



A SPECIAL MESSAGE FROM **PRESIDENT & CEO CHUCK INGOGLIA**

Ready. For. Anything.

There's an elephant in the room. So, even as we reflect on the past, we can't ignore that everything changed in 2020 when the pandemic shattered our priorities by shifting our focus.

However, we can say with confidence that the progress we made in 2019 put us in position to withstand the seismic disruption caused by global events that shook the ground beneath us once the calendar flipped. But let's not get ahead of ourselves.

We were ready because 2019 represented a year of deliberate, strategic planning. We were ready because of the incredible progress we made on nearly every initiative we identified as a priority. We were ready because of the thoughtful leadership of our board of directors, and the tireless effort of our dedicated executive leadership team and talented staff.

Our work to extend and expand Certified Community Behavioral Health Clinics (CCBHCs) gained considerable momentum in 2019. CCBHCs represent our nation's most effective response to the mental health, substance use and addiction crises ravishing the lives of people across the country.

We improved mental health literacy through the sustained growth of Mental Health First Aid (MHFA), ending the year with more than 2 million people trained to teach the course. Youth MHFA and MHFA at Work also flourished as we aggressively marketed these valuable programs. And we partnered with Lady Gaga's Born This Way Foundation to expand teen Mental Health First Aid (tMHFA) — an innovative, new peer-to-peer program that empowers young people to support each other in times of need or crisis — to 20 additional high schools around the country.

Our work on trauma-informed care and evidence-based screening tools has demonstrated the immense value of our practice improvement and consulting efforts. Throughout the year and across the country, we supported providers through a variety of workforce-development efforts and programs, enabling them to improve



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their delivery of integrated care, address substance use disorders and combat the opioid epidemic. These efforts paved the way for our important work on the addiction front.

To address points of concern in the recovery community about medication-assisted treatment (MAT), we collaborated with the National Alliance of Recovery Residences and the Center for Social Innovation to produce a document for recovery house operators. We also brought together leaders in the harm reduction and recovery movements to discuss points of convergence between the two approaches and identify strategies to overcome practical and philosophical differences.

I am so proud of what we accomplished together in 2019, my first year as the president and chief executive officer of this incredible organization. It's all outlined here, in our first digital annual report.

Our progress in 2019 made us stronger. It made our communities stronger. It gave us confidence that we can overcome any challenges we face. And we are finding out now how the accomplishments we made yesterday can prepare us to meet unexpected new obstacles tomorrow.

The ground beneath us may have shifted dramatically, but we never faltered and never fell because we stayed on track in 2019. We were ready ... for anything.

Chuck Ingoglia

President and CEO

National Council for Behavioral Health