



TOGETHER

WE ARE BUILDING A STRONG FOUNDATION
of emotional wellness

Annual Report 2013



Mental Health
ASSOCIATION

Dear Friends and Supporters of MHA,

The theme of this year's Annual Report is *'together'* – how *'together'* we are building a strong foundation of emotional wellness. There couldn't be a more fitting word to describe the events of this last year.

With a successful live appeal at the 2013 Catoctin Affair, personal and corporate gifts to match an Ausherman Family Foundation Challenge Grant, an extremely generous gift from the George Shields Foundation, and two additional State Bond Bills, *together* we completed our \$3.4 million campaign, allowing us to start construction on our Community Services Wing, slated for completion in winter 2014.

On the heels of the terrible Newtown, CT tragedy, we were determined to offer our Mental Health First Aid classes to as many people as possible. Local businesses and individuals agreed to sponsor public classes and, *together* we were able to educate many more people than we otherwise could have on how to recognize and assist someone who is experiencing an emotional crisis.

The board and senior staff engaged in an intensive and extremely helpful strategic planning process, one of the results of which was the need for us to identify additional opportunities to reach out to and collaborate with our community partners, so that *together* we can help to strengthen our community. Our efforts along these lines have lead to new and continuing relationships with organizations such as the Frederick Rescue Mission, Frederick Community College, Frederick County Work Force Services, Hood College, Heartly House and others.

Internally, we completed a two-year process of reorganization. While this new organization structure will not change the quantity or quality of services we provide, it will allow us to continue to grow and expand as the need for more services in our community increases.

With our Capital Campaign completed, our building renovation near to completion, and the economy recovering, we are looking to the future with great optimism that *together* we can build 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.



Patricia G. Hanberry
CEO Mental Health Association of Frederick County

SUPPORT AND REVENUE

Public Grants	\$ 1,479,075
Private Contracts	85,796
Program Service Revenue	288,451
United Way	50,557
Private Donations/Foundation	149,307
Special Events/Fundraising	139,160
Capital Campaign Revenue	518,741
Membership Dues	6,290
Other Income	16,881
Investment Income	11,503

TOTAL SUPPORT AND REVENUE
\$ 2,745,761

EXPENSES

PROGRAM SERVICES

Child Care Choices	\$ 430,152
Community Support Services	582,102
Counseling Services	227,571
Family Support Services	611,255
21st Century Learning Centers	12,036
MHA Programs	81,029
Training	12,055

TOTAL PROGRAM SERVICES
\$ 1,956,200

SUPPORTING SERVICES

Fundraising Expenses	\$ 49,353
Capital Campaign	92,413
Building Expenses	5,024
Management and General	281,074

TOTAL SUPPORTING SERVICES
\$ 427,864

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

TOTAL EXPENSES
\$ 2,384,064

The financials listed above are un-audited figures.

HUMANITARIAN SOCIETY

Cumulative Gifts of \$250,000+

Ausherman Family Foundation
Maryland State Legislature
The George L. Shields Foundation

LEADERSHIP SOCIETY

Cumulative Gifts of \$100,000-\$249,999

Constellation Energy

CORNERSTONE SOCIETY

Cumulative Gifts of \$50,000-\$99,999

Anonymous
The G. Frank Thomas Foundation, Inc.
United Way of Frederick County

INVESTOR SOCIETY

Cumulative Gifts of \$25,000-\$49,999

The Joseph D. Baker Fund
William H. Browning
Jim Campbell
CF Imirie Fund
The Delaplaine Foundation, Inc.
George and Bettie Delaplaine
The City of Frederick
John J. Fitzgerald, III
Freddie Mac Foundation
Jeffrey and Patricia Hurwitz
SAIC - Frederick
C. Wayne Smith
Jane and Herb Stevens
Nelson and Celia Zahler

DOVE SOCIETY

Cumulative Gifts of \$10,000-\$24,999

Richard and Sue Basford
BB&T Frederick Commercial
Dr. Casper and Mrs. Nancy Cline

The Community Foundation of Frederick County
Evangelical Reformed United Church of Christ
Frederick Business Properties Co.
Frederick Co. Association of Realtors
Frederick Mutual Insurance Co.
Jack Fritz and Adriane Wodey
Pat and Gerry Hanberry
Mr. and Mrs. Robert G. Hooper
In Loving Memory of Kenneth Jordan
Jean M. Joyce
Chris and Lucia Kline
Dr. Henry and Mrs. Page Laughlin
Jack Leishear
Loats Foundation
Rocky and Nancy Mackintosh
Alan and Teresa Mawdsley
Carl and Norma Miller
National Philanthropic Trust
Terry and Pam O'Malley
PNC Foundation
Randall Charitable Trust
Daryl and Paula Routzahn
United Way of Central Maryland
Dr. John and Madonna Vitarello
William E. Cross Foundation
Debbie Williams
The Women's Giving Circle of Frederick County

TRANQUILITY SOCIETY

Cumulative Gifts of \$5,000-9,999

Anonymous
Justin and Lauren Ausherman
Clagett Enterprises, Inc.
John F. Dallavalle
The Church of the Transfiguration
Frederick Magazine
Fountain Rock Management Group
Eric and Karen Grenfell
Gail and Joyce Guyton
Norine and Ted Haas
Hunt and Joan Hendrickson
Tom and Susan Kleinhanzl
Marc Lessans
The Mayernik Family
Dr. Philip McGann
MHA FY10 Staff
Plamondon Companies
Dr. Gregory and Susan Rausch
Dr. Edward and Susan Riuli
The Nora Roberts Foundation
Ed and Pam Smariga
Brian and Amy Thompson
R.W. Warner, Inc.
Rotary Club of Carroll Creek
Waynesboro Construction
David and Melanie Williamson

PEACE OF MIND SOCIETY

Cumulative Gifts of \$1,000-4,999

Nicholas Adams
Shannon and William Aleshire
Anonymous
AOPA
Dr. Gerardo Araiza
Bank of America
Susan Barnett
Heather and David Bodnar
Mike and Carla Bodnar
Jeff Braun and Maria Zammichieli
Dr. David and Ms. Gayle Bromberg
Calvary United Methodist Church
Faye and Robert Cannon
Christ Reformed United Church of Christ
Drs. Manuel Casiano and
Carmen Hernandez
Cork Ventures, LLC
Lydon Fetterolf Corydon, P.A.
The Rev. Janice Daffern and
Michael Bunitsky
Christine Demas
James and Helen Dixon
Dorcus Construction
Mark and Anita Ebinger
Equipment Development Company
Dr. Robert and Mrs. Betsy Fisher
Frederick Brick Works
Janet C. Garrett
Griff and Mary Garwood
Raymond Giffin and Ruth Nayman
Glade United Church of Christ
Dana and Nicholas Grayson
Joseph and Gayle Grover
Richard and Paula Haney
Dr. Everett T. and Mrs. Patricia Hart
Kevin and Jeannie Hessler
William C. Hill
Hank and Christy Kehlbeck
Don and Becky Linton
David and Mimi Mack
Kathy and Larry McGee
MedImmune
Mid Maryland Performing Arts Center
Jennifer and Chris Moore
Keith and Patty Morison
Linda and Scott Myers
Dr. Aubrie and Mr. Zoltan Nagy

Oak Contracting Builders
Octavo Design
Jean and Gary Peterson
Nicole and Shawn Pierre
Potomac Valley Brick and Supply Company
Dr. and Mrs. Gregory Powell
Partho and Joyeeta Raysircar
Leo and Christine Rocca, Jr
Severn, O'Connor, & Kresslein, PA
Michael W. Stern, Ph D, LCSW-C
David and Karen Thomassen
Eva Webb
In Honor of SPC Ronald H. Wildrick, Jr.
Mike and Marlene Young

HARMONY SOCIETY

FY12 Gifts of \$1 - \$999

Anonymous
Arthur and Julane Anderson
Philip and Linda Berkheimer
Alice J. Berlin, LCWS-C
Joseph Berman
Joshua and Katie Bokee
Suzi Borg
Annette Breiling
Bridges Plus, LLC
Clark Briggs
Michael and Ingrid Bunitsky II
Rachel Burkhardt
Marion D. Carmack, Jr.
Galen and Elizabeth Clagett
Audrey Covington
Erin Coyle
Dr. Mark and Mrs. Judith Coyne
Clyde and Kitty Crum
Cathie Deadrick
Charles and Jane Doll
Andrea and Bradford Dyjak
Dr. Michael and Christine Eissenstat
Frederick County Chamber of Commerce
Jo Ann Fritz, LCSW-C
Anita and Jim Gugel
Valerie Hartman
Peggy and Chipper Hoff
Mary Howser
Jason Jason Mecler
Phillip and Gale Kaufman
Rick and Carolyn Kimberlin
Reverend and Mrs. Albert Lane III
Noel Lester
Daniel B. Loftus, PC
Barbara Lohman-Flynn, LCSW-C, BCD
James A. Malott
Mary Beth Mann
Nikki May

"Thank you for all you have done for my family. I can't tell you what it has meant for my children to have regular, peaceful visits with their father through this trying time. You guys have been a lifesaver for us."

-Supervised Visitation Family

"We owe a great deal of our success as parents to the Healthy Families Program...it was very comforting to have someone that I could ask anything about my new baby and know that we all had one goal in mind - to give this new child the best beginning we possibly could."

-Healthy Families Participant

Randolph and Suzanne McKann
 Catherine and Michael Mock
 Nancy Wolf / Turning Point Realty
 Donna Norris
 Richard and Donna Pendleton
 Saint Catherine Drexel Catholic Church
 Cheryl Schuster
 Sharon K. Smith
 Alaina Strasburg
 David and Maria Wilcher
 Richard Zalatoris
 Jeffrey Zimmerman
 Kathleen and Melvin Zinnert

PROFESSIONAL GROUP MEMBERS

Center for Integrative Health Care
 Center for Mind-Body Therapies
 Counseling Services
 Frederick Psychology Center
 Harper & Associates
 Healing Circles Wellness Center
 HOPE Consortium
 Monocacy Counseling Center
 Monocacy Neurodevelopmental Center, LLC
 Monocacy Start Center, Inc.
 Psychotherapy Services, LLC
 Roxbury Treatment Center
 South Mountain Counseling Services
 The Mental Health Center of Western Maryland
 Trinity Pastoral Counseling Center
 Villa Maria of Frederick County - a behavioral health program of Catholic Charities
 Vital Sources, LLC

PROFESSIONAL MEMBERS

Elise G. Abromson Psy.D.
 Ann Adams L.C.S.W.-C. B.C.D.
 Nicole K. Albertson Psy.D.
 Jess Albright L.G.P.C.
 Nina M. Anzalone L.C.S.W.-C, PA CMT
 Lynda Artusio MS, RN, PMHCNS-BC
 Veronica Bannon LCPC, NCC, DMT-BC
 Alicia Barmon L.C.P.C, C.Y.T.
 Kathleen Boggs LCPC, CCDC, SAP
 Victoria Bolton LCSW-C
 Janice E. Daffern L.C.S.W.-C
 Cedonia Evans LCSW-C, RPT
 Steven Feifer D.ED., NCSP, ABSNP
 Timothy A. Gibian Psy.D.
 Kristi Hallman LCSW-C
 Larry Harper L.C.S.W.-C.
 Joel Hassman M.D.
 Teri A. Heger LCSW-C, MSW
 Julieann Ipsan LCSW-C
 Marie Kish LCPC
 Tami Koepf L.G.S.W
 Lynn Macpherson L.C.S.W.-C
 Susan Mason LGPC
 Pamela McDonald LCSW-C

Kristin L. Milne-Glasser LCADC, SAP
 Alexandra Mirabell Psy.D
 Linda Moran L.C.S.W.-C
 Gregory H. Powell Ph.D.
 Laurey Richmond LCPC
 Kathleen Rogers-Senuta Ph.D., LCPC
 Jane E. Sachs Ph.D.
 Robert J. Shuman L.C.S.W.-C, CAC
 Katie Silver L.C.S.W.-C., B.C.D.
 Lynda R. Sowbel Ph.D, L.C.S.W.-C. BCD
 Linda T. Ullom L.C.S.W.-C
 Christy Van Horn LCPC
 Lauretha Vargas M.A., L.C.P.C., C.A.C.A.D., C.C.J.S., B.C.P.C.C.
 Leslie Weitzel-Nicol L.C.S.W.-C
 Claire M. Wilhide L.C.P.C., N.C.C.
 Zoe A. Worrell LCSW-C

2013 CATOCTIN AFFAIR

PRESENTING SPONSOR

Grand Rental Events

ANNIVERSARY SPONSORS

Design Diva
 Graphcom
 The Temple - A Paul Mitchell Partner School
 Three Old Souls

CRYSTAL SPONSORS

Ausherman Family Foundation
 Corporate Occupational Health Solutions
 Dewey Jordan. Inc.
 Embrace Home Loans / Kim Delauter
 Experis IT
 Frederick County Bank
 Frederick Dermatology Associates
 Frederick Memorial Healthcare System
 Mid Maryland Performing Arts Center
 Panasonic
 SAIC
 Sunshine Management Corp / C. Wayne Smith
 Trout's Supreme Seafood
 US Silica Company
 Villageworks
 WLR Automotive Group, Inc.

GARNET SPONSORS

"My Bank!" First United Bank & Trust
 BB&T Frederick Commercial
 BB&T Frederick Underwriters
 Cardiovascular
 Specialists of Frederick
 Columbia Bank
 The Cosmetic and Skin Surgery Center
 The King of Christmas
 KJU Productions

McPherson and Associates
 Morgan-Keller Construction
 Dr. Mark Pitts, DDS
 Powell Flynn, LLP
 Blaine Young

ROSE SPONSORS

Frederick Mutual Insurance Co.
 Ramar Moving Systems, Inc
 Sandy Spring Bank
 Chuck Wade
 David and Melanie Williamson
 Woodsboro Bank

MEDIA SPONSORS

Comcast
 Find it Frederick
 Frederick Gorilla
 Frederick Magazine
BENEFACTORS
 Audio Video Group
 Dr. Konrad and Willa Bakker
 Douglas and Suzanne Boyle
 Dr. Casper and Nancy Cline
 Dutch Plant Farm
 Dr. Robert and Mrs. Betsy Fisher
 Ideal Buick-GMC-Hyundai
 Reliable Recycling
 Shepherd Pratt -
 The Jefferson School
 Dr. John and Mrs. Madonna Vitarello
 Ye Old Spirit Shop
 Mike and Marlene Young

FRIENDS

Arthur and Julane Anderson
 Dr. Edward and Patricia Andochick
 Karen and Joseph Ashwal
 Blue Ridge Behavioral
 Health Services
 Marion D. Carmack, Jr.
 Amy and Jim Clapp
 Jan Daffern, LCSW-C
 Joanne Fritz, LCSW-C
 Dr. Timothy Gibian and
 Dr. Kerri Hesley
 Norine and Ted Haas
 Hunt and Joan Henderickson
 Everett T. and Patricia E. Hart
 Dr. Sean and Mrs. Nancy Hunt
 Dr. David and Mrs. Gail Johnson
 Mary Elizabeth Kaslick
 Mimi and David Mack
 Dr. Robert and Mrs. Pat Mayernik
 Deb and Greg Powell

Call Center

25,422 Hotline Calls
 6,146 2-1-1 Calls
 1,271 Follow Up Calls
 1,710 Suicide Related Calls

Outcomes

98 Percent of callers felt better after talking with a Call Specialist
 97 Percent of callers were better able to deal with their crisis situation after calling

Ramar Moving Systems, Inc
 Seymour and Lee Stern
 Warner Service Frederick, LLC

"You don't know the benefit of what you do for people like me; you are the cushion that bears some of the brunt of the trauma; I appreciate you listening."

-Hotline Caller



Court Appointed Special Advocates (CASA) / Voices for Children

90 Abused and Neglected Children Served

78 CASA Volunteers

Outcomes

80 Percent of children were placed in permanent homes (CASA Frederick County)

100 Percent of children were placed in permanent homes (Voices for Children Carroll County)

Child Care Choices

1,462 Child Care Providers participated in training sessions

516 Site Visits to support early childhood mental health

Outcomes

88 Percent of programs served reported improved social and emotional child behavior

97 Percent of participants exhibited gains in knowledge after childcare training

Healthy Families

918 Home Visits

73 First Time Parents

63 Children Served

Outcomes

97 Percent of children were developmentally on track

100 Percent of participating families had no Child Protective Services involvement

Counseling Services

3,683 Therapy Sessions

331 Clients Served

Outcomes

76 Percent of clients realized improvements in social interactions and their sense of wellbeing

75 Percent of clients experienced improvement in daily functioning

Family Visitation Services

992 Hours of Visitation

69 Hours of Parent Coaching

93 Children Served

Outcomes

92 Percent of residential parents reported feeling safe using Visitation Services

73 Percent of visiting parents report an improved relationship with their child as a result of the program

“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others” -Pericles

With sincere gratitude to the following volunteers for more than 18,870 hours of service to MHA

CASA

Nancy Ahr
Nicole Aliev
Vonda Ambush
Tyonja Bathgate
Carmen Belford
Deborah Bowers
Richard Bricken
Tish Brush
Colleen Bugler
Elizabeth Burroughs
Harriet Buxbaum
Zoe Carson
Tiffany Channing
Janine Coon
Robin Cornblatt
Shannon DeCriscio
Shannon Dennison
Marie Durane
Deb Follin
Kari Gang
Susan Hamalainen
Stephanie Harrell
Kathleen Hassett
Angela Hassett
Phyllis Hoyer
Martha Jazdziewski
Vivian Johnkin
Helen Jones
Carlotta Joyner
Carolyn Judd
Belinda Kaikko
Colleen Koning
Wilma Kumar-Rubock
Jacob Lambert
Kathy Martin
Terri Mawdsley
Georgia McCauley
Courtney McFee
Noreen McNeill
Hollie Mercier
Melinda Metz
George Moehrl
Gary Moeller
Rita Myles
Bill Nicholson
Katherine O'connor
Kerrie Ogden
Kristy O'neal
Charlotte Oswald
Dorothea Ottesen
Imani Patterson
Lori Pettyjohn
Cary Plamondon
Ronald Raineri
Christine Rathod
Amanda Ray
Jamie Richardson
Craig Roberts
Leesa Ruderman
Teresa Saunders
Michelle Schaffer
Jinnie Schenk
Gabbriel Scott
Beverly Snyder
Julia Staden
Peter Vache
Shaysa Villa

Nancy Zang
Glenn Zior

VOICES FOR CHILDREN ADVISORY COUNCIL

Robin Farinholt
Jose Flores
Karen Koeningsburg
Cheryl Schuster
Myrna Stuart
Dot Worthem
Sandra Zebal

VOICES FOR CHILDREN

Sandra Allen
Russell Bailey
Lyn Biller
Debra Cancro
Anne Chiolo
Susan Cooke
Denise Courbron
Douglas Drake
Katie DuLaney
Elizabeth Friedlander
Stacy Gallina
Katherine Garrett
Lynne Griffith
Stephanie Haines
Crystal Hutchins
Jennifer Keeney
Loretta Kowaluk
Kathryn Mangano
Tyler McAuliffe
Joe Meisner
Paula Monroe-Davidson
Jennifer Schultz
Jacqueline Sellers
Deborah Shanks

SUPERVISED VISITATION

Aristie Abbott
Gail Allen
Nicole Arnold
John Browning
Terrell Buyck
Tori Dailey
Lisa DeLee
Paige DeVore
Kelly Fauth
Carissa Ferguson
Romitta Hoff
Kandy Joseph-Alexander
Bridgette Kinna
Deidre Lowe
Marta Menendez-Voss
Annie Mercer
Ashley Montague
Sara Morrison
Erika Ramos
Pamela Reed
Jamie Richardson
Erika Riley
Michelle Schaffer
Ruthann Wilson

HOTLINE

Chris Catalfamo
Laura Cook
Megan Graydon
Christine Meehan
Angela Moore
Mabel Munoz
Maja Tavra
Kevin Welker

RECEPTION

Debbie Bowers
Effie Fulmer
Danita James
Nancy King
Alyssa Myers
Monica Myers
Annaelle Or

CHILD CARE CHOICES

Crystal Bowens
Martha Cameron
Amy Dapsauski
Amy Ferguson
Monica Grant
Judy Holley
Amy Kimble
Anne Marie
Nellie Miller
Cathy Nusbaum
Karen Rogers
Rachel Schwartz
Ginny Simoneau
Loretta Stouter
Laura Suguiyama
Glenna Unglesbee
Wynoina Warfield
Keegan Wright
Dana Yint Whang

COUNSELING SERVICE INTERNS

Leena Badran
Angela Bettis
Tony Dulaney
Barbara Kass
Steve Lesko
Stacy Lynsky

2013 CATOCTIN AFFAIR PLANNING COMMITTEE

Kim Anselmo, *Chair*
Lauren Argenta
Lauren Ausherman
Hanna Benedict
Troy Benedict
Heather Bodnar
Nancy Cline
Michelle Cokinos
Erin Coyle
Natalie Elder
Virginia Horner,
Staff Liaison

Stephanie Jordan,
Board of Directors Liaison
Susan Kleinhanzl
Joan Lapera
Nancy Mackintosh
Lucinda Noland
Cyd Pedersen
Julie Redmond
Megan Shook
Jasmine Sneed,
Event Coordinator
Niki Thrash, *Staff Liaison*
Beth Trout
Madonna Vitarello
Jan West

2013 CATOCTIN AFFAIR VOLUNTEERS

Shannon Aleshire
Hanna Benedict
Troy Benedict
Christy Berkey
John Berkey
Lashelle Cardwell
Michelle Cokinos
Erin Coyle
Dennis Coyle
Linda Coyle
Sarah Dolan
Cheryl Evans
Carter Evans
Terry Falkenberg
Jesse Falkenberg
Janet Garrett
Dana Grayson
Nicholas Grayson
Gerry Hanberry
Ashley Horner
Michael Horner
Virginia Horner
Neel Master
Patty Morison
Keith Morison
Julie Parlaman
Nikki Pierre
Shawn Pierre
Beth Santa Maria
Steve Santa Maria
Megan Shook
Alaina Strasburg
Niki Thrash
Ralph Thrash

THE MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

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

BOARD OF DIRECTORS

Justin Ausherman, *President*
Ian Bartman, *Vice President*
Guy Fletcher, *Secretary*
Cathy Hadee, *Treasurer*

Nicholas Adams
Joshua Bokee
Clark Briggs
LaDelle Brooks, M. Div.
Audrey Covington
Janice Daffern, LCSW-C, M. Div.
Jack J. Fritz, Ph.D., PE
Stephanie Jordan
Christopher T. Kline
Mary Beth Mann, BSN, MBA

ADVISORS

David Brown, *Telecommunications*
Neil Fay, *Information Technology*
Lorraine Prete, *Legal*

LEADERSHIP TEAM

Patricia G. Hanberry, MA
Chief Executive Officer

Janet Garrett
Chief Financial Officer

Amy Thompson
Director of Human Resources and Administration

Niki Thrash
Director of Development and Marketing

Shannon Aleshire
Chief Program Officer

Suzi Borg
Director, Community Support Services

Beth Santa Maria, LGSW
Director, Family Support Services

Ellie Bentz, LCSW-C
Clinical Director, Counseling Services