

mhamd 
MENTAL HEALTH ASSOCIATION OF MARYLAND

*Programs for people...
Advocacy that changes lives*

2011-2012 Annual Report

Since 1915, the Mental Health Association of Maryland's (MHAMD) progressive programs have resulted in more effective treatment, improved outcomes for individuals, increased research and greater public understanding of the needs of children and adults living with 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.

mhamd 
MENTAL HEALTH ASSOCIATION OF MARYLAND

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Baltimore, MD 21211
www.mhamd.org
410-235-1178



Advocacy

www.mhamd.org

Protecting access to quality services is the driving force behind MHAMD's advocacy, evidenced by our successful efforts during Maryland's 2012 Legislative Session to restore mental health funding through a supplemental budget appropriation and to reject millions of dollars in proposed legislative cuts to the public mental health system. Such budget action would have greatly impacted the state's ability to serve some of our most vulnerable citizens.



MHAMD and its partners in the Maryland Mental Health Coalition also worked together to increase transparency in the process by which Medicaid Managed Care Organizations report Medical Loss Ratios, to support successful efforts to enhance Maryland's community college tuition exemption for individuals with disabilities, to extend tax credits for employers who hire people with disabilities and to require the availability of mental health support services for employees of state facilities that are affected by traumatic events.

Of course, MHAMD has also been at the table protecting access to behavioral health care as plans are made to implement the federal Affordable Care Act. MHAMD represented the Coalition as either a voting or advisory member of every workgroup created to frame Maryland's reform.

MHAMD is also actively involved in developing a new financing structure to support high-quality, integrated care across medical, substance abuse and mental health services as the state works to integrate its programs.

Maryland Parity Project

www.MarylandParity.org

The Maryland Parity Project educates consumers and providers about their rights under the Federal Parity Law and assists them in filing appeals and complaints to address behavioral health insurance violations. The Project has directly reached more than 10,000 people with toolkits, community presentations and the refinement of www.MarylandParity.org, an interactive site that helps users identify their type of insurance, specific rights under the law and the action they can take to file complaints. In 2012 the Project launched the companion Parity Perspectives Blog, providing visitors with up-to-date parity and Affordable Care Act information.

The Parity Project has helped consumers file complaints against four insurance companies doing business in Maryland, one of which secured removal of outpatient visit limits from a small employer plan and another secured thousands of dollars of reimbursement for a family. Project staff has also assisted in filing six appeals to state and federal agencies; one of which secured retroactive reimbursement for a provider.

A key focus has been protecting access to behavioral health services in commercial insurance as Maryland implements the Affordable Care Act. With our Coalition partners, MHAMD realized a tremendous victory in the

selection of a parity compliant, robust, behavioral health benefit to supplement the small employer plan that Maryland chose as its Essential Health Benefits plan, providing Marylanders with one of the most comprehensive behavioral health benefits in the nation.

In June 2012, MHAMD co-hosted a standing-room-only Parity Field Hearing in partnership with federal leaders to highlight the problems caused by the delay in implementation of the federal law.

Maryland Parity Project

Criminal Justice

www.mhamd.org

As Chair of the Mental Health and Criminal Justice Partnership, MHAMD continues to partner with more than 40 leaders to improve services for individuals with mental illnesses involved in the state's justice system.

keep their appointments with community mental health providers.

A priority for the Partnership is the creation of in-reach and halfway house programs that can support successful transition into the community for individuals who are incarcerated and have serious mental illnesses. The group has applied for funding to pilot a Co-Occurring Disorders Reentry Program that would serve moderate to high risk offenders with histories of

chronic mental illness and substance use issues who are returning to Baltimore City.

To improve support and awareness while individuals with mental illness are incarcerated, MHAMD teamed up with the Mental Hygiene Administration and the Maryland Police and Corrections Training Commissions to certify nearly 100 police and corrections professionals as Mental Health First Aid instructors.

Statement of Revenue & Expense

Statement of activities for the year ended December 31, 2011
PUBLIC SUPPORT AND OTHER REVENUES

SUPPORT & REVENUE

| | |
|--------------------------|-----------------|
| Grants | \$ 1,425,773.00 |
| Sale of Program Material | 674,533.00 |
| Contributions | 55,758.00 |
| Program Revenue | 34,502.00 |
| Special Events | 26,374.00 |
| Total Public Support | \$ 1,925,644.00 |

EXPENSES

| | |
|----------------------|-----------------|
| Program Services | \$ 1,604,676.00 |
| Management/General | 210,405.00 |
| Fundraising | 45,570.00 |
| Total Expenses | 1,860,651.00 |
| Change in Net Assets | \$ 64,993.00 |

OTHER

| | |
|----------------------------|---------------|
| Interest & Dividend Income | \$ 2,319.00 |
| Net Gain on Investments | 1,568.00 |
| Total Other Charges | 3,887.00 |
| Change in Net Assets | 68,880.00 |
| Net Assets - Year Start | 230,351.00 |
| Net Assets - Year End | \$ 299,231.00 |

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



MHAMD is a nonprofit association, 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.

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 Friedman, J. Ruth
 Friedman, Louis
 Gainer, Joseph
 Geldof, Eileen Zeller & Dick
 Gilden, Devera
 Glass-Siegel, Marcia
 Gold, Sara
 Goldman, Howard
 Goldwater, Janice
 Graham, R. Scott
 Green, Edwina
 Greenberg, Mark & Teresa
 Greenspun, Gordon
 Greif, Nanette & Irvin
 Grumbacher, Marjorie
 Guttenberg, Harriet & Stanley
 Halsey, Linda & Neal
 Hamilton, Nancy & Bruce
 Harris, David
 Harris, Gloria
 Hathaway, Barbara
 Haynes, Alexis I.
 Hays, Carole
 Heiner, Jutta
 Hill, Sandra & Morris
 Hossfeld, Susan & W. Carl
 Howes, Jennifer
 Hull, Elizabeth
 Hutchinson, Mary Ellen
 Ingalsbe, Susan & Stanley
 Ives, Cornelia
 Jacobson, Judith
 Jenkins, Randi
 Jonas, Alice
 Kammerer, John
 Kandel, Estelle
 Karasik, Michael
 Katz, Gerald
 Kent, Dolores
 Kitt, Elaine
 Klein, Joan
 Kleinberg, Susan
 Krajewski, Thomas
 Kresky-Wolfe, Marilyn
 Krevor-Weisbaum, Sharon
 Kriel, Ruth & Stanley
 Krivitsky, Bess
 Laidlaw, Patricia & Charles
 Langmead, Paula
 Lansburgh, Richard
 Lees, Tina & Gary
 Lemaire, Gail & Theo
 Levin, Alex Leon
 Levy, Sandra & Andrew
 Levy, Harris Martin
 Lewin, Joan & Roger
 Liberati, Susan & Gino
 Libov, Ann
 Lobe, Loraine
 Logue, Dora Due
 Lohnes, Burton
 Lucco, Joan & Alfred
 Corcoran
 Lutz, Randall M.
 Lynn, Larry
 Mallik, Kali
 Marcell Camp, Denise

Mason, Donna
 Matricciani, Denise
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 McComb, Jim
 McCrone, Luke
 McDowell, Donna & Dennis
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 Miller, Patricia
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 Mohr, Jo Ann & Wendell
 Morgan, Oscar
 Musgrave, Dawn
 Mustafa, Alexander
 Nathan, Susan Sugar
 Neuhauser, Stanley
 Nicewicz, Peter
 Nyman, Gary
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 O'Hair, Mari-Josette & James
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 Ostrowski, Cindy
 Overton, Valerie
 Ozarin, Lucy
 Palmer, Carol & Clifford
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 Parris, Katharine
 Peck, Delphine & C. E.
 Perret, Yvonne
 Piccinini, Janet
 Pines, Marion
 Pitcher, Robert
 Plaskon, Patricia & John
 Platt, Janet & Edward
 Porter, Tom
 Potts, Deborah & Efrem
 Proctor, Leonard R.
 Rappaport, M. Robert
 Reeves, Iris
 Regan, Bruce L.
 Reilly, Ann & Robert
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 Richardson, Jeffrey W.
 Ritvo, Rachel
 Roberts, Daniel
 Rodgers, Beatrice
 Rosenbloom, Howard
 Rudin, Stacy
 Ruth, Richard
 Salzman, Melinda
 Santangelo, Mark
 Santoni, Timothy
 Schauer, Carole & Andrew
 Schuyler, Larry
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 Seidman, Ada & Stanley
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 Shemer, Kathleen & Daniel
 Shillman, Norman
 Siegel, Madelyn
 Silver, Ann-Louise & Stuart

Silverstein, Rachele & Ronnie
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 Simon, Ruth & David
 Sirota, Kathleen
 Slatkin, Stephen
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 Smith, Margaret & Lex
 Smith, Rex
 Snyder, Libby & Philip
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 Steele, Nevet
 Stevens, Susan J.
 Stine, Helen & Charles
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 Storch, Nina & Daniel
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 Sundeen, Sandra
 Templeton, Richard
 Tessmer, Elizabeth & James
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 Tyson, Jacqueline
 Urbaitis, John Chapman
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 The Helping Fund
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 Trust of Dorothy Cahn
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 Trust of Lola Crawford
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 United Way of National Capital
 United Way of Pennsylvania
 ValueOptions Maryland, Inc.
 Warren Lodge
 Way Station
 Wolman Family Foundation, Inc.
 Zanvyl and Isabella Krieger Fund, Inc.

Children's Mental Health

www.ChildrensMentalHealthMatters.org

MHAMD's commitment to children and families continues to grow through multiple programs aimed at improving both wellness and access to services. Each year, MHAMD continues to distribute more than 25,000 pieces of children's mental health literature and promote healthy families on its websites.

For the last five years, MHAMD has partnered with the Maryland Coalition of Families for Children's Mental Health on the Children's Mental Health Matters! Campaign. The Campaign mobilizes families, advocates and educators across the state to help communities know that mental health problems in children and youth are real, common and treatable. During the 2011-12 program year, Governor Martin O'Malley declared May 6-12, 2012, as Children's Mental Health

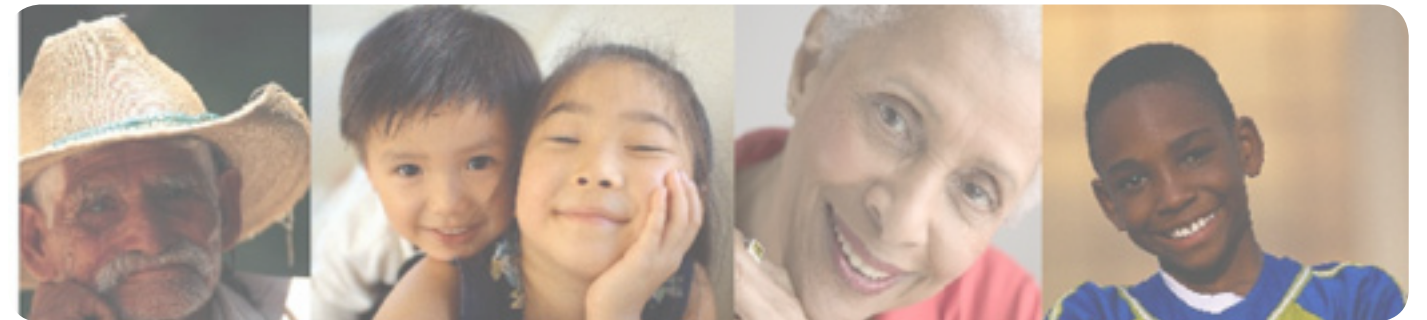
Awareness Week in Maryland and shared a video on the importance of the Campaign's efforts. In addition, First Lady Katie O'Malley hosted a special reception in Annapolis to recognize the student artists who created the Campaign poster.



Children's Mental Health Matters! also reached children, caregivers, educators and others across the state with an extensive media campaign earning more

than 1.4 million media impressions. The Campaign partnered and supported special events such as a flash mob at Baltimore's Inner Harbor, an Anti-Bullying Block Party in Park Heights, and anti-bullying seminars and presentations across the state.

MHAMD and its chapters also delivered more than 280 Kids on the Block puppet troupe performances in daycare centers, schools and other community settings, helping Marylanders better recognize and understand mental health problems impacting children and youth. In addition, the Kids on the Block performances serve as a prevention tool, demonstrating problem-solving and coping skills to help build resilience in children.



Aging Outreach

www.MDaging.org

Mental health impacts us differently across our lifespan, yet the unique needs of older adults are often overlooked. MHAMD works to improve access to high-quality mental health care for older adults in Maryland through public education, training and systemic change. Our leadership of the statewide Mental Health and Aging Coalition as well as the PEERS: Seniors in Partnership program allows us to work with individuals, families, professionals and government agencies to build successful assessment, treatment and support opportunities tailored to the changing needs of this important population.

The Mental Health and Aging Coalition works to ensure a high quality of care



Mental Health in Later Life:
A Guidebook for Older Marylanders and the People Who Care for Them

Courtesy of the Mental Health Association of Maryland and the Maryland Coalition on Mental Health and Aging

for Maryland's seniors, advocating for services that are not only accessible, but also reflect the latest in research and clinical practice. A key priority for the 2011-2012 program year is ensuring proper behavioral health supports for older adults as they transition from institutional settings back into the community. MHAMD has assumed a leadership role in developing recommendations for new policies and

procedures that bridge these vulnerable transition times and have further reach in the development of initiatives that are transforming the delivery of long term care services in Maryland. PEERS paired more than 60 older adults and volunteers through its Baltimore County peer mentor program, providing direct interaction, support and connection to older adults with late onset mental health problems. The PEERS program also made more than 80 presentations educating nearly 2000 seniors, families and provider staff on issues related to changing support and intervention needs and effective communication and emotional support.

Consumer Quality Team

www.cqtm.org

The Consumer Quality Team, staffed solely by consumers and family members, makes site visits to public mental health facilities throughout the state of Maryland. During these visits, consumers volunteer for confidential, qualitative interviews and share their thoughts and suggestions about the programs, their needs and their overall quality of life.

Expansion funding allowed CQT to make introductory visits to Core Service Agencies (CSA) and programs in Western Maryland, the Eastern Shore and Southern Maryland this fiscal year. CQT made 300 site visits to community-based Psychiatric

Rehabilitation Programs in all 24 counties as well as four inpatient facilities. Staff interviewed 1,186 consumers and conducted 18 feedback meetings with CSAs, facility CEOs and MHA. While most of the information collected was positive, 502 individual consumer requests were addressed in these meetings.



At the request of Maryland's Mental Hygiene Administration, CQT also followed-up quarterly with consumers who were discharged as a result of the closing of Upper Shore Hospital Center to ensure that they continue to receive

needed services. Of the 63 consumers discharged, CQT was able to contact 52 consumers. Most were doing well and any concerns were reported to the appropriate CSA for resolution. CQT also conducted a survey at the inpatient facilities to determine if the consumers felt safe and their preference on single sex housing. The results of this survey were shared with the facility CEOs and MHA. It was also used to inform the work of the committee formed by Maryland house bill 556, which would institute and enhance trauma informed care in state hospitals.

Mental Health First Aid

www.MHFAMaryland.org



Nearly 4000 Marylanders have now been certified in Mental Health First Aid, a groundbreaking program that teaches the public how to help someone developing a mental health or substance use problem or crisis.

In addition, more than 150 instructors have been certified to teach the program across the state. Nurses, law enforcement and corrections officers, human resource professionals

and those working in education or social services are now taking the course, many for continuing education or licensure credit.

During the 2011-12 program year, the number of courses offered in higher education, law enforcement and corrections grew significantly as MHAMD worked to imbed instructors into standard training operations for key organizations. The curriculum was also introduced to EMTs and other emergency responders as well as veteran-serving agencies.

The year also saw the initial development

of the Youth Mental Health First Aid program, which introduces participants to the unique risk factors and signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help a youth connect with appropriate treatment and support.

In partnership with Maryland's Mental Hygiene Administration, MHAMD is both the implementer of the program in Maryland and a founder/managing partner of the Mental Health First Aid USA program nationwide.

Diane Cabot's Legacy



The mental health community lost an extraordinary advocate, colleague and friend in August 2011. Diane Cabot's lifetime of accomplishments—as a fearless civil rights advocate and a kind soul who was always there for those in need—will continue to inspire those who work to make a difference.

A pioneering advocate in the movement to ensure the civil rights of individuals living with mental illness were protected, Diane Cabot served as executive director of the Mental Health Association of Metropolitan Baltimore for nearly a quarter century after founding the Prince George's County Hotline. Her lifelong passion and advocacy was to ensure that children and adults living with mental illnesses had access to needed services and were treated with dignity. Her work touched the lives of untold individuals in Baltimore and throughout the state.

Diane's zest for life was magnetic and her passion fierce. MHAMD mobilizes Diane's vision through our efforts to ensure access to high quality services that enable the one in five Marylander's living with mental illness to realize their hopes and dreams.

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