



Mental Health Center of North Central Alabama

Providing the highest quality treatment, education and assistance to people affected by mental health and substance use issues.

Mental Health Center of North Central Alabama, Inc.

Administrative Offices

1316 Somerville Road, SE, Suite 1

Decatur, Alabama 35601-4317

(256) 355-6105 | www.mhcnca.org



Comprehensive Mental Health Services for All Ages



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Message from the Executive Director, Lisa S. Coleman

Good mental health should be everyone's right! But unfortunately, that is simply not the case. An estimated one in every five people will experience a major mental health issue at some point in their lives. Chances are good that you know or are close to someone who has experienced a mental, emotional or behavioral challenge in their life.



Now, more than ever before, there is hope for people with mental, emotional and behavioral disorders. There is much to be said about the recent progress made for those who suffer from mental and emotional disorders. Help is available and the Mental Health Center is here to meet your psychiatric and mental health needs.

The Mental Health Center is staffed with highly qualified professionals that are capable of providing a variety of treatment services for children and adults. I am extremely proud of our staff and the services we provide. The Mental Health Center has been meeting the mental health needs of the community since 1967 and will continue to do so for many years to come.



Alabama Department
of Mental Health
connecting mind and wellness



World Health
Organization



AMERICAN
PSYCHIATRIC
ASSOCIATION



Get the Facts! Learn More About Mental Health



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Who We Are

The Mental Health Center of North Central Alabama, Inc. is a public, non-profit 501(c)(3) organization that has provided psychiatric and mental health services to Lawrence, Limestone and Morgan counties, Alabama since 1967.

Services provided include psychiatric assessment, medication prescription, outpatient counseling, case management, housing, transportation, alcohol and other drug prevention\ education and other services that serve the mental health needs of the north central Alabama community.

Last year the Mental Health Center provided life-changing services for thousands of children and adults in north central Alabama.



Meeting the mental health needs of north central Alabama since 1967.

Learn about career opportunities at the Mental Health Center at www.mhcnca.org/job-opportunities.



Mental Health Center Employees Enjoy the Following Benefits:

- Alabama State Retirement (RSA)
- Health Insurance – part of premium covered by MHC
- Basic Life Insurance – premium covered by MHC
- Variety of Voluntary Insurance Benefits
- Holiday and Paid Time Off Package
- Competitive salary



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Board of Directors

Mental Health Center board members are appointed by elected officials from Lawrence, Limestone and Morgan county commissions and from the city councils of Athens, Decatur, Hartselle and Moulton.

Board Officers

Henry White, President
Luke Slaton, Vice President
Judy Thomas, Treasurer
Dianne Norwood, Secretary

Members

Terrina Bolden	Lisa Payne
Blythe Bowman	Dr. Franklin Penn
Wanda Frye	Bert Pippen
John Griffith	Jennifer Sittason
Judy Henry	Freda Stephenson
John Wayne King	Johnny Turner
Rita Lee	Theresa Vest
	John E. Whitley

Appointing Authorities



Board members serve six year terms.

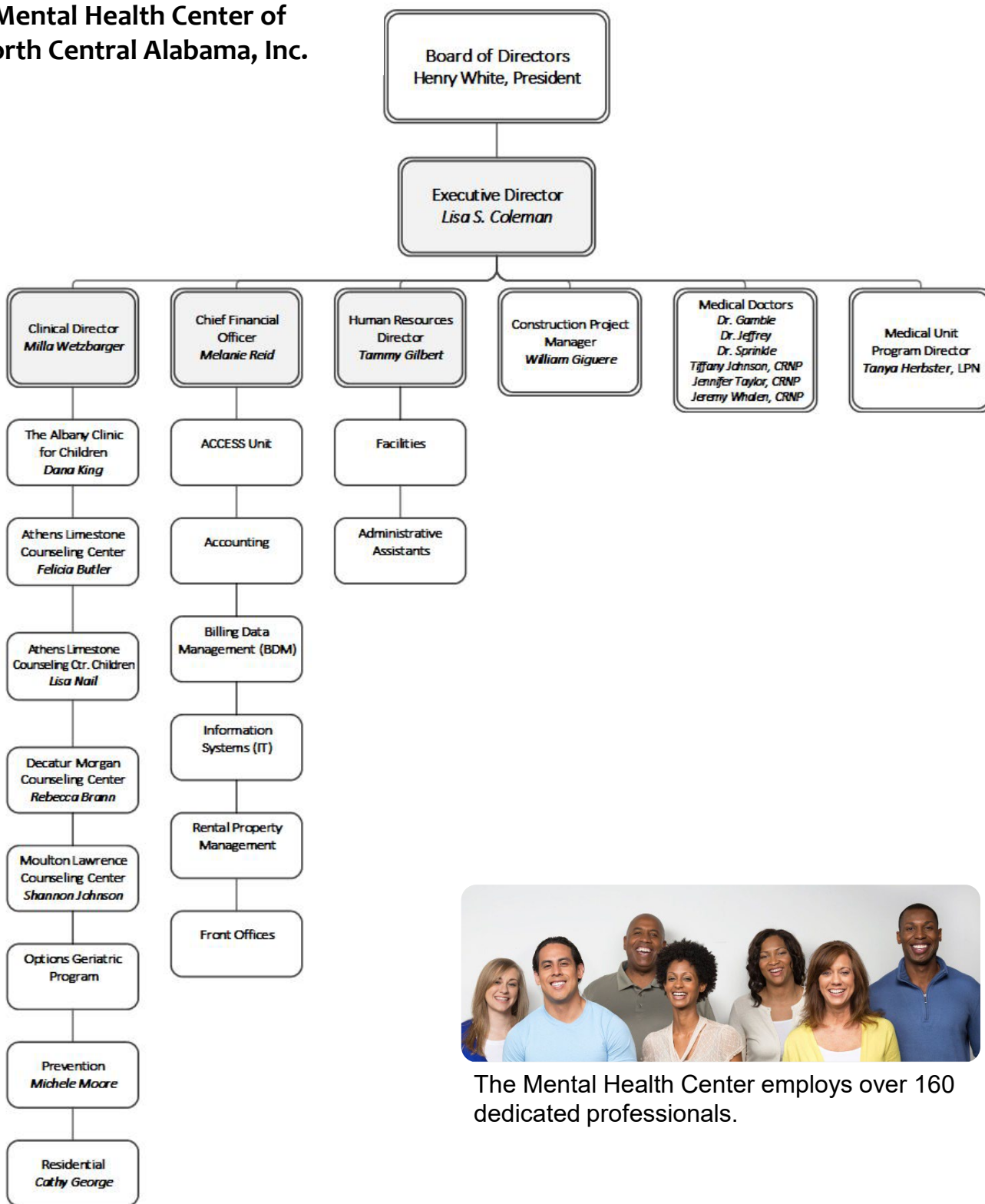


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Organizational Chart

Mental Health Center of North Central Alabama, Inc.



The Mental Health Center employs over 160 dedicated professionals.



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The Mental Health Center is Your 310 Board

The Mental Health Center was established under the Federal Community Mental Health Center Act of 1967 and Act 310 of the Alabama State Legislature. Entities formed under Act 310 are commonly referred to as “310 Boards.” The Mental Health Center of North Central Alabama is **the** 310 Board for mental health services in north central Alabama.

Alabama Act 310 provides for the formation of public corporations to contract with the Alabama Department of Mental Health in constructing facilities and operating programs for mental health services. Act 310 is codified in the Code of Alabama 1975, Sections 22-51-1 through 14.

The Mental Health Center resides within the following legislative districts:

- ☐ Alabama House of Representatives districts 4, 5, 7, 8 and 9
- ☐ Alabama State Senate districts 2, 3, 4 and 6
- ☐ U.S. House of Representatives District 5



Service area of the Mental Health Center



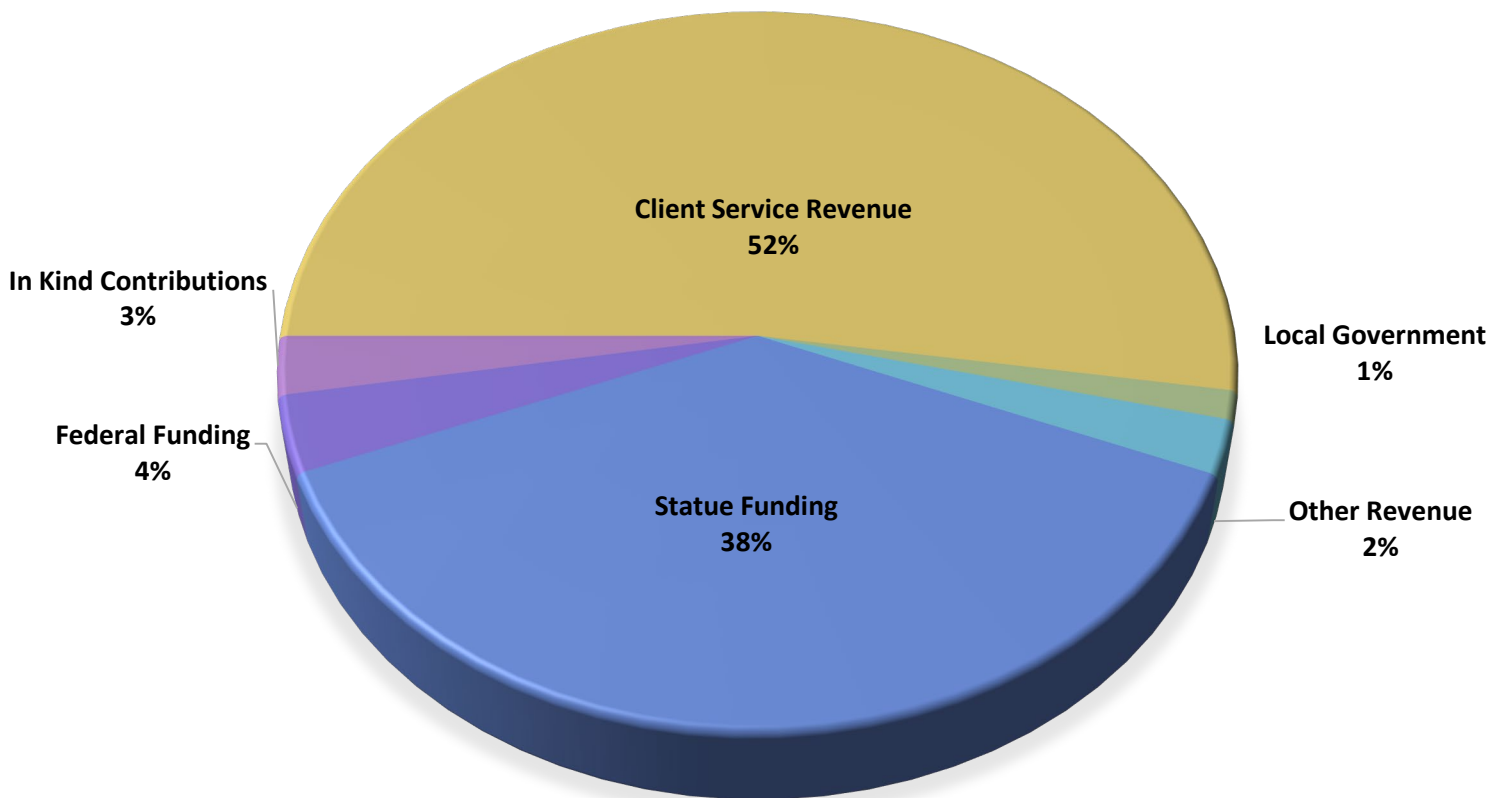


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Funding Sources

Mental Health Center Sources of Revenue.



The Mental Health Center is a proud member agency of the United Way of Athens Limestone County, United Way of Lawrence County and the United Way of Morgan County.





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Outpatient Treatment Programs

The Mental Health Center operates outpatient clinics in Lawrence, Limestone and Morgan counties. Outpatient programs include:

Athens-Limestone Counseling Center (ALCC)

1307 E. Elm Street, Athens, AL 35611 - (256) 232-3661

ALCC is an outpatient psychiatric clinic which offers a wide range of psychiatric, psychological and counseling services for persons living in Limestone County.

Decatur-Morgan Counseling Center (DMCC)

4110 Highway 31 South, Decatur, AL 35603 - (256) 260-1691

DMCC is an outpatient psychiatric clinic which offers a wide range of psychiatric, psychological and counseling services for persons living in Morgan County.

Moulton-Lawrence Counseling Center (MLCC)

317 Hospital Street, Moulton, AL 35650 - (256) 974-6697

MLCC is an outpatient psychiatric clinic which offers a wide range of psychiatric, psychological and counseling services for persons living in Lawrence County.

Mental Health Center is a Stepping Up grant recipient from the Alabama Department of Mental Health. Stepping Up works to reduce the number of people with mental illnesses in local jails and hospital emergency rooms in Lawrence, Limestone and Morgan counties.



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Outpatient Treatment Programs

The Albany Clinic for Children (CTAC)

1315 13 Ave. SE, Decatur, AL 35601 - (256) 260-7306



CTAC provides an encompassing array of outpatient services for children and families.

Options Geriatric Program

1316 Somerville Road, SE, Decatur, AL 35601 - (256) 260-1551

Options provides services directly to residents, family members and nursing home staff to better equip them to assist elderly persons who suffer from mental illness.

Psychiatric and medical services

Psychiatric and medical services are provided for all Mental Health Center treatment programs.

All treatment programs of the Mental Health Center are certified by the Alabama Department of Mental Health.

In addition to the many treatment programs provided above, the Mental Health Center also provides Quest Prevention Services. Quest provides education programs to local schools that aim to limit access of alcohol and prescription drugs to minors.



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School Based Services

Last year the Mental Health Center provided on-site counseling services for six different school systems and dozens of individual schools in north central Alabama. Over a thousand children received services last year from a Mental Health Center therapist.



Mental health problems affect about 1 in 10 children and young people. The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.



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Residential Services

The Mental Health Center provides limited transitional and permanent housing programs for its clients. Last year, transitional and permanent housing was provided for 70 adults.

Awake staff are present 24/7/365 at all transitional group homes and available for permanent housing locations. All Mental Health Center residential programs are certified by the Alabama Department of Mental Health.

Housing Programs

1. Athens Janus Group Home	10 beds
2. Decatur Janus Group Home	14 beds
3. Moulton Janus Group Home	10 beds
4. Mapleleaf Home	9 beds
5. George Home	3 beds
6. The Village, Inc.	10 beds



Housing is a fundamentally key factor in people's mental health. People without adequate housing are at greater risk for developing mental health problems. Good-quality, safe housing is a necessary component of good mental health.



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Transportation Services

The Mental Health Center has provided transportation services for its clients for over three decades. A fleet of over three dozen vehicles is used to provide door-to-door transportation services for people receiving psychiatric and mental health services at the Mental Health Center.

All housing programs have passenger vans assigned to their location enabling staff to provide clients with transportation services as needed. Additionally, door-to-door transportation services are available for day-treatment clients in all three counties.



These and numerous other vans were obtained through the Alabama Department of Transportation 5310 grant program.

Last year the Mental Health Center provided over 4,100 units of transportation services.



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Contact Information

Administrative Offices

Lisa S. Coleman, *Executive Director*
(256) 355-6105 | LColeman@mhcncnca.org

Business Operations

Melanie Reid, *Chief Administrative Officer*
(256) 260-7342 | MReid@mhcncnca.org

Athens-Limestone Counseling Center

Felicia Butler, *Program Director*
(256) 260-1392 | Whubbard@mhcncnca.org

Decatur-Morgan Counseling Center

Rebecca Brann, *Program Director*
(256) 260-1691 | Rbrann@mhcncnca.org

Moulton-Lawrence Counseling Center

Shannon Johnson, *Program Director*
(256) 974-6697 | Sjohnson@mhcncnca.org

Options Geriatrics Service

(256) 260-1551

Clinical Services

Milla Wetzberger, *Clinical Director*
(256) 260-7323 | MWetzberger@mhcncnca.org

Human Resource Department

Tammy Gilbert, *Human Resource Manager*
(256) 260-7315 | TGilbert@mhcncnca.org

Athens-Limestone Counseling Ctr. Children

Lisa Nail, *Program Director*
(256) 232-3661 | LNail@mhcncnca.org

The Albany Clinic for Children

Dana King, *Program Director*
(256) 260-7306 | DKing@mhcncnca.org

Residential Services

Cathy George, *Program Director*
(256) 260-7373 | CGeorge@mhcncnca.org

ACCESS to Treatment Services
(256) 355-5904 or (800) 365-6008

*The Foundation for Mental Health exists to support the
Mental Health Center of North Central Alabama.*

Supporting the Mental Health Center

Since 1985 the Foundation for Mental Health has worked diligently to support services provided by the Mental Health Center of North Central Alabama. Through direct requests, fundraising events, grant writing and other activities the Foundation has been able to support activities of the Mental Health Center such as treatment, housing, transportation, and numerous other services. Thousands of children and adults have directly benefited from the Foundation's efforts.

Foundation for Mental Health Board of Trustees

Bert Pippen - *President & CEO*

Henry White – *Vice President*

Judy Henry - *Treasurer*

Lisa S. Coleman - *Chief Operating Officer*

Trustees

David Breland

Robert Harris

Melanie Reid

Johnny Turner



Foundation *for*
Mental Health

Make a Gift to the Foundation for Mental Health

Make a gift to the Foundation today. Yes, your gift really does make a difference!

What your gift can provide for an adult struggling with a mental illness...

- A place to live;
- Food for a group home resident;
- Food for an entire treatment group;
- Linens, blankets, towels;
- Day Treatment activities such as going to the park, art classes, team recreational activities;
- Participation in special events such as Valentine's day, the annual summer picnic, Thanksgiving dinner, Christmas presents;
- Hygiene supplies package (soap, toothpaste, deodorant, etc.)
- Clothes;
- A haircut... *and other basic needs for adults.*

**MAKE YOUR DONATION ONLINE
WWW.MHCNCA.ORG**

What your gift can provide for a child struggling with an emotional or mental challenge...

- Therapeutic toys;
- Treatment outings such as bowling, skating, parks, etc...
- Underwriting for treatment services;
- Food for a child while at the summer day program;
- A complete outfit;
- A haircut... *and other basic needs for children.*

Your gift can also help with the operational needs of the Mental Health Center...

- Landscaping supplies;
- Furniture (offices, group homes, waiting lobbies);
- General office supplies;
- General maintenance supplies;
- Facilities maintenance... *and other basic operational needs.*

Please make your check out to 'Foundation for Mental Health' and send it to: Foundation for Mental Health, 1316 Somerville Road, SE, Ste. 1, Decatur, Alabama 35601-4317. If you have any questions or would to discuss a gift, please call (256) 260-7325 or send an email to Foundation@mhcncna.org. *Thank you for your support and for helping to make **your** Mental Health Center a vital part of the community.*



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THE MENTAL HEALTH CENTER IS HERE FOR YOU!

The Mental Health Center of North Central Alabama has been meeting the mental health needs of Lawrence, Limestone and Morgan counties since 1967. *Our mission is to provide the highest quality treatment, education and assistance to people affected by mental health and substance use issues.*

Services include psychiatric evaluations, medication prescriptions, outpatient counseling, substance abuse treatment, housing, transportation and other supportive services for children and adults.

**If you or someone you know may need counseling or psychiatric services,
please call ACCESS at (256) 355-5904 or toll-free at (800) 365-6008.
ALL CALLS ARE CONFIDENTIAL**

*Accepting All Kids, Medicaid, *Blue Cross Blue Shield (BCBS), and others.*

** School system employees, State employees and some federal employees*



www.mhcna.org



@MentalHealthNCA



@MentalHealthNCA



A United Way Agency

Decatur-Morgan Counseling Center
4110 Hwy. 31 South
Decatur, AL 35603
Telephone (256) 260-1691
Fax (256) 260-7327

Albany Clinic Children's Services
1315 13th Avenue SE
Decatur, AL 35601
Telephone (256) 260-7306
Fax (256) 350-1661

Administrative Offices
1316 Somerville Rd., SE, Suite 1
Decatur, AL 35601
Telephone (256) 355-6105
Fax (256) 355-6092

Moulton-Lawrence Counseling Center
295 Hospital Street
Moulton, AL 35650
Telephone (256) 974-6697
Fax (256) 974-6685

Athens-Limestone Counseling Center
1307 East Elm Street
Athens, AL 35611
Telephone (256) 232-3661
Fax (256) 230-0139

The Mental Health Center of North Central Alabama is an equal opportunity provider.