

**House Bill 8 Family and Medical Leave Insurance Program - Establishment  
(Time to Care Act of 2022)**

House Economic Matters Committee

February 15, 2022

**Position: Support**

The Mental Health Association of Maryland is the state's only volunteer, nonprofit citizen's organization that brings together consumers, families, professionals, advocates and concerned citizens for unified action in all aspects of mental health and mental illness. We appreciate this opportunity to submit testimony in support of House Bill 8.

HB 8 seeks to establish a Family and Medical Leave Insurance program which would entitle employees to take up to 12 weeks of paid leave from work in order to care for themselves, new children, or other family members with serious health conditions or disabilities. The program would also provide wage replacement during the period of leave, drawn from a fund pool into which employers and employees contribute.

The Centers for Disease Control and Prevention (CDC) state that one in five Americans will experience a mental illness in a given year, and one in five children, "either currently or at some point during their life, have had a seriously debilitating mental illness."<sup>1</sup> The COVID-19 pandemic has only further taxed the mental and behavioral health of many Marylanders: the Baltimore Sun has reported that around 40% of Marylanders have experienced anxiety or depression as a result of the pandemic, and Black and Brown communities have endured disproportionately higher rates of job loss and higher infection and mortality rates due to COVID-19.<sup>2</sup> The CDC reports that "younger adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers reported having experienced disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation."<sup>3</sup>

Allowing Maryland workers time to care for themselves and their families during long-term mental or behavioral health treatment or recovery is critical to supporting a strong economy. The

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<sup>1</sup> Centers for Disease Control and Prevention, 2018. <https://www.cdc.gov/mentalhealth/learn/index.htm>

<sup>2</sup> Wenger, Y., Sept. 29, 2020. *As coronavirus rolls on in Maryland, mental health toll surges, with experts fearing spike in suicides.* <https://www.baltimoresun.com/features/bs-hs-mental-health-covid-20200929-yzjfdfc2ijb4vab7o3v4g7q25a-story.html>

<sup>3</sup> Czeisler M<sup>É</sup>, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. *MMWR Morb Mortal Wkly Rep* 2020;69:1049–1057.

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Maryland Department of Health has cited<sup>4</sup> studies which indicate that depression and anxiety disorders alone cost the global economy \$1 trillion annually in lost productivity.<sup>5</sup> At a time when our national economy is still weathering one of the worst public health crises of a generation, it is increasingly critical that we support a healthy and sustainable Maryland workforce.

For these reasons, the Mental Health Association of Maryland supports the Time to Care Act and urges a favorable report on House Bill 8.

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<sup>4</sup> Maryland Department of Health. *Mental Health Promotion*.  
<https://health.maryland.gov/suicideprevention/Pages/Mental-Health-Promotion.aspx#:~:text=Data%20from%20the%20Substance%20Abuse,by%20the%20state%20Mental%20Health>

<sup>5</sup> The Ripple Effect of Mental Illness. *National Alliance on Mental Illness*. <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Impact-Ripple-Effect-FINAL.pdf>