



Senate Bill 328 – Maryland Medical Assistance Program and Health Insurance-Annual
Behavioral Health Wellness Visits-Coverage and Reimbursements

Committee: Finance

Date: 1/31/25

Position: Favorable

The Maryland Coalition of Families: Maryland Coalition of Families (MCF) is a statewide nonprofit organization that provides family peer support services at no cost to families who have a loved one with a mental health, substance use, or problem gambling disorder. Using their personal experience as parents, caregivers and other loved ones, our staff provide emotional support, resource connection and systems navigation as well as support groups and educational trainings and workshops.

Many of the families that our staff support has a loved one with a behavioral health need. MCF supports this bill for several reasons.

- An annual behavioral health wellness checkup is a preventative measure and needs to be normalized. Early detection and intervention of any behavioral health condition is key to improving an individual's overall quality of life. Resources, support, and coordination of care can be discussed and provided during these visits, as can educating the individual on the importance of mental health, self-care, and wellness overall.
- A licensed and trained professional with an appropriate educational background in behavioral health should conduct the annual behavioral health wellness visit. They can provide the proper assessment and therapeutic support that may be needed.
- These annual behavioral health wellness exams can be cost-effective by reducing the risk of inpatient hospitalization and providing further intensive treatment for some individuals with early detection and intervention.



- Physical health and mental health are interconnected. Making an annual behavioral health wellness exam available through the entities listed is a start to de-stigmatizing and normalizing behavioral health wellness as an annual exam.

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