

A Message from the Deputy Secretary and the Executive Director:

By Renata Henry and Brian Hepburn



The signing of the federal Patient Protection and Affordable Care Act, also known as health care reform, has the potential to bring historic change to the provision of health care services in our great country.

And whereas the law does not become effective until 2014, from a planning perspective that really is tomorrow.

The impact of health care reform will be seen in two areas: service delivery and insurance benefits. Health care reform places greater emphasis on integrated care. Literature abounds with evidence that service delivery systems that address the whole person, both physically and mentally, produce better outcomes for the patient. In behavioral health, opportunities exist to partner with the primary care area and vice versa to further integrate somatic and behavioral health care. Models vary from coordinated services to co-located services to integrated services.

In terms of insurance benefits, this means the basic benefit packages for health plans in individual and small group markets will be required to cover mental health and substance use disorder services. All group and individual plans must provide these services in the same way as all other covered medical and surgical benefits. Newly-eligible parents and childless adults who qualify for Medicaid will receive substance

use disorder and mental health services in their basic benefit package.

This change in approach to behavioral health is one of many reasons why Governor Martin O'Malley formed the Health Care Reform Coordinating Council, co-chaired by Lt. Governor Anthony G. Brown and Department of Health and Mental Hygiene (DHMH) Secretary John M. Colmers. This group is working to make sure that Maryland has the necessary infrastructure in place, the public is informed about the changes that are coming, and cost containment activities are underway.

In a lot ways, Maryland already is better prepared to benefit from health care reform than many other states. Part of this is attributed to the structure we already have in place, and part to prior advances made to improve access to care.

Continued on page 4

MHA Motion

A quarterly publication of the Maryland Department of Health and Mental Hygiene, Mental Hygiene Administration

- Martin O'Malley
Governor
- Anthony G. Brown
Lieutenant Governor
- John M. Colmers
Secretary
- Renata Henry
Deputy Secretary
- Dr. Brian Hepburn
Executive Director
- John Hammond, *Editor*

DHMH Mental Hygiene Administration

Spring Grove Hospital Center
55 Wade Avenue, Dix Building
Catonsville, Maryland 21228
Phone: 410.402.8300
FAX: 410.402.8309
TTY: 1.800.735.2258
www.dhmh.state.md.us/mha

To contribute to *MHA Motion* or for further information, please contact John Hammond, Mental Hygiene Administration Communications Chief at 410.402.7517 or by e-mail at hammondj@dhmh.state.md.us. Please visit our Web site at www.dhmh.state.md.us/mha.

On the Inside

MHA's Annual Conference	2
Mental Health Plan	4
Caregiver Study	5
Finan Center Receives Award	6
PATH Award	6
Traumatic Brain Injury News	6
Congratulations To	7
Transformation Workgroup	8
System of Care Awards	9
Mental Health and the Law Symposium	9
'Making Recovery Real' at Adult Conference	10
Web site helps locate resources	10

500 Attend Annual MHA Conference

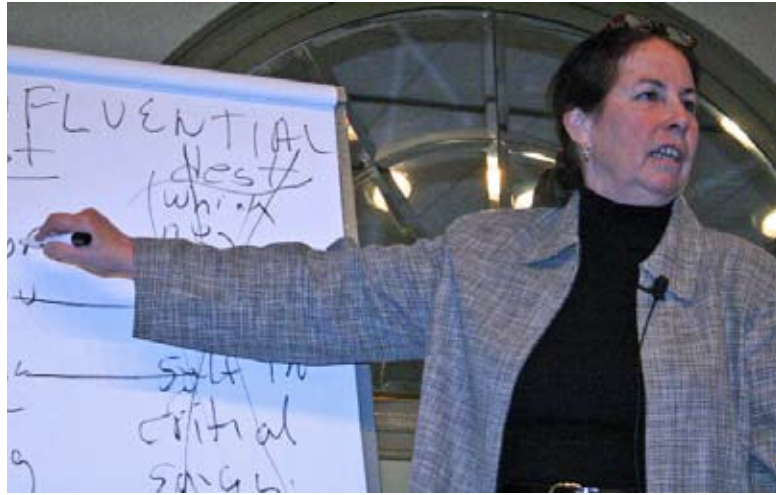
More than 500 people heard Rosanne Torpay provide one humorous anecdote after another at the Mental Hygiene Administration's Annual Conference in May.

Torpay, a former Sheppard Pratt nurse and currently a private consultant, presented the keynote address entitled *All Stressed Up and Everywhere to Go*. Her stories were designed to help people better identify stressful situations in hopes that they can more easily cope with them.

The conference, with the theme of *Finding Potential in Challenging Times*, also featured welcoming remarks by DHMH Secretary John M. Colmers and Renata Henry, DHMH deputy secretary for Behavioral Health and Disabilities. MHA Executive Director Dr. Brian Hepburn provided an update on MHA activities and Daryl Plevy director of the Maryland Mental Health Transformation Office focused on the many successful initiatives developed under the Transformation Grant.

Four programs selected to become Recovery Centers of Excellence were recognized for their efforts. The programs are Alliance (Baltimore County), Arundel Lodge (Anne Arundel County), Humanim (Howard County) and Johns Hopkins Bayview (Baltimore City).

Afternoon sessions were devoted to a varied selection of workshops. Presentations included topics such as TeleMental Health: the Past and Present in Maryland; Transition Aged Youth: New Initiative in Maryland; Data: Your Friend in Good Times and Bad; Compassion Fatigue; The Importance of Organizational Leadership in Trying Times; and Providing Culturally Sensitive Care Throughout the Development Continuum.



Keynote Speaker Rosanne Torpay makes a point during her presentation on "All Stressed Up and Everywhere to Go."



Secretary John M. Colmers (left) and Deputy Secretary Renata Henry provided welcoming remarks.



Dr. Brian Grady, assistant professor and director of Telemental Health at the University of Maryland School of Medicine's Department of Psychiatry, gave an overview of past and present telemental health technology.



MHA Executive Director Dr. Brian Hepburn accepts a framed copy of the 2010 Children's Mental Health Awareness Week poster from Robyn Quinter, board president of the Maryland Coalition of Families.



Eileen Hansen, program director for Mental Health Services Training at the University of Maryland School of Medicine, calls the conference to order.

Kelly Coble from the University of Maryland, Baltimore was a presenter on "Separation, Loss and Trauma: Impact and Effective Interventions in Early Childhood Mental Health."



Annual MHA Conference



Daryl Plevy, project director for the Mental Health Transformation Grant, gave an update on Transformation initiatives.



Jennifer Brown (second from right) of On Our Own of Maryland with representatives of the four programs selected as Recovery Centers of Excellence. They are (from left) Mike Drummond of Arundel Lodge, Tom Marshall of Johns Hopkins Bayview, Lori Somerville of Humanim, and Phil Taff of Alliance.



University of Maryland Eastern Shore Professor Dr. Karin Klenke spoke on the "Importance of Organizational Leadership in Trying Times."



"The Complexities of Mental Health and Substance Abuse Problems in Late Life" was the focus of a session led by Kim Burton, director of Older Adult Programs for the Mental Health Association of Maryland.

Dr. Lisa Cullins, program director for Adventist Healthcare, addressed the topic "Providing Culturally Sensitive Care Throughout the Developmental Continuum."



Marlene Matarese of the Innovations Institute at the University of Maryland, Baltimore was one of three panelists to discuss new initiatives for Transition Aged Youth.

A Message from the Deputy Secretary and the Executive Director

Continued from front page

For instance, DHMH has a program to help small businesses gain access to health insurance benefits. Medicaid expansion covers more parents. We closed the Medicare 'donut hole' to ensure that no Maryland senior is forced to choose between food and medicine.

DHMH has a Maryland Health Quality and Cost Council to help public and private sector leaders coordinate and expand quality improvement and cost containment efforts. Recent legislation protects the state against Medicaid fraud. Other new legislation transforms primary care by ensuring that Marylanders have a 'medical home.'

Looking specifically at mental health the Transformation Grant has brought some exciting changes to Maryland's Public Mental Health System, including WRAP and Self-Directed Care.

So a lot has already been going on at the department and administration levels.

Yet we cannot – and are not – stopping there. Mental Hygiene Administration staff – along with those in other DHMH administrations and other Cabinet-level agencies – is carefully studying the health care reform law to determine the full impact it will have on how we provide health care.

In mental health, this reform offers us an exciting – if not somewhat daunting – opportunity.

Some estimates are that Maryland's Public Mental Health

System will grow by 50 percent – without a significant change in the number of health care professionals in the work force. On the face, that is a jarring equation.

So how do we meet the expected additional need for access to care – and maintain the quality of care? To modify the real estate catchphrase the answer is technology, technology, technology.

Break away from the traditional brick and mortar form of medicine and use new media.

Use the Internet to provide services via telemedicine. Use e-mail and texting to communicate with consumers about appointments and prescriptions. Use chat rooms as a form of group therapy – or as self help groups like some Veterans are already doing. Use social networking sites to remind people that help is available if you need it. And let's not forget about older technology such as the telephone.

Are there barriers to this type of technology? Sure.

We have to ensure that any funding issues that may exist are addressed. We have to ensure that security and confidentiality issues associated with electronic communication – especially in telemedicine and in chat rooms – are solved.

None of these are insurmountable – and in fact some can easily be dealt with.

In so many ways of life there is the continual back-and-forth argument between tradition and technology.

Traditionally, mental health care has been a face-to-face practice. Technologically, it does not need to be that way.

What mental health needs – what it depends on – is communication. It is a key tool that we use to help us better understand the consumers we serve – and meet their needs as well.

It only makes sense that in Maryland – where we have been in the forefront of transforming mental health care – we continue our progressive actions and use technology as a prime tool to meet tomorrow's deadline of 2014.



During an April meeting of stakeholders, Dale Meyer (left), executive director of People Encouraging People, makes a point about jobs and the economy while Tony Wright, director of On Our Own, Baltimore County listens.

Mental Health Plan released

MHA has released its Fiscal Year 2011 Annual State Mental Health Plan, which is designed to continue improvement in the delivery and financing of prevention, treatment and recovery support services for those with mental illness and their families.

Continued on next page

Mental Health Plan

Continued

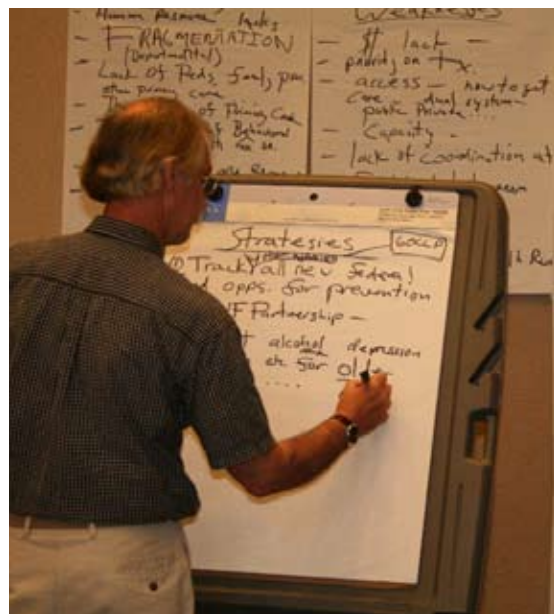
Compiled with the help of stakeholders from across the state and with the approval of the Maryland Advisory Council on Mental Hygiene and its Planning Committee, the goals in the plan were developed based on 10 strategic initiatives developed by the federal Substance Abuse and Mental Health Services Administration (SAMHSA).

These goals, objectives and strategies address MHA's plans for the upcoming year, including major issues resulting from legislative activities, ongoing MHA projects, the current fiscal environment and collaborative efforts with State agencies and other stakeholders. The plan also continues to reflect advancements in Maryland's Public Mental Health System enhanced by community involvement and by the Mental Health Transformation State Incentive grant.

As a part of the plan's development, more than 70 people attended a stakeholders meeting in April to provide input and feedback.

The plan is available on the Internet by clicking on 'FY 2010 State Mental Health Plan' at <http://www.dhmv.state.md.us/mha/stateplan.html>

Lisa Cuozzo, public policy director for the Mental Health Association, explains to the meeting attendees some of the strategies developed for issues related to violence and trauma.



Tom Merrick, of MHA's Child and Adolescent Services unit, writes down suggested strategies during a discussion on prevention of substance abuse and mental illness.

Study to focus on Caregivers of Veterans

As it gears up for a new study, the National Alliance for Caregiving is seeking family caregivers of Veterans who need help with everyday activities.

This study provides an opportunity for family caregivers of Veterans to be heard and to improve services for other caregivers of Veterans now and in the future. It is intended to determine how caregivers of these Veterans are coping, and what community and V.A. services, resources, and programs would support and assist them with their caregiving activities.

Caregivers are defined as those relatives, friends, and neighbors providing unpaid assistance, such as personal care – help with bathing, dressing, or feeding; help with medications and other treatments; transportation to doctors appointments; arranging for services; and assisting Veterans with PTSD or Traumatic Brain Injuries. Caregivers of Veterans from World War II, the Korean War, the Vietnam War and other conflicts including Iraq and Afghanistan will be in the study.

The information will be collected through focus groups, telephone interviews, and an Internet survey of caregivers of Veterans. The National Alliance for Caregiving is recruiting many family caregivers of Veterans from across the United States, and especially caregivers for the focus groups living in or near San Diego, California; San Antonio, Texas and Washington, DC.

Cash incentives will be available for study participants and Veterans who refer them. Information obtained from the focus groups, telephone interviews, and the Internet survey will be confidential and will not be connected to the individual caregivers participating in the study. The National Alliance for Caregiving has conducted many national research studies on caregiving, available on www.caregiving.org.

The National Alliance for Caregiving is a non-profit research organization. This project is funded by a grant from the United Health Foundation.



Finan Center staffers Cindy Gero, Risk Management Coordinator (left) and Jim Isaac, Risk & Safety Committee chairperson, with awards presented to the Center for reducing patient to staff assaults.

Finan Center Wins Safety Awards

The Thomas B. Finan Center, under the leadership of CEO Judy Hott, has received the State Employees Risk Management Association (SERMA) Health & Safety Group Award of Excellence in Risk Management for reduction in staff injuries due to patient assault. For the second year in a row, the Center received an Injury Reduction Award for a 24 percent decrease in overall staff injuries for CY09.

The awards were presented at the annual SERMA conference held in Baltimore County in May.

In 2007, the Center created a performance improvement team to respond to a growing number of reported staff injuries, many of which were a result of employees being assaulted by patients. The team was able to identify trends that would lead to proactive interventions and therefore minimize/eliminate future similar outcomes.

As a result of these efforts, staff injuries have decreased from 58 in CY07 to 39 in CY09, a 33 percent reduction. The cost associated with staff injuries has also significantly decreased from \$416,261 in 2007 to \$179,897 in 2009.

Finan leadership has a strong commitment to a culture of safety, for both staff and patients, and is continuing efforts to further reduce staff injuries for this year and in the future.

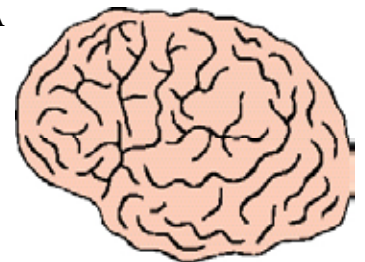
MHA Receives Continuation Funding for PATH

The Mental Hygiene Administration in July received notice of approval for continuation funding of \$1,287,000 in Projects for Assistance in Transition from Homelessness (PATH) for one year, effective July 1. This funding, provided by the Substance Abuse and Mental Health Services Administration, will reach more than 2,400 individuals in Baltimore City and all 23 counties who have a mental illness, and are homeless or at imminent risk of becoming homeless.

The funding will be used to provide outreach; case management; assistance with entitlements through specialized SOAR (SSI/SSDI, Outreach, Access, and Recovery) projects; supportive services in residential settings; screening and diagnostic services; community and detention center based mental health services; housing assistance, technical assistance in applying for housing; training; and referral to primary health, job training and educational services.

News from the TBI program

MHA was presented with a “**Great Strides Award**” at the national Traumatic Brain Injury (TBI) leadership meeting in March. This new award is presented to a state that does not have a Health Resources Services Administration grant yet is able to find creative ways to sustain its TBI program. MHA was cited for its opportunities through Maryland’s *Money Follows the Person* demonstration project.



In addition, Stefani O’Dea, director of TBI Services for MHA, along with two staff from the federal Centers for Disease Control and Prevention, discussed new TBI blue book data at the national TBI leadership meeting in July. Ms. O’Dea presented the “state example” of using data to enhance advocacy and expand programs.

Awards, Awards and More Awards – and Some Goodbyes

Congratulations to . . .

MHA Deputy Director **Lissa Abrams**, the recipient of the 2010 Lifetime Achievement Award from Own Our Own of Maryland. The award was presented at the organization's annual conference at Rocky Gap in June.



Photo: Ken Wireman, On Our Own of Maryland

Clarissa Netter, MHA's director of the Office of Consumer Affairs, on receiving the 2010 Marcia G. Pines Advocate and Service Award from the National Alliance on Mental Illness-Metropolitan Baltimore. Ms. Netter was presented with the award in July during the organization's 27th Annual Meeting and Awards Dinner in Baltimore. The award is designed to recognize area professionals who have led efforts to improve the lives of people with mental illness and their families.

Stefani O'Dea, director of Traumatic Brain Injury services for MHA, on her appointment as an at large member of the Board of Directors of the National Association of State Head Injury Administrators.



Frank Sullivan, director of the Anne Arundel County Mental Health Agency, presented with the 2010 Award of Special Recognition by On Our Own of Maryland. Frank received the award in June at On Our Own of Maryland's annual conference.

Photo: Ken Wireman, On Our Own of Maryland

Donna Wells, director of the Howard County Mental Health Authority, named Employee of the Year by the Association of Community Service of Howard County. The award was presented during the 35th annual Audrey Robbins Humanitarian Awards Luncheon held in Columbia in June.

Goodbye to . . .

Mary Kay Noren (below left), CEO of the Eastern Shore Hospital Center, who retired at the end of June after a 37-year career. Arlene Stephenson, MHA deputy director for Facilities Management, is shown ready to present a certificate to Ms. Noren.



Photo: Joan Smith, MHA



Photo: Doug Vance, RICA

Tom Pukalski, pictured with State Senator Jennie Forehand at his retirement celebration. Mr. Pukalski, CEO of the John L. Gildner RICA in Rockville, retired after a 43-year career.

Transformation Workgroup members see *Healing Neen*

“It takes a whole community to heal a trauma survivor,” Tonier Cain told the state’s Transformation Workgroup at its June meeting. The Annapolis native was responding to a question from an audience member after the group saw the documentary film, *Healing Neen*, which focuses on Ms. Cain’s continuing recovery from childhood abuse and addiction as an adult to become a national speaker and educator on the devastation of trauma and the hope of recovery. She went on to discuss the trauma-informed care that helped make her recovery possible. She characterized the treatment protocol as being based on sensitivity to individuals’ personal experiences and the possible triggers which may awaken traumatic memories. “No one thought there was hope for me,” she said, reflecting on 20 years spent living on the streets or incarcerated. “My belief system did not change until others believed in me.”

The nearly hour-long film and subsequent question and answer session was a major focus of the meeting where members of the workgroup also heard DHMH Secretary John M. Colmers reflect on the many changes that have occurred in the five years in which Maryland has participated in the federal Transformation Grant. Secretary Colmers then drew a parallel to the recently signed national health care bill known as the Patient Protection and Affordable Care Act (PPACA). The Secretary told the group that the law gives the state an opportunity to examine the successes of the Public Mental Health System while also considering the necessary steps to move forward and take full advantage of the new law. He said the state should be proud of its investments to strengthen the Public Mental Health System, and noted many of them had been as the result of the Transformation Grant.



DHMH Secretary John M. Colmers (left) with award presented by Herb Cromwell, executive director of the Community Behavioral Health Association.



*Tonier Cain answers questions after a screening of *Healing Neen*, a film which chronicles her continuing recovery from childhood abuse and addiction.*

After his remarks, Secretary Colmers was presented with an award from Herb Cromwell, executive director of the Community Behavioral Health Association, which recognized the Secretary’s efforts to address workforce shortages in behavioral health and in assuring an annual inflationary adjustment to community providers’ payment rates from DHMH.

Renata Henry, DHMH deputy secretary for Behavioral Health and Disabilities, also discussed PPACA and how the law presents numerous opportunities to move forward with activities to strengthen behavioral health services. She noted the importance of trauma-informed care and – in advance of the screening of *Healing Neen* – commended Ms. Cain for telling her story.

In his remarks, MHA Executive Director Dr. Brian Hepburn drew attention to some of the many successes of Transformation, including the Wellness Recovery Action Plan (WRAP), the Recovery Centers of Excellence Project and Mental Health First Aid. With the Transformation Grant expected to enter a final one-year extension, Dr. Hepburn emphasized the importance of short- and long-term planning. He stressed the need for creative thinking about use of new media – and how it can be used to inform people with mental

Continued on next page



MHA Executive Director Dr. Brian Hepburn talked about the need for creative use of new media.

health needs of available health services.

Other presentations to the approximate 100 people in attendance included one on Self-Directed Care by Ethel Nemchek, and an update on older adult initiatives by Kim Burton and Jim McGill.

Editor's Note: Thanks to Richard Hegner for his assistance with this article.



Renata Henry, deputy secretary for Behavioral Health and Disabilities, noted that the recently-signed national health care reform offers many opportunities to strengthen behavioral health services.

System of Care Program Gains National Recognition

Maryland's System of Care program received three awards during the Georgetown Training Institute's Excellence in Community Communications and Outreach (ECCO) Recognition ceremony. These annual awards are given for creative and innovative communications and social marketing approaches toward children's mental health by the federal Substance Abuse and Mental Health Services Administration's (SAMHSA) Caring for Every Child's Mental Health Campaign.

Maryland's 2009 Children's Mental Health Awareness campaign was awarded a gold plaque. Additionally, a silver plaque for media outreach was received for an interview that Dr. Al Zachik conducted with First Lady Katie O'Malley on Fox 45 News, and a Web cast that Jane Walker from the Maryland Coalition of Families for Children's Mental Health conducted with Dr. Gloria Reeves of the University of Maryland. The Teacher Resource Toolkits and brochure produced by the Mental Health Association of Maryland received a bronze plaque in the Community Outreach to Parents and Caregivers category.



Mental Health and the Law Symposium

A capacity crowd convened in June at the Ramada Inn BWI for the 13th Annual Symposium on Mental Health and the Law. Jennifer L. Skeem, Ph.D., (above) associate professor of Psychology and Social Behavior at the University of California, Irvine, presented the keynote address on "Offenders with Mental Illness in the Community: How to Make a Difference." Daniel Malone, Ph.D., J.D., (below) an assistant attorney general for DHMH, discussed malpractice considerations for mental health providers.



'Making Recovery Real' was theme of Adult Conference

MHA's Adult Conference drew 500 participants this year, where the theme was "Making Recovery Real."

Primary focus was placed on providing a comprehensive, integrated approach to education, training and the delivery of services to meet the overall needs of consumers, providers, policy makers and the general public. A greater emphasis was placed on use of workshops to meet the training needs of providers in order to improve their skill levels, and therefore elevate the quality of services provided to consumers in the public mental health system.

Neal Adams, M.D., M.P.H., associate medical director of United Behavioral Healthcare and the co-author of *Treatment Planning for Person-Centered Care: The Road to Mental Health and Addiction Recovery*, delivered the Keynote address on the theme, *Person-Centered Planning: Making Recovery Real*.

Robert Burns, the retiring assistant superintendent of the Maryland State Department of Education's Division of Rehabilitation Services, received a plaque from MHA Deputy Director Lissa Abrams "In gratitude for his exemplary career achievements, visionary leadership, and unwavering support of the Mental Hygiene Administration and the consumers it serves."



Dr. Neal Adams makes a point during his keynote on Person-Centered Planning: Making Recovery Real.

Photo: Tom Godwin, University of Maryland Evidence-Based Practice Center.

Web site helps locate service programs and resources

The Maryland Community Services Locator (MDCSL) is a Web resource designed to help service providers and the public find local community service programs and resources. Its address is www.mdcsl.org

Informational materials such as fliers and informational releases are available for download at http://www.mdcsl.org/avjsc/csl_info.asp. Additionally, organizations and individuals are encouraged to distribute posters, brochures and cards that are available free of charge by completing an online order form at http://www.mdcsl.org/avjsc/order_form.asp.

MDCSL has an advanced search feature for housing and victim service programs, as well as for substance abuse treatment

programs. This means that an individual can narrow a search for these types of programs by using the 'Advanced Search' area next to these program service categories on the main page. Just click on the red text next to these categories to open and close the advanced search area. Select the type of program you are looking for and your search results will be narrowed to meet your needs.

This service is available in multiple languages via Google Translate. This translation tool allows residents in the state of Maryland to view the site's information in a wide range of languages, including: Arabic, Chinese, Filipino, French, German, Greek, Hindi, Italian, Irish, Japanese, Korean, Persian, Polish, Russian, Spanish, Swahili, and Vietnamese. This service is available at http://www.mdcsl.org/avjsc/csl_translate.asp.

The MDCSL was developed by the Center for Substance Abuse Research (CESAR) at the University of Maryland, College Park. It is funded by the Governor's Office of Crime Control and Prevention.

Editor's Note: As stated on the MDCSL Web site, the University of Maryland, College Park, CESAR, and the Governor's Office of Crime Control and Prevention do not endorse or confirm the quality or availability of the services contained within this directory. Additionally, while these services have been verified to the greatest extent possible, the accuracy of the information and services provided in this directory cannot be guaranteed.