



Leading
By Example

**HB 1461 Behavioral Health Programs – Outpatient Mental Health Centers –
Medical and Clinical Directors House Health & Government Operations
Committee**

**March 11,
2020**

**POSITION:
OPPOSE**

Good afternoon. I am Subramonianpillai Teal, LCSW-C, Clinical Director and Co-Founder of Leading by Example Behavioral Health Services. I am a native Baltimorean and an Alumni of Baltimore City Public Schools. After becoming the first person in my family to graduate from college, I ultimately acquired a master's degree in social work and devoted my career to serving high-risk youth and families. I founded Leading by Example in 2009, to provide mental health and addiction treatment, as well as family-strengthening services in Baltimore City and Baltimore County. Currently we serve over 800 individuals every year.

In 2017, due to receiving regular testimony that individuals seeking outpatient psychiatric services were placed on waitlists that were often 6 months and longer, Leading By Example sought to expand its services in order to better meet the needs of our community. In order to secure a license as an Outpatient Mental Health Clinic, we were required to employ a psychiatrist for the administrative position of medical director. We began recruiting for a psychiatrist in May 2017. For over two years we were unable to identify a psychiatrist to fill our need.

On October 1, 2019, the law changed, allowing us to hire an advanced practice psychiatric nurse practitioner as our medical director. We located one within a month, who was able to start November 25, 2019, and were able to launch services as an OMHC. Our medical director has successfully established outcomes measures, offered clinical support, and provided psychiatric medication management services, which have greatly impacted the children, adults, and families that we serve.

In the short time that we've been operating, Leading by Example has acquired 5 clinicians able to carry consistent therapy caseloads, 150 active clients, and receives over 20 referrals per month. This has allowed us to expand to Harford County, where people are already calling to be scheduled prior to official opening. We are anticipating and prepared for a large number of clients upon the opening of that site. We have also been able to establish collaborative relationships with inpatient psychiatric

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hospitals, and have successfully coordinated numerous seamless transitions of children from inpatient care to the imperative outpatient therapy and medication management services they need to remain safe and healthy within their homes and communities. If we were to lose our medical director, these children and all of our clients would lose access to these services, and given the length of time we previously spent seeking a psychiatrist, we predict it would be functionally impossible to maintain their necessary psychiatric treatment.

For these reasons, I urge you to oppose HB 1461.

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