





# Supporting our Whole Community

## 29,725

### Referrals

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

## 2,500

### Guide to Mental Health and Community Resources

Number of MHA produced guides distributed for free.

## 24

### Mental Health Matters Hours

Provided informational sessions to community members about the services we provide through the stories of our clients.

## Dear Friends,

A favorite part of my job is talking to people in the community about the Mental Health Association and the importance of the work we do. I met someone recently and when I told him where I worked, his response was, "All of the sudden, I see MHA **everywhere**." As my pre-teen daughter would say, "Score!" In addition to the 13 active programs that served 45,000 people last year, we have been working diligently to raise the awareness of the work that we do, and the fact that **mental health matters**.

To that end, we unveiled **a brand new website** earlier this year. This project was funded through a generous capacity-building grant from the Children and Family Capacity-Building Initiative, a project of the Meyer Foundation. The website is not only fabulous to look at, it's user friendly and allows our constituents to navigate it easily on mobile devices. Best of all, MHA staff can update it internally, which means content is more relevant for our users without additional expense.

We transformed this year's Catoctin Affair into a **Party with a Purpose**. Thanks to the vision of our Co-Chairs, Mary Barry of Frederick County Bank and Courtney Stauffer of Stauffer Funeral Homes, we were able to host an elegant gala while raising much needed funding as well as awareness about the work we do. For the first time, the evening featured a mission-focused program kicked off by a compelling video of community leaders giving voice to why mental health matters to them.

Another first was the **Mental Health Matters to Me Fundraising Event** that spotlighted the successes of our clients and garnered unrestricted funding for MHA's programs. The inaugural event raised over \$123,500 in gifts and pledges including 14 people who joined our Mental Health Matters to Me Giving Society and pledged at least \$1,000 a year for five years.

**The support you provide is the driving force behind everything we do. From can't to can, hopeless to hopeful, unable to enabled—your support of MHA supports us all.**



Shannon Aleshire

CEO Mental Health Association of Frederick County



# Preparing Resilient Children ➤ Securing Vulnerable Families

## 2,700+

### Early Childhood Educators

Participated in nearly 625 hours of high quality classroom and on-line professional training.

▲ **51%**  
from FY 2015

## 130

### Behavioral Interventions

Supported children having behavioral issues and their families.

**93%**  
show decreased concerns  
after intervention

## 150+

### Monitored Transfers

Enabled children to transfer from one parent to another in a conflict-free environment.

▲ **20%**  
from FY 2015

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Alexandra L. Mirabelli, Psy.D.



# Vulnerable Families • Facing Crisis Together

## 122

### Children

Represented by a Court Appointed Special Advocate (CASA).

▲ 9

more children served in  
FY 2016

## 39,000+

### Phone Calls

Answered by 24/7 MHA Call Center.

1

Suicide Call  
every 5 hours

## 453

### 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.

▲ 42%

from FY 2015

Mary Owens, LCSW-C  
Elizabeth Pollack, LCSW-C  
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### Professional Group Practices

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Blue Ridge Behavioral Health Services  
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Frederick Psychology Center  
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The Learning Bee  
Therapists at Cannon Hill

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





## SUPPORT AND REVENUE

|                                    |              |
|------------------------------------|--------------|
| Public Grants                      | \$ 1,524,386 |
| Program Service Revenue            | 259,603      |
| Contract Revenue                   | 195,731      |
| United Way                         | 36,637       |
| Donations and Foundation Grants    | 411,895      |
| Fundraisers and Special Events     | 143,139      |
| In-Kind Donated Goods and Services | 69,677       |
| Investment Income & Other Income   | 6,936        |

**TOTAL SUPPORT AND REVENUE**  
**\$ 2,648,004**

## EXPENSES

### PROGRAM SERVICES

|                                |            |
|--------------------------------|------------|
| Preparing Resilient Children   | \$ 761,229 |
| Securing Vulnerable Families   | 425,312    |
| Facing Crises Together         | 962,311    |
| Supporting the Whole Community | 219,057    |

**TOTAL PROGRAM SERVICES**  
**\$ 2,367,909**

### SUPPORTING SERVICES

|                                  |           |
|----------------------------------|-----------|
| Fundraising Expenses             | \$ 39,810 |
| In-Kind Donated Goods & Services | 69,677    |
| Management and General           | 303,469   |

**TOTAL SUPPORTING SERVICES**  
**\$ 412,956**

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

**TOTAL EXPENSES**  
**\$ 2,780,865**

*The financials listed above  
 are un-audited figures.*

## Mental Health Matters to Me Giving Society

Members are committed to the long term sustainability of the Mental Health Association. The Giving Society enables MHA to confidently plan to meet the growing needs of our community by providing consistent, long term support with a minimum annual pledge of \$1,000 for five years. These members are partners in MHA's efforts to build a strong foundation of emotional wellness for our families, friends, neighbors and business community.

### Founding Members

|  |  |
|--|--|
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### A Special Message to our Generous Donors:

MHA celebrates all of our donors. Their support has helped increase our community impact by supporting programs and services over the years in order to meet the needs of our community. While this Annual Report recognizes gifts received in Fiscal Year 2016 (received July 1, 2015 - June 30, 2016), there is a complete list of donors prior to 2016 that can be seen on our website, fcmha.org.

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## THE MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

226 S. Jefferson St | Frederick, MD 21701  
301-663-0011 | [www.fcmha.org](http://www.fcmha.org)  
[www.facebook.com/MHAFrederick](http://www.facebook.com/MHAFrederick)

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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### ADVISORS

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Alison Bomba, Psy.D., *Development and Marketing*  
Jim Cox, *Development and Marketing*  
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Jennifer Jackman, *Human Resources*  
Chris Kline, Jr., *Development and Marketing*  
Rob Nickey, *Finance*  
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Janet Garrett  
*Chief Financial Officer*

Amy Thompson  
*Director of Human Resources and Administration*

Niki Thrash  
*Director of Development and Marketing*

Suzi Borg  
*Director, Community Support Services*

Anne Soule  
*Director, Family Support Services*

Ellie Bentz, LCSW-C  
*Clinical Director, Counseling Services*

Patty Morison  
*Director, Child Care Choices*