



MCF
maryland coalition of families

Family Focus

Celebrating Black History and Family Wellness in February

This Black History Month, we celebrate the resilience, strength, and achievements of Black communities throughout history while recognizing the importance of wellness in our lives today. At MCF, we are dedicated to breaking down the barriers that impact Black families' behavioral health and well-being. We believe in creating spaces of support, empowerment, and healing for every family, fostering a community where Black voices are heard, and wellness is prioritized. Our family peer support services are available across Maryland at no cost, providing families with the resources and guidance they need.



Be sure to follow us on social media this month as we spotlight Black behavioral health pioneers who have made significant strides in advocating for wellness and breaking stigma. Together, we continue to honor the legacy of those who paved the way and uplift one another toward brighter, healthier futures.

[Facebook](#)

[Instagram](#)

Family Day in Annapolis: A Day of Advocacy, Empowerment, and Change for Maryland's Caregivers

We want to extend a heartfelt thank you

Thursday, January 30, 2025

Family Day in Annapolis!

Thank You!

to everyone who joined us for Family Day in Annapolis this year! Thanks to your participation, it was once again a tremendous success. This year, we had the honor of hosting **187 dedicated caregivers and family members** who attended **49 meetings** with **75 elected representatives or their staff**, engaging in meaningful conversation about issues important to them and their loved ones. These passionate individuals shared their personal stories, advocating for positive change and highlighting the urgent need for improvements in the behavioral health system.

Each meeting was an opportunity for caregivers to voice their experiences and challenges, helping to shape the future of behavioral health policies and services. Your voices made a significant impact, and we are proud to be part of a community committed to advocating for change. Together, we continue to make strides in creating a more responsive and supportive system for families across Maryland.

We would also like to express our gratitude to our inspiring speakers: **First Lady Dawn Moore**, **Alyssa S. Lord**, Deputy Secretary for Behavioral Health from the Maryland Department of Health, and **Jonathan Davis**, Executive Director of Baltimore Crisis Response Inc. Their powerful words and leadership were invaluable in guiding and motivating us all toward a more supportive future for our communities.

Thank you for your dedication to this cause—your efforts are truly making a difference! Stay tuned as we share photos and videos from Family Day on our social media channels, capturing the unforgettable moments and the impactful conversations that took place!

Advocacy in Action



We are dedicated to amplifying the voices of Maryland families, and we're here to help you find and use your voice to drive meaningful change. As someone who loves or cares for a person facing mental health, substance use, or problem gambling challenges, your perspective is crucial in shaping policy and legislative discussions that affect you and your loved ones. Below, you will see an example of the types of policies we support each year in Annapolis through our testimony.

MCF supports "Maryland Medical Assistance Program and Health Insurance - Annual Behavioral Health Wellness Visits - Coverage and Reimbursement"

What this means...

This bill requires that the Maryland Medical Assistance Program, along with certain

health insurers, nonprofit health service plans, and health maintenance organizations, provide coverage and reimbursement for annual behavioral health wellness visits.

A "behavioral health wellness visit" is a check-up where a healthcare provider evaluates whether a person may be struggling with a mental health condition, like depression or anxiety, or a substance use disorder. This visit helps identify issues early, so people can get the right care and support when needed.

Why is this important?

Many people face challenges with their mental health or substance use but may not have access to care due to cost or lack of coverage. By requiring insurance carriers to cover these wellness visits, the bill ensures that more individuals can get the help they need before problems get worse. It encourages proactive care, helping to reduce long-term health challenges and supporting overall well-being. This bill would make it easier for people to stay on top of their behavioral health and address issues early, leading to healthier lives.

If you would like to learn how to set up your MyMGA account so that you can submit testimony on proposed legislation that is important to you, please visit our website to download step-by-step instructions.

[Create Your "My MGA" Account](#)

Save the Date: Problem Gambling Awareness Month Event

We're excited to invite you to an exclusive virtual statewide presentation on March 5, 2025, featuring Dr. Stephanie Diez-Morel from Reboot and Recover. This empowering session will focus on a topic that affects many families—problem gaming, gateway gambling, and setting healthy limits for children.

Tailored specifically for parents and caregivers, Dr. Diez-Morel will provide valuable insights and practical tools to help you understand these challenges and how to best support your children in developing healthier habits.



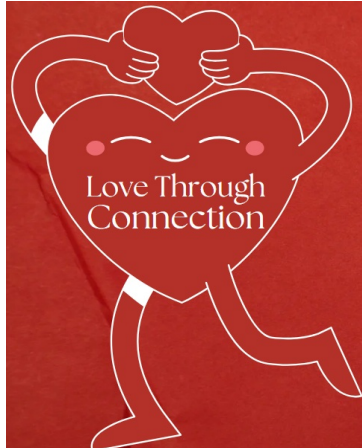
**DR. STEPHANIE
DIEZ-MOREL**

Whether you're looking to learn how to identify early warning signs or want strategies for setting boundaries, this presentation will equip you with the knowledge you need to foster a positive and balanced relationship with gaming and gambling.

Mark your calendars—this is one session you won't want to miss!

[\[Link\]](#)

Spreading Love Through Connection: Supporting Caregivers in February and Beyond



This month, we launched our February giving campaign, **Love Through Connection**, and there's still time to contribute! We want to honor those with the biggest hearts—our caregivers—who show love and compassion every day. But who is looking out for them while they pour their hearts and souls into caring for their loved ones? **At MCF, we're here to support them.**

Please consider making a donation to help us continue providing support to caregivers across Maryland. Your generosity makes a world of difference!

[Donate
Today](#)

Get Connected! Stay Informed!

Online and In Person Support Groups

MCF offers many support groups to provide a safe space for you to learn, share and receive compassionate help. All are facilitated by trained Family Peer Support Specialists who have dealt with similar challenges in their own families. Groups are free for all participants and are held on different days of the week and different times of day. Find one or more that can work for you and join us soon!

[Find a Support
Group](#)

Workshops, Trainings & Other Events

MCF offers a wide range of events, trainings and workshops for families who have a loved one with mental health, substance use or problem gambling challenges. Events are held in communities across the state or virtually and are offered at no cost to participants. Visit our website to learn more!

[Past and Upcoming
Events](#)

MCF Employment Opportunities

MCF is growing, and we have employment opportunities that might be perfect for you or someone you know! We currently have openings in many areas of the State. Please check our website for a complete list of openings.

- **Kinship Navigator (Must Live in Somerset, Wicomico, or Worcester County)**
- **Family Peer Support Specialist - Mental Health (Must Live in Baltimore City)**
- **Family Peer Support Specialist - Mental Health (Must Live in Cecil County)**

[Employment Opportunities](#)



[Donate](#)

Maryland Coalition of Families | 8950 State Route 108 Suite 223 | Columbia, MD 21045 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!