



*Mental Health*  
ASSOCIATION

**STRONGER**  
*than*  
**STIGMA**

FY 2021 ANNUAL REPORT



## **LEADERSHIP TEAM**

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Rebecca Layman, *Director, Development and Marketing*

Patty Morison, *Director, Child Care Choices*

Alaina Strasburg, *Chief Financial Officer*

Amy Thompson, *Director, Human Resources and Administration*

# ***There's more to do, and we can only do it... together.***

Mental health is a psychological state of wellbeing—the balance of our thoughts, emotions, and behaviors. Mental health is not simply the absence of mental illness. It is a continuum and every one of us exists somewhere on that continuum.

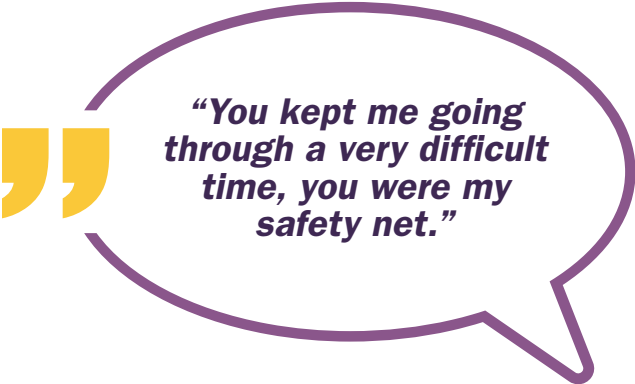
Mental illness disrupts the thoughts, emotion, and behavior that support our wellbeing. These disruptions cause distress and interfere with our ability to function at work, at school, at home, in the community, and in daily life. Mental health disorders are common—nearly half of all adults will experience a mental health disorder in their lifetime. Fortunately, they are preventable and treatable. Unfortunately, many of us experiencing a mental health disorder don't get the care that we need. In fact, in any given year only 45% of adults with a mental illness receive care. One of the main reasons people cite for not getting care is stigma. Can you imagine this many people not receiving care for a heart attack, stroke, cancer, or other physical health condition? Our mental health is equally important! Our mental health affects our physical health and vice versa.

**It's time that we take a wrecking ball to the issue of stigma because mental health is more than our struggles—it's our ability to realize our capabilities.** To connect with others, build strong relationships and achieve our goals. When we support health and wellbeing, we help everyone reach their full potential and contribute to their communities. If we demolish stigma and everyone is able to get the treatment they need, we will have a healthier, and stronger society.

With gratitude,

A handwritten signature in black ink that reads "Shannon Aleshire". The script is fluid and cursive, with the first name being more prominent.

Shannon Aleshire  
CEO Mental Health Association of Frederick County



***“You kept me going  
through a very difficult  
time, you were my  
safety net.”***

“I appreciate your services, when you are in need, MHA is there.”

**“You listened very well to my concerns  
and did a great job ensuring I felt safe,  
comfortable, and validated/valuable.”**

“It was a huge help to have someone to listen who was not judgmental.”

“I plan to call the Hotline again because I finally feel like I found someone to talk to who is nonjudgmental and will actually take the time to listen.”

“The staff are amazing. They’re supportive and full of resources. If you need someone to just talk to about what’s going on in life that’s not going your way at the moment or you’re scared or some other stresses are happening, they have resources.”



***“After speaking  
with Hotline, it  
has helped me feel  
more comfortable  
to talk to people  
about what I’m  
going through and  
ask for help.”***

# THANK YOU

## donors

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(formerly Mental Health Matters  
to Me Giving Society and  
Recurring Gifts)

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Craftymaginations  
Elements of Style Salon Frederick  
Frederick County Association of  
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Giant Food Community  
Bag Program  
Glade United Church of Christ  
Rita's Italian Ice  
Thanksgiving Farms Produce  
The TEMPLE: A Paul Mitchell  
Partner School

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Grace Episcopal Church  
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Stauffer Funeral Homes,  
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Tiffany Cianci  
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### Special Thanks to Friends of the Catoctin Affair

Autoflex Entertainment

Canapés

Julie Kuhn Gaver

McClintock Distilling

Reel Media

Rockwell Brewing

Showtime Sound LLC

The Reagan Years

### 2021 Catoctin Affair Live Appeal

Ausherman Family Foundation-

Matching Grant

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MSDE Office of Child Care  
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Barbara May  
Mary Meyer  
James Miller  
Jennifer Russo  
Beth Santa Maria  
Robyn Sheppard  
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Katie Zapalo  
Robert Zerner

**“The staff  
are amazing.  
They’re  
supportive  
and full of  
resources.”**

# YOUR GIFTS *transform lives*

## A Lifeline to Help

**\$5,000** is equivalent to supporting a caring, compassionate voice in ***MHA's 24/7 call center to be a lifeline to 350 people in your community including 15 people with concerns about suicide.***

## Compassion after a Devastating Diagnosis

**\$1,000** is equivalent to providing a senior citizen scraping by on a fixed income of less than \$15,000 per year ***with 15 weeks of counseling after they receive a life-threatening medical diagnosis.***

## Support for a Crisis

**\$500** is equivalent to keeping a young college student out of the emergency room ***because MHA's walk-in crisis program was open on Saturday or Sunday*** when other services are unavailable.

## Care for Vulnerable Parents and Children

**\$100** is equivalent to providing an at-risk first time parent ***the support of a home visit to assist her with understanding her child's needs.***

Help us transform lives today at  
**[fcmha.org/donate](https://fcmha.org/donate)**

# SUPPORT AND REVENUE

Public Grants	\$ 3,003,319
Program Service Revenue	656,033
Contract Revenue	144,599
United Way	8,695
Donations and Foundation Grants	327,736
Fundraisers and Special Events	125,062
In-Kind Donated Goods and Services	0
Investment Income & Other Income	39,224

**TOTAL SUPPORT AND REVENUE**  
**\$ 4,304,668**

# EXPENSES

## PROGRAM SERVICES

Preparing Resilient Children	\$ 753,023
Securing Vulnerable Families	498,185
Facing Crises Together	1,848,183
Supporting the Whole Community	887,417

**TOTAL PROGRAM SERVICES**  
**\$ 3,986,808**

## SUPPORTING SERVICES

Fundraising Expenses	\$ 58,368
In-Kind Donated Goods & Services	0
Management and General	331,091

**TOTAL SUPPORTING SERVICES**  
**\$ 389,459**

**TOTAL EXPENSES**  
**\$ 4,376,267**  
as of 09/10/21



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



**51,667**

***Calls answered***  
to provide information and referral for everything from human service and mental health needs to crisis intervention, suicide prevention, and listening support.

**228**

***Donors gave \$253,302***  
to support MHA's vital programs and resources.

**\$327,839**

***Amount saved because 181 volunteers spent a total of 15,084 hours helping our organization.***



A SNAPSHOT OF HOW WE ARE

# STRONGER *than* STIGMA

4,123

***Therapy Sessions***

to 434 individuals,  
couples, children and  
adolescents.

+29%

***Walk-In Behavioral Health***

saw a 29% increase in never-before-  
seen clients, with a record 100 new  
clients in June 2021

1,476

***Child Care***

***Providers Trained***

through workshops, some  
available online. 102  
individuals completed  
online modules totaling  
1,277 modules completed.

104

***CASA Volunteers*** served on  
cases for 108 children, 58 in Frederick  
County and 50 in Carroll County.

54

***Families served through  
Healthy Families Frederick***

by conducting 725 home visits providing  
guidance and resources for first-time  
parents.

2,700

***Suicide***

***Assessments***

to help individuals and  
family members get the  
help they need, with  
57% of assessments  
experiencing thoughts of  
suicide.

# Mental Health ASSOCIATION

226 S. Jefferson Street  
Frederick, MD 21701  
301-663-0011  
[www.fcmha.org](http://www.fcmha.org)

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