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inspire.  
empower.

TM

# YOUR IMPACT

## Responding to a Mental Health Crisis

### National Emergency in Children's Mental Health

In October 2021, the American Academy of Pediatrics, American Academy of Child & Adolescent Psychiatry, and the Children's Hospital Association declared a national emergency in children's mental health, citing the serious toll of the pandemic on top of existing challenges. The U.S. Surgeon General issued an urgent Advisory on Protecting Youth Mental Health, calling out the need of youth in foster care.



### 80%

of the youth who experienced foster care reported the pandemic had major impact on their mental health (May 2021 John Burton Advocates for Youth)



### 27%+

increase in share of pediatric ER visits that are mental health-related from 2019 to 2020 and continued to increase for girls aged 12-17



### 1 in 5

children had diagnosed mental health disorder before the pandemic  
If you or someone you know needs help, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

**With your help C.A.S.E. continues to treat the effects from the pandemic. You can imagine the challenges faced by a child -**

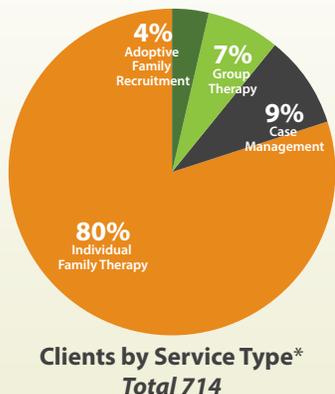
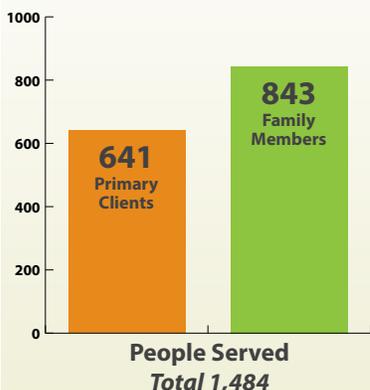
- Trying to heal from past trauma, now flooded by early memories triggered by the prolonged separation from friends and family, and fearing the loss of yet another loved one.
- Missing virtually all of middle school, struggling with a learning disability, and turning to cutting themselves to cope with the stress of in-person high school.
- Wrestling with suicidal thoughts that result in hospitalization with their family waiting for days in the ER for an assessment.
- So out of control, they end up handcuffed, taken from their parents in a police car, and institutionalized.



*"The trauma and adoption informed knowledge of our counselor has been tremendous. They have used that knowledge to encourage us and help us interpret what we are experiencing in a productive way."*

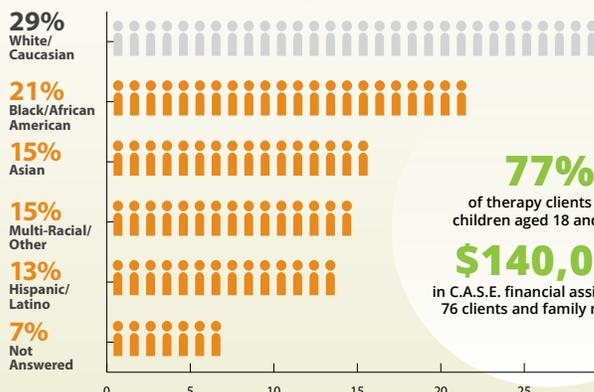
- C.A.S.E. Client

### Your loyal support means C.A.S.E. is there for children and families who desperately need us. YOUR IMPACT IN 2021



\* Clients receiving more than one service are counted for each service.

#### Diversity of Therapy Clients



**77%** of therapy clients were children aged 18 and under  
**\$140,000** in C.A.S.E. financial assistance for 76 clients and family members

# YOUR IMPACT THROUGH THE GROWING TOGETHER CAMPAIGN



Your generous support exceeded our \$5 million goal.



**219** people (63 clients and 156 family members) served through new offices in Towson (2018) and Baltimore MD (2021)



**27** direct service staff certified as Telebehavioral Health Specialists



**\$50K** challenge grant for client financial assistance covered 285 free or reduced fee therapy sessions



**252** professionals graduated from new accredited version



**115** professionals passed the exam and earned the TAC digital badge



**30-hour** online National Training Initiative curricula tested with school-based mental health professionals to launch new adapted version in late 2022

## Trained Mental Health Workforce to Address the Crisis

Children and youth in foster care – often with the most compromised and traumatic beginnings – tend to get mental health services from the least qualified professionals due to lack of training and low reimbursement rates typical of Medicaid. The pre-test results by professionals who enroll in our National Adoption Competency Mental Health Training Initiative (NTI) curricula, reveal real limitations in their skills and knowledge.

You can imagine the problems that arise when child welfare workers are not able to support children in their healing from profound loss and grief, and then refer them to therapists who do not know how to promote attachment or understand the implications of transracial/ transcultural adoption.

**With your help**, we are advocating for greater access to and dissemination of NTI and our Training for Adoption Competency™ (TAC) as federal standards. In partnership with the Congressional Coalition on Adoption Institute and a generous donor, C.A.S.E. created a Policy and Advocacy Fellowship, for a young adult with lived experience and professional skills, to help educate and inform policy locally and federally and to advocate on fair reimbursement rates.

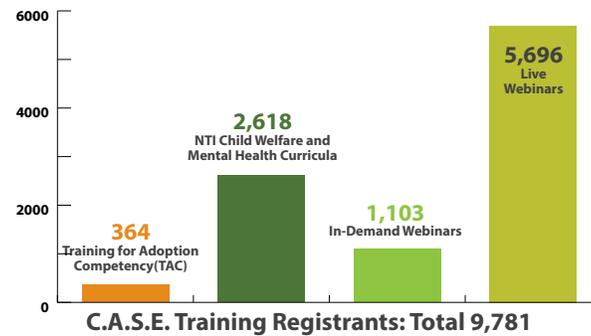
**100%**

of NTI participants improved an average of 37 points from pre to post-test across all training modules

**17,242**

publications distributed

**Your loyal support helps C.A.S.E. reach more families and professionals with affordable training and new products.**



*"I get calls every day from families in crisis and often felt overwhelmed. Now I feel much less overwhelmed and much more confident in my ability and knowledge to assist them."*

– NTI Child Welfare Participant

## Volunteer Spotlight: The Most Family

Joan Most is often referred to as C.A.S.E.'s "#1 Volunteer" for good reason. She and her family have been supporting C.A.S.E. for more than 23 years! A parent advocate and retired teacher from Montgomery County Public Schools, in Maryland, Joan served on the C.A.S.E. board from 2011-2017. She and her husband, Jon, have regularly participated in the annual golf tournament, silent auction, and gala. Their children, Danny and Alyson, have also volunteered, organizing birthday fundraisers, helping out with the Kids' Adoption Network Conference, contributing to panel discussions, and presenting on Capitol Hill.



As adoptive parents, the Mosts value the unique expertise of C.A.S.E. and invested in the Growing Together Campaign. Joan noted, "C.A.S.E. really helped us when our daughter was younger. After six therapists we finally found a place that understood why she was acting out and running away, which helped us process her grief and build a relationship with her birth family. We want others to benefit from C.A.S.E."

**Thank You for Caring** If you'd like to discuss your support for C.A.S.E., or giving through your estate or to our Endowment Fund, please contact: Tamara Arsenault, Director of Development at [arsenault@adoptionsupport.org](mailto:arsenault@adoptionsupport.org) or (301) 476-8525 x429.