

**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

711 W. 40th Street, Suite 460  
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.

During the 2012 Legislative Session, MHAMD supported successful efforts to prevent recidivism by eliminating barriers to the successful reentry of ex-offenders, with the goal of increasing the percentage of ex-offenders who

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](http://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.



Flook, Barbara & William  
 Frank, Carole  
 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  
 McAvoy, Ellen & Glenn  
 McCollom, Bryan  
 McComb, Jim  
 McCrone, Luke  
 McDowell, Donna & Dennis  
 McMenamin, Ruth  
 Meekins, Joanne  
 Melfa, Margaret & Lawrence  
 Messier, Lawrence  
 Meyers, Mary & E. Walton  
 Meyers, Judith  
 Miller, Lois & Curtis Edward  
 Miller, Patricia  
 Mills, Vivian  
 Mindek, Laurie  
 Mohr, Jo Ann & Wendell  
 Morgan, Oscar  
 Musgrave, Dawn  
 Mustafa, Alexander  
 Nathan, Susan Sugar  
 Neuhauser, Stanley  
 Nicewicz, Peter  
 Nyman, Gary  
 O'Donnell, Elizabeth  
 O'Hair, Mari-Josette & James  
 Ohnmacht, Lee P.  
 Ostrowski, Cindy  
 Overton, Valerie  
 Ozarin, Lucy  
 Palmer, Carol & Clifford  
 Papantone, Elin- Marie & Michael  
 Parris, Katharine  
 Peck, Delphine & C. E.  
 Perret, Yvonne  
 Piccinini, Janet  
 Pines, Marion  
 Pitcher, Robert  
 Plaskon, Patricia & John  
 Platt, Janet & Edward  
 Porter, Tom  
 Potts, Deborah & Efreem  
 Proctor, Leonard R.  
 Rappaport, M. Robert  
 Reeves, Iris  
 Regan, Bruce L.  
 Reilly, Ann & Robert  
 Richardson, Claire  
 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  
 Scrivens, Penny  
 Seidman, Ada & Stanley  
 Shapiro, Sarah  
 Sharfstein, Margaret & Steve  
 Shemer, Kathleen & Daniel  
 Shillman, Norman  
 Siegel, Madelyn  
 Silver, Ann-Louise & Stuart

Silverstein, Rachele & Ronnie  
 Simon, Irving  
 Simon, Ruth & David  
 Sirota, Kathleen  
 Slatkin, Stephen  
 Smith, Lawrence  
 Smith, Margaret & Lex  
 Smith, Rex  
 Snyder, Libby & Philip  
 Starr, Arthur  
 Steele, Laura  
 Steele, Nevet  
 Stevens, Susan J.  
 Stine, Helen & Charles  
 Stitt, Shirley  
 Storch, Nina & Daniel  
 Sulin, Victor  
 Sullivan, Francis  
 Sundeen, Sandra  
 Templeton, Richard  
 Tessmer, Elizabeth & James  
 Thomas, Virginia & Charles  
 Tierney, Mary Beth  
 Tyson, Jacqueline  
 Urbaitis, John Chapman  
 Valentine, Florence  
 Venick, Herman  
 Volk, Louise  
 Webber, Frederick  
 Wells, Yvonne  
 Weston, Ellen  
 Whyte, Margaret  
 Williams, Ruth  
 Wolff, Mark & Marilyn  
 Wolman, Susan  
 Wolpert, Linda & Scott  
 Wylie, Sharon & James  
 Yeldezian, Jean & Gary  
 Young, Jean

### Supporters/ Organizations

Active Day, Inc.  
 Affiliated Sante Group  
 ALH Foundation  
 Allegany County Health Department Core Service Agency  
 Alliance, Inc.  
 American Charities  
 Anne Arundel County Mental Health Authority  
 Associated Catholic Charities  
 Associated Jewish Charities  
 Baltimore County Health Department  
 Baltimore Mental Health Systems, Inc.  
 Catholic Charities BCARS  
 Centennial Management  
 Charles County Freedom Landing  
 Community Behavioral Health Association of Maryland  
 Community Health Charities  
 Eli Lilly and Company  
 Northrup Grumman Family Services, Inc.

Fund For Change  
 GE United Way Campaign  
 Gero-Resources LLC  
 GO Consulting  
 Good Sheppard  
 Gorfine Foundation, Inc.  
 Helping Other People Through Empowerment  
 Howard County Mental Health Authority  
 Jacob and Hilda Blaustein Foundation  
 Johns Hopkins University  
 Johnson & Johnson, Inc.  
 Key Point Health  
 Legal Aid Bureau, Inc.  
 Leonard and Helen R. Stulman Foundation  
 Main Street Housing  
 Maryland Association of Core Service Agencies  
 Maryland Disability Law Center  
 Maryland Psychiatric Society  
 Maryland Psychological Association  
 Maryland School Psychologists' Association  
 Mental Health Association of Frederick County  
 Mental Health Association of Montgomery County  
 Mental Health Association of Talbot County  
 MHM Services, Inc.  
 Morton K. and Jane Blaustein Foundation  
 Mosaic Community Services, Inc.  
 NAMI Metro Baltimore  
 NAMI Maryland  
 National Institute of Mental Health  
 National Pike Health Center  
 Network for Good  
 Office on Mental Health Core Service Agency of Harford County  
 Omni House Foundation, Inc.  
 On Our Own of Montgomery County  
 On Our Own of Maryland  
 People Encouraging People, Inc.  
 Pfizer, Inc.  
 Pro Bono Counseling Project  
 Progress Unlimited, Inc.  
 Prologue, Inc.  
 Schwab Charitable Fund  
 Sheppard Pratt Health Systems, Inc.  
 Shura, Inc.  
 Sinclair Broadcast Group  
 Taylor Foundation  
 The Helping Fund  
 Thomas E. Arthur & Associates  
 Trust of Adelbert W. Mears  
 Trust of Dorothy Cahn  
 Trust of Francis A. Crawford, Inc.  
 Trust of Lola Crawford  
 United Way of Central Maryland  
 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

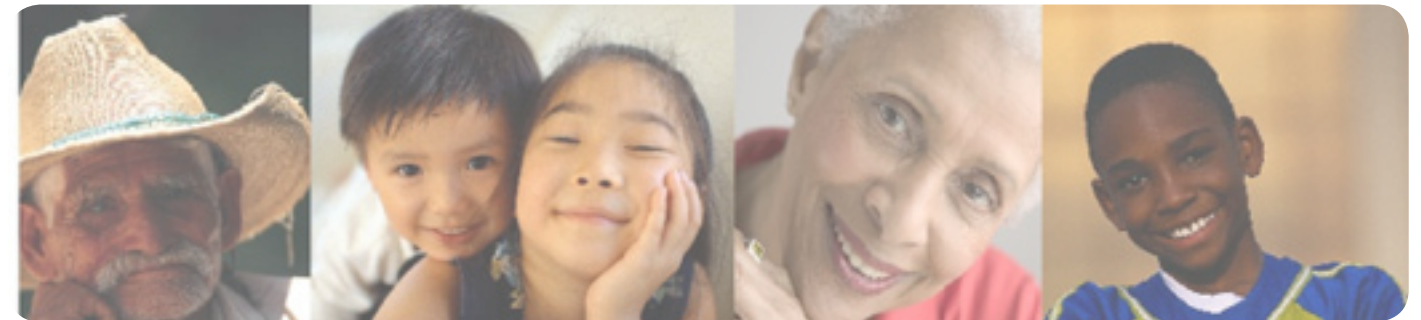
Awareness Week in Maryland and shared a video on the importance of the Campaign's efforts. In addition, First Lady Katie O'Malley hosted a special reception in Annapolis to recognize the student artists who created the Campaign poster.



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.

## 2011 Board of Directors

### Officers

*President*  
Thomas E. Arthur, MA,  
M.Ed

*President Elect*  
Stuart B. Silver, MD

*Vice President for Government Affairs*  
Randall M. Lutz, Esq

*Vice President for Public Education*  
Sharon Wylie

*Vice President for Resource Development*  
Oscar Morgan

*Treasurer*  
Frank Antonucci

### Board of Directors

Lillian Bowie  
Lucie Ling Campbell  
Monica Cooper  
Jackie Davis

Alexis Haynes  
Kathy McCallum  
Martha Mihaly  
Curt Miller  
Thelma Orr  
Jeff Richardson  
Juan Rodriguez  
Virginia Thomas  
Cynthia Vice  
Faith E. Wachter  
Tony Wright

### Honorary Life Board Members

Terezie S. Bohrer, RN, MSW, CLNC  
Rev. Robert Carlson  
Burton H. Lohnes, PhD  
Randall M. Lutz, Esq  
Kali Mallik  
Gary W. Nyman, MD  
Yvonne M. Perret, LCSW-C,  
MA, MSW  
Donna Rawlings, SPHR  
Beatrice Rodgers  
Laura Steele  
Jane Walker  
Peggy Whyte, MA

## MHAMD Staff

*Executive Director*  
Linda Raines

*CQT Interviewer*  
Katy Bradford

*Deputy Director*  
Lea Ann Browning-McNee

*Older Adult Program Director*  
Kim Burton

*CQT Interviewer*  
Nick Carter

*Office Assistant*  
Rosa Clark

*Program Associate*  
Lisa Cinelli

*Communications Associate*  
Karishma Dhru

*CQT Interviewer*  
Karuna David

*CQT Interviewer*  
Marion Ehrlich

*Director of the Maryland Parity Project*  
Adrienne Ellis

*Director of Community Outreach*  
Kari Gorkos

*Policy Associate*  
Dan Martin

*CQT Interviewer*  
Bonney Mattingly

*CQT Director*  
Joanne Meekins

*Program Associate*  
Alethia O'Hara

*Mental Health Players and Kids on the Block Coordinator*  
Lisa Palmer

*CQT Interviewer*  
Brinda Parker

*PEERS Director*  
Susan Parks

*CQT Program Manager*  
Katie Rouse

*CQT Interviewer*  
Sabrina Schram

*CQT Interviewer*  
Jean Smial

*CQT Interviewer*  
Scepter Spainbey

*CQT Interviewer*  
Susan Tager

*CQT Interviewer*  
Kate Weyer

## Supporters/Individuals

Abrams, Elizabeth  
Adams, George  
Adler-Tamres, Faye  
Ahn, Yong & Chung  
Allan, Bonnie  
Allen, Thomas E.  
Amitin, Carol  
Anderson, Mauritz  
Ansel, Marsha  
Antonucci, Francis  
Arnold, Judith  
Arthur, Thomas E.  
Atkinson, Dorothy  
Barad, Cary  
Bartos, Lynn & Norbert  
Basler, Carrie & Kenneth  
Battle, Carolyn

Behrens, Donna  
Bennette, Claudette  
Berkow, Eve  
Berlin, Norma & Donald  
Biliske, Elizabeth  
Blankfeld, Robert  
Bohrer, Terezie  
Book, Honey & Jonathan  
Breakey, Angela & William  
Brown, Robert  
Burton, Kim  
Cabaniss, Robert  
Cadogan, Teresa  
Campbell, Lucie Ling & Guy  
Carey, Mona  
Carr, Neil  
Clavelle, Paul

Cohen, Norma & Joel  
Cooksey, Charlotte  
Cooper, Mimi  
Corcoran, Regina & Thomas  
Courtemanche, Anne & Robert  
Crane, Suzanne  
Creaney, C. Patrick  
Cromwell, Herb  
Crowley, Betty McGarvie  
Culp, Courtenay Jones  
Dale, Grady  
Danko-Koeing, Andrea  
Davis, Jackie  
Davison, Linn  
Dehoff, Kristin  
Dezes, Richard  
Dhaliwal, Tishna & Raminbir

Diehl, Marjorie Sue  
Dittmar, Patricia & Mark  
Dombrowski, Esther  
Dwyer, Diane  
Ebrahimi, Jean-Marie  
Echart, Stephanie Angelos  
Edelman, Janet  
Exler, Emma  
Faber, Kathleen & D. Mark  
Farrell, Mary Sue  
Ferguson, Marlene Amdur & Walter  
Feldberg, Sorelle & Theodore  
Fingerman, Michele  
Finkle, Michael  
Finn, Rolfe  
Flamholz, Mindie