

THE MENTAL HEALTH ASSOCIATION OF MARYLAND

In the Face of Our Biggest Challenges

2020/2021 ANNUAL REPORT



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The pandemic has exacerbated mental health and substance use issues globally and here in Maryland. Since the early days, we have been working around the clock: organizing advocacy efforts that drive policy change; addressing racial inequities in care; supporting families and communities with education and training; filling critical gaps with services to support our most vulnerable citizens; and ensuring quality care.

It's been quite a journey. Thank you for your support along the way. We've accomplished great things together!

JANUARY 1, 2020

441st

Legislative Session Begins

MHAMD mobilizes over one hundred Behavioral Health Coalition partners—working together to drive public policy toward improving all Marylanders' access to mental health and substance use care.

JAN. 8, 2020

The 2020 Legislative Briefing and Reception focuses on the mounting behavioral health needs of Maryland's children, while looking at upcoming legislation and celebrating those making an impact on our children's mental health.

JAN. 30, 2020



FEB. 17, 2020

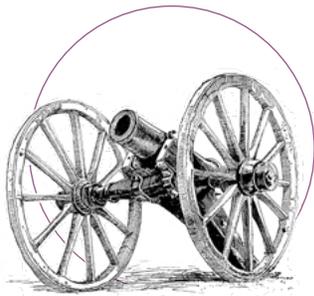
To prevent the spread of COVID-19, MHAMD staff begin working remotely.

MARCH 18, 2020

Hundreds of advocates flood Annapolis to show their support and demand access to care at our annual Keep the Door Open Rally.



MARCH 19, 2020



441st Legislative Session ends early for the first time since the Civil War.

Engage with[®] Older Adults Skills Training program launches nationwide to address the needs of our rapidly aging population by providing evidence-based skills training for those working with and caring for this expanding demographic.

+700

Supportive Conversations

MHAMD quickly collaborates with partners to create **Baltimore Neighbors Network**, offering social and emotional support and other needed resources to Baltimore's older adults during an unprecedented time of self and government-imposed isolation.

MARCH 27, 2020

4,632

Website Visitors

MHAMD quickly creates a curated list of mental health resources in Maryland and beyond to help people take care of their health as we all forge ahead through uncharted territory.



MARCH 30, 2020

Mental Health First Aid rolls out the first major curriculum update in both Youth and Adult MHFA since the inception of the program.

APRIL 7, 2020

+2,000

Interviews to Ensure Quality Care

In just two weeks, our Consumer Quality Team transitions to a HIPAA compliant video conferencing platform, allowing staff to continue their critical work of monitoring the quality of Maryland's public behavioral health facilities.



1,745

Supportive Home or Virtual Visits

MHAMD's older adult programming expands to include the **Connections Project**— offering supportive phone or video visits to older Baltimore County residents struggling with anxiety, fear, loneliness, and other challenges due to COVID-19.

APRIL 15, 2020

APRIL 14, 2020

MHAMD and the Behavioral Health Coalition take action to **protect individuals in nursing homes and behavioral health and correctional facilities in the wake of COVID-19.**



+800

School and Community Champions for Children's Mental Health

Our Children's Mental Health Matters Campaign quickly pivots to support virtual awareness-raising, online events, and digital resources.

According to a poll by the **Kaiser Family Foundation**, nearly half of all Americans report the coronavirus is negatively impacting their mental health.

APRIL 21, 2020

MAY 3-9, 2020

MHAMD's Consumer Quality Team site visiting program expands to conduct interviews of clients in residential substance use programs.

MAY 7, 2020



184

Organizations Mobilized

MHAMD's Behavioral Health Coalition partners mobilize to successfully prevent funding cuts to community behavioral health services.



After three months of remote learning, BrainFutures releases a guide for parents, caregivers, and teachers to trusted programs that bolster learning at home and emotional well being of children and youth.

New Milliman study confirms that people diagnosed with both mental and physical health conditions are among the highest-cost patients, yet less than 5% of health care spending is directed toward mental health treatment.



MHAMD releases a wide range of resources to support primary care doctors who are on the front lines of a mental health and substance use crisis precipitated by the pandemic.

MAY 21, 2020

MAY 25, 2020

George Floyd dies after being handcuffed and pinned to the ground by an officer's knee touching off nationwide protests.

JUNE 12, 2020



JULY 6, 2020

MHAMD launches Mind Your Mind Mondays—an educational peer support group for older adults wanting to take care of their brains as they age.

AUG. 13, 2020

AUG. 18, 2020

6,012

Mental Health First Aiders Trained

Mental Health First Aid Maryland transitions to fully virtually courses and begins the first of 28 instructor trainings—a 61% increase over the same time period before COVID.

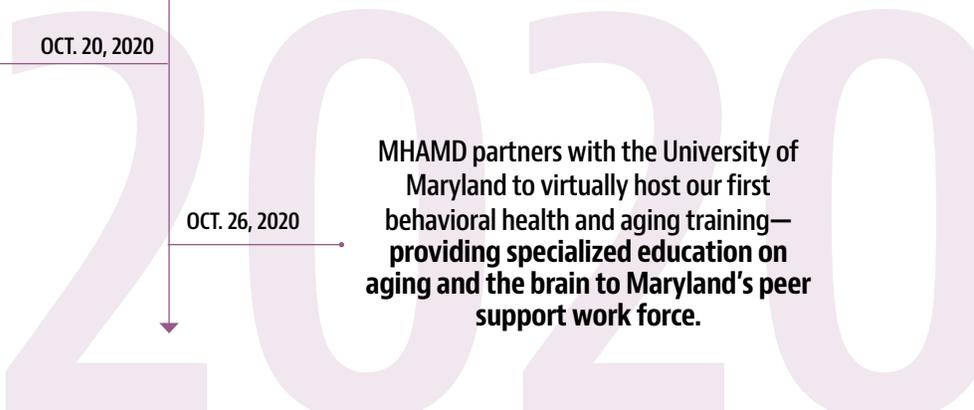
OCT. 15, 2020

MHAMD's Consumer Quality Team expands again to interview youth in community-based youth programs.

OCT. 20, 2020

OCT. 26, 2020

MHAMD partners with the University of Maryland to virtually host our first behavioral health and aging training—providing specialized education on aging and the brain to Maryland's peer support work force.





2021

NOV. 3, 2020

DEC. 15, 2020

MHAMD hosts a series of holiday webinars, providing practical, fun, and meaningful ways to stay connected, nurture bonds between generations, and practice self-care during the pandemic.

JAN. 1, 2021

JAN. 13, 2021

The Maryland General Assembly convenes for the 442nd time with most proceedings conducted virtually.

MHAMD partners with Black Mental Wellness and the Danya Institute to provide free cultural awareness and sensitivity training to the broader mental health community.

JAN. 27, 2021

FEB. 22, 2021



MHAMD hosts its first virtual Legislative Briefing. This year it's free of charge—nearly doubling our registration numbers over 2020.

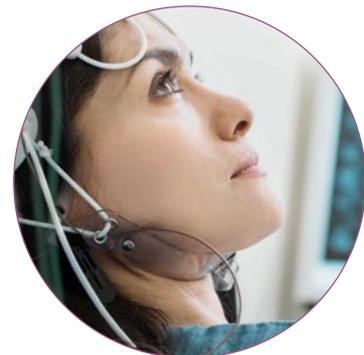
MHAMD launches its **Getting Access to Mental Health Care in Maryland** webinar series—bringing together MHAMD staff and local health departments to directly assist Marylanders, county-by-county, in getting connected to mental health care.

MARCH 24, 2021

MARCH 26, 2021

As the 442nd legislative session draws to a close, **MHAMD and our Behavioral Health Coalition partners** celebrate our success in securing: **additional investments in community services, new policies to improve health equity, increased flexibility in the delivery of telehealth, enhanced school behavioral health supports, and more resources for individuals in crisis.**

APRIL 13, 2021



BrainFutures releases Neurofeedback: An Efficacious Treatment for Behavioral Health, demonstrating the evidence for neurofeedback to treat for ADHD and anxiety.

2021



200+
Young Artists

Young artists share artwork for display at the Children's Mental Health Matters Campaign's First Lady's Annual Art Display.

MAY 3, 2021



MAY 2-8, 2021

+1,300,000

Distributed Resources to Schools,
Children, and Families

After an unprecedented year, our children's mental health champions used their passion and creativity to make a difference—baking mental health themed desserts, lighting up hospitals in green during children's mental health week, community chalk walks, mindfulness walks in community gardens, and much more.

JUNE 30, 2021

Financials

Revenue

MHFA Training Manual Fees	\$ 934,824
Grants	\$ 2,875,439
Training Program Revenue	\$ 101,970
Contributions and Dues	\$ 152,970
Special Events	\$ 36,055
Other Income	\$ 10,009
TOTAL REVENUE	\$ 4,111,267

Expenses

Program Services	\$ 4,203,708
Management General	\$ 694,460
Fundraising	\$ 158,035
TOTAL EXPENSES	\$ 5,056,203

Other Items

Investment Income	\$ 723,457
Change in Net Assets	\$ (221,479)
Net Assets: 1/1/2020	\$ 9,831,366
NET ASSETS: 12/31/2020	\$ 9,609,887

* Financial reporting is for the 2020 calendar year