

# Helping You Protect Your Mental Health



**Mental Health  
Association  
in Michigan**





# MHAM is Your Mental Health Advocate

## TO PROTECT MENTAL HEALTH & ACCESS TO EFFECTIVE TREATMENT OPTIONS

The statistics are staggering. One in four adults, one in five teens, and one in eight pre-teens experience mental illness in a given year. Less than half of adults with mental illness receive mental health treatment annually and 60% of children with depression get no treatment for their condition. Additionally, research verifies that minority populations have more difficulty accessing mental health services than the rest of the public. Mental illness is the #1 disability in the U.S. You may be someone affected by it.

MHAM is focused on making sure all treatment options are available when you need them. We advocate on behalf of all ages, sex, gender identity, race and socioeconomic status to help lawmakers and others understand the importance of providing the effective treatment and real support people need to live productive lives.

## Statewide Advocacy

### ACCESS TO AFFORDABLE & ACCOUNTABLE CARE

We are the oldest mental health advocacy organization in Michigan, working tirelessly to ensure public policy decisions give all ages the treatment options they need, that your rights are protected, and your family has the support it needs. MHAM has been a vocal critic of efforts to completely privatize Medicaid-funded treatment options and a staunch advocate for programs that connect people with therapies that work. We've seen the impact of decades of underfunding Michigan's mental health system. We're uniquely poised to advise lawmakers about what works and what doesn't. But we need more resources to carry on the mission.

#### With Support from MHAM:

1. Michigan Medicaid enrollees have open access to mental health medications as prescribed by their doctors (no administrative prior authorization or step therapy).
2. Legally competent adult recipients of public mental health services may inspect their treatment records.
3. The State is improving mental health care and continuity of care for incarcerated people and returning citizens.
4. State funding of local mental health courts began in 2009 and has expanded to many jurisdictions, encouraging treatment and reducing incarceration.
5. A recipient must be offered an opportunity to request mediation to resolve a dispute between the recipient and the community mental health services program.
6. Assisted outpatient treatment (AOT), court-supervised treatment within the community, has been expanded in Michigan.

## VISION

The Mental Health Association in Michigan envisions a community where individuals and families who experience mental illness will have ready access to a well-funded continuum of culturally sensitive, quality mental health services that meet their individual needs.

## MISSION

As an advocacy organization, MHAM promotes mental health

- by analyzing, shaping and influencing public policy
- by evaluating and enhancing services provided by others
- by fostering partnerships with stakeholders
- by providing education to reduce the stigma associated with mental illness
- by empowering people affected by brain disorders

**INFLUENCING POLICY**  
**ENHANCING SERVICES**  
**EMPOWERING PEOPLE**  
**REDUCING STIGMA**  
**FOSTERING PARTNERSHIPS**

**OVER THE YEARS, MHAM HAS WORKED  
DILIGENTLY TO ENSURE:**

- Access to quality behavioral health care is a priority for policymakers in the state of Michigan
- The voices of those who are receiving services for mental health and substance use disorders and those who love them are heard by policymakers
- Transparency and accountability in the provision of mental health services and supports
- Opportunity for consumers and families to grieve what they consider unfair planning and implementation of services and supports
- Quality mental health services by evaluating 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.
- Well-informed consumers and service providers by making available to the public, as well as providers and recipients of mental health services, educational literature and programming covering all aspects of mental health and mental illness.
- The promotion of mental health by influencing public policy, evaluating services, fostering partnerships with stakeholders, providing education and outreach, and empowering people affected by brain disorders.





## MHAM - ADVOCACY FOR MENTAL HEALTH

Advocacy is an important means of raising awareness on mental health issues and ensuring that mental health is on the agenda of governments. As an advocacy organization, MHAM promotes mental health by influencing public policy, evaluating services, fostering partnerships with stakeholders, providing education and outreach, and empowering people affected by brain disorders.

MHAM's Goals strive to advance the behavioral well-being and full potential of people, eliminate disparities in behavioral health services and treatment through policy reform, systems change and transformation, acquisition and distribution of resources, and consumer involvement.

MHAM will continue to:

- Monitor and influence public policy decisions at the state level that impact individuals with mental illnesses in Michigan with emphasis upon the public mental health system.
- Work toward the elimination of disparities in the treatment of mental health conditions by continually working toward mental health parity in Michigan.
- Support the work of the Partners In Crisis Advisory Board, whose work is focused on the interaction between mental illness and the justice system.
- Gather and interpret information about mental health problems and conditions to the public and individuals who shape public policy in Michigan.
- Evaluate a variety of public and private mental health services; make recommendations for improvements in these programs; and stimulate demonstration projects to link individuals to needed services.
- 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.



## Become a Member

Support MHAM's Mission by  
Becoming an Annual Member.

### CONSUMER \$20

Seniors, students, individuals and family members can stay informed about our work through our monthly *Letters from Lansing* newsletter.

### PROFESSIONAL \$100

Your services for people struggling with mental illness are critically needed and you are an important partner to our work.

### ORGANIZATION \$300

As a policy maker or business entity, you have a vested interest in our work.

### MHAM SPONSOR \$500

For individuals or organizations who recognize such a need in mental health that they wish to provide more and be noted as Sponsors of our work.



## Supporting Our Work

Our advocacy is multifaceted. It's a meeting with a legislator to explain the impact of a bill being introduced. It's evaluating the latest research on treatment options and evidence-based practices and training consumers and families on how to make the best use of existing laws. It's about teaching you how to advocate for yourself and/or your loved one. MHAM's work can eliminate the stigma that surrounds treatable mental health conditions with employers so their workforce can remain productive and efficient. You can make a difference by becoming a MHAM sponsor, organizational member, professional member, or a student, senior, family or consumer member.

While our goals are ambitious, they are necessary...and we know we can meet them through the continued generosity of our members and sponsors. Every dollar that we raise is going directly to increasing our capacity to serve and advocate for individuals and families who experience mental illness.

If you would like to become an annual member or sponsor, please go to: [mha-mi.com/members-sponsors](http://mha-mi.com/members-sponsors)



Affiliated with Mental Health America and partly supported by United Ways, MHAM was incorporated as a nonprofit entity under Michigan statutes in 1936 and holds 501(c)(3) tax-exempt nonprofit status under the Federal Department of Internal Revenue. MHAM is licensed to solicit charitable funds in accordance with Michigan law.

**PROTECTING MENTAL HEALTH**



## MENTAL HEALTH ASSOCIATION IN MICHIGAN CONTRIBUTION

*PLEASE MAIL THIS FORM TO MENTAL HEALTH ASSOCIATION IN MICHIGAN (MHAM)*

**I/We would like to support MHAM's mission by becoming an annual member or sponsor.**

- |   |       |
|---|-------|
| <input type="checkbox"/> Consumer Member      | \$20  |
| <input type="checkbox"/> Professional Member  | \$100 |
| <input type="checkbox"/> Organization Member: | \$300 |
| <input type="checkbox"/> MHAM Sponsor         | \$500 |

**You can also become a member, sponsor  
or make a donation at:**

**[www.mha-mi.com/members-sponsors](http://www.mha-mi.com/members-sponsors)**

**I/We would like to support MHAM's mission by making a contribution to the Mental Health Association in Michigan donor program.**

- |   |                 |
|---|-----------------|
| <input type="checkbox"/> MHAM Supporter | \$500+          |
| <input type="checkbox"/> MHAM Guardian  | \$1,000 or more |
| <input type="checkbox"/> MHAM Advocate  | \$5,000 or more |

☐ Personal Gift    or    ☐ Corporate Gift    (please check)

Company/Organization (if appropriate): \_\_\_\_\_

Names(s): \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Credit Card (Visa, Master Card, AMEX – please circle one)

CC#: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CSV#: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Email: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

☐ For donor recognition, I understand my name/company name will be listed as I have written above

☐ I wish to remain Anonymous

☐ My gift is in honor/memory of: \_\_\_\_\_

**Please make checks payable to: Mental Health Association in Michigan**

Questions about your membership or donation? Interested in making a planned gift?

Email MHAM President & CEO, Marianne Huff at [mhuffmham@gmail.com](mailto:mhuffmham@gmail.com)

**Mental Health Association in Michigan is a 501(c)(3) tax-exempt organization**

**Gifts are tax deductible to the extent provided by law**

**1100 West Saginaw, Suite 1-1B, P.O. Box 11118, Lansing, MI 48901 | ATTN: Support**





# Mental Health Association in Michigan

## HOW YOU CAN HELP

Our mission guides how we work, but we need your help. Your support is needed so the MHAM vision of a well-funded continuum of culturally sensitive, quality mental health advocacy services can become a reality.

In addition to memberships and sponsorship, our “Mental Health Association in Michigan” program recognizes donors who pledge to support MHAM with a gift of more than \$500. These supporters form the core of financial support for our growth plan and enable us to expand, confident that the fiscal needs for the services we offer will be met. These key donors support us at the following levels:

**Advocate:** A gift of \$5,000 or more enables MHAM to assist people with mental illness in leading more productive and autonomous lifestyles, and to promote mental health through service, advocacy, and education.

**Guardian:** A gift of \$1,000 or more enables MHAM to maintain financial performance necessary for the continuing provision of quality advocacy services.

**Supporter:** A gift of over \$500 enables MHAM to strive to assure that consumers receive services that are individualized, rehabilitative in nature and strength-based.

### Planned Giving

MHAM also gratefully accepts gifts through wills, life insurance, stock, and distributions from retirement plans. Please contact our development office for more information.

To support the people throughout Michigan we serve, please email the Development Office at:

### Mental Health Association in Michigan

1100 West Saginaw, Suite 1-1B

P.O. Box 11118

Lansing, MI 48901

P: 517.898.3907 | F: 517.913.5941

[www.mha-mi.com](http://www.mha-mi.com)



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@mha\_mi

The Mental Health Association in Michigan (MHAM) is a voluntary membership citizens' organization representing a broad base of people working together as an advocate for individuals with mental illness.

## **MHAM ADVOCATES FOR:**

- Improved care and treatment of persons experiencing mental illness.
- Prevention of mental illness.
- Promotion of positive mental health.
- Establishment of mental health care as a priority of the public.
- Funding for and provisions of services to all who need them.
- Eradication of prejudice and discrimination against persons experiencing mental illness.
- Elimination of bio-genetic causes of mental illness.
- Promotion of emotional well-being as an integral part of personal health maintenance.