



# Improving mental health to build better lives.

Approximately one in five individuals in Baltimore live with a mental illness - a medical condition that disrupts a person's feelings, mood, or ability to function. While some seek treatment and recover, many don't, fearing the stigma that can come with being diagnosed with a mental illness.

Addressing this is the goal of a partnership between MedStar Harbor Hospital and the National Alliance on Mental Illness (NAMI) - Metropolitan Baltimore. A wide array of programs are now offered to help many with mental illness realize that they are not alone. These programs include Peer-to-Peer, a 10-week educational program, and In Our Own Voice, which brings NAMI volunteers to the hospital to share recovery experiences with patients. NAMI's Rapid Referral Program also connects patients to NAMI resources.

"We are focused on creating a better understanding of this common condition so those living with it will get treatment and move toward recovery," says Kerry Graves, executive director of NAMI, metropolitan Baltimore. "By reducing the stigma attached to it, we are helping to build better lives," she explains.

"We are focused on creating a better understanding of mental illness so those living with it will get treatment and move toward recovery." -Kerry Graves, NAMI executive director

## Letter from the president.

On behalf of MedStar Health, I am honored to present our 2019 Report to the Community for MedStar Harbor Hospital. Our goal is to be a true community resource and a positive force for good—a place where area residents can access the resources they need to help them live better lives. You'll read about two of our efforts in this report.

I am also extremely grateful to the community and our many partners for supporting us in this important work. Together, we are making a difference. Thank you.

Sincerely,

Stuart M. Levine, MD, FACP

Senior Vice President,  
MedStar Health

President and Chief Medical Officer,  
MedStar Harbor Hospital

# Reducing violence in **our community.**

Violence is a big problem in Baltimore—some consider it a public health crisis. MedStar Harbor Hospital is doing its part to try to reduce it through a partnership with Safe Streets Baltimore, an evidence-based violence prevention program of the Baltimore City Department of Health.



At MedStar Harbor, two hospital responders are employed in the hospital's emergency department where they work evenings and weekends when most violence occurs. These individuals, "street smart" community members who have personal experience with violence, intervene with both the victims and perpetrators of crimes who come into the emergency department for care, mediating disputes that could lead to more violence. They also serve as role models by connecting these individuals with jobs, education, and other resources to help them live better lives.

The hospital's program is linked to an established program site in nearby Cherry Hill, which employs a team focused on shifting norms around violence through a variety of community outreach initiatives.

"The program works because those affected by crime can relate to our hospital responders," explains Elizabeth Sebastiao, regional program manager, Community Health. "The responders start conversations that can lead to positive change. And it's working. In fact, Cherry Hill just celebrated one year without a homicide due, in large part, to this program," she adds.

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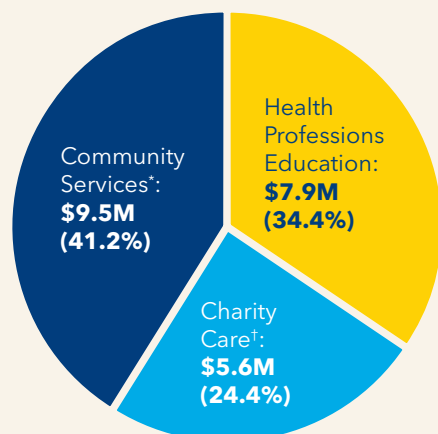
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**2019 Community benefit contribution: \$23.0M**

\*Includes subsidies, community health improvement services, community building activities, financial contributions, and community benefit operations  
†Includes Medicaid assessments

**It's how we treat people.**