

February 11, 2025

Chair Beidle, Vice Chair Hayes, and distinguished members of the Finance Committee,

NAMI Maryland and our 11 local affiliates across the state represent a network of more than 58,000 families, individuals, community-based organizations, and service providers. NAMI Maryland is a 501(c)(3) non-profit dedicated to providing education, support, and advocacy for people living with mental illnesses, their families, and the wider community.

According to SAMSHA, self-directed care “provides an opportunity for individuals (...) to assess their own needs, determine how and by whom those needs should be met, and manage the funds to purchase those services”.

Many studies have found that self-directed treatments can be very effective. Two reviews that each included over 30 studies found that self-help treatment significantly reduced both anxiety and depression. Studies also show that people tend to maintain their progress over time, which is very encouraging. In a time of high anxiety, rising depression rates, and soaring health care costs, self-directed psychological treatments have many advantages.

Completing a program that's right can lower anxiety, improve mood, and provide skills to help manage conditions.

For these reasons, we urge a favorable report.