

THE GREATER GOOD

Fall 2023

A Quarterly Report from Delaplaine Foundation, Inc.

FROM THE PRESIDENT

We have “Fall-en” into the season of the year that signals change – change of leaf colors, daylight hours, and faster-paced Fall schedules. I’m reminded that meaningful change begins with awareness of our ever-evolving community needs.



The latest versions of both the Frederick County Community Human Needs Assessment (The Community Foundation of

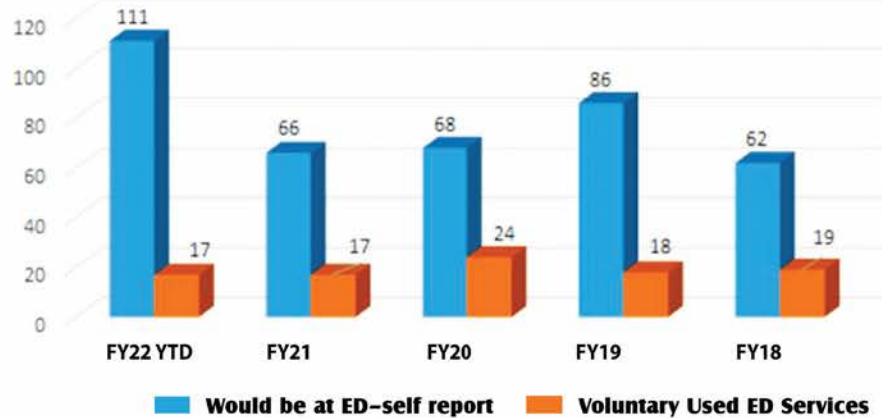
Frederick County) and the Community Health Needs Assessment (Coalition for a Healthier Frederick County) identify addressing mental health as one of the top three needs. The latest ALICE (Asset Limited Income Constrained Employed) Report released by the United Way states 36% of Frederick County households, although employed, are unable to make ends meet due to the cost of living. No doubt the inability to meet basic needs exacerbates stress and anxiety, which can impact mental health. These reports illustrate that there is much work to be done to meet critical needs in Frederick County. But there is HOPE.

We are fortunate to have local nonprofits who address mental health needs in different ways. Recently I attended the ribbon cutting of the new Mental Health Association Walk-In Crisis Care Center on Montevue Lane, open 24/7 to address the escalating need for crisis intervention. Whole Heart Grief and Life Resource Center provides coaching, support groups, and other resources for those impacted by grief. Each 1 Teach 1 provides preventative and healing solutions for young people. You’ll read their stories in this issue. They are just a few of the outstanding community organizations making a difference for those in need of mental health services.

Delaplaine Foundation is proud to support the community nonprofits working every day to help meet the mental health and overall needs of all those in our community, including ALICE families.

Marlene
MARLENE B. YOUNG
President

Emergency Department



FY22 YTD graphic shows the number of people who visited the current 74-hour a week Mental Health Association Walk-In Crisis Center who stated they would have gone to the hospital emergency department if no such facility was available. Orange columns represent those who were identified as needing a higher level of care and voluntarily went to the emergency department. Chart: FCHD.

Responding To Frederick County’s Great Mental Health Challenge

Exacerbated by the pandemic and ongoing substance abuse issues, there has been a dramatic increase in demand for mental health services in Frederick County in recent years—as stated in the most recent Local Behavioral Health Authority Jurisdictional Plan prepared by the County’s Behavioral Health Services Division, through data analysis and collaboration with many local stakeholders. While there has been an increased call for service among all demographics, the greatest increase has been among children and adolescents—for all levels of care, including emergency department visits, inpatient admission, outpatient counseling, walk in crisis services, mobile crisis, school counseling and at Health Department visits.

There is a shortage of behavioral health professionals industry-wide. This is particularly true of clinicians who do not feel competent when treating the

child and adolescent population. The report also states that “more providers are needed in Frederick County. There are simply not enough candidates in the job market to hire... Frederick County has great infrastructure and a desire to make substantive change. But there is a lack of human capital.”

Nonprofit organizations that are dedicated to behavioral health and wellness play an important role in supporting the mental health needs of Frederick County’s growing population. This issue of our newsletter profiles the work of three organizations, which collectively respond to all age demographics and many mental health care needs in our community.

Facing a mental health crisis, without knowledge of an alternative resource, many people ultimately turn to the hospital emergency department. This

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Delaplaine Foundation, Inc., is a private family foundation based in Frederick, Maryland, dedicated to the enrichment of communities and families within Maryland, nearby states and the District of Columbia by supporting programs to strengthen the arts and sciences, historical preservation, educational advancement, spiritual enlightenment and well-being.

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Employees greet clients at the MHA Walk-In Crisis Center, a 24/7 facility that will likely reduce the number of mental health crisis visits at the Frederick Health Hospital Emergency Department.

Mental Health Association's Walk-In Crisis Care Center Offers Round the Clock Access to Those In Need

The Mental Health Association of Frederick County (MHA) will achieve a much anticipated goal with the mid-October opening of its Walk-In Crisis Care Center. The facility, located at 340 Montevue Lane, will operate 24 hours a day, seven days a week. "MHA is thrilled to open the Walk-In Crisis Care Center. The community identified a need for a 24/7 center nearly 10 years ago. We are honored that we have been able to work closely with our community partners and government to open a facility where anyone experiencing a crisis can receive help at any time of the day," said Shannon Aleshire, MHA CEO.

Established in 1965, MHA originally and primarily offered referral services to clients in need for the first 20 years of its existence. In 1985, MHA established a call center where trained specialists engaged callers in supportive listening and crisis intervention services. As needs in the community grew, MHA expanded its programming to offer in-person counseling, parental coaching, and to training and supporting groups addressing issues such as suicide prevention and survivor support. In 2013, MHA initiated walk-in behavioral health services during business hours, with the 2020 addition of psychiatric care services made available 74 hours each week. The Walk-In Crisis Care Center marks a milestone.

The Center, made possible through local, state and federal funding partnerships, consists of 10 session rooms where clients can meet with a Crisis Specialist at any hour of the day. Other professional staff include a Nurse Practitioner (who can prescribe medicines), as well as a Peer Recovery Specialist who has life experience with mental health issues and has undergone extensive training and certification to assist others. Systems Navigators develop safety plans, line up resources and support, and then, just as importantly, follow up to ensure that the client is receiving proper assistance. Phase Two plans call for the addition of several bed chambers where clients can rest prior to placement at another facility.

"Having a 24/7 walk-in center like we've established is not at all common," said Aleshire. "In doing so, Frederick

MHA-cont. page 3



Shannon Aleshire joined MHA in 1998 and was appointed CEO in 2014.



Each 1 Teach 1 (E1T1) programming is intended to help children become aware of their thoughts and feelings. E1T1 founder, Danica Warden, is seen working with a group of after school students.

Each 1 Teach 1 Helps Youth with Social Emotional Learning

Children are as prone to experiencing mental health challenges as any other age group. Danica Warden, a former Way Station/Sheppard Pratt employee, realized this and saw the need to introduce Social and Emotional Learning (SEL) strategies to vulnerable at-risk youth. She established Each 1 Teach 1, Inc. (E1T1), a nonprofit organization in 2020 during the height of the COVID-19 pandemic. Warden launched the program in cooperation with the Housing Authority of The City of Frederick at Lucas Village, and Yogamour Healing Arts Center.

E1T1 is specifically designed to address the mental health issues suffered by youth, which occur as a direct result

MHA-cont. from page 2

County has taken the lead in such services in the state of Maryland,” she said. “The Center’s opening also speaks to the spirit of cooperation that exists among our many partners—all working for the betterment of all Frederick County residents.” Delaplaine Foundation’s 2022 grant award supported MHA’s Systems Navigation Program. “Our Systems Navigators are vital in identifying and expediting the resources our clients need,” said Rebecca Layman, MHA Director, Development and Marketing. “We are grateful for the Foundation’s support.”



of acute changes in family financial economics, environmental changes such as isolation, and loss of access to institutional resources.

Warden created a trauma-informed, SEL program, utilizing CASEL (collaborative academic social emotional learning) evidence based practices, designed to assist young people in identifying, naming, and expressing their thoughts and emotions in a healthy and responsible way. Children do so through activities that include yoga, meditation, art, singing, dancing, mindful walks, hiking, and team building exercises, all designed to help youth become more self-aware and develop an ability to self-regulate when needed. Warden’s programming also includes the care of a community garden at Yogamour Healing Arts Center, intended to teach young people the means of overcoming personal food insecurity as well as learn the lessons of patience.

Over time, Warden’s outreach has vastly expanded to include a partnership with Frederick County Public Schools. Warden estimates that she’s introduced her programming to half of the county’s Pre-K classes. Warden hopes to extend her SEL programming to more students through the training of more teachers in trauma-

informed social and emotional learning.

As part of the mission to support health initiatives in Frederick County, Delaplaine Foundation awarded a grant of \$15,000 to E1T1 in the 2022 grant cycle.

For more information visit www.each1teach1fredco.org



Whole Heart Supports Care-Givers

Dr. Denise Hall Brown Rollins knows both grief and grace. Following the sudden and tragic deaths of her mother, son, aunt, and husband between 1995 and 2009, Rollins opted to leave a 25-year career in corporate America to pursue her passion: helping others heal from grief.

In 2006, she established the Whole Heart Grief and Life Resource Center. Rollins calls upon her Masters Degree in

Thanatology (the study of grief and death) and her Doctorate Degree in Marriage and Family Therapy as she assists those who are mourning—and those who are grieving the losses that occur in everyday life.



Dr. Denise Rollins

While working with others, Rollins identified an overlooked service need. Her program was open all, however, it tended to attract people of color. This brought to light the specific needs and mental health disparities for people of color—especially women. Building on her extensive research, education, and experience, Dr. Rollins began developing tools for this underserved demographic, with a focus on giving people techniques and strategies to begin living more “wholeheartedly.” Out of these insights, the Whole Heart certification and Be the Good (BTG) programs were born.

The BTG program is tailored to create a safe, intensive, and supportive space for people to look inside their hearts and minds as they grow and heal together. Program participants learn skills that

Whole Heart-cont. page 4

Clara Barton Memorial Groundbreaking Event



In addition to being the founder of the American Red Cross, Clara Barton is recognized as the first American battlefield nurse. In September 1862 she traveled from Washington D.C. to Antietam with a wagon load of supplies before Army suppliers could arrive. Her work on the battlefield will be recognized with a magnificent sculpture in downtown Hagerstown, MD.

Nationally-known artist Antonio Tobias “Toby” Mendez was commissioned by the Clara Barton Memorial Committee for the project that will be erected at 319 Summit Avenue on Hagerstown’s Cultural Trail. Groundbreaking for the sculpture—to be installed in May 2024 to coincide with National Nurses Day—took place on September 12, 2023. The project is supported with a \$25,000 grant from Delaplaine Foundation. Mendez (left) and Young are seen at the groundbreaking with Clara Barton Memorial Project Committee members Tom Riford, Al Martin, Committee Chair, Rachel Nichols, and Steve Hummel.



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Whole Heart-cont. from page 3

they share with their families and communities, which increases success and impact. Over time, Rollins has built a Whole Heart team of life coaches and facilitators. Available services include one-on-one coaching, group workshops, and organizational consulting.

In 2022, Delaplaine Foundation awarded a \$20,000 grant in support of the “Be the Good” program. Learn more about Rollins and the Whole Heart Grief and Life Resource Center at www.wholeheartcenter.org



Mental Health-cont. from page 1

increase demonstrates the vital need for an alternative destination rather than the hospital so that Frederick County’s sole emergency department does not become overwhelmed with mental health and behavioral health needs—especially during peak COVID transmission times. Frederick County plans to open a Crisis Stabilization Center that will serve both adults and child/adolescent populations. The 51-page Local Behavioral Health Administration Jurisdictional Plan provides an extensive and revealing overview of mental health issues in Frederick County. The Plan was drawn

upon heavily in the writing of this brief article and can be found online. It offers information that will benefit you and your organization. As the Plan emphatically states in its introduction, “Behavioral health is public health.”

To obtain a copy of the Plan, search: Local Behavioral Health Administration Jurisdictional Plan.

