

Luminis Health Anne Arundel Medical Center Foundation

2025 Philanthropy Impact Report Behavioral Health

A STEADY PRESENCE IN LIFE'S MOST OVERWHELMING MOMENTS

Mental health and substance use issues can feel isolating, frightening, and overwhelming, not only for the person experiencing them but for families and loved ones as well. In those moments, access to compassionate care close to home can make all the difference.

At Luminis Health Anne Arundel Medical Center (LHAAMC), behavioral health teams walk alongside patients and families during some of life's most difficult days. From emergency intervention to inpatient stabilization and outpatient recovery, care is designed to restore safety, dignity, and hope every step of the way.

Even when patients have insurance, behavioral health services are frequently under-reimbursed, leaving hospitals, like LHAAMC, to absorb substantial portions of the true cost of care. Philanthropic support helps ensure care teams have the resources, training, and expertise needed to meet the growing demand for behavioral health services across our region.

SUPPORTING YOUNG PATIENTS WHEN THEY NEED IT MOST

Each year, more than 2,000 children and adolescents receive mental health care at LHAAMC's Geaton and JoAnn DeCesaris Pediatric Emergency Department and Inpatient Unit.

Donor support, including funds from the 2025 Denim & Diamonds Bash, is helping to create a more compassionate environment for these young patients. Philanthropic funding provides walking pads, stationary foot pedals, and sensory equipment for the Geaton and JoAnn DeCesaris Family Foundation Pediatric Emergency Department and Inpatient Unit. These tools help children release energy, regulate stress, and cope during extended stays.

In addition, philanthropy supports 24/7 training for patient sitters and ongoing team education, the majority of which is dedicated to specialized pediatric mental health training for members of the care team. This investment strengthens their ability to provide consistent, compassionate care and respond with skill, empathy, and confidence when young patients need it most.

As Mel Lee, Clinical Director of Pediatrics, shared, "For one patient who remained in the pediatric Emergency Department (ED) for 30 days while awaiting placement in a specialty mental health hospital, access to movement and exercise made a meaningful difference in her overall wellbeing. The gifts from Denim & Diamonds have truly had a meaningful impact on our patients."

\$1 million raised through the 2025 Denim & Diamonds Bash to support compassionate pediatric mental health care at LHAAMC.



Left to right: Elizabeth Gross, Dr. Michael Webb, Sherry Perkins, Dr. Arnab Mukherjee, and Tori Bayless celebrate raising \$1 million at the 2025 Denim & Diamonds Bash.

2025 BY THE NUMBERS

- **3,210** adult mental health ED visits
- **755** pediatric mental health ED visits
- **657** J. Kent McNew Family Medical Center inpatient admissions
- **2,577** J. Kent McNew Family Medical Center outpatient visits
- **490** Pathways Alcohol and Drug Treatment Center inpatient admissions
- **8,134** Pathways Alcohol and Drug Treatment Center outpatient visits

Luminis Health Anne Arundel Medical Center Foundation

2025 Philanthropy Impact Report Behavioral Health

SUPPORTING RECOVERY BEYOND TREATMENT

Recovery from substance use disorders does not end when treatment concludes. For many patients, the transition back into daily life is one of the most vulnerable moments in their journey.

Through the Pathways Patient Support Fund, philanthropic support helps patients transition from treatment to stable recovery by reducing financial barriers to recovery housing and providing a foundation for lasting healing. Since its initial implementation, the Pathways Patient Support Fund has directly assisted 25 men and women discharging from treatment to enter safe and secure recovery housing with over \$7,000 of direct rental support.

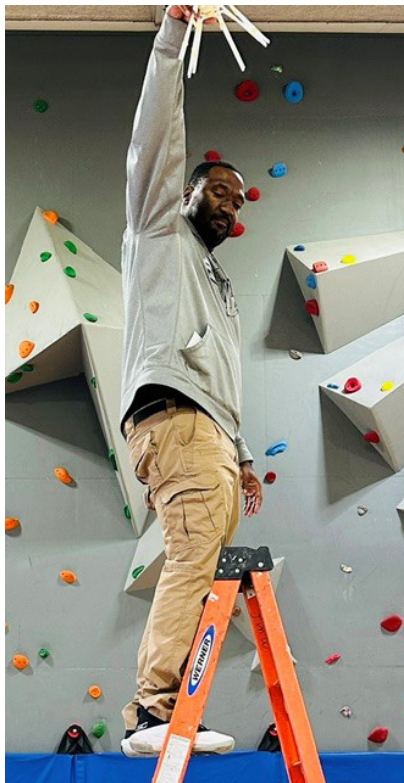
STRENGTHENING FAMILIES, STRENGTHENING RECOVERY

Substance use disorders affect not only individuals, but entire families.

For nearly 15 years, philanthropy has made Family Wellness Workshops available no cost, providing education, support, and connection for loved ones of those in recovery through both in-person and virtual sessions.

In 2025, 24 workshops served 195 participants, a 35% increase from the previous year. Also, Pathways provides individual family counseling for inpatients and their loved ones during treatment. That same year, Pathways patients ranged in age from 18 to 75, and 82 patients received family counseling sessions, thanks to donor support.

As one volunteer reflected, "Addiction is heartbreaking and unfair. Families gain knowledge they never wanted, but sharing my strength and hope with those new to the disease helps everyone."



In 2025, Sam Alston joined Pathways as the Adventure Therapy Coordinator. Sam helps create meaningful opportunities for connection, growth, and healing through adventure-based experiences.

BUILDING TRUST THROUGH EXPERIENCE

At Pathways, Adventure Therapy helps patients rebuild trust in themselves and in others through shared challenges, teamwork, and reflection.

Through a ropes course and hands-on outdoor activities, patients step outside their comfort zones, communicate openly, and rely on one another. These experiences reinforce the belief that change is possible.

Because of donor support, Pathways has expanded Adventure Therapy program elements into an indoor space during inclement weather. Delivered in small group cohorts, Adventure Therapy is available to all inpatients unless physically or medically unable to participate safely. In 2025, nearly 400 patients participated in the Adventure Therapy program. Philanthropy sustains this program, including specialized staff training and course maintenance.

In 2025, the program entered a new chapter. Following the retirement of Adventure Therapist Mark Sakraida, a thoughtful transition plan ensured continuity. Sam Alston, a member of the Pathways team, stepped into the role after years of training and mentorship.

"As a member of a recovery community myself, I know how meaningful this program can be," he shared. "It's powerful to see patients begin to trust themselves and others again."

Thanks to donor support, Pathways has expanded its interactive groups to include music therapy and nature therapy. Such

emerging holistic treatments increase engagement for patients receiving treatment.

A COMMUNITY THAT CARES, TOGETHER

Your partnership strengthens behavioral health care across our community, ensuring patients and families have access to compassionate professionals, supportive environments, and programs that extend beyond traditional care. Thank you for helping make hope, healing, and dignity possible for those who need it most.