



FACT SHEET

United Way #8151/CFC #88462



MHA is an affiliate of Mental Health America (formerly National Mental Health Association) and Mental Health Association of Maryland (MHAM).

MHA coordinates the local Mental Health America Campaign for America's Mental Health.

Visit our website at www.mhamc.org

** Denotes volunteer opportunities

Mental Health Association of Montgomery County (MHA) promotes mental wellness and supports those with mental illness by sponsoring and implementing advocacy, education and direct service programs. A private, nonprofit, United Way (#8151) and CFC (#88462) agency, MHA has served Montgomery County residents for over 50 years. MHA currently manages 11 major direct service programs for children, teens, families, senior adults and individuals with long-term mental illness. Over 1,000 volunteers implement programs under the direction of MHA's professional staff.

Education & Advocacy are the primary missions of Mental Health Association. MHA's Board of Directors, staff and volunteers initiate and serve on numerous committees, task forces and coalitions to help assure better mental health services for area residents. MHA offers mental health literature, mental wellness screenings, newsletters, legislative briefings, advocacy alerts, community education events and affordable, timely continuing education seminars. MHA also offers Kids on the Block educational puppet troupe performances.**

Direct Service Programs

ADULT HOMELESS MENTAL HEALTH SERVICES offers case management and ongoing assistance to formerly homeless adults who are living independently through Shelter Plus Care and New Neighbors programming. Shelter Plus Care is a tenant-based, permanent, supportive housing program providing individual apartment units. New Neighbors is a sponsor-based, permanent supportive housing program offering either apartment or shared housing options. Clients are helped to achieve and maintain self-sufficiency. Outreach and case management services are provided at the Lord's Table soup kitchen in Gaithersburg.

BRIDGES TO PALS offers support to children and adolescents in foster care, as well as other "at-risk" children, through a one-on-one relationship with a caring, responsible mentor. The program helps youth develop a strong sense of self worth and strengthens their ability to interact with others in positive ways, including building trusting relationships.**

FAMILIES FOREMOST CENTER (FFC) provides free, comprehensive services for pregnant women and parents with young children (less than four years of age). Services include: adult education (ABE/GED/ESOL) classes, in-home intervention services, parent education classes, computer literacy classes, health education classes, employment readiness classes, developmental infant and toddler programs, parent-child activities, family literacy activities, Reading is Fundamental, peer support and case management. The Center is located at 1109 Spring Street, Suite 300 in Silver Spring, (301) 585-3424. FFC also offers the Mothers Offering Maternal Support (MOMS) program, which provides mentoring services, support groups and educational sessions to pregnant and parenting young women between the ages of 12-24. MOMS operates at the Twinbrook Parkway offices.**

FRIENDLY VISITOR PROGRAM offers friendship and support to home-bound elderly individuals who are isolated and lonely due to physical or emotional concerns. Each client is matched with a trained volunteer who has similar interests. Friendly Visitor provides access to resources and advocates for a healthy and safe environment so that clients may remain in the community as long as possible. Each friendship is very unique, and both clients' and volunteers' lives are enriched by the relationship.**

HOPES (Hotline, Outreach & Programming for Emotional Support) seeks to increase community awareness and opportunities to make a difference in the lives of people touched by mental illness. Services include: The Montgomery County Hotline which is a free, confidential 24-hour hotline offering crisis & suicide intervention/prevention and postvention, information, and referral and supportive listening; "Red Flags" which is a depression and suicide awareness education program that serves middle and high schools throughout the county; Mental Health First Aid which is a 12-hour training course that educates the community on accessing services for someone experiencing a mental health

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issue; and Specialized Information and Referral Services which currently focuses on providing information and referrals to veterans, active military and their family members.**

KENSINGTON WHEATON YOUTH SERVICES (KWYS) serves youth and families in the Einstein, Kennedy and Wheaton Montgomery County Public Schools cluster communities. KWYS offers short-term counseling and community- and school-based workshops for those experiencing difficulties in their daily lives and seeks to prevent more serious personal, family or community problems. Additionally, KWYS offers assorted youth development services, such as therapeutic recreation and after-school programming. KWYS, in collaboration with the Montgomery County Department of Health and Human Services, Montgomery County Public Schools and other nonprofit organizations, provides Linkages to Learning services at school sites to “at risk” children and families to improve performance in school, at home and in the community. KWYS is located at 3950 Ferrara Drive in Wheaton. (301) 933-2818.**

**Denotes volunteer opportunities

N*COMMON (New Capacity & Outreach for Multicultural Mental health Opportunities Now) seeks to forge common bonds of mental wellness across our community through services that are culturally and linguistically responsive to Montgomery County’s diverse residents. N*COMMON creates internship opportunities for culturally and linguistically competent individuals to work in the human services field through placements at MHA as well as other public and nonprofit agencies in the county. N*COMMON also offers multicultural educational opportunities for mental health and human services professionals serving our community. In addition, N*COMMON provides prevention and intervention mental health clinical services (individual, group and family therapy) to diverse clients unable to afford treatment. Currently, the focus of the clinical program is on low-income, uninsured, newly-arrived immigrant children, youth and families who are referred by MHA programs and other partner agencies.

PETS ON WHEELS links pet owners and their pets to lonely and isolated residents in nursing homes, assisted living facilities, and hospitals, as well as attendees at adult day centers and hospice patients. The program “licks loneliness” through the unconditional love of animals. It enriches the lives of both residents and trained volunteers through regular visits which offer social engagement and companionship. Animals are screened for appropriateness.**

REPRESENTATIVE PAYEE PROGRAM provides financial supervision for low income Montgomery County adults who receive a government benefit that they are unable to manage because of a physical or mental disability. Each program client is matched with a volunteer who manages the monthly benefit for the client. The Representative Payee Program is an AARP Foundation Money Management Program. The AARP Foundation is AARP’s Affiliated Charity.**

TRANSPORTATION SERVICE transports Springfield Hospital Center patients to and from Montgomery County to prepare to return home and for medical appointments, job searches, visiting and participation in private agency programs.

VOICES VS VIOLENCE (V2V) works to ensure safe lives for youth and families by bringing together diverse segments of the community to foster attitudes and behaviors that prevent and reduce violence in our homes, families, schools, communities and workplaces. V2V offers presentations to parents, youth, community members, and professionals on bullying prevention, anger/stress management, youth violence prevention, and family communication. In addition to violence prevention workshops, V2V offers the Voices2Empower (V2E) Initiative, a 10-week psychoeducational program for 12-18 year olds who are first time or repeat misdemeanor offenders.**

Community Partnerships

Many of MHA’s programs and special services are collaborations with Montgomery County Department of Health and Human Services, Montgomery County Public Schools, Housing Opportunities Commission of Montgomery County, other Montgomery County agencies, several Maryland state agencies and various private organizations.

MENTAL HEALTH CRISIS PREPAREDNESS AND RESPONSE efforts are provided by MHA in collaboration with the Montgomery County Department of Health and Human Services, its Crisis Center, and Montgomery County Public Schools. As a partner in this endeavor, MHA coordinates the Volunteer Mental Health Crisis Response Corps, a group of mental health professional volunteers who are trained for and are available to respond to community crises. In addition, MHA maintains stock of crisis-related, psycho-educational materials available to the public.

MONTGOMERY COUNTY THRIFT SHOP is managed in cooperation with four other Montgomery County nonprofit agencies. A percentage of the proceeds supports MHA. The shop is located at 7215 Wisconsin Avenue, Bethesda, (301) 654-0063. **

WIDOWED PERSONS SERVICE offers support to newly widowed men and women as they adjust to their new status and rebuild their lives. Support comes through outreach volunteers and a monthly newsletter. Call (301) 949-7398 for more information.

Special Services

MHA CONSULTING SERVICE offers organizations consultation in various areas of MHA’s expertise, including workforce mental wellness programming, organizational collaboration, event partnership and coordination, nonprofit management and school-linked mental health education.

OPERATION SANTA CLAUS is a project administered completely by volunteers. Volunteers assemble holiday packs of donated items for patients with mental illness at Springfield State Hospital and Montgomery General Hospital who would not otherwise receive gifts. Individuals, businesses and community organizations donate new personal care items and make financial contributions year-round for this project.**

PLACES FOR PEOPLE, LLC, a wholly owned subsidiary of Mental Health Association, administers housing for formerly homeless individuals who have serious mental illness. Ongoing case management services are provided for all clients. Call (301) 424-0656, x506 or x518 for more information.