



MHIA
Mental Health Association
in Michigan

2021 Annual Report

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From the President & CEO

As we continue to struggle with the pandemic and impact it has had upon the mental health and well-being of Michiganders, we have witnessed the interconnectedness of the mind and the body. With this in mind, we know mental health must be taken as seriously as is physical health. Today, we know this is

not the case. If we were treating mental health conditions and psychiatric crises with the same amount of energy we respond to physical health conditions and crises, then our policies and our practices would reflect this intention.

Unfortunately, in 2022 and beyond, we have a lot of work to do to ensure individuals with mental health conditions and crises are treated with the same urgency as are those who may be experiencing heart attacks or strokes. MHAM has developed a subcommittee of its Public Policy Committee focused on understanding more about the integration of physical and behavioral healthcare in our state. Improved care coordination for patients requiring both physical and mental health services could save our health care system billions annually while improving quality, outcomes, and patient lifestyle.

In addition to our advocacy work that supports our vision for equality, rights, the fair treatment and maximum quality of life for all those affected by mental illness, we have made a number of visible changes at MHAM.

- We have changed our mission statement. The new statement reads:

The Mental Health 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.

The new MHAM mission statement accurately describes our programs and activities and indicates the "why" in our purpose. The MHAM Board also decided to include individuals with substance use disorders in the new mission statement. Why? Because addiction is a mental health issue and many individuals who struggle with mental health conditions also experience challenges with substance use disorders as well.

- Our new website is up and running! www.mha-mi.com has a totally new look and user experience. With streamlined navigation, more resources on the homepage and an exciting new appearance, we hope to give the information you need with far less clicking and searching.

- When you visit the website, you will notice we have a brand new logo. MHAM is an affiliate of the Virginia-based Mental Health America and therefore we have closely aligned our logo with theirs to indicate our partnership.

We feel these changes are a vital component of keeping MHAM alive, growing and striving to reach our ultimate goals of improving care and treatment of mental illness, promoting positive mental health and bringing public health information and educational opportunities to as many people as possible.

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

Marianne Huff

Marianne Huff, LMSW
President & CEO
MHAM



What We Do

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 Mental Health Association in Michigan'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 has worked to expand and protect the rights of people with mental health conditions and improve the systems that serve them. We know effective policies are only created when all stakeholders play a part in the process, so we advocate to make sure mental health is always a part of the conversation.

MHAM's vision is for equality, rights, 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."

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 family members who may be struggling with different mental health challenges. The expert panel will discuss how to help overcome the stigma associated with mental illness, share practical solutions that can help us improve our mental health, and share best resources available on the topic.

One of MHAM's priorities is to bring more programming services to constituents providing information and coping strategies around common struggles affecting mental health.

Year In Review



MHAM

- was instrumental in helping Senate Bill 412 pass through the legislature to become law. Senate Bill 412 protects five classes of drugs from prior authorization and step therapy for beneficiaries with Medicaid. This includes psychotropic medications; drugs for epilepsy (seizures); drugs for Cancer; HIV/AIDS and immunosuppressant therapy drugs. MHAM worked collaboratively with a group of stakeholders throughout 2021 including advocacy organizations, medical providers and pharmaceutical companies on this bill.
- completed an integrated care study that included the distribution of a survey that asked questions of the general public about integrated care and overall attitudes and understanding about what integrated care is and is not.
- has been working collaboratively with advocacy organizations, legislators and policymakers to address the ongoing crisis that exists in children's services across the state, with particular focus on the public mental health system and children/youth/families that have more significant behavioral health conditions.
- completed an integrated care study that included the distribution of a survey that asked questions of the general public about integrated care and overall attitudes and understanding about what integrated care is and is not.
- worked with a Graduate student at Oakland University's school of public health on both the integrated care project and on a report that detailed the way that deaths at inpatient psychiatric units and psychiatric hospitals appeared to be inappropriately investigated when a patient died within a certain amount of time upon discharge from the Unit.
- held webinars about mindfulness with Otsuka Pharmaceuticals including a presentation about Mindfulness. Other webinars included Improvisation and Mental Health; a community conversation about suicide; Schizophrenia; Patient Empowerment to Improve the Quality of Patient Care in Psychiatry.
- became a directorship organization in 2021. This enables MHAM to quickly respond to vital issues that directly impact our mission.



In October, MHAM held an annual Tribute Dinner that honored two Michigan mental health and criminal justice champions: Dr. Sheryl Kubiak, Dean of and a Professor in the Wayne State University School of Social Work and Founding Director of the Center for Behavioral Health and Justice and Sheriff Jerry Clayton of Washtenaw County.

Representative Mary Whiteford participated in a virtual public policy roundtable discussion with MHAM members, Board of Directors, and members of the Partners in Crisis Advisory Board about her bills (HB 4925-4929) that will eliminate the Prepaid Inpatient Health Plans (PIHPS) and replace the 10 PIHPS with a single, statewide administrative services organization. Her bill package also creates a behavioral health oversight council and preserves the current behavioral health carveout.

MHAM has established a Youtube channel and has posted over 18 videos and webinars.

MHAM continues to work collaboratively with other organizations, such as the Michigan State Medical Society, to look at ways to help the state of Michigan develop a common strategy for the integration of all health care, public and private, wacross the state. Michigan is one of the few states in the country that lacks statutory or legal guidance regarding integrated care.

MHAM is working with other statewide advocacy organizations on mental health public policy issues that impact individuals with mental health conditions and addictions and individuals with ID/DD and Autism spectrum disorders.

MHAM 2021 Webinars



MENTAL HEALTH MATTERS





Financials

Receipts

United Way – Other	25,002.89
Mem/Legacies/Honor/Contributions	45,384.47
Grants/Contracts	67,732.45
Membership Dues	7,965.00
Transfers – Receipts	235,000.00
Tribute Dinner Income	4,175.00
Total Receipts	\$385,259.81

Expenditures

Salaries, Benefits & Payroll Taxes	210,765.91
Professional Fees	107,601.04
Supplies	475.76
Postage and Shipping	199.13
Printing & Publications	3,515.17
Dues & Subscriptions	9,016.41
Telephone	2,172.01
Occupancy	10,898.83
Meeting Costs	1,124.54
Organizational Insurance	4,373.50
Payment to NMHA	0.00
Travel	2,454.25
Tribute Dinner Expense	5,313.72
Total Operating Expenses	\$357,910.27
OPERATING INCOME/(LOSS)	\$27,349.54

Board Of Directors



Arlene Gorelick, MPH, Board Chair, Southfield

Ben Robinson, Vice Chairperson, Harbor Springs

Oliver Cameron, PhD, MD, Treasurer Pro Tem, Ann Arbor

David Gruber, ESQ, Secretary Pro Tem, Lansing

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