including social outings.
- Tearmann Ward Sensory Garden.
- Singing Group for people living with dementia and their carers.
- Day Hospital outing to Mozart in University of Limerick.

**Raheen and District Mental Health Association**
- Ongoing support of Rehab and Recovery Service Users including Equine Assisted Therapy, Yoga, Art Classes and regular publication of A Spot So Fair – recovery newsletter.

**North Liberties**
- Continued support of long stay service users in Community Residences in Limerick including social outings.
- Tearmann Ward Sensory Garden.
- Singing Group for people living with dementia and their carers.
- Day Hospital outing to Mozart in University of Limerick.

**CH05**

**Waterford/ Sth Tipp/ Carlow/ Kilkenny/ Wexford - Linda Thorpe**

**Wexford MHA**
- **Expressions Secondary School Competition** has been running for two years and replaced the public speaking competition to allow students with a variety of creative interests to participate. The competition focuses on the theme of ‘Positive mental health is…..’ and applications are open to all secondary schools in the county. Students are invited to express their opinions and views on what they think positive mental health is, by creative writing, artwork, drama, poetry, etc.
Social Learning Support Group - an evening peer group aimed at individuals who have progressed as part of their recovery journeys to employment/education/volunteer roles. The group provides psychoeducation, support and opportunities for socialisation.

Wellness Recovery Action Plan is a “self-management tool” used to help individuals to take more control over their well-being and recovery. The WMHA has rolled out Level 1 Workshops across the county.

The Wexford Mental Health Services Sports Programme originated in 2007 and now comprises of weekly physical activity interventions ongoing throughout the year, including circuit training, aerobic and soccer and basketball group, periodic interventions such as FAI coaching, Tag Rugby, outdoor adventure days, group holidays and a psychoeducational programme that vary in approach. Key partners include Ollie Goghtery, St Joseph’s Community Sports Hall, Sports Active Wexford, HSE amongst many other community partners which will be outlined on our display board downstairs.

The Discover/Recovery Theatre Project is a unique collaboration of local individuals with lived experience of mental health difficulties and community services who have come together to create a forum of recovery stories to be discovered and shared through the medium of storytelling workshops, live theatre and digital media.

What started out as a storytelling exercise became a full theatre production, a video production and a powerful secondary school’s mental health programme. This project has recently got national recognition, receiving the Ann Beckett Award for Excellence and Innovation in Occupational Therapy Practice. The Wexford Mental Health Association, were delighted to have been the main support of this innovative project.

At a recent conference on physical activity in mental health “Healthy Bodies Healthy Minds” hosted by HSE on 1st Dec 2016, this programme was presented and represents one of the most established and accessed physical activity programme in mental health nationally, yet another initiated and supported by WMHA.

Music Exploration Officer - this programme, commenced in November 2016 with the employment of Emily Redmond, a local well known professional musician. The role of the project is to promote recovery by enabling access to, engagement in and exposure to music and music related events for wide range of individuals predominantly within Wexford County. These people will be receiving services from the rehabilitation and community sectors of the Wexford/Waterford Mental Health Services.

Carlow Mental Health Association

- Wellness Walk at Altamount gardens with 70 people in attendance- a very enjoyable event which was very family friendly.
- Spring Clean your Life – Four week wellbeing programme in Carlow Library- a different speaker every night with a different topic made this event very successful and informative.
- Hello Carlow – How are U launched with over 5000 people reached throughout the campaign-asking the simple question had a huge impact – it was a very colourful event- the atmosphere was electric – engaging. There was great energy and positivity about. It was a huge success.
- Summer Movie Night in Carlow.
- MENSANA FEST: a whole week of over 80 different events- it was once again a wonderful celebration and an overwhelming success. It was attended by hundreds of people. Events ranged from pop up Café, to music, art, drama, speakers, children’s events, walks, talks and more. It engaged people of all age groups.
Developing the Organisation

Waterford MHA
- Befriending on an ongoing basis.
- Fundraising table quiz with over 50 people in attendance.
- Male Boys Choir event in the City Square.
- Fundraising night at the Dog Track in Waterford.

Tipperary South MHA
- Golf Classic in Clonmel with over 250 people participating.
- Coffee morning in Mental Health Week.
- Active support of Cluain Training and Activation Centre.
- Funds local projects- Christmas party, summer outings, swimming lessons & art to name but a few.
- Member of the local STAN- South Tipperary Action Network.
- Support of the local ARI programme.
- Active participant and funder of the Mental Health Festival held on Mental Health Week.

Kilkenny MHA
- Annual Christmas Dinner Dance with over 130 participants held in The Springhill Hotel.
- Annual BBQ held in The Hotel Kilkenny.
- Active participant in the local activities for Mental Health Week.

Wicklow/ Dun Laoghaire/ Dublin
- Social Clubs held every month for members and drop ins.
- WRAP Café for members with 22 people in attendance.

Troy MHA
- Weekly social clubs.

Kildare/ West Wicklow/ Dublin South West/

Dublin West - Michael Noble

Celbridge:
- Supported a weekly social club.
- Fundraised with their annual church collection.
- Supported MHI’s National Mental Health Initiatives.

Naas, Newbridge and Kildare MHA
- Smiley Pancake Fundraising event.

Ballyfermot MHA
- Provided and supported various Community Mental Health Initiatives in the Ballyfermot area.
- Supported MHI’s National Mental Health Initiatives.

St Lomans MHA
- Provided and supported various respite initiatives.
- Supported MHI’s National Mental Health Initiatives.

Tallaght MHA
- Supported various Mental Health Initiatives in the Tallaght Region.
- Organised public mental health information /activities.
- Supported MHIs National Mental Health Initiatives.

Naas /Newbridge/Kildare MHA
- Provided various respite and social activities in North Kildare.
- Supported MHI’s National Mental Health Initiatives.

Athy MHA:
- Provided various respite and social activities in North Kildare.
- Supported MHI’s National Mental Health Initiatives.
Laos/Offaly/Longford/ West Meath/ Meath/ Louth/ - Finola Colgan

Portlaoise MHA
- Smiley Pancake fundraising event in association with staff at the Midland Prison.
- Portlaoise MHA celebrated their Fortieth Anniversary on October 26th with a social afternoon held in Portlaoise Parish Centre.
- The MHA organize regular social events throughout the year and provide Christmas and Easter Hampers to the residents in the HSE housing programme.

Mullingar MHA
- Creative Arts and Mullingar MHA supported the Five Ways to Wellbeing Photo Exhibition and Pop Up Café at Mullingar Library. They also promoted and supported two Music in Mind programmes in conjunction with the National Concert Hall and Mental Health Ireland which was held in Colum Barrack Mullingar.

MYSELF - Mullingar Youth Supports Embracing Local Families was a joint initiative with Mullingar Lions Club. MYSELF was launched by Dr. Niall Mulldoon Ombudsman Children, Jill O’Herlihy Communications Manger Mental Health Ireland and John Leonard. MYSELF is a comprehensive information directory exploring mental health and mental illness and available supports locally, regionally and nationally. Up on 10,000 copies have been circulated throughout local schools, youth and community centres.

Dr. Ada English commemorative seat was unveiled on the grounds of Loreto College Mullingar being the former school of this renowned first female Consultant Psychiatrist and 2016 activist. This was organised in conjunction with the Westmeath 1916-2016 Committee. The special commissioned granite seat with inscription was unveiled by a surviving family relative. Dr. English is buried in the grounds of the former Psychiatric Hospital St, Brigid’s in Ballinasloe.

Dundalk MHA
- Hosted their annual Social Inclusion Dinner Party for mental health service users.
- Their major fund raiser “Rose Day Collection” in August was very well supported by the Dundalk community.
- The MHA their annual social outing to Carrickfergus.

Rathdowney MHA
- Support for residents at Erkina House and day attendees at Mooreville House Day Centre this included the delivery of Mind Your Mental Health by the Area Development Office.
- The MHA purchased a significant amount of new furniture including new arm chairs, pool table and relaxation chairs both for Erkina House and Mooreville Day Centre for Erika House.
- Day trips during the year for service users included holidays to Ballybunion and a local fishing trip.

Maynooth MHA
- Fundraising walk in Castletown House grounds.
**Athlone MHA**

- Athlone MHA launched ‘Eat Your Greens, Fit into Your Jeans’ Fun run/walk. The programme concluded with a 5K fun run at Athlone IT Sports grounds.

- Recovery in Mental Health to mark World Mental Health Day, the Association hosted this evening in the Radisson Hotel. Guest speakers included Dr. Ciaran Corcoran, Consultant Psychiatrist, Michael Hyland, HSE Mental Health Services, Eddie Ward - Suicide Resource officer and Finola Colgan Area Development Officer.

- Public Speaking Project in association with Athlone Institute of Technology and local secondary schools on the theme of mental health.

---

**Tullamore MHA**

- A major ongoing project initiated by the MHA has been the development and ongoing maintenance of a sensory garden at Birwood House which is a high support residential care facilities in the local Mental Health Services. They held their annual barbeque for members, friends and residents of Birchwood House.

- Over forty five mental health service users enjoyed a day trip to Galway City and Salthill culminating in a social evening in Moate.

- To mark world Mental Health Day Tullamore MHA hosted a Wellbeing Pop Up Café Morning in the Bridge Street Shopping Centre on the theme “Five Ways to Wellbeing” co-facilitated by Rosaleen Heavin Social Artist and the Area Development Officer also displayed the Tullamore MHA Wellbeing Information Board.

---

**Portarlington MHA**

- Funded regular short stay holidays for service users in association with the Laois/Offaly Mental Health Services to Ballybunion.

- Public Speaking Project with local Laois schools held in Mountmellick. Community Library on the theme of “Mental Health is Everybody’s Business - not just mine”. It was hosted as an event during Laois connects mental health week.

---

**Navan MHA**

- Weekly social evenings for members.

- Christmas lunch and end of year social event for service users in Newgrange Hotel with over 40 people in attendance with Kells MHA participation as well.
Birr MHA

**Guinness Book of Record broken** Booby King Professional Golfer smashed a Guinness World Record for playing the most holes of golf on foot for 12 hours non-stop. He putted 234 holes- breaking the previous record of 221. He’s achievement was the equivalent of running almost two marathons. He used the event to support Birr MHA to fund raise and promote mental health awareness.

*“Then & Now”* Pop up Café was hosted by the MHA during the Birr Vintage Festival to promote awareness of mental health and the transition of mental health services from a hospital to a community base in August with over 40 people in attendance. It was facilitated by Rosaleen Heavin Social Artist and former Psychiatrist Nurse. It was a visual display exploring the transition of mental health services from the institution base to a community based delivery services of present times.

Dublin City Mini Marathon was organised as a fundraiser and social event for members and friends of the Association.

The Association brought over twenty service users on their annual holiday programme to Salthill, and many day trips, culminating in their Annual Christmas dinner to which other local MHAs in the area are always invited.

**Longford MHA**

- Hosted their Christmas Social afternoon for service users and their annual volunteer award within their MHA. The 2016 award was presented to Mr. Noel Duffy.
- **Five ways to Wellbeing Walk.** To mark world Mental Health Day Longford MHA in partnership with the HSE Suicide Resource Office held a 2k Walk based on the Five Ways to Wellbeing and #thelittlethings campaign in the Longford Park.
- **Grow It Yourself Project:** This Longford MHA project is based on the CMHC grounds and it continues to be a central activity for service users. During 2016 a number of service users under took a Horticulture Module with Longford Westmeath ETB. All participants were awarded a Certificate. The annual garden sale of fruit, vegetables and flowers was held during July.

**Dublin North/ Dublin North West/ Dublin North Central**

**Crumlin MHA**

- Social Events throughout the year.

**Drumcondra & District**

- Provided and supported various Community Mental Health Initiatives in the Drumcondra area.
- Supported MHI’s National Mental Health Initiatives.

**St Brendans**

- Provided and supported various respite initiatives.
- Supported MHI’s National Mental Health Initiatives.

**Donabate & Portrane**

- Supported various Mental Health Initiatives in the Donabate/Portrane area.
- Organised public mental Health information /activities.
- Supported MHI’s National Mental Health Initiatives.
Directors’ Report and Audited Financial Statements
MENTAL HEALTH IRELAND

Directors Report and Audited Financial Statements
For the financial year ended
31 December 2016

Registered number: 24379
Charity Number: CHY 5594
Charity Registration: No. 20008642
MENTAL HEALTH IRELAND
CONTENTS

Directors report 45 - 60

Independent auditors’ report 61 - 62

Statement of financial activities 63 - 64

Statement of comprehensive income 65

Statement of financial position 66

Statement of cash flows 67

Notes to the financial statements 68 - 82
## MENTAL HEALTH IRELAND
### COMPANY INFORMATION

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chairperson</td>
<td>Maria Molloy</td>
</tr>
<tr>
<td>Chairman of Finance Committee</td>
<td>Neil Hughes</td>
</tr>
<tr>
<td>Directors</td>
<td>Maria Molloy, Brendan Madden (Resigned 28 May 2016), Neil Hughes, Alice Murphy (Resigned 27 January 2017), Brian Glanville, Charles Burke, Seamus McNulty, Anthony O’Boyle, Denis Creedon, Colm Murphy, John Fitzmaurice (Resigned 28 January 2016)</td>
</tr>
<tr>
<td>Company Secretary</td>
<td>Neil Hughes</td>
</tr>
<tr>
<td>Auditors</td>
<td>JPA Brenson Lawlor, Brenson Lawlor House, Argyle Square, Morehampton Road, Dublin 4.</td>
</tr>
<tr>
<td>Bankers</td>
<td>Bank of Ireland, Smithfield, Dublin 7.</td>
</tr>
<tr>
<td>Solicitors</td>
<td>Partners at Law, Dun Laoghaire, Co. Dublin.</td>
</tr>
<tr>
<td>Business address / Registered Office</td>
<td>1-4 Adelaide Road, Glasthule, Co. Dublin.</td>
</tr>
</tbody>
</table>
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

The Directors present their annual report and audited financial statements of the company for the financial year ended 31 December 2016.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of Companies Act 2014 and although not obliged to comply with the Charities SORP (FRS 102), the organisation has implemented its recommendations where relevant in these accounts. The main activities of the organisation are charitable.

The content of the director’s annual report is set out in the following headings:
• Objectives and activities
• Achievements and performance
• Financial review
• Structure, Governance and Management
• Reference and Administrative details
• Exemptions from disclosures and
• Funds held as custodian trustee on behalf of others

OBJECTIVES AND ACTIVITIES

The primary objects as set out in the Memorandum of Association of Mental Health Ireland (MHI) are:

a) To promote the general welfare of people with mental illness.
b) To support people with mental illness and/or their families and carers.
c) To promote mental health by:
   Advocating on behalf of people with mental health illness; and/or their families and carers.
d) The provision of education and training programmes that promote mental health and/or supports those with mental illness.

MHI, in keeping with developments in mental health, has updated the objectives of the organisation as reflected in the revised vision and mission developed in 2014.

MHI’s vision is for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation. MHI aims to lead the way in informing Irish society’s understanding of mental health and fostering a culture where people with mental health difficulties are respected and supported.

MHI’s mission is to promote positive mental health and wellbeing to all individuals and communities and through our network of Mental Health Associations, to support people who experience mental health difficulties on their journey of recovery.
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE

Since the foundation of MHI in 1966 the activities of the organisation have had a consistent twin track purpose; promoting mental health locally and nationally and supporting people with mental health difficulties in services and in the community. Activities included:

1. National & European Partnerships

2. Mental Health Promotion - to promote mental health and wellbeing in communities across Ireland;

3. Social Inclusion - to support the social inclusion of people who experience mental health difficulties in local communities and

4. Strengthen MHI as the National Network of Mental Health Associations.

HSE Partnerships

MHI works in partnership with the HSE in five projects nationally, Jigsaw Galway; Mindspace Mayo; ARI (Advancing Recovery in Ireland), ARIES Project (HSE Mid-West) and MOJO.

Jigsaw Galway

Jigsaw Galway is a free and confidential service supporting the mental health and well-being of people aged 15 – 25 in Galway city and county. Jigsaw’s aim is to support young people in Galway who are struggling, to ensure they get the support they need, when and where they need it.

Jigsaw Galway was established in 2008 as a partnership between the Health Service Executive, Headstrong (now Jigsaw) and Mental Health Ireland with each of the organisations employing staff members in the project. Jigsaw has gone from strength to strength over the years employing over 20 staff in roles including project manager, admin staff, fund-raising and communications manager, clinical team leader, clinical practitioner and support workers. The clinicians’ professionalisms include mental health nursing, practice nursing, occupational therapy and social work.

In early 2017, Jigsaw staff employed by the partnership members will move to a single employment structure governed by Jigsaw national office.

Mindspace Mayo

Mindspace Mayo is a free and confidential support service to promote young people’s mental health and wellbeing. Mindspace’s aim is to support young people aged 15 – 25 who are going through a difficult time to ensure they get the support they need. The service operates from Market Square, Castlebar and provides a welcoming space for young people to call in, get information or have a chat one-to-one with a support worker. They also provide information and advice to anyone who is worried about a friend or young person in their life. Presentations and talks are provided for schools, workplaces and community groups with the aim of raising awareness and support for the work of Mindspace.

Mindspace Mayo is funded by the Health Service Executive, Mental Health Ireland, Mayo MHA and St. Vincent de Paul.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

ARI projects (Advancing Recovery in Ireland)
ARI is involved with mental health services across Ireland. They support the development of local groups ('Recovery Committees') in advancing Recovery practices. These groups are made up of service users, family members and service providers (HSE staff) working together. Their work includes developing recovery colleges, developing peer-led centres and consumer panels.

During 2016 a Business Manager and an Administrative Assistant were appointed to work with ARI. In early 2017 a second Business Manager and a Development Officer will be appointed. Whilst the ARI staff work for Mental Health Ireland, they are seconded to ARI.

ARIES Project
Mid West ARIES (Advancing Recovery in Ireland Education Service) was established in April 2016 in response to an area wide scoping study which explored the potential of an education approach to recovery in mental health. It is funded by Genio and run through a partnership between HSE and Mental Health Ireland. ARIES aims to bring a hope inspiring Education/Research programme to the people of the Mid West. The project uses the principles of co-production and co-facilitation to develop and deliver recovery education modules across the region. 25 recovery education facilitators have been trained to deliver modules and are currently engaged in programmes in Ennis, Nenagh and Limerick. Facilitators bring a range of experience in relation to mental health including staff of services, family members and lived experience. A key aim of the project was to engage with local third level institutions to offer an opportunity for undergraduate students to learn about recovery from an alternative perspective. ARIES has successfully engaged with GEMS (graduate entry medical school) and EHS (education and health sciences) in the University of Limerick and continues to deliver co-produced, co-facilitated modules to medical, nursing and occupational therapy students with excellent feedback.

MOJO
In 2011, MOJO (originally called Men At Risk To Suicide) was set up in Tallaght to pilot an interagency response to men who were distressed due to unemployment. The premise was that forced unemployment increases a man’s risk to suicide. It was also understood by the programme developers that agencies, statutory and non-statutory, working collectively have the potential to provide a more effective response than those working in isolation. MOJO was developed by South Dublin County Partnership (SDCP) funded by the National Office for Suicide Prevention (NOSP) and hosted by Mental Health Ireland.

The MOJO National Office is supporting the development of MOJO Projects across Ireland. Currently, there are four MOJO Projects - two projects are up and running (MOJO Kildare and MOJO South Dublin) and two were established 2016 - MOJO North Dublin and MOJO Offaly.

National Partnerships
MHI continues to partner with the First Fortnight arts festival, CAST Film Festival and See Change, Green Ribbon Campaign as part of the mental health promotion activity.

MHI is a supporting partner the First Fortnight arts festival which takes place in the first two weeks in January and was created to challenge mental health prejudice through the creative arts.

MHI were again involved in two elements within the Visual Arts section of the festival, supporting the street art project and a performance theatre project. The street art project produced seven large and small scale street art installations around the country which were supported by Mental Health Associations in Donegal and Longford.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

MHI supported The CAST Film Festival in 2016, for the third year. The CAST Film Festival ‘Calls to Action’ youth groups, schools and organisations to ‘Break the Mould’ and produce a film which sheds the light on a social issue indicating a possible solution to the identified issue. MHI sponsored the prize for the winning poster designed by students which was high definition video camera. As a member of See Change, the national anti-stigma coalition, MHI partnered with Coillte, the IFA and See Change in the Green Ribbon campaign Talk and Walk events in May 2016. Local MHAs and the Area Development Officers supported these events and distributed Green Ribbons in the community.

European Partnerships
Mental Health Ireland is affiliated to Mental Health Europe, an umbrella organisation which represents associations, organisations and individuals active in the field of mental health and well-being in Europe, including former mental health service users of mental health services, volunteers and professionals. MHE has 73 member organisations as well as individual members. As the main mental health organisation active in Brussels, MHE is committed to advocating for its cause, whether this takes the form of submitting amendments to legislation, consulting with the European Commission, forming alliances with other organisations or being part of expert groups.

Mental Health Ireland is a founding member of MHE and is also represented on their Board of Directors.

50th Anniversary Conference – 21st and 22nd November, 2016
To mark its 50th Anniversary, Mental Health Ireland, supported by Mental Health Europe held a Conference on 21st and 22nd November 2016 in the Royal Marine Hotel, Dun Laoghaire, Co. Dublin attended by 195 delegates. The Conference theme “Resilience, Mental Health and Wellbeing” began with a pre-Conference Seminar hosted by MHE with presentations on “the European Social Pillar of Rights explained and explored” (Ailbhe Finn, Policy Manager MHE); “On the cusp of change: realistic models for humane mental health care” (Peter Kinderman, President of the British Psychological Society) and “Sanctuary: how to create safe spaces within services for people in distress” (Akiko Hart, Acting Director, MHE).

In the afternoon Simon Harris, T.D. Minister for Health opened the Conference and was followed by a presentation on “50 Years of Mental Health – Opportunities missed and taken” (Martin Rogan, Director of Strategy, Planning and Development at Rehab Group and Former Deputy CEO, MHI 1998-2001); “The Current state of Mental Health and Wellbeing in Europe” (Nigel Henderson, President, MHE); “The Years to Come – Opportunities not to be missed” (Prof Agnes Higgins, Professor in Mental Health, TCD); “Service User Involvement in Ireland within Mental Health Services and in the Community” (Liam Hennessy, Head of Service User, Family Member and Carer Engagement, HSE and Fionn Fitzpatrick, Project Co-ordinator, Gateway MHA).

A celebratory Conference Dinner was held in the evening at which founding Director, Professor Ivor Browne was acknowledged by Mental Health Ireland for the significant role he played in establishing the organisation with a view to encouraging community involvement in mental health.

Day 2 commenced with an overview of “Mental Health Services in Ireland” (Anne O’Connor, National Director Mental Health, HSE); “Resilience, Wellbeing & Mental Health” (Dr. Ilona Boniwell), one of the world leaders in the field of positive psychology, who founded and headed the first Masters Degree in Applied Positive Psychology (MAPP) in Europe. Nowadays, she heads the International MSc in Applied Positive Psychology (I-MAPP) at Anglia Ruskin University (UK and France), teaches Positive Management at l’Ecole Centrale Paris and HEC Business School, writes a monthly column for Psychologies (UK and Russia), and consults around the world as a director of Positran.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

“Resilience in Recovery” (Dr. Pat Bracken, Psychiatrist & Former Clinical Director of HSE Mental Health Services, West Cork); “Resilience in Action” a lively Panel Discussion chaired by Dil Wickremasinghe Newstalk and Mental Health Activist. The Panel included Joe Leonard, Dairy Farmer & Nuffield Scholar 2014 studying Farmer Stress and Mental Wellbeing; Rona McBrearty, Advance Level WRAP facilitator and international mentor for the Copeland Centre; Olan McGowan, Radio Producer, RTE Radio 1 and Michelle Whelan-Kennedy, Psychotherapist and Co-Founder of BiBo, Life Skills Training, Positive mental health habits for young teens.

Colm Desmond, Principal Officer, Department of Health chaired the session on Resilient Families with presentations from Prof. Pat Dolan, NUIG UNESCO Chair and Director of UNESCO Child and Family Research Centre, NUIG on “Growing Resilient Children and Families”, Olivia O’Leary, Broadcaster and Journalist spoke on “Resilient Societies”. Claire Healy, a volunteer with Carlow MHA addressed the theme “The contribution of volunteers” and Margo O'Donnell Roche, Co-ordinator, Áras Folláin Peer Support Centre spoke on “the contribution of peer support and self-help groups”. There were very lively question and answer sessions throughout the two days of the Conference which concluded with “Conference Reflections” by Brian Glanville, Director of Mental Health Ireland.

The Board of Mental Health Ireland acknowledged the support and participation of Mental Health Europe and look forward to future partnerships in 2017 and beyond.

2. Mental Health Promotion

Promoting mental health and wellbeing in communities across Ireland

Delivering Mind Your Mental Health Training Workshops and partnership training initiatives, organising events and campaigns, national projects and partnerships and providing information from the mental health promotion work of the organisation.

Training

Following the piloting of the Mind Your Mental Health (MYMH) training workshop throughout the network of Family Resource Centres in 2015, 2016 saw the rollout of the workshop in voluntary, community, statutory and workplace settings throughout Ireland. The demand for the training workshop has grown since its initial implementation. Work is currently under way to evaluate the training.

Over the course of 2016, Mental Health Ireland provided MYMH training to a wide range of community, voluntary and statutory organisations and workplaces. This included staff and students in 3rd level institutions, prison services, the Department of Social Protection, HSE mental health services, secondary school teachers, service users, youth groups, government agencies and refugee and asylum seeker organisations such as Cairde and the Integration and Support Unit.

In addition, Mental Health Ireland’s team of Area Development Officers facilitate a range of other partnership training interventions including SafeTalk, ASIST and Stress Control etc.

Events

A programme of events was organised throughout the year to promote mental health and wellbeing to the public. National events and campaigns were mirrored locally by the MHAs.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Smiley Pancake

The Smiley Pancake campaign was rolled out for the first time in 2016. The aim of the awareness campaign is to encourage everybody eating pancakes on Pancake Tuesday to put a smile on their pancake, reminding people of the power of a smile. Smiley Pancake is designed to be a low threshold, awareness raising inclusive project which promotes participation across all age groups.

Smiley Pancake Day received national media coverage in the Irish Sun and the Herald newspapers and a 15 minute prime time morning slot on TV3’s – Ireland AM. Our brand ambassador was 2FM’s Eoghan McDermott and he went on Ireland AM to take part in the now annual, pancake challenge and to talk about minding our mental health.

We gained significant traction from bloggers and the public for the campaign from people in their offices, colleges and at home with donations coming in via MHI’s Text to Donate button. A total of €500 was raised via text to donate.

Six MHAs organised Smiley Pancake events of their own with any funds raised going straight to each MHA.

Solstice Wellbeing Day – 21st June 2016

MHI aims to promote a National Wellbeing Day and the Summer Solstice has been chosen as the day that best represents wellbeing. Everyone is invited to reflect on wellbeing and to mark the moment of the solstice and make a wellbeing intention for the coming year.

The national event was held in the Labyrinth, Dublin City University on 20th June 2016. Over 60 people joined in a Labyrinth meditation walk hosted by St. Stan. We had music accompaniment from a Harpist, followed by refreshments for everyone.

Local events were organised by Drumcondra and District MHA; Fingal MHA in association with Donabate MHA; Bailieborough MHA; North Clare MHA; West Kerry MHA; Limerick MHA; West Limerick MHA and Ballyfermot MHA.

Mental Health Week – 9th -15th October 2016

Mental Health Week 2016 took place from 9th to 15th October with some of the Mental Health Associations’ MHAs choosing to celebrate the week from the 10th to 17th October. MHI’s theme was “Five Ways to Wellbeing” and new literature including posters, bookmarks, and leaflets explaining the theme.

Nationally, MHI organised the 5,000 Steps to Wellbeing Walk in Avondale Forest Park, Co. Wicklow. Over 75 people attended the walk on the 9th October which highlighted each of the Five Ways to Wellbeing for every 1,000 steps walked.

Locally, MHAs organised events nationwide, generating awareness of the theme and mental health and wellbeing in their communities. Events included laughter yoga, walk and talks, tea and a chat events, information evenings, mindfulness and meditation classes.

We received national and local media coverage for the walk from the Irish Daily Star, The Journal, East Coast FM, the Wicklow Voice, the Wicklow Times and other online sources.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

National Projects

Art and Photography for schools
In its 11th year, Post Primary Schools are invited to submit entries from their students in our Art and Photography Competitions on the theme of mental health and wellbeing.

In 2016, the Art and Photography Project attracted 1,324 pieces of Art and 147 photographs were submitted from students from all over Ireland. The number of schools that submitted entries was 66 for the Art category and 42 for the Photography category, an increase from the previous year. The provincial and national winners’ entries in both categories form our MHI calendar for the following year.

This year we invited guest judge and artist Lisa Butterly to adjudicate the entries. The winners, provincial winners and 26 highly commended entries were displayed in an Exhibition in Dublin City Council for a week with an awards ceremony for the students to receive their prizes and certificates.

Media & Social Media

MHI’s social media and media reach supports the mental health promotion campaigning.

Social media presence has experienced sustained growth in 2016

Facebook  6,600 to 8,902 followers  Avg. post reach: 1,231 people
Twitter  4,000 to 7,000 followers  Impressions: 957,200 (times users saw tweets)
Instagram  631 to 1,174 followers

Our online newsletter was introduced to communicate with subscribers at key times throughout the year. The numbers subscribing climbed gradually throughout the year from zero to 615 subscribers.

Information Service

In April 2016, MHI contracted a researcher to undertake a review of its information service. The stated objectives were to:

- Review the existing information service to evaluate the nature and quality of the service provided
- To analyse the data on the information service
- To highlight the strengths and weaknesses of the service
- To make future recommendations on the future of the service

In essence the review question posed was: “Is this service in its current guise, working?”

A detailed review of the information service took place between April – Dec 2016 and in January 2017 a report with recommendations for the future of the service will be presented to the Board of Mental Health Ireland.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

3. Social Inclusion

Support the Social Inclusion of people who experience mental health difficulties in local communities

MHI Activity

In 2016 MHI focused on developing the capacity of individuals and MHAs to support the social inclusion of people who experience mental health difficulties in local communities. MHI promoted a Recovery focus in the 92 local MHAs and supported the development of peer support projects within MHI’s network.

Promoting Peer Support & Recovery Initiatives

MHI completed a Review of Peer-Led Community Services with Gateway MHA, Rathmines and Áras Follain, Nenagh in 2016. The report “Development and Impact of Peer-Led Mental Health Support in the Community: A Review of Áras Folláin and Gateway” was launched on Wednesday, 6th December, 2016 in Trinity College, Dublin. This report is a joint partnership between the HSE and Mental Health Ireland and examines the role of the two peer-led groups in the context of the HSE Mental Health Services development of recovery oriented community services.

The report documents the development and governance of the projects, the satisfaction of the participants with the projects and the impact of the projects on the recovery of participants. The success of both projects is evident in the satisfaction of the participants and the organisation of the projects. The report is underpinned by recovery principles – the report is collaborative, accountable, responsive, evidence informed, outcomes focused and demonstrate the ability of Áras Folláin and Gateway to be able to change. The national mental health policy Vision for Change recommends the development of peer led day services which promote community integration and recovery. MHI provides technical support and assistance to emerging models with a view to these peer led projects becoming independent entities over time.

Supporting Individuals

Training Bursary

In 2014, MHI established a Training Bursary to support people with personal experience of mental health difficulties, family members and people with limited means, who are interested in community mental health activism, to access education and training. In 2016, MHI awarded 43 bursaries.

Partnership Projects

University College Cork

UCC, ACE (Adult and Continuing Education) continued its partnership with MHI in the development of the Level 6 Certificate Mental Health in the Community in 2016. The course is being delivered in Dublin, Cork and Tralee with new courses added in Limerick and Letterkenny in 2016.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

National Concert Hall - Music In Mind

Following the success of the 2015 Music in Mind Programme, The NCH Education, Community and Outreach Department developed two rounds of the programme in 2016. Music in Mind is a programme of participative music workshops for people in the community, living with mental health difficulties. The first rounds were completed in Dublin, Wexford, Donegal, Mullingar, Sligo/Leitrim and Mayo. Evaluation has been received from all centres and work is currently underway for MHI to assess the outcomes, which will inform future provision. Four of the six centres participated in a second round of the programme.

The Music in Mind partnership programme now forms a core element of the National Concert Hall’s strategic provision.

Woodlands for Health

The Woodlands for Health partnership between, the Wicklow HSE Mental Health Service, Coillte and MHI continued during 2016 with members of the community invited to take part in a Walk and Talk event in Coillte forest and park locations.

MHA Activity

MHAs traditionally support the social inclusion of people with mental health difficulties through local projects including social clubs, befriending and social housing. The emergence of peer support initiatives is a welcome development with the MHI network.

Social Clubs

There are a total of 32 MHAs offering Social Club activities, run by volunteers, for their members. Activities include socialising through activity based programmes including going bowling, DVD night, coffee and chat afternoons and food nights. They have club rules that are adhered to by all members making it a safe and fun place to socialise.

Befriending

Befriending plays a valuable part in helping members who have or are experiencing mental health difficulties to live their life to the full in their community. Registered volunteers meet with members for anything from 2-4 hours per week. They go to the cinema, go shopping, and take a walk and assist the members achieve personal goals within the community.

Social Housing

A total of 13 MHAs operate or have allied, social housing projects, with a total of 263 housing units. Ten are approved housing bodies and three are under MHI’s approved housing body status. The MHAs under MHI’s housing body status, are in the process of getting approved status in their own right.

Peer Support Projects

The peer support projects under the auspices of MHI continue to develop and expand their work in encouraging and involving service users, family members and carers to participate in local peer groups.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

ACHEREIVEMENTS AND PERFORMANCE (CONTINUED)

Áras Folláin, Peer Support Centre, Nenagh, has grown from a project of Nenagh MHA to become an established MHA. It is run by a voluntary group representative of service users, family members, mental health professionals and community representatives and provides a resource to the whole community with a mental health focus.

Gateway Mental Health Association became an MHA in 2015 following the closure of its host organisation the Rathmines Pembroke Partnership.

Gateway is a peer led project where people with lived experience of mental health and recovery can meet, socialise, support one another and co-create opportunities for wellbeing and inclusion in the community. Gateway, based in Rathmines, Dublin city, has 300 members and 150 regular participants.

Gateway operates on community development principles and has an Advisory Group representative of members and statutory and voluntary organisations. MHI manages the project and is supporting Gateway to become a company and charity in their own right over time. A Management Committee has been established.

Get Together Inishowen (GTI), Carndonagh, Donegal, provides peer support and a social club to the community. Their events included meal and movie nights, coffee mornings, outings and day trips to places of interest.

GTI is an MHA and operates through collective agreement by the members with a majority vote deciding the activities and events. The members have benefited by being provided with opportunities for social interaction, self-direction and being involved in positive and supportive events to improve self-esteem and reduce anxiety.

Other peer support groups which have emerged from MHAs include the Kerry Peer Support Network, a linked to Tralee MHA and the Troy MHA newly emerging from Dun Laoghaire MHA.

4. Strengthen MHI as the national network of Mental Health Associations

MHI supports the network of MHAs in developing capacity through training, guidance and the development of standards to support the operation of the MHAs.

In 2015 a Volunteer Policy was developed in association with Mayo MHA and training will be offered to all MHAs in 2017 to support the capacity of the MHAs to engage volunteers effectively. Information on MHI’s Child Protection Policy will also be provided in 2017.

MHI processes Garda Vetting for all MHAs and other organisations in the mental health sector. In 2016, MHI migrated to e-vetting with the National Vetting Bureau.

MHI is supporting the MHAs to work to the Charity Regulatory Authority standards and MHI has worked with individual MHAs to establish a Memorandum of Understanding between MHI and the MHA. Work was ongoing in 2016 to assist MHAs but in 2017 any MHA without a completed MOU will not be permitted to use MHI’s Charity Number.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

FINANCIAL REVIEW

MHI’s full financial statements are laid out in the following paragraphs. The organisation has undertaken to report its audited accounts under the SORP (FRS102) method in 2016. This is the recommended standard for charities from 1st January 2015. The accounts show a surplus of €110,056 in 2016 compared to a deficit of €6,196 in 2015. The surplus brings the overall reserves to €539,611 at end of 2016, this includes unrestricted reserves of €284,397 and designated reserves of €58,369. This equates to 3 months reserve cover of ongoing monthly costs. The organisation’s aim is to achieve 6 months cover to provide greater financial stability to the organisation.

MHI’s income of €2,749,114 in 2016 is up €453,040 from 2015 income of €2,296,074 as a result of MHI partnering on new projects with the HSE, such as ARIES & MOJO, in 2016. There was also additional income relating to Gateway and Mayo Youth in comparison with the prior year.

98% of MHI income was funded through the HSE in 2016.

STRUCTURE, GOVERNANCE AND MANAGEMENT

MHI is a Company Limited by Guarantee governed by its Memorandum and Articles of Association. MHI changed its designation during the financial year to Mental Health Ireland, Company Limited by Guarantee (CLG) to comply with the Companies Act 2014. MHI is a registered charity and has completed its reporting requirements for 2015 to the Charity Regulation Authority at the end of October 2015. MHI’s Charity Regulatory Authority No. is 20008642.

Following on from the internal review carried out by Crowe Horwath in 2014 the following procedures were adopted in terms of Board recruitment and resignation:

- All Directors will have a term of three years, commencing on the date upon which s/he is appointed to the Board by the Company at the annual general meeting.
- Any period of time served on the Board prior to the appointment by the members of the Company in general meeting (or by nomination of the National Convention of MHAs) shall not be counted in calculating the three year term of office of a Director.
- A Director may offer him or herself for re-election and if so re-elected may serve one further three year term.
- Following this second term the Director shall stand down and shall be ineligible for reappointment to the Board for a further three year period.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

STRUCTURE, GOVERNANCE AND MANAGEMENT (CONTINUED)

The Board should consist of no more than 13 directors, one of whom would be elected as Chairperson, and one as Deputy Chairperson;

The balance of skills on the MHI Board should reflect a mixture of skills and experience.

- Legal skills (i.e. qualified solicitor or barrister)
- Financial skills (i.e. qualified accountant)
- Commercial/business experience
- Professional mental health/clinical experience
- Public policy experience (i.e. former HSE or Department of Health senior official)
- Service user / advocate

- The MHI Board includes three individuals nominated by the National Convention of MHAs (discussed further below) – these individuals must exercise their Board responsibilities in the interests of the Company, rather than representing their local MHA or the National Convention and cease to be delegates of the National Convention on appointment as a Director.

- The Board consists of two ongoing committees; the Audit and Finance Committee and the Governance Committee. The Board also from time to time forms other committees dedicated to specific projects.

- MHI have signed up to the Governance Code in 2014 and substantial work has been carried out by the Executive, Governance Committee and Board in 2015 which has resulted in the Company being over half way through completing the process at end of 2015.

- In 2015 the Governance Committee developed a Board Governance document which provides the Board of Directors with the necessary information to understand their roles and responsibilities in regards to the overall Governance and Management of the company. All current Directors have signed up to the new handbook and all new Directors will sign up as part of their induction.


- MHI has also adopted the SORP method of Accounting for its Audited Accounts, the recommended standard of reporting for Irish Charities.
MENTAL HEALTH IRELAND
DIRECTORS' REPORT
FOR YEAR ENDED 31 DECEMBER 2016

STRUCTURE, GOVERNANCE AND MANAGEMENT (CONTINUED)

- MHI is a membership based organization and has 92 affiliated MHAs located across Ireland. While they are autonomous, MHAs share the mission, vision and values of MHI and participate in projects organized at national level. The MHAs are run by local community volunteers; service users, families, friends, neighbors and mental health professionals. The MHAs engage in mental health promotion and fundraising in their local communities and while differing in size and complexity, traditionally MHAs engaged in befriending, social housing, social activities and individual grants to support the social inclusion of people with mental health difficulties.

- Of the 92 MHAs affiliated to MHI, 64 of these Associations use MHI’s Charity number. Each Association who uses MHI’s CHY No. is required to sign a Memorandum of Understanding which details the reporting requirements and procedures which need to be in place by each MHA before MHI can issue and allow the MHA the use of its CHY No.

- MHI provides a Garda Clearance service to all its MHAs and to other organisations in the Mental Health field. All MHA committee members and volunteers are Garda vetted through MHI.

MHI have developed a volunteer policy in 2015 which will be rolled out to all the MHAs in 2016.

The Management and Staff of MHI include the following:

1 CEO
1 Finance-Governance Manager
1 Fundraising and National Projects Manager
1 Head of Training and Professional Standards
1 Communications Manager
2 Full Time Clerical Admin
1 Part Time Clerical Admin
9 Area Development Officers

Regionally, nine Area Development Officers provide support to the MHAs. The ADOs also engage in mental health promotion activities in their region and deliver awareness raising initiatives and targeted education and training on a variety of mental health issues. They work in partnership with statutory and voluntary organizations to develop mental health promotion and recovery initiatives locally. They have the flexibility to adopt a local approach, working out of hours to engage fully with local communities.

REFERENCE AND ADMINISTRATIVE DETAILS

<table>
<thead>
<tr>
<th>Name of charity</th>
<th>Mental Health Ireland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charity number</td>
<td>CHY 5594</td>
</tr>
<tr>
<td>Address</td>
<td>1-4 Adelaide Road, Glasthule, Co.Dublin.</td>
</tr>
</tbody>
</table>
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

REFERENCE AND ADMINISTRATIVE DETAILS (CONTINUED)

The names of the persons who at any time during the financial year were directors of the company are as follows:

Charles Burke       Seamus McNulty
Denis Creedon       Maria Molloy
John Fitzmaurice (Resigned 28 January 2016)  Alice Murphy (Resigned 27 January 2017)
Brian Glanville     Colm Murphy
Neil Hughes         Anthony O’Boyle
Brendan Madden (Resigned 28 May 2016)

CEO whom responsibility for the day to day management of the charity is delegated

CEO      Martin Rogan

Orla Barry resigned as CEO on 31st January 2017. Mr Martin Rogan was appointed CEO on 30th January 2017.

Names and address of professional advisors

Auditors      JPA Brenson Lawlor
Solicitors    Partners at Law

EXEMPTION FROM DISCLOSURE

The charity has availed of no exemptions, it has disclosed all relevant information.

FUNDS HELD AS CUSTODIAN TRUSTEE ON BEHALF OF OTHERS

The charity does not hold any funds or other assets by way of custodian arrangement.

Likely future developments

The charity plans to continue the activities outlined above in its objectives and activities in forthcoming years subject to satisfactory funding arrangements.

Events after the end of the financial year

Orla Barry resigned as CEO on 31st January 2017. Mr Martin Rogan was appointed CEO on 30th January 2017.

Research and Development

The charity carried out research relating to its activities during the year.

Political donations

The charity did not make any political donations during the year.
ACCOUNTING RECORDS

The measures taken by the directors to secure compliance with the requirements of sections 281 to 285 of the Companies Act 2014 with regard to the keeping of accounting records are the implementation of necessary policies and procedures for recording transactions, the employment of competent accounting personnel with appropriate expertise and the provision of adequate resources to the financial function. The accounting records of the company are located at the charities premises, 1 – 4 Adelaide Road, Glasthule, Co. Dublin.

STATEMENT ON RELEVANT AUDIT INFORMATION

In the case of each of the persons who are directors at the time this report is approved in accordance with section 332 of Companies Act 2014:

(a) so far as each director is aware, there is no relevant audit information of which the company’s statutory auditors are unaware, and

(b) each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company’s statutory auditors are aware of that information.

AUDITORS

In accordance with section 383(2) of the Companies Act, 2014, the auditors, JPA Brenson Lawlor, will continue in office.
MENTAL HEALTH IRELAND
DIRECTORS’ REPORT
FOR YEAR ENDED 31 DECEMBER 2016

DIRECTORS’ RESPONSIBILITIES STATEMENT

The directors are responsible for preparing the Directors’ Report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and Charities SORP (FRS 102). "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council, and promulgated by the Institute of Chartered Accountants in Ireland. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the surplus or deficit of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

• select suitable accounting policies and then apply them consistently;
• make judgments and accounting estimates that are reasonable and prudent;
• state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
• prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors’ report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company’s website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the board of directors and signed on its behalf by

Maria Molloy, Chairperson
Director

Neil Hughes, Chairman of the Finance Committee
Director

Date 31 March 2017
We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2016 which comprise the Statement of Financial Activities, the Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and Charities SORP (FRS 102). The Financial Reporting Standard applicable in the UK and Republic of Ireland issued by the Financial Reporting Council and promulgated by Chartered Accountants in Ireland.

This report is made solely to the company’s members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company’s members those matters we are required to state to them in an auditor’s report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company’s members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors
As explained more fully in the Directors’ Responsibilities Statement set out on page 16, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and otherwise comply with the Companies Act 2014. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board’s (APB’s) Ethical Standards for Auditors.

Scope of the audit of the financial statements
An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company’s circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors’ Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements
In our opinion the financial statements:

• give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2016 and of its surplus for the year then ended; and

• have been properly prepared in accordance with the relevant financial reporting framework and, in particular, the requirements of the Companies Act 2014.
MENTAL HEALTH IRELAND
INDEPENDENT AUDITORS’ REPORT (CONTINUED)
TO THE MEMBERS OF MENTAL HEALTH IRELAND

Matters on which we are required to report by the Companies Act 2014

• We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

• In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited.

• The financial statements are in agreement with the accounting records.

• In our opinion the information given in the Directors’ Report is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of directors’ remuneration and transactions specified by sections 305 to 312 of the Act are not made.

Ian Lawlor
for and on behalf of JPA Brenson Lawlor,

Chartered Accountants Date 31 March 2017
MENTAL HEALTH IRELAND
STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR YEAR ENDED 31 DECEMBER 2016

<table>
<thead>
<tr>
<th></th>
<th>Designated funds</th>
<th>Unrestricted funds</th>
<th>Restricted funds</th>
<th>Total 2016</th>
<th>Total 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>€</td>
<td>€</td>
<td>€</td>
<td>€</td>
<td>€</td>
</tr>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Income resources from charitable activities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H.S.E. Income</td>
<td>-</td>
<td>1,169,141</td>
<td>-</td>
<td>1,169,141</td>
<td>1,245,055</td>
</tr>
<tr>
<td>Jigsaw Project</td>
<td>-</td>
<td>10,000</td>
<td>708,088</td>
<td>718,088</td>
<td>579,771</td>
</tr>
<tr>
<td>Mayo Youth Project</td>
<td>-</td>
<td>5,000</td>
<td>233,055</td>
<td>238,055</td>
<td>56,937</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>-</td>
<td>-</td>
<td>166,051</td>
<td>166,051</td>
<td>142,766</td>
</tr>
<tr>
<td>A.R.I. Project</td>
<td>-</td>
<td>10,168</td>
<td>115,156</td>
<td>125,324</td>
<td>113,538</td>
</tr>
<tr>
<td>ARIES (Previously RISE)</td>
<td>-</td>
<td>1,872</td>
<td>48,969</td>
<td>50,841</td>
<td>-</td>
</tr>
<tr>
<td>MOJO</td>
<td>-</td>
<td>8,852</td>
<td>152,795</td>
<td>161,647</td>
<td>-</td>
</tr>
<tr>
<td>Education/Research programme</td>
<td>-</td>
<td>-</td>
<td>64,351</td>
<td>64,351</td>
<td>-</td>
</tr>
<tr>
<td>Income from activities for generating funds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subscriptions &amp; memberships</td>
<td>-</td>
<td>12,609</td>
<td>-</td>
<td>12,609</td>
<td>-</td>
</tr>
<tr>
<td>Other Income</td>
<td>-</td>
<td>3,011</td>
<td>-</td>
<td>3,011</td>
<td>26,619</td>
</tr>
<tr>
<td>Training</td>
<td>-</td>
<td>10,605</td>
<td>-</td>
<td>10,605</td>
<td>17,000</td>
</tr>
<tr>
<td>Voluntary Income</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donations / Fundraising</td>
<td>-</td>
<td>29,391</td>
<td>-</td>
<td>29,391</td>
<td>114,388</td>
</tr>
<tr>
<td>Total income and endowments</td>
<td>-</td>
<td>1,260,649</td>
<td>1,488,465</td>
<td>2,749,114</td>
<td>2,296,074</td>
</tr>
<tr>
<td>Expenditure on charitable activities</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staff Costs</td>
<td>-</td>
<td>908,922</td>
<td>854,585</td>
<td>1,763,507</td>
<td>1,606,878</td>
</tr>
<tr>
<td>Depreciation of Fixed Assets</td>
<td>-</td>
<td>10,416</td>
<td>-</td>
<td>10,416</td>
<td>10,783</td>
</tr>
<tr>
<td>Operational Costs</td>
<td>16,631</td>
<td>310,253</td>
<td>538,251</td>
<td>865,135</td>
<td>684,609</td>
</tr>
<tr>
<td>Total expenditure</td>
<td>16,631</td>
<td>1,229,591</td>
<td>1,392,836</td>
<td>2,639,058</td>
<td>2,302,270</td>
</tr>
<tr>
<td>Net (Outgoing)/Income</td>
<td>(16,631)</td>
<td>31,058</td>
<td>95,629</td>
<td>110,056</td>
<td>(6,196)</td>
</tr>
</tbody>
</table>
### Directors’ Report and Audited Financial Statements

**MENTAL HEALTH IRELAND**  
**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) (CONTINUED)**  
**FOR YEAR ENDED 31 DECEMBER 2016**

<table>
<thead>
<tr>
<th>Designated funds €</th>
<th>Unrestricted funds €</th>
<th>Restricted funds €</th>
<th>Total 2016 €</th>
<th>Total 2015 €</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net (Outgoing)/Income</td>
<td>(16,631)</td>
<td>31,058</td>
<td>95,629</td>
<td>110,056</td>
</tr>
<tr>
<td>Transfers between funds</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Net movements in funds for the year</td>
<td>(16,631)</td>
<td>31,058</td>
<td>95,629</td>
<td>110,056</td>
</tr>
<tr>
<td>Fund balances brought forward at beginning of the year</td>
<td>75,000</td>
<td>253,339</td>
<td>101,216</td>
<td>429,555</td>
</tr>
<tr>
<td>Fund balances carried forward at end of the year</td>
<td>58,369</td>
<td>284,397</td>
<td>196,845</td>
<td>539,611</td>
</tr>
</tbody>
</table>
MENTAL HEALTH IRELAND
STATEMENT OF COMPREHENSIVE INCOME FOR THE FINANCIAL YEAR
ENDED 31 DECEMBER 2016

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surplus / (Deficit) for the financial year</td>
<td>110,056</td>
<td>(6,196)</td>
</tr>
<tr>
<td>Total comprehensive income</td>
<td>110,056</td>
<td>(6,196)</td>
</tr>
</tbody>
</table>
### MENTAL HEALTH IRELAND
### STATEMENT OF FINANCIAL POSITION
### AS AT 31 DECEMBER 2016

<table>
<thead>
<tr>
<th>Notes</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>€</td>
<td>€</td>
</tr>
<tr>
<td><strong>Fixed assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tangible assets</td>
<td>8</td>
<td>16,266</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16,266</td>
</tr>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debtors</td>
<td>9</td>
<td>347,987</td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>10</td>
<td>366,304</td>
</tr>
<tr>
<td></td>
<td></td>
<td>714,291</td>
</tr>
<tr>
<td><strong>Creditors: amounts falling due within One year</strong></td>
<td>11</td>
<td>(190,946)</td>
</tr>
<tr>
<td><strong>Net current assets</strong></td>
<td></td>
<td>523,345</td>
</tr>
<tr>
<td><strong>Total assets less current liabilities</strong></td>
<td></td>
<td>539,611</td>
</tr>
<tr>
<td><strong>Reserves and funds</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Designated Reserves</td>
<td>14</td>
<td>58,369</td>
</tr>
<tr>
<td>Accumulated funds – restricted</td>
<td>15</td>
<td>196,845</td>
</tr>
<tr>
<td>Accumulated funds – general</td>
<td></td>
<td>284,397</td>
</tr>
<tr>
<td></td>
<td></td>
<td>539,611</td>
</tr>
</tbody>
</table>

Approved by the board of directors and signed on its behalf by:

Maria Molloy, Chairperson  Neil Hughes, Chairman of the Finance Committee
**Director**                  **Director**

Date 31 March 2017
MENTAL HEALTH IRELAND
STATEMENT OF CASH FLOWS
FOR YEAR ENDED 31 DECEMBER 2016

<table>
<thead>
<tr>
<th></th>
<th>2016 (€)</th>
<th>2016 (€)</th>
<th>2015 (€)</th>
<th>2015 (€)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net cash flows from operating activities</td>
<td>20,882</td>
<td></td>
<td>(163,841)</td>
<td></td>
</tr>
<tr>
<td>Cash flows from investing activities</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Payments for tangible fixed assets</td>
<td>-</td>
<td></td>
<td>(14,165)</td>
<td></td>
</tr>
<tr>
<td>Net cash flows from investing activities</td>
<td>-</td>
<td></td>
<td>(14,165)</td>
<td></td>
</tr>
<tr>
<td>Net (decrease)/increase in cash and cash equivalents</td>
<td>20,882</td>
<td></td>
<td>(178,006)</td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents at beginning of financial year</td>
<td>345,422</td>
<td>523,428</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents at end of financial year</td>
<td>366,304</td>
<td>345,422</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2016

1. General Information

These financial statements comprising the Statement of Financial Activities, the Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes on pages 24 to 35 constitute the individual financial statements of Mental Health Ireland Limited for the financial year ended 31 December 2016.

Mental Health Ireland is a charity limited by guarantee, incorporated in the Republic of Ireland. The Registered Office is 1 – 4 Adelaide Road, Glasnevin, Co. Dublin, which is also the principal place of business of the charity. The nature of the charities operations and its principal activities are set out in the Director’s Report on pages 1 to 16.

Statement of Compliance

The financial statements have been prepared in accordance with Charity SORP (FRS 102) “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (FRS 102). These are the first financial statements with the adoption of Charity SORP (FRS 102). The charity constitutes a public benefit entity as defined by FRS 102.

Currency

The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. Going Concern

The charity is substantially dependent on the HSE to cover its operating expenses and to meet its stated objectives as stated in the director’s report. The directors believe that income will continue at an adequate level for the foreseeable future so that the company can continue in operational existence. In these circumstances the financial statements are prepared on a going concern basis.

3. Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company’s financial statements.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention modified to include certain items at fair value. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and Charities SORP (FRS 102). The Financial Reporting Standard applicable in the UK and Republic of Ireland issued by the Financial Reporting Council and promulgated by Chartered Accountants in Ireland.
3. Accounting Policies (continued)

Tangible fixed assets

All tangible fixed assets are initially recorded at historic cost. This includes legal fees, stamp duty and other non-refundable purchase taxes, and also any costs directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management, which can include the costs of site preparation, initial delivery and handling, installation and assembly, and testing of functionality.

Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost or valuation, less estimated residual value, of each asset systematically over its expected useful life, on a straight line basis, as follows:

| Fixture, Fittings & equipment | 20% Straight line |

An amount equal to the excess of the annual depreciation charge on revalued assets over the notional historical cost depreciation charge on those assets is transferred annually from the revaluation reserve to the income and expenditure reserve.

The residual value and useful lives of tangible assets are considered annually for indicators that these may have changed. Where such indicators are present, a review will be carried out of the residual value, depreciation method and useful lives, and these will be amended if necessary. Changes in depreciation rates arising from this review are accounted for prospectively over the remaining useful lives of the assets.

Fund Accounting

The following funds are operated by the charity:

**Restricted Funds**

Restricted funds are to be used for the specified purposes as laid down by the donor/grantor. Expenditure which meets these criteria is allocated to the fund.

**Unrestricted Funds**

General funds represent amounts which are expendable at the discretion of the directors in furtherance of the objectives of the charity and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

**Designated Funds**

Directors can designate part or all of the unrestricted funds for specific purposes. These designations have an administrative purpose only, and do not legally restrict the board’s discretion to apply the fund.
3. Accounting Policies (continued)

Incoming resources
All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Membership Fees
These are recognised in the Statement of Financial Activities of the year in which they are receivable.

Donated Services
Gifts in kind are valued at the cost that would be incurred if the company engaged the services.

Grants
Grants of a revenue nature are credited to incoming resources in the period in which they are receivable. Grants received in advance for specific future periods are carried forward as deferred income.

Donations
Donations are credited to incoming resources in the period in which they are receivable. Donations received in advance for specified periods are carried forward as deferred income.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

Where practicable, gifts in kind donated to the charity for distribution to the service users or for resale in charity shops are included in donations in the financial statements at their fair value. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh the benefits, then the income and associated expenditure is not recognised. The charity would have received donations during the year and have not recognised same in its financials.

Expenditure Recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following headings:

- Costs of raising funds
- Expenditure on charitable activities and
- Other expenditure represents those items not falling into the categories above.
Mental Health Ireland

Notes to the Financial Statements
For Year Ended 31 December 2016

3. Accounting Policies (continued)

Capital Grants and Donations

The charity receives government grants in respect of certain projects. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred income.

Retirement benefit costs

The company operates a defined contribution scheme. Retirement benefit contributions in respect of the scheme for employees are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme. The assets are held separately from those of the company in an independently administered fund. Differences between the amounts charged in the income and expenditure account and payments made to the retirement benefit scheme are treated as assets or liabilities.

Financial Instruments

Cash and cash equivalents

Cash consists of cash on hand and demand deposits. Cash equivalents consist of short term highly liquid investments that are readily convertible to known amounts of cash that are subject to an insignificant risk of change in value.

Other financial liabilities

Trade creditors are measured at invoice price, unless payment is deferred beyond normal business terms or is financed at a rate of interest that is not a market rate. In this case the arrangement constitutes a financing transaction, and the financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset’s cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.
3. Accounting Policies (continued)

Employee benefits
When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service. The charity operates a defined contribution plan for the benefit of its employees. Contributions are expensed as they become payable.

Judgments and key sources of estimation uncertainty
The directors consider the accounting estimates and assumptions below to be its critical accounting estimates and judgements:

Going Concern
The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the company’s ability to meet its liabilities as they fall due, and to continue as a going concern. On this basis the directors consider it appropriate to prepare the financial statements on a going concern basis. Accordingly, these financial statements do not include any adjustments to the carrying amounts and classification of assets and liabilities that may arise if the company was unable to continue as a going concern.

Comparative Figures
Where necessary comparative figures have been regrouped on a basis consistent with the current year.

Taxation
No charge to current or deferred taxation arises as the charity has been granted charitable status under section 207 and 208 of the Tax Consolidation Act 1997, Charity No CHY 5594.

4. Surplus on ordinary activities before taxation
Surplus on ordinary activities before taxation is stated after charging / (crediting):

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depreciation of tangible assets</td>
<td>10,416</td>
<td>10,783</td>
</tr>
<tr>
<td>Audit Remuneration (including VAT)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Audit Fees</td>
<td>10,086</td>
<td>10,086</td>
</tr>
<tr>
<td>- Non-Audit Services</td>
<td>550</td>
<td>550</td>
</tr>
</tbody>
</table>
5. Directors’ remuneration and transactions

There were eleven directors during the year, none of whom receive any remuneration from the charity. They received reimbursement for travel expenses incurred for board meetings attended.

Key Management Personnel

The CEO’s salary for the year was €86,000 in addition to 7% of gross salary paid as employer contribution into a pension on behalf of the CEO. Travel and subsistence in the amount of €6,137 was also paid.

6. Staff costs

The average monthly number of persons employed by the company during the financial year analysed by category, was as follows:

<table>
<thead>
<tr>
<th>Number</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Office</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>Development Officers (Including Mayo Youth Project)</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Jigsaw Project</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>A.R.I. Project</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>RISE</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td>MOJO &amp; Peer Research</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>33</strong></td>
<td><strong>29</strong></td>
</tr>
</tbody>
</table>

Their aggregate remuneration comprised:

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wages and salaries</td>
<td>€1,529,839</td>
<td>€1,393,975</td>
</tr>
<tr>
<td>Social security costs</td>
<td>€163,939</td>
<td>€149,165</td>
</tr>
<tr>
<td>Pension Costs</td>
<td>€69,729</td>
<td>€63,738</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>€1,763,507</strong></td>
<td><strong>€1,606,878</strong></td>
</tr>
</tbody>
</table>

All the amounts stated above were treated as an expense of the company in the financial year. No amount was capitalised into assets. Excluding the CEO three staff members were paid excluding any pension contribution between €60,000 and €70,000 and one staff member was paid between €70,000 and €80,000 during the financial year 31 December 2016.
MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2016

7. Retirement benefit information

<table>
<thead>
<tr>
<th></th>
<th>2016 €</th>
<th>2015 €</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retirement benefit charge</td>
<td>69,729</td>
<td>63,738</td>
</tr>
</tbody>
</table>

Defined contribution scheme
The company operates a defined contribution scheme, ‘Pension Scheme Fund’, for its employees. The scheme is externally financed in that the assets of the scheme are held separately from those of the company in an independently administered fund.

8. Tangible fixed assets

<table>
<thead>
<tr>
<th></th>
<th>Fixtures, Fittings &amp; Equipment 2016 €</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current financial year</strong></td>
<td></td>
</tr>
<tr>
<td>Cost or valuation</td>
<td></td>
</tr>
<tr>
<td>At 1st January 2016</td>
<td>55,032</td>
</tr>
<tr>
<td>Additions</td>
<td>-</td>
</tr>
<tr>
<td>At 31st December 2016</td>
<td>55,032</td>
</tr>
<tr>
<td><strong>Depreciation</strong></td>
<td></td>
</tr>
<tr>
<td>At 1st January 2016</td>
<td>28,350</td>
</tr>
<tr>
<td>Charge for the financial year</td>
<td>10,416</td>
</tr>
<tr>
<td>At 31st December 2016</td>
<td>38,766</td>
</tr>
<tr>
<td><strong>Net Book Value</strong></td>
<td></td>
</tr>
<tr>
<td>At 31st December 2016</td>
<td>16,266</td>
</tr>
<tr>
<td>At 31st December 2015</td>
<td>26,682</td>
</tr>
</tbody>
</table>
### Tangible fixed assets

<table>
<thead>
<tr>
<th>Fixtures, Fittings &amp; Equipment</th>
<th>2015</th>
<th>€</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prior financial year</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cost or valuation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>At 1st January 2015</td>
<td>40,867</td>
<td></td>
</tr>
<tr>
<td>Additions</td>
<td>14,165</td>
<td></td>
</tr>
<tr>
<td>At 31st December 2015</td>
<td>55,032</td>
<td></td>
</tr>
<tr>
<td><strong>Depreciation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>At 1st January 2015</td>
<td>17,567</td>
<td></td>
</tr>
<tr>
<td>Charge for the financial year</td>
<td>10,783</td>
<td></td>
</tr>
<tr>
<td>At 31st December 2015</td>
<td>28,350</td>
<td></td>
</tr>
<tr>
<td><strong>Net Book Value</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>At 31st December 2015</td>
<td>26,682</td>
<td></td>
</tr>
<tr>
<td>At 31st December 2014</td>
<td>23,300</td>
<td></td>
</tr>
</tbody>
</table>

#### 9. Debtors

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
<th>€</th>
<th>€</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trade debtors</td>
<td>274,333</td>
<td>131,173</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other debtors</td>
<td>46,745</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prepayments and accrued income</td>
<td>26,909</td>
<td>45,162</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>347,987</td>
<td>176,335</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Mental Health Ireland
Notes to the Financial Statements
For Year Ended 31 December 2016

10. Components of cash and cash equivalents

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash at bank and in hand</td>
<td>366,304</td>
<td>345,422</td>
</tr>
<tr>
<td></td>
<td>366,304</td>
<td>345,422</td>
</tr>
</tbody>
</table>

11. Creditors: amounts falling due within one year

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trade creditors</td>
<td>19,801</td>
<td>8,965</td>
</tr>
<tr>
<td>Deferred Income</td>
<td>50,000</td>
<td>50,000</td>
</tr>
<tr>
<td>Accruals</td>
<td>121,145</td>
<td>59,919</td>
</tr>
<tr>
<td></td>
<td>190,946</td>
<td>118,884</td>
</tr>
</tbody>
</table>

Included in deferred income is monies received of €50,000 for ‘Social inclusion for refugees’, this project will begin in 2017. The 2015 deferred income has been released to 2016 restricted income this money was for a ‘Research and Policy Officer’ position which has now been filled.

12. Net cash flows from operating activities

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surplus/(Deficit) for the financial year</td>
<td>110,056</td>
<td>(6,196)</td>
</tr>
<tr>
<td>Depreciation on tangible assets</td>
<td>10,416</td>
<td>10,783</td>
</tr>
<tr>
<td>(Increase)/decrease in debtors</td>
<td>(171,852)</td>
<td>(91,928)</td>
</tr>
<tr>
<td>(Decrease)/increase in creditors due within one year</td>
<td>72,062</td>
<td>(76,500)</td>
</tr>
<tr>
<td>Net cash inflow/ (outflow) from operating activities</td>
<td>20,882</td>
<td>(163,841)</td>
</tr>
</tbody>
</table>

13. Events after the end of the financial year

Orla Barry resigned as CEO on 31st January 2017. Mr Martin Rogan was appointed on 30th January 2017.
14. Designated Reserves

<table>
<thead>
<tr>
<th>1 Jan 2016</th>
<th>Income</th>
<th>Expenditure</th>
<th>Transfer from Unrestricted</th>
<th>31 Dec 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>€</td>
<td>€</td>
<td>€</td>
<td>€</td>
</tr>
<tr>
<td>UCC scholarship</td>
<td>75,000</td>
<td>-</td>
<td>(16,631)</td>
<td>-</td>
</tr>
<tr>
<td>Total</td>
<td>75,000</td>
<td>-</td>
<td>(16,631)</td>
<td>-</td>
</tr>
</tbody>
</table>

15. Restricted Funds

<table>
<thead>
<tr>
<th>1 Jan 2016</th>
<th>Income</th>
<th>Expenditure</th>
<th>Transfer from Unrestricted</th>
<th>31 Dec 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>€</td>
<td>€</td>
<td>€</td>
<td>€</td>
</tr>
<tr>
<td>Project</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mayo Youth Service</td>
<td>3,482</td>
<td>233,055</td>
<td>(213,562)</td>
<td>-</td>
</tr>
<tr>
<td>Jigsaw Project</td>
<td>16,114</td>
<td>708,088</td>
<td>(718,079)</td>
<td>-</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>74,208</td>
<td>166,051</td>
<td>(133,223)</td>
<td>-</td>
</tr>
<tr>
<td>A.R.I. Project</td>
<td>7,412</td>
<td>115,156</td>
<td>(116,491)</td>
<td>-</td>
</tr>
<tr>
<td>ARIES (Previously RISE)</td>
<td>-</td>
<td>48,969</td>
<td>(41,428)</td>
<td>-</td>
</tr>
<tr>
<td>MOJO</td>
<td>-</td>
<td>152,795</td>
<td>(132,903)</td>
<td>-</td>
</tr>
<tr>
<td>Education/Research programme</td>
<td>-</td>
<td>64,351</td>
<td>(37,150)</td>
<td>-</td>
</tr>
<tr>
<td>Total</td>
<td>101,216</td>
<td>1,488,465</td>
<td>(1,392,836)</td>
<td>-</td>
</tr>
</tbody>
</table>
## MENTAL HEALTH IRELAND
### NOTES TO THE FINANCIAL STATEMENTS
### FOR YEAR ENDED 31 DECEMBER 2016

### Restricted Funds previous year

<table>
<thead>
<tr>
<th>Project</th>
<th>1 Jan 2015</th>
<th>Income</th>
<th>Expenditure</th>
<th>31 Dec 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayo Youth Service</td>
<td>184,088</td>
<td>56,937</td>
<td>(237,543)</td>
<td>3,482</td>
</tr>
<tr>
<td>Jigsaw Project</td>
<td>9,099</td>
<td>569,771</td>
<td>(562,756)</td>
<td>16,114</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>-</td>
<td>142,766</td>
<td>(68,558)</td>
<td>74,208</td>
</tr>
<tr>
<td>A.R.I.Project</td>
<td>-</td>
<td>113,538</td>
<td>(106,126)</td>
<td>7,412</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>193,187</td>
<td>883,012</td>
<td>(974,983)</td>
<td>101,216</td>
</tr>
</tbody>
</table>

### 16. Operating Lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within one year</td>
<td>306,196</td>
<td>207,796</td>
</tr>
<tr>
<td>Between one and five years</td>
<td>1,223,792</td>
<td>830,192</td>
</tr>
<tr>
<td>Over five years</td>
<td>123,718</td>
<td>260,570</td>
</tr>
</tbody>
</table>

Included in the operating lease commitment above is the lease in Galway where Jigsaw operates from this is €220,000 plus VAT per annum and expires 2021. MHI is in the process of transferring Jigsaw Galway to Jigsaw National and all commitments in relation to this lease will be transferred.

### 17. Reconciliation of capital and reserves

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>At the beginning of the year</td>
<td>429,555</td>
<td>435,751</td>
</tr>
<tr>
<td>Surplus / (Deficit) for the year</td>
<td>110,056</td>
<td>(6,196)</td>
</tr>
<tr>
<td><strong>Closing reserves</strong></td>
<td><strong>539,611</strong></td>
<td><strong>429,555</strong></td>
</tr>
</tbody>
</table>
18. Approval of financial statements

The board of directors approved these financial statements and authorised them for issue on 31 March 2017.
MENTAL HEALTH IRELAND
Management Information
Year ended 31st December 2016
(These pages do not form part of the statutory financial statements)

MENTAL HEALTH IRELAND

Appendix one- incoming Resources

<table>
<thead>
<tr>
<th>Unrestricted funds</th>
<th>Restricted funds</th>
<th>Total 2016</th>
<th>Total 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>€</td>
<td>€</td>
<td>€</td>
<td>€</td>
</tr>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Income resources from charitable activities</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>H.S.E. East</td>
<td>846,216</td>
<td>-</td>
<td>846,216</td>
</tr>
<tr>
<td>H.S.E. Sligo / Leitrim</td>
<td>50,179</td>
<td>-</td>
<td>50,179</td>
</tr>
<tr>
<td>H.S.E. North East</td>
<td>32,450</td>
<td>-</td>
<td>32,450</td>
</tr>
<tr>
<td>H.S.E. Donegal</td>
<td>51,396</td>
<td>-</td>
<td>51,396</td>
</tr>
<tr>
<td>H.S.E. West</td>
<td>102,034</td>
<td>-</td>
<td>102,034</td>
</tr>
<tr>
<td>H.S.E. Midlands</td>
<td>49,000</td>
<td>-</td>
<td>49,000</td>
</tr>
<tr>
<td>H.S.E. Midwest</td>
<td>37,866</td>
<td>-</td>
<td>37,866</td>
</tr>
<tr>
<td>Jigsaw Project</td>
<td>10,000</td>
<td>708,088</td>
<td>718,088</td>
</tr>
<tr>
<td>Mayo Youth Project</td>
<td>5,000</td>
<td>233,055</td>
<td>238,055</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>-</td>
<td>166,051</td>
<td>166,051</td>
</tr>
<tr>
<td>A.R.I. Project</td>
<td>10,168</td>
<td>115,156</td>
<td>125,324</td>
</tr>
<tr>
<td>ARIES</td>
<td>1,872</td>
<td>48,969</td>
<td>50,841</td>
</tr>
<tr>
<td>MOJO</td>
<td>8,852</td>
<td>152,795</td>
<td>161,647</td>
</tr>
<tr>
<td>Education/Research programme</td>
<td>-</td>
<td>64,351</td>
<td>64,351</td>
</tr>
<tr>
<td>Income from activities for generating funds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Annual Subscription</td>
<td>12,609</td>
<td>-</td>
<td>10,130</td>
</tr>
<tr>
<td>Other Income</td>
<td>3,011</td>
<td>-</td>
<td>3,011</td>
</tr>
<tr>
<td>Training</td>
<td>10,605</td>
<td>-</td>
<td>10,605</td>
</tr>
<tr>
<td>Voluntary Income</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donations / Fundraising</td>
<td>29,391</td>
<td>-</td>
<td>31,870</td>
</tr>
<tr>
<td>Total income and endowments</td>
<td>1,260,649</td>
<td>1,488,465</td>
<td>2,749,114</td>
</tr>
</tbody>
</table>
MENTAL HEALTH IRELAND  
Year ended 31st December 2016  
Appendix two- Resources Expended- Staff Costs

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted funds</th>
<th>Restricted funds</th>
<th>Total 2016</th>
<th>Total 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salaries</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health Ireland</td>
<td>775,304</td>
<td>-</td>
<td>775,304</td>
<td>832,584</td>
</tr>
<tr>
<td>Jigsaw</td>
<td>-</td>
<td>351,554</td>
<td>351,554</td>
<td>348,195</td>
</tr>
<tr>
<td>Mayo Youth Project</td>
<td>-</td>
<td>120,309</td>
<td>120,309</td>
<td>90,509</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>-</td>
<td>75,324</td>
<td>75,324</td>
<td>36,816</td>
</tr>
<tr>
<td>A.R.I. Project</td>
<td>-</td>
<td>97,905</td>
<td>97,905</td>
<td>85,870</td>
</tr>
<tr>
<td>RISE</td>
<td>-</td>
<td>35,055</td>
<td>35,055</td>
<td>-</td>
</tr>
<tr>
<td>MOJO</td>
<td>-</td>
<td>37,238</td>
<td>37,238</td>
<td>-</td>
</tr>
<tr>
<td>Education/Research programme</td>
<td>-</td>
<td>33,543</td>
<td>33,543</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>775,304</td>
<td>750,928</td>
<td>1,526,232</td>
<td>1,393,974</td>
</tr>
<tr>
<td><strong>PRSIEER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health Ireland</td>
<td>87,540</td>
<td>-</td>
<td>87,540</td>
<td>89,591</td>
</tr>
<tr>
<td>Jigsaw</td>
<td>-</td>
<td>37,712</td>
<td>37,712</td>
<td>36,663</td>
</tr>
<tr>
<td>Mayo Youth Project</td>
<td>-</td>
<td>12,726</td>
<td>12,726</td>
<td>9,730</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>-</td>
<td>8,071</td>
<td>8,071</td>
<td>3,958</td>
</tr>
<tr>
<td>A.R.I. Project</td>
<td>-</td>
<td>10,391</td>
<td>10,391</td>
<td>9,224</td>
</tr>
<tr>
<td>RISE</td>
<td>-</td>
<td>3,505</td>
<td>3,505</td>
<td>-</td>
</tr>
<tr>
<td>MOJO</td>
<td>-</td>
<td>3,994</td>
<td>3,994</td>
<td>-</td>
</tr>
<tr>
<td>Education/Research programme</td>
<td>-</td>
<td>3,607</td>
<td>3,607</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>87,540</td>
<td>80,006</td>
<td>167,546</td>
<td>149,166</td>
</tr>
<tr>
<td><strong>Pension</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mental Health Ireland</td>
<td>46,078</td>
<td>-</td>
<td>46,078</td>
<td>43,330</td>
</tr>
<tr>
<td>Jigsaw</td>
<td>-</td>
<td>19,459</td>
<td>19,459</td>
<td>17,653</td>
</tr>
<tr>
<td>Mayo Youth Project</td>
<td>-</td>
<td>4,192</td>
<td>4,192</td>
<td>2,755</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>46,078</td>
<td>23,651</td>
<td>69,729</td>
<td>63,738</td>
</tr>
<tr>
<td><strong>Staff Costs</strong></td>
<td>908,922</td>
<td>854,585</td>
<td>1,763,507</td>
<td>1,606,878</td>
</tr>
</tbody>
</table>
## MENTAL HEALTH IRELAND

### Year ended 31<sup>st</sup> December 2016

#### Appendix two- Resources Expended- Operational Costs

<table>
<thead>
<tr>
<th>Project Costs</th>
<th>Designated funds €</th>
<th>Unrestricted funds €</th>
<th>Restricted funds €</th>
<th>Total 2016 €</th>
<th>Total 2015 €</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jigsaw Project</td>
<td>-</td>
<td>-</td>
<td>309,354</td>
<td>309,354</td>
<td>160,245</td>
</tr>
<tr>
<td>Mayo Youth Project</td>
<td>-</td>
<td>-</td>
<td>76,335</td>
<td>76,335</td>
<td>134,549</td>
</tr>
<tr>
<td>Gateway Project</td>
<td>-</td>
<td>-</td>
<td>49,829</td>
<td>49,829</td>
<td>27,784</td>
</tr>
<tr>
<td>A.R.I. Project</td>
<td>-</td>
<td>-</td>
<td>8,195</td>
<td>8,195</td>
<td>11,032</td>
</tr>
<tr>
<td>MOJO</td>
<td>-</td>
<td>-</td>
<td>91,671</td>
<td>91,671</td>
<td>-</td>
</tr>
<tr>
<td>RISE</td>
<td>-</td>
<td>-</td>
<td>2,867</td>
<td>2,867</td>
<td>-</td>
</tr>
<tr>
<td>Training bursaries UCC</td>
<td>16,631</td>
<td>-</td>
<td>-</td>
<td>16,631</td>
<td>-</td>
</tr>
<tr>
<td>Solstice Wellbeing Day</td>
<td>-</td>
<td>1,959</td>
<td>-</td>
<td>1,959</td>
<td>-</td>
</tr>
<tr>
<td>First Fortnight</td>
<td>-</td>
<td>5,000</td>
<td>-</td>
<td>5,000</td>
<td>-</td>
</tr>
<tr>
<td>Mental Health Associate</td>
<td>-</td>
<td>4,134</td>
<td>-</td>
<td>4,134</td>
<td>-</td>
</tr>
<tr>
<td>Mental Health Ireland Training</td>
<td>-</td>
<td>6,004</td>
<td>-</td>
<td>6,004</td>
<td>-</td>
</tr>
<tr>
<td><strong>Operational Costs</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HR, Recruitment &amp; Training</td>
<td>-</td>
<td>23,134</td>
<td>-</td>
<td>23,134</td>
<td>18,434</td>
</tr>
<tr>
<td>Rent &amp; Rates</td>
<td>-</td>
<td>36,232</td>
<td>-</td>
<td>36,232</td>
<td>32,212</td>
</tr>
<tr>
<td>Insurance</td>
<td>-</td>
<td>14,730</td>
<td>-</td>
<td>14,730</td>
<td>10,841</td>
</tr>
<tr>
<td>Light &amp; Heat</td>
<td>-</td>
<td>12,374</td>
<td>-</td>
<td>12,374</td>
<td>10,387</td>
</tr>
<tr>
<td>Repairs &amp; Maintenance</td>
<td>-</td>
<td>7,667</td>
<td>-</td>
<td>7,667</td>
<td>22,597</td>
</tr>
<tr>
<td>Printing, Postage &amp; Stationary</td>
<td>-</td>
<td>20,783</td>
<td>-</td>
<td>20,783</td>
<td>23,284</td>
</tr>
<tr>
<td>Travel, Accommodation &amp; Subsistence *</td>
<td>-</td>
<td>77,662</td>
<td>-</td>
<td>77,662</td>
<td>101,647</td>
</tr>
<tr>
<td>Telephone, IT &amp; Office Equipment *</td>
<td>-</td>
<td>33,019</td>
<td>-</td>
<td>33,019</td>
<td>32,319</td>
</tr>
<tr>
<td>Legal &amp; Professional Fees</td>
<td>-</td>
<td>5,098</td>
<td>-</td>
<td>5,098</td>
<td>1,607</td>
</tr>
<tr>
<td>Research Costs</td>
<td>-</td>
<td>6,110</td>
<td>-</td>
<td>6,110</td>
<td>10,000</td>
</tr>
<tr>
<td>Strategic Planning</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>5,504</td>
</tr>
<tr>
<td>Audit Fees</td>
<td>-</td>
<td>10,086</td>
<td>-</td>
<td>10,086</td>
<td>10,068</td>
</tr>
<tr>
<td>Bank Charges</td>
<td>-</td>
<td>851</td>
<td>-</td>
<td>851</td>
<td>563</td>
</tr>
<tr>
<td>50&lt;sup&gt;th&lt;/sup&gt; anniversary conference</td>
<td>-</td>
<td>8,216</td>
<td>-</td>
<td>8,216</td>
<td>-</td>
</tr>
<tr>
<td>Fundraising</td>
<td>-</td>
<td>3,402</td>
<td>-</td>
<td>3,402</td>
<td>-</td>
</tr>
<tr>
<td>Printing &amp; Publications</td>
<td>-</td>
<td>17,220</td>
<td>-</td>
<td>17,220</td>
<td>35,181</td>
</tr>
<tr>
<td>Public Speaking</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>1,710</td>
</tr>
<tr>
<td>Conferences, Courses, etc.</td>
<td>-</td>
<td>714</td>
<td>-</td>
<td>714</td>
<td>2,225</td>
</tr>
<tr>
<td>World Mental Health Day</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>758</td>
</tr>
<tr>
<td>Other</td>
<td>-</td>
<td>3,906</td>
<td>-</td>
<td>3,906</td>
<td>-</td>
</tr>
<tr>
<td>Website and database</td>
<td>-</td>
<td>7,951</td>
<td>-</td>
<td>7,951</td>
<td>9,047</td>
</tr>
<tr>
<td>Subscription</td>
<td>-</td>
<td>4,001</td>
<td>-</td>
<td>4,001</td>
<td>5,243</td>
</tr>
<tr>
<td>Depreciation</td>
<td>-</td>
<td>10,416</td>
<td>-</td>
<td>10,416</td>
<td>10,783</td>
</tr>
<tr>
<td><strong>Operational Costs</strong></td>
<td>16,631</td>
<td>320,669</td>
<td>538,251</td>
<td>875,551</td>
<td>695,392</td>
</tr>
</tbody>
</table>

**Total Costs**

<table>
<thead>
<tr>
<th>Designated funds €</th>
<th>Unrestricted funds €</th>
<th>Restricted funds €</th>
<th>Total 2016 €</th>
<th>Total 2015 €</th>
</tr>
</thead>
<tbody>
<tr>
<td>16,631</td>
<td>1,229,591</td>
<td>1,392,836</td>
<td>2,639,058</td>
<td>2,302,270</td>
</tr>
</tbody>
</table>

*This figure includes expenses relates to staff, board and area development officers.*