

2006 Annual Report
Always Here
Mental Health Association of Frederick County 

To Listen



To Care



To Heal





Our Vision

We envision a community where children can grow and thrive without fear, where good mental health is valued, where people know when and how to seek help for emotional or family problems without shame. Everyone will have access to mental health services without any barriers.

While reviewing our activities for fiscal year 2006, once again we were struck by how diverse and comprehensive the services MHA offers to the community actually are, which you might expect of an organization involved with something as central to our lives as mental health! Even when considering only our new and expanded activities, MHA continues to serve people:

Of All Ages: We began a new "Ounce" (as in 'ounce of prevention') training for child care providers to help them assess developmentally significant events in the lives of children from birth to 3 1/3 years; we modified our Kids on Block scripts for presentation to pre-school-aged children; and we partnered with the Alzheimer's Association to provide training to staff of assisted living facilities to help them care for people with Alzheimer's, dementia and depression.

From Varying Cultural Groups: MHA continued to develop our minority outreach by offering a "Latina Ladies' Lunch" to give Hispanic women an opportunity to nourish their minds, bodies and spirits; we partnered with several other community groups to sponsor a Family Fiesta, where we provided parenting education in Spanish; and we added Latino and African American educators to teach our ParentPower parenting education classes.

In a Variety of Circumstances: Partnering with other community agencies, MHA has begun to identify and provide assistance to children of incarcerated parents; we offered in-depth training sessions in Applied Suicide Intervention Skills throughout the state; and we modified our Survivors of Suicide support group, resulting in its growth and increased stability.

In a Community with Changing Needs: MHA's new Internet Safety curriculum became extremely popular with children, parents and educators alike; we expanded our Supervised Visitation/Monitored Exchange program to meet the increasing demand for the service; we spearheaded a community assessment to determine the need for walk-in crisis services; and we helped to launch a community-wide effort to improve access to health care in Frederick.

Wherever They Are: Our Child Care Resource Center in Carroll County moved into a brand-new non-profit building, immensely improving the services we can provide to Carroll County child care providers; the demand for our Kids on the Block services in Washington County increased dramatically; we finalized an agreement with Way Station to be the central contact for mobile crisis services for children, adolescents and adults in Frederick County; and two of our Hotline staff/volunteers traveled to Louisiana to help in the crisis response following Hurricane Katrina.

We are proud to offer these and all of our other services to our community, as we continue to listen, to care and to heal.

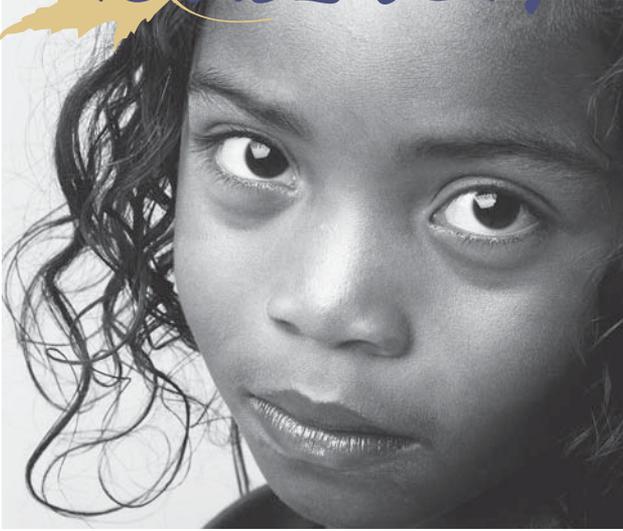


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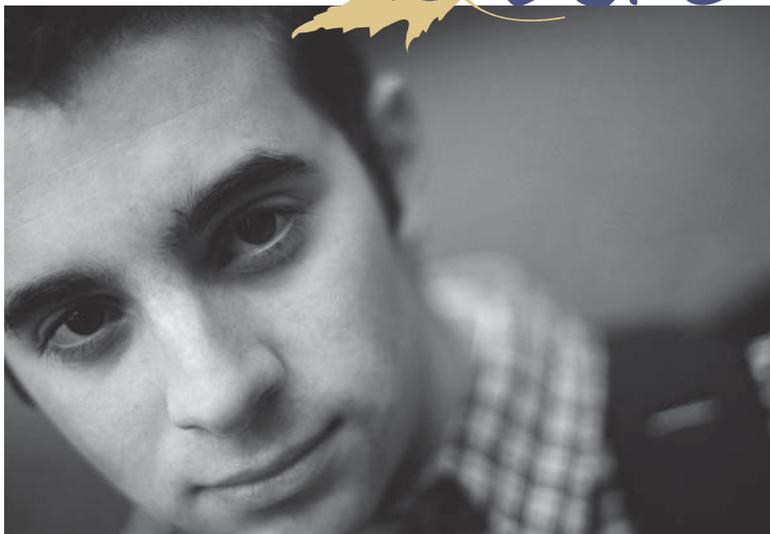
To Listen



A Parents' Divorce

Her parents' divorce is getting really messy; eight-year old Kayla is caught in the middle and just miserable. No one seems to understand; not sure what else to do she turns to her school guidance counselor for help. Kayla and her guidance counselor talk; he realizes she needs support outside of school hours and gives her the Phone Friend number. They make a practice call together; Kayla opens up to her Phone Friend immediately, sharing more of her feelings over the phone than she ever could in person. Now knowing that she has someone to talk with anytime her situation seems overwhelming, Kayla is relieved to know there is always a Phone Friend who will just listen and understand.

To Care



No One to Turn to

Home alone for the weekend, an isolated 15-year-old boy has decided to hang himself. Earlier in the day, he had confided his suicide plan to a friend, who gave him the number for the Youth Crisis Hotline and begged him to call. Reaching out for help, the teen calls the Hotline late Friday afternoon. Sharing with the listener his plan to end his life, he confides that he has many family problems, feels completely alone, and thinks that no one will care if he is gone. Listening intently, the Hotline Call Specialist acknowledges his feelings, confirming that it is normal to feel lonely sometimes. The boy promises to stay safe over the weekend until the listener can talk with his counselor; if he feels he cannot keep his promise he agrees to call the Hotline back immediately. Throughout the weekend, Hotline listeners make frequent safety check calls to the boy; he knows that someone cares. On Monday, the Hotline makes contact with the boy's counselor, who helps him receive the needed services.

To Heal



It Was Eating Him Alive

Harry thought keeping the secret from his wife would make everything ok; if she didn't know the truth she would not leave him. His anxiety was literally eating him alive, creating severe mood and behavior changes, trouble at work, and finally manifesting itself as debilitating physical symptoms with no known cause. Very concerned, his wife arranged for them to attend therapy. Coming to Counseling Services as a couple for a few weeks, they opened up to each other, and Harry finally felt safe enough to divulge his unbearable lies. He had convinced himself that she would leave him; she did not. To the contrary, they worked through the dishonesty and repaired the damage, making their marriage stronger than ever.

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* Denotes MHA Board Member

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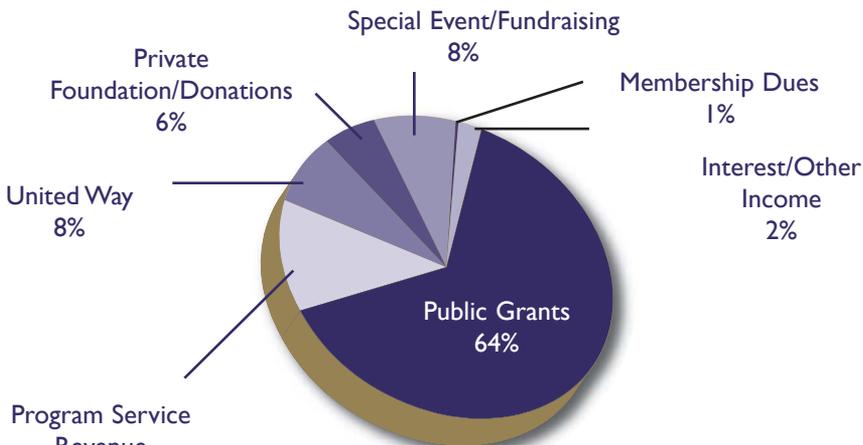
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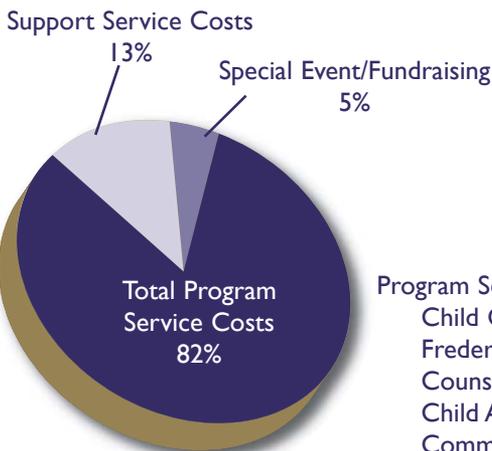
2006 Statement of Activities

Support and Revenue



Public Grants	\$ 753,411
Program Service Revenue	139,189
United Way	98,010
Private Foundation/Donations	67,935
Special Event/Fundraising	92,316
Membership Dues	6,000
Interest/Other Income	23,144
Total Support and Revenue	1,180,005

Expenses



Program Services:	
Child Care Choices	\$350,666
Frederick County Hotline	300,764
Counseling Services	117,370
Child Abuse Prevention	139,249
Community Education	88,533
Total Program Service Costs	996,582
Support Service Costs	157,352
Special Event/Fundraising	55,148
Total Expenses	1,209,082

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Mental Health Association of Frederick County

263 W. Patrick Street
Frederick, Maryland 21701
301.663.0011
www.fcmta.org



Always Here

In 2006 MHA:

- Served over 28,200 families, children, and individuals
- Provided children and families with 2,199 hours of therapy regardless of ability to pay
- Answered over 13,040 calls for support and referrals, of which 600 were suicide related
- Made 2,599 calls to homebound seniors, offering support and checking on their well-being
- Conducted training for 8,794 children on child abuse prevention, internet safety, bullying, and stress and anger management for teens
- Advocated for 44 foster children in the Frederick County court system
- Provided 1,968 child care referrals for parents
- Trained 3,803 local child care providers

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