

THE MENTAL HEALTH ASSOCIATION OF MARYLAND  
FY22 ANNUAL REPORT



# ADVOCATING FOR VITAL MENTAL HEALTH AND SUBSTANCE USE HEALTH CARE FOR ALL MARYLANDERS

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. In the final year of Governor Larry Hogan's second term in office, MHAMD and its coalition partners called for action in the face of increasing demand for mental health and substance use services. The effort secured additional investments in community behavioral health services and Maryland's crisis response system, systematic reforms to address the unique needs of children and young adults, new policies to improve supports for Maryland's older adult community, and financial relief for those unable to access care through their insurance carrier's network of behavioral health providers.



## BIG WINS IN ANNAPOLIS

**\$170  
MILLION**

increase in funding for  
community mental health and  
substance use treatment

**12  
WEEKS**

of paid family leave for workers  
who need time to care for  
ailing relatives

**\$10.5  
MILLION**

to support 9-8-8 suicide  
prevention and crisis  
response hotline

## We're stronger together.

Each year, MHAMD mobilizes over 100 coalition partners through our Behavioral Health Coalitions — working together to shape a public policy platform that will best improve equitable mental health care quality access for all Marylanders.

### MARYLAND BEHAVIORAL HEALTH COALITION

The COVID pandemic has exacerbated an already rising demand for mental health and substance use services. Over the past twelve months, nearly 40% of Marylanders reported symptoms of anxiety or depression yet nearly a third were unable to get needed counseling or therapy. Nearly 3,000 Marylanders died from a drug overdose last year and another 650 lost their lives to suicide.

Given this profound unmet need, MHAMD and its coalition partners coordinated efforts this session in support of numerous initiatives designed to expand access to quality mental health and substance use care. The effort realized record investments in comprehensive community behavioral health services, the establishment of a

new 9-8-8 hotline to assist individuals in crisis, and the passage of legislation preventing 'balance billing' of commercially insured individuals who are forced to go out-of-network for mental health or substance use treatment.

### CHILDREN'S BEHAVIORAL HEALTH COALITION

MHAMD and its partners on the Children's Behavioral Health Coalition (CBHC) supported a variety of efforts this session to better serve younger Marylanders with behavioral health needs. The effort resulted in legislation streamlining residential treatment for youth, increasing protections for LGBTQIA+ youth, preventing and addressing childhood trauma, and diverting youth away from the juvenile justice system. CBHC also took steps to increase youth

involvement in the development of behavioral health prevention and early intervention programs.

### MARYLAND COALITION MENTAL HEALTH AND AGING

As chair of the Maryland Mental Health and Aging Coalition, MHAMD worked actively this session to improve the system of care for older adults with behavioral health needs and their caregivers. The organization supported a successful legislative effort to expand the use of supported decision-making agreements with a goal of preventing the need for guardianship and another aimed at improving Maryland's program that screens individuals referred for placement in nursing facilities to ensure the appropriateness of those referrals.

### BEHAVIORAL HEALTH AND CRIMINAL JUSTICE PARTNERSHIP

Maryland has battled a persistent overdose crisis since well before COVID-19, but pandemic-related stress, grief and despair have exacerbated these concerns. After reaching a new high in 2020, Maryland's rate of unintentional intoxication fatalities involving drugs and alcohol increased again over the first six months of 2021, with nearly 90% of these deaths involving opioids. Given these grim statistics, MHAMD and our coalition partners worked this session to enact policies that would reduce the harm associated with substance use. Unfortunately, efforts to expand Maryland's Good Samaritan statute and override a gubernatorial veto of legislation decriminalizing drug paraphernalia were unsuccessful.

[GO HERE FOR FULL 2022 LEGISLATIVE WRAP-UP.](#)

# RALLYING IN SUPPORT OF THE MENTAL HEALTH AND WELLBEING OF MARYLAND'S CHILDREN AND FAMILIES

The Children's Mental Health Matters Campaign brings together over 500 schools and community organizations annually to support children's mental health by increasing public awareness, reducing stigma, and connecting children and families with resources, support, and community. The campaign culminates with a series of awareness events that take place during Children's Mental Health Awareness Week.

In FY22, the campaign created new and updated mental health resources to distribute across the state. These included a Spanish translation of our Family Resource Kit, a series of tip sheets to help children and families navigate telemental health, and four updated book lists for children, families, and libraries.

The campaign was also awarded a one-time grant to provide art

supplies and 100 copies of our Family Resource Kits to each Baltimore City public school at no cost. Champions were supplied with a digital toolkit developed with the National Center for School Mental Health and self-affirmation resources created with Mind Resilience.

Mrs. Yumi Hogan, Maryland's First Lady and honorary Campaign Chair, hosted our eighth Mental Health Awareness Youth Art Display, where students from across Maryland gathered to share their artwork, illustrating what makes them feel mentally happy, healthy, or hopeful. Each year, student artwork is selected for our campaign poster. Artwork for the 17th annual Children's Mental Health Matters poster was selected in partnership with the Maryland Association of Nonpublic Special Education Facilities and students from Phillips School.



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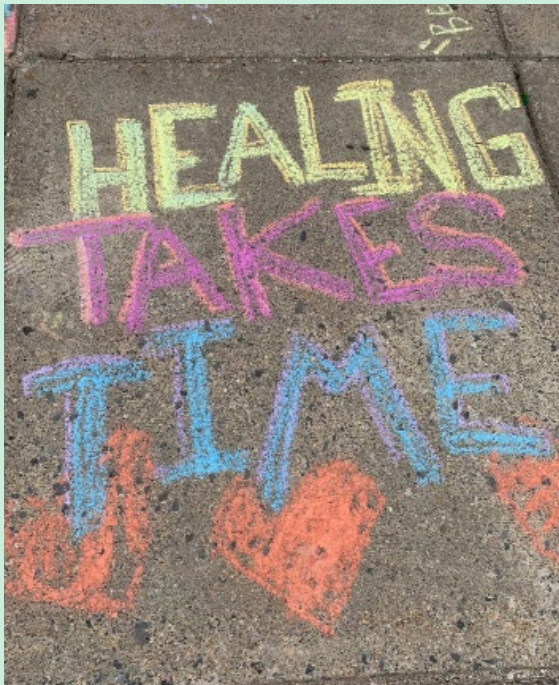
**388**  
School Champions

**225,000**  
Students Supported  
Through Campaign

**147**  
Community  
Champions

**1,032,208**  
Shared Resources

[GO HERE FOR THE FULL 2022 CMHM WRAP-UP REPORT.](#)



**CONGRATULATIONS TO OUR 2022 CHAMPIONS OF THE YEAR!**

**SCHOOL CHAMPION:** PARTNERSHIP FOR A HEALTHIER CARROLL COUNTY

**COMMUNITY CHAMPION:** PARTNERSHIP FOR A HEALTHIER CARROLL COUNTY

**STUDENT CHAMPION:** SEVERNA PARK MIDDLE SCHOOL MENTAL HEALTH MATTERS GROUP



# ADDRESSING THE UNIQUE MENTAL HEALTH CARE NEEDS OF MARYLAND'S OLDER ADULTS

In less than two decades, older adults will outnumber kids for the first time in US history. As we age, common experiences — like vision and hearing loss or bereavement and isolation — raise our risk for mental health and substance use issues.

In FY22, the Mental Health Association of Maryland's Coalition on Mental Health and Aging's supported two successful legislative efforts to expand the use of supported decision-making agreements with a goal of preventing the need for guardianship, and improve screening programs for individuals referred for placement in nursing facilities to ensure they are appropriate referrals.

MHAMD also offered a wide variety of outreach and education programs including workforce and peer support training, free events for older adults, and free educational resources for Maryland communities. This year, our PEERS Program provided 66 community education events to 892 individuals in Baltimore County, Maryland; as well as 1094 phone connections between volunteers and participants to meet the rising needs of Baltimore County residents.



OLDER ADULTS  
VIBRANT MINDS

**66**  
Community  
Education Events

**892**  
Individuals  
Served

**1,094**  
Supportive  
Phone Calls

**5,500**  
Resources  
Shared

*"You put some good souls in my life, and I just really wanted to tell you thank you, it makes a difference. You guys have been in my life through some bad stuff, walked this walk with me, seen me come through, and I'm grateful and thankful for you guys."*

# BUILDING STRONGER COMMUNITIES ACROSS MARYLAND WITH MENTAL HEALTH FIRST AID

Since Mental Health First Aid® began it has trained 88,545 Marylanders. As we work to create safer, more caring and supportive communities across the state, Mental Health First Aid is a critical component — teaching people the skills necessary to respond with care and genuine support to an individual experiencing a mental health or substance use concern or crisis.

In FY22, Mental Health First Aid Maryland continued to work to create infrastructure and embed instructors in key agencies and organizations throughout the state. Through the support of Maryland's Behavioral Health Administration, MHAMD has successfully implemented MHFA across Maryland's four Historically Black Colleges and Universities, training over 200 students and staff and 46 trained instructors who are now available to deliver and implement MHFA across these campuses, and to 1,100 EMS providers across the state. Providing training in an environment responsive to the first responder culture is an important aspect of this initiative's success. We are pleased to have 52 active instructors available in Maryland that serve as first responders.

As mental health issues continue to rise, expanding efforts to meet the needs of youth has increased in importance. Through a partnership with Maryland State Department of Education and Project Aware teams, we continue to expand MHFA training in schools across Maryland, and this year we piloted Teen Mental Health First Aid curriculum within a private school environment, paving the way for broader expansion to provide youth with the capacity to support their peers, which is generally the first place they turn when they help.

Imagine the ripple effect, as we continue to grow our MHFA Instructors and First Aiders — spreading hope and positive change for people in distress across the state.



Mental Health  
FIRST AID  
**MARYLAND**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

MHFA USA Founding Partner

**88,545**  
Marylanders  
Trained

**25**  
Instructor  
Trainings

**8,313**  
Trained  
in FY22

# IMPROVING CARE QUALITY IN MARYLAND'S PUBLIC BEHAVIORAL HEALTH CARE SYSTEM SINCE 2007

The Consumer Quality Team faced new pandemic challenges in FY22. The omicron surge, The Great Resignation that significantly impacted our provider partners and our team, and the data breach at the state were among the factors that increased the difficulty of conducting virtual visits. However, the team rallied and was able to continue to regroup and navigate the changing landscape by meeting, and sometimes, exceeding deliverables in all service lines, including the three pilot programs: residential level Baltimore City substance use providers, Baltimore County youth community-based programs, and the crisis services in Baltimore. Data from our three pilot programs were strongly positive, with the CQT team fielding feedback from Maryland's Here2Help line, mobile crisis teams, and residential crisis beds.

In FY22, most site visits were virtual, however, the team is cautiously making its way back to communities across the state. Staff hired during the pandemic are now performing in-person site visits, building rapport with staff and consumers, and beginning to learn more about our providers.



## CONSUMER QUALITY TEAM OF MARYLAND

<b>598</b>	PSYCHIATRIC REHABILITATION PROGRAMS
<b>293</b>	INPATIENT SERVICES
<b>99</b>	WELLNESS AND RECOVERY CENTERS
<b>144</b>	SUBSTANCE USE DISORDER RECOVERY PROGRAMS
<b>36</b>	CRISIS SERVICES
<b>175</b>	YOUTH RESIDENTIAL TREATMENT CENTERS
<b>85</b>	YOUTH PSYCHIATRIC REHABILITATION PROGRAMS

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**1,430** Total Consumers Interviewed



## OUR WORLD NEEDS SKILLED, COMPASSIONATE CAREGIVERS NOW MORE THAN EVER.

Engage with® Older Adults Skills Training is a live, virtual training program designed to help long-term care professionals enhance their connection with the older adults—moving beyond clinical care to focus on respect, active listening, clear communication, and meaningful engagement. In FY22, Engage with® Older Adults Skills Training was delivered in 7 states, developing core skills, including: What Everyone Needs to Know, Responding to Mental Health Issues, Understanding Substance Abuse and Medication Misuse, Navigating Dementia and Traumatic Brain Injury, Managing Aggression, and Partnering in Care. Investment in curriculum development resulted in completion of a new product line: Engage with Older Adults at home, and release of a Spanish language version of the Core Skills Training.

In FY22 we were thrilled to have Engage with® Older Adults Skills Training approved by the Association of Social Work Boards (ASWB) for Approved Continuing Education (ACE) credits, allowing social workers the ability to gain credits toward license or certificate requirements. In addition, the National Association of Long-Term Care Administrator Boards (NAB) granted approval for the Core Skill course.



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**3,931**  
People Trained  
to Date

**7**  
States

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**324**  
People Trained  
in FY22

# THE MENTAL HEALTH ASSOCIATION OF MARYLAND

For more than 100 years, the Mental Health Association of Maryland has worked to address the mental health and substance use needs of Marylanders of all ages, particularly those disadvantaged and marginalized. We are committed to ensuring every Marylander's fundamental right to quality behavioral health care through advancing public policy, monitoring service quality, providing training and education, leading systems change, and advancing new evidence-based treatments.

## FY22 FINANCIALS: JULY 1, 2021 - JUNE 30, 2022

CASH AND CASH EQUIVALENTS	\$ 1,657,988
INVESTMENTS	\$ 3,607,795
GRANTS AND ACCOUNTS RECEIVABLE, NET	\$ 1,276,454
PREPAID EXPENSES	\$ 105,809
NET PROPERTY AND EQUIPMENT	\$ 300,769
OTHER ASSETS	\$ 23,814
<b>TOTAL ASSETS</b>	<b>\$ 6,972,629</b>
<b>TOTAL LIABILITIES</b>	<b>\$ 1,494,816</b>
<b>TOTAL NET ASSETS</b>	<b>\$ 5,477,813</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$ 6,972,629</b>

## FY22 REVENUE DISTRIBUTION

69%	GRANTS	\$ 3,086,632
24%	CONTRIBUTIONS	\$ 1,063,127
6%	TRAINING REVENUE	\$ 295,121
1%	OTHER REVENUE	\$ 55,495
	<b>TOTAL REVENUE</b>	<b>\$ 4,500,375</b>

## FY22 EXPENSES DISTRIBUTION

	<b>PROGRAMS</b>	
10%	ADVOCACY	\$ 760,804
11%	BRAINFUTURES	\$ 833,716
25%	PUBLIC EDUCATION & TRAINING	\$ 1,789,675
23%	SERVICES OVERSIGHT	\$ 1,631,839
16%	ENGAGE	\$ 1,171,266
	<b>SUPPORT</b>	
12%	MANAGEMENT & GENERAL	\$ 841,879
3%	FUNDRAISING	\$ 212,323
	<b>TOTAL EXPENSES</b>	<b>\$ 7,241,502</b>