



DEPARTMENT OF HEALTH

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Dennis R. Schrader, Secretary

Behavioral Health Administration

Lisa A. Burgess, M.D., Acting
Deputy Secretary Behavioral Health
55 Wade Avenue, SGHC/Voc. Rehab Building
Catonsville, MD 21228

July 28, 2022

Dear Behavioral Health Partners:

July has been a busy time for many of us with the end of the fiscal year and the beginning of another. I would like to encourage you to continue to make 'self-care' an important part of your day. For example, take the opportunity to explore the many activities that summer can offer in helping you unwind and build overall wellness.

Over the course of the past few weeks and months, local and national news has reported on incidents of violence and mass shootings, which continue to raise levels of fear, anxiety, and anger throughout our communities. As a behavioral health community, we need to continue to have readily available resources to help families heal. In addition to what your organization can offer, please share the many resources found at our BHA web page found at [Mental Health and Crisis Resources for Coping with Violence.pdf \(maryland.gov\)](#) to help rebuild community wellness.

In addition to the challenges, we face with the rise in cases of COVID, the rising cases of Monkeypox in Maryland and across the country has our healthcare system focused on prevention and intervention to stop the spread of this virus. Below you will find some information and resources on Monkeypox to help us get the facts to stop the spread and keep our communities safe.

- 6-30-22: [Monkeypox Fact Sheet](#)
- 6-30-22: [Monkeypox Fact Sheet - Spanish](#)
- 6-30-22: [Monkeypox Update to MD HealthChoice Program](#)

Recognizing July is Minority Mental Health Awareness Month, we are provided an opportunity to raise awareness on the stigma surrounding mental health issues. Racial/ethnic, gender, and sexual minorities sometimes suffer from avoidable poor mental health outcomes due to multiple factors, including but not limited to, overall lack of awareness about mental health and its resources, inaccessibility to high quality services, stigma, and/or discrimination. According to

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the Office of Minority Health within the Anxiety and Depression Association of America, roughly two-thirds of people with a diagnosable mental illness do not seek treatment. Working together we remained focused on reducing these barriers to help increase access to quality services and furthering our efforts to build behavioral health equity throughout our system of care to improve outcomes. For information and resources, please review the information on our web page at: [2022 Minority MH Resources.pdf \(maryland.gov\)](#).

I appreciate your ongoing partnership which remains key to our success in addressing the behavioral health needs of Maryland's communities. I welcome and thank you for your continued participation in our building community wellness.

Respectfully,

A handwritten signature in blue ink that reads "Lisa A. Burgess, M.D." in a cursive style.

Lisa A. Burgess, M.D.
Interim Deputy Secretary Behavioral Health

Enclosures