



mhamd 
MENTAL HEALTH ASSOCIATION OF MARYLAND
ANNUAL REPORT 2019



ADVOCATING FOR VITAL BEHAVIORAL HEALTHCARE

The Mental Health Association of Maryland achieved great gains in Annapolis and throughout the state through its advocacy work to improve access to vital behavioral health care services for all Marylanders. Coming off a resoundingly successful 2018 campaign, MHAMD and the Maryland Behavioral Health Coalition rallied once again around an ambitious agenda aimed at increasing access to mental health and substance use disorder services. Additionally, the MHAMD public policy team prevented a reduction in service delivery for 300,000 individuals who depend on Maryland's public behavioral health system and advocated successfully to implement progressive reforms for Marylanders of all ages with behavioral health needs.



22%

Increase in funding for community mental health and substance use treatment over 6 years



\$2

Million total to fund dedicated mental health services coordinators to each MD school district



50%

Increase in funding for the Maryland Prenatal and Infant Care Coordination Program

2019 ADVOCACY OVERVIEW

MARYLAND BEHAVIORAL HEALTH COALITION

Maryland has taken several critical steps in recent years to address longstanding and pervasive barriers to treatment for children and adults with mental health and substance use disorders. In 2019, the Maryland Behavioral Health Coalition worked to increase access to mental health and substance use disorder services. The General Assembly adopted and enacted MBHC priorities to boost funding for community behavioral health services, expand local crisis response programs, improve access to treatment with telehealth, and improve service outcomes and accountability through increased data reporting and implementation of measurement-based care.

Difficulty accessing community behavioral health services has forced more Marylanders to seek care in costlier emergency departments. Accordingly,

MHAMD and the MBHC worked this session to ensure the appropriate enforcement of existing laws and the expansion of promising programs designed to improve access to and delivery of mental health and substance use disorder treatment in the community.

CHILDREN'S BEHAVIORAL HEALTH COALITION

Chaired by MHAMD, the Maryland Children's Behavioral Health Coalition (CBHC) has worked over the past year to inform the efforts of the Commission on Innovation and Excellence in Education. Better known as the Kirwan Commission, the group is charged with reviewing current education funding formulas and issuing recommendations on new policies and procedures to govern education funding in future years. CBHC developed and presented the Commission with a set of recommendations highlighting the connection between increased

school behavioral health supports and improved student outcomes, nearly all of which were adopted and included in a January 2019 Interim Report.

MARYLAND COALITION ON MENTAL HEALTH AND AGING

As chair of the Maryland Coalition on Mental Health and Aging, MHAMD worked actively this session to improve the system of care for older adults with behavioral health needs and their caregivers. The organization supported legislative efforts to address a growing population of Marylanders living with progressive dementia, and to ensure access to services and supports that provide individuals with long-term care in the community rather than institutional settings.

BEHAVIORAL HEALTH AND CRIMINAL JUSTICE PARTNERSHIP

BHCJP efforts have helped to

divert Marylanders with behavioral health needs from the criminal justice system, improve mental health and substance use service delivery in correctional facilities, and increase the likelihood of a successful community reentry upon release.

People with opioid use disorder leaving correctional facilities face incredibly high risks for overdose death because their tolerance level has dropped, making any relapse considerably more deadly. In 2019, the coalition took steps to increase the availability of medication-assisted treatment in jails and prisons.

In addition, this year, BHCJP worked to pass legislation that decriminalizes attempted suicide.

GO HERE TO READ THE FULL 2019 LEGISLATIVE WRAP-UP.



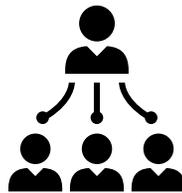
PROGRAM HIGHLIGHTS

For over 104 years, the Mental Health Association of Maryland has worked tirelessly to build a just and humane mental health system in Maryland, where all people are accorded respect, dignity, and the opportunity to achieve their full potential—free from stigma and prejudice. In 2019, MHAMD's community outreach and education programs continued providing Marylanders of all ages with information to improve their understanding of behavioral health, increase knowledge of effective interventions, reduce stigma, and strengthen pathways to care. MHAMD's training programs help individuals improve their understanding of mental health and learn how to engage in healthy working/caring relationships to create more caring and compassionate communities.



429

Total CQT site visits throughout MD



100

Engage with™ trainings conducted



36

PEERS community education events



70

Older Adult Program educational events



657

Children's Mental Health Matters! school champions



11

Healthy New Moms educational events



ENGAGE WITH™

Engage with™ is a highly interactive, comprehensive skills-based training program geared towards increasing awareness and developing the skills necessary to engage in healthy, caring relationships with older adults in both professional and family settings. In 2019, the Engage with™ skills training program for older adults expanded its footprint by increasing the number of professionals trained and developing an e-learning platform

to deliver the training to caretakers across the country. Over the course of the year, the program visited 19 sites and conducted 100 trainings; with a total of 1376 people employed in senior living, senior services, and long-term care facilities participating in the trainings.

In addition, the Engage with™ program presented at the 2019 Aging in America Conference.



100

Trainings conducted

1376

Individuals trained

19

Sites visited



CHILDREN'S MENTAL HEALTH MATTERS!

The Children's Mental Health Matters! Campaign, a partnership with the Maryland Coalition of Families, hosts an annual awareness week to raise awareness about children's mental health and connect families and providers to resources and information. The 2019 Campaign broke previous records – reaching every jurisdiction in Maryland. The campaign exceeded goals for School and Community Champions, student participation, social media efforts, and material distribution. School Champions across the state reached an all time high of 657 schools and 219 non profit agencies, providers, and other businesses participating as Community Champions.

The Campaign hosted the fourth annual Celebrating Through Art: The First Lady's Mental Health Awareness Youth Art Display. The

event marked the beginning of Awareness Week and had a record breaking 94 pieces of art submitted, with 66 pieces being selected for display. Students, their families, and teachers joined First lady Yumi Hogan, honorary chair of the Campaign, and other distinguished guest for an evening of celebration and honor.

Three Maryland schools and three community organizations were selected as recipients of the 2019 Champion of the Year Award. During Awareness Week, these schools and organizations displayed excellence in unique, child and family focused, grassroots-level and educational opportunities within their communities.



219
Community
champions



657
School
champions



94
Pieces of art
submitted



3
Community organizations
selected for the Champion
of the Year Award

3
MD schools selected for
the Champion of the Year
Award





70

Educational programs provided across MD



1

Conference targeting Southern Maryland

1

Statewide conference

OLDER ADULT PROGRAM

This year, MHAMD's Older Adult Program hit a record high number of public and professional presentations. The program provided more than 70 educational presentations across Maryland in partnership with local area agencies on aging and health, library systems, the Howard County Caregiver Program, and faith community leaders through Johns Hopkins Community Partnership and the Called to Care program.

On behalf of the Maryland Coalition on Mental Health and Aging, MHAMD was instrumental in the planning and delivery of two conferences focused on public policy issues and systemic issues impacting geriatric behavioral health supports and services. One conference targeted the Southern regions of Maryland to discuss and troubleshoot growing challenges with hospital discharge planning, guardianship, and older adult homelessness. The second conference was a statewide event

with guest speakers, panel discussions, and an orientation to the new Older Adult Behavioral Health Specialist Project. This event, sponsored by the Maryland Department of Health - Behavioral Health Administration, had broad appeal and received positive feedback resulting in a commitment by the Behavioral Health Administration to hold another geriatric behavioral health conference in 2020.

In order to represent a positive regard for the aging process and emphasize the program's goals for mental wellness in later life, the Older Adult Program was re-branded as "Older Adults: Vibrant Minds."





PEERS

The PEERS: Seniors in Partnership program 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 provided 36 community education events to 930 individuals in Maryland; as well as 197 phone connections between volunteers and participants. In order to meet the needs of Baltimore County residents, the PEERS program held focus groups with key stakeholders in older adult behavioral health. The program conducted 10 focus groups, 87 total participants, gathering feedback on how peer support can be practically applied to effectively serve older adults. Once the focus groups are completed in 2020, participant feedback will be analyzed and shared with the Maryland Behavioral Health Administration.

HEALTHY NEW MOMS

Healthy New Moms, with support from the Maryland Department of Health – Behavioral Health Administration, works to raise awareness of perinatal mood and anxiety disorders, reduce stigma surrounding PMADs, connect moms and families to resources, and offer support and training to providers and Maryland families. In 2019, the campaign conducted 11 educational events including a presentation at the Baltimore County Health Department, a workshop in collaboration with the Johns Hopkins Women’s Mood Disorder Clinic to the Maryland Association for Multicultural Counseling & Development at Bowie State University, and participated in a panel for Early Childhood and Infant Mental Health Certificate graduates. Additionally, Healthy New Moms was featured on a local station public affairs program. The campaign distributed more than 22,000 pieces of literature including brochures, screening tools, resource lists, and more.



10 YEARS OF MENTAL HEALTH FIRST AID IN MARYLAND

Mental Health First Aid® is a national certification program that teaches the layperson the skills to recognize and respond to the signs and symptoms of a mental health or substance use disorder concern or crisis, identify community resources, and link individuals in need of treatment and support to the proper resources.

Since the inception of the program, over 36,000 Marylanders have been trained in Mental Health First Aid. Imagine the impact. 36,000 people who have the skills to provide a person who may be experiencing a mental health concern or crisis with the care support, and resources they may need. As we work to create safer, caring and more supportive communities across the state, Mental Health First Aid is critical.

Key stakeholders and community partners were instrumental in the development, implementation, and growth of Mental Health First Aid Maryland. Through the power of partnerships, MHFA Maryland has expanded to include State-level organizations such as the Maryland State Department of Education, State of Maryland Police and Correctional Training Commission, and the State of Maryland Department of Juvenile Services.

In the past 10 years, Mental Health First Aid Maryland has worked to create infrastructure and embed instructors in key agencies and organizations throughout the state. By teaching Marylanders the skills to stop, listen, and provide support, MHFA is the ripple effect that builds hope and positive change for people in distress.

36,646 Marylanders trained in 10 years



25,410
Trained in Adult
Mental Health
First Aid

11,236
Trained in Youth
Mental Health
First Aid

700+
Instructors
trained

Lasting impact



After 3 years

73% of first aiders
report using skills learned in
Mental Health First Aid training.



CONSUMER QUALITY TEAM

The Consumer Quality Team (CQT) of Maryland exceeded its own record, performing the most site visits and interviews to date. Its team of interviewers reached 1,710 consumers at 429 sites visits throughout Maryland. These interviews offered consumers a non-judgemental forum to talk about their experience. Their feedback helps to improve quality oversight in the state's public mental health system.

CQT completed 184 visits to psychiatric rehabilitation programs, 37 visits to wellness and recovery centers, 123 visits to state hospitals, and 85 visits to youth residential treatment centers.

CQT completed 839 interviews at psychiatric rehabilitation programs, 324 interviews at wellness and recovery centers,

397 interviews at state hospitals, and 214 interviews at youth residential treatment centers.

CQT collaborated with epidemiologist Thomas Wilson, PhD, DrPH, from Trajectory Healthcare, to develop a metric that honored its qualitative interviewing, while adding quantitative data. His research supported using a "hybrid" model of structured and unstructured questions when interviewing behavioral health consumers. CQT piloted the metric on 12 site visits in Baltimore City. This metric will assist CQT with its data collections process to further enhance the value of reports shared with providers and system representatives.



429
Total site visits
throughout MD



1,710
Consumers
interviewed



19
Adult program
feedback meetings

3
Consumer feedback
presentations

15
Youth program
feedback meetings





FINANCIALS

The Mental Health Association of Maryland's 2019 Audited Financial Statement for 1/1/2019 - 12/31/2019

REVENUE

MHFA Training Manual Fees	\$	4,451,814
Grants	\$	2,276,566
Training Program Revenue	\$	117,109
Contributions and Dues	\$	67,521
Special Events	\$	35,680
Other Income	\$	699
TOTAL REVENUE	\$	6,949,389

EXPENSES

Program Services	\$	4,226,670
Management & General	\$	524,047
Fundraising	\$	76,747
TOTAL EXPENSES	\$	6,949,389

OTHER ITEMS

Investment Income	\$	697,712
Change in Net Assets	\$	2,819,637
Net Assets: 1/1/2019	\$	7,011,729
NET ASSETS: 12/31/2019	\$	9,831,366

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