

Grading The States

Maryland Earns B for Mental Health Care

On March 11, 2009 NAMI Maryland held a press conference in Annapolis to announce that Maryland earned a B in the NAMI Grading the States report that was released that morning. The report measures the progress that states have made in transforming their mental health systems. Maryland was one of 6 states to receive a B, the highest grade given. The national average was a D. The state's average improved from the C grade it received in NAMI's last Grading the States report in 2006.

Lynn H. Albizo, J.D., Executive Director of NAMI Maryland, Brian Hepburn, M.D., Executive Director of the Mental Hygiene Administration, Steven S. Sharfstein, M.D., President and CEO of Sheppard Pratt Health Systems and Deanna Green, Recovery Advocate presented at the conference.

Lynn Albizo noted that, "Maryland has many excellent programs including, ACT teams, mental health courts, hospital diversion programs and jail and prison re-entry programs. These innovative programs are effective and should be expanded so that they are available statewide." The current challenge is for the state to make these services available to all who need it.

Ms. Albizo further stated, "We would like to move forward making evidence based cost effective

practices more available throughout the state and on ensuring fidelity to the model. We need to close the gap on availability of services so that no matter where someone lives they should have access to quality mental health care." She also noted that Maryland continues to have ongoing needs including expansion and access to affordable housing and sufficient crisis services to meet the demands of the community.

Dr. Hepburn and Dr. Sharfstein noted that the collaboration between the State of Maryland with advocates, families, consumers, public and private providers and academia have made Maryland's success possible. Also noted was the need to expand effective services throughout the state so that all Marylanders have access to quality mental health care.

The report praises Maryland's emergence "as a national leader in promoting wellness and recovery," citing programs that promote consumer empowerment, supportive housing, cultural competence and the operation of mobile crisis teams that help evaluate consumers in community hospitals in Montgomery and Anne Arundel counties. Deanna Green, recovery advocate spoke eloquently of her personal successes after receiving services in the public mental health system. Deanna noted that the vocational training services that she received from the state allowed her to recover and connect with additional resources including NAMI. This has allowed her to thrive personally and as a professional.



Dr. Brian Hepburn

The report does state that there is further work to be done. The report cites the need to broaden the reach of evidence-based practices and that the availability of services is uneven throughout the state. Despite noted challenges, we believe that the state's grade can help maintain state funding and help obtain federal and other grants.

In these tough economic times, mental health services are in even higher demand. Funding the Maryland Mental Health System has been a good investment. Budget cuts could threaten this progress. Only with sufficient funding will Maryland continue to make progress and remain a national leader in mental health care.

NAMI members and supporters are encouraged to review the *Grading the States* report and give their feedback to NAMI Maryland and its public policy committee.

Editor's note: To read the Grading the States report, go to www.nami.org/grades2009



Dr. Steven Sharfstein



Deanna Green



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From the Director's Desk

Lynn H. Albizo



We have been very busy at NAMI Maryland advocating for families and consumers, expanding our resources and educating the public. Once again our walk was a great success. Our new venue at the University of Maryland was a great forum to get word out to students, faculty and the community about the need to support those with mental illness, promote mental health and reduce stigma.

Our partnership with Active Minds, the college organization dedicated to raising mental health awareness among young adults, proved to be an asset to all involved.

Our advocates worked very hard this legislative session in partnership with other advocacy groups to salvage the budget of the Mental Hygiene Administration. Maryland's high grade on the Grading the State's report has allowed us to argue for sustained funding and has brought positive attention to NAMI Maryland and successful state services.

This year we have added a new education program geared for families of children with mental health needs—NAMI Basics. Our Peer-to-Peer classes and Connection peer support groups continue to grow. Our Family-to-Family course is now offered in Spanish and family support groups continue to provide support in all regions of the State.

We will be expanding our outreach and educational services to greater focus on the integration of physical and mental health with funding from the Maryland Transformation grant. One grant will expand our program of providing mental health resource materials to primary care physicians' offices. The other grant will be used to develop a program, based on NAMI Hearts and Minds. This educational course will focus on healthy living and will include information on exercise, healthful dietary choices and other lifestyle choices that lead to better overall physical and mental health.

Although this year brings economic challenges, I am very optimistic about NAMI Maryland in the coming year. Monica Anderson, the new fundraising director is a wonderful addition to our team. I can confidently say that NAMI Maryland is making the grade!

If your affiliate is making great strides in development, or you have a special event that you want to share, please let us know so we can recognize your efforts in the state newsletter! Please e-mail your news to Monica Anderson, manderson1@nami.org.

From the President's Desk

Janet Edelman



The NAMI Maryland press release headline on the NAMI Grading the States (GTS) read "*Maryland Earns B for Mental Health Care; Improvement from Last Report Card; Budget Cuts Threaten Recovery*". Does getting a "B" mean that Maryland has a very good mental health system? Let's look a little closer.

I encourage everyone to read the NAMI 2009 Grading the States Report. The entire report is online at nami.org or the report can be purchased for \$25 plus shipping from the NAMI store. The report defines a vision for transforming state public mental health systems, summarizes the results of the nationwide evaluation, makes policy recommendations, and then gives the report cards for each state. NAMI has bravely stepped in to perform the very difficult task of evaluating each state's progress, or lack of progress in many cases, in providing evidence-based, cost-effective, recovery-oriented services for adults living with serious mental illnesses. The 2009 report builds on the 2006 GTS report and continues the work started by E. Fuller Torrey in the "*Care of the Seriously Mentally Ill, A Rating of State Programs*" reports from 1986, 1988 and 1990. According to the GTS, "There are many reasons public mental health systems are failing to reach and care for their target population, but a single problem is at the root: an alarming lack of reliable data that can accurately reflect states activities and help guide improvements... Put simply, if you can't see the problems, how can you fix them?" NAMI has chosen to measure what can be measured and to define what a transformed system should look like and how to get there.

Concerning Maryland's grade, compared to the rest of the class, Maryland is a very good student. It is also clear that the test is a rough gauge, and is not able to measure accurately the accessibility and quality of services. The Maryland narrative in the report says that Maryland has emerged "as a national leader in promoting wellness and recovery. But more still needs to be done. Evidence-based practices (EBPs) exist but are not statewide, and availability of services is uneven. Nonetheless, Maryland is making progress in many areas, including cultural competence, supportive housing, police Crisis Intervention Teams (CIT), and jail diversion." We can be pleased with our grade while we still push for more progress.

Stomping out Stigma at College Park

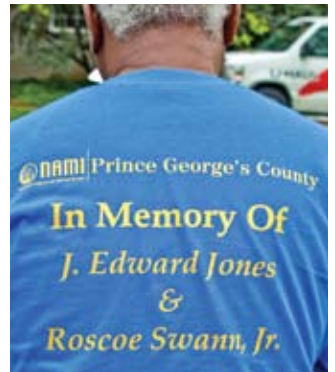
The 2009 Maryland NAMI Walks for the Mind of America was a tremendous success! We are so grateful to everyone who helped make this event a hit!

We started with a big change in venue to **University Of Maryland College Park** campus and partnering with **Active Minds Of Maryland**. Sean Sullivan, President of Active Minds of Maryland, and the chapter members were paramount to our success. There were approximately 2,000 in attendance, a sea of people walking in the shadow of rain to stomp out the stigma associated with mental illness.

The theme for the Maryland NAMI Walks event is, "I walk because..." How one finishes this statement is varied and personal. Janet Gilbert, a freelance writer

and NAMI supporter, gave her reasons in a recent op-ed article published on May 18, 2009 in the Baltimore Sun. She states, "We will continue to march until mental illness is regarded just like any other illness. That's my dream —and it's no hallucination." Janet has walked for 3 or 4 years of this event's seven year history "to bring mental illness out of the crazy closet." She suggests that if we all followed her lead, our society would support the mentally ill instead of stigmatizing them. Thank you to Janet and everyone who helps NAMI bust the stigma of living with mental illness.

Special thanks go to all our walkers, sponsors, and affiliate leaders this year for making our move to College Park a hit!



PROGRAM OVERVIEW

NAMI Maryland programs are going strong throughout the state. The staff wants to thank every single person who participates in the Family and Consumer programs. These life changing programs would not be able to thrive and flourish without you.

Family Programs

Family-to-Family is thriving throughout Maryland with 10 courses scheduled this year and attendance rates increasing. Course facilitators who recently attended the training in February 2009 have been working diligently to sustain this valuable program. With both NAMI Howard and NAMI Metro Baltimore offering Family-to-Family in Spanish the course's availability is moving in a positive direction. To find local courses, please go to www.nami.org and navigate to your local NAMI affiliate. If you would like to become a Family-to-Family facilitator and meet the qualifications to attend the September 2009 training, please contact your local affiliate for more information.

Family Support Group continues to be a very popular course. If your local NAMI affiliate does not offer a Family Support Group and you want one please talk to them about attending our training in August 2009 to become a Family Support Group facilitator.

Our newest family program NAMI Basics is being received wonderfully throughout the state. NAMI Basics is an education program for parents and caregivers of people with a mental illness who showed signs or symptoms prior to the age of 13. This new innovative course is available in Montgomery, Frederick, Metro Baltimore and Howard County affiliates.

Consumer Programs

Thank you to everyone who is working so hard on running Peer-to-Peer and Connections throughout the state. Currently, Peer-to-Peer is being implemented in seven affiliates and after the August 2009 mentor training, we can only expect that number to rise. If you would like to become a Peer-to-Peer course mentor and qualify, please contact your local affiliate about the training in August 2009. The popularity and demand for NAMI Connections has been rising. Group facilitators trained in February 2009 are doing a great job of making this sought after course more available.

NAMI Maryland's charity designation numbers:

4186: The Maryland Charity Campaign for State Employees and Retirees (private and state donors) & Central Maryland- Private Sector

80114: Combined Federal Campaign of the National Capital Area

8568: The United Way

Monica Briggs Anderson joins NAMI team

Monica Briggs Anderson is a non-profit executive who works with organizations with development and marketing, including grassroots fundraising, special events planning, staff, consultant and volunteer management, and grants administration.

During her tenure as a professional fund-raiser, she has secured over \$100 million in grant funding from corporate, foundation, and public funders while building on an organization's brand to build awareness, deliver a consistent message, and develop interest for new funding partners. With strengths in marketing, event planning, administration, and public affairs she is invaluable in goal-setting and development of comprehensive communications strategic planning to deliver consistent brand marketing, build philanthropic, media and corporate partners, and manage an efficient and productive department. She also has an extensive background in training field units on fundraising and marketing tools for success.

Ms. Anderson believes that a small group of committed individuals can change the world. She is married and has three children.



NAMI Walks 2009
get the full story on page 3

Local NAMI Maryland Affiliates

NAMI Allegany	1-800-467-0075
NAMI Anne Arundel	443-569-3498
NAMI Carroll	410-857-3650
NAMI Cecil	443-326-1485
NAMI Frederick	240-379-6186
NAMI Harford	410-879-0111/410-893-4968
NAMI Howard.....	410-772-9300
NAMI Lower Shore.....	410-641-6809
NAMI Metro Baltimore.....	410-435-2600
NAMI Montgomery.....	301-949-5852
NAMI Prince George's.....	301-429-0970
NAMI Southern MD.....	301-904-9926
NAMI Washington.....	301-824-7725



Maryland

2008 ANNUAL REPORT

Vision Statement

NAMI Maryland is dedicated to the persons, families, and communities affected by mental illness.

Mission Statement

NAMI Maryland is a grassroots organization dedicated to education, support and advocacy for persons with mental illnesses, their families and the wider community. Our mission is to improve the quality of life for individuals with severe mental illnesses and their families.

General Support and Advertising Sponsors

Bristol-Myers	15,000.00
Astra Zeneca	10,000.00
Eli Lilly & Company	12,750.00
Howard County General	2,500.00
Innovative Resource	2,500.00
Ortho McNeil	2,500.00
Adventist Health Care	2,500.00
Inter Public Group	2,000.00
I2s	1,500.00
Maryland Management	1,000.00
RT Dooley	750.00
VMS Medical	500.00
Sheppard Pratt - Way Station	500.00
Mentor Network	500.00
Psychiatric Institute	500.00
Chevy Chase Bank	500.00
Maryland Psychiatric Society	500.00

Board and staff members

Officers

- President*, Janet Edelman
- 1st Vice President*, Connie Walker
- 2nd Vice President*, Darlene Dockins
- Treasurer*, Orlando Davis, MD
- Secretary*, Johanna Snyder

Staff

- Lynn H. Albizo, Executive Director
- Monica B. Anderson, Director of Fundraising and Special Events
- Erica Sullivan, Education Coordinator
- Margaret A. Sommerman, Administrative Assistant

Members

- Katy Crane
- Stephanie Feldman
- John Gray, J.D.
- Gerri Gray
- Renee Y. McDaniel, Ph.D.
- Remo Molino
- Paul H. Naden, CPA, JD
- Royal Riddick
- Steven S. Sharfstein, MD
- Donald T. Slater

Public Policy

- Patricia Harvey

Financial Consultant

- Nancy Hall

Office Volunteer

- Darlene Bedsole

NAMI Maryland Staff: L to R: Erica Sullivan, Lynn H. Albizo, Monica B. Anderson, and Margaret A. Sommerman



Statement of Activities

For the years ended June 30, 2008 and 2007

	2008		2007	
	Unrestricted	Restricted	Unrestricted	Restricted
Revenues				
<i>Where the money comes from</i>				
Contributions and grants, membership	\$ 78,826		\$170,717	
Government grants and contracts	214,119	25,000	163,098	35,000
Nami Walks	110,508		97,929	
Investment	7,350		26,060	
All Other	9,084		8,064	
Released from restriction	40,805	(40,805)	34,464	(34,464)
Total Revenues	\$460,692	\$(15,805)	\$500,332	\$ 536
Expenses				
<i>Where the money goes</i>				
Personnel	\$215,548		\$183,454	
Office/Occupancy	140,752		113,223	
Walk	32,804		26,181	
Workshops/Affiliate Funds	71,728		43,736	
Total Expenses	\$460,832	—	\$366,594	—
Surplus/(deficit)	\$ (140)	\$(15,805)	\$133,738	\$ 536

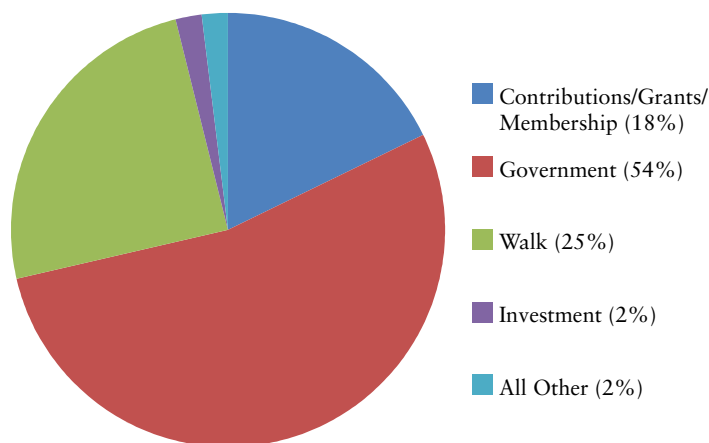
Balance Sheet

Fiscal years ending June 30, 2007 and June 30, 2008

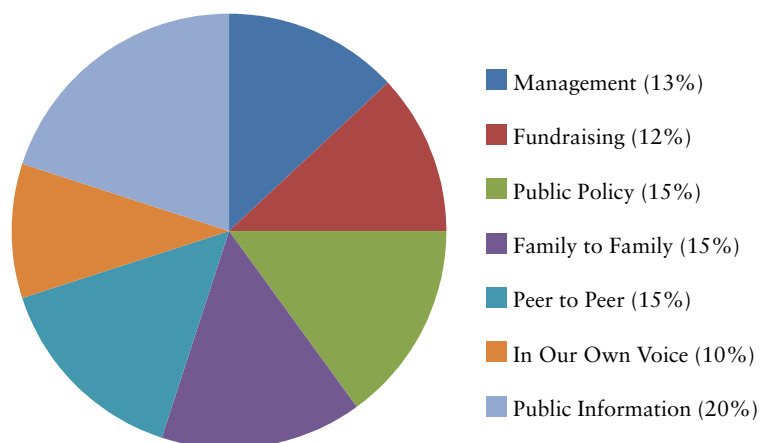
	6/30/08	6/30/07
Assets		
Cash and cash equivalents	\$131,814	\$230,272
Investments	390,659	311,827
Grants and contracts receivable	47,883	12,748
Furniture and equipment	6,174	11,089
Other assets	9,260	9,683
Total Assets	\$585,790	\$575,619
Liabilities		
<i>Accounts payable and accrued expenses</i>	\$ 90,998	\$ 64,882
Net Assets		
Unrestricted	379,856	382,728
Unrestricted board designated Affiliate Fund	48,952	46,531
Unrestricted board designated Endowment Fund	36,082	35,771
Temporarily restricted	29,902	45,707
Total Net Assets	494,792	510,737
Total Liabilities and Net Assets	\$585,790	\$575,619

The complete Report on the Audits of the Financial Statements is available upon request

Revenues



Expenses



NAMI Maryland Education And Support Group Programs

The Family-to-Family Education Program is a free twelve week course for relatives and caregivers of individuals with mental illnesses. NAMI trained family members teach the course and all materials are free for class participants. The course discusses treatment for mental illnesses and teaches skills to cope with challenge of living with a relative with a mental illness.

NAMI Family Support Groups are for relatives and caregivers of individuals with mental illness. The support groups are run by local affiliates and have facilitators trained by NAMI. These groups provide a caring atmosphere for individuals to share their common experiences while developing skills needed to cope with daily challenges.

Peer-to-Peer: NAMI's Recovery Curriculum is a free nine week course taught by a team of trained mentors who are experienced at living well with mental illness. It is for persons with serious mental illness who want to establish and maintain their wellness and recovery.

NAMI Connection: Peer Support Group Program is a 90-minute weekly support group run by NAMI trained peer facilitators who live with mental illness for others who also live with mental illness. NAMI Connection is not illness-specific, and welcomes persons with all psychiatric diagnoses.

In Our Own Voice: Living with Mental Illness is an informational, outreach program on recovery, presented by trained persons who live with mental illness to professional and lay groups in

the community and institutions. This program includes a video, personal testimony, and discussion. It is an opportunity for individual presenters to gain self-confidence, offer insight and provide hope to others by sharing their experiences.

NAMI Basics is a new signature education program for parents and caregivers of children and adolescents who developed the symptoms of mental illness prior to the age of 13 years. NAMI-trained parents and caregivers teach the free six week course and all materials are free for participants. Participants that complete the course leave with the fundamentals to care for their family and children with mental illness.

Remembering Marcia and Joseph Pines

NAMI members throughout Maryland mourn the loss of Marcia and Joseph Pines, who joined NAMI over twenty-five years ago and helped to make our organization what it is today. While both had illustrious careers and many professional obligations, their daughter's diagnosis of schizophrenia in the late 1960's lead them to tireless advocacy on behalf of persons with mental illnesses. Their mission and the mission of NAMI were one and the same – to improve the lives of persons with mental illness in every possible way - to educate the public, to support those in need, and to advocate for policies that are far-sighted and humane.

As an administrator in public health programs at the Johns Hopkins University, Marcia Pines was uniquely placed to understand the complexities of research on brain disorders. With her guidance, the Pines' allowed their daughter to participate in clinical research on brain disorders.

As recently as 2008, the Pines' name appeared on NAMI National's *Leadership Alliance Donors' list*, and Marcia Pines received NAMI Metro's *Lifetime Advocacy and Service Award*. Marcia Pines served on the Baltimore affiliate's and NAMI Maryland's Board of Directors, participating in all aspects of governing and guiding the organization. In the very early NAMI years, Joe and Marcia Pines even traveled to other counties in Maryland to assist the affiliate-building effort. The dedication and determination of couples like Joe and Marcia have been and continue to be an inspiration to NAMI members both here and all over the country. Joe and Marcia Pines will be greatly missed and always revered.

Mentor and Peer-to-Peer success stories

Do you know a Peer-to-Peer mentor who you think has done an exceptional job at mentoring? Is there a Peer-to-Peer student you think is a perfect example of a success story?

We are looking for nominations from you for our upcoming Peer-to-Peer showcase.

Please call or e-mail Erica Sullivan at (410) 863-0470 or esullivan@nami.org.



National Minority Mental Health Month



Bebe Moore Campbell

The effects of a national author and philanthropist continue, even after she has passed on. In 2008, the US House of Representatives proclaimed July as *Bebe Moore Campbell National Minority Mental Health Awareness Month*, providing NAMI state chapters and affiliates with a wonderful opportunity to reach out to diverse communities. Leaders should raise awareness of mental illness, treatment, and research in diverse communities during the

month of July by hosting special events and/or partnering with local businesses and organizations.

NAMI Maryland and NAMI's Multicultural Action Center encourage affiliates, organizations and leaders to host events and activities to recognize July 2009 as National Minority Mental Health Awareness Month, such as:

- » Host an *In Our Own Voice* presentation in a community-specific setting (a local African American community center, a Latino church, a GLBT organization, etc.)
- » Host an "Ask the Doctor" session focusing on a specific community or focusing on issues such as ethno-psychopharmacology or cultural competence in treatment.
- » Host a free mental health screening at a multicultural location and make sure you have your screening instruments available in other languages.
- » Donate minority mental health related books to your local library making sure you include community specific books.
- » Partner with multicultural organizations to plan and host your events.
- » Target multicultural media outlets to spread your message. The media can be the best vehicle for communicating your messages to the public. Use NAMI's media tool kit to plan your media strategy.
- » Host a *NAMI Sharing Hope: Understanding Mental Health* presentation. *Sharing Hope: Understanding Mental Health* is a new initiative to bring mental health education to African American congregations and address stigma in this community.

Attend sessions and events covering multicultural issues during the NAMI 2009 Convention, July 6-9, in San Francisco.

For more information on National Minority Mental Health Awareness Month, visit www.nami.org.

Save the Date!



What	Where	When	Contact
NAMI Maryland Peer-to-Peer and Family Support Group facilitator Trainings	The Maritime Conference Center Linthicum Heights, MD	August 7-9, 2009	Erica Sullivan
NAMI Maryland Family-to-Family facilitator training	St. Mary's Seminary and University	September 25-27, 2009	Erica Sullivan
NAMI Maryland Annual Education Conference	Sheppard Pratt Conference Center	October 27, 2009	Monica B. Anderson Erica Sullivan

For more information on the events listed above please call the NAMI Maryland office at 410-863-0470 and ask for the listed contact or feel free to send us an e-mail at namimd@nami.org.

NAMI Maryland presents

the 2009 Annual Education Conference

“Healthy Bodies, Healthy Minds”

Tuesday, October 27, 2009

Sheppard Pratt Conference Center

You don't want to miss this opportunity

Visit <http://md.nami.org> for more information

Register for Online News—receive e-mail news about mental illness, legislative alerts, conferences, and more. To subscribe, e-mail Janet Edelman at jedelman@comcast.net and ask to subscribe to NAMI Maryland Online News.

CONNECTIONS is published quarterly by NAMI MD – National Alliance on Mental Illness of Maryland. Letters, articles, and responses are welcomed and encouraged. NAMI MD reserves the right to edit all submitted materials. Please submit all materials no later than the dates listed below:

July 15, 2009 (Summer Issue)

September 15, 2009 (Fall Issue)

December 15, 2009 (Winter Issue)

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NAMI Maryland

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Glen Burnie, MD 21061

410-863-0470 or 410-863-0474 (fax)

namimd@nami.org

**Give people the hope they deserve
by giving them the access to the
treatments they need.**



Access to affordable medications is a top priority for Eli Lilly and Company. This commitment is exemplified by Lilly's various patient assistance programs, which provide access to our growing portfolio of best-in-class and first-in-class medications that help people live longer, more productive lives, and reduce overall healthcare costs. (Medicines are generally less expensive than other forms of health care, such as surgery and hospitalizations.)

Ensuring access to medicines requires that many organizations and individuals work together, including the government, insurers, healthcare providers, patients

and pharmaceutical manufacturers. Lilly continues to lead and support efforts to improve access to medications.

That is why we are proud to introduce our newest patient assistance program, **LillyMedicareAnswers™**. This initiative is designed to give needy Medicare recipients the help they need to maintain vital continuity of care for bipolar disorder, schizophrenia, growth hormone deficiency and osteoporosis. To be eligible for this new program, individuals must enroll in Medicare Part D and meet certain eligibility requirements. For more information, call 1-877-795-4559 or visit www.lillymedicareanswers.com.

To learn more about all our patient assistance programs, call toll-free 1-800-545-6962, or visit our Web sites at: www.lillycares.com and www.lillymedicareanswers.com.


Answers That Matter.




NOT EVERYONE IS CUT OUT FOR THE SAME TREATMENT.

1 in 4 adults suffer from a diagnosable mental disorder in any given year.¹

Open access is especially important in the treatment of mental disorders because the response to therapy can vary greatly from individual to individual and from one medication to the next. Restrictions in the form of prior authorizations and preferred lists may have the unintended consequences of jeopardizing patient health while failing to reduce costs.

**Open Access.
Because different people
have different needs.**

Bristol-Myers Squibb supports open and unrestricted access to mental health medications. For people with mental illness, having access to newer and potentially more effective medications can be a crucial component of treatment.

 Bristol-Myers Squibb

SUPPORT OPEN ACCESS AND GIVE PROVIDERS THE FREEDOM TO FIND THE MOST APPROPRIATE MEDICATION FOR EACH INDIVIDUAL.

1. National Institute of Mental Health. Available at: <http://www.nimh.nih.gov/healthinformation/statisticsmenu.cfm>. Accessed March 24, 2008.

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National Alliance on Mental Illness*

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**National Alliance on Mental
Illness of Maryland**

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Glen Burnie, MD 21061

(410) 863-0470

FAX: (410) 863-0474

Toll Free Helpline: (800) 467-0075

E-mail: namimd@nami.org

Website: md.nami.org/

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Constance Walker – *1st Vice-President*

Darlene Dockins – *2nd Vice-President*

Dr. Orlando Davis – *Treasurer*

Johanna Snyder – *Secretary*

Lynn H. Albizo – *Executive Director*

Monica Anderson – *Director of Fund-
raising and Special Events*

Erica Sullivan – *Coordinator of
Educational Programs*

Margaret Sommerman – *Administrative
Assistant*

Contribute to NAMI Maryland so that we can continue our mission to improve the quality of life for persons diagnosed with serious mental illnesses and their families.

I want to make a difference by:

volunteering

making a contribution (circle one) \$50 \$100 \$250 other \$ _____

in memory of in honor of on the occasion of _____

Name _____

Address _____

City, state, and zip _____

Telephone _____

E-mail _____

To join NAMI or to make online donations, go to our website at md.nami.org or call your local affiliate. See page 8 for affiliate phone numbers.