

**2018 DONOR REPORT**  
07/01/2017 through 06/30/18

*Mental Health*  
ASSOCIATION



The ripple effect **OF YOUR GENEROSITY**

## THE MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

226 S. Jefferson St | Frederick, MD 21701  
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We envision a community where children can grow and thrive without fear, where good mental health is valued, where people of all ages know when and how to seek help for emotional or family problems without shame, and where everyone will have access to mental health services without barriers.

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Lately, the question I am asked most often is, “What is MHA doing to solve the opioid crisis?” My answer? We’re a pebble. The Dalai Lama said, **“Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects.”** I think of this quote as a metaphor for the services that MHA provides. Let me share Sylvia’s story.

Sylvia came to our walk-in crisis service. The night before, she had rescued her adult child from an overdose, and it wasn’t the first time. She shared with MHA’s Crisis Specialist that she was terrified, feeling isolated and alone—and incredibly thankful her child was still alive. Thanks to the immediate availability of MHA, she was able to share some of the struggles she had been facing. Shame, stigma, and uneducated responses were keeping her from getting the help she needed. Now, with the Crisis Specialist, she came up with a plan. While she cannot force her child into treatment—a reality she deals with every day—she has been able to find ways to feel less isolated and alone.

In a follow up call, she said, “Thank you so much for helping me put things in perspective. I was struggling to find real help. You did that for me.”

That’s just one story, one mother, one way MHA made a difference, but it does create a ripple effect. That’s why MHA works tirelessly to build a strong foundation of emotional wellness for the whole community by preparing resilient children, securing vulnerable families, and facing crises together.



Shannon Aleshire  
CEO Mental Health Association of Frederick County

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# 10,661

## Referrals

Made by MHA's Walk-in and Call  
Center to partner agencies, getting  
people connected to help and  
resources they need

More than 660 people walked into MHA last year without an appointment and saw a crisis specialist. At no charge. This is an increase of 25% over the previous year. 26% of those clients reported they would have gone to the Emergency Room if walk-in crisis services didn't exist.

**Nearly 40% of them were children and youth**

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Peter Vache  
Sam Valentine  
Velte-JonesPhyllis  
Maria Vionet  
Stacy Wantz  
Melissa and Eric Ward  
Sandra Wastler  
Allison Weinschreider  
Delaine Welch  
Cherie Wharton  
Dotty Whittle  
Lois Willis  
Ruthann Wilson  
Nancy Wilson  
Cydney Yerushalmi  
Jeannie Yockman  
Nancy Zang  
Kathleen Zannoni  
Monica Zavala  
Rober Zerner

Our dedicated volunteers spent a total of **16,785 hours** helping our organization, saving MHA over

**\$357,563**

”

“A lot of people don’t know how to advocate for themselves. It’s a really hard skill to learn. That’s one of the many things that my Court Appointed Special Advocate (CASA) Cary has done for me.

**It really helps having an adult in your life who’s on your side, because cause they can vouch for you.**

Thank you Cary for providing structure and helping me learn the tools I need to become successful, teaching me how to be empathetic and kind to others.”

— Josh, former CASA kid

## SUPPORT AND REVENUE

Public Grants	\$ 1,644,831
Program Service Revenue	443,017
Contract Revenue	193,810
United Way	39,123
Donations and Foundation Grants	284,124
Fundraisers and Special Events	262,231
In-Kind Donated Goods and Services	77,920
Investment Income & Other Income	11,215

**TOTAL SUPPORT AND REVENUE**  
**\$ 2,956,271**

## EXPENSES

### PROGRAM SERVICES

Preparing Resilient Children	\$ 742,961
Securing Vulnerable Families	484,375
Facing Crises Together	1,187,199
Supporting the Whole Community	222,679

**TOTAL PROGRAM SERVICES**  
**\$ 2,637,214**

### SUPPORTING SERVICES

Fundraising Expenses	\$ 73,919
In-Kind Donated Goods & Services	77,920
Management and General	290,652

**TOTAL SUPPORTING SERVICES**  
**\$ 442,491**

**TOTAL EXPENSES**  
**\$ 3,079,705**

We earned the  
**Platinum**  
**GuideStar®**  
**Exchange Seal,**  
demonstrating our  
commitment to  
transparency.

*We have made every effort to ensure the accuracy of this list, but please notify us of any errors or omissions.*





Non-Profit Organization  
U.S. Postage  
PAID  
Frederick, MD  
Permit No. 42



20 years ago, the call volume was  
9,000 to 10,000 calls a year...

**Over  
46,000  
Calls**

Answered by 24/7 MHA  
Call Center at no charge

**In 2017**

57% of our callers were under the age of 50.  
Our youngest caller was 7 years old.  
A MHA Call Specialist takes a suicide related  
call every 5 hours.

*And now,*  
**we answer one substance use  
related call every 9.5 hours.**

**Why MHA?**

**We change lives, one person at a time.**

**“MHA’s Healthy Families  
program helped me get a  
better understanding of  
being a mother and a wife.**

Having someone to support me has been very helpful and makes my life a little easier. They know how to get the resources that are needed for when I need information. They have helped my child to learn things that I did not know to do and also gave my child an opportunity to learn at her own pace. Thumbs up all the way.”

— Liera D.