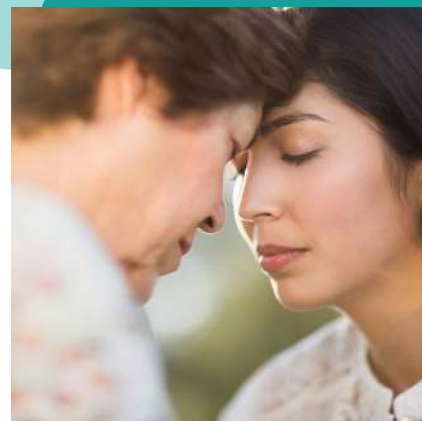
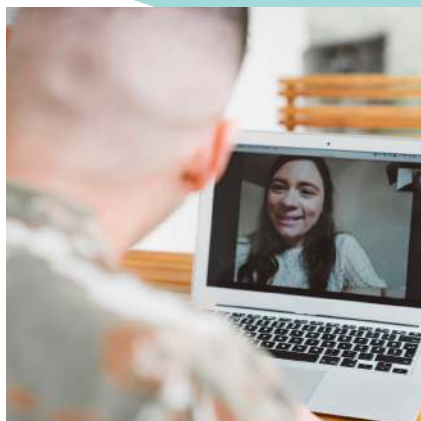


2021 IMPACT REPORT



EveryMind.
Your mental wellness.
Our mission.



EveryMind's Linkages to Learning Family Case Manager and 20-year tenured employee, Byron Diaz, working hard distributing cases of food to families experiencing food insecurity during the pandemic.

Amse Heck and her daughter, an EveryMind volunteer, proudly displaying their copy of *Stamped (For Kids)* by Ibram X. Kendi and Jason Reynolds. Copies of the book were given out to staff to share with the community as part of EveryMind's Juneteenth outreach program to spread awareness, spark conversation, and combat systemic racism.

From back row: Youth and Family Services' Reina Guerrero, Community School Coordinator (left); Erica Guerrero, Family Case Manager (3rd from left); and Leah Schwartz, Child and Family Therapist (far right), pose with campers during EveryMind's Summer Camp Week at Harmony Hills Elementary School

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LETTER FROM CEO AND BOARD PRESIDENT

This past year was one of immense challenges, but also one of extraordinary achievements. Through the hardships brought on by the pandemic, social and racial injustice, political divisiveness, and too many losses to count, the staff and volunteers at EveryMind persevered and put you, our community, first. EveryMind's staff and volunteers adapted quickly and seamlessly, and rose to meet the escalating needs. This past year:

We provided services to over 34,000 individuals, a 40% increase over the prior year's record-breaking number

Our staff and volunteers completed more than 10,000 life-saving suicide screenings - a 48% increase over the prior year

While most of us were locked down, our Homeless Outreach Team performed 1,900 hours of street outreach, a 46% increase over the prior year

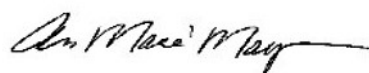
Our ServingTogether team met 2,266 veteran needs, a 57% increase over the prior year

We could not be more proud of the courage, resilience, and resourcefulness our workforce has exemplified in the face of ongoing crises.

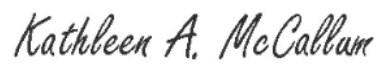
In the year ahead, we are focused on building upon the incredible work of the past year. EveryMind is committed to embracing inclusive solutions that prioritize equitable access to resources and crisis intervention. Creative approaches to meet the needs such as our DEI listening sessions, telehealth services, and virtual community education trainings, ensure that we have the insight and ability to reach those most deprived of the opportunity to thrive. As a center for the National Suicide Prevention Lifeline and one of only two text- and chat-enabled centers in the state of Maryland, we will see to it that our local community has a voice as the nation builds the foundation for 9-8-8, a federal effort to increase access to supportive listening and mental health crisis intervention.

The EveryMind workforce - our amazing staff and volunteers - could not have increased our capacity to serve as we have this year without the generosity and dedication of our funders and community partners. We are thankful for their passion and commitment to EveryMind's mission, and we look forward to continued engagement in the upcoming year as we help create systemic changes that ensure mental wellbeing is attainable for all. While we cannot be sure of what comes next, we remain certain and resolute in our mission to strengthen communities and empower individuals to reach optimal mental wellness.

In gratitude,



Ann Mazur
Chief Executive Officer



Kathleen A. McCallum
President, Board of Directors

BOARD OF DIRECTORS FY21

Kathleen McCallum
President

Joy Paul
Vice President

Melanie Jacobsen
Vice President

Robert King
Treasurer

Lisa Luse
Secretary

Stephanie Adams
Kathryn Grocki
Anne Hefter
Ingrid Herrera-Yee
Jay Holland
Michael Jacobs
Joan Kleinman
Ani Matson
Beatrice Miller
David Miller
Michelle Parker
Debbie Rankin
Elizabeth Riel
Emily Rosado
Abe Saffer
Carla Satinsky



GRATEFUL TO OUR BOARD OF DIRECTORS

ANN MAZUR
CEO

We would like to thank our Board of Directors for all of their hard work and continued commitment to EveryMind. Their vision and strategic guidance steered EveryMind through a demanding year. We are grateful for our Board's selfless efforts, time, and support to EveryMind's mission.

We begin our new fiscal year with a change in our Board Leadership.



THANK YOU

KATHLEEN MCCALLUM
Immediate Past Board President

After serving as President of EveryMind's Board for six years, through incredible growth in our services, Kathleen McCallum is stepping down to join our Board Executive Committee. All of us at EveryMind are so thankful to Kathy for her years of dedication to our mission, her relentless championing of mental health awareness and accessibility throughout our region, and her steadfast support of our staff and volunteers. We look forward to continuing our work with Kathy in her new role!



WELCOME

ROBERT KING
New Board President

We are also happy to announce that Robert King has taken the helm as our new Board President. Bob first joined the Board over four years ago and previously served as both Secretary and Treasurer. Having spent over 30 years at The World Bank, and after providing executive management, transition, and board development consulting for numerous non-profits, Bob brings a unique perspective to this role. EveryMind is excited to experience continued growth and innovation under his leadership in the coming years.



IN MEMORIAM

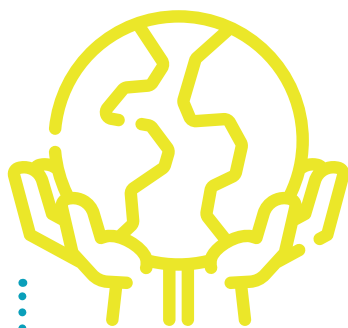
CARLA SATINSKY **Beloved Board Member and Advocate**

Carla Satinsky was a beloved long-time board member who served on the EveryMind Board of Directors for 25 years. She chaired the Education and Advocacy Committee, devoting countless hours to the causes of mental health advocacy and education.

For decades, Carla led EveryMind to grow and expand programs that strengthen our homeless neighbors, older adults, children and youth, and veterans in the National Capitol Region. She was a “doer”, no task was too small for her, no ask too unimportant. She modeled a strong civic responsibility as well as the positive impact of advocacy to make sustainable, systemic change.

Carla will always be remembered for her loyalty and commitment to justice, equality, and education. The breadth of her work on behalf of the citizens of Montgomery County is a shining example of service. EveryMind is eternally grateful for the legacy Carla left to us. In honor of her spirit, volunteerism, selflessness, and compassion to the mental health community, we have named The Carla Satinsky Lifetime Achievement Award after her. This award is given to volunteers who have served for 20+ years and have shown exemplary service through the giving of their talents, fostering our mission, enhancing EveryMind’s programs and services, and serving as a role model for others.

Every-Mind.Org



132,807

Hours of support and education
provided to 34,070 individuals



30,657

**Answered calls,
texts and chats**
to our hotline

1,114

Individuals and families helped
in finding or maintaining stable housing



10,161

**Suicide screenings
through our hotline**
a 48% increase over
the previous year

11,338

**Students and their
families**
received counseling, case
management, and program
support



1,900

Hours of street outreach
by Homeless Outreach Services
staff



83¢

**of every
dollar
supports
direct
services**

“

EveryMind has a great reputation within our community. Being able to work on the front line with our neighbors who are experiencing hardships and being a safe person for them to engage with is incredibly rewarding.”

93%

Hotline callers

reported services were helpful or very helpful



100%

Friendly Visitor clients

reported better ability to deal with their loneliness

154

Staff embedded in 20 locations
throughout our community

699

Veterans, service members and their families

received support for 2,266 unique needs



60%
Contracts

10%
Other Sources

25%
Philanthropic Giving

5%
Earned Income

\$9,417,009
Revenue

"Who would have thought a complete stranger would make me feel so much better; It was great to talk to someone who will listen and understands what I am going through. No one else in my life can do that for me right now."

"Thank you for your help during COVID. So grateful for your creativity in keeping the services I needed going."

"Thank you for listening. I am so glad I know I can call the hotline. My friend told me about it and how her son calls the hotline everyday and it has saved his life."

EveryMind's Youth and Family Services (YFS) offers a wide range of services to support students and families throughout Montgomery County. These services include family case management, after-school programming for both youth and adults, and mental health therapy.

During this past year of virtual and distance learning, over 55 YFS staff members embedded at 20 schools and community locations continued COVID-19 response by providing essential front line support. From our Linkages to Learning and Community Youth Services sites to our Counseling Services, YFS staff provided teletherapy, virtual group counseling, technology support to students and families, and regular, in-person deliveries of essential supplies such as food and PPE. **We supported 11,338 students and their families** with school and community-based counseling, case management, and programming to reduce barriers to academic success and promote school and community engagement.

These combined efforts expanded the safety net YFS provides to strengthen and ensure clients' mental wellness and stability.



Campers completing an art project at EveryMind's Summer Outdoor Adventure Camp at Harmony Hills Elementary School.



EveryMind's Linkages to Learning staff Elaine Carballo, Community School Coordinator (left), and Ingrid Rivas (right), rose to the logistical challenges of the pandemic and ensured 831 families received Thanksgiving food baskets.

"I think EveryMind's Linkages to Learning staff is very kind and respectful and they have made me and my family feel welcomed in receiving the services they provide."

"I am very grateful with the holiday gifts and gift cards that were given to me and my family when I was not working. It helped us a lot."

"Linkages to Learning does a great job informing families about resources in the community."



During the last year...

13,883

Food bags and 771 snacks were distributed to support our students and families' nutritional needs

11,338

Students and families received school-based counseling, case management, and program support

94%

Linkages to Learning parents reported learning new ways to become involved with their child's education and 89% reported becoming more involved in their child's school community

1,016

Children and youth were supported with holiday giving across all 11 of our Linkages to Learning sites.

Sandra came to EveryMind for symptoms associated with depression, anxiety, and thoughts of self-harm.

Her therapist discovered that Sandra's symptoms stemmed from a difficult relationship with her parents, particularly with her mother. Together, Sandra and her EveryMind Youth and Family Services therapist worked for several months to tackle these difficult issues. Sandra's therapist provided her with numerous resources, including coping skills, relationship skills, problem-solving skills, and setting healthy boundaries. Using these tools dramatically increased Sandra's self-esteem. She began to have a bright and positive outlook on her life, and these results continued even after high school. She graduated, obtained two summer jobs, and then enrolled at a local community college. Sandra reported a stronger relationship with her parents because she learned to accept herself through the support she received at EveryMind.

SANDRA'S STORY

Adult and Community Services (ACS) offers support and resources to the adults in our community. Our individual counseling, case management for homeless and formerly homeless individuals, and Representative Payee and Friendly Visitors programs provide a continuum of care and vital mental health services to our clients.

During FY21, ACS continued essential front line in-person support and its vital role in ensuring every client's mental wellness is supported.

Our Homeless Outreach Services (HOS) case management team provided connection to vital community resources to individuals along a continuum of care, from street homelessness to permanent supportive housing. This team of case managers and coordinators provided over **1,900 hours of street outreach, a 46% increase** during the pandemic lockdown, which included mental health support, COVID-19 pandemic and vaccine information, emergency food assistance, PPE and personal care essentials, and technology use. Our Housing Initiative Program (HIP) coordinators continued to work one-on-one with clients to stabilize housing and promote self-sufficiency.

Representative Payee trained volunteers and staff continued services in-person and virtually helping individuals living with a mental illness or disability to better manage their personal finances to support their daily needs. Friendly Visitor staff and community volunteers were essential in alleviating feelings of loneliness and social isolation among older adults, critical during the pandemic, by providing technical support for virtual connection and telehealth appointments, one-on-one friendship, emotional support and overall wellbeing, and health monitoring.

Our SSI/SSDI Outreach and Access to Recovery (SOAR) program continued to navigate clients through an evidence-based program to apply for SSI/SSDI benefits. With a continually proven track record of obtaining SSI/SSDI benefits higher than national norm annual average, SOAR also assisted clients in accessing behavioral health, medical, entitlements and other supportive services.



**During
the last
year...**

2,015

Documented supportive services were made by the Homeless Initiative Program (HIP) team throughout the heights of the pandemic

100%

Representative Payee clients surveyed agreed or strongly agreed that their stress about finances was reduced because of the program and volunteer support

EveryMind's Homeless Outreach Services (HOS) Team found Anthony panhandling at a busy intersection.

Due to the pandemic, some of Montgomery County's street homeless individuals, like Anthony, sought refuge in local encampments. Gary, an HOS case manager, was able to check Anthony into a hotel room, an option the County pays for when street homeless individuals refuse shelter and have had chronic illness. Over the next few weeks, Gary worked one-on-one with Anthony to help him complete referral forms for mental health services, food stamps, medical assistance, medical appointments, dental services, identification services and medications. Anthony quickly received the mental health attention he needed and was able to restart his medication regimen by working closely with a psychiatrist. Gary referred him to another program within EveryMind, through which he was able to obtain social security benefits. One year later, and with the continued help from Gary, Anthony was accepted into a housing program, through which he moved into his own apartment, not far from where the EveryMind HOS Team originally met him. Anthony continues to take measures to improve his life and is happy to have a place he can call home.



EveryMind Director of Adult & Community Services Interviewed on Fox 5 News

In April, Betsy Bowman, Director of Adult & Community Services, spoke with Fox 5 News about her concerns over the proposed Panhandler Permit Bill 1521 and the negative impact it could have on low-income and homeless residents of Montgomery County. County Councilmember Craig Rice reached out to EveryMind and community partners to discuss options to amend the bill and improve traffic-related conditions to ensure safety. [Click HERE](#) to view segment.

Crisis Prevention & Intervention Services (CPIS) provides supportive listening, information and resources, and crisis intervention not only to community members who are suicidal, but also for those living with depression, stress and anxiety, relationship problems, grief and loss, self-harm, and more.

A trusted community service for over 50 years, EveryMind's CPIS scaled up to meet the increased sustained demand for services during the last year, and will continue to be there for those in crisis as we navigate the long-term mental health impacts of COVID-19.

As the stress and anxiety resulting from the pandemic impacted our community during FY21, CPIS responded to 32% more calls/texts/chats to our center and **performed 10,161 suicide screenings - a 48% increase over the previous year.** To meet this increased need, we grew our paid staff and adopted technologies to allow our hotline specialists to remain on-call 24/7, providing greater coverage to our community. This increase in capacity is especially critical as we gear up for the July 2022 implementation of 9-8-8, the new three-digit number for the National Suicide Prevention Lifeline that will make it easier for our neighbors to access life-saving mental health resources. EveryMind is preparing staff and continuing to invest in infrastructure to handle the anticipated tripling of call, text, and chat volume in the upcoming year.




During the last year...

92%

Hotline callers surveyed said they felt better or much better than at the start of the call



Kirsten Robinette, CPIS Quality Assurance Manager, holds one of the 40 new hotline phones EveryMind received in November that was funded by the Montgomery County Government and the County Council.



One of EveryMind's 24/7 Hotline Specialists connected with a 13-year-old named Jessie (they, them, theirs), who was struggling with suicidal ideation and recent self-harm.

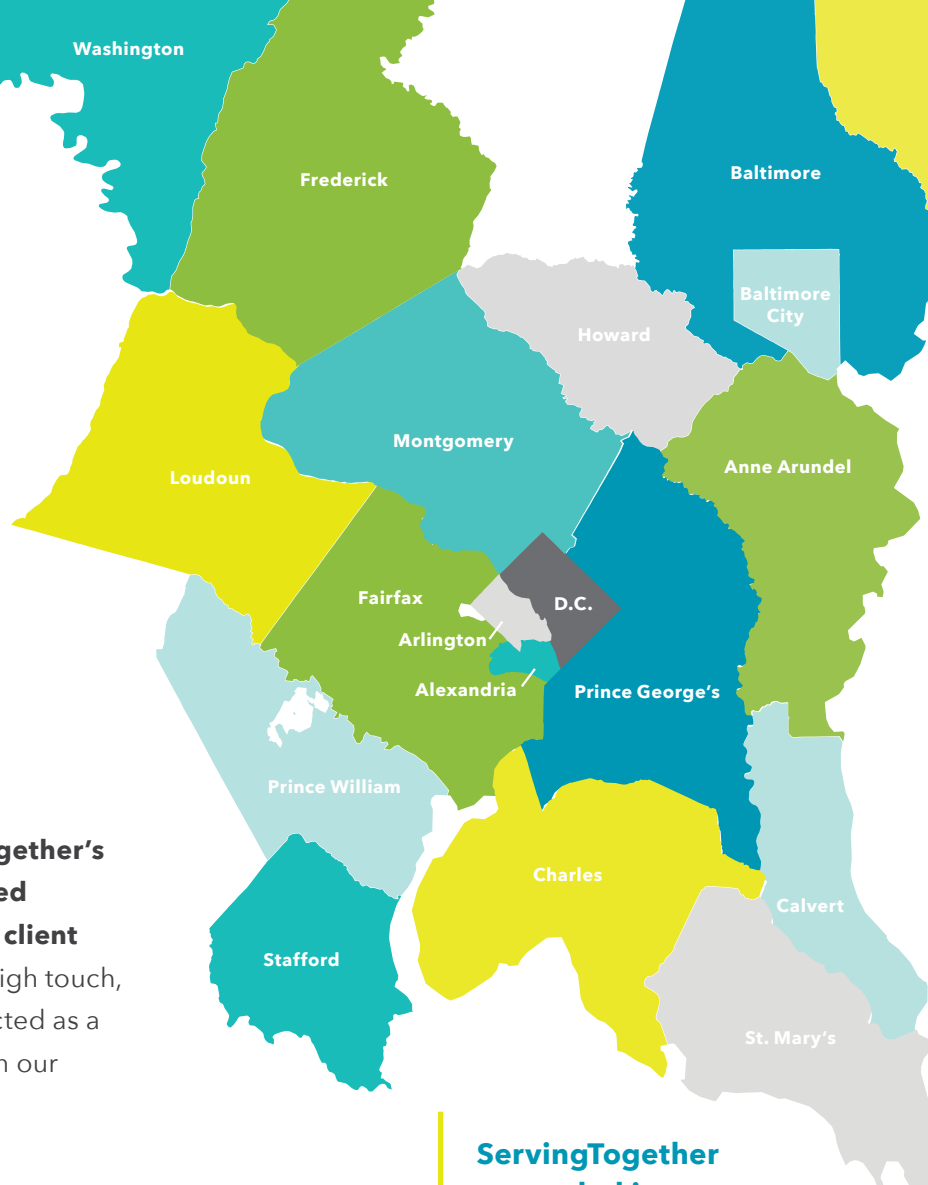
Jessie told our specialist that they were afraid to confide in their mom. Instead of telling Jessie to calm down, our specialist worked with Jessie to be safe while processing the feelings that led to this crisis. After the talk ended, Jessie told their mom about their feelings. They later reconnected with a Hotline Specialist to let us know they and their mom were going to find a therapist to get Jessie the help they needed.

"I started off feeling like I needed to die. I needed to get up and do this. But talking with you has helped me see that I can get through this. At least for today. If I feel like this again I'll most definitely talk to someone. Instead of telling me to just calm down like everyone else had, you helped me realize what I love about my life. I just want to let you know, genuinely from the bottom of my heart, you just saved a life. I never felt like anyone would care about my problems. Thanks for being so kind to me—you really helped me."

For the last decade, ServingTogether has successfully implemented a system of coordinated care to the region's Service Members, Veterans, and their Families.

During the pandemic, **ServingTogether's virtual Peer Navigation increased accessibility to meet 57% more client needs** through our data-driven, high touch, virtual model. ServingTogether acted as a hub to the hundreds of partners in our network delivering DEI listening sessions and trainings, and virtual events, such as *Preventing Suicide Among Military Veterans*, to enhance capacity for the region's service providers.

ServingTogether's partnerships worked together to anticipate the increasing needs brought on by the pandemic, such as this year's top needs; housing (19%), benefits navigation (12%), individual and family support (12%), employment (11%), food security (11%), and income support (9%). Visit ServingTogetherProject.org for more information.



ServingTogether expanded into Central Maryland, including Baltimore City and Anne Arundel, Baltimore, Harford, and Howard Counties





During the last year...

ServingTogether hosted a Legislative Briefing on "Veteran Suicide Prevention" for 160 elected federal, state and local officials/legislative staff, service providers, and members of the community

2,266

Service episodes (average of 3.2 needs per client) such as housing, benefits navigation, individual and family support, employment, food security, and income support were received by veterans, service members or family members

94%

Increase in participation across all ServingTogether collaboratives and events

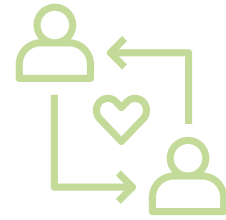
Jake was initially referred to ServingTogether by the Cohen Clinic at Easter Seals for ongoing long-term therapy.

During the initial intake process, our ServingTogether Peer Navigator uncovered that Jake faced food insecurity and health issues that required his meals to be gluten-free and vegan/vegetarian. Jake's ServingTogether's Peer Navigator connected him to Maryland Commitment to Veterans, Therapeutic Consult Services, and Give an Hour to provide an array of options for group therapy. Through the ServingTogether Unite Us network, his Peer Navigator signed Jake up to receive gluten-free and vegetarian meals delivered to his home through Hero's Bridge and Mom's Meal. With the support of his Peer Navigator, Jake also received resources for financial literacy courses to assist with budgeting, refinancing his mortgage, and managing student loans from the World Financial Group. We are happy to report that Jake is feeling better these days. He is continuing his group therapy sessions, eating better, and working on improving his financial situation."

EveryMind has worked in the community to address mental health and wellness education for 64 years with the goal of reducing stigma.

One of the first to offer the evidence-based and internationally recognized Mental Health First Aid Training in the state of Maryland, we have grown to meet the needs of our clients with highly customizable trainings.

EveryMind's Community Education department has worked with and created educational programming for youth, teens, adults, older adults, military, veterans, homeless providers, first responders, early educators, schools, HR departments at corporations, and more. Training and curricula are available in-person and virtually across the Eastern seaboard in both English and Spanish.



6,535

ServingTogether training participants reported an increase in knowledge of veteran needs

6,892

Individuals participated in EveryMind's education and outreach events

"Everyone from older adults to staff on the Zoom meeting were impressed by your delivery style and information."

Baltimore County
Department of Aging

"I want to extend a huge thank you for Saturday's training. You really broadened our knowledge on mental health and gave us valuable guidance!"

Prince George's County

"You made a tough topic palatable and easy to digest. Your lighthearted manner really set the tone for the training."

Trainee
How to Help Others in a
Crisis Training

PROGRAMS AND TRAININGS

Some of the educational programming and trainings we offer:

Mental Health First Aid

Mental Health and Wellness 101: Learn Common Language and Identify Risk Factors and Warning Signs

Improve Your Wellbeing Through Self Care

Dealing with Stress, Anxiety, and Burnout

Communicating with Empathy

Supporting Our Homeless Neighbors

How to Help Others in a Crisis

When and How To Get Help: Resources Available

Trauma Informed Care

Safety Planning for Clinicians, Counselors, and Mental Health Staff Working with Newly Arrived Immigrants

Your Organization's Customized Training and Curricula*

*Non-profit pricing available.



82%

Trainees Agreed or Strongly Agreed that they have a better understanding of stigma and its impact on mental illness

89%

Clients Agreed or Strongly Agreed they are more likely to seek help related to mental health for themselves or someone they know

81%

Clients Agreed or Strongly Agreed they would recommend EveryMind's educational programming and trainings to a colleague or friend

CLIENT LIST

Alzheimer's Association	Maryland State Department of Education
Anti-Racism Affinity Group	McKinley Tech High School
Asian American Health Initiative	Montgomery College Faculty
Baltimore County Department of Aging	Montgomery College Public Safety Officers
Bethesda Chevy Chase High School	Montgomery County Council Staff
Bradley Hills Presbyterian Church	Montgomery County Department of Health and Human Services
Bright Beginnings	Montgomery County Early Childhood Educators
CCI Health and Wellness Services	Montgomery County Human Service Navigators
City of Gaithersburg	Montgomery County Public Libraries
City of Rockville Summer Camp Staff	Montgomery County Public Schools EAP
Collegewide Behavioral Intervention Team	Montgomery Parks, The Maryland-National Capital Park and Planning Commission
Commission on People with Developmental Disabilities Association	National Institute of Standards and Technology
Community Advocacy Institute	NBC4 Health and Wellness Expo
Deloitte Consulting LLP	Non-Profit Montgomery
ElderSAFE	Parent Education Program (PEP)
Gaithersburg Church of the Nazarene	PERDUE Farms Inc.
Galilee Health and Wellness-Veterans and Nurses Ministries	Prince Georges County Veterans Collaborative
Harmony Hills Elementary School	Shippensburg University
Highland Elementary School	Southern Maryland Veterans Collaborative
Holy Cross Faith Community Nurse Program	Steven A. Cohen Clinic
Holy Cross Hospital	The Campagna Center
Infants and Toddlers Program for Montgomery County	The Sienna School
Langley Park Elementary School (PGCPS)	UMBC at The Universities at Shady Grove
Manhattan Strategy Group	University of Maryland Psych Department
Manna	University of Maryland Social Work Program
Maryland National Capital Park and Planning Commission, Prince George's County	Viatrix Inc.
Maryland Small Business Development Center	Wonders Learning

Advocacy plays a vital role in EveryMind's mission. We witness and respond to the impact of public policies on the people we serve, whether they are children and youth, adults, individuals and families experiencing homelessness, or veterans and military families. In FY21, some of EveryMind's advocacy efforts included, a Legislative Briefing in veteran suicide prevention, a verbal testimony of the 9-8-8 impact on the state, a heightening of mental health awareness and women's mental health, and homeless outreach collaboration.

ADVOCACY OF SUICIDE PREVENTION

EveryMind and ServingTogether's Legislative Briefing On Veteran Suicide Prevention

Chris Van Hollen (pictured), United States Senator from Maryland, Tim Kaine, United States Senator from Virginia, Will Smith, Maryland State Senator District 20, and Dr. Richard McKeon, Chief of Suicide Prevention at SAMHSA were among the many local, state, and federal participants at EveryMind and ServingTogether's Legislative Briefing on January 25, 2021, presenting and leading discussions on the Commander John Scott Hannon Veterans Mental Health Care Improvement Act of 2019, and its local, state and federal impact in preventing veteran suicide, and increasing access to community mental health supports for our military-connected families. [Click HERE](#) to watch the briefing.



Rachel Larkin, Crisis Prevention & Intervention Services Director Provided Verbal Testimony for the Maryland Mental and Behavioral Health Commission

In March 2021, Rachel Larkin provided verbal testimony for the Crisis Services Subcommittee of the Maryland Mental & Behavioral Health Commission on the impact of the 9-8-8 designated mental health emergency number due to rollout in July 2022. EveryMind is one of 6 core National Suicide Prevention Lifeline (NSPL) centers in Maryland and 9-8-8 calls will be routed directly to the centers. Additional infrastructure and funding are needed to ensure NSPL centers are able to meet the anticipated tripling call volume. NSPL centers rely primarily on local funding, private donations and dedicated support from volunteers to remain operational 24/7.



ADVOCACY OF WOMEN'S MENTAL HEALTH

"Squeezed: Life for Women and Caregivers During the Pandemic" Town Hall

On November 23, 2020, CEO Ann Mazur (top center photo) was one of five roundtable panelists discussing stress and mental health challenges of women and caregivers during COVID-19 at the "Squeezed: Life for Women and Caregivers During the Pandemic" Town Hall sponsored by Councilmember Will Jawando (bottom center photo), Montgomery County Commission on Women, and the Montgomery County Alumnae Chapter of Delta Sigma Theta. [Click HERE](#) to listen to the discussion.



ADVOCACY OF MENTAL HEALTH AWARENESS

Walking to Raise Mental Health Awareness

Congressman Jamie Raskin and wife Sarah Bloom Raskin walked the Montgomery Parks Rock Creek Trail with EveryMind board members and staff, in honor of their son Tommy's memory, and to raise mental health awareness and reduce stigma during Mental Health Awareness month. The walk coincided with the month-long EveryMile for EveryMind event, which promoted positive mental health and wellness through physical activity on the many beautiful trails of Montgomery Parks.

Pictured from l to r: Dipika Cheung, Crisis Prevention and Intervention Services Manager; Jason Marshall, ServingTogether Manager, Capital Region/Western Maryland; Amse Heck, CDO; Sarah Bloom Raskin; Congressmember Jamie Raskin; Abe Saffer, EveryMind Board Member; Jose Delgado, Linkages to Learning Child & Family Therapist; Stephanie Adams, EveryMind Board Member



Lindsay Koosed, Hotline Specialist, Testified at the Montgomery County Council Budget Hearing

On April 7, 2021, Lindsay Koosed represented EveryMind and provided a stellar testimony at the Montgomery County Council Budget Hearing advocating for funding to meet increased demand for EveryMind hotline services and a 3% budget increase for all nonprofit providers. Click [HERE](#) to listen to Lindsay's testimony.



Mental Health Awareness Month Proclamation

On May 18, 2021, Montgomery County Council Vice President Gabe Albornoz delivered a Proclamation recognizing Mental Health Awareness Month. EveryMind's CEO Ann Mazur and CPO Karishma Sheth were present during the Montgomery County Council meeting. The Proclamation highlighted the need to increase awareness about mental health conditions, and the unprecedented & growing need for public health services amid the pandemic. Click [HERE](#) to view.



The New York Times

POLITICS

Pandemic Leaves More Military Families Seeking Food Assistance

Veterans are in a similar situation, hunger advocates and service organizations have found.

By Jennifer Steinhauer



The New York Times

On December 16, 2020, ServingTogether Program Manager Jennifer Watson was quoted in a *New York Times* article entitled, "Pandemic Leaves More Military Families Seeking Food Assistance".

"Food help has become the No. 1 request at ServingTogether, an organization that assists veterans and military families in Maryland and Washington, for the first time in at least five years," said Jennifer Watson, a program manager there. [Click HERE](#) to read full article.



NBC4 Today Show

On December 21, 2020, CDO Amse Heck, and ServingTogether were featured on NBC4 TODAY Show's "Red, White and Blue Christmas" segment about military families struggle with food insecurity during the pandemic. [Click HERE](#) to view the segment.

EVERYMIND SPEAKS ABOUT THE COVID-19 IMPACT ON THE LATINO COMMUNITY

El Momento Civico Radio Program

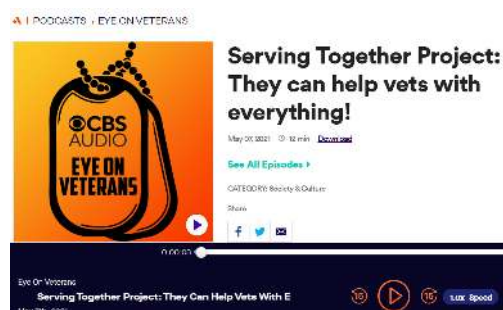
On April 30, 2021, EveryMind Linkages to Learning's Director Adriana Toro (left photo) and Community School Coordinator Nancy Lazo (right photo) represented EveryMind on the "El Momento Civico" radio program that airs on Radio America. The segment focused on the community impact of Proyecto Cívico Latino and the organizations serving the Latino community. The radio program is one component of Montgomery County Councilmember Nancy Navarro's Latino Civic Project.



EVERYMIND SPEAKS ABOUT SERVINGTOGETHER'S WRAPAROUND HOLISTIC CARE AND SUPPORT FOR VETERANS AND MILITARY FAMILIES

Ann Mazur Interviewed on CBS Audio Eye On Veterans Podcast

On May 7, 2021, EveryMind CEO, Ann Mazur, spoke with podcast host Phil Briggs about the wraparound holistic system of care and support available to veterans, service members and their families through our ServingTogether program. Click [HERE](#) to listen to the interview.



EVERYMIND SPEAKS ABOUT CRISIS PREVENTION & INTERVENTION SERVICES AND HOTLINE SUPPORT FOR THE MENTAL HEALTH COMMUNITY

Katie Kuennen, Division Director for Adult & Community Services, Featured in Montgomery County Collaboration Council May 2021 Newsletter

Click [HERE](#) to watch Katie speak about EveryMind's Hotline services and support available 24-7 to the community.



By lifting up others in time of need, we can all make an impact on mental health.

Our sincerest thanks to our donors and contributors for supporting community mental health and partnering with us to help provide hope, healing, and strength to tens of thousands of individuals this fiscal year. We could not have done the work that was so urgently needed by our community without you.

Your unwavering financial support and commitment to EveryMind's mission to strengthen communities and empower individuals to reach optimal mental wellness has made a huge, positive impact in the lives of children, youth, adults, veterans, older adults, and families from the communities we serve.

We are grateful.



Viatris Inc. partnered with EveryMind as a Platinum Sponsor of the EveryMile for EveryMind event. Thank you to the amazing Viatris team for supporting community mental health and walking the Montgomery Park's Capital Crescent Trail. Pictured with EveryMind and Viatris Staff: Anne Wilson, Viatris Head of Public Affairs & Strategic Partnerships, (left, next to sign) and EveryMind Board President, Kathleen McCallum (second from right).



A big thanks to MedStar Health for their generous donation of gift cards, masks, and sanitizers to EveryMind for families we serve. Pictured with EveryMind Staff: T.J. Senker, MedStar President (center), Andrea Mocca, MedStar Community Outreach Coordinator (center left) and Diana Saladini, MedStar Director of Population Health (center right).

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EveryMile for EveryMind's month-long May event, in partnership with Montgomery Parks, encouraged the community to walk every day on beautiful guided trails or in their neighborhoods to raise awareness for mental health.

Photos clockwise from top left.

Pictured from back row: Councilmember Andrew Friedson (2nd from left); Casey Anderson, Chair, Montgomery County Planning Board and Vice Chair, Maryland-National Capital Park and Planning Commission (4th from left); and Miti Figueredo, Deputy Director for Administration, Montgomery County Parks Department (3rd from left) with EveryMind staff and friends at Cabin John Regional Park.

EveryMind's Lihong Fu, Senior Accountant; Jamie Bresnick, COO; Qiqi Yao, Staff Accountant, and Dana Liu, Finance Director, walking the North Branch trail.

EveryMind Board Member Lisa Luse and her son admiring the flowers at Brookside Gardens.

EveryMind Board Member Beatrice Miller (far right) and members of GirlTrek walking the Matthew Henson trail.

Amse Heck (left), Ann Mazur (center) and Education Director Jennifer Grinnell (right) in front of Lake Needwood.

Our sincerest thanks to our volunteers for their extraordinary service.

EveryMind's volunteers are a valued part of our EveryMind family. Their dedication, sacrifice, and continued commitment to support mental health ensured EveryMind's crisis prevention and intervention services and mental wellness programs are always available to every mind, every time. We simply could not have done this work without them!

Their many hours of volunteerism have been heroic and they have cemented the bonds of trust and community engagement that inspired others to act. They provided not only selfless essential care, but hope to so many. As we navigate the path forward toward recovery, we draw inspiration from the example they have set helping those in need no matter the circumstances. They are truly our heroes and are essential to EveryMind, our mission, and our community.

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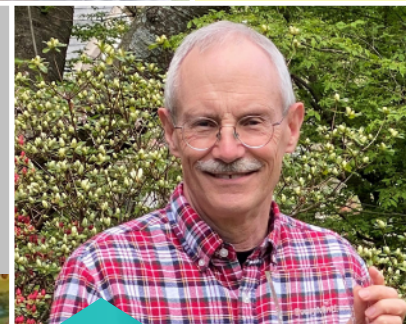
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Here are ways to support EveryMind's mission and help make our work possible:

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Become an EveryMind Volunteer

Visit Every-Mind.org/get-involved/volunteer for details

Estate and Legacy Planning

Contact Taryol Latimer, Development and Communications Manager, at tlatimer@every-mind.org for more details

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Contact your Human Resources Department for details

Amazon Smile, United Way, and Combined Federal Campaign (CFC)


amazon smile
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 info@Every-Mind.org

 1000 Twinbrook Parkway
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EveryMind Montgomery County Hotline

Phone/Text: 301.738.2255
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ServingTogether Veteran Peer Navigator

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