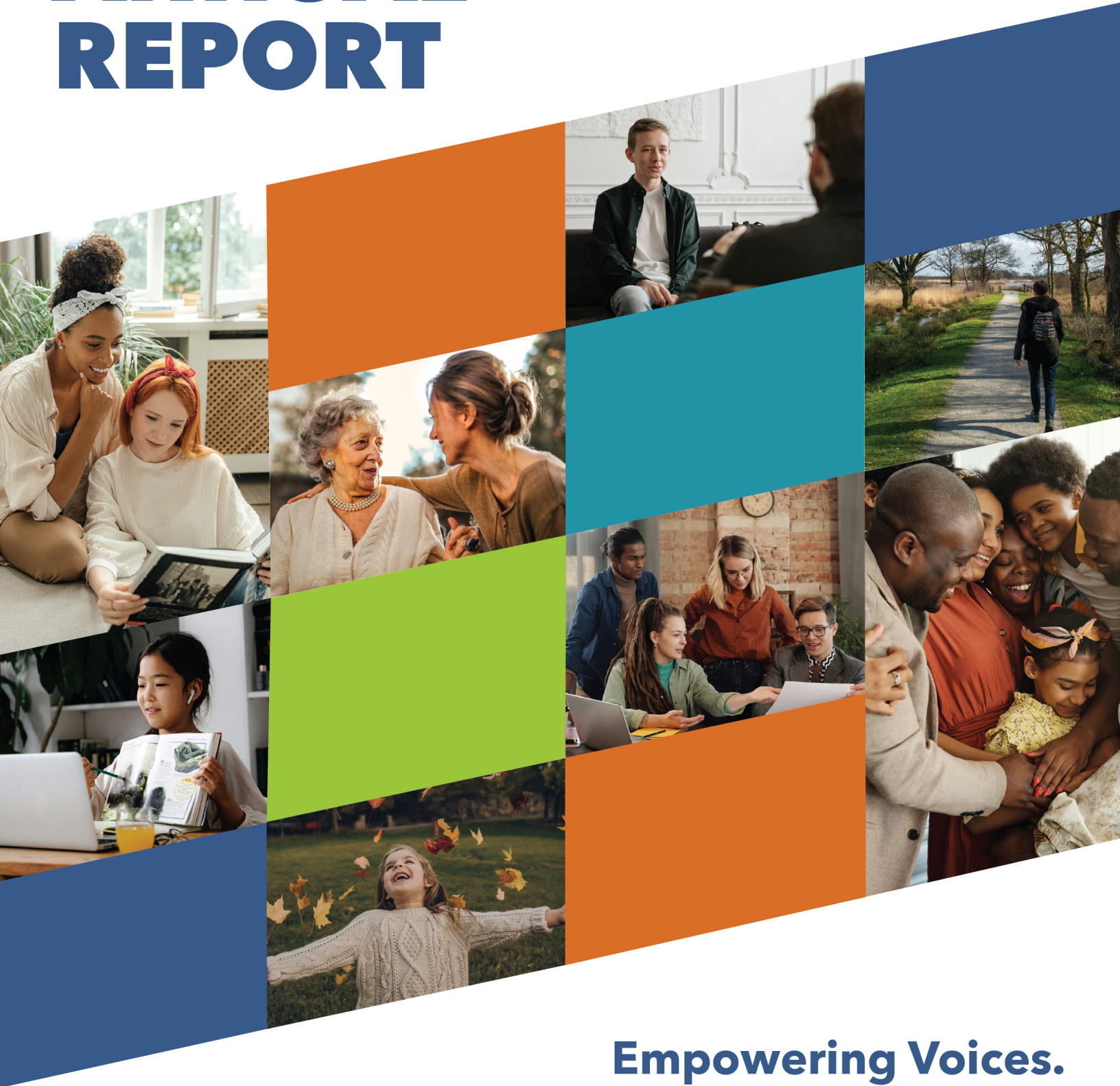


2023 ANNUAL REPORT

MHIA
Mental Health Association
in Michigan



**Empowering Voices.
Enabling Change.**



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FROM THE PRESIDENT & CEO

As we approach our 90th anniversary, I extend my heartfelt gratitude to you, our dedicated supporters, for your ongoing commitment to the Mental Health Association in Michigan (MHAM). Founded in 1936 as the Society for Mental Hygiene, our organization has continually evolved to address the changing needs of our community.

Today, our concerns have shifted to address the lack of access to inpatient psychiatric treatment for those experiencing acute mental health crises. While we continue to monitor the quality of care in state and community psychiatric hospitals, our focus has expanded to ensure outpatient treatment settings also provide high-quality, accessible care. We advocate tirelessly for mental health policies that reduce the prevalence of mental health and substance use disorders and promote equity in their treatment. We strongly believe mental health should be treated with the same urgency and importance as physical health.

In addition to our policy work, we have been committed to educating our community about mental health. We offer webinars and other educational opportunities to increase awareness and understanding of mental health issues. We invite you to learn more about these opportunities by visiting our website at www.mha-mi.com/events.

Our work at MHAM has always been to expand and protect the rights of people with mental health conditions and to improve the systems that serve them. Effective policies require the involvement of all stakeholders, and we strive to ensure mental health remains a central part of these conversations. It is crucial people with mental health conditions have access to appropriate, high-quality care without unnecessary delays or barriers.

We support a continuum of care—a comprehensive, integrated system that guides individuals through various levels of mental and physical health services. This approach ensures improved outcomes through evidence-based treatments, coordination among providers, and prevention of care disruptions. Continuous quality improvement with appropriate evaluation and oversight is vital to maintaining high standards of care.

Moreover, MHAM advocates for an integrated care model where primary care physicians and behavioral health specialists collaborate as part of the treatment team. Mental health and physical health are intertwined and must be prioritized equally across all healthcare systems, whether publicly or privately funded.

In addition, we address critical issues such as the unique mental health needs of children and youth, ensuring culturally sensitive and trauma-informed care, and supporting the integration of substance use disorder treatment with mental health services. We also emphasize the importance of treatment alternatives within the criminal justice system for individuals with mental health conditions, advocating for evidence-based treatments over punitive measures.

Your support empowers MHAM to be the voice for those who often go unheard in public policy discussions. Thank you for helping us continue the work that has distinguished the Association for nearly 90 years. Together, we will keep making a difference in the lives of many.

Thank you for your ongoing support of the work we do!

Marianne Huff, LMSW



President & CEO
MHAM



WHAT WE DO

The Mental Health Association in Michigan (MHAM) stands as a beacon of hope and advocacy for individuals grappling with mental illness. As Michigan's oldest non-profit organization dedicated exclusively to the broad spectrum of mental health issues across all age groups, MHAM operates with a deep commitment to improving lives through advocacy, education, and support. MHAM is the state affiliate for the Virginia-based, national organization, Mental Health America (MHA). MHAM represents a united front of citizens advocating for the well-being of those affected by mental illness.

At its core, MHAM is driven by a mission to enhance the quality of mental health and substance use disorder services, ensuring the availability of effective treatment through tireless advocacy and comprehensive education. The organization is a pivotal voice at the state government level, primarily focusing its efforts in Lansing, where it engages in public education, policy analysis, and advocacy to shape policies that impact mental health care and services.

MHAM's work encompasses a broad range of activities aimed at educating the public, evaluating mental health services, recommending program improvements, and stimulating initiatives to connect individuals with necessary services. By acting as the "eyes and ears" for its constituents, MHAM ensures those affected by mental health policies have a significant presence in the decision-making process, thereby advocating for policies that consider the interests of people with mental health conditions.

A key priority for MHAM is to enhance educational programming that addresses mental health topics, offering valuable information and coping strategies to support the mental well-being of Michiganders. This initiative spans various audiences, including behavioral health providers, policymakers, school personnel, and caregivers, fostering community partnerships and coalitions aimed at developing effective solutions for real-world challenges.

MHAM also offers a comprehensive mental health education training program tailored for employers, designed to foster a supportive and resilient workplace culture. This program is crucial in today's highpressure work environments, aiming to assist and support employees in developing healthy coping mechanisms for stress and secondary trauma they may encounter on the job.

Additionally, we work with many partners to host and publicize webinars that bring public health information to as many people as possible. In these free 60-minute webinars, people will learn strategies that can be implemented to promote mental health and receive practical expert advice for themselves and their family members who may be struggling with different mental health challenges. These field experts will discuss the topics at hand and how to help overcome the stigma associated with mental illness, share practical solutions and best-practice resources that can help improve mental health.

MHAM envisions a society where equality, rights, fair treatment, and the highest quality of life are guaranteed for everyone affected by mental illness, including their caregivers, family, and friends. As a leading advocacy organization in Michigan, MHAM is uniquely positioned to make a direct impact on the care and support received by individuals living with mental illness.



YEAR IN REVIEW

ADVOCACY

MHAM's advocacy efforts help to promote recovery and build better lives for individuals and families affected by mental illness. MHAM focused on policy initiatives that impacted people experiencing mental illness including:

State Budget: Advocated for sufficient State resources for an accessible continuum of mental health services for adults and children statewide.

- Sought funding for implementation of Assisted Outpatient Treatment statewide.
- Advocated for increased wages for mental health direct care workers described in PA 87 of 2021, Article 6, Sec. 231. Participated with the Direct Care Worker Coalition.
- Monitored, evaluated and contributed to proposals on the Community Mental Health System. Provided analysis, testimony, and leadership on legislative efforts to make changes to the funding and operations of the public mental health system.

Workforce: Encouraged development of the mental health workforce.

- Supported proposals and legislation that increases recruitment, retention, and training for mental health staff, including peer support staff, working throughout the continuum of care due to the near emergency difficulties in staffing critical mental health services.
- Advocated for expanded access to telemedicine.

Children, Youth, and Families: Sought coordinated solutions that meet the needs of families including:

- Advocated for greater access to quality mental health care, services, and supports. System constraints, especially funding issues caused by lack of general fund for the CMHSPs, can prohibit people from qualifying for services.
- Monitored the process and the resolution of the KB vs. Lyon lawsuit that has been filed against the state of Michigan regarding children's services and continuum of care.
- Increased access to home-based services for families with significant needs.

MHAM partnered with Mariners Inn to present the “Tee Off for Recovery” golf outing to raise funds and awareness of each organization’s mission and build an effective relationship between two established organizations and accelerate a more innovative and effective partnership moving forward.

TRAINING

MHAM delivered mental health education training to employers that is designed to assist and support their employees in developing healthy ways to cope with the stress and secondary trauma they may encounter in their jobs. These trainings increase awareness of and sensitivity to the needs of individuals with or at risk for mental illnesses and/or suicide. It provides tools to recognize when someone needs help and how to respond.

Curriculum covered a wide range of topics, including identifying mental health and substance use issues in co-workers. Through interactive role-playing exercises, MHAM provided practical scripts for both leadership and staff on how to effectively communicate with their colleagues. By conducting a deep dive analysis, we curated an education program specifically tailored to meet employer’s needs.

Some clients include: Michigan Association of Broadcasters, United Autoworkers Local 333 Plumbers and Pipefitters; United Autoworkers Local 190 Plumbers and Pipefitters, Michigan Works! Association and TD Financial.

COMMUNITY EDUCATION

MHAM works with many partners to host and publicize webinars that bring public health information to as many people as possible. In these free 60-minute webinars, people will learn strategies to implement and promote mental health and receive practical expert advice for themselves and their family members who may be struggling with different mental health challenges. Additionally, MHAM traveled around Michigan presenting in-person workshops on how to navigate the community mental health system. Many of these events were approved for MCBAP and social work continuing education. These events are described below.



This webinar delves into various experiences from childhood onward, where societal gender norms led to silence in moments of pain and grief. It explores how the speaker ultimately overcame the stigma that kept him quiet for so long and offers insights on how we can encourage the men in our lives to speak up and seek the help they deserve.



In this webinar, the impact of COVID-19 on individuals diagnosed with mental illness and/or intellectual disabilities was discussed. The session examined demographic changes, including age and severity of mental health and related issues, and how these factors affected the placement and care of individuals in nursing facilities. The discussion also highlighted the role of the Office of Specialized Nursing Homes - OBRA Programs in ensuring compliance with the provisions of the Omnibus Budget Reconciliation Act (OBRA) of 1987, which focuses on the relationship between nursing facilities and persons who are seriously mentally ill or have intellectual/developmental disabilities (ID/DD).



This in-person event focused on navigating the community mental health system in Grand Rapids. Participants, including parents, family members, friends, college students, and professionals in fields such as social work, education, healthcare, law enforcement, and law, were guided through the steps needed to access mental health services. The session aimed to answer questions about the community mental health system, including topics like parity and how the system operates. Attendees engaged in Q&A to receive specific answers offering valuable insights and practical advice for those seeking to support individuals with significant mental health conditions.



This webinar focused on Question, Persuade, and Refer (QPR) Gatekeeper Training for Suicide Prevention, provided by a Hope Network certified QPR trainer and co-hosted with MHAM. The session aimed to equip participants with the skills to recognize and refer individuals at risk of suicide. Gatekeepers, such as parents, friends, neighbors, teachers, coaches, caseworkers, and police officers, were taught how to effectively identify warning signs, engage in supportive dialogue, and direct individuals to appropriate resources. The training offered practical tools and strategies to help attendees play a crucial role in suicide prevention within their communities.



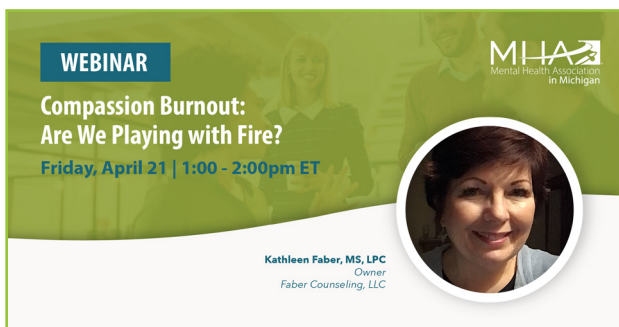
In this webinar, participants explored the concept of self-compassion and how it can counteract the harmful effects of self-criticism and perfectionism. The speaker shared personal experience about struggling with the pressure to be "enough" in various aspects, such as being manly enough, skinny enough, muscular enough, and good enough. He discussed how his pursuit of perfection and the high standards he set for himself contributed to his condition. A transformative moment came through a simple writing assignment, which changed the course of his recovery and opened the door to self-compassion. The session provided insights into how embracing self-compassion can lead to healing and personal growth.



This exclusive MHAM member event provided an update on health policy in Michigan, featuring insights from MHAM CEO and President Marianne Huff, LMSW, and MHAM Lobbyist Stephanie Johnson from Khoury Johnson Leavitt. The session covered the latest developments in Michigan’s healthcare, including budget changes and the status of newly sponsored House and Senate bills impacting mental health. Attendees gained valuable information about the legislative landscape and how it affects mental health services and policies in the state.



On the heels of the active shooter event at Michigan State University, MHAM gathered in East Lansing in collaboration with MSU and the City of East Lansing to focus on how to navigate the community mental health system, providing participants with guidance on accessing mental health services and understanding how the system operates. Attendees learned about the resources available and discussed strategies for effectively supporting individuals with mental health conditions. Local organizations were invited to have a tabletop exhibit and showcase their services.



Here MHAM highlighted the dedicated frontline workers who have tirelessly committed themselves to their professions, especially over the last three years of the COVID-era. It addressed the issue of burnout caused by excessive problem-solving and stress. Participants learned about the three stages of stress and the warning signs of burnout. The session also provided practical steps to help manage stress and prevent burnout. Attendees received valuable insights to support their well-being and effectiveness in their roles.



MHAM brought focus to Michigan Senate Bills 597 and 598, which proposed a shift from Prepaid Inpatient Health Plans to Specialty Integrated Plans. Participants reviewed the policy analysis conducted on these bills and compared Michigan's proposed legislation to existing legislation in other states. The session highlighted how other states have successfully implemented statewide policies and programs to integrate behavioral and physical health care for Medicaid patients. Attendees gained insights into the benefits and challenges of integrating health care systems.



Insurance parity is achieved when mental health benefits are equitable to those provided for physical health. The presentation reviewed the federal Mental Health Parity and Addiction Equity Act of 2008, which aims to protect parity, and highlighted the lack of a regulatory law in Michigan to ensure insurance company compliance. Participants were presented with examples of noncompliance and discussed potential actions Michigan could take to ensure fair access to mental health treatment. The webinar offered insights into the challenges and opportunities for improving mental health care access.



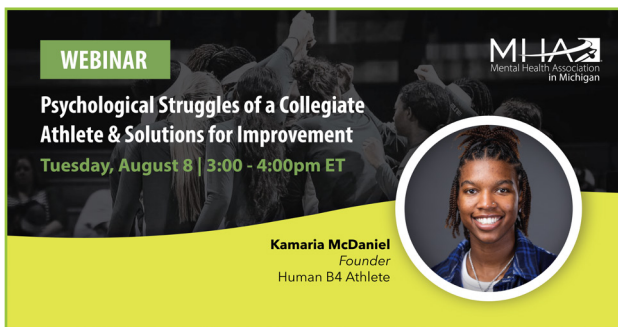
We explore the development of an eating disorder and anxiety, focusing on the role of internalized homophobia, its origins and impact on mental health, and strategies to combat the harmful narratives associated with it. Participants gained insights into how internalized homophobia can contribute to mental health challenges and learned about approaches to address and counteract these issues.



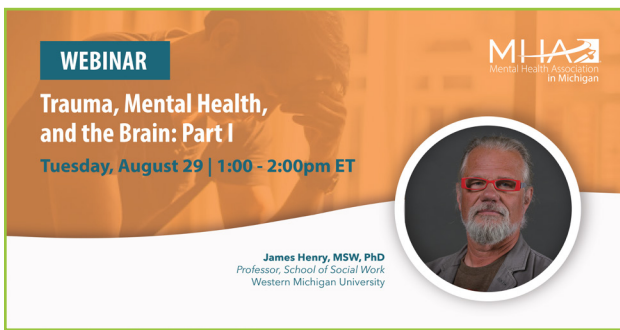
We shared the focus on creating mentally safe environments for BIPOC engagement and addressing mental health disparities within these communities. The presentation identified challenges and opportunities for fostering inclusion and provided organizations with tips and resources for professional development and events, as implemented by the Michigan Independent Citizens Redistricting Commission (MICRC). Participants left with practical strategies to enhance BIPOC engagement in their organizations.



This in-person gathering in Traverse City focused on navigating the community mental health system, providing participants with guidance on accessing mental health services and understanding how the system operates.



This livestream featured a candid conversation between MHAM CEO and President Marianne Huff, LMSW, and former collegiate athlete Kamaria McDaniel, who shared her experiences with mental health struggles as an elite athlete. The discussion focused on the mental challenges faced in sports and explored tangible solutions to address the mental health epidemic in athletics. The event provided compelling, heartfelt stories and insightful perspectives from both mental health advocates. It was livestreamed on MHAM's social media platforms, including Facebook, Instagram, and YouTube.



This webinar, titled “Trauma, Mental Health, and the Brain: Part I,” explored the impact of traumatic stress on mental health. Using case examples and didactic presentations, the session examined the emotional, relational, and psychological effects of trauma on functioning. Additionally, the webinar discussed the etiology of depression, ADHD, anxiety, and other disorders from a trauma-informed perspective. The session provided valuable insights into how trauma influences various mental health conditions and was approved for 1.0 MCBAP contact hour.



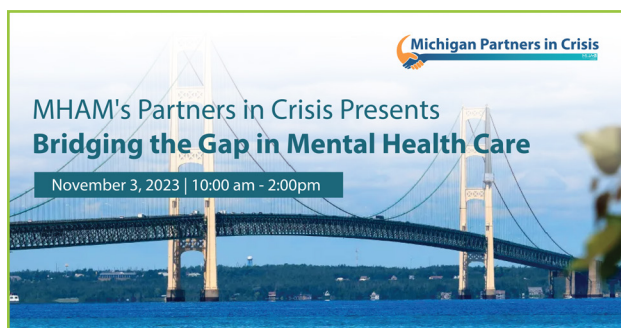
Co-hosted with Indiana Wesleyan University, Dr. Callaway provided a broad introduction to Integrative Health Care, including what it entails and what it does not. The session aimed to help attendees understand and effectively articulate the differences, benefits, and drawbacks of various healthcare frameworks, with a focus on integrative health care. Participants gained clarity on how integrative health care compares to other approaches and explored its potential advantages and limitations.



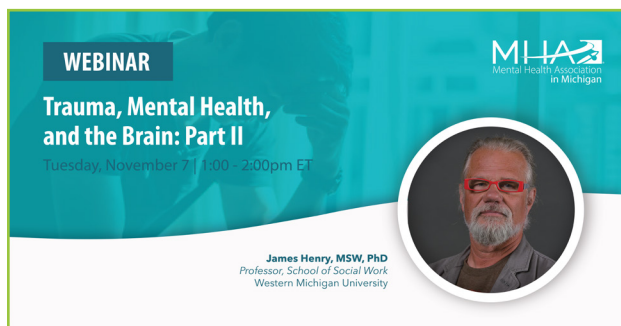
This in-person event was part of a statewide series to present to the local community how to navigate the community mental health system. Local mental health organizations were invited to showcase their resources.



In this webinar, the Co-Founders of Advocates for Mental Health of MI Youth spoke with MHAM President and CEO Marianne Huff, LMSW, about current mental health challenges in Michigan. The discussion covered issues from the perspective of parents, including the group's growth over the past year, efforts towards mental health parity, and concerns about the inadequate treatment options available. They also addressed how these issues can lead to the criminalization of children or force parents to consider terminating their parental rights in order to access necessary help.



This in-person annual Michigan Partners in Crisis update took place at the Heritage Hall in the State Capitol Building, with the theme "Bridging the Gap in Mental Health Care." The event featured updates from Representative Luke Meerman and Representative Donovan McKinney on legislation related to the juvenile justice system, as well as a presentation on Assisted Outpatient Treatment (AOT) research findings from Wayne State University. Following a networking luncheon, the program concluded with a parity panel, which included guests from Washington DC discussing the current state of parity from a national to local perspective.



Renowned Dr. James Henry examined the detrimental effects of trauma on brain development and subsequent mental health functioning. It outlined the normal functioning of the brain and how trauma can disrupt this development. The session covered the latest research on brain rewiring and neuroplasticity, providing practical examples to illustrate these phenomena. The webinar offered insights into how trauma affects the brain and was approved for 1.0 MCBAP contact hour.



Co-hosted with Indiana Wesleyan University and presented by David King, DSW, here he focused on improving client outcomes by understanding theories of change and designing effective interventions. He addressed the challenge of working with clients who present with complex and multifaceted symptoms, emphasizing the importance of applying theories of change in clinical practice. The session provided models for clinical assessment and decision-making, helping clinicians develop interventions tailored to their clients' needs. It included a Q&A segment and practical application of models and concepts to clinical practice.



FINANCIALS

RECEIPTS

United Way - Other	7,598.81
Mem/Legacies/Honor/Contributions	11,820.79
Grants	141,747.77
Membership Dues	5,545.80
Transfers - Receipts	200,000.00
Event Income	4,660.00
Training Income	12,214.28
Total Receipts	\$383,587.45

EXPENDITURES

Salaries, Benefits & Payroll Taxes	274,136.91
Professional Fees	60,787.75
Supplies	503.61
Printing & Publications	4,981.45
Dues & Subscriptions	11,775.93
Telephone	1,163.90
Rent	4,311.00
Meeting Costs	2,887.82
Organizational Insurance	7,198.64
Travel	(651.67)
Training Expense	6599.00
Total Operating Expenses	\$373,694.34

OPERATING INCOME/(LOSS)	\$9,893.11
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