



ANNUAL REPORT 2022

Mental Health
ASSOCIATION

STRONGER TOGETHER

WORKING TOWARD A CONTINUUM OF CARE





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Shannon Aleshire, *Chief Executive Officer*

Suzi Borg, *Director, Crisis Services Division*

Rebecca Layman, *Director, Development and Marketing*

Patty Morison, *Director, Child Care Choices*

Adam Schlager, *Director, Family Support Services Division*

Alaina Strasburg, *Chief Financial Officer*

Amy Thompson, *Director, Human Resources and Administration*

“Mental health matters to me, as it had a direct effect on my family – an immediate family member. It was the Mental Health Association that made me realize, that it’s okay to not be okay. They helped us, my whole entire family, when we needed them most. And now, it’s my mission to give back.”





If there is one thing we've learned over the past two years, it is that we are stronger together.

Even those like me who identify as an introvert missed the physical presence of other people... eventually. During the height of the pandemic, most of us did something we've never been asked to do. We stayed distanced from each other to protect our physical health.

Now we are starting to learn what effect that had on our emotional health.

This isolation had a profound emotional effect on most of us. MHA is continuing to see an increase in the need for services across all of our programs, and because of the

need, MHA is growing. In FY 22, our Child Care Choices program grew to serve three additional counties in Western Maryland. Child Care Choices supports child care providers, who are a critical piece of our economic development, by providing professional development and technical assistance. This program also assists parents in finding child care and provides early childhood mental health services for children ages birth through 5.

MHA also saw exponential growth in our crisis services division. Our walk-in crisis service saw a 45% increase in clients of all ages and a 135% increase in clients under age 12. We also conducted over 10,000 sessions in our Counseling Services program, and our call center partnered with United Way of Frederick County to assist with Ride United providing Lyft rides to vaccine appointments and more.

I so am proud of the tremendous work that the dedicated MHA staff do to serve our community every day. And to you, our friends and supporters, without whom we could not do what we do, for standing together with us in saving families and saving lives. As Helen Keller said, "Alone we can do so little, together we can do so much."

With gratitude,

Shannon Aleshire
CEO Mental Health Association of Frederick County

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(formerly Mental Health Matters
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Church
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Joanna Sutphin

***"I am appreciative of
the service provided
by MHA's Call Center.
After searching online
for weeks, the call
specialist was able
to give me three
resources in a matter
of seconds."***



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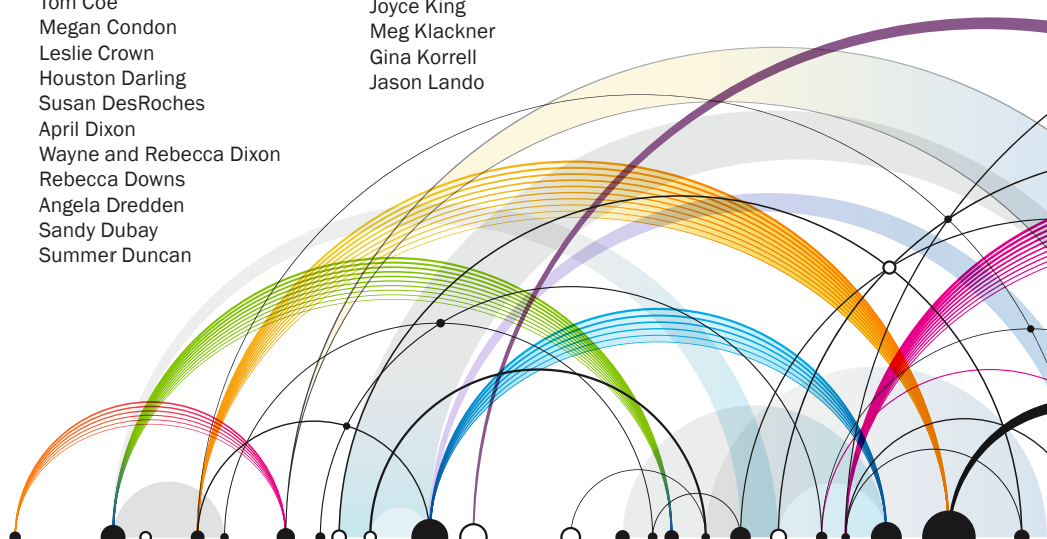
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Appeal & Live Auction**

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 Children's Museum
 PNC Bank
 Promising Horizons
 Learning Center
 Thomas Johnson Youth
 Athletic Association

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 Sprinkled Cow

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”

“Mental health matters to me because I’ve struggled with my own depression and anxiety. It’s time to change the stigma around mental health. Mental health is just as important as physical health.”

YOUR GIFTS

transform lives

A Lifeline to Help

\$5,000 could help support 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 could help to provide 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 could help support a young college student using **MHA’s walk-in crisis program** on a Saturday or Sunday when other services are unavailable.

Care for Vulnerable Parents and Children

\$100 could help to provide 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 or
scan the QR code here:**



SUPPORT AND REVENUE

Public Grants	\$ 2,827,169
Paycheck Protection Program	345,579
Program Service Revenue	1,186,432
Contract Revenue	170,743
United Way	2,904
Donations and Foundation Grants	326,476
Fundraisers and Special Events	279,555
In-Kind Donated Goods and Services	42,548
Investment Income & Other Income	-2,698

TOTAL SUPPORT AND REVENUE
\$ 5,178,708

EXPENSES

PROGRAM SERVICES

Preparing Resilient Children	\$ 915,874
Securing Vulnerable Families	485,000
Facing Crises Together	2,251,512
Supporting the Whole Community	184,232

TOTAL PROGRAM SERVICES
\$ 3,836,618

SUPPORTING SERVICES

Fundraising Expenses	\$ 100,159
In-Kind Donated Goods & Services	42,548
Management and General	400,403

TOTAL SUPPORTING SERVICES
\$ 543,110

TOTAL EXPENSES
\$ 4,379,728
as of 08/23/22



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



A SNAPSHOT OF OUR WORK

54,861

Calls answered

4% increase from FY21

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

324

Donors gave \$200,076

to support MHA's vital programs and resources.

\$323,319

Amount saved because

235 volunteers

generously gave their time and talents to support our organization.



8,132
Therapy Sessions
and 1,907 medication management sessions to individuals, couples, children and adolescents.

2,019
Child Care Providers Trained
through workshops, some available online.

3,174
Suicide Assessments
to help individuals and family members get the help they need, with 64% of assessments experiencing thoughts of suicide.

+53% **increase from FY21 for Walk-In Behavioral Health** including:
45% increase in never-before-seen clients
135% increase in under 12 age group
130% increase in 13-17 year old
132% increase under 18
68% increase under 30

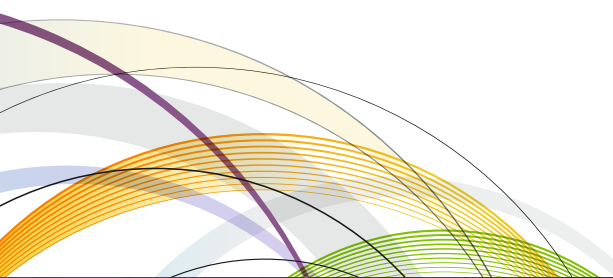
97 **CASA Volunteers** served on cases for 92 children, 60 in Frederick County and 32 in Carroll County.

51 **Families served through Healthy Families Frederick** by conducting 635 home visits providing guidance and resources for first-time parents.





226 S. Jefferson Street
Frederick, MD 21701
301-663-0011
www.fcmha.org



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