



2020 Annual Report





From the President and CEO

2020 was a tough year to say the least. Although the state appears to be reopening, 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. As I write these words, fears are increasing as the spread of the Delta variant becomes more prevalent in our state.

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 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.

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.

A handwritten signature in black ink that reads "Marianne Huff". The script is fluid and cursive.

MARIANNE HUFF

MHAM President & CEO

What We Do

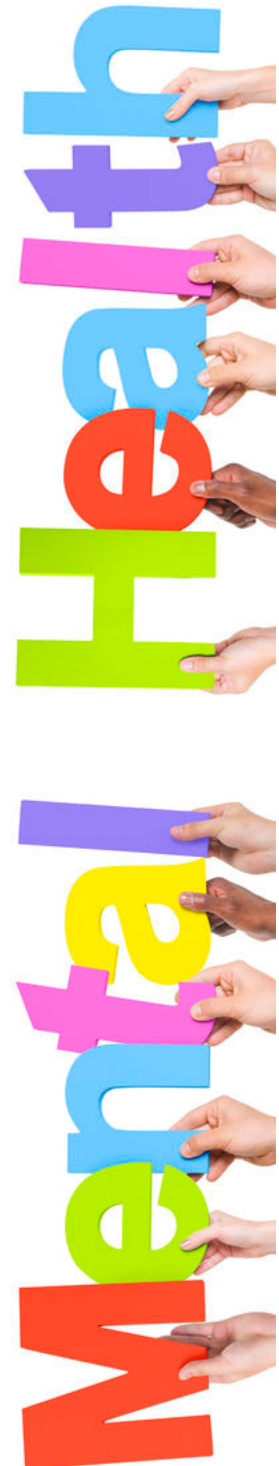
MHAM is a voluntary membership citizens' organization representing a broad base of people working together as an advocate for individuals with mental illness. The MHAM maintains a non-partisan posture in its social action and public efforts. MHAM is affiliated with the Virginia-based Mental Health America (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 promote quality mental health and substance use disorder supports and services and the availability of mental health treatment through advocacy and education.

MHAM's vision is for equity in behavioral health care, the preservation of rights and the fair treatment and maximum quality of life for all those affected by mental illness, their carers, family, and friends. As one of the most recognized advocacy organizations for people living with mental illness in the state of Michigan, we are well placed to make a direct impact on the care people receive.

But we have a much larger vision too – to transform at every level the way our state and nation approaches mental illness. Every year, our diverse range of information and support helps tens of thousands of people get through crises, live independently and feel that they do not have to face mental illness alone.

MHAM's primary role is to act as the “eyes and ears” for its constituents regarding state and/or national public policy initiatives that may negatively or positively impact their interests. MHAM's mission is to ensure that those individuals who are affected by public policy changes have a “seat at the table”.



MMHAM provided budget testimony in the Michigan House of Representatives before everything grounded to a corona virus halt. Our testimony focused primarily on the dismal underfunding of non-Medicaid General Fund (GF) appropriations available to Community Mental Health. We did not expect a significant increase to this budget line for FY-21 but we informed the legislature of the detrimental effects of underfunding mental health needs in Michigan.



MI In August of 2020, MHAM hosted a town hall with the Director of the Behavioral Health and Developmental Disabilities Administration, Allen Jansen and Policy Staff, Lisa Grost. The purpose of the town hall was for Allen and Lisa to “hear” from persons with lived experience and their families/loved ones about their experiences in the community mental health system and to make recommendations regarding the five pillars of the State of Michigan’s strategic plan.

We hosted a webinar entitled **Navigating the Medicaid Fair Hearing Process in Managed Care**. The webinar focused on how to advocate for yourself or for a loved one in the community mental health system when a service is being terminated, denied or suspended. This session featured Kyle Williams, Attorney and Litigation Director for Michigan Protection and Advocacy Service, Inc. (MPAS) who talked about your rights to request a level one appeal and a Medicaid Fair Hearing when a Medicaid-covered service is being changed or terminated or denied.

In the spring of 2020, when the pandemic was at a crisis point, MHAM hosted a webinar with Disability Rights Michigan that gave people with disabilities information about their rights to have equal access to medical treatment. At the time, due to the numbers of individuals who were hospitalized due to the COVID-19 virus, the specter of medical rationing was looming and persons with disabilities could have met with barriers to accessing health care. Additionally, MHAM and Disability Rights Michigan worked collaboratively with other advocacy organizations on a letter that encouraged the state of Michigan to adopt policy that would ensure persons with disabilities have equitable access to medical care. In May of 2020, Governor Whitmer responded by developing policy that would not allow health care providers to discriminate against persons with disabilities in health care.



MHAM supported Bill SB 813 sponsored by Senator Jim Ananich, which would require the Department of Health and Human Services (DHHS) to investigate all deaths reported by a psychiatric hospital or psychiatric unit that were the result of suicide or where the cause of death was reported as unknown. As a matter of public policy, MHAM supports the concept of requiring more extensive reporting of deaths that occur in psychiatric hospitals and in psychiatric units. MHAM also supports the reporting and the investigation of those deaths that occur in facilities and inpatient units.

YEAR IN REVIEW 2

We supported HB 5832. This bill, sponsored by Representative Mary Whiteford, would require the creation of crisis stabilization units. According to the Senate Fiscal Agency Bill Analysis, the bill would require DHHS to provide for certification of crisis stabilization units to provide crisis services in a community-based setting. MHAM supported this bill and believes that it will reduce the number of individuals who seek emergency psychiatric services from a hospital when their condition does not require inpatient psychiatric treatment and provides an option that is less restrictive. The crisis stabilization units create an additional option for community treatment for those who are experiencing an exacerbation of psychiatric symptoms.



We hosted the **2020 Virtual Tribute Celebration** where MHAM recognized two mental health champions in our state who have distinguished themselves as being advocates for some of the most vulnerable people in our state. We were pleased to recognize State Representative Mary Whiteford, and Jeff Patton, CEO of Integrated Services of Kalamazoo, for their work. The virtual event was hosted by RJ Cach, actor from southeast Michigan.

One of the public policy issues that MHAM has been actively involved with is preserving what is known as a medication "carveout" for certain medications in the Medicaid program. Psychotropic medications have been protected from prior authorization and step therapy, also known as "fail first", which means that a cheaper medication must be tried before the person can "step up" to the more expensive medication. MHAM and other advocates are working to codify protections in the law for psychiatric medications and medications for cancer, HIV/AIDS, organ replacement therapy and epilepsy/seizure disorder. Senate Bill 1036 was introduced by Senator Curtis Hertel and is currently in the Senate Health Policy Committee that is chaired by Senator Curt Vanderwall. MHAM is hoping that the protections will be codified into law so that all individuals with mental health conditions can have access to the medications that best meet their needs.

We reached out to people to learn what information people currently have about the integration of physical and behavioral healthcare in Michigan. Over the past five years, there has been talk at the State about ways to integrate behavioral health and physical healthcare for individuals with Medicaid who receive services from the community mental health system. MHAM created a survey that asks: Do you know what is meant by "integrated care?" And, do you want your healthcare to be "integrated?"

PHYSICAL **MENTAL**



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In November of 2020, MHAM hosted a town hall event called, **Coping in the Age of Uncertainty**. It was presented by Marianne Huff, LMSW, President and CEO of MHAM. The theme of the evening was ways to cope with the current challenges in our state and in our country.



Youth Suicide

Community

Conversation



In December of 2020, MHAM hosted a virtual community conversation about youth suicide. MHAM partnered with the Association for Children's Mental Health to talk about youth suicide that focused on: Help, Hope and Education. The goal was for youth with lived experience to be the speakers 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 also talked about how to identify suicidal behaviors in youth and young adults. This event was geared toward youth and their parents and supporters.

MHAM continues its monthly e-newsletter, "Letter from Lansing" that is distributed to anyone who requests it. The newsletter provides monthly updates about mental health public policy in our state and discusses other mental health related matters.



FINANCIALS

Receipts

United Way – Other	14,729
Mem/Legacies/Honor/Contributions	15,729
Grants/Contracts	56,385
Membership Dues	6,970
Transfers – Receipts	250,000
Tribute Dinner Income	4,500
Total Receipts	\$348,362

Expenditures

Salaries, Benefits & Payroll Taxes	130,394
Professional Fees	154,787
Supplies	315
Postage and Shipping	780
Printing & Publications	9,334
Telephone	2,096
Occupancy	9,527
Equipment/Rental/Maintenance	1,485
Meeting Costs	2,776
Organizational Insurance	5,240
Payment to NMHA	250
Travel	2,164
Tribute Dinner Expense	4,092
Total Operating Expenses	\$ 323,240

OPERATING INCOME/(LOSS)	\$25,122
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Mental Health Association in Michigan
MHAM

BOARD

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



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