



Wes Moore, Governor · Aruna Miller, Lt. Governor · Laura Herrera Scott, M.D., M.P.H., Secretary

**Behavioral Health Administration**

Lisa A. Burgess, M.D., Interim  
Deputy Secretary Behavioral Health  
55 Wade Avenue, SGHC/Voc. Rehab Building  
Catonsville, MD 21228

January 26, 2023

Dear BH Partners:

Starting in this new year of 2023 our Monthly Message and Monthly Update will move to bi-monthly. Our next will be coming out in March.

With the beginning of the new year, we often find ourselves making resolutions to improve our health and quality of life. I applaud efforts toward self-improvement and encourage ongoing self-care to maintain wellness. The important work we do has a better chance of proving sustainable if we maintain our own wellness.

We may even ask ourselves, “Why do we do the work we do?” The answer may be different for us all. I count myself blessed to engage in work that I love and that has the goal of improving the lives of others, for instance. I count myself equally blessed to work with those who have good intentions and demonstrate good work for the sake of both others and themselves.

As a behavioral health community, helping others to achieve their goals for better health, stability, and independence to enjoy an improved quality of life can be very satisfying. Although the work can be challenging and the hours long, it feels gratifying to help others as direct and indirect caregivers and jointly build a continuum of care that can improve and save lives. I applaud all our partners that have chosen to work with us and continue to support those we serve in their journey toward wellness and greater independence in living successfully in their communities.

With the new year upon us, we ask for your help in spreading the word about the [988 Suicide & Crisis Lifeline](#) to our constituents across the state. The MDH BHA team has worked hard to develop the [MDH 988 Toolkit, which includes free outreach and](#) materials for a variety of

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audiences. We strongly encourage everyone to visit this page regularly and share the latest resources.

Lastly, we welcome our new MDH Secretary, Dr. Laura Herrera Scott. We look forward to working with our new administration, as we did with the previous one. I am confident that we will continue our efforts in building a robust PBHS that is focused on ensuring that all Marylanders have equitable access to a quality PBHS that is effective and efficient.

Respectfully,

A handwritten signature in blue ink that reads "Lisa A. Burgess, M.D." The signature is written in a cursive, flowing style.

Lisa A. Burgess, M.D.

Interim Deputy Secretary Behavioral Health