



**MAMH**  
Massachusetts Association  
*for Mental Health*

20  
19

# ANNUAL REPORT

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# A MESSAGE FROM THE PRESIDENT & CEO



**Looking Forward to 2020**, I am privileged to serve MAMH in this time of heightened awareness and stakeholder activism. In all quarters – the Baker Administration, the Legislature, the Judiciary, and the larger civil society, leaders are responding to the long-neglected calls of citizen constituents to act to protect mental health, end insurance discrimination, address service inequities, expand treatment access and advance system reforms.

**The MAMH Board and staff team** effectively pull together for fairer treatment, greater resources and innovative solutions to meet the needs of our fellow Massachusetts residents who are at risk for or have behavioral health conditions. I am grateful for your fellowship in pursuing the MAMH mission.

**Serving as an effective change agent**, MAMH is prioritizing the Governor's Health Reform 2.0 and legislative leadership bills and state budget actions to:

- Redesign the behavioral health ambulatory care system.
- Expand home and community-based services across the lifespan.
- Expand the DMH Rental Subsidy Program.
- Expand housing and supports to end chronic homelessness.
- Establish the Middlesex County Restoration Center and develop a continuum of criminal justice diversion services.
- Increase the proportion of health expenditures dedicated to behavioral health.
- Drive mental health parity compliance and secure commercial insurance coverage for emergency services.
- Incorporate behavioral health into urgent care centers.
- Require mental health education in K to 12 schools and end preschool suspensions and expulsions.
- Establish supported decision making.

With deep appreciation and unflinching commitment to partnering with all of you,

A handwritten signature in black ink that reads "Danna Mauch".

Danna Mauch, PhD

# GOAL 1

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

## ADVOCACY SUCCESSES

\$1M

Increased **DMH Rental Subsidy Program** funding to enable more than 80 adults with disabling mental health conditions to live in stable, affordable housing.

### DMH Child and Adolescent Services

Restored budget cuts to ensure youth and families receive Flexible Support services to live safely and successfully at home and in the community.

\$3M

\$10M

Promoted creation of a **Behavioral Health Outreach, Access and Support Trust Fund** that supports a public awareness campaign, loan forgiveness initiatives and new community services.

Proposed funding for the **Community Behavioral Health Promotion and Prevention Trust Fund** to support positive emotional and behavioral health, and prevent mental health and substance use conditions.

\$200K

\$300K











Increased funding for **Elder Mental Health Outreach Teams** in response to the growing need for behavioral health services among older adults.

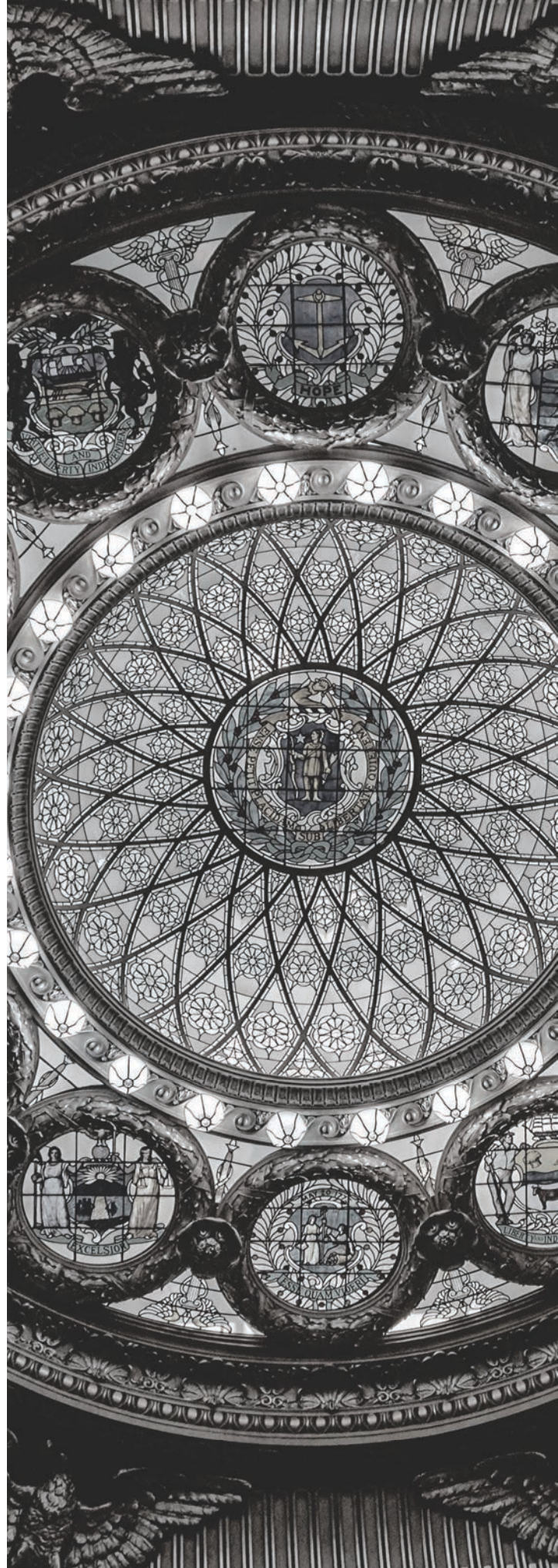
Achieved a significant legislative victory that ensures the accuracy of provider directories that health plans provide to their members and creates a **Special Commission on Pediatric Workforce** which includes MAMH.

Child Health & Wellness Initiative



## MAMH TESTIFIED:

-  In favor of a mental health parity bill aimed at closing loopholes that allow for persistent parity violations.
-  In favor of legislation that requires commercial insurers to cover Emergency Service Providers (ESPs).
-  In favor of a bill requiring mental health education in K-12 schools to promote mental wellness and resilience.
-  In favor of limiting suspension and expulsion in preschools, which disproportionately impacts children with mental health conditions.
-  In favor of a bill creating a structure for the use of Supported Decision Making to promote self-advocacy.
-  Against allowing prisons to put inmates with anxiety disorders, trauma, and stress-related disorders in solitary confinement.
-  In favor of transferring control of Bridgewater State Hospital from DOC to DMH.
-  Against allowing surveillance equipment inside therapeutic DMH and DDS living environments.
-  Against a DMH emergency regulation that would allow use of drug-sniffing dogs to search patients at DMH facilities.
-  In favor of legislation ordering a review of the use of “step therapy” protocols by health plans to end the “fail first” mentality.



# GOAL 2

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



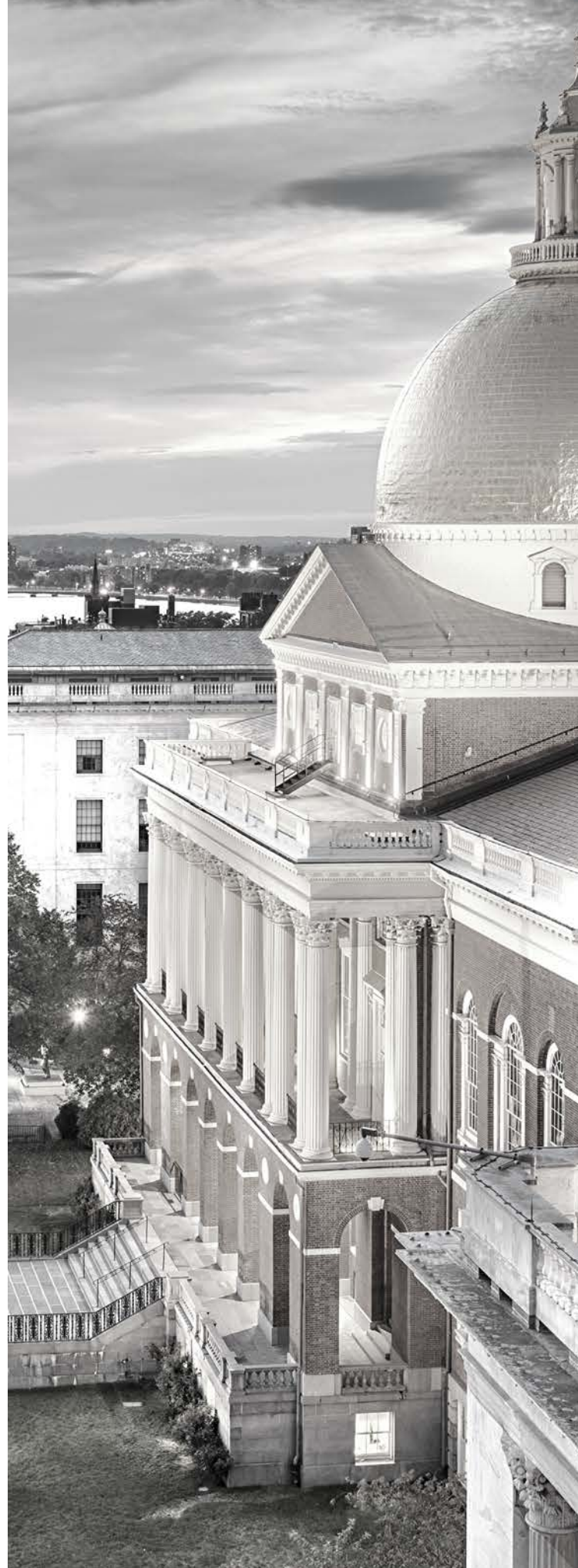
## DISSEMINATING KNOWLEDGE:

### THE PUBLIC

- Increased our Facebook followers by **140%** and our overall social media presence by **82%**.
- Continued to serve as the National Institute on Mental Health's Outreach Partner for Massachusetts.
- Revised monthly newsletter to include focus on state advocacy and local priorities and events.
- Managed the build of the beta version of **Network of Care Massachusetts**, a website and service directory with information about local resources for children and adults with mental health and substance use needs.

### LEADERS & POLICYMAKERS

- 1 In-Depth FY20 Budget Analysis
- 3 FY20 Budget Fact Sheets
- 6 FY20 Budget Action Alerts
- 4 Forums & Conferences Hosted
- 2 Major Policy Reports Filed
- 4 Policy Briefs Published



# GOAL 3

INCREASE INCLUSION AND ENSURE  
ACCESS TO EFFECTIVE SERVICES

## System Reform

Submitted response to the **EOHHS Ambulatory Care Redesign Request for Information**, an initiative to redesign the community-based system of behavioral health care.

## Trauma

With support from the Blue Cross Blue Shield of MA Foundation, completed the first phase of research on a **statewide environmental scan** of trauma-informed programs and initiatives serving adults and older adults in community-based service settings.

Co-facilitated community-based coalition **Trauma-Informed Hampshire County**.

## Pediatric Urgent Care

With support from the Miller Innovation Fund and the Tower Foundation, interviewed **39** stakeholders/policymakers, spoke with **25** parents/families, hosted **7** focus groups, and performed **7** site visits in order to develop our model for pediatric behavioral health urgent care. This model will provide real-time access to crisis intervention, stabilization, and referral to ongoing treatment in community-based settings in order to mitigate treatment delays and divert ED visits.



## The Power of Information

With support from the BCBSMA Foundation, Metrowest Foundation, and CF Adams Trust, creating a first-ever statewide **Network of Care** website to help consumers find mental health & substance use organizations in the community & various related support services.

## Older Adults

*With support from the Tufts Health Plan Foundation:*

Launched a comprehensive statewide training calendar for the older adult workforce.

Convened a multi-stakeholder **Older Adult Behavioral Health Training Advisory Group** to develop core competencies for frontline workers supporting older adults in the community.

Developed two training curricula for frontline workers: one on co-occurring mental health and substance use conditions, and one on navigating the mental health and substance use systems in Massachusetts.

*To be piloted in early 2020.*

## Criminal Justice Reform

*Promote diversion from arrest and hospitalization of individuals in behavioral health crisis:*

Co-chair and staff the state funded **Middlesex County Restoration Center Commission**, holding 5 public meetings in 2019. Filed Findings and Recommendations with the legislature.

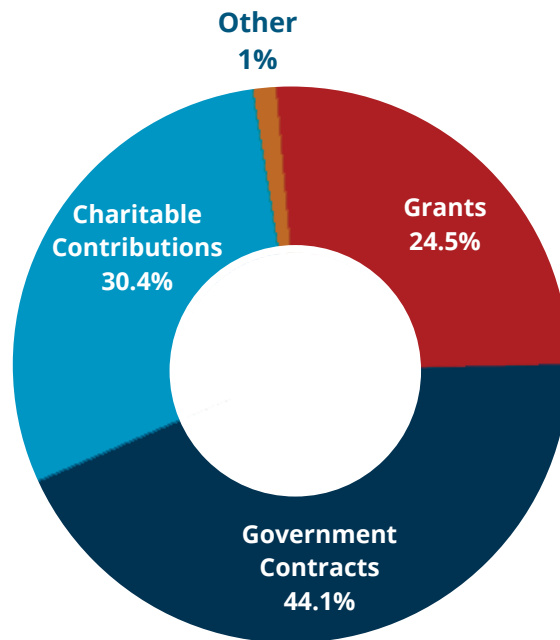
*Improve conditions inside of prisons and jails for individuals with behavioral health conditions:*

Serve on the **Restrictive Housing Oversight Committee** to review the use of solitary confinement of prisoners with mental health conditions.

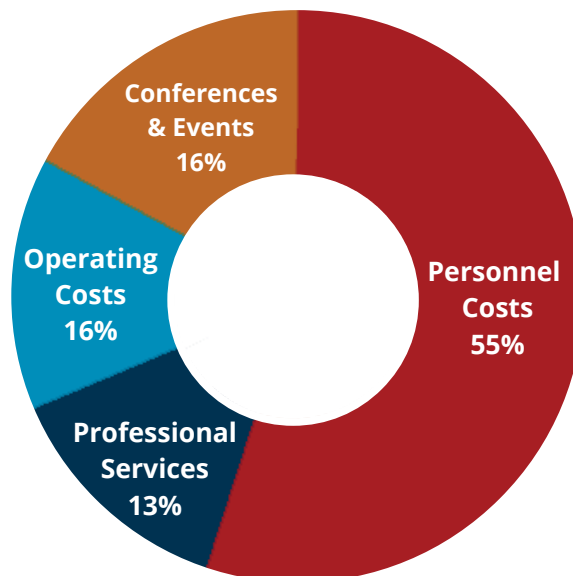
# FINANCIAL STATUS

AT A GLANCE

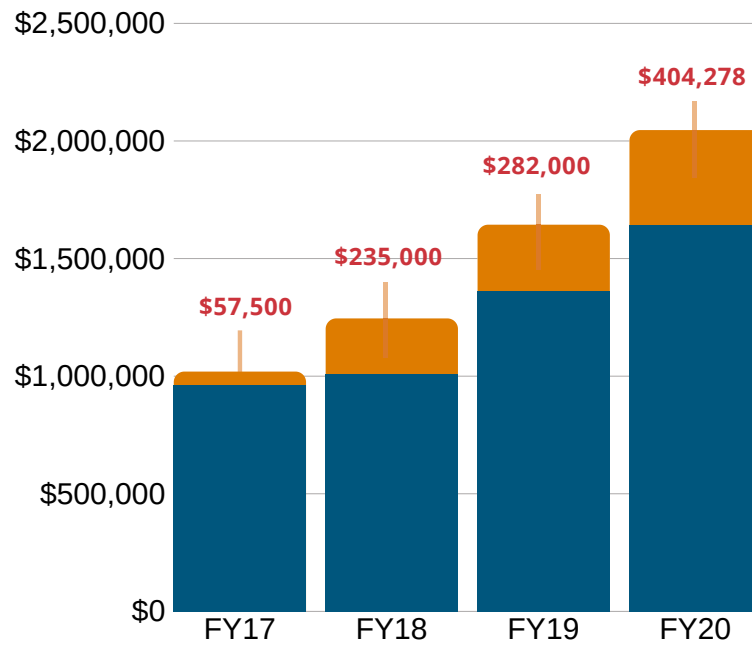
## FY19 SOURCES OF REVENUE







## FY19 USES OF FUNDS



## MAMH REVENUE GAIN SINCE FY17



## MAMH BUDGET & STAFF GROWTH SINCE FY17

| FY   | Staff | Team Growth  | Spending |
|------|-------|--|----------|
| FY17 | 2     |  | \$ .96M  |
| FY18 | 4     |  | \$1.08M  |
| FY19 | 6     |  | \$1.36M  |
| FY20 | 8     |  | \$1.64M  |

\*Does not include the Network of Care Project

## **Educate ~ Mobilize ~ Advocate**

MAMH convenes stakeholders across the behavioral health and public health community to address policy, budget and legal issues affecting those at risk for or living with behavioral health conditions. We disseminate knowledge emerging from clinical research, program evaluation and innovation developments to inform and activate diverse audiences in the Commonwealth and beyond. MAMH solves problems with disparities in benefits and access to care through strategic advocacy partnerships. We target reforms in public policy, service delivery and payment methods to improve access to care and end disparities in receipt of a broad range of benefits, treatments and recovery supports upon which our constituents depend to protect and improve their mental health and well being.

### **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.