Throughout Momentum’s 21 years as an established mental health service provider, monumental changes have taken place within the behavioral health field. We’ve seen an improvement in technology that helps provide services to an increased number of people; we understand that mental health has more to do with genetics than simply having behavior issues; and we are slowly seeing the stigma surrounding mental health dissipate through education and increased dialogue surrounding this often taboo topic.

Yet, more improvements are needed to ensure that every person who requires services receives adequate and comprehensive treatment. Even after 29 years in this field, I still see a wall that separates mental health services and substance use disorder (SUD) services. Similar to being diagnosed with cancer or a heart condition, a person with either a mental health condition or SUD will need to see a specialist in order to start on their path to recovery. Someone that has both mental illness and substance use issues will visit two different agencies for services despite the clear psychobiologic connection that exists between the two disorders. Results from the 2016 National Survey of Substance Abuse Treatment Services demonstrate that 48.1% of adults with a mental illness and substance use disorder received treatment for one of those illnesses in the past year while only 6.9% received treatment for both.

Over one-third of the nearly 4,000 folks who received mental health services from Momentum for Mental Health last year also disclosed that substance use was a significant problem in their lives. And yet, somehow services for mental illness and SUDs are still extremely isolated from one another.

Traditional mental health providers rarely treat those with substance use disorders and vice versa. A fundamental reason for this dilemma is that there are two different Medicaid funding streams, one for mental health and one for substance use. The two streams have very different sets of requirements, different oversight, separate rate structures and privacy regulations that, collectively, make integration between mental health and SUD services very challenging.

As Momentum looks ahead to the next year, we are working to bridge the gap between mental illness and substance use treatment. Recently, our organization became certified to provide treatment for substance use disorders at seven of our locations. Integration of these services is a necessity and I can’t wait to see what Momentum can do to fully serve our community!

David K. Mineta
President & CEO
MISSION: Momentum for Mental Health exists to help individuals achieve mental and emotional health, discover and reach their potential, and fully participate in life.

MENTAL ILLNESS STRIKES MANY INDIVIDUALS IN THE PRIME OF THEIR LIVES.

- Impacts 1 in 5 Americans
- Afflicts people regardless of age, race, sex, or socioeconomic status
- Strikes early, impacting teens and young adults with depression, anxiety, anorexia, and substance use
- Stigma often prevents people with symptoms of a mental illness from seeking treatment, leading to a possible decline in health

3,133
UNIQUE CLIENTS SERVED

9
RESIDENTIAL HOMES

5
OUTPATIENT FACILITIES

2
ADMINISTRATION SITES

400 +
SKILLED & HIGHLY TRAINED SERVICE PROVIDERS

MOMENTUM FOR MENTAL HEALTH

- is the largest nonprofit provider of adult mental health services in Silicon Valley
- provides clients with the tools and resources necessary to live full lives and achieve recovery
- is comprised of a broad portfolio of connected services including prevention and early intervention programs, outpatient services, day rehabilitation, residential treatment, supported housing, and employment services

CONTACT
438 N. White Road / San Jose, CA 95127
408.254.6828
www.momentumformentalhealth.org

FIND MOMENTUM ON
We work together with individuals and families within a collaborative and cost-effective setting to provide a client-centered approach to high quality care.

### REVENUES

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>County of Santa Clara</td>
<td>$31,895,393</td>
</tr>
<tr>
<td>La Selva Group</td>
<td>$5,936,478</td>
</tr>
<tr>
<td>Client Fees</td>
<td>$943,686</td>
</tr>
<tr>
<td>Contributions/Grants</td>
<td>$562,471</td>
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<tr>
<td>Other Government</td>
<td>$494,724</td>
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<tr>
<td>Other Insurance</td>
<td>$479,088</td>
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<tr>
<td>Rental Income</td>
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<tr>
<td>Others</td>
<td>$259,653</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$40,857,621</strong></td>
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</table>

### EXPENSES

<table>
<thead>
<tr>
<th>Expense</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries &amp; Wages</td>
<td>$27,631,419</td>
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<tr>
<td>Benefits</td>
<td>$3,773,699</td>
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<tr>
<td>Payroll Taxes</td>
<td>$2,644,086</td>
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<tr>
<td>Professional Fees</td>
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<tr>
<td>Supplies</td>
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<tr>
<td>Rent</td>
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<tr>
<td>Assistance to Clients</td>
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<tr>
<td>Insurance</td>
<td>$538,431</td>
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<tr>
<td>Other</td>
<td>$3,326,572</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$40,908,759</strong></td>
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</table>
**AT A GLANCE**

**Primary Diagnosis**
- Psychosis: 43.8%
- Depression: 26.6%
- Anxiety: 9.7%
- Adjustment: 0.6%
- Bipolar: 17.7%
- Others: 1.6%

**Gender**
- Female: 47.7%
- Male: 52.3%

**Ethnicity**
- African American: 16%
- Caucasian/White: 44%
- Hispanic: 18%
- Native American: 12%
- Other: 9%
- Asian Pacific Islander: 1%  

**Age**
- 18 Less: 1.1%
- 18-25: 15.8%
- 26-35: 22.5%
- 36-49: 22.1%
- 50-59: 23.3%
- 60 & Up: 15.2%
OUR SUPPORTERS

Between July 1, 2017 - June 30, 2018

On behalf of the staff and Board, we would like to thank our generous donors, sponsors and volunteers for their investment in the behavioral health care of our community.

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