



## Honoring the Past, Celebrating the Present, and **LOOKING TO THE FUTURE**

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Mental Health Association of Frederick County  
Annual Report FY2024

# HONORING THE PAST

*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.*

*This report is dedicated in memory of the loved ones we have lost, including but not limited to:*

Leah Flory  
Dr. Robert Forder  
Cheyenne (CJ) Ward Johnson  
Matthew J. Kline  
Michael G. Putman  
Shey Smith



## A LEGACY OF SERVICE

*Congratulations to Shannon Aleshire, former CEO  
on her retirement*

Shannon Aleshire, whose 25-year career with the Mental Health Association of Frederick County included serving the past ten years as the organization's CEO, retired in June of 2024. Shannon's passionate dedication to MHA created a legacy of impactful initiatives through transformative leadership.

Under her guidance, MHA experienced remarkable growth and success in advancing its mission. Shannon's strategic vision, unwavering commitment, and tireless dedication have been instrumental in shaping the organization's growth and service to the community.

The Board of Directors, staff, and volunteers expresses their deepest appreciation to Shannon for her exceptional leadership. Her legacy will endure as an inspiration to all who have had the privilege of working beside her.

# LEADERSHIP AND GUIDANCE

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## Leadership Team

Shannon Aleshire  
*Chief Executive Officer*

Suzi Borg  
*Director, Crisis Services Division*

Danielle Getts  
*Finance Manager*

Rebecca Layman  
*Director, Development and Marketing*

Sarah Martin  
*Director, Child Care Choices*

Adam Schlager  
*Director, Family Support Services Division*

Amy Thompson  
*Director, Human Resources and Administration*

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Tonya Chubb

Cheryl Cioffi

Ryan Defibaugh

Michael Dillman

Richard Haney

Aleta Harris

Alexander Hutt

Gregory McCullers

Meghan Murphy

Sal Schittino

## Executive Committee

Kimberly Lundy, *President*  
Ashleigh Rossi, *Immediate Past President*  
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Cheryl Cioffi  
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Rob Nickey  
Cecil Persaud



*“Our community is very fortunate to have a great organization like MHA. From managing the Call Center to providing programs focusing on children and families, MHA continues to be a great resource for Frederick and the surrounding counties.”*

Scott McCaskill  
*Board Member and Donor*



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 Danny Severn  
 P. W. Shaffer

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 Guy Fletcher  
 Rebecca Layman, *Staff*  
 Sarah Lynn, *Staff*  
 Sean Moore  
 Meghan Murphy  
 Andy Nichols  
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 Thomas Ramsay

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 Jonathan Watkins  
 Cory Wilson

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 Tara Plowman  
 Adam Schlager, *Staff*  
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 Charlotte Strine

# FINANCIALS

## ORDINARY INCOME/EXPENSE

### INCOME

United Way	\$ 1,250
Other Income	52,560
Frederick County Grant	105,000
Public Grants	5,396,190
Contracts	135,249
Foundation Grant	53,505
Program Service Revenue	1,628,902
Donations	302,476
Special Event Revenue	327,861
Interest/Dividends	12,227
Endowment Fund Revenue	(5.00)

**TOTAL INCOME**  
**\$ 8,015,215**

### EXPENSES

Programs & Services	\$ 6,587,738
Administrative & Operating	58,838
Professional Fees & Consultations	449,827
Rent & Utilities	396,369
Events & Fundraising	122,657
Equipment & Furniture	149,662
Interest/Finance Charges	24,860

**TOTAL EXPENSES**  
**\$ 7,789,951**

Net Ordinary Income	\$ 225,264
Other Expense	122,893
Net Income	102,371

Platinum  
Transparency  
2024

**Candid.**

The information above is from a  
Consolidated Income Statement from  
July 2023 - June 2024.

# CELEBRATING THE PRESENT

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# OUR IMPACT

*Thanks to the 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.*

*We build a strong foundation  
of community wellness by  
preparing resilient children...*

## 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. Now serving Allegany, Carroll, Frederick, Garrett, and Washington Counties

**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.

**Growing Opportunities for Family Child Care (GOFCC)** is a unique program which provides intense and targeted training, coaching, and resources to support interested individuals in opening a family child care business.







# 1,500

People came out to the William Talley Rec Center for the 34th Annual Children's Festival. Thank you to our vendors and wonderful sponsors who enable us to keep the festival FREE for families

# 924

PERKS site visits and 96 parent meetings

# 188

Child-specific and classroom cases served through PERKS

## CHILDREN'S FESTIVAL

2024 was 34th annual Children's Festival, held at the William Talley Rec Center. Thanks to the sponsors listed, we are able to continue this fun, free, and informative event for our community.

### Children's Champion

Family Connects Frederick County  
PNC Bank Grow Up Great Program

### Patron

Children's Center of Walkersville  
The Dee Buchanan Studio of Dance  
Frederick Primary Care Associates

### Supporter

My Play Space Cafe

### Contributor

Family Child Care Association of Frederick County  
Asian American Center of Frederick  
All Saints Episcopal Church  
Peabody Preparatory of Johns Hopkins University  
Potomac Community Services

### Friend

The Frederick Children's Chorus

### In-Kind

Asia Fusion Elite  
Blues BBQ  
Blues Pizza  
Sprinkled Cow  
Tree Trekkers Frederick



*We secure vulnerable families by supporting parents and families alike...*

## FAMILY SUPPORT SERVICES

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

**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.

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

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

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



### Building Resilient Families

*New program launching in FY 2025*

68

Families served through  
Healthy Families Frederick  
13 more than FY 23

25 Year Program Anniversary



844

Supervised/monitored visits  
39% increase from FY 23



*“CASA has been a huge support for me, it gave me a safe place to be myself and know that people really care. It’s helped me feel more confident about my future and my own strength.”*

CASA Participant



25

CASA Cases Closed:

8 children were reunified with their parents, 7 children were placed in guardianship with relatives, 1 child was placed in guardianship with non-relatives, 7 children were adopted and 2 children aged out of care



12

Families worked with  
Parent Coaches

*“Parent Coaching and Cathy (my coach) are the reason I got my kids back; it was the best thing that ever happened to me. Cathy stuck with me through it all and it helped me so much.”*

Parent Coaching Participant



*We stand with people to face crises together...*

## CRISIS SUPPORT SERVICES

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

**Walk-In Crisis Care Center** provides immediate, face-to-face support for anyone experiencing an emotional, mental health, family, or relationship crisis at no cost to them 24 hours a day, 7 days a week.

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

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

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



**6,880**

Therapy sessions for 448 clients

**2,216**

Medication sessions for 199 clients



**57,109**

Calls answered in the Call Center

A 5% increase from FY23

**3,507**

Follow-up Calls provide additional support during a time of crisis to check on the connection to resources.

# 1,332

Clients served at Walk-In  
Crisis Care Center

16% under age 12

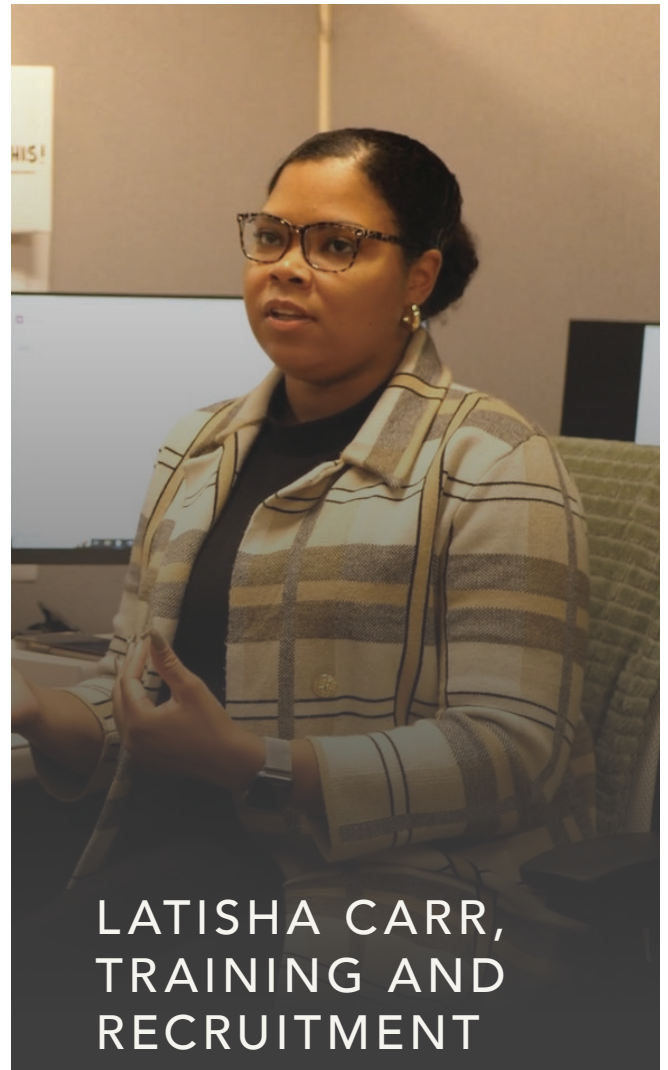
33% under age 18

49% under age 25



# 80

Children from 73 families served  
through System Navigation



## LATISHA CARR, TRAINING AND RECRUITMENT

Tish plays a pivotal role in developing and delivering both initial and ongoing training programs, while also spearheading recruitment efforts. She focuses on promoting both quality of care and quality of life by ensuring staff have a comprehensive understanding of the psychological and societal factors that influence our clients' emotional well-being. Her clear explanations, relatable examples, and approachable style empower new crisis care professionals to meet the evolving needs of the community with empathy and expertise.





# DONORS

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

## Legacy Donors

*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.*

Caroline Anderson  
Cindy Ash  
BMC Insurance  
Donna and David Bowman  
Michael Dillman  
Danielle Doll  
Carin and Michael Golze  
Liang Guo  
Cathy and Ronald Hadee

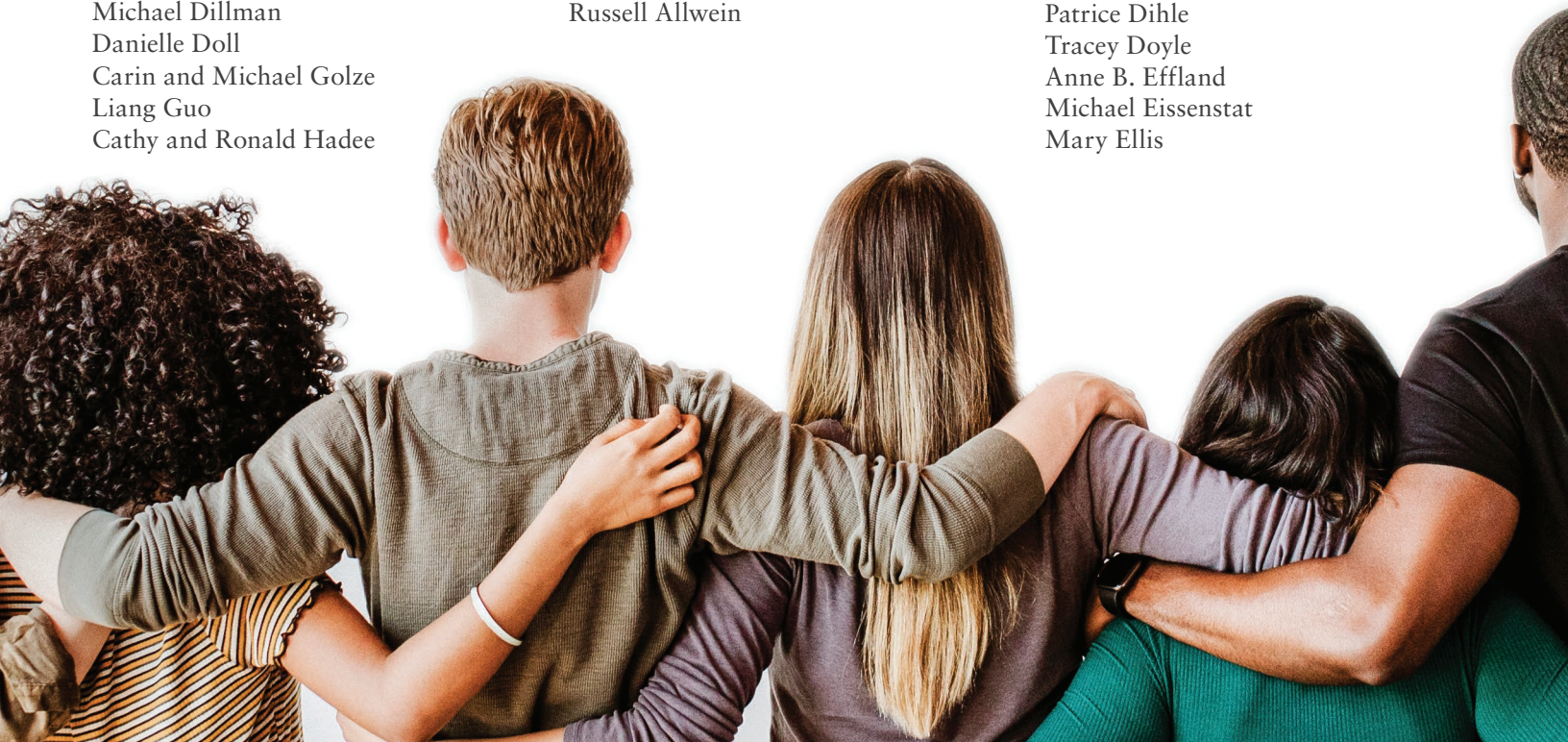
Aleta Harris  
Sue Hecht  
Sarah Lynn  
Scott McCaskill and Heidi Horine  
Ann and Mike McGreevy  
Meghan Murphy  
James Puhl  
Ashleigh Rossi  
David Stewart and Veronica Szalai  
Devon Warren  
Jon and Beth Watkins  
Deborah Wivell

## Individuals

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

Melissa Adler  
Shannon and Will Aleshire  
Russell Allwein

Arthur and Julane Anderson  
Ethan Arneson  
Karen Barnes  
Deborah Bedwell  
Angela Blair  
Gerald and Mary Lou Blessing  
Suzi and Darren Borg  
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 Rissah Watkins  
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 David and Melanie Williamson  
 Sadie Wolf  
 Mike and Marlene Young  
 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.*

A2LA  
 Mark and Jodene Acierno  
 Lea Allen  
 Anthony Wilder Design/Build, Inc.  
 Brandon Barber  
 Jonathan Barton  
 Karen Beardsley  
 Kalie Blumenauer  
 BodySensePT  
 William Brennan  
 Gregory Burgee  
 Brenda Campbell  
 William Carson  
 Kim Chaney  
 Pragya Dangol  
 Betsy Day  
 Delaplaine Foundation, Inc.  
 Timothy Desmond





*“As a veteran, I am passionate about advocating for veterans’ mental health. MHA is an outstanding mental health organization providing a multitude of services to the community and is an ideal resource.”*

Gregory McCullers  
Board Member and Donor

## Tribute Gifts

*continued*

Barbara Domer  
Theresa Frangiosa  
Julie Frye  
Gerald and Elizabeth Fuss  
Clare Gaetani  
Patrice Gambino  
Lisa Garrett  
Generation Media LLC  
Vinu George  
Timothy Gibian, Psy.D  
Norine Haas  
Heather Hinkle  
Justin Holler  
Karen Johnson  
Rachaelle and Billy King  
Christopher Kingsley  
Michael Kisska  
Steve Knott  
Carol Kravitz  
Narayan Kulkarni  
Arun Kulkarni  
Jason Lando  
Robbin Lockhart  
Sarah Lynn  
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Alison Mecler  
Linda Moran  
Michele Mulholland  
France  
Linda Myers  
Mary Nagle  
Mike and Meta Nash  
Offit Kurman  
Mary O’Flaherty  
Lisa Ourisman  
Jim and Kathy Pawlowski  
Leslie Pellegrino

Allan Prigal  
Clark and Marion  
Reifsnider  
Pamela Reynolds  
Gladys Ridge  
Genis Rodriguez  
Renee Savage  
Julia and Jim Schaeffer  
David Severn  
Aditi Shah  
Anne Shimabukuro  
Chris and Saule Smariga  
Linda Smith  
Gerry Stephens  
Alaina Strasburg  
Anne Tompkins  
Jeff Waltz  
Melissa Ward MS LCPC  
NCC  
Abby Warner  
Brian Wildstein  
Tammy Wilkins  
Terri Winn

## Businesses

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

Alpha Delta Kappa Upsilon  
Brunswick Middle School  
Elements of Style  
Frederick County Society for Human Resources Management  
Frederick Health  
Frederick Social, LLC  
Frederick Woman's Civic Club, Inc.  
Giant Food Community Bay Program  
The Iroquois Group Charitable Giving Fund  
Linganore High School  
Middletown Middle School  
Network for Good  
PayPal Giving Fund  
The Pediatric Center of Frederick, LLC  
Qgiv+Bloomerang  
Quantum Maryland, LLC  
RS Will Wealth Management  
Thanksgiving Farm Produce

## Foundations

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

Andrew Gomez Dream Foundation  
Ausherman Family Foundation  
The Community Foundation of Frederick County  
Delaplaine Foundation, Inc.  
Flying Cows Foundation  
G. Frank Thomas Foundation, Inc.  
Give Lively Foundation, Inc.  
Greater Washington Community Foundation

The Jenny Fund at Tahoe Truckee Community Foundation  
Loats Foundation, Inc.  
Nora Roberts Foundation  
The Will Group Foundation  
William E. Cross Foundation, Inc.  
Witt Family Foundation

## Faith Communities

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

Christ Reformed United Church of Christ  
Evangelical Reformed United Church of Christ  
Frederick Presbyterian Church  
Glade United Church of Christ  
Knights of Columbus - Our Lady of the Valley  
Providence of United Methodist Church  
Sandy Mount United Methodist Church

## Grantors

*Those listed are grant makers who have awarded MHA with funding based on applications and reports submitted to them.*

988  
2-1-1 Maryland  
Alleghany County Human Resources Development Commission, Inc.  
Ausherman Family Foundation  
Bar Association of Frederick County  
Behavioral Health Administration  
The Community Foundation of Frederick County

Crisis Intervention Team  
Delaplaine Foundation, Inc.  
Family Services Administration  
Frederick County Government  
Frederick County Health Department  
Frederick Health  
Growing Opportunities for Family Child Care  
Humanim  
Infant and Early Childhood Mental Health  
Loats Foundation, Inc.  
Maryland Department of Crime Prevention, Youth, and Victim Services  
Maryland Department of Health  
Maryland Department of Human Services  
Maryland State Department of Education  
National Alliance on Mental Illness  
Nora Roberts Foundation  
United Way of Frederick County  
Vibrant Emotional Health  
Victims of Crime Act  
WayStation Mobile Crisis  
William E. Cross Foundation, Inc.



**SAVE THE DATE:  
APRIL 12, 2025**

## *A Party with Purpose*



## CATOCTIN AFFAIR 2024

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2024 was the 26th annual Catoctin Affair where together we raised over \$290,000 to support the critical programs and services needed to support the emotional and mental wellness of our community.

### **Presenting Sponsor**

ClearView Communities

### **Platinum Sponsor**

Charles Studio  
The Rowe Family, In memory of  
Adam C. Brown  
DCM BioServices  
Stauffer Funeral Homes, P.A.  
WLR Automotive Group

### **Gold Sponsor**

Advanced Behavioral Health, Inc.  
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Dorman Home Remodeling, Inc.  
Edgewater Federal Solutions  
Frederick Commercial Real Estate  
Frederick Health

Goodwill Industries of Monocacy  
Valley  
Holistic Health Associates  
Horman Nichols, LLC  
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Leidos Biomedical Research,  
operator of the Frederick National  
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 Woodsboro Bank

### Silver Sponsors

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 Colonial Jewelers  
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 Outdoor Solutions,  
 A Barrick Company  
 Plamondon Companies  
 Postern  
 Sandy Spring Bank  
 Toothman Orthodontics  
 Trollinger Law, LLC  
 YMCA of Frederick County

### Bronze Sponsors

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 Ben and Erica Seibert  
 Cory and Alanna Wilson

David and Tricia Reaver  
 Dynamic Automotive  
 Emerald Technical Solutions  
 Free State Health and Wellness  
 Guy and Robin Fletcher  
 Kristi Jacobs Williams, Realtor,  
 Your Homestead Team at Samson Properties  
 Michael and Carin Golze  
 Moore Financial  
 Morgan-Keller Construction  
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 Frederick Campus  
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### Event Support

Ausherman Family Foundation  
 Adela The Craftswoman  
 Colin and Danielle Doll  
 Dana Dudley, Double D Auction Service  
 Frederick Fairgrounds  
 Geoff Barker and Hillary Clagett,  
 Simply Fresh Events  
 Jolena Simoneau, Sun & Moon  
 Balloon Design  
 Julie Gaver  
 Wayne Dorsey, S.O.S. Safe Ride  
 Wizer Productions

### Tent Support

Antoinette Vasseur, ClearView  
 Communities  
 Bruster's Real Ice Cream  
 Ed Kober, Quarttermasters Cigars  
 Josh Diffinbaugh, Sazerac  
 Roy Rogers

### Video Support

Colin Hornbakeer, Anthem Films  
 Tony Kosak – Gaffer  
 Caleb Robertson – Production  
 Assistant

*“Every step towards better mental health is a victory, no matter how small. Our hope is that everyone can embrace their unique journey, overcome obstacles, and prioritize self-care.”*

Aaron VanderMeer, ClearView Communities Program Director  
 Presenting Sponsor & Catocin Affair Committee Member







*“The struggle with mental health continues to grow systemically. I have had my struggles with it for most of my life at different levels. I feel the more I can get the mission of MHA out in the community, the more we can work to get ahead of this.”*

Thomas Ramsay, Woodsboro Bank  
Committee Member & Donor

Steve Bamonti,  
Generation Media  
Aaron and Zeke  
VanderMeer  
Sami and Wyatt Carter  
Emmy Racheff  
Frederick High School  
Gabrielle King  
Adam Schlager  
Kim Barnhouse  
The Layman Family  
Nomi Van den Broeck

### **Catoctin Affair Donors**

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Angela Dredden  
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 Jim and Leslie Keating  
 Barbara Kershner Daniel  
 Cara and Greg Keys  
 Kriste Kidd  
 Valerie Kilgore  
 Kristi Kimmel  
 Lara Knepper  
 Monica Kolbay  
 Cindy Krauss  
 Narayan Kulkarni  
 Sara Laird  
 Jason Lando  
 Jason and April Lee  
 Douglas Leidig  
 Katie Lentz  
 Stephen Libonate  
 Sarah Licharowicz  
 Elizabeth Lingg  
 John and Sara Linnehan  
 Mel Litter  
 Lisa Littlefield  
 Jason and Elizabeth Long  
 Harry Louden  
 Veronica Lowe  
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 Ted and Alyce Luck  
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 Amy Lyons  
 Ryan Maloy  
 Shelby Maly  
 Samantha Manganaro  
 Jill Martin

John Matheis  
 David May  
 Scott McCaskill and  
   Heidi Horine  
 Gregory McCullers  
 Rory McMahon  
 Megan McNeece  
 Melanie Meyer  
 Michael and Tracey Miller  
 Luke and Beth Mitchell  
 Janie Monier  
 Kevin and Amanda Moore  
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 Drew and Meghan Murphy  
 Zack Nagel  
 Andy and Jen Nichols  
 Andi Overton  
 Karla Palasciano  
 Faye Parkins  
 Scott Patano  
 Sue Paul  
 Ric Paxton  
 Justin Peak  
 Valerie Pearson  
 Mark Perry  
 Crystan and Brian Pickett  
 Jim and Cary Plamondon  
 Jeremy Poling  
 Postern  
 Rachel Radwinsky  
 Thomas Ramsay  
 Tricia and David Reaver  
 Chuck Reeder  
 Rehab2Perform  
 Marc Reilley  
 Wendi Rezash

Mike Riley  
 Kristina Rogaski  
 Gretchen Rogers  
 Robin and Dean Rose  
 Ashleigh and Jim Rossi  
 Paula Rossi  
 Justin and Autumn  
   Saltzman  
 Kristina Shalaby  
 Charlene Shultz  
 J.D. Shuman and  
   Julie Christiansen  
 Silver Psychotherapy  
   Services  
 Randall Simpson  
 Kristen Snow  
 Rebecca Steen  
 Alaina Strasburg  
 Daniel Strayton  
 Debbie Streeton  
 Sun & Moon Balloon  
   Design  
 Meghan and David Sweigart  
 Amy Thompson  
 Bonnie Thurston-Snoha  
 Wyatt To  
 Jeff and Cathy Toothman  
 Cindy Trawick  
 Jillian Trawick  
 Aaron Trawick  
 Matthew Trollinger  
 U.S. Charitable Gift Trust  
 Charles Urland  
 Aaron VanderMeer and  
   Karin Abma  
 Antoinette Vasseur

Lindsey and Nicholas Wade  
 Melissa Ward  
 Shayna Webb  
 Kim Wilson  
 Cory and Alanna Wilson  
 Rich Wilson  
 Shawn Wolf and Andrea  
   Vaughan  
 Carl Wurzer  
 Melinda and Keith Yuhas



*From Catoctin Affair sponsorship, to having their interns create new avenues for us to get MHA resources out into the community, to personal giving, Thomas and the Woodsboro Bank team are a great support to the mission of MHA.*



# LOOKING TO THE FUTURE

*“With the support of our dedicated team, generous donors, and devoted partners, we are committed to making Frederick County a place where everyone can access the mental health resources they need.”*

## A MESSAGE FROM OUR CEO

I am so excited to join the MHA family as CEO. For the last 20 years I've held various nursing roles, and I've seen the devastating impact of ignored and unaddressed mental health needs in both my professional and personal life. I've made it my mission to protect those who do not have or cannot find their voice.

After only a short time here at MHA, I have experienced the outstanding passion and dedication of this team. I am inspired by the strong community relationships and solid foundation that have been built through its many years of service. My goal is to strengthen the programs and services offered through MHA, and draw from these years of service to build new and innovative programs. Together we can ensure that MHA is a household name known for meeting people where they are, without question or condition.

It takes a village to care for one another, so I wish to express my deepest gratitude to all the dedicated staff, volunteers, advocates, and donors who have made MHA a beacon

of hope within our community. THANK YOU. Your commitment and passion for uplifting the lives of everyone in our community has made a significant impact. As we move forward together, we will continue to be committed to bringing our mission to life every day.

MHA's success depends on your continued involvement, and I personally want to invite you to join us on this journey. We build emotional wellness for our whole community by caring for one another. Together, we make up the village.

I am honored to have the privilege to serve this wonderful community, our village, and you.

With gratitude,

A handwritten signature in black ink that reads "Bridget". The signature is fluid and cursive, with a long, sweeping underline.

Bridget Krautwurst, CEO



MHA...at every step, for every future.

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**Donate**

Make a difference and help us transform lives today.



**Get Help**

Guide to Community Health and Human Service Resources

Mental Health Association of Frederick County  
226 South Jefferson Street, Frederick, MD 21701  
301-663-0011 | fcmha.org