As I started writing this, I realized that I am finishing soon.

I couldn’t agree more. If you haven’t attended a Mental Health Matters Hour, please consider joining us soon.

The response from the over 150 attendees has been essential to form healthy relationships, healthy families, healthy workplaces and a healthy community.

As I look back at what has occurred over the past year, I am truly grateful for the strength and passion of the MHA team, the individuals we serve, and the community. Mental Health Matters to all of us.

Mental health is a continuum from wellness to illness. All too often, when people hear the term mental health they think of mental illness. Good mental health is just as important as physical health. It is also essential to form healthy relationships, healthy families, healthy workplaces and a healthy community.

In early spring, MHA has hosted Mental Health Matters twice a month, since 2012. To celebrate, we embarked on a journey to share our story of the people we serve, Mental Health Matters demonstrates how MHA works to build a strong foundation of emotional wellness for the whole community.
Dear Friends and Supporters of MHA,

As I started writing this, I realized that I am finishing up my first year serving as MHA’s CEO. Every day I am humbled and honored to lead this organization and experience firsthand the incredible work that our staff does. MHA also celebrated another milestone this year—50 years of service to the community!

To celebrate, we embarked on a journey to share our work in a new and different way. Twice a month, since early spring, MHA has hosted Mental Health Matters House Tours. These events take community members on a tour of the critical work that we do. Through the stories of the people we serve, Mental Health Matters demonstrates how MHA works to build a strong foundation of emotional wellness for the whole community by preparing resilient children, securing vulnerable families, and standing with people as they face crises together.

Mental Health Matters also emphasizes that mental health is a continuum from wellness to illness. All too often, when people hear the term mental health they think of depression, anxiety, or other disorders—in other words, mental illness. Good mental health is essential for forming healthy relationships, healthy families, healthy workplaces and a healthy community. It is time to embrace mental health and recognize that mental health matters to all of us.

The response from the over 150 attendees has been incredible, with heartwarming comments like “This was so informative...I had no idea that you did so much!” and “This is important—more people need to know.” I couldn’t agree more. If you haven’t attended a Mental Health Matters Hour, please consider joining us soon.

Sincerely,
Sharon Heisler
CEO Mental Health Association of Frederick County

Preparing Resilient Children
101 Children
In Foster Care in Frederick and Carroll Counties, had an independent voice in the court system advocating for a safe, permanent home

2,332 Early Childhood Educators
Participated in high quality classroom and on-site professional training

Supporting our Whole Community
10,447 Referrals
Made in MHA’s Walk-in and Call Center to partner agencies, getting people connected to help and resources they need

2,000 Guides
Resource Guide for Mental Health and Community Support Services were printed and distributed to schools, law enforcement, and prekindergarten of health care
1,087 Home Visits

Skilled Family Support worker visited 6,087 at-risk, first-time functions to ensure a safe and secure environment for the family to live in.

3,000+ Phone Calls

Caring Call Specialist made calls tofullname in fulltime, helping them stay connected and supported.

**MHA Programs**
- Family Support Services
- Counseling Services
- Fundraising Expenses

**Income Sources**
- Program Service Revenue: $2,690,582
- Minnesota Housing Assistance Corporation: $67,128
- Federal Housing Administration: $299,584
- Other: $885,524

**Sponsors**
- Leidos Biomedical Research, Inc
- Freddie Mac Foundation
- William H. Browning

Cumulative Gifts of:
- INVESTOR SOCIETY
  - Eugene and Agnes E Meyer Foundation
  - The Laughlin Family Fund
  - The Delaplaine Foundation, Inc.
  - Anonymous
- HUMANITARIAN SOCIETY
  - Norine and Ted Haas
  - Clagett Enterprises, Inc.
  - Anonymous

Cumulative Gifts of $5,000-9,999:
- Dr. John and Madonna Vitarello
- The Church of the Transfiguration
- The Temple: A Paul Mitchell Partner School
- Randall Charitable Trust
- Terry and Pam O'Malley
- Rocky and Nancy Mackintosh
- Jean M. Joyce
- Fountain Rock Management Group
- Frederick Magazine
- Ana Garcia

**PROFESSIONAL GROUP MEMBERS**
- Olga G. Vojinovic, D.O.
- Craig C. Overby, M.D.
- John M. Kosinski, M.D.
- E. Robert Spalding, P.A.-C.
- Edward T. Bissell, M.D.

**Golf Tournament**
- Mr. Hunt and Mrs. Joan Hendrickson
- Charles and Jane Doll
- Dr. Joseph and Mrs. Karen Ashwal
- Frederick Keys

**THANK YOU TO ALL!**
- Eau Claire, Wisconsin
- CrossFit寺
- Horace Mann
- Long Beach, California
- Premera Blue Cross
- Fort George G. Meade
- Camp Pendleton
- Virginia
- Tennessee
- Las Vegas, Nevada
- New York City
- Tourmaline, New York City
- Naperville, Illinois
- Depew, New York
- Ithaca, New York
- Portland, Oregon
- Fallbrook, California
- Medina, Ohio
- Chico, California
- Santa Fe, New Mexico
- Corpus Christi, Texas

**Call Volume by Fiscal Year**

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>Crisis Calls</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY '11</td>
<td>2,375</td>
</tr>
<tr>
<td>FY '12</td>
<td>3,097</td>
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<tr>
<td>FY '13</td>
<td>2,438</td>
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<tr>
<td>FY '14</td>
<td>3,028</td>
</tr>
<tr>
<td>FY '15</td>
<td>3,066</td>
</tr>
</tbody>
</table>

**SUPPORT AND REVENUE**

| Public Grants  | $1,820,805 |
| Program Service Revenue | 257,467 |
| Contract Revenue | 109,894 |
| United Way | 40,562 |
| Foundations and Donor Grants | 326,926 |
| Fundraising and Special Events | 127,092 |
| Investment Income & Other Income | 16,750 |

**EXPENSES**

<table>
<thead>
<tr>
<th>programs</th>
<th>2015</th>
<th>2016</th>
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</thead>
<tbody>
<tr>
<td>PROGRAM SUPPORTS</td>
<td>$67,128</td>
<td>$74,409</td>
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<tr>
<td>SUPPORTING SERVICES</td>
<td>$299,584</td>
<td>$321,805</td>
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</table>

**TOTAL PROGRAMS**

| TOTAL PROGRAMS | 2015-2016 | $2,323,169 |

**SUPPORTING SERVICES**

| Management and General | 299,584 |

**TOTAL SUPPORTING SERVICES**

| TOTAL SUPPORTING SERVICES | 2015-2016 | $366,173 |

**TOTAL EXPENSES**

| TOTAL EXPENSES | 2015-2016 | $2,690,582 |
1,087 Home Visits
Skilled Family Support workers visit 85 at-risk, first-time
families to ensure a smooth transition to successful outcomes
and care for their child.

3,000+ Phone Calls
Caring Call Specialists made scheduled calls to home visits,
helping them stay connected and supported.

SUPPORT AND REVENUE
$2,585,034

EXPENSES
$2,585,034

SUPPORTING SERVICES
Fundraising Expenses*

PROGRAM SERVICES
Child Care Choices
Fundraising Expenses*

SUPPORT AND REVENUE
$2,585,034

EXPENSES
$2,585,034

SUPPORTING SERVICES
Fundraising Expenses*
### EXPENSES

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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<tbody>
<tr>
<td>MHA Programs</td>
<td>$1,620,855</td>
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<tr>
<td>Community Support Services</td>
<td>$2,690,582</td>
</tr>
<tr>
<td>Child Care Choices</td>
<td>$67,128</td>
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<tr>
<td>Total Support and Revenue</td>
<td>$2,323,569</td>
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### SUPPORTING SERVICES

<table>
<thead>
<tr>
<th>Fundraising Expenses</th>
<th>Management and General</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Total</td>
<td>$366,173</td>
<td>$2,690,562</td>
</tr>
</tbody>
</table>

### Support List

#### Major Supporters

- **LEADERSHIP SOCIETY**
  - The George L. Shields Foundation
  - Maryland State Legislature
  - Eugene and Agnes E Meyer Foundation
  - The Women's Giving Circle of Frederick
  - Dr. John and Madonna Vitarello
  - The Church of the Transfiguration
  - The Joseph D. Baker Fund

- **HUMANITARIAN SOCIETY**
  - Dr. Robert and Mrs. Betsy Fisher
  - Chris and Lucia Kline
  - Bates Architects
  - The Rev. Janice Daffern and Lydon Fetterolf Corydon, P.A.
  - Bob and Faye Cannon
  - Jack Fritz and Adriane Wodey
  - Barbara Lohman-Flynn L.C.S.W.-C, B.C.D.

- **TRANQUILITY SOCIETY**
  - The Frederick Center, Inc
  - The Church of the Transfiguration
  - The Mental Health Center of Maryland
  - Healing Circles Wellness Center
  - Harper & Associates

- **ROSE SPONSORS**
  - Dr. Mark and Shawn Pitts, D.D.S.
  - Renate Meisel
  - US Silica
  - Supreme Seafood
  - Susan Routzahn
  - Richards-Wilbert
  - Reinsch, Meglan & D'Amore

- **BENEFACTORS**
  - Ferdinand Glueckstein
  - John Borth
  - Wealth Builders
  - Water Depot, Inc.
  - Knights of Columbus
  - Enterprise Consulting, Inc.
  - Carroll Insulation
  - C & A Automotive

- **JAFARIA FRIENDS**
  - Mr. Hunt and Mrs. Joan Hendrickson
  - Charles and Jane Doll
  - Dr. John and Madonna Vitarello
  - Brian Gaudet

- **VOICES FOR CHILDREN**
  - Mr. and Mrs. James Zito
  - Lynne Lichtenstein
  - Les Strickland
  - Dr. and Mrs. Gregory Powell

- **CHILDREN'S SPONSORS**
  - Walmart
  - B&Q
  - A & M Sanitary

- **Families**
  - Beth Prohoniak
  - Lorraine Prete
  - Beth Molesworth
  - Carol and Bob McGinnis
  - Lydia Bonna

- **Special Supporters**
  - Amazon Smile
  - Amazon Webstore
  - The Maryland Women's Foundation

- **EMERGENCY SERVICES**
  - Three Old Souls, LLC
  - Ralph and Niki Thrash
  - Target Foundation
  - Jasmine and David Sneed
  - Shelly and Jon Simpson

- **S&C INSTALLATION SERVICES**
  -Systems Contractor Services Inc.
  -Cleron Construction
  -Carroll Insulation
  -Fredrick’s Roofing & Construction

- **FRIENDS**
  - The Rev. Janice Daffern and Lydon Fetterolf Corydon, P.A.
  - Bob and Faye Cannon
  - Jack Fritz and Adriane Wodey

- **PEOPLE IN NEED**
  - America's First: Frederick, MD
  - Resica Counseling Services
  - Three Old Souls, LLC
  - Dorcus Construction
  - Janet Sullivan Dockter

- **JEWISH FAMILY SERVICES**
  - The Women's Giving Circle of Frederick
  - Fredrick’s Roofing & Construction
  - Carroll Insulation
  - Dorcus Construction
  - Janet Sullivan Dockter

- **AUSCHWITZ FUND**
  - The Women's Giving Circle of Frederick
  - Fredrick’s Roofing & Construction
  - Carroll Insulation
  - Dorcus Construction
  - Janet Sullivan Dockter

- **KINDRED SPIRITS**
  - The Women's Giving Circle of Frederick
  - Fredrick’s Roofing & Construction
  - Carroll Insulation
  - Dorcus Construction
  - Janet Sullivan Dockter

- **BAPTIST HOSPITAL OF FREDERICK**
  - The Women's Giving Circle of Frederick
  - Fredrick’s Roofing & Construction
  - Carroll Insulation
  - Dorcus Construction
  - Janet Sullivan Dockter

- **RICHARDS-WILBERT**
  - The Women's Giving Circle of Frederick
  - Fredrick’s Roofing & Construction
  - Carroll Insulation
  - Dorcus Construction
  - Janet Sullivan Dockter

- **FAITHFUL HOSPITALITY**
  - The Women's Giving Circle of Frederick
  - Fredrick’s Roofing & Construction
  - Carroll Insulation
  - Dorcus Construction
  - Janet Sullivan Dockter

- **SUPPORT AND REVENUE**
  - United Way
  - United Way of Frederick County
  - The Women's Giving Circle of Frederick
  - United Way of Frederick County
  - The Women's Giving Circle of Frederick

### Financials

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>TOTAL SUPPORT AND REVENUE</td>
<td>$2,589,034</td>
</tr>
<tr>
<td>Support and Revenue</td>
<td>$2,323,569</td>
</tr>
<tr>
<td>Expenses</td>
<td>$1,620,855</td>
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  - Harper & Associates

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  - Susan Routzahn
  - Richards-Wilbert
  - Reinsch, Meglan & D’Amore

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### Call Center Statistics

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<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>3000+ Phone Calls</td>
<td>$1,385,140</td>
</tr>
<tr>
<td>Calls</td>
<td>29,071</td>
</tr>
<tr>
<td>Crisis Calls</td>
<td>13%</td>
</tr>
</tbody>
</table>

### Total Calls

- **All Calls**
  - 32,463
- **Crisis Calls**
  - 3,997
- **Non-Crisis Calls**
  - 28,466

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It is time to embrace mental health and recognize that mental illness is as real as any other chronic physical condition. Good mental health is just as important as physical health. We think of depression, anxiety, or other disorders—in other words, mental illness. Good mental health is being connected with others, being active, and getting proper nutrition. Mental Health Matters also emphasizes that mental health is normal, that recovery is possible, and that people are in control of their lives. We envision a community where children and adults can grow, attenuation, education, and work; where mental health is valued, where people of all ages can get the help they need for emotional or family problems without shame, and where everyone has full access to mental health services without barriers.

Thank You to Our Dedicated Volunteers

Shannon Aleshire, CEO

The MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

301-663-0011  |  www.fcmha.org

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