



SHINING A LIGHT ON **MENTAL HEALTH**

Mental Health Association of Frederick County
Annual Report 2023

**“As long as we live,
they too will live;
for they are now a
part of us, as we
remember them.”**

Elie Wiesel



**THIS REPORT IS
DEDICATED TO
THE LOVED ONES
WE HAVE LOST,**

Including but not limited to:

Leah Flory

Dr. Robert Forder

Cheyenne (CJ) Ward Johnson

Matthew J. Kline

Jay Narayan Kulkarni

Michael G. Putman

Shey Smith



A MESSAGE FROM SHANNON ALESHIRE



MHA has had quite a year thanks to you, your support, and your advocacy. The staff continue to be dedicated and carry out the mission to build a strong foundation of emotional wellness for our whole community – and beyond. Our staff and volunteers move the organization forward with fresh ideas and record-breaking events. And you help us shine a light on mental health in our community. *Thank you.*

In the past year, we have prepared resilient children through our programs and services. Young people, ages 13 – 17 are still the highest percentage of our clients at our Walk-In Crisis Services with the next highest being age 12 and under. Our System Navigation staff members helped more than 100 kids find their way through school and legal systems ultimately changing the course of their future. We have secured vulnerable families through our Family Support Services, including CASA volunteers being the voice of a child in foster care and Healthy Families Frederick program staff completing more than 600 home visits for 56 families in need of parent coaching and resources. And, of course, we continue to stand with people to face crises together. The call center answered more than 54,000 calls last year with approximately one call related to suicide every three hours.

The need for mental health services in our community is great, and always growing. We are fortunate to be able to look to the future and be a part of the continuum of care. MHA's Walk-In Crisis Services will be moving from our Jefferson Street location to Montevue Lane and expanding the hours of operation. The new Walk-In Crisis Care Center will be open 24/7 and provide the same invaluable service that Walk-In has been known for – face-to-face support for anyone experiencing an emotional, mental health, family, or relationship crisis in a safe, welcoming space.

As you read through this report, remember that YOU made this impact. You, and all of the other contributors listed in these pages, are critical to our work. I am so grateful that you are a part of MHA – please continue to shine your light.

With gratitude,

Shannon Aleshire
CEO, Mental Health Association of
Frederick County



MISSION

The Mental Health Association of Frederick County builds 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.

VISION

At MHA, we envision a future 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 the services they need without barriers.

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Shelly Toms



FINANCIALS

ORDINARY INCOME/EXPENSE

INCOME

United Way	\$ 3,476
Other Income	59,805
Frederick County Grant	155,939
Public Grants	3,880,068
Contracts	182,078
Foundation Grant	13,196
Program Service Revenue	1,453,190
Donations	259,687
Special Event Revenue	260,086
Interest/Dividends	6,238
Endowment Fund Revenue	3,493

TOTAL INCOME
\$ 6,277,256

EXPENSES

Programs & Services	\$ 5,359,055
Administrative	197,183
Rent & Utilities	223,461
Events	88,914
Interest/Finance Charges	59,251

TOTAL EXPENSES
\$ 5,927,864

Net Ordinary Income	\$ 349,392
Other Income/Expense	
Depreciation	72,983
Total Other Expense	72,983
Net Other Income	-72,983
Net Income	276,409



The information above is from a Consolidated Income Statement from July 2022- June 2023.

**“Coming in, it
doesn’t feel like
you’re just a
person with a
problem.” ”**

Walk-In Client



PROGRAMS, SERVICES AND IMPACT

Thanks to dedicated donors and funders like you, MHA is saving families, saving lives, and making our community whole.

We are here for everyone. Regardless of age or circumstances, MHA is available 24 hours a day, every day of the year.

CHILD CARE CHOICES

Child Care Choices provides training, continuing education, technical assistance, and resources for early childhood child care providers and helps families find the child care they need.

Partnership for Emotionally Resilient Kids (PERKS) helps to develop resilient children from birth to age five by offering on-site assistance to child care providers and parents.

3,333

Child care providers trained
(65% increase over FY22)

100+

Child-specific and classroom
cases served through PERKS

221

Trainings provided including
2 conferences



It is with mixed emotions that we congratulate Patty Morison on her retirement! We are so grateful to Patty Morison for her 22 years of unwavering commitment as Director of Child Care Choices. Her steadfast love for the children and those that care for them has inspired all of us. We will miss her greatly!

But as one chapter closes, another always begins. Please welcome Sarah Martin as our

new Program Director, Child Care Choices. Sarah has been an advocate for children as a member of PERKS (Partnership for Emotionally Resilient Kids) for the past 8 years. Sarah stands ready and eager to lead the Child Care Choices team and will uphold Patty's legacy and MHA's role in supporting children, families, and the early education community.



CHILDREN'S FESTIVAL

2023 was the 33rd annual Children's Festival, held in Baker Park. Thanks to the sponsors listed, we are able to continue this fun and informative event!

Children's Champion

PNC Bank's Grow Up Great Program
Sun and Moon Balloon Design

Benefactor

The Asian American Center of Frederick

Patron

Dee Buchanan School of Dance
Maryland Talent Education Center
Pediatric Dental Center of Frederick

Supporter

All Saints Episcopal Church
The Learning Bee

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ArtJamz

In-Kind

Asia Fusion Elite
Children's Center of Walkersville
Frederick County Public Libraries
Glamourview Creamery
Kotei Kids Shaved Ice
Maryland Ensemble Theatre (MET)
Sprinkled Cow
Traditional Authentic Mexican



FAMILY SUPPORT SERVICES

Healthy Families Frederick provides intensive, in-home education, support, and resources to first-time parents of infants to age five.

56

Families served through Healthy Families Frederick

55

Family Resource and Opportunities for Growth Assessments completed
(69% increase from FY22)

10

Families enrolled during the 1st and 2nd trimester
(30% increase from FY22)

100%

Children enrolled are up-to-date on immunizations

Supervised Visitation/Monitored Transfer provides a safe, neutral location for non-custodial parents and their children to build and strengthen healthy family bonds.

606

Supervised/monitored visits completed

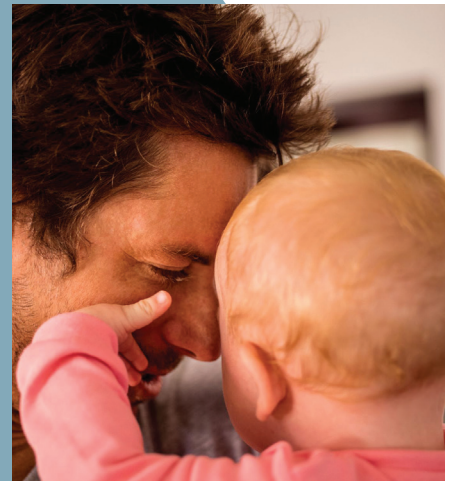
68

Supervised/monitored transfers completed

Families Impacted by Incarceration Program (FIIP) offers parent workshops in the detention center and treatment facilities and support including coaching for families and caregivers.

One child, upon starting supervised visits at MHA, did not like being held by her father and was having difficulty with large muscle movement. She would cry and fuss until her mother held her. But through weeks of supervised visitation sessions, encouragement and support from staff and volunteers, this same child is now initiating hugs and kisses to her dad and is able to

crawl from one side of the room to the other! She giggles when her dad makes silly noises and lays in his lap to watch educational videos. Through the strengthened relationship between parents and child built during these sessions, this family was able to move from one-hour supervised visits to two-hour monitored visits.



Court Appointed Special Advocates (CASA) represents the best interests of foster children in the court system and advocates to secure each child a safe, permanent home.

76

CASA volunteers

Parent Coaching offers in-home or center-based one-on-one coaching for parents.

674

Home visits completed

CRISIS SUPPORT SERVICES

24-Hour Call Center offers information and referral, support and crisis intervention; entry point for mobile crisis and walk-in.

54,588

Calls answered in the Call Center

3 hours

A call every 3 hours is related to suicide

5,291

Suicide assessments were completed (67% increase from FY22)

2,942

that answered yes in a suicide assessment (55% increase over FY22)

Walk-In Crisis Services provides immediate, face-to-face support for anyone experiencing an emotional, mental health, family, or relationship crisis at no cost to them.

1,736

Clients served at Walk-In

Children ages 13-17 are the highest percentage seen at Walk-In at 23% of all clients. The next highest at 18% is children ages 0-12.

Counseling Services offers professional outpatient therapy and medication management services to all ages on a sliding fee basis or through Medicaid or Medicare.

884

Clients seen through therapy and medication management sessions

Survivors of Suicide Support Group is a peer-led support group for adults who have lost loved ones to suicide.

Suicide Prevention/Intervention Training helps people learn to be suicide alert and to intervene when someone has thoughts of suicide.

Telephone Reassurance

offers scheduled outgoing phone calls to the homebound and elderly.

2,392

Telephone reassurance calls were made to 12 clients

System Navigation provides assistance to families who have children with intensive needs, helping the family navigate the complex systems of care.

104

Children from 69 families were served through System Navigation



MHA was able to provide financial support through our System Navigation program to connect a teen to several neurofeedback sessions. This teen had a significant history that led to him being unable to attend in-school instruction. Within a short period of time, the teen showed significant and noticeable improvement in his behavior resulting in a safer environment at home, improved relationships with his family and peers, and the ability to successfully access his education without further interventions. The goal is to return to full-time

in-school instruction by fall, and his therapist reports this goal to be achievable! The most important highlight is that this teen embraced the opportunity and attends his sessions regularly. He reports being happier and calmer and his family reports more emotional regulation, less impulsivity, and a better ability to communicate his thoughts and feelings. This opportunity, thanks to the dedication and collaborative work of our System Navigators and this teen, the course of his future will be forever changed.

COMING SOON... THE WALK-IN CRISIS CARE CENTER

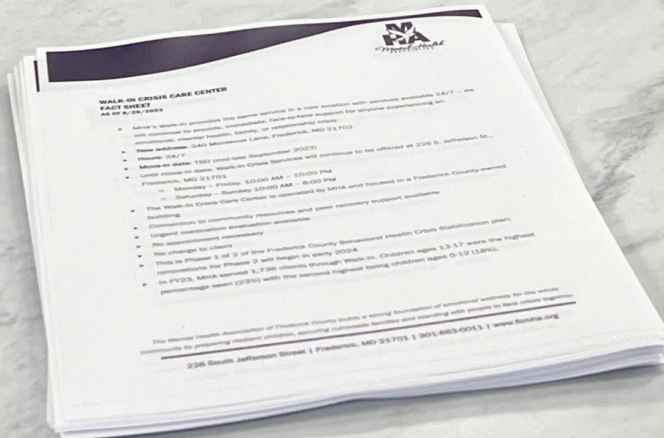
Through federal, state, and county funding, The Walk-In Crisis Care Center will be operated 24/7 by the Mental Health Association of Frederick County in partnership with Frederick County Government including the Frederick County Health Department. MHA will move our Walk-In Crisis Services that has been located on Jefferson Street to this new location at 340 Montevue Lane. The location may change, but the mission remains the same: to provide immediate face-to-face support for anyone experiencing an emotional, mental health, family, or relationship crisis in a safe, welcoming space.

Keep watching for the upcoming move!





Walk-In Crisis Care CENTER



**“What MHA
does is vital to
our community’s
health and
wellbeing.”**

Jeff Griffin, DCM BioServices,
Donor and Catocin Affair Sponsor



DONORS

All of MHA’s programs and services and the impact they have on our community are thanks in part to the generosity of our donors. YOU make the impact you’ve seen in this report a reality. THANK YOU.

Legacy Donor

Those listed support our work for future generations by including MHA in their estate planning.

Norine Haas
Pat Hanberry
Rich and Paula Haney
Ann McGreevy

Recurring Donors

Those listed are dedicated to supporting MHA's services and programs through recurring monthly or quarterly gifts.

Shannon and Will Aleshire
Caroline Anderson
Cindy Ash
BMC Insurance
Donna and David Bowman
Mary Ann Chandler
Danielle Doll
Gerald and Elizabeth Fuss
Carin and Michael Golze
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Mike and Meta Nash
Ashleigh Rossi
Gerry Stephens
David Stewart and Veronica Szalai
Melissa Ward MS LCPC NCC
Jon and Beth Watkins
Deborah Wivell

Individuals

Those listed are individuals who are building a strong foundation of emotional wellness for our community by giving to MHA.

Nicole Albertson, PsyD
Pat Beach
Gerald and Mary Lou Blessing
Victoria Bolton LCSW-C
Stephanie Boyd
Gregory Brown
William H. Browning
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George Laugelli
James and Carol Lee
Lohman-Flynn Family
Charitable Trust
David and Mimi Mack
Rocky and Nancy Mackintosh



When asked why she gives to MHA, past CEO and current advocate, donor, and legacy-maker Norine Haas replied, "why would I NOT want to fund this?!" Norine has been shining a light on mental health since 1987. From the first iteration of the call center, the beginnings of Child Care Choices, and early days of sliding-scale counseling services,

Norine has a deep understanding of the need to keep these programs evolving and running... and to do more. As a leader, she feels fortunate to have been able to lift up staff members into leadership roles, and it is through that and her ongoing financial support that she will leave her legacy at MHA.



As the Board President in FY23, Ashleigh Rossi led by example. An advocate for mental health, active community member, and monthly donor, she shared with her friends, family and colleagues just how important MHA's programs and services are. One of her favorite things to share is just how many services are offered through MHA. "I didn't truly know how many

until I joined the board." Now, it is Ashleigh's mission to get the word out and to encourage everyone to learn more while also giving. "It's okay to admit that you're not okay and that you need help. In the last few years, we have seen a surge in people being more open about their mental health struggles. I hope that this continues to grow stronger with future generations."

Jill Martin
 Gregory McCullers
 Kevin and Kate McDermott
 Ann McGreevy
 Bud and Tracey McPherson
 Hollie Mercier
 Nancy Miller
 Linda Moran
 Christine Ortiz
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 John and Madonna Vitarello
 Laszlo vonLazar
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 Karen Yoho
 Homer Yost and Carol Dodds
 Nelson and Celia Zahler
 Nancy and Charles Zang

Tribute Gifts

Those listed have given a gift to MHA in honor of or in memory of someone who has touched their lives.

Jeanne Binder
 Linda Bradley
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 Alice Drumheller
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 Lisa Schwartz
 Don and Karen Snyder
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 Melissa Tatem
 The TEMPLE: A Paul
 Mitchell Partner School
 Amy and Brian Thompson
 Anne Tompkins
 Deborah Warden
 Betty Ward-Zukerman

Aldan T. Weinberg
Kathy Weishaar
Frances Wiles

Businesses

Those listed are businesses who support MHA's programs and services through their events and giving.

AP Vinyl Designs LLC
Bates Architects
Benevity
The Blackburn Giving Fund
Elements of Style
Ethridge, Quinn, McAuliffe, Rowan, & Hartinger
Frederick County Public Schools
Glade Valley Community Services, Inc.
Heartly House, Inc
Just Give
Key City Church
Lanigan Ryan Malcolm & Doyle PC
Legal & General Retirement America
Linganore High School
McCormick & Company, Inc.
McDaniel College
Network for Good
Oakdale High School
The Pediatric Center of Frederick, LLC
Pretty Awesome Homes
RS Will Wealth Management
St. John's Catholic Prep
The TEMPLE: A Paul Mitchell Partner School
United Way of Frederick County
United Way of Greater Kansas City

Foundations

Those listed have generously supported the MHA programs and services provided to our friends, families, and community.

AmazonSmile Foundation
Ausherman Family Foundation
The Community Foundation of Frederick County
Delaplaine Foundation, Inc.
G. Frank Thomas Foundation, Inc.
Give Lively Foundation, Inc.
Greater Washington Community Foundation
The Helen J. Serini Foundation, Inc
The Jenny Fund at Tahoe Truckee Community Foundation
The John R. Hershey Jr. and Anna L. Hershey Family Foundation
Loats Foundation, Inc.
Nora Roberts Foundation
Vince and Gelda Imirie Fund at
The Community Foundation of Frederick County
The Will Group Foundation
William E. Cross Foundation, Inc.

Faith Communities

Those listed support MHA's programs and services through their financial and/or in-kind donations.

Christ Reformed United Church of Christ
Collective Church
Damascus Wesleyan Church
Glade United Church of Christ
Knights of Columbus - Our Lady of the Valley
Providence United Methodist Church
Saint Paul's Episcopal Church



A group of senior art students at St. John's Catholic Prep, led by their teacher, Bernadette Miller, have completed a mural on the walls leading through MHA's recently renovated counseling wing. "It's a great collaborative effort," Miller said. "The school loves for us to be able to go out in the community and put our mark in different ways. I really feel like the students, that's where they build memories. That's where we kind of bond

as a community." The students created a mountainous landscape in warm sunlight with a bird. The Frederick News-Post, who covered this community effort, asked one senior and the creator of the bird, Juliana Workman what it meant to her. "It's sitting on a branch, so it's high above the rest of the mountains. When you reach a point where you finally overcome your mental struggles, that's how it should feel."

CATOCTIN AFFAIR

SAVE THE DATE:
APRIL 13, 2024





CATOCTIN AFFAIR

2023 was the 25th anniversary of the Catoctin Affair, and a record-breaking year! More than \$200,000 was raised by the sponsors and donors listed here to support MHA's programs and services.

Presenting Sponsor

ClearView Communities

Platinum Sponsor

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Woodsboro Bank

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Bryan and Bridget Peline -
Amerifunds

Cory and Alanna Wilson
Tricia and David Reaver
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Kristi Jacobs Williams, Realtor,
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Properties
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Morgan Keller Construction
Octavo Designs
Outside Force Business
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Moore Wealth
Trollinger Law, LLC

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Alison J. Bomba, Psy. D., LLC

Special Thanks

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Heather Bodnar, Three Old Souls
Scott Brunk, FoodPRO
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 Zachary Kotch
 Adam Kreisher



The last line spoken in the 25th Annual Catoctin Affair was that “Nobody has to carry it themselves if we ALL carry it.”

Those words from DCM BioServices General Manager, Jeff Griffin, had more than 500 people enthralled and ready to support MHA. Jeff and his wife Rachel have been attending the Catoctin Affair for many years. “Sitting in the room the first time we attended [Catoctin Affair],

my wife, Rachel, and I looked at each other and it was an absolute no-brainer.” Since then, DCM BioServices has become a Platinum Sponsor, knowing their sponsorship dollars are caring for our community and shining a light on mental health. “Our health and our mental health aren’t separate – our health is physical, mental, emotional, and for some spiritual – it’s all connected and we have to care for it all.”

Jenny Kreisher
David and Cynthia Kulle
Sara Laird
Rebecca and George Layman
Danielle Leonard
Johan Lowie
Kimberly Lundy
Nancy Luse
Lyceum Insurance Services
Amy Lyons
Rocky and Nancy Mackintosh
Ryan Maloy
Amos Martin
Jill Martin
Scott McCaskill
Mary McCormack
Gregory McCullers
Logan McKoy
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Luke Mitchell
Kevin and Stacey Moler
Kyle Moler
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Daniel Severn
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Nathan Shatto
J.D. Shuman
Silver Psychotherapy Services
Ryan Silver
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Michael Simpson
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Spherion
Cara Stenfors
Timothy Stolz
Supporting Strategies
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Shawny Thomas
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Matthew Trendell
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Your Gifts Transform Lives



A LIFELINE TO HELP

\$5,000 provides a caring, compassionate voice in MHA's 24/7 call center who is a lifeline to more than 350 people in your community - including at least 15 people with concerns about suicide.



COMPASSION AFTER A DEVASTATING DIAGNOSIS

\$1,000 provides 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 provides a young college student with the option of MHA's walk-in crisis services on a Saturday or Sunday when other services are unavailable.



CARE FOR VULNERABLE PARENTS AND CHILDREN

\$100 provides a supportive home-visit for an at-risk, first time parent to assist them with understanding their child's needs.



Mental Health Association of Frederick County
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