



Annual Report 2015



MENTAL HEALTH
MATTERS
to me

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 first-hand 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 Hours. 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 to 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 to form 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. I've heard 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.



Shannon Aleshire
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-line
professional training

Supporting our Whole Community

10,447 Referrals

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

2,000 Guides

Resource Guides to Mental Health and
Community Support Services were printed and
distributed to schools, law enforcement, and
providers of health care



SUPPORT AND REVENUE

Public Grants	\$ 1,620,855
Program Service Revenue	257,467
Contract Revenue	199,404
United Way	40,562
Donations and Foundation Grants*	326,904
Fundraisers and Special Events	127,092
Investment Income & Other Income	16,750

TOTAL SUPPORT AND REVENUE
\$ 2,589,034

EXPENSES

PROGRAM SERVICES

Child Care Choices	\$ 428,012
Family Support Services	639,982
Community Support Services	885,524
Counseling Services	217,372
MHA Programs	152,980

TOTAL PROGRAM SERVICES
\$ 2,323,869

SUPPORTING SERVICES

Fundraising Expenses*	\$ 67,128
Management and General	299,584

TOTAL SUPPORTING SERVICES
\$ 366,713

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

TOTAL EXPENSES
\$ 2,690,582

**\$22,000 represents training
that was paid for with a capacity
building foundation grant.*

The financials listed above are un-audited figures.

Securing Vulnerable Families

1,087 Home Visits

Skilled Family Support workers visited 65 at-risk, first time families to ensure that each parent could successfully nurture and care for their child

3,000+ Phone Calls

Caring Call Specialists made scheduled calls to homebound seniors, helping them stay connected and supported



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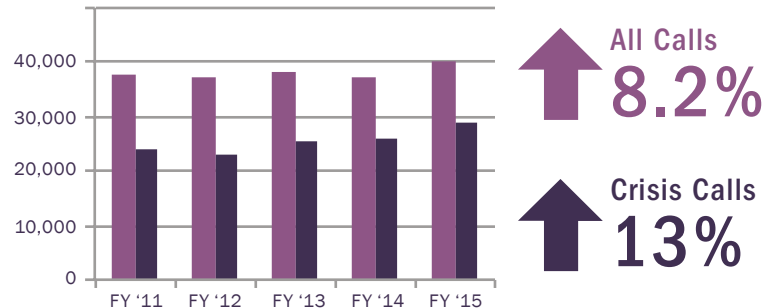
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Facing Crisis Together

MHA CALL CENTER CALL VOLUME by FISCAL YEAR



29,071 Crisis Calls

2,868 Calls Assessed for Suicide



320 Walk-In Clients

Individuals experiencing an emotional, mental, family or relationship crisis, suicidal thoughts, anxiety, grief or depression saw a Crisis Specialist free of charge

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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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