



Empowering Individuals and Strengthening Communities

2019
Impact Report



"I really appreciate talking with someone. It really helps not being judged or having assumptions made and to be heard." ~ Caller to the Hotline.

Sentiments like this are gathered through hotline caller feedback each day at EveryMind. The hotline provides a safe space for any member of our community to get support from a caring, compassionate person who listens without judgment. Our 2019 Impact Report highlights more stories about the integral role EveryMind's programs and services play in our community.

[Read the Full Report](#)

The work highlighted in EveryMind's 2019 Impact Report would not be possible without generous contributions from our donors. Please consider making a donation to EveryMind today.

Because *every mind matters*, every mind has *potential* and *every mind* needs *attention, care and support*.

[Donate Today!](#)

Mental Health Parity Act

On October 24, 2019, EveryMind hosted a forum to discuss the ongoing inequities in health insurance coverage for mental health and substance use disorder treatment. [Ellen Weber](#) from the Legal Action Center and [Laura Mitchell](#), an advocate for addiction and mental health treatment parity, shared information about the Parity Act standards, current barriers to enforcement, strategies to improve accountability and ways in which Maryland residents

and legislators can get involved in this issue.

Montgomery County Councilmember [Gabe Alborno](#) and Maryland State Delegate [Ariana Kelly](#) provided opening remarks.



Delegate Jim Gilchrest, CEO Ann Mazur, Presenters Laura Mitchell and Ellen Weber.

[Parity at 10 Toolkit](#)

[Presentation Slides](#)

Honoring Our Veterans



With heartfelt gratitude on this Veterans Day, we honor your sacrifice and thank you for your service.

On November 11th, EveryMind's [ServingTogether](#) staff participated in events across the region that honored our veterans' sacrifice and service.

EveryMind is proud to be a provider of the Military/Veteran module of [Mental Health First Aid](#), which teaches people how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural factors related to military life.

[ServingTogether.](#) A program of [EveryMind.](#)
Connecting Veterans. Affiliated with [AmericaServes](#)

[Request a Mental Health First Aid Training](#)

[Article: How Can Mental Health First Aid Help Military Members and Veterans](#)



Stan Seidel
EveryMind Volunteer
since 2014

Why I Volunteer for EveryMind

Stan is a staunch supporter of veterans' initiatives. "When I retired from the US Department of Labor, I volunteered with [Easter Seals](#) to assist veterans with employment. While working with [Easter Seals](#), I came in contact with [ServingTogether](#), whose mission was to serve veterans, service members and their families with a full gambit of services including employment."

Stan believes that providing our military-connected community with resources and opportunities for success is important. His commitment to both [ServingTogether](#) and our [Homeless Outreach Services](#) is why Stan was one of EveryMind's [Volunteers of the Year](#) in 2019.

[Are you interested in joining our amazing team of volunteers?](#)

[Volunteer Opportunities](#)

Giving Tuesday is December 3, 2019!

Did you know that on Giving Tuesday Facebook will match donations to personal fundraisers on their platform that benefit a nonprofit organization?

Please consider starting a Facebook personal fundraiser or donating to a fundraiser to benefit EveryMind!

Thank you!



[Learn More about Facebook & Giving Tuesday](#)

National Hunger and Homelessness Awareness Week November 16 - 24th

549,000 Americans are homeless on a typical night and 42 million Americans are at risk for suffering from hunger on any given day.

Locally, during the annual Point in Time Count in January, 2019, we learned that 647 individuals and families were experiencing homelessness in Montgomery County, including 130 children.

Last year, EveryMind's Linkages to Learning initiative, with support from partners like MANNA and KIND, provided over 52,000 bags of food to students across 11 schools to alleviate food insecurity. EveryMind staff also helped 960 individuals and families find or maintain stable housing.



Hunger and Homelessness Awareness Week is an annual program where people come together across the country to draw attention to the problems of hunger and homelessness. Participating groups spend the week holding a series of educational, service, fundraising, and advocacy events. Use the link below to find an event near you!

[Volunteer at a Local Awareness Week Event](#)



Save the Date
for the
Annual Point in Time Count
January 29, 2020

Volunteers are needed to help conduct a survey of people who are homeless on the evening of **January 29, 2020**. Training will be provided starting at approximately 9:00 p.m. then teams of volunteers will survey a designated area. If you are interested in volunteering for the Point In Time Count, be sure to check EveryMind's website or future publications of *InMind* for the

registration link which will be released soon.

Need Help/Support/Resources?

Call or Text: 301.738.2255

Chat: <https://suicidepreventionlifeline.org/chat/>

ServingTogether Veteran Peer Navigator: 1.855.738.7176

[Sign-up](#) for the EveryMind newsletter.

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