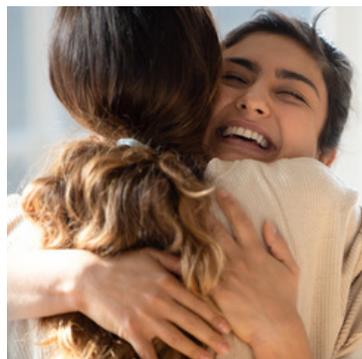


2023

Annual Report



MAMH
Massachusetts Association
for Mental Health



MAMH.ORG
+617.742.7452
50 Federal Street
6th Floor
Boston, MA 02110



 facebook.com/MentalHealthMA

 [@MentalHealth_MA](https://twitter.com/MentalHealth_MA)

THANK YOU TO OUR BOARD



Clifford Beers started a national and international mental hygiene movement in 1905 and led the establishment of MAMH in 1913

GOVERNING BOARD OF DIRECTORS

- | | |
|------------------------------|--------------------------|
| Barry B. White, Board Chair* | Teresa Kinsella* |
| Joseph T. Baerlein | Stuart Koman, PhD |
| Paul J. Barreira, MD | Michelle McGee |
| James T. Brett* | Molly Miller |
| Pat Cerundolo* | Alfred A. Minahan |
| Martin Cohen | Gerald J. Morrissey, Jr. |
| Rachelle Cohen | William Mosakowski |
| Jack Corrigan | Christopher Pilkington |
| Kenneth Duckworth, MD | Maureen Pompeo* |
| Joseph D. Feaster, Jr.* | Clifford Robinson* |
| Marcia Fowler | Thaleia Schlesinger* |
| Paul Guzzi* | David Shapiro |
| Mary Jeka | Paul Summergrad, MD* |
| Peggy L. Johnson, MD | Susan Tracy* |
| Joseph P. Kennedy III* | Eleanor G. White |
| William Kilmartin | Anne Whitman |

*Designates Executive Committee membership

COMMUNITY BOARD OF ADVISORS

- | | | |
|-----------------------------|--------------------------|-----------------------|
| Paul Guzzi, Co-Chair | Nicholas Federoff | Nancy Nager |
| Clifford Robinson, Co-Chair | Heidi Finnegan-Ellard | Frank Ollivierre |
| Thomas Barker | Robert D. Fleischner | Sandra Pimentel |
| Paul J. Barreira, MD | Marion Freedman-Gurspan | Jeanie Quirk |
| Michael R. Benezra | Herbert Friedman | Kate Rennie |
| Kathleen Betts | James A. Hooley | Delia Rissmiller |
| Bruce Bird, PhD | Reginald L. Jackson, PhD | Laura Rood |
| Bernard J. Carey | Martin J. Kelly, MD | Joy Rosen |
| Mary Cassesso | Linda F. Lanton | Peter J. Scanlon, PhD |
| Katherine Craven | Richard C. Lord | Joan Taglieri |
| Maria Depina | Kevin Martone | Howard Trachtman |
| Michelle Donohue | Karen Miller | Patricia Wada |
| Daniel Driscoll | Alfred A. Minahan | Anne Whitman |
| | Carole Montgomery | |

MAMH BOARD REORGANIZATION



The MAMH Board is comprised of two separate, cooperative bodies. The Governing Board of Directors determines the organizational mission and purpose, strengthens programs and services, and ensures resources are adequate to advance goals. The Community Board of Advisors leads the policy and program direction of MAMH's work.

Special thanks to members of the MAMH Board committees, including the Friend & Leader Planning Committee, Nominating Committee, and others for their work and dedication this year to ensure the success of MAMH.

FROM MAMH LEADERSHIP



Making a difference, this year and for the long run

Each year, as we prepare our Annual Report to our Board, funders, and other partners, we are grateful for the opportunity to reflect on the impact of our work. Our supporters and staff work tirelessly to advocate for policies that support people living with mental health conditions and their families, share information and resources to help residents of the Commonwealth better understand and maintain their mental health, and fight discrimination and inequities in the health system.

Although our reports are annual, our work and impact have a much longer lifespan - and in many ways, 2023 is the culmination of a decade of work. That is because this year, Massachusetts launched a groundbreaking new approach to the delivery of mental health services focused on the critical goal of **improving timely access to an array of services and supports** for every resident of the Commonwealth, regardless of insurance status or where they live. This significant reform is the result of many years of planning, strategy, and advocacy by MAMH, its advocacy partners and supporters, and dedicated policy makers. Among numerous care system improvements, Massachusetts now provides:

- A new **Behavioral Health Help Line** offering 24/7 live support for people looking for mental health services, with a warm hand-off to an available provider
- A statewide network of 26 **Community Behavioral Health Centers (CBHCs)**, with standing capacity to provide same-day assessment, psychiatric consultation, crisis care, and referral to services
- 60 new **behavioral health urgent care centers**, with extended hours and the capacity to provide same-day assessments and support for emerging behavioral health needs before they become a crisis

In the pages to follow, you'll see a snapshot of other MAMH work this past year - from securing funding for **housing an additional 284 individuals** with mental health conditions, to supporting implementation of **school-based behavioral health urgent care in 22 schools**, to leading coalitions to support funding for **13 older adult mental health outreach teams across 135 communities** in the Commonwealth. We are privileged to do this work, and we know that our impact will be measured not by the number of bills passed but by the number of people whose lives are improved - not just this year but for years to come.

We are in this for the long run, and we know that you are, too. We are grateful for your leadership and support, and we look forward to continuing to work with you to build a better future for people living with mental health conditions and their families.

Danna Mauch, PhD
December 2023

Ambassador (ret.) Barry White
December 2023

GOAL 1

SERVE AS AN EFFECTIVE CHANGE AGENT TO ADVANCE THE BEHAVIORAL HEALTH SYSTEM



Massachusetts State Budget

The **FY24 State Budget** includes a significant funding increase to invest in the Commonwealth's behavioral health workforce, provide resources for refugees and people involved with the criminal legal system, and reduce the number of people who are "boarding" in hospital emergency departments while waiting for therapeutic care. MAMH played a key part in planning, advocating for, and securing many of these initiatives and investments. Highlights of the results of our advocacy include:

1,225

Adults received ED diversion services in the community through the program between July, 1 2022 and February 10, 2023.

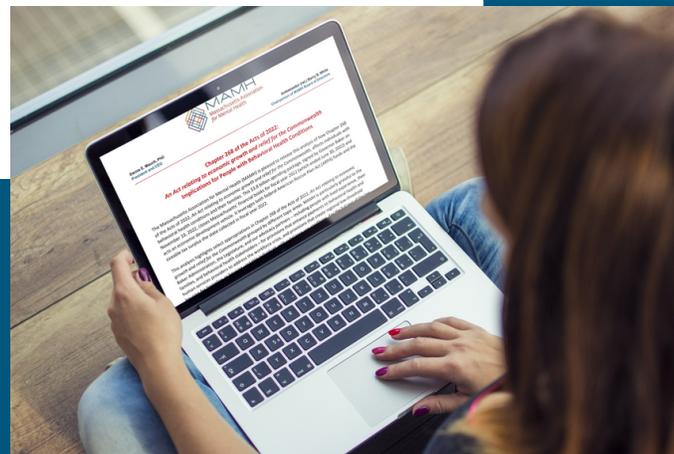
- \$15.25M, an \$11.25M increase from FY23, for the DMH **adult emergency (ED) diversion initiative**;
- \$100M for **student loan repayment assistance** for mental and behavioral health professionals;
- \$25M for **scholarships**, \$25M for **stipends** to support unpaid required clinical hours, and \$20M for a **clinical supervision incentive program**, all of which prioritize the recruitment and retention of a **culturally and linguistically diverse behavioral health workforce**;
- \$300K for the **Refugee Health Promotion program** to expand behavioral health and wellness programming;
- \$4M to expand the **Safe Haven supportive housing program** in a geographically equitable way;
- \$1.275M for MAMH and the BIRCh Center to continue collaborating on the **School Mental Health Technical Assistance Center** to support school administrators, teachers, and staff;
- \$1.25M for the continuation of a pilot program to establish the **Middlesex County Restoration Center**; and
- \$250K to the Department of Insurance to supplement its staff for implementation and enforcement of **mental health parity protections** established in the Mental Health Omnibus Law.



The MAMH policy team regularly publishes **briefs, analyses, white papers, and other resources**. These documents summarize legislation, evaluate the impact on people with behavioral health conditions and their families, and build the case for reform.



Learn more on the MAMH website by following the QR code above.



GOAL 1

SERVE AS AN EFFECTIVE CHANGE AGENT TO ADVANCE THE BEHAVIORAL HEALTH SYSTEM



SAFE, AFFORDABLE HOUSING

Massachusetts urgently needs to provide prompt and effective responses to individuals with disabling mental health conditions who are experiencing **chronic homelessness and housing instability**. Permanent housing is critical to both engaging in effective treatment and achieving and maintaining recovery. Significant investments were made in safe and affordable housing programs in 2023.

The Department of Mental Health's (DMH) Rental Subsidy Program (RSP) is a rental voucher program designed to help those living with severe and disabling mental health conditions who are experiencing homelessness and are DMH clients. In 2023, MAMH led advocacy resulting in **\$4M in additional funding for the DMH RSP** in FY24, the **largest increase in funding** for the program in recent history. This increase will help approximately **284 new individuals**, addressing a sizable portion of the need.

284 

Increased funding for the DMH Rental Subsidy Program means that 284 people with mental health conditions now have safe, secure housing to support their recovery.

Safe Havens is a "housing first," supportive housing model that provides an alternative to homelessness or shelter placement for people not served well by other housing services, often due to histories of trauma and disabling mental health and substance use conditions. This year, MAMH led a coalition of 17 organizations – representing community mental health agencies, housing advocates, mental health advocates, people with living experience, and disability rights advocates – in budget advocacy efforts to promote the expansion of the Safe Haven program.

With leadership from Rep. Lindsay Sabadosa and Sen. Jo Comerford, **funding for six new Safe Haven programs** was included in the FY24 state budget. This investment brings the total number of Safe Haven programs in the Commonwealth from 14 to 20.

The creation of these new Safe Haven programs will bring the model to new, underserved areas of the state, advancing geographically equitable access to supportive housing.



MAMH @MentalHealth_MA · Apr 25
Housing is a core part of supporting a person's #mentalhealth. Safe Havens and the @MassDMH rental subsidy program support housing for people with severe & disabling mental health & #substanceuse conditions. Take action: bit.ly/3mXCDvJ
cc: @SabadosaMA @seangarbaileyMA



GOAL 1

SERVE AS AN EFFECTIVE CHANGE AGENT TO ADVANCE THE BEHAVIORAL HEALTH SYSTEM



CRIMINAL LEGAL SYSTEM REFORM

People with mental health conditions are significantly overrepresented in every aspect of the criminal legal system. MAMH aims to ensure that they receive the treatment they want and need, that services are provided in a way that is fair and respectful, and that support is available to ensure successful re-entry into the community. Advocacy efforts in 2023 include urging reforms at Bridgewater State Hospital, improving the process by which people are evaluated for competency to stand trial, and improving services under Section 35 involuntary commitment.

Bridgewater State Hospital (BSH) serves men with serious psychiatric needs who have pending criminal charges or convictions or who have been found not guilty by reason of insanity. It is the only forensic hospital in the United States that is run by a state Department of Corrections, rather than the Department of Mental Health. In 2023, MAMH joined with other advocacy partners to urge the legislature to transfer the authority of BSH from the Department of Correction to the Department of Mental Health, including sponsoring a legislative briefing and issuing a policy paper providing recommendations for specific reforms. These efforts helped secure funding in the FY24 Capital Investment Plan to research options to serve patients in a more therapeutic environment.

Forensic evaluations of criminal defendants' **competency to stand trial** (CST) are increasing across Massachusetts. This situation puts an additional strain on the mental health system as forensic patients fill continuing care psychiatric beds, contributing to the problems of emergency department boarding of psychiatric patients. To address this crisis, MAMH is advocating for legislation enabling individuals to receive competency and criminal determinations in community-based settings.

Massachusetts is one of more than 30 states that allow civil commitment of an individual who has an alcohol or substance use condition and poses a risk of serious harm to themselves or another person (known in Massachusetts as **Section 35**), but it is the only state that allows commitment to a prison or jail, rather than a therapeutic environment. MAMH continues to advocate for legislation to ensure that all men and women subject to Section 35 court orders receive services in non-carceral, health care facilities. Equally important, MAMH continues to support safe consumption sites, low-threshold housing, and expansion of voluntary substance use treatment services that provide person-centered care and use peer supports.

MIDDLESEX COUNTY RESTORATION CENTER

The Middlesex County Restoration Center Commission, co-chaired by Middlesex County Sheriff Peter Koutoujiam and MAMH's Danna Mauch, moved from planning to implementation with the selection of a vendor to develop and operate a center to provide behavioral health services to individuals in mental health or substance use crisis. The center will offer a critical alternative to hospitalization, arrest and incarceration for people with behavioral health conditions in New England's most populous county. The announcement of the vendor, expected in early 2024, will be the culmination of years of research, planning, and advocacy by the Commission.

GOAL 1

SERVE AS AN EFFECTIVE CHANGE AGENT TO ADVANCE THE BEHAVIORAL HEALTH SYSTEM



LEGISLATIVE STUDIES

Of the millions of 911 calls made nationally each year, between 5 and 20 percent involve situations related to a behavioral health crisis. Dispatchers, in most situations, direct law enforcement to respond, despite research that shows that police practices such as bright lights, loud voices, and the use of restraints can escalate the crisis. A system in which law enforcement is the default to a behavioral health crisis increases the potential for adverse outcomes, including trauma, involuntary hospitalization, arrest, and physical harm.



MAMH was selected to lead two studies mandated by the Massachusetts Legislature assessing the potential to divert behavioral health 911 calls to alternative responses. MAMH worked closely with the Technical Assistance Collaborative to produce the studies, which include recommendations to create a safer, more effective crisis system.

Massachusetts 911 Call Study

Communities around the country are exploring alternatives to police response, but effective implementation requires identifying and assigning calls that are appropriate to be answered by non-police responders. Within Massachusetts, each community established and implements its own infrastructure and protocol for receiving and dispatching calls.



The MAMH study focuses on how 911 calls are dispatched across the Commonwealth and whether some calls can safely be dispatched to non-police responders, such as behavioral health providers or trained community responders. The report recommends a standardized framework and coding definitions, training, and outcome metrics across 911, the 988 Suicide and Crisis Lifeline, the Behavioral Health Help Line, and other help lines.

Crisis Services in the Commonwealth

Another legislative study, prepared by MAMH for the Community Policing and Behavioral Health Advisory Council, provides a comprehensive review and evaluation of existing crisis intervention, alternative emergency response, and jail diversion models. This study recommends establishing a single governmental entity to coordinate crisis responses at the state and regional levels. The study notes that successful implementation depends on having a competent, well-trained workforce, and it recommends creating a statewide behavioral health workforce strategy.



GOAL 1

SERVE AS AN EFFECTIVE CHANGE AGENT TO ADVANCE THE BEHAVIORAL HEALTH SYSTEM



OLDER ADULT BEHAVIORAL HEALTH

MAMH is committed to promoting behavioral health and wellness across the lifespan. With generous support from the Point32Health Foundation, MAMH hosts the Older Adult Behavioral Health Network (OABHN) to increase the visibility of older adult behavioral health through advocacy, workforce development, and public information. During this past year, OABHN has:

- Hosted an annual conference for the older adult and behavioral health workforce. This year's conference focused on **different cultural frameworks** for mental health and aging;
- Collaborated with a range of cross-disability and aging advocates to **expand community-based options for services for older adults**, including older adult peer specialists;
- With the Medicare Addiction Parity Project at the Legal Action Center, published **recommendations for using opioid settlement funds to support older adults** on the John Hopkins University opioid settlement funds website; and
- Co-facilitated **Mental Health Matters** with AARP Massachusetts, a public education event on geriatric psychiatry screened at senior centers and at home.



ADVANCING EQUITY

MAMH's commitment to diversity, equity, and inclusion (DEI) is at the heart of all our work, including research and policy analysis, advocacy, and initiatives to expand public understanding of mental health. For example:

- Through OABHN's DEI Committee, MAMH led research to better understand and address barriers to **equity and culturally responsive services within state-funded Elder Mental Health Outreach Teams (EMHOTs)**, resulting in changes to the EMHOT procurement process.
- MAMH's participation in statewide initiatives to expand the behavioral health workforce prioritizes **recruitment and retention of a diverse, qualified workforce** of providers who can meet the cultural and linguistic needs of people seeking services and their families, with a focus on supporting providers of color.

GOAL 2

DISSEMINATE KNOWLEDGE AND EDUCATE POLICY MAKERS AND THE PUBLIC TO END DISCRIMINATION



ADVOCACY COMMUNICATIONS

Learn more and request a training



Communicating effectively helps us build and shape support for mental health policies and programs that work. **Framing issues in ways that tap our audience's innate optimism, empathy, and shared values helps us advocate successfully for change.** But effective framing is not always intuitive, and it's easy to inadvertently undermine advocacy goals with communications that lose sight of the big picture.

With generous support from the Helen Ladd Brackett Trust, MAMH teamed up with the FrameWorks Institute to develop a **training and toolkit** offered free of charge to mental health advocates and others who support self-determination and person-centered services for people with mental health conditions. The training is designed to help shift from a narrative that focuses on risk and vulnerability to one that emphasizes self-determination, choice, and effective, evidence-based policies and programs. The training will help advocates learn to:

- Frame mental health as something that deserves a shared community commitment;
- Share their own vision for an effective, well-functioning mental health service system;
- Connect cause and consequence to build understanding and support; and
- Emphasize choice across the service system.

I LIVE THIS

Through a partnership between MAMH and the Kiva Centers, ***I Live This: Transforming Mental Health through Personal Connection*** explores the way people draw on their personal experience to support others, innovate, and advocate for change. In this **podcast series**, listeners hear from those with "living experience," learn about the different ways that individuals provide peer support in their work, and better understand the value of personal connection.

With episodes released each week during the 2023 *May is Mental Health Month*, guests discussed the intersection of mental health and a variety of topics, such as creative expression, peer-led models to support people with "too much stuff," eating disorders, homelessness, the criminal legal system, and the sexual and reproductive health of people who identify as LGBTQ+.



"The moments in which I felt my life completely flowed - where things just fell into place - they were precipitated by moments where I really trusted my intuition and trusted what felt true for me."

- **YVONNE CASTANEDA**
- LCSW, Part Time Faculty Member and Director of
- Community-Based Initiatives at Boston College School
- of Social Work, and Author of "Pork Belly Tacos with a
- Side of Anxiety"

GOAL 2

DISSEMINATE KNOWLEDGE AND EDUCATE POLICY MAKERS AND THE PUBLIC TO END DISCRIMINATION



MENTAL HEALTH LITERACY

MAMH has long advocated that students should have information and resources to better understand, maintain, and promote their mental health. We will continue to pursue legislation to make age-appropriate mental health education part of K-12 health education requirements and pursue initiatives that reach students across Massachusetts, wherever they are in their mental health journeys.

Mental Health Education Resources

Our website includes a section providing **mental health resources for students and their parents, caregivers, and supporters**. These student resource pages provide a place where mental health subjects and challenges are explained and addressed plainly and without stigma. The links to written articles and books, videos, podcasts, apps, and other resources enable students to understand, explore, and improve upon their mental health and empower them to lead healthy lives.

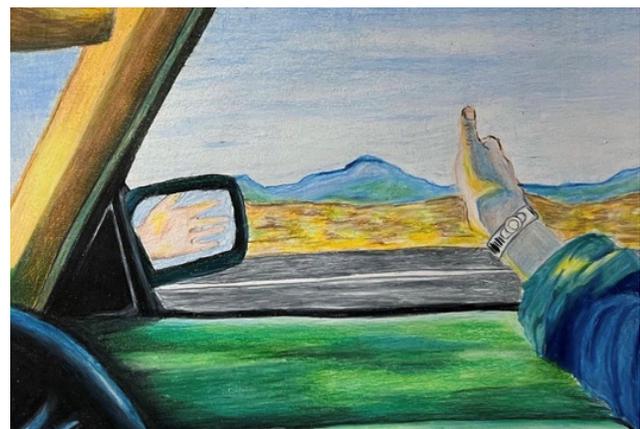


Youth Expressions Contest

May is Mental Health Month! To celebrate, MAMH partnered with the Massachusetts Health Council for our fourth annual **Mental Health Matters: Student Expression Contest**. This annual event is designed to promote wellness and inspire students to explore ways to support their own mental health. Students from all over Massachusetts submitted original artwork emphasizing the importance of being aware of our own mental health and supporting the people around us with simple gestures and expressions of empathy.

MAMH @MentalHealth_MA · Aug 23

As the new school year approaches, it's the perfect time for students & families to start building skills & learning about resources to take care of our #mentalhealth. Find mental health mini-lessons here: mamh.org/education/mhed...



GOAL 2

DISSEMINATE KNOWLEDGE AND EDUCATE POLICY MAKERS AND THE PUBLIC TO END DISCRIMINATION



SCHOOL MENTAL HEALTH

Schools have increasingly become the locus of mental health service delivery for children and adolescents. With research showing that school-based mental health services can improve access to care and may be linked to better mental health outcomes, schools have tried to increase the number of resources provided at their locations. However, child and adolescent mental health has significantly worsened during the pandemic. This trend, coupled with behavioral health provider shortages and provider burnout, has led to demand for mental health services far outweighing supply.

School Behavioral Health Urgent Care

Seven Community Behavioral Health Centers (CBHCs), each partnered with a school or schools, began providing services in 2023 under MAMH's grant program, **Facilitating Student Access to Pediatric Behavioral Health Urgent Care**. With funding support from Mass General Brigham, the Charles F. and Beatrice D. Adams Charitable Trust, and the American Endowment Fund, these CBHCs and their school partners aim to make a difference by providing timely, effective services of the right intensity to students experiencing an emerging behavioral health need.

Each grantee team collaborates with one or more schools to provide same-day, on-site assessments for students and to implement key components of pediatric behavioral health urgent care, including referrals for ongoing or out-of-school care, extended hours, and 24/7 access to crisis services, if needed.

The services are designed to provide an **effective alternative to the use of police or 911 crisis calls for students in emotional distress**; minimize emergency department visits that can be better addressed with earlier, less intensive interventions; and minimize school expulsions, suspensions, and absences due to behavioral health concerns.

Tele-Behavioral Health in Schools

The use of telehealth, especially tele-behavioral health, has increased significantly, expanding access to mental health services for some students. With funding from the Massachusetts Department of Health, MAMH is leading research to **identify key components of effective models** for replication across the Commonwealth. An Advisory Council provides guidance in developing an environmental scan of current practices, identifying policy changes needed to support effective implementation of tele-behavioral health, and providing recommendations for next steps and advocacy.

3X

Children are 3 times more likely to access mental health services if provided in school compared to a clinic, and 6 times more likely to complete treatment if it is provided in school.



Jaycox et al., 2010

GOAL 2

DISSEMINATE KNOWLEDGE AND EDUCATE POLICY MAKERS AND THE PUBLIC TO END DISCRIMINATION



COMMISSION & GROUP INVOLVEMENT

MAMH is an active member of several philanthropic and public commissions, committees, and working groups. Many of these collaborations produce important research, communication, and advocacy results.

988 Commission
Behavioral Health Help Line (BHHL) Advisory Council
Blue Cross Blue Shield of Massachusetts Foundation
Behavioral Health Advisory Committee
Bridgewater State Hospital Reform Coalition
Cambridge Health Alliance (CHA) Population Health
Advisory Council
CEO Alliance for Mental Health ●
Children's Behavioral Health Advisory Council
Children's Mental Health Campaign ★
Community Behavioral Health Promotion and Prevention
Commission
Dignity Alliance Massachusetts
Global Alliance for Behavioral Health and Social Justice
Health Policy Commission Advisory Board
Lift Our Kids Coalition
MARCH Coalition (Mass and Cass)
Massachusetts Coalition for Suicide Prevention (MCSP)
Massachusetts Fail First Coalition
Massachusetts Housing and Shelter Alliance (MHSA)
Massachusetts Law Reform Institute - Health Care Working
Group
Massachusetts Mental Health and Substance Use Parity
Coalition
Massachusetts Peer Workforce Coalition
Massachusetts Public Health Association

Massachusetts Rx Drug Affordability Coalition
Massachusetts Task Force to End Loneliness and Build
Community
MassHealth and Justice Involved Coalition
Mental Health America Affiliate
Mental Health Coalition
Mental Health Technology Transfer Center (MHTTC)
Network National Advisory Board
MGH Center of Excellence for Psychosocial and
Systemic Research
Middlesex County Restoration Center Commission ▲
Network of Care Massachusetts Steering Committee ■
Older Adult Behavioral Health Network (OABHN) ■
PCORI Burnout to Balance (B2B) Project Advisory Group
Restrictive Housing Oversight Committee
Ruderman Mental Health Advisory Committee
School-Based Behavioral Health Advisory Board
State Mental Health Planning Council ▲
● Older Adult Mental Health Collaborative
● Housing Subcommittee
Stop the Shock Coalition
Supported Decision Making Coalition
Supportive Housing Pipeline Coalition, United Way
Mass Bay
Trauma-Informed Hampshire County Steering Committee
We Work for Health

● Founding Member
★ Executive Committee

▲ Co-Chair
■ Chair



GOAL 3

INCREASE INCLUSION AND ENSURE ACCESS TO EFFECTIVE SERVICES



NETWORK OF CARE MASSACHUSETTS

Network of Care Massachusetts (NoC MA), launched in March 2020, helps Massachusetts residents of all ages with mental health and substance use needs find information about resources in their communities. In 2023, the MAMH NoC MA team:

- Supported the **MA Behavioral Health Help Line (BHHL)** by **training call center staff** and serving as one of the main resources for operators;
- Collaborated with various partners during Mental Health Awareness Month to distribute materials to more than **580 libraries** promoting NoC MA and the BHHL;
- Maintained the **Culturally Responsive Behavioral Health Hub**, which provides Black, Latinx, Asian-American, and other people of color information on online support groups, local and national organizations, therapist directories, culturally responsive clinics and programs, and wellness resources; and
- Increased visits to the NoC MA site by 68% year over year, amounting to **1,281 average daily page visits**. Top keywords in searches for 2023 included: therapist, therapy, psychiatrist, mental health, and psychologist.

NoC MA is migrating its service directory database to the BHHL. MAMH staff regularly collaborate with the Massachusetts Behavioral Health Partnership, BHHL staff, DMH staff, and the new BHHL technology vendor to facilitate a smooth and successful transition.

881,774

Total visits to Network of Care Massachusetts from its launch in 2020 through December 1, 2023.

MAMH @MentalHealth_MA · Aug 1
Self-help & peer support groups connect people with specific life experiences or conditions with others to share information & support. [#NetworkofCareMA](#) includes over 200 listings for peer support & self-help groups across the Commonwealth. Find support: bit.ly/3gN6dAj



MAMH ONLINE: COMMUNICATIONS GROWTH IN 2023

MAMH increased our social media presence and engagement, expanding our communications and advancement activities. In 2023, MAMH:

- **Increased our X (formerly Twitter) followers by nearly 8%**, with more than 52,000 impressions;
- **Increased our Facebook new likes and followers by almost 20%** compared to 2022;
- Had a nearly **40% increase in LinkedIn followers** compared to 2022, with almost 200 post link clicks and 1,700 post interactions;
- Engaged 200 advocates and supporters who collectively **sent over 260 emails to legislators** during the first half of the 2023-2024 legislative session in response to Action Alert communications; and
- Shared research, knowledge, and advocacy updates through videos, podcasts, blogs, and more at MAMH.org.

Follow MAMH on X (formerly Twitter) @MentalHealth_MA, and find us on Facebook and LinkedIn.



FRIEND & LEADER 2023



MAMH's annual Friend & Leader Award Dinner salutes leaders whose work contributes to progress in awareness, health promotion, prevention, and effective treatment for children and adults affected by mental and behavioral health challenges throughout Massachusetts. This year, we once again honored individuals whose work supports mental health and wellness for youth across the Commonwealth.

FRIEND & LEADER AWARD RECIPIENT

Michael Curry

Michael Curry, Esq. serves as President and CEO of the Massachusetts League of Community Health Centers. Known as the "equity voice in the room," Michael works to address disparities and promote health equity. With over 30 years of experience and results in civil rights advocacy, health reform, and health equity, Michael has served on multiple work groups, boards, and legislative taskforces.



SPIRIT OF COMPASSION AWARD RECIPIENT

Lyndia Downie

Lyndia Downie has served as Pine Street Inn's President and Executive Director since 2000 and on Pine Street's staff for nearly 40 years. As a result of her leadership and vision, Pine Street is the largest provider of permanent supportive housing for individuals and families moving out of homelessness in New England.



YOUTH MENTAL HEALTH ADVOCACY AWARD RECIPIENT

Kevin Churchwell, MD and Boston Children's Hospital

Kevin B. Churchwell, MD, is the President and CEO of Boston Children's Hospital. As an advocate for equity, diversity, and inclusivity (EDI), Dr. Churchwell is responsible for establishing three of the eleven Offices of Equity and Inclusion at hospitals across the U.S. and Canada. His EDI advocacy includes ensuring equitable access to mental health care for all children by substantially broadening and strengthening Boston Children's mental health care services.



FINANCIAL STATUS

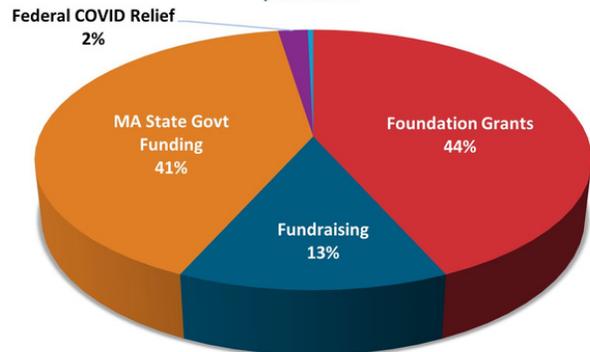


FISCAL YEAR 2023 REVENUE, SOURCES, AND USE OF FUNDS

FY23 MAMH revenue from all sources continued to grow.

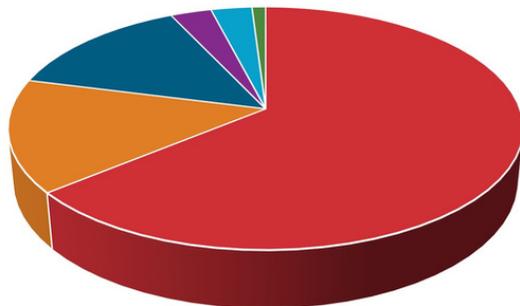
MAMH revenues increased by more than \$2.69M over the FY22 total, primarily due to receipt of **new grants and expanded state government funded initiatives.**

FY23 REVENUE BY SOURCE
\$4.706M



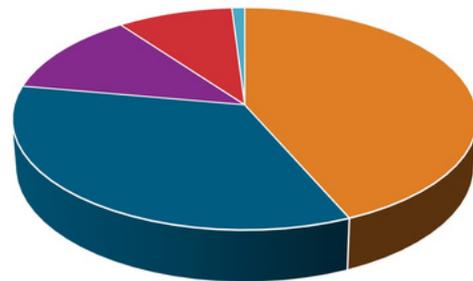
FY23 MAMH GRANTS: \$2.04M

By Focus Area



- Child & Adolescent BH Services (64%)
- Network of Care (15%)
- Child & Adolescent BH Prevention (14%)
- Older Adults (3%)
- Expanding Access to MH (3%)
- Operations (1%)

FY23 EXPENSES BY USE CATEGORY
\$3.58M



- Human Resources: Salaries and Fringe Benefits (43%)
- MAMH Sub-Grants & Contracts for Programs (34%)
- General Operating Costs (12%)
- Professional Services: Financial & Policy (9%)
- Conferences and Meetings (1%)

MAMH draws upon the respective strengths of MAMH and its grant partners to move the needle on behavioral health reform in a number of key focus areas (see above).

MAMH expenditures in FY23 were significantly higher than FY22, aligning with the increase in revenues and reflecting, in large measure, the re-distribution of MAMH grant funds to eligible programs serving children and adolescents.



With generous financial support from the **Mosakowski Family Foundation**, MAMH is launching a project to establish **structured peer support groups for middle school and high school youth** in Boys and Girls Clubs located in economically disadvantaged communities. Groups will be supervised by clinical staff and facilitated by adults trained in peer group facilitation protocols. Groups are planned to begin meeting in 2024.

MAMH TEAM

PRESIDENT AND CEO



Danna Mauch, PhD

As **President and CEO of the Massachusetts Association for Mental Health**, Danna Mauch brings organizational leadership, operations management, evaluation research, and strategic consulting experience gained in private and public sector enterprises to achieving MAMH's vision, mission, and goals. Dr. Mauch has a long career in public service. Her population-focused work addresses a broad range of at-risk and vulnerable groups of children, adults, and older adults. She is a published author of government and foundation reports, book chapters, and journal articles on the organization, financing, and delivery of care to vulnerable populations.

ADMINISTRATION AND FINANCE



Nicola Holness, MBA

Nicola Holness, **Director of Administration and Finance**, leads and manages all aspects of MAMH's administrative operations and fiscal management. She also plays a significant role in external relationships with government, health organizations, professional societies, stakeholder organizations, and the community-at-large. Nicola brings to her role two decades of increasingly senior experience, spanning a wide range of management functions. Her expertise lies within strategic planning, grants management, financial management, personnel management, and administrative operations.

PUBLIC POLICY AND GOVERNMENT RELATIONS



Jessica Larochelle, SM



Jennifer Honig, JD

As **Co-Directors for Public Policy and Government Relations**, Jessica Larochelle and Jennifer Honig work in collaboration with a range of stakeholders on executive, judicial, and legislative initiatives at MAMH. Jessica brings deep experience in policy analysis, program development, advocacy, and implementation. Jennifer brings decades of experience leading legal advocacy on behalf of individuals with mental health issues who seek access to services and protection of fundamental rights.

KNOWLEDGE DISSEMINATION AND TECHNICAL ASSISTANCE



Jenifer Urff, JD

Jenifer Urff, **Director of Knowledge Dissemination and Technical Assistance**, has 25 years of experience working with public mental health systems. She oversees MAMH's outreach, education, and dissemination of research findings and evidence-based practices.



Leah Landry

Leah Landry, **Associate Director for Communications and Advancement**, brings her experience with public media to help MAMH tell its story to various stakeholder groups and to support Board engagement and activities.



Kate Alicante, MPH

As a **Senior Policy Research Associate**, Kate Alicante brings her experience working with the Massachusetts Legislature to support MAMH's policy and advocacy agenda. She works closely with advocacy partners to advance policy initiatives across state government.



Maddy Brogan, MPH

As **Program Associate for Communications and Special Projects**, Maddy Brogan coordinates MAMH's social media and provides research, communications, and administrative support in connection with MAMH advocacy and special initiatives.



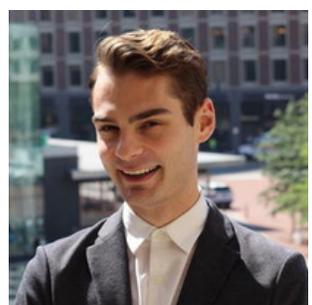
Cassie Cramer, LICSW

As **Project Manager** for the Older Adult Behavioral Health Network, Cassie Cramer has more than a decade of experience supporting at-risk older adults in Massachusetts. She combines clinical and peer expertise with advocacy to lead older adult initiatives at MAMH.



Kathy Franklin, MBA

As **Administrative Coordinator**, Kathy Franklin is responsible for general office management, including key support related to human resources, and administrative operations. Kathy brings to this role more than a decade of experience in government and the private sector.



Kyle Neill

As **Program Associate for Network of Care Massachusetts**, Kyle Neill is instrumental in ensuring effective and efficient operations of Network of Care Massachusetts, as well as a smooth migration of the service directory to the Behavioral Health Help Line.



Lina Stolyar, MPP

As **Senior Policy and Program Research Associate**, Lina Stolyar brings experience as a data and policy analyst to her role supporting investigation, data analysis, and project management for a broad range of MAMH priorities and initiatives.



Louise Povall, MHSM

Senior Policy Consultant
Louise Povall leads strategic plan development and numerous initiatives involving financial planning, state and federal policy analysis, and grant development.



Robert Fleischner, JD

Senior Policy Consultant
Robert Fleischner has been practicing mental health disability law since 1973. He is a national expert on Protection and Advocacy (P&A) access, advance directives, and guardianship.

THANK YOU TO OUR DONORS...

Mary E. Abbondandolo
Peter Adams
Advocates for Human Potential
Advocates, Inc.
AgeSpan, Inc.
Elizabeth Aguilo
Blessing Ajaero
Emaad Akhter
Aksel Nielsen Foundation
Alan D. & Susan Lewis
Solomont Family Foundation
Kendall Alford-Madden
Alkermes, Inc.
Nancy Allen Scannell
Alumni Ventures LLC
Elizabeth Arsenalut
Association for Behavioral Healthcare
Baerlein & Partners
Michael Bailit
Howard Baker-Smith
Tania Barber
Paul Barreira
Frank Baskin
Lauren Balser
John Bastoni
Rachel Bater
Tara Bautista
Bay State Strategies
Anastasia Beechin
Becca Belofsky
John and Dorothy Berkoben
Mathieu Bermingham
Beth Israel Lahey Health
Kathleen Betts
Therese Blaisdell
Blue Cross Blue Shield of Massachusetts
Lester Blumberg
Michael Bonanno
Jonathan and Dixie Borus
Boston Bruins Foundation
Boston Children's Hospital and Franciscan Children's Hospital
Boston Foundation
Boston Senior Home Care
Boston Trust Walden Company
Boston University School of Medicine, Department of Psychiatry
Gail Bourassa
Bournewood Hospital
Jonathan F. Borus
Jonathan Bowen-Leopold
Louis Brady
Zach Breitbart

Leslie Brennan
Jim and Pattie Brett
Nancy Bryant
Matthew Buscone
Cambridge Housing Authority, Service Coordinator's Team
Cambridge Trust Charitable Foundation
Howland Capital
Carelon Behavioral Health
Bernie and Jan Carey
Brian Carey and Erin Graves
Davis Carls
Mary Eileen Casey
Mary Cassesso
Center for Human Development
Center for Public Representation
Pat Cerundolo
Sara Chanda
Charles River Community Health
Nancy Chase
Chestnut Hill Realty
Cassidy Chiu
Tobey Choate
Nicholas Cipollo
James Coccia
Joshua Cohen and Margo Lindauer
Martin and Janise Cohen
Rachelle Cohen
Jim Collins
Sarah Evan Colvario
Community Resources for Justice
Jack Corrigan
Senator Cynthia Creem and Harvey Creem
Illuminada Curbelo-Tosado
Dain, Torpy, Le Ray, Wiest & Garner, PC
Karen Darcy
Richard Davey and Jane Willis
The David C. & Lura M. Lovell Foundation
Lorn Davis
Paul and Eleanor DeBassio
Peninna Delinois-Zephir
Dewey Square Group
Alisa Doherty
Mara Dolan
Samantha Dominguez
Michelle Donohue
Lorna Doubet
Lyndia Downie
Kathleen Driscoll

George and Janet Drummey
Ken Duckworth
Mary Dziejzinski
Eastern Bank
Claudia Eaton
Elder Health Care
Disparities Coalition, Inc.
Elder Services of Cape Cod and the Islands
Element Care
Cheryl Endicott
Mary Jane England
Betsy Englander
Emmett and Maggie Epstein
Ethos
Lisa Fairs-McNamara
Fandom
Stacey Farese
Joseph Feaster Jr.
Nicholas Federoff
Paola Ferrer
Judi Flaherty
Thomas Fleischer
Robert Fleischer
Marie Fleming
Mark Flores
Foley Hoag LLP
Judi Fonsh
Marcia Fowler
Kathy Franklin
Gaye Freed
Marion Freedman-Gurspan
Stephen and Maria Gallagher
Genesis Club
Jeffrey Glenn
Ellen Goodman
Anthony Greco
Dan Green
Steven Grossman
Paul Guzzi
Henry Haight
Ryan Hamilton
Harvard Street Neighborhood Health Center
Haverhill Pavilion
Behavioral Health
Health Care for All
Health Law Advocates
Hilary Houldsworth
Joanne Irwin
Saif Islam
Reginald Jackson
Mary Jeka
Jeremy Jenkins
Johnson & Johnson
Peggy Johnson

Mark and Julie Jones
Steven Kadish
Joan Kaiser
Dennis Kanin
Jamie Katz
Kearney Donovan & McGee, P.C.
Bronwyn Keefe
Martin Kelly
Sammy Kennedy
William Kilmartin
Susan Kinney
Teresa Kinsella
Jean Knecht
Teresa Kourtz
Kathy Kuhn
Tom and Phyllis Lamoretti
Michele Lannan
Jill Lebar
Bonnie Lewis
LifePath
Bob Linscott
Roy Lucas
Monica Luke
Veronica Lundgren
Jessica Lussier
2Life Communities
Lynn Community Health Center
Nathalie Lyons
Eva Marx
Massachusetts Health and Hospital Association
Massachusetts League of Community Health Centers
Christina Mathews
David Matteodo
Danna Mauch
Matthew Mazzarella
Helen McAuley
Martin McElroy
Michelle McGee
Mary McGeown
Sandra McGuire
Kerry McRae
MFS Investment Management Foundation
Alexandra Miller
Karen Miller
Molly Miller
Melisa Millman
Alfred Minahan
Eric Miozza
Mark and Dyanne Moeller
Ann Moran
Deborah Moran
Gerald Morrissey
Morrissey & Associates, LLC
Pivel Morton
Matthew Murphy

Mystic Valley Elder Services
Nancy Nager
Mark Nasser
New England Council
Erin Nicholls
Marybeth Nolan
Northeast Independent Living
North End Waterfront Health
Notre Dame Hospice
Michael Nowicki
Brien O'Connor
Ellen O'Connor and Julie McGinn
Thomas O'Donnell
Odysseys Unlimited
Franklin Ollivierre
Marilyn O'Maley
ONEHOPE
Oxygen Esports
Eloise Papile
Radhika Patel
Sean Paul
Patti Pearce
Kitty and Tony Pell
PhRMA
Sarah Pierpont
Chris Pilkington
Sandra Pimentel
Pine Street Inn
Michelle N. Plante
Point32Health Foundation
Maureen Pompeo
Donna Popkin
Louise Povall
Preservation for Affordable Housing
Anna Prince
Bryan Proctor
Eugenia Quirk
Susan Reardon
Kate Rennie
Daniel Regan
Bradley Richardson and Marylou Sudders
RINET Company
Riverside Community Care
Clifford Robinson
Laura Logue Rood
James Roosevelt Jr.
Ropes & Gray, LLP
Joy Rosen
Nina Rosenberg
Stephen Rosenfeld and Margot Botsford
Jaime Russakow

AND OUR FUNDERS



Kathy Sanders
Jason Schlesinger
Thaleia Schlesinger
Laura Sen
Sevita
Eleanor Shea-Delaney
Melanie Shipon
Rachel Siegel
Kelly Silva
Lawrence and Deborah
Silverstein
Caroline Sims
Erika Smull
Lisa Sofis
Somerville City Club

Somerville-Cambridge
Elder Services
The Sooner Foundation
Southcoast Behavioral
Health
Pam Stanley
Jessica Stern
Jim and Cathy Stone
The Strategy Group
John Straus
Stuart Koman Foundation
Suffolk Cares Charitable
Foundation
Mark and Grace Sullivan
Paul Summergrad

Sumitomo Pharma
America, Inc.
Kathe Swaback and
Christine Paul
Patricia Sylvia
Scott Taberner
Suad Tarness
Technical Assistance
Collaborative
Justin Thomas
Elizabeth Tobey
Tom Orecchio Modera
Wealth Management
Susan Tracy
Tri-Valley, Inc.

United Way of Central
Massachusetts
United Way of Mass Bay &
Merrimack Valley
Joseph Valley
John Verlinden
Vinfen
Stephanie Vratots
Patricia Wada
Walden Behavioral Care, LLC
Martin Walsh
We Work for Health
Wendy Warring and Troyen
Brennan

Barry and Eleanor
White
Anne Whitman
Jane Willis
Winchester Unitarian
Society
Leslie Wind
Brian Wipke
Richard Wolfert
Jhoanne Wong
Hayley Wood
Rachel Zanko
Lauren Zerante

This is not an exhaustive list of all donors, many of whom support MAMH through Amazon Smile, Facebook, and other means. Due to printing deadlines, some names may not be included. If your name is missing from this list and you would like to verify a past donation, please contact us.

THANK YOU TO OUR FUNDERS

Thank you to those who fund and support the work of MAMH through **grants, contracts, donations, and gifts**. Our work is possible because of you.

American Endowment Fund
Blue Cross Blue Shield of Massachusetts
Foundation
Charles F. and Beatrice D. Adams Charitable Trust
Commonwealth of Massachusetts
Children's Mental Health Campaign
Fish Family Foundation
Gant Family Foundation
Helen Ladd Brackett Trust
Klarman Family Foundation
Mass General Brigham
Metrowest Health Foundation
Mosakowski Family Charitable Foundation
Point32Health Foundation

Please enjoy these scenes from the **2023 MAMH Friend & Leader Award Dinner**, our annual gala fundraising event.



ABOUT MAMH



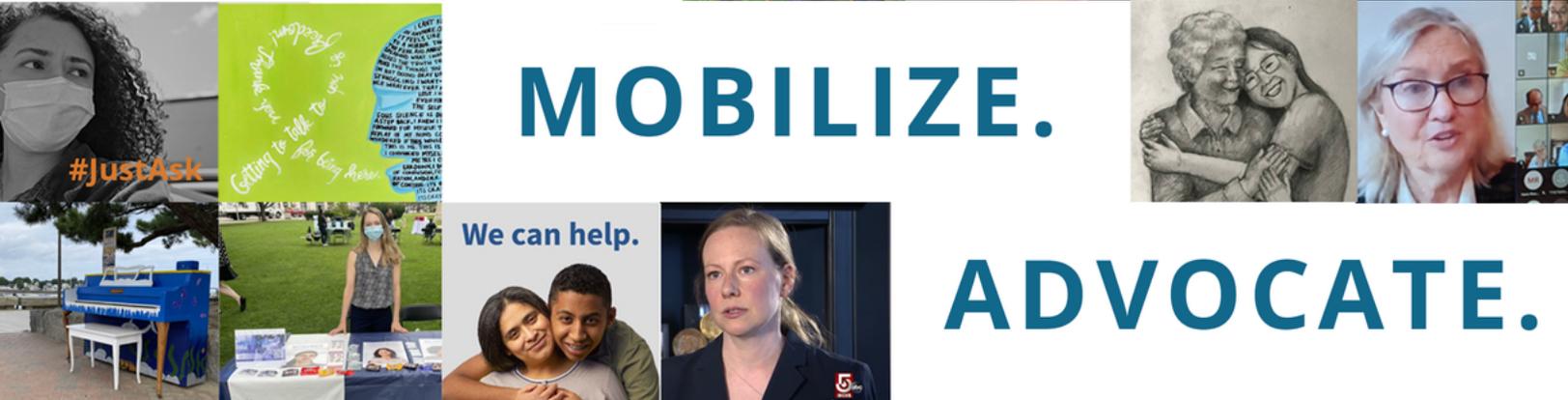
Since 1913, Massachusetts Association for Mental Health (MAMH) has worked to **improve understanding of mental health conditions** and **combat disparities in access to health services**.

Stay up-to-date with the work we do by following MAMH on social media or subscribing to our email newsletters. Follow the QR code to the left.

EDUCATE.



MOBILIZE.



ADVOCATE.

VISION

MAMH envisions a day when all Massachusetts residents have access to the social and economic opportunities that protect overall health and promote resilience.

MISSION

Advance mental health and well-being by promoting prevention, early intervention, effective treatment and research to address social, emotional, and mental health challenges. Eliminate stigma and discrimination and ensure full social, economic, and political inclusion in all aspects of community life.

VALUES

All people with mental health challenges should be treated with dignity and respect, and have access to services and supports they need.

