



Newsletter of the
Mental Health
Association in
Michigan
(MHAM)

The Advocate

November 2020

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MHAM's Statement on Racism & Equality



The Mental Health Association in Michigan considers racism to be detrimental to the individual, collective mental health, and well-being of persons of color. MHAM understands that racism undermines mental health. MHAM is committed to anti-racism in all that we do. The time is now for those systems that are inhabited by racism and discrimination to be reformed and MHAM is committed to working toward that end.

Mental Health Matters Every Day

Welcome to the Mental Health Association (MHAM) in Michigan's biannual newsletter where we provide you with information about MHAM and the work we do on behalf of individuals with psychiatric conditions in our state. In case you are not familiar with MHAM or you have not heard about our history, we wanted to make certain we let you know who we are and why we exist.

We exist because of individuals with mental health conditions. We know that Mental Health Matters Every Day.

The Mental Health Association in Michigan is an organization representing a broad base of people working together to advocate with and on behalf of individuals with mental illness. MHAM incorporated as a non-profit entity under Michigan statutes in 1936 and holds 501(c)3 tax-exempt non-profit status with the Internal Revenue Service. MHAM maintains a non-partisan posture in its social action and public efforts. MHAM is the affiliate of the Virginia-based Mental Health America (formerly known as the National Mental Health Association).

MHAM is the state's oldest non-profit organization and the only statewide, non-governmental agency concerned with the broad spectrum of mental illness across all age groups. The Association's mission is to improve care and treatment of mental illness, promote positive mental health, and prevent the onset of mental disorders. We do this through policy analysis and advocacy with government, primarily at the state government level in Lansing.

MHAM works by gathering and interpreting information about mental health problems and conditions to the public and individuals who shape public policy in Michigan. We evaluate a variety of public and private mental health services making recommendations for improvements in these programs, and stimulating demonstration projects to link individuals to needed services.

We also make available to the public, as well as providers and recipients of mental health services, educational literature covering all aspects of mental health and mental illness.

Shop at Amazon Smile to Support MHAM

You can donate to MHAM by simply shopping on AmazonSmile.

AmazonSmile offers all of the same items, prices, and benefits of its sister website, Amazon.com, but with one distinct difference. When users shop on AmazonSmile, Amazon will contribute 0.5% of eligible purchases to the charity of your choice. For frequent Amazon users, this additional perk is a great way to give back to charities effortlessly.

There is no cost to charities or customers.

If you already have an Amazon account, when you click on [smile.amazon.com](https://www.smile.amazon.com), you will be asked to sign in. If you don't have an account, you will need to set one up. It doesn't cost anything to set up an Amazon account. After you sign in simply type *Mental Health Association in Michigan* and 100% of the donation generated from eligible purchases will go to MHAM.

During future visits to the site, AmazonSmile will remember MHAM and apply eligible purchases towards your total contribution – it's that easy.



Letter from the President & CEO

Marianne Huff

Autumn finds the state of Michigan continuing to be in a state of emergency because of the pandemic that began in March of this year, 2020. Although the state appeared to be reopening, as I write these words, the coronavirus is ramping up as the holidays approach. MHAM is concerned about the impact of COVID-19 on the collective psychological and emotional well-being of Michiganders. Amid concerns the virus is not “going away,” many Michiganders continue to experience anxiety and depression, and this is especially true of our youth.

The mental health crisis is not unique to Michigan. Mental Health America, the parent organization to MHAM, has focused on mental illness since it was founded in 1909 by Clifford Beers, has been providing access to mental health screenings on its website since 2014. It released a recent study entitled, “COVID-19 and Mental Health: A Growing Crisis,” describing the data it has collected over the past ten months and the marked increase in the numbers of young people experiencing depression in anxiety. The report states, “1,560,288 people took a screen through MHA Screening from January-September 2020. Of those the majority took a depression screen (34 percent), followed by the anxiety screen (20 percent) and the bipolar screen (17 percent). ... People who accessed screening in 2020 were younger than the 2019 average. 38 percent of screeners from January-September 2020 were youth ages 11-17, a 9 percent increase over 2019 (29 percent). While the MHA Screening population has always been young with over 60 percent of screeners under the age of 25, this indicates that youth under the age of 18 were even more likely to be searching for mental health resources and supports in 2020.”

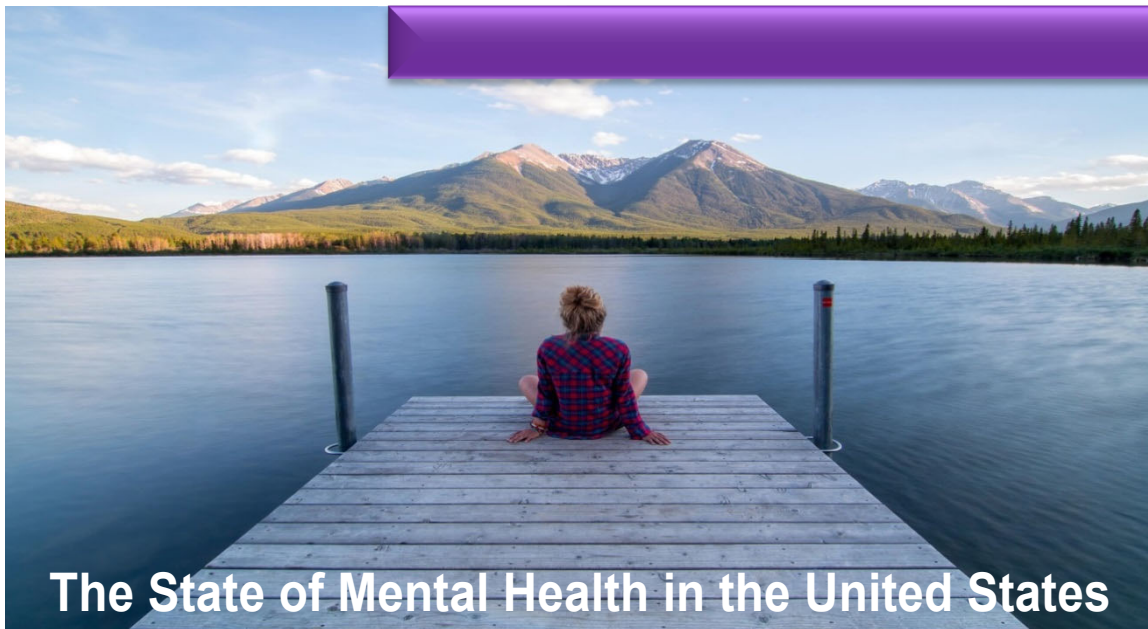
MHAM remains concerned about the increase in the numbers of individuals who require access to quality behavioral healthcare. We have hope the lessons we have learned as a result of the pandemic will provide us with the incentive and the desire to work toward a more fair and equitable society in which mental health care is available for everyone who needs it. We know equitable access to appropriate and quality mental health care is not the norm in our state. Hopefully, as the veritable cracks and fissures in our public and private mental health care system are being revealed, public policy decisions will reflect a desire to mend the fractures.

MHAM's role is to continue to bring the needs of those who struggle with mental health conditions to the forefront of the consciousness of policy makers, legislators, and the public. We invite you to participate in our work with us.

Thank you for your ongoing support. Remember: Mental Health Matters Every Day.

Sincerely,

Marianne Huff, LMSW



The State of Mental Health in the United States

Mental Health America publishes an annual report about the state of Mental Health in the United States. The newest report, “2021 State of Mental Health in America” (online:

<https://mhanational.org/issues/mental-health-america-printed-reports>) shows that “nationwide, 19% (47.1 million) of people in the U.S. are living with a mental health condition, a 1.5 million increase over last year’s report. Vermont moved to the No. 1 spot, ahead of Pennsylvania, and Nevada remained last at No. 51.”

“As the pandemic relentlessly persists, we are seeing the highest levels of anxiety and depression reported since the pandemic hit the U.S. in March,” said Paul Gionfriddo, president and CEO of MHA. This is a troubling trend being fueled by loneliness and isolation. We are also seeing alarming numbers of children reporting thoughts of suicide and self-harm. We already knew not enough was being done to support people living with mental illness, but the State of Mental Health in America report confirms the trend that mental health in the U.S. continues to get worse. Many states are ill-prepared to handle this crisis and policymakers at every level of government need to act immediately.”

Report highlights include:

- Even before COVID-19, 19 % of adults experienced a mental illness, with an increase in over 1.5 million people over last year’s dataset.
- 24 % of adults with mental illness report an unmet need for treatment. This number has not declined since 2011.
- 60 % of youth with depression do not receive mental health treatment and even in states with greatest access, only 1 in 3 are going without treatment.
- 9.7 % of youth in the United States have severe major depression. This rate was highest at 12.4 % among youth who identify as more than one race at 12.4 %.



Donate to MHAM With Your Kroger Purchases

Every time you shop at Kroger, you can raise funds for MHAM. Kroger Community Rewards® makes fund-raising easy.

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To re-enroll your card or create a new account, simply go to www.kroger.com/i/community/community-rewards and write in Mental Health Association in Michigan as the charity you would like to support.

PARTNERS IN CRISIS (PIC) ADVISORY BOARD

Seeing an urgent need to respond to mental illness in prisoner populations, the Mental Health Association in Michigan and the Michigan Association for Children with Emotional Disorders joined together in 2007 to focus on both criminal justice and mental health, creating a new entity: Michigan Partners in Crisis (PIC).

Increasing evidence showed that state prisons, county jails and juvenile justice facilities had become “de facto” mental health facilities in Michigan. These facilities are unprepared in structure and purpose to deliver mental health services to a population convicted of violating local or state laws.

These two separate needs: incarceration and mental health delivery, have added undue stress to inmates, law officers, mental health professionals and other state and local employees. They have also changed the meaning of what it is to be incarcerated, all the while preventing a healing path forward for both mentally ill prisoners and their home communities.

The early advances of PIC were to help begin a network of mental health courts, divert people who show the need for mental health services and, working with the mental health

professionals and the court and prosecutors, allow them the chance for alternatives to incarceration.

PIC was also able to develop studies that would later serve as a baseline to inform the public, legislators, state departments and localities on the prevalence of mental illness in the state prison system, county jails, and juvenile justice facilities. We worked to assist legislators to fund accurate and extensive research as well as on other initiatives beginning with efforts to provide Medicaid services to prisoners after they're released.

Since then, PIC has developed a thoroughly integrated approach on budget issues, worked toward minimizing segregation of prisoners, and supported ombudsman functions as a way to apply a full mental health stratagem to those who find themselves within the criminal justice system. Working with psychiatrists, law enforcement, attorneys and the courts, PIC continues its efforts to improve access to mental health for prisoners and jail inmates, from their first encounters with the law and as they are eventually released.

Tribute Celebration

On October 7, 2020, MHAM hosted its first virtual Tribute Celebration to honor State Representative Mary Whiteford and Jeff Patton, CEO of Integrated Services of Kalamazoo. The event included inspirational live music from Lansing's own Taylor Taylor, the story of Clifford Beers, the founder of the mental hygiene movement in the United States (performed by RJ Cach), a sit-down interview with a family who has a lifetime of lived experience with mental health and special messages from our honorees.

Thank you to our supporters and to our wonderful sponsors: Takeda Pharmaceuticals, Otsuka Pharmaceuticals, Sunovion Pharmaceuticals and Hope Network. We appreciate all of you!! If you did not get to see the event on October 7th, you can view it on our Facebook or YouTube pages.





Planned Giving at MHAM

Making a charitable contribution to the Mental Health Association in Michigan (MHAM) is a great way to give back as you age and accumulate wealth. It lets you invest in a cause you care about. How can we help you choose the right type of donation? There are many ways to make charitable contributions, all of which ultimately will have a positive impact on MHAM. The strategy you choose will depend upon your individual goals, tax and financial plan.

Bequest By Will: Including a charitable bequest in your will is a simple way to make a lasting gift to MHAM and your community. You can leave a bequest to MHAM by adding to an existing will or drafting a new one. You can make a gift of a stated dollar amount, specific property, a percentage of your estate, or the remainder after distributions to other beneficiaries.

Life Insurance: Giving through life insurance is one of the simplest ways to make a significant contribution to MHAM and establish your legacy of giving. There are two approaches: You can designate MHAM as the primary or secondary beneficiary of either 100% or some percentage of the proceeds from the policy. Or you can transfer to MHAM ownership of the policy.

Gifts of Publicly-Traded Stock: Shares of appreciated publicly traded stock are an effective way to support MHAM and avoid taxation on the gain. We can receive stock gifts directly through your brokerage account; you receive a charitable income tax deduction, usually equivalent to fair market value as determined under IRS guidelines.

Gifts from Retirement Plans: Retirement plan assets (those in qualified plans and IRAs) are ideal for charitable giving purposes because these assets are often heavily taxed when passed to non-spouse beneficiaries. To make a future gift of retirement plan assets simply requires a designation of MHAM as the beneficiary of the plan.

For more information about how your planned gift can benefit the Mental Health Association in Michigan, please contact MHAM at: engageMHAM@gmail.com. We also recommend you consult with your tax advisor or planning professional.



Virtual Conversation: Youth Suicide

MHAM is concerned about the increase in suicides among youth, particularly between the ages of 10 and 34. On December 15th at 7 pm of this year, MHAM will be hosting a virtual community conversation about youth suicide. MHAM is partnering with the Association for Children's Mental Health to talk about youth suicide focusing on Help and Hope and Education. The goal is for youth with lived experience to speak out about how they would like their concerns to be addressed and to talk about "what does it look like for one of them if there are suicidal thoughts and ideation." We will also talk about how to identify suicidal behaviors in youth and young adults. This event is geared toward youth, their parents or guardians, and supporters. Stay tuned for more information!



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In Michigan**

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Congratulations to the Incoming MHAM Board of Directors

On June 11, 2020, at the Annual Membership Meeting of the Association, the following slate of board members was duly elected along with the new officers whose term began on July 1, 2020:

Arlene Gorelick, Chairperson
Ben Robinson, Vice Chairperson
Oliver Cameron, MD, Treasurer Pro Tem
Dawn Goldstein, PhD, RN,
David Gruber, Attorney, Secretary Pro Tem
Nick Ciaramitaro, Attorney
Mark Creekmore, PhD, MSW
Joe Haveman
Jane Shank
David Kallman, Attorney
Margaret Keeler, MS, NP
Malkia Newman
Elizabeth Pratt

Thank You!

MHAM is grateful to the organizations that have recently supported our mission with grants and other donations and whose ongoing partnerships with us make it possible to achieve our mission:

- The Ethel and James Flinn Foundation
- World Heritage Foundation
- Rollin M. Gerstacker Foundation
- Otsuka Pharmaceutical
- Intra-cellular Therapies (Itci, Inc.)
- Hope Network
- Sunovion Pharmaceuticals
- Takeda Pharmaceutical
- Otsuka Pharmaceutical