



THE MENTAL HEALTH
ASSOCIATION OF
FREDERICK COUNTY
SERVED 41,000
PEOPLE IN 2008...



WE HAVE A LOT OF
PEOPLE COUNTING
ON US EVERY DAY



Annual ²
Report ⁰
⁰
⁸

A Message for Our Friends



Once again the Mental Health Association was able to expand our services offerings in Fiscal Year 2008 and to reach an even greater portion of Frederick and surrounding areas.

At long last, **2-1-1 Maryland** was included in the Governor's (supplemental) budget, giving the program much-needed stability and a sense of permanency. MHA was one of five agencies statewide asked to coordinate a program new to the United States: **Mental Health First Aid**. Similar to CPR training, this program will train non-mental health professionals to respond to mental health crises.

New grants allowed us to expand **ParentPower** with a program that educates middle-schoolers together with their parents, and to place more emphasis on children with mental illness in our **Systems Navigation** service. We also were awarded a grant to provide training and technical assistance to area after school programs for middle school children.

Our **Kids on the Block** puppet troupe continued to expand their repertoire by adding the "Eat Right and Exercise" script, which addresses the growing obesity problem among children. Gifts from several different sources allowed us to paint and refurbish our **Counseling Services** program, giving it a wonderfully welcoming, comfortable and caring feel.

This year's Catocin Affair was the best ever, netting MHA over \$132,000 for our services, thanks to the hard work of our volunteers and the incredible generosity of our community. Other accomplishments included the development of our 2008-2012 Strategic Plan (can it really have been five years since the last one?), and the design and implementation of an outcomes-based accountability and evaluation system, something our funders, especially, will love. This will allow us finally to answer the question, "Is anyone better off because of our efforts?" (We already know the answer is "Yes!")

We could not have done any of this without the support and encouragement of our partners, donors, and volunteers. Thanks to all of you, our citizens are that much closer to experiencing Peace of Mind.

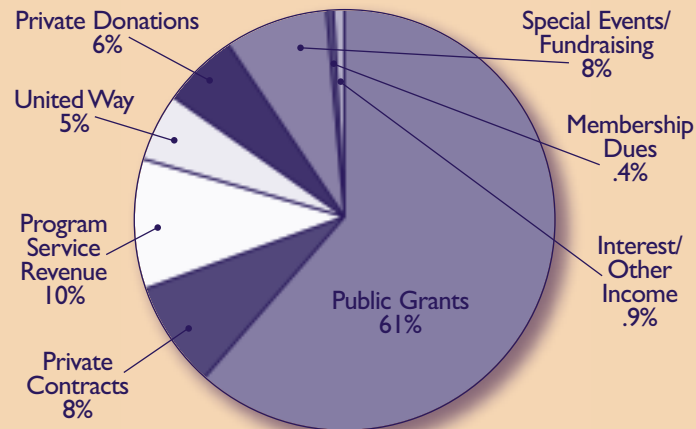
Patricia G. Hanberry
Patricia G. Hanberry
Chief Executive Officer

Nancy K. Cline
Nancy K. Cline
President, Board of Directors

Statement of Activities

Support and Revenue

| | |
|----------------------------------|--------------------|
| Public Grants | \$ 1,185,011 |
| Private Contracts | 160,899 |
| Program Service Revenue | 200,345 |
| United Way | 100,000 |
| Private Donations/Foundations | 120,262 |
| Special Events/Fundraising | 146,581 |
| Membership Dues | 7,725 |
| Interest/Other Income | 17,947 |
| Total Support and Revenue | \$1,938,770 |

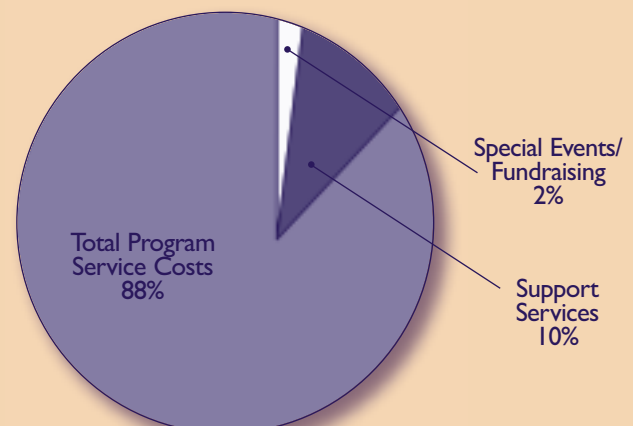


Expenses

Program Services:

| | |
|------------------------------------|--------------------|
| Child Care Choices | \$ 587,139 |
| Frederick County Hotline | 414,437 |
| Counseling Services | 173,567 |
| Child Abuse Prevention | 271,945 |
| Community Education | 188,904 |
| Total Program Service Costs | 1,635,992 |
| Support Service Costs | 181,732 |
| Special Event/Fundraising | 41,749 |
| Total Expenses | \$1,859,473 |

| | |
|-----------------------------|------------|
| Beginning Net Assets | 487,645 |
| FY08 Increase in Net Assets | 44,115 |
| Ending Net Assets | \$ 531,760 |



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Shannon Kelley
Rebecca Matthews

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Heather Whittington
Mary Lynn Williard
Todd Young

Thank you to each of you for giving of yourself to bring hope into the lives of others.

** Denotes MHA Board Member*



Too much for him to bear

Jake hung up the phone; his friend had just told him that he wanted to end his life. Financial pressure and a rocky marriage were too much for him to bear – he just wanted out. He was serious this time. Unsure what to do, Jake called 2-1-1 and told the Call Specialist about the dire situation his friend was in. The Call Specialist gave Jake the phone number for the sheriff's department and recommended he contact them to conduct a wellness check at his friend's home immediately. As is standard practice in all suicide-related calls, a follow-up call was made to Jake later that day to learn that the police had indeed performed a wellness check at his friend's home to find him with a gun in his hand about to take his own life. The police intervened and removed his friend from harm, taking him to the hospital for treatment. The Call Specialist spent time talking with Jake about the situation, helping him to process his own feelings, educating him further about suicide, and encouraging him to call back anytime he needed to talk. A life is saved by a good friend; just one of the many calls received at 2-1-1 every day.

Names have been changed to protect the confidentiality of our callers.

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2008 Catocin Affair

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The torture of abuse

Her mom's idea of discipline was holding a gun to her head. 13-year old Katrina was so terrified that she ran away from home, leaving her younger sister alone in their alcoholic family full of daily horrors. Katrina's mother, having been physically and emotionally tortured throughout her childhood, knew no other way. The family is court-ordered to attend therapy at Counseling Services; this is the only way that the parents will be allowed to retain custody of their children. Not surprisingly, both children are suffering from severe anxiety and depression, struggling to cope with their day to day lives. In counseling the therapist helps the children open up and express their fears and distress and works with the mother to address her anger and resentment issues. Mom learns appropriate ways to discipline her children, and enrolls in anger management classes and a support group to connect her with other parents. A family relationship that once had been based on terror and rage is slowly changing for the better. There is hope that the wicked cycle of abuse will stop here.

Names have been changed to protect the confidentiality of our clients.

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, and where everyone will have access to mental health services without barriers.