

# 2024 ANNUAL REPORT



## PRESIDENT & CEO

As the Mental Health Association in Michigan (MHAM) prepares to celebrate its 90th anniversary in 2026, we reflect not only on our long history, but on how far the field of mental health has come—and how far we still must go.

What began in 1936 as the Michigan Society for Mental Hygiene focused primarily on improving conditions in overcrowded state psychiatric hospitals. Today, the landscape has changed dramatically. While inpatient psychiatric treatment is still critical, the greater concern now is the lack of access to those services—especially for individuals in crisis. As a result, much of our attention has shifted toward advocating for a more accessible and integrated system of care.

At MHAM, we are deeply committed to advancing public policies that reduce the prevalence and impact of mental health and substance use disorders. We call for treatment equity, emphasizing mental health must be treated with the same urgency and importance as physical health. That belief is foundational to our advocacy and our vision for a healthier, more compassionate Michigan.

Beyond policy, education remains a powerful tool in our work. Through webinars and public programming, we help individuals, families, and communities better understand mental health issues and the systems that impact them. Awareness leads to advocacy, and advocacy leads to change.

Our focus spans a wide range of priorities, including access to outpatient and inpatient services, the development of a robust mental health workforce, and systemic reforms that ensure culturally responsive, trauma-informed care. We also advocate for children and youth—whose needs are often overlooked—as well as for treatment alternatives within the criminal justice system that prioritize recovery over punishment.

MHAM supports a continuum of care that integrates behavioral and physical health services, encourages coordination between providers, and ensures care is evidence-based, timely, and centered on the needs of individuals. We believe in holding systems accountable through ongoing evaluation and quality improvement.

This work is both urgent and long-term. It is also only possible because of you—our partners, donors, allies, and advocates. Your support enables us to be a consistent voice in state policy discussions, a resource for the public, and a force for change in the lives of those affected by mental illness.

As we approach a historic milestone, we thank you for standing with us. Together, we will continue to protect rights, advance equity, and improve mental health outcomes across Michigan.

With gratitude,

Marianne E. Huff, LMSW

A handwritten signature in black ink that reads "Marianne E. Huff, LMSW". The signature is written in a cursive, flowing style.

President & CEO

Mental Health Association in Michigan





## WHAT WE DO

The Mental Health Association in Michigan (MHAM) has been a trusted voice and advocate for mental health since 1936. As the state's longest-standing nonprofit focused solely on mental health and substance use issues, MHAM works every day to ensure individuals and families have access to the care, understanding, and support they need. Our work is rooted in a simple belief: everyone deserves the opportunity to live a mentally healthy life. To make that vision a reality, MHAM leads advocacy efforts at the state level—especially in Lansing—where we push for meaningful policy changes, fair funding, and protections that uphold the rights and dignity of people living with mental health conditions.

We don't just speak for the system—we speak for the people. Our team monitors legislative activity, evaluates mental health programs, and makes policy recommendations to improve access, quality, and equity. We ensure that the needs of individuals and families aren't left out of critical decisions.

Education is a core part of our mission. Through webinars, workshops, and specialized training, MHAM provides practical tools for communities, caregivers, professionals, and workplaces. Our programming tackles a wide range of topics, from stress management and stigma reduction to youth mental health and workplace wellness. These sessions are designed to be actionable, inclusive, and relevant to people's everyday lives. We're also building stronger support systems for Michigan's workforce. Our employer-focused mental health training helps organizations create healthier work environments by teaching teams how to manage stress, address burnout, and recognize early signs of mental distress. These efforts are especially important as more employees face increased pressure and emotional fatigue.

Partnership is key to our impact. MHAM collaborates with community leaders, healthcare providers, educators, and state officials to create solutions that are both responsive and sustainable. We believe in the power of connection and conversation—bringing people together to build a more compassionate, informed, and responsive mental health system.

Whether we're advocating for treatment equity, pushing for expanded access to care, or offering guidance to someone in need, MHAM is here to lead with integrity and heart. We remain committed to ensuring that all Michiganders—regardless of background or diagnosis—have the support they need to thrive.

To learn more, access educational resources, or explore our latest webinar offerings, visit us at [www.mha-mi.com](http://www.mha-mi.com).

Together, we can change how mental health is understood, treated, and valued in Michigan.





# YEAR IN REVIEW

## ADVOCACY

The Mental Health Association in Michigan (MHAM) works to ensure every person in the state has access to quality, compassionate, and coordinated mental health care. Our advocacy focuses on improving services for children, youth, and adults, strengthening the mental health workforce, expanding crisis and inpatient care, and protecting patient rights.

### State Budget Priorities

MHAM advocates for a state budget that funds a full continuum of mental health services for adults and children. Key goals include:

- **Investing in Care:** Ensure funding for crisis and residential mental health services, including specialized services for youth with severe behavioral and mental health needs.
- **Crisis Stabilization:** Fully implement crisis stabilization units as authorized under state law.
- **Federal COVID Funds:** Direct remaining federal COVID relief funds to mental health priorities, including workforce development.
- **Assisted Outpatient Treatment (AOT):** Fund statewide implementation to provide structured, community-based treatment.
- **Workforce Wages:** Support increased wages for direct care workers and maintain active participation in workforce coalitions.
- **Monitoring Policy and Lawsuits:** Track budget language affecting mental health and follow the KB v. Lyon lawsuit regarding children's services.
- **Justice and Corrections:** Expand mental health courts, continue funding for the Legislative Corrections Ombudsman, and maintain anti-segregation protections for incarcerated individuals with mental illness.
- **Oversight and Accountability:** Ensure adequate staffing at MDHHS to monitor community mental health provider contracts.

## **Workforce Development**

A skilled, supported workforce is critical to providing effective mental health care.

MHAM advocates to:

- Strengthen recruitment, retention, and training for mental health professionals, including peer support staff.
- Expand access to telemedicine for more flexible, widespread care.
- Remove limitations on advanced practice nurses and nurse practitioners to increase capacity.
- Require ongoing training to address implicit bias and reduce stigma toward individuals with mental illness and substance use disorders.

## **Children, Youth & Families**

MHAM supports coordinated, family-centered solutions to ensure children and youth have access to mental health care:

- Expand access to care for families, including those with private insurance, and reduce waitlists for community mental health services.
- Monitor and support the resolution of the KB v. Lyon lawsuit.
- Increase home-based services and counseling in schools.
- Expand inpatient and crisis residential beds for youth, with \$20 million in state funding for crisis care.
- Advocate for required mental health education in schools.
- Clarify Medicaid policy regarding child-caring institutions and promote safe, effective care.
- Improve coordination of youth services across mental health, foster care, juvenile justice, and other systems.

## **Crisis Services**

MHAM advocates for a robust, coordinated crisis response system:

- 988 Crisis Line: Ensure calls are answered promptly, with care coordination, proper staffing, and funding for both adults and youth.
- Mobile Crisis Units: Expand teams that provide immediate, on-site support in homes, schools, and communities.
- Crisis Stabilization Units: Fund and certify units that provide short-term intensive care to prevent hospitalization.
- Post-Crisis Support: Increase access to crisis respite and discharge planning to help individuals transition to recovery.

## **Psychiatric Care & Hospital Beds**

MHAM works to expand inpatient and specialized psychiatric care for all ages:

- Monitor state psychiatric hospital capacity and expansion plans.
- Support additional inpatient and specialty beds for high-acuity youth and adults.
- Seek waivers to allow Medicaid coverage for larger psychiatric facilities, addressing delays in inpatient care.
- Promote psychiatric residential licensing for intensive, insurance-reimbursable care outside hospitals.

## **Accountability, Oversight & Integrated Care**

MHAM supports improvements in governance, quality measurement, and care coordination:

- Revise PIHP board membership to ensure independence and remove conflicts of interest.
- Implement quality measures to assess patient experience, access, and outcomes.
- Promote integrated behavioral health care that combines primary care and behavioral health services for a whole-person approach.
- Ensure statewide assessment tools and continuity of care across service sectors.
- Support medically necessary services at all levels of care, including step-down residential and respite services.

## **Patient Rights & Parity**

MHAM champions the rights of individuals receiving mental health care:

- Establish a Behavioral Health Ombudsman and strengthen the Office of Recipient Rights to ensure independent oversight.
- Guarantee patients' right to appeal service denials or reductions and offer alternative dispute resolution where appropriate.
- Advocate for mental health parity in insurance coverage, ensuring mental health and substance use services are covered equally to physical health.

## **Assisted Outpatient Treatment (AOT)**

MHAM promotes expanded access to AOT and improvements to the program:

- Allow additional qualified professionals to provide clinical certification for AOT.
- Permit mediation and hospital-based recommendations for AOT initiation.
- Improve privacy protections for treatment plans and allow broader petitioning for continuing AOT orders.
- Collect data and implement quality measures to evaluate program effectiveness.



## **Criminal Justice & Diversion**

MHAM supports diverting individuals with mental illness or substance use disorders from incarceration when treatment is a reasonable alternative:

- Ensure Medicaid is suspended, not terminated, during incarceration.
- Improve discharge planning for state corrections inmates, including community support and medication continuity.

## **Early Intervention & Trauma-Informed Care**

Early identification and treatment of mental health conditions leads to better outcomes:

- Screen and treat youth with behavioral health concerns promptly.
- Expand early intervention for first-episode psychosis using Coordinated Specialty Care (CSC) with family support, psychotherapy, medication management, education, and employment support.
- Integrate trauma-informed care across all service systems to address lasting effects of trauma and promote recovery.

# **MHAM MENTAL HEALTH EDUCATION & TRAINING FOR EMPLOYERS**

MHAM provides workplace mental health education programs designed to help employees manage stress and secondary trauma while increasing awareness of mental health needs, including suicide prevention. These trainings teach participants to recognize when someone may need support and how to respond effectively, promoting a healthier, more supportive work environment.

MHAM offers both off-the-shelf and customized programs, all based on a trauma-informed approach rooted in the work of experts such as Peter Levine, Bessel van der Kolk, Janina Fisher, and Stephen Porges. With nearly two-thirds of U.S. adults employed and engaging daily with colleagues and the public, the workplace is a critical setting for fostering mental health awareness.



The trainings equip employees with the skills to:

- Recognize individuals who may need mental health support
- Respond appropriately to signs of distress
- Connect people with the help they need

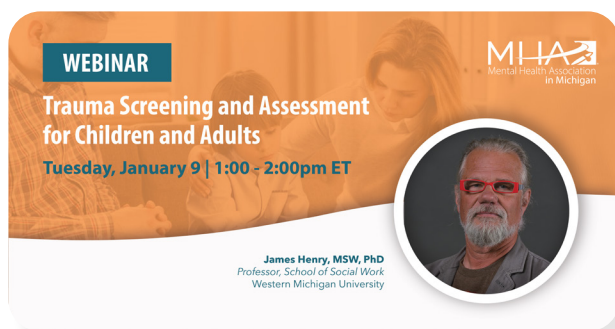
In 2024, MHAM conducted mental health trainings and presentations for a variety of organizations, including:

- UA Local 190
- Society of Human Resource Management
- TD Auto Finance
- Michigan Health and Hospital Association
- Michigan Department of Labor and Economic Development

Additionally, MHAM engaged college and university students in its Youth Leadership Council, focusing on mental health topics and leadership development.

## MHAM EDUCATIONAL WEBINARS & IN-PERSON TRAININGS

MHAM partners with community organizations to provide free webinars and in-person trainings that share practical strategies for promoting mental health, supporting recovery, and reducing stigma. These 60-minute sessions offer expert guidance on recognizing mental health needs, accessing resources, and navigating care for both adults and children. Participants benefit from actionable advice, evidence-based strategies, and interactive Q&A sessions. Mental health professionals are encouraged to attend and share the information with clients



## Webinars

- Trauma Screening and Assessment for Children and Adults
- Loving Children Through Adoption
- Changing the Narrative Around Eating Disorders
- Navigating the Community Mental Health System
- Speak Up to Stigma: Conflict Resolution Skills for Self-Advocacy
- Opioid Settlement Funds: Local Perspective
- Introduction to Eating Disorders
- Spring Health Public Policy Update (MHAM Member Exclusive)
- Inpatient Psychiatric Hospitalization in Michigan: The Process & Your Rights
- Nutrition & Recovery
- The Power of Resiliency to Heal Trauma, Build Mental Health, and Restore Functioning
- Empathy, Compassion & the Gift of Being Present for Those Hurting
- Trauma Response & Somatic Therapy: Understanding Trauma
- Insatiable Hunger: The Shared Risk Factors & Substance Use Disorders
- Family Boundaries & Recovery
- Public Policy Update (MHAM Member Exclusive)

## In-Person Events:

- Taking Action & Breaking Boundaries in Mental Health (Detroit, MI)
- Partners in Crisis Update | Mental Health Crisis Management in the New Age (Lansing, MI)

These trainings equip individuals, families, and professionals with the knowledge and tools to recognize mental health concerns, respond effectively, support recovery, and advocate for themselves and others, while fostering awareness and reducing stigma across communities.





# FINANCIALS

## RECEIPTS

United Way – Other	12,500
Legacies/Honor/Contributions	10,000
Grants/Contracts	100,000
Membership Dues	7,500
Community Ed/Events	15,000

<b>Total Receipts</b>	<b>\$145,000</b>
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## EXPENDITURES

Salaries, Benefits & Payroll Taxes	227,998
Professional Fees	48,180
Supplies	900
Postage and Shipping	300
Dues & Subscriptions	5,497
Telephone	1,056
Occupancy	2,400
Meeting Costs	1,250
Organizational Insurance	6,000
Payment to NMHA	500
Community Ed./Events Expense	15,000

<b>Total Operating Expenses</b>	<b>\$309,081</b>
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<b>OPERATING INCOME/(LOSS)</b>	<b>(\$164,081)</b>
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