

2024 Philanthropy Impact Report
Mental and Behavioral Health

At Luminis Health Anne Arundel Medical Center (LHAAAMC), we provide a full continuum of compassionate behavioral health care to everyone in our community at the J. Kent McNew Family Medical Center and Luminis Health Pathways. Your generosity allows us to provide much-needed access to high-quality inpatient and outpatient treatment to those struggling with mental and behavioral health, along with their families. Insurance reimbursements cover only a portion of the high cost of delivering comprehensive care, making philanthropy critical to our ability to meet the community’s needs.

By the Numbers

The services at Pathways and McNew are in high demand, as illustrated by the numbers below. More importantly, behind each statistic is the care team, enabled by your support to help our community, one patient at a time.

	Number of Patients in 2024
LHAAMC Adult Mental Health Emergency Department Visits	3,136
LHAAMC Pediatric Mental Health Emergency Department Visits	820
McNew Admissions	645
McNew Outpatient Visits	2,275
Pathways Admissions	517
Pathways Outpatient Visits	7,841

Pathways Patient Support Fund

The Pathways Patient Support Fund continues to provide critical relief. When discharged, Pathways patients often have nowhere to turn for financial support at a time when they are extremely vulnerable. This fund not only provides timely financial assistance but also reduces the emotional distress that these worries cause. Thanks to your generosity, these patients can enter recovery housing and continue their path to healing.

Family Wellness Workshops

For more than a dozen years, philanthropic support has allowed us to provide education and empowerment to the families of patients who are receiving treatment for substance use disorder at Pathways, as well as others in the community who have similarly been impacted. In 2024, staff provided 24 Family Wellness Workshops free of charge for the attendees. Workshops rotate between virtual and on-site presentations to provide flexibility and choices for family members. In the last year, 144 family and friends, including parents, siblings, sons and daughters, as well as significant others, attended a workshop. An important component of the workshop is the participation of a volunteer family member who serves as a guest speaker. Recently, a family member shared with us "helping others deal with the family disease of addiction has lessened my own burden and given me purpose." Some comments from recent participants reflect the value of Family Wellness:

"Thank you. This has been eye opening..."

"I have a better understanding of the disease...."

"...has helped me look at addiction in a different way, thank you."

"Loving an addict [or alcoholic] is really hard, but this information has helped me..."

Expanding Patient Care Through Group Therapies

The J. Kent McNew Family Medical Center group therapy offerings are based on direct feedback from patients and are made possible through our donor's generosity. Some of the expanded daily and weekly groups include Medication: Education and Management, Music Therapy, Occupational Therapy, Spiritual Care Group, Relaxation Group, Nursing-and Tech-Led Groups, and Social Work Groups. It is because of your commitment to the health and healing of the whole patient that we can offer these programs and resources to our community.

Luminis Health Pathways Provides Adventure Therapy

Trust—in yourself and others—plays a big part in recovery from addiction. Adventure Therapy challenges patients to regain the trust they have lost. It confirms their ability to handle whatever the future holds. The Pathways Adventure Therapy team leads patients through a hands-on outdoor activities course designed to challenge teamwork and problem-solving skills. The dedicated, on-site ropes course features more than 20 high and low activities. Notably offering vertical challenges that include a 45-foot climbing tower and a 12-foot climbing wall. The Adventure Therapy course maintenance and highly specialized staff training are made possible through philanthropy.

Mark Sakraida, Adventure Therapy Coordinator, has worked at Pathways since its opening 33 years ago. As a certified expert in Adventure Therapy, he is responsible for the significant impact that the program has on patients.

"I am still here because I am blessed with the opportunity to see things that have been transforming," said Mark. "For patients, it has been a wake-up call that is a light at the end of the tunnel. They learn something about themselves that they didn't think was possible. My job is to take patients out of their comfort zones, and I think I do a pretty good job of that. If somebody's life gets better because of what we did here, you can't buy that."



Mark Sakraida, Adventure Therapy Coordinator, helps a patient with getting ready for the high ropes course.

Thank You!

At a time when more of our neighbors need mental health and addiction treatment than ever before, access to care from a trusted hospital close to home might be the determining factor for someone considering asking for help. Without your support we would not be able to provide these services. We are so grateful for your vision and investment in a healthier community.