



# 2022 Affiliate Hill Day

**MHIA**  
Mental Health America  
**B4Stage4**



# Welcome



**Caren Howard**  
**Mental Health America**

# Agenda

Welcome

Screening Mapping and Goals

Appropriations Process Explained

MHA FY23 Funding Asks for SAMHSA and CDC

Day of Prep and Testing

Question and Answer Session

# #MHAhillday2022

If your video and/or audio are turned on, all meeting participants will be able to see and/or hear you.

This meeting is being recorded.

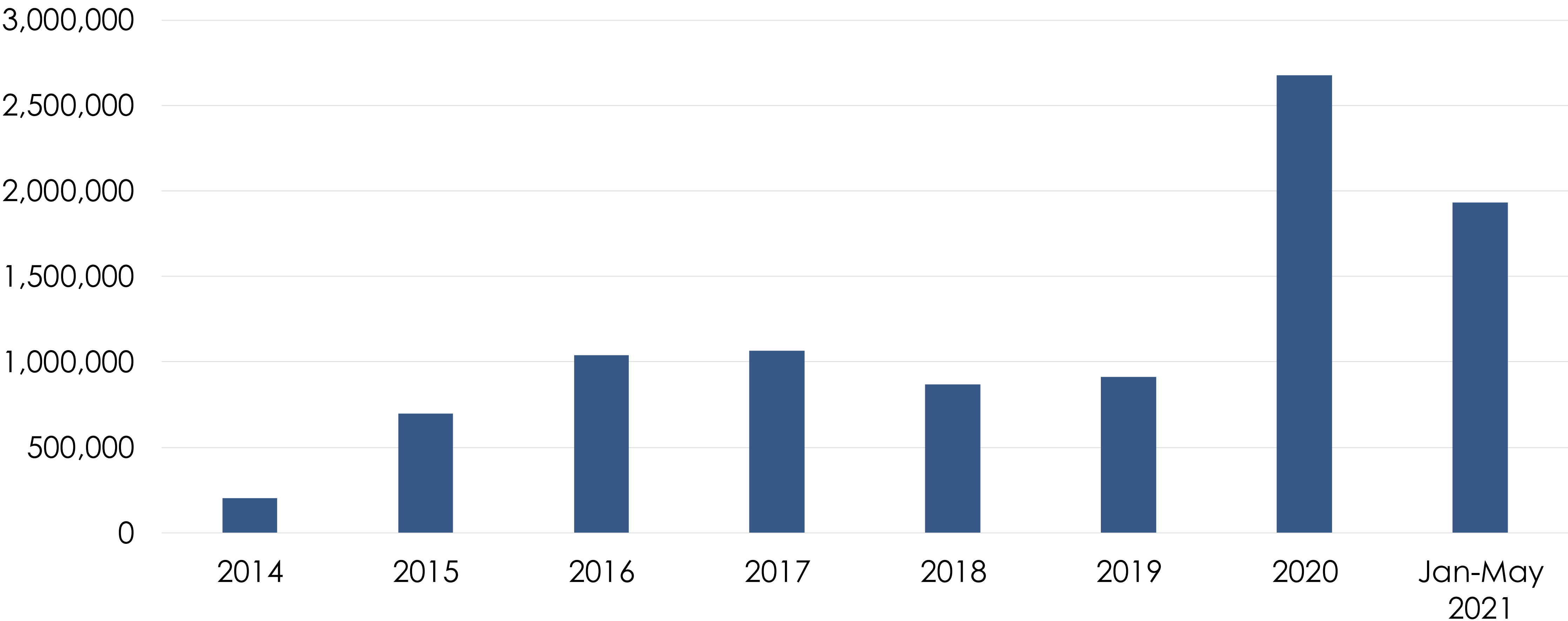
Questions entered in the chat will be answered during Q&A.

# Overview of MHA Screening Demographics

- **Over 8.8 million** screeners since 2014;
  - Represent a help-seeking population for mental health conditions;
- 73% are female;
- Screeners screen more often for depression than any other condition;
- 47% identify as a racial/ethnic minority;
- 8% are international.
- In 2020, MHA results are consistent with the 2020 US Census Bureau Pulse Survey and CDC findings.

# Number of People Looking for Help Increased Dramatically in 2020-2021

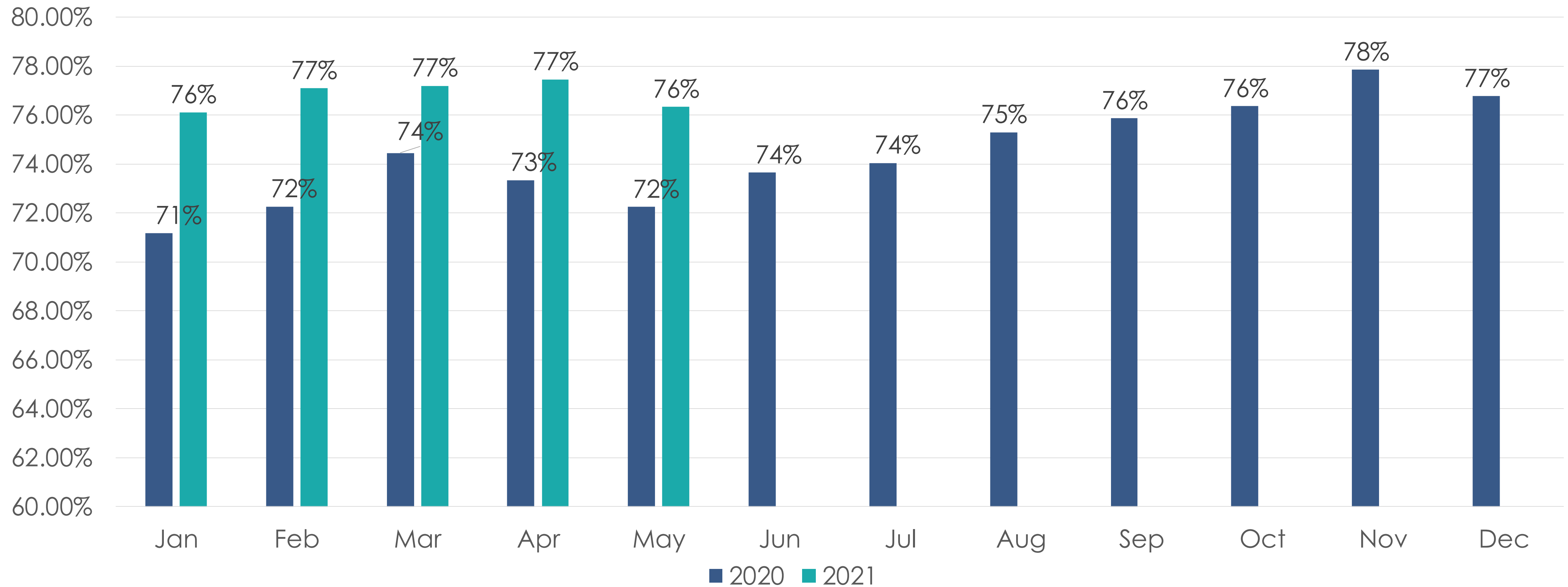
Total Number of Screens 2014-2021





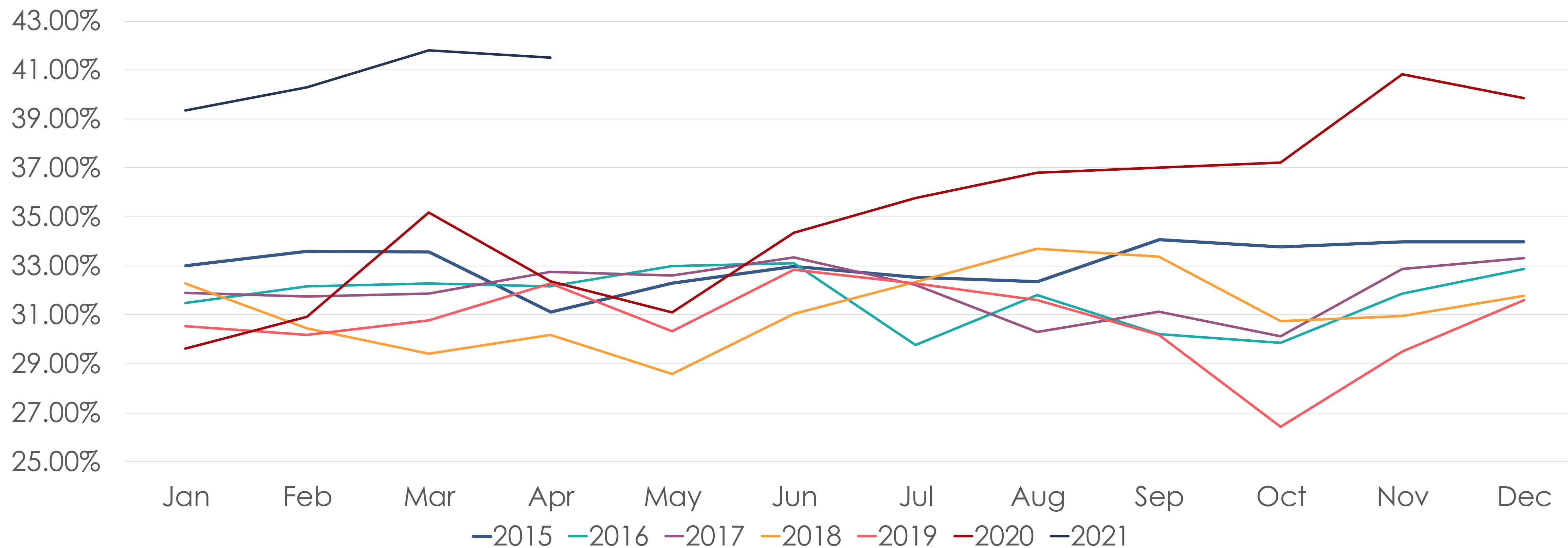
# Severity of Screens Remains Above Pre-Pandemic Levels

All Screens, Percent Moderate to Severe



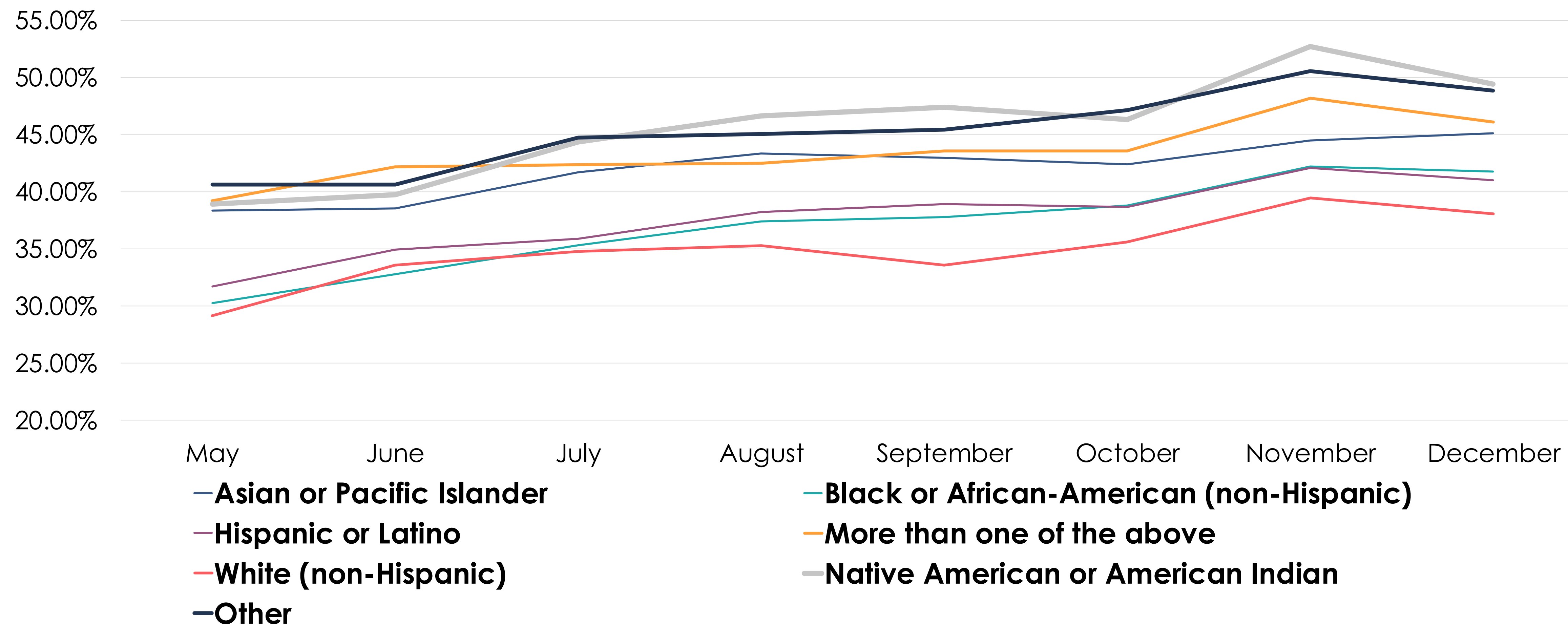
# Suicidal Ideation at Highest Rate Since Launch of Screening

Percentage Reporting Suicidal Ideation More Than Half or Nearly Every Day  
2015-2021





# Self-Harm Thoughts by Race/Ethnicity



## Main Concerns Are Different Across Race/Ethnicity

May-December 2020, N=1,129,790

Black or African American screeners cite financial concerns at highest rate

Native American or American Indian screeners report more past trauma

White, Hispanic or Latinx screeners more worried about COVID-19

Hispanic or Latinx screeners cite loneliness or isolation at highest rates

Native American or American Indian screeners report most grief or loss



# Largest Increases in Parent/Youth, PTSD, Anxiety and Substance Use

| Screen                   | Percent Scoring At Risk 2019 | Percent Scoring At Risk 2020 |
|--------------------------|------------------------------|------------------------------|
| Parent                   | 60.53%                       | 69.70%                       |
| Youth                    | 70.94%                       | 77.06%                       |
| PTSD                     | 84.18%                       | 89.59%                       |
| Anxiety                  | 74.22%                       | 78.82%                       |
| Alcohol or Substance Use | 78.32%                       | 81.55%                       |

# Appropriations Requests



**Erik Fatemi**  
**Cornerstone Government Affairs**



# Why We're Talking to Congress This Week

- The Fiscal Year 2023 (FY23) appropriations process starts now
- Soon, every member will submit a list of spending priorities to the House or Senate Appropriations Committee
- We want to be on that list!

# Making Your Best Case

- Don't feel intimidated. They want to hear from you!
- Share what you're seeing in your district/state.
- Be precise in your asks.
- Allow space for questions, but keep focus on MHA priorities.
- Say thank you!



# Asks for SAMHSA and CDC funding



**Caren Howard**



**Mary Giliberti**

**Mental Health America**

# With That Said... Where are the \$\$?

- One-time COVID funding was helpful, but not sustained and did not target youth or prevention
- The MHBG is the largest flexible source of money for mental health in the states and is distributed to community behavioral organizations such as MHA affiliates
- Research shows prevention activities in childhood are effective in reducing or mitigating mental health issues later on.
- There is no dedicated home for children's mental health federally



# Know The Asks

- FY23 funding for the Community Mental Health Services Block Grant (MHBG)
- 20% set aside of funding for prevention activities in the MHBG
- FY23 funding at \$25M for a new Adolescent Mental Health Coordinating Center

**SUPPORT AN INCREASE TO  
THE COMMUNITY MENTAL  
HEALTH BLOCK GRANT TO  
MEET INCREASED MENTAL  
HEALTH NEEDS.**

**Ask 1**



**COMMIT TO A 20% SET  
ASIDE OF MENTAL HEALTH  
BLOCK GRANT FOR  
PREVENTION ONLY  
ACTIVITIES.**

**Ask 2**

**SUPPORT ESTABLISHING A  
NEW ADOLESCENT MENTAL  
HEALTH COORDINATING  
CENTER AT CDC.**

**Ask 3**



# Questions to Ask in Planning Meetings

Who will kick off intros?

Who will discuss what is happening back at home with respect to increased need for prevention and youth mental health needs?

Who will make the three strong asks – with a pause at the end for emphasis?

Who will close and reiterate the need for elected officials to support local organizations back home?

Is there a better way to break up the speaker roles?



# Day of Preparation



**Christopher Kush**  
**Soapbox Consulting**

POAPBOX

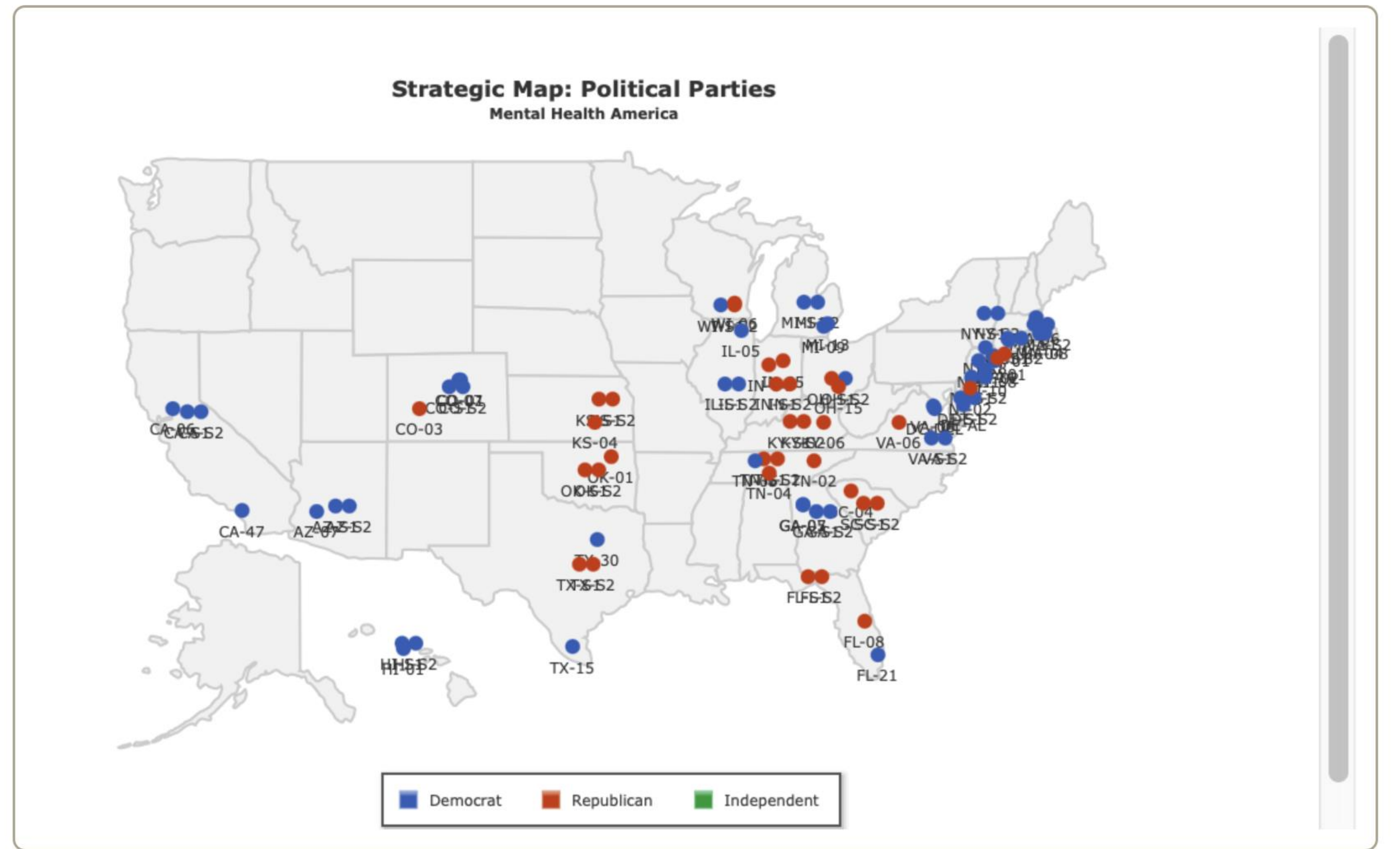
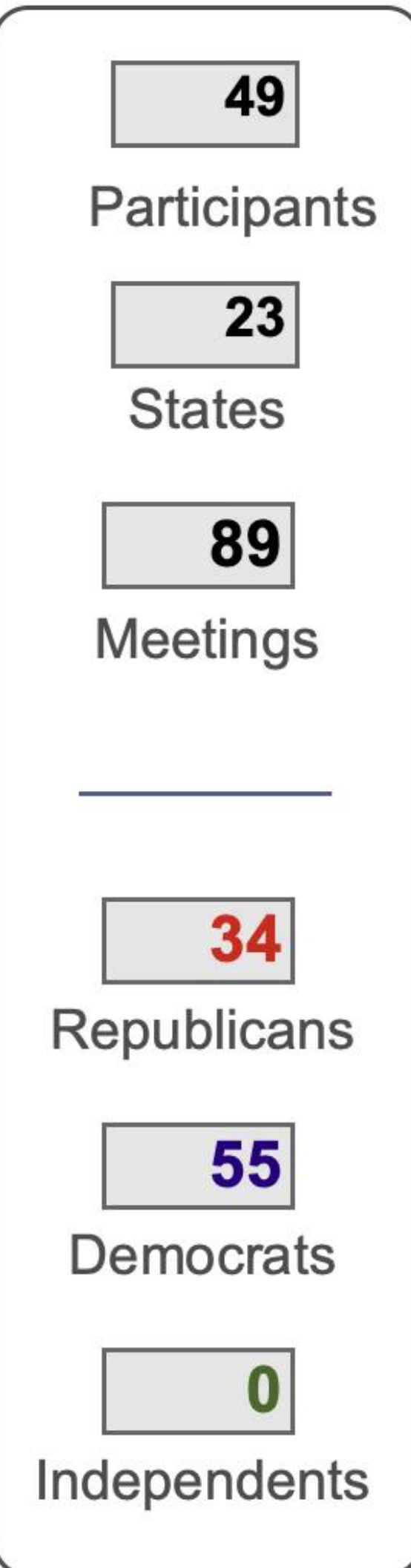
# ***VIRTUAL MEETING LOGISTICS*** *2022*

*"No person is an island."*

117th US Congress, Second Session

# CONGRATULATIONS!

# STRATEGIC MAP



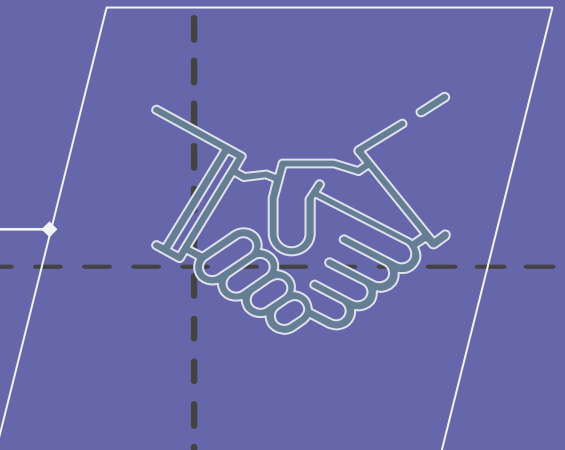
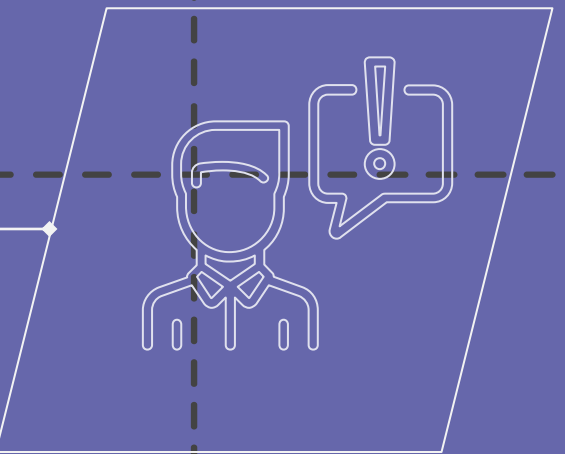
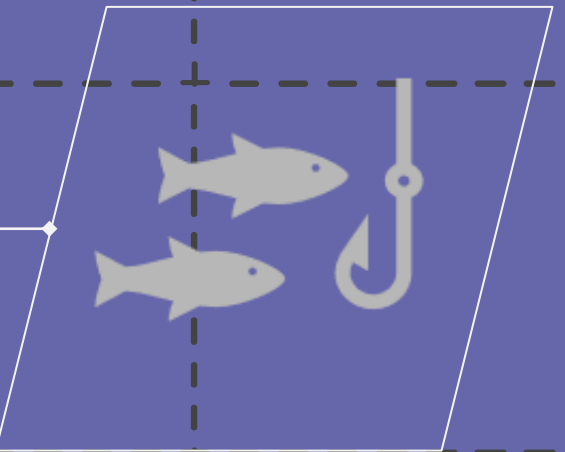


# ***HOOK, LINE, & SINKER***

Effective Meetings With Congress

## VIRTUAL TIPS

- Never talk about elections or contributions in a legislative meeting.
- Stay on message. Time is limited.
- Manage your noise and environment.
- Staff may choose to join meeting by phone (be gracious.)
- Never (ever) videotape or record these meetings.
- Follow up or they might forget.
- Meetings were requested on the hour. If you have a meeting on the half hour, you will tell the staffer of the 1<sup>st</sup> meeting that you are happy to keep the meeting to 25 minutes. Staffers find this offer charming.
- Call Soapbox on another line if staff or Member is more than 10 minutes late.  
(Everyone else should stay in the meeting space)



# *The Mobile Tool*

2022

Not an App; just a website.

If you do not see your Mobile Tool Code Email  
(check spam filter),  
Please email [silwal@soapboxconsulting.com](mailto:silwal@soapboxconsulting.com)  
now.

sboxmobile.com

sboxmobile.com



www.sboxmobile.com

- ✓ Reminders
- ✓ Updates (day-of-event)

**soapbox**<sup>®</sup>  
CONSULTING

Welcome to  
**Soapbox Mobile**<sup>®</sup>

Type your Mobile Code in the box below, then press  
the Get Schedule button.

QQ756179

GET SCHEDULE

## PUSH NOTIFICATIONS

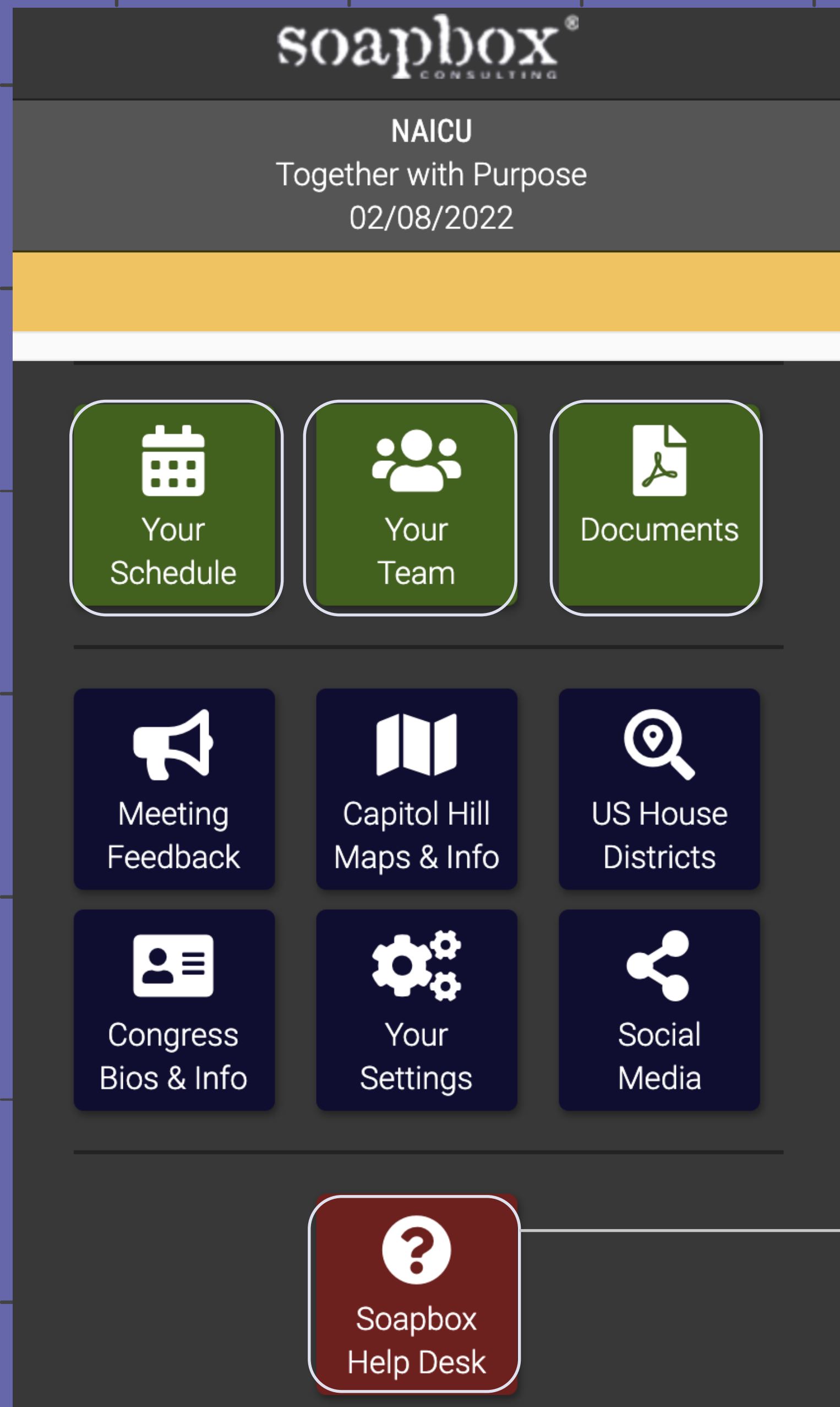
Soapbox can send you text notifications on  
the DAY OF THE EVENT if a meeting on your  
schedule changes. To take advantage of this  
feature, please enter your cell phone number  
below.

(Your schedule is always current here on the  
Soapbox Mobile Tool.)

Mobile Phone Number:

(509) 863-4321

SAVE SETTINGS



## *Main Navigation Screen*

The Mobile Tool stays accurate in real-time.

Please use it – meeting times often change.

(202) 362-5910

Please CALL for live assistance on day-of-event and during practice sessions

## YOU

Laile Fairbairn (LEADER) (laile@snowcitycafe.com)  
Anchorage, AK  
House Dist: AK-AL  
Your Team Number: AK-01  
Mobile Tool Code: YE921510

## YOUR TEAM

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Stephen Trimble (SPEAKER) (st@arcticsolarventures.com) (AK-AL)  
Jeanie Val (alaskansweetthings@gmail.com) (AK-AL)



Your Team

- Senate meetings may have larger delegations and alternate team leaders
- Custom schedules must use ROSTER button on SCHEDULE to see multiple teams





Important!

*Do not share or post links or call-in information.*

*A team leader or staff may choose to end the webinar if unknown parties show up.*

Test individual schedule note.

Your Virtual Practice Room Link:

<https://us02web.zoom.us/j/87136499204?pwd=K3pBbHppYnVPY0VVcTVSRFlwREdaZz09>

Your Virtual Call-In and PIN (if link not available):

Phone: (301) 715-8592 Meeting ID: 871 3649 9204 Meeting Passcode: 503866

Time: 1:30 PM (ET) (Virtual)

Meeting With: Shannon Hossinger, HLA

Additional Info: N/A

Meeting link:

<https://us02web.zoom.us/j/83859042899?pwd=WGF2cHp4amZTeFc4UDU3cW9ObGwxZz09>

Meeting ID (if needed): 838 5904 2899

Call-in (if needed): (301) 715-8592 Call-in code: 717933

Committee Assignments (if avail):

[S.Fin-Full] [S.Budg-Full]

N/A



Feedback



Meeting  
Roster

[HOME](#) > [SCHEDULE](#) > [FEEDBACK](#)

**MEETING:** 2:30 PM -- Sen. Roy Blunt (MO-S-R) [Ldr]


With whom did you conference call?(Member/Staff/or both) If staffer, please give name

What issues did you cover in the meeting?

Did the Member (or staff) ask any questions? (Please note any questions to which HRC should respond)

Were there any commitments made by you or the Congressional office? (Please note who made them & any dates for response)

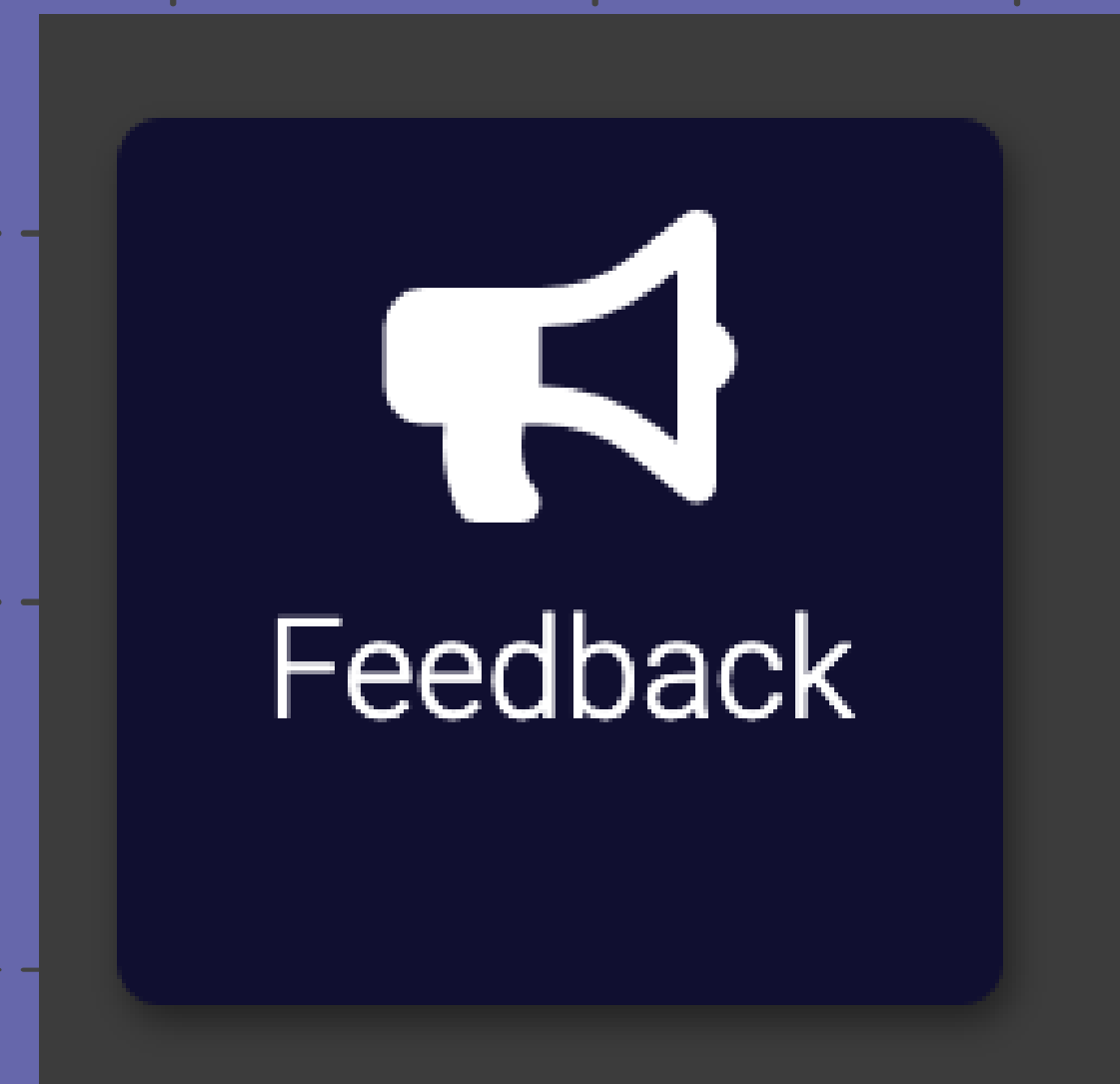
What was the tone of the meeting? Were there any particular problems, information needs or advice that would help move this Member on the issues or help in future lobbying?

 Upload a photo of the meeting (optional):

Choose File

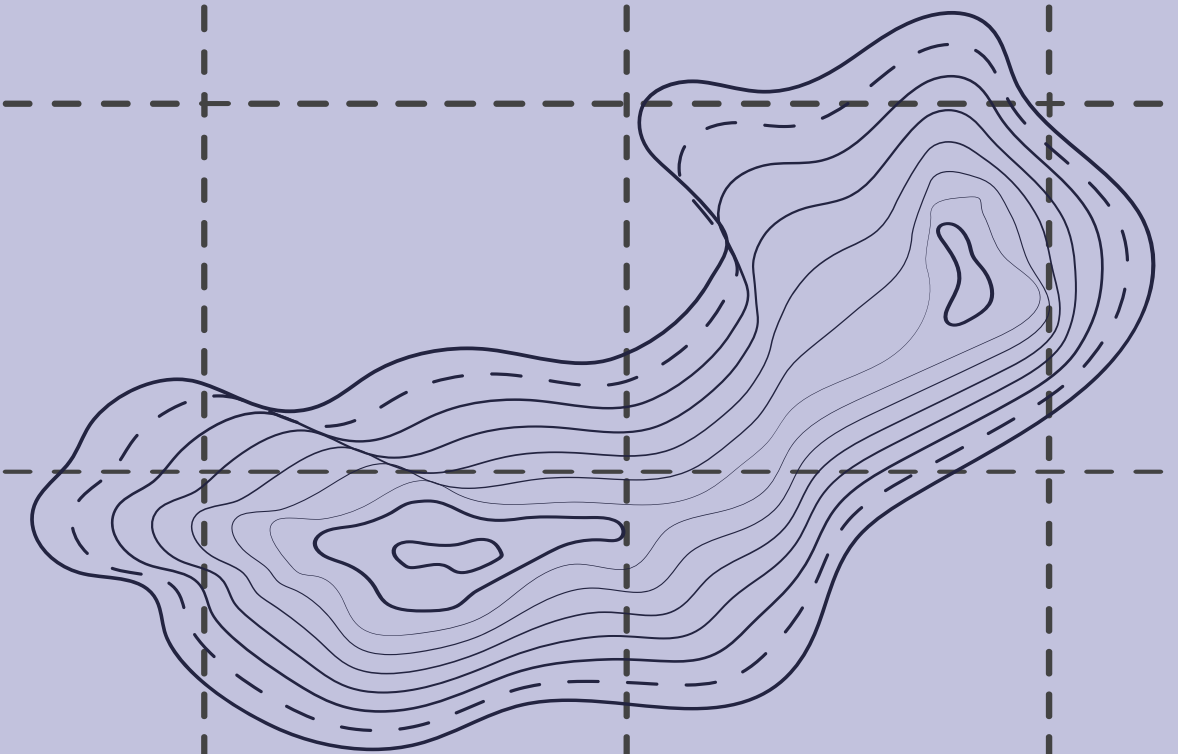
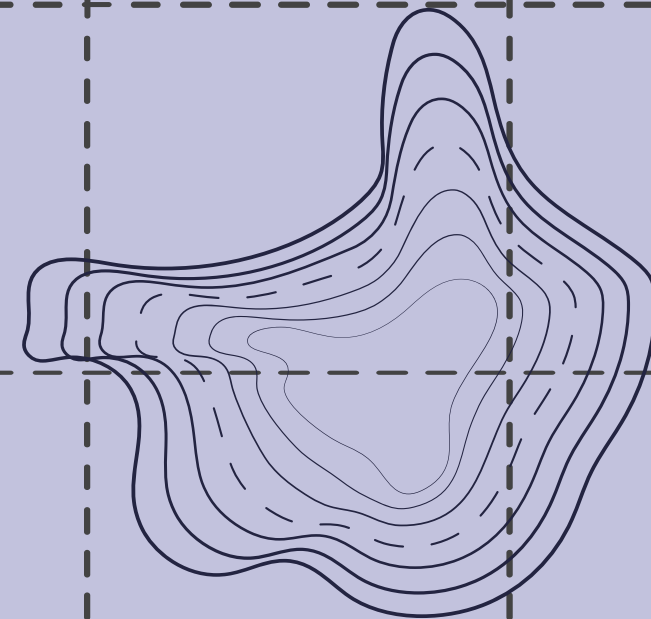
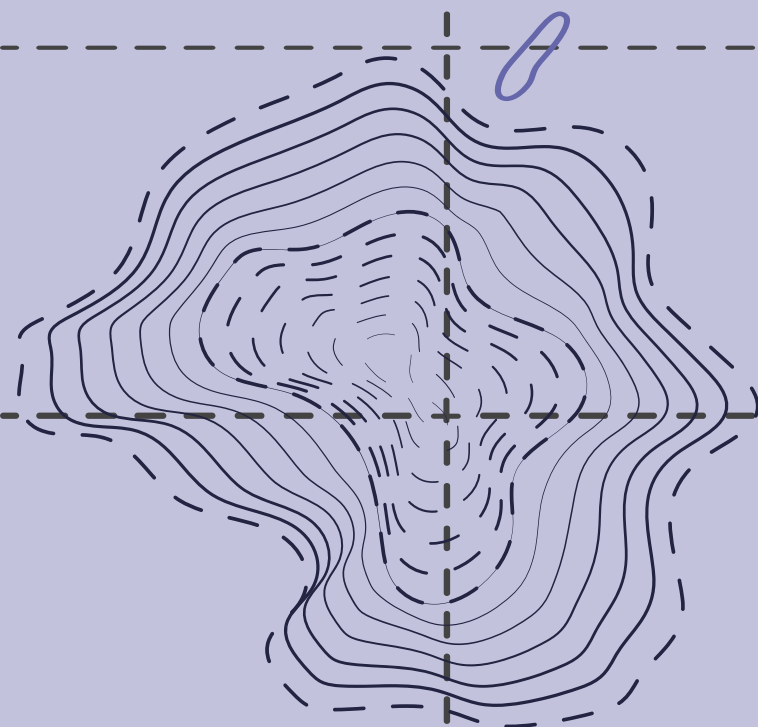
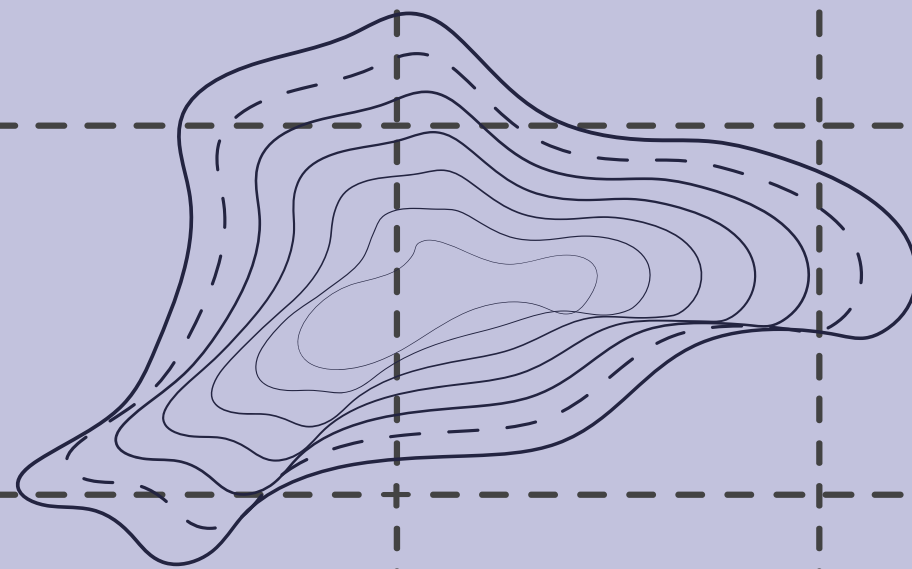
No file chosen

SUBMIT



# ***ZOOM***

You've probably used it before. :)





*Download Zoom*

Once you install Zoom Client, click **Launch Meeting** below

By clicking "Launch Meeting", you agree to our [Terms of Service](#) and [Privacy Statement](#)

Launch Meeting

Don't have Zoom Client installed? [Download Now](#)

If you haven't done so already.



Zoom Interface

Control screen layout here.

Press here to chat/text with others  
(Be careful. "To: Everyone" includes staff and Members.

Control your audio and video here.

Participant names and chat interface.







# *PRACTICE SESSIONS*

Meet with your team



Your Practice Room link is in the orange box.

HOME > SCHEDULE


LEGEND

One Link (FULL STATE DELEGATION):  
Go here to organize/review your meetings.

If you do not see your Mobile Tool Code  
Email (check spam filter),  
Please email  
[silwal@soapboxconsulting.com](mailto:silwal@soapboxconsulting.com) now.

Soapbox Live Help  
Desk  
(202) 362-5910





# *Enjoy Your Day*

## **THANK YOU**

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117th US Congress  
Second Session

2022



# Question & Answer





# Contact Us

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