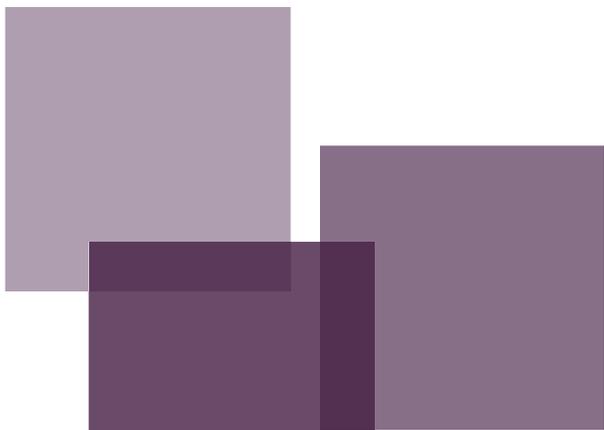




Mental Health Association of Maryland
2016-17 Annual Report





Advocacy

The 437th legislative session of the Maryland General Assembly resulted in significant victories for MHAMD. Behavioral health issues received deserved attention as the legislature worked to tackle an ongoing behavioral health crisis that is devastating Maryland families. As chair of the Maryland Behavioral Health Coalition, MHAMD was front and center during these conversations, working with its coalition partners to craft effective solutions to an alarming rise in opioid-related deaths and increasing demand for mental health services. Additionally, the MHAMD public policy team advocated effectively to address unmet maternal mental health needs and to pass legislation authorizing a program that will target services for hard-to-engage individuals with serious mental illness.

Keep the Door Open Maryland

MHAMD and the Maryland Behavioral Health Coalition achieved its number one priority during the session: passage of The Keep the Door Open Act (SB 476 / HB 580). The bill increases yearly funding for the professionals serving over 180,000 Maryland children and adults living with behavioral health needs, ensuring that as the cost of healthcare goes up and the demand for services increases, these community providers can continue to deliver high-quality mental health and substance use disorder treatment.

The bill was included in the comprehensive Heroin and Opioid Prevention Effort (HOPE) and Treatment Act of 2017. MHAMD and

its coalition partners worked with legislators throughout the session to refine various provisions of the bill, and, in the end, it passed the Maryland General Assembly with near-unanimous support.

Collaborative Care

MHAMD continues to work to improve mental health outcomes in primary care settings by advocating for implementation of the Collaborative Care model within the Medicaid managed care organizations (MCOs). Although the Maryland Department of Health and Mental Hygiene recently identified Collaborative Care as the evidence-based practice with the strongest demonstrated results in integrating mental health treatment within primary care—and recommended the development of a limited

pilot program—no funding was included in the fiscal 2018 budget. Accordingly, the budget committees requested that DHMH develop a framework for a Collaborative Care pilot program, with a view for implementation in the fiscal 2019 budget.

Maternal Mental Health

Two years after leading the effort to establish the Task Force to Study Maternal Mental Health, and just months after the Task Force issued its final report and recommendations, MHAMD advocated successfully in 2017 to enact legislation implementing several of those recommendations. The bill requires increased provider training, informational resources for the public and expansion of an existing psychiatric consultation program to assist family practitioners and OB-GYNs in addressing the mental health needs of their pregnant and postpartum patients.

Outpatient Civil Commitment

MHAMD has worked for the past two years with its coalition partners and the Behavioral Health Administration (BHA) to establish an Outpatient Civil Commitment pilot program designed to deliver a comprehensive range of community-based services and support to eligible individuals committed involuntarily to an inpatient psychiatric hospital. MHAMD led the effort to pass authorizing legislation during the 2017 session and worked to promulgate program regulations, which were finalized in late October. The program is now receiving referrals. MHAMD continues to advise on program development

through monthly stakeholder meetings, and the Maryland Consumer Quality Team is ensuring robust quality oversight.

Crisis Services

MHAMD plays a leadership role in the statewide expansion of behavioral health crisis services, including specific efforts to expand access to walk-in and mobile crisis services and increase the use of Crisis Intervention Teams so that law enforcement may better de-escalate and divert individuals in crisis.

As co-chair of the Maryland Behavioral Health Advisory Council, MHAMD has led the development of a strategic plan, required by 2016 Behavioral Health Coalition priority legislation, for ensuring that clinical crisis walk-in services and mobile crisis teams are available statewide around the clock. This work has taken on new importance with passage of the HOPE Act, which includes language requiring the BHA to establish crisis treatment centers in a manner consistent with the strategic plan recommendations.

As chair of the Mental Health and Criminal Justice Partnership, and facilitator of its Crisis Intervention Team Subcommittee, MHAMD has played an important role in the expansion of this law enforcement-based intervention. Recent accomplishments include a successful, first-ever statewide CIT conference and the implementation of a survey of law enforcement officers to demonstrate the impact of CIT through an identification of trends and shifts in attitudes post-training. Although early, an initial analysis of survey responses is incredibly positive, with data

showing an increase in comfort and effectiveness in responding to individuals in crisis, an increase in familiarity with treatment resources in the community and a decline in the use of force.

Consumer Insurance Protections

After leading the effort to pass 2016 legislation requiring the Maryland Insurance Administration (MIA) to develop quantitative network adequacy regulations, MHAMD testified at numerous public hearings during the regulatory process, urging the adoption of strong behavioral health appointment wait time and distance standards. As a result, the final regulations include wait time standards for non-urgent mental health and substance use disorder appointments that are more stringent than those for routine primary care.

Additionally, MHAMD helps to ensure proper enforcement of the federal Mental Health Parity and Addiction Equity Act through its involvement in a series of MIA market conduct surveys designed to determine carrier compliance with the law. MHAMD worked with partners to respond to MIA's recent analysis of the second round of surveys, and participated in a stakeholder process to develop questions for the third round. MHAMD is also working with other advocates and Maryland Medicaid to bring that agency into compliance with the law.

Children

MHAMD's youth and family programs are expanding their impact throughout the state. Overall, more than 110,000 pieces of literature were distributed in FY 2017. Its two flagship websites, ChildrensMentalHealthMatters.org and HealthyNewMoms.org, have received more than 100,000 page views collectively.

In conjunction with the Maryland Coalition of Families, MHAMD coordinates the highly-successful Children's Mental Health Matters! Campaign (CMHM). The FY 2017 campaign enjoyed remarkable success as it was joined by more than 450 School and 130 Community Champions throughout the state to help raise awareness of children's mental health and connect families to resources and information. The campaign partnered with Maryland



First Lady Yumi Hogan and affiliated agencies on the "Celebrating Through Art: The First Lady's Mental Health Awareness Youth Art Display," which showcased 45 pieces of art by Maryland students in Annapolis.

MHAMD has also enjoyed continued growth with the Healthy New Moms Campaign, as outreach spanned the state and thousands of

campaign materials were distributed. A highlight was the #MomsRock campaign to raise awareness and offer simple support for pregnant and new moms. Rocks were hand-painted with inspirational words/phrases and given out at multiple events. Healthy New Moms conducted 13 presentations across the state and continues to participate in outreach events for families and pregnant moms.

Older Adults

MHAMD's Older Adult Program provides public education and professional training opportunities throughout Maryland to destigmatize mental health and aging issues and encourage help-seeking behaviors. Using the Maryland Coalition on Mental Health and Aging as a vehicle for advocacy, MHAMD is influential in the development of public policy to improve access to necessary behavioral health supports and services for older Marylanders. This year, MHAMD's Older Adult team provided 39 educational programs that reached more than 1,550 seniors, consumers, caregivers, students, program administrators and health and human service professionals across Maryland. In

partnership with the Johns Hopkins Geriatric Workforce Education Program, MHAMD delivered more than 2,000 mental health and aging guidebooks to primary care settings throughout the state.

During the program year, MHAMD provided staff training for the Maryland Department of Aging, the Clifton T. Perkins Hospital Center and Hopkins Elder Plus; offered presentations at eight Baltimore-area senior centers regarding the use of alcohol and medications in later life; and gave keynote presentations at the Baltimore City Caregiver Conference, Montgomery County Strategic Alignment Kickoff, In Home Aid Services annual conference,

Senior Housing Leadership Coalition annual meeting and the Harford County Geriatric Assistance and Information Network annual meeting.

The PEERS: Seniors in Partnership in Baltimore County provides community education, outreach and volunteer support to people age 60 or older who have late onset mental health problems and reside in Baltimore County. This year, PEERS gave more than 85 presentations throughout Baltimore County and partnered with the new Geriatric Service Team of Baltimore County, Catholic Charities and other senior sources to develop peer-to-peer matches.

Mental Health First Aid®

Mental Health First Aid Maryland expanded the number of trained Mental Health First Aiders to more than 25,000 by the end of June 2017. As one of the three founders of Mental Health First Aid,® MHAMD offers critical training to Marylanders to recognize and respond to a mental health concern or crisis.

Nine instructor training sessions were conducted during the program year, certifying 154 new Mental Health First Aid instructors. This includes three youth instructor trainings for Project AWARE. These are trainings focused on schools and school partners in collaboration with the Maryland State Department of Education and the federal Project Aware program.

Mental Health First Aid Maryland training sessions were held at a variety of locations throughout the state, including classes for Howard County Public School nurses and nursing assistants, Stevenson University nursing students working in the public schools, employees of the Social Security Administration, school resource officers in Baltimore City and police officers in Carroll County.

MHAMD supports more than 500 instructors who are in their communities teaching Mental Health First Aid. MHAMD provides



MENTAL
HEALTH
FIRST AID®
MARYLAND

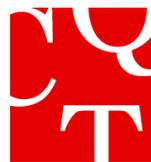
technical assistance and planned learning activities designed to help maintain the fidelity of the program, the quality of its delivery and the availability of the course.

Mental Health First Aid Maryland also continues to outreach to more Marylanders, as it builds relationships with school districts, faith-based organizations, businesses and agencies.

Consumer Quality Team

The Consumer Quality Team (CQT) offers consumers in Maryland's public health system a voice in the delivery and quality of their care and recovery. One of the most unique quality assurance programs in the United States, CQT partners with consumers, providers and state agencies, including the Maryland Behavioral Health Administration (BHA), to identify what's effective and where improvement is needed in Maryland's public mental health system.

This year, CQT conducted 395 site visits throughout the state, interviewing 1,782 consumers in psychiatric rehab programs, inpatient facilities and youth rehab facilities. CQT staff also conducted eight consumer feedback meetings and 11 feedback meetings with core service



CONSUMER QUALITY TEAM OF MARYLAND

agencies. There were four feedback meetings with BHA Youth and Adolescent administrators.

CQT also provided 165 hours of training on a wide variety of topics, including Mental Health First Aid.

STATEMENT OF REVENUE AND EXPENSES

Statement of activities for the year ending December 31, 2016

PUBLIC SUPPORT AND OTHER REVENUES

SUPPORT AND REVENUE

MHFA Training Manual Fees	2,182,794
Grants	1,965,781
Contributions and Dues	364,985
Program Materials Sales	125,439
Investment Income	119,343
Training Revenue	66,197
Special Events	50,440
Other Revenue	3,358
Total Support and Revenue	<u>4,878,337</u>

EXPENSES

Program Services	3,677,256
Management and General	617,152
Fundraising	43,915
Total Expenses	<u>4,338,323</u>

Change in Net Assets before Other Items 540,014

Other Items 1,200,000

Change in Net Assets 1,740,014

Net Assets - Beginning of Year 3,584,470

Net Assets - End of Year 5,324,484

MHAMMD is a nonprofit organization, tax exempt under Section 501(c)(3) of the Internal Revenue Service Code. Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the Office of the Secretary of State for the cost of copying and postage.

**Thank you for
your support.**

BOARD OF DIRECTORS/LEADERSHIP

Officers

President

Jeff Richardson

Immediate Past President

Oscar Morgan

Vice President for Government Affairs

George Kimes

Vice President for Public Education

Sheilah Kast

Secretary/Treasurer

Tim Santoni

Directors

Frank Antonucci

Thomas E. Arthur, MA, M.Ed.

Divine Chiangeh, Ph.D., MPH, MBA

Norman Conway

Henry Harbin, M.D.

James W. Hubbard

Emily Jaskot

Randall M. Lutz, Esq,

Kali Mallik

James O’Hair

Yvonne M. Perret, MA, MSW, LCSW-C

Beatrice Rodgers

Stuart B. Silver, M.D.

Honorary Life Board Members

Thomas E. Arthur, MA, M.Ed

Terezie S. Bohrer, RN, MSW, CLNC

Rev. Dr. Robert W. Carlson

Burton H. Lohnes, Ph.D.

Randall M. Lutz, Esq.

Kali Mallik

Oscar Morgan

Gary W. Nyman, M.D.

Yvonne M. Perret, MA, MSW, LCSW-C

Beatrice Rodgers

Laura Steele

Jane Walker

Peggy Whyte, MA

Chief Executive Officer

Linda Raines

The Mental Health Association of Maryland (MHAMD) is one of the oldest advocacy groups in the nation, It was formed more than century ago when a group of concerned citizens gathered in Baltimore to take action to improve the lives of individuals living with mental illness. The programs they developed formed a solid foundation for the work of the generations of advocates that followed. MHAMD is Maryland's only volunteer nonprofit citizens organization bringing together consumers, families, professionals, advocates and concerned citizens for unified action in all aspects of mental health and mental illness. We envision a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential free from stigma and prejudice.

**For comprehensive information on all of
MHAMD's programs and activities,
please visit mhamd.org**



**1301 York Road, Suite 505
Lutherville, MD 21093
443-901-1550**