



The Steering Wheel

Your resource for behavioral health trainings, events, program information, news, and more around the Shore.

December 2017

Volume 6, Issue 39

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Why Does Depression Tend To Increase During The Holidays?

December 12, 2017
Forbes



Depression tends to increase during the holidays due to an increase in demands (perceived as stressful), family issues, and being unable to manage expectations.

Demands/Stress

During the holidays, there is an increase in the number of activities, tasks, and social events that people must manage. Shopping and gift-buying can cause financial and emotional stress and can create a need to manage crowds, traffic, and malls or large stores. Family, school, neighborhood, and work celebrations and parties create social, time, and energy demands. Traveling to be with family or friends for the holidays can cause a variety of additional stress. Being unable to be with family or friends (for whatever reason) can also be highly stressful. If you are experiencing a significant loss or actively grieving, the holidays can be more stressful. School, work, and sleep schedules are often disrupted during the holidays and healthy ways of managing stress like ensuring good nutrition and daily exercise are often interrupted.

Disclaimer: The information presented in this newsletter is intended for general use only. The content, views, and/or opinions expressed in the following newsletter originates from many different sources and contributors throughout the community. Please note that content does not represent or reflect the views and opinions of Mid Shore Behavioral Health, Inc. Mid Shore Behavioral Health, Inc. makes no representation or warranty as to the accuracy or any other aspect of material prepared by third parties, nor the information contained on linked sites.

Family Issues

The holidays are synonymous with family, so any issues that a person has with their family will come to the forefront during this time. If there is loss, dysfunction, addiction, abuse, disconnection, separation, estrangement, or divorce occurring or affecting your family, then there is the likelihood that you will have to manage the emotions that are related to these issues. For someone already managing depression, it is an additional emotional burden.

Managing Expectations

Although the holidays can be a time for celebration and a return to the faith or values or people that help provide support for us, all of the increased demands on our time, energy, patience, and flexibility can take a toll. People greeting each other with the expression “Happy Holidays!” can even be perceived by someone with depression as a demand or an expectation they cannot meet.

For those managing depression who may already be struggling with symptoms of fatigue, irritability, sadness, and feeling unable to cope with change or additional stress, the result of all the additional stress of the holidays can be simply feeling unable to meet those expectations, which can unfortunately lead to increased feelings of depression.

When one of the expectations of the holidays is to be “happy,” there is a 100% chance of failure for the person with depression. A common symptom of depression is anhedonia, or the loss of interest in previously enjoyable activities or the inability to experience pleasure.

Due to the increase in stressful demands, inability to sidestep family issues, and difficulty managing expectations, the holidays can leave a person dealing with depression with increased feelings of sadness, guilt, inadequacy, overwhelm, alienation, and unworthiness.

What Helps?

Managing depression during the holidays requires finding effective ways to manage all of the stressors listed above.

Reducing, eliminating, or finding creative ways to deal with holiday-specific demands on your time, energy, and emotions are important and working with a therapist or accessing other resources on coping with depression may help.

Having a plan for managing family issues or avoiding them entirely this season may be necessary to prevent an increase in depressive symptoms.

Set realistic expectations, first for yourself, and then communicate what those are to others. You may need to modify the typical “holiday survival tip” advice that is given if you are managing a depressive episode. Instead, give yourself credit for basic functioning, and try not to worry too much about meeting extra expectations simply because it is the holidays. There will be other ones and they can be different than this one. Coming out of the holidays in the same (or better condition) as you went into them should be the goal.

<https://www.forbes.com/sites/quora/2017/12/13/why-does-depression-tend-to-increase-during-the-holidays/#cf395274a6df>



GOT YOGA MATS?

Tis' the season of giving and we would greatly appreciate your help!

Dorchester County Health Department's *Connecting For Success Program* is looking for **new or used** yoga mats to assist us in bringing the Prison Yoga Project to the Dorchester County Detention Center. So, if you are purchasing a new yoga mat for the holidays.....we will gladly take your old one! Questions? Feel free to call us! 410-228-4368.

THANK YOU!

***New/used yoga mats can be dropped off at either location:**

Mid Shore Behavioral Health located at 28578 Mary's Court, Easton, MD 21601 OR

Dorchester County Health Department located at 3 Cedar Street, Cambridge, MD 21613

Connecting For Success is a program of the Dorchester County Health Department and funded by the Governor's Office of Children through our Local Management Board

Post-Conviction Relief

Removing Barriers for Criminalized
Survivors of Human Trafficking

January 9, 2018

Talbot Senior Center

400 Brookletts Ave. Easton, MD 21601

12 - 1:30 pm

Attorneys, service providers,
and community partners are
all welcome to attend.

Lunch will be provided.

RSVP: Contact Laurie Culkin

Human Trafficking Prevention Project

(HTPP) Coordinator at MVLS

lculkin@mvlslaw.org | 443-451-4075

Sponsored by:





MENTAL
HEALTH
FIRST AID®
MARYLAND

Learn How to Save Lives!

ADULT MENTAL HEALTH FIRST AID

PROVIDED BY THE MENTAL HEALTH ASSOCIATION OF THE EASTERN SHORE

CLICK HERE TO REGISTER

January 17, 2018

8:30am – 5:00pm

Talbot County DSS

301 Bay Street, Easton, MD 21601

8 CEU's available for social work, psychology, counseling and nursing

Mental Health First Aid is an evidence-based training that teaches the signs and symptoms of mental health disorders, and provides individuals with tools to respond to a mental health emergency until professional help arrives. MHFA provides action steps to take in order to help someone experiencing early signs of a mental health disorder.

With grant funding from the Van Strum Foundation, this program is being offered at a cost of only \$30.00 per participant

Please direct any questions to the Mental Health Association of the Eastern Shore, 410-822-0444 or dmurphy@mhamdes.org.

THANK YOU FOR YOUR INTEREST IN MENTAL HEALTH FIRST AID



Date: Thursday, January 18, 2017

Time: 8.30 AM to 5 PM

Location: Two training locations on the same day!!!

Worcester Youth and Family Counseling Services

124 N Main St, Berlin, Maryland 21811

and

Pokomoke Library

301 West Market Street, Pokomoke City, MD 21851

Registration: Please contact Beverly Wallerius at beverly.wallerius@maryland.gov or call 410-632-1100 x 1280

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

MENTAL HEALTH FIRST AID MATTERS

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder.

When more people are equipped with the tools they need to start a dialogue, more people can get to the help they may need. Mental Health First Aiders can even save lives.

This training is sponsored by the AFSP Maryland Chapter and the Worcester County Health Department and **FREE** of any charges.

Materials and Lunch will be provided.

Registration required: Contact Beverly Wallerius at beverly.wallerius@maryland.gov or call 410-632-1100 x 1280.

CEUs for Social Work and Counseling.

Free Trainings

Recovery Planning Using DLA 20 Results

“Using DLA-20 Information to Inform Recovery Planning and Agency Policy and Practices” emphasizes skills development through interactive discussion and hands-on practice. You will work in small groups to identify practical ways to use DLA-20 ratings for individual recovery planning as well as ways to use aggregate DLA-20 data for program refinement and policy review. The objectives for the training include:

Using DLA-20 results to:

- Develop & implement consumer-centered recovery planning
- Enhance supervision
- Refine provider programming
- Evaluate the need for provider policy changes
- Enrich relationships with community supports

To take this training, you must have already completed the required basic training on the DLA-20, an assessment required for service authorization/reauthorization for adults in Assertive Community Treatment (ACT) programs, Mobile Treatment programs, Psychiatric Rehabilitation Programs (PRPs), or Residential Rehabilitation Programs (RRPs). These training sessions are provided free of charge by the Behavioral Health Administration through the University of Maryland's Training and Evidence-Based Practice Centers.

This training will take place on **January 26th from 9:30am-1:00pm** at Talbot County Department of Social Services. 301 Bay St #5, Easton, MD 21601

Basic Daily Living Activities 20 (DLA-20)

This DLA-20 training is required for submission of service authorization/reauthorization requests for adults in Assertive Community Treatment (ACT) programs, Mobile Treatment programs, Psychiatric Rehabilitation Programs (PRPs), and Residential Rehabilitation Programs (RRPs).

These training sessions are provided free of charge by the Behavioral Health Administration through the University of Maryland's Training and Evidence-Based Practice Centers. The focus is on understanding DLA-20 scoring tools and rules, so participants can independently rate their consumers on all DLA-20 activity areas.

Please note: Completion of this training is **REQUIRED** before trainees use the DLA-20 assessment.

This training will take place on **January 25th from 12:30pm-4:00pm** at Talbot County Department of Social Services. 301 Bay St #5, Easton, MD 21601

To register for either of these trainings please visit:

<http://trainingcenter.umaryland.edu/Pages/DLA-20-Trainings.aspx>



**UNIVERSITY of MARYLAND
SCHOOL of MEDICINE**

As an accredited academic institution, the University of Maryland School of Medicine's Training Center is an approved sponsor of the Maryland Board of Social Work Examiners for 3 Continuing Education credits (Category 1) for licensed social workers in Maryland; as a sponsor of 3 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists; and 3 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists, upon completion of EACH of the above trainings and completed evaluations. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available for all other disciplines.



Build Resilience. Be Trauma-Informed. Join Our Learning Community.

Is your organization facing increased community, school, and domestic violence? Does your team feel challenged by the complex needs of the people they serve? Is the impact of the opioid epidemic overwhelming? Is diminished funding compromising your workforce? If you want to rise above these forces and develop skills to address trauma and nurture resilience, join the National Council's 8th annual **Trauma-Informed, Resilience-Oriented Approaches Learning Community**.

Over the course of this year-long initiative, you will connect with trauma experts and other participating organizations through two in-person summits, and a series of coaching calls and webinars. You will also have access to useful tools and resources and membership in a listserv of peers and experts.

Participants will learn how to:

- Implement or improve intake, screening, and assessment for trauma and resilience
- Adopt trauma-informed, resilience-oriented best practices suited to your organization
- Increase awareness of trauma's impact, resilience and trauma-informed care
- Build resilience in your workforce through prevention efforts to address secondary traumatic stress and compassion fatigue
- And [more](#)

Additionally, organizations selected for the Learning Community are eligible for a \$200 discount for one registration to the [2018 National Council Conference in Washington, DC](#).

Want to learn more about the Learning Community? [Join our informational webinar](#) on December 14, 2017 at 3pm ET to hear how it works, expectations and commitments, and the benefits to you and your organization.

Applications to participate in the Learning Community are due by 5pm ET on January 15, 2018. Apply [here](#).

Talbot Co.
Multi-Community
Recovery Talk
The Brain
IN Addiction & Recovery
&
The Cycles
OF Addiction & Recovery

THURSDAY – January 18
7:00 pm

DOORS OPEN AT 6:30 pm

REAL LIFE CHAPEL
418 GLEBE RD. – EASTON

A Clinical – Christian Perspective

We invite you to join your community for this insightful seminar on what valuable family members, friends, and neighbors – of EVERY race, age, background and profession – experience while enduring destructive addictive conditions and the difficult adjustments in recovery. It is our goal to educate, challenge, and stimulate the hearts and minds of anyone affected by addictions. Please, let us unify with differences...come.

[Register Here](#)

EVERYONE INVITED

JOIN US!!

SPEAKERS

Dr. Robb Horner
PhD.

Dr. Robb is a Licensed Clinical Pastoral Counselor at Life Counseling Center in Easton, and Co-Founder of The Underground Ministry's Recovery Workshops. Robb holds many other certifications.

Bret W. Larrimore
ACLC, IR

Bret is a Board Certified Advanced Christian Life Coach and SACC Certified Instructor specializing in Relational Improvement and Addiction Recovery.

Q/A time following each

Who should attend?

- Anyone struggling with addictive condition
- Family members
- Professional Care Givers
- Treatment Providers
- Teachers
- Clergy / Ministry Leader
- Recovery Support Grp. Leaders
- Concerned Citizens
- YOU

January Pop-Up Enrollments



ABLE Pop-Up Enrollments are happening across the state in January! Stop in during any of the scheduled popups to learn more about the hosting organization, gather information on Maryland ABLE, and access computers to open your Maryland ABLE account.

And remember, enrollment is online, so you can enroll any time of day, any day of the week!

What you need to enroll during a pop-up enrollment:

- Social Security Number for the Beneficiary
- Social Security Number for the Authorized Legal Representative (if there is one involved)
- If you are an Authorized Legal Representative (ALR) opening an account for an adult beneficiary, you must bring a copy of your documents verifying Power of Attorney or Legal Guardianship
- Bank account information to link to ABLE account

January 18, 2018 - Easton

Optimal Health Care, Inc.

[8737 Brooks Drive, Suite 207](#)

[Easton, MD 21601](#)

4pm - 7pm

[Register for Easton here](#)

COMMUNITY HEALTH WORKER



- Are you dedicated to helping those in your community?
- Do you want to improve the health of your community?
- Do you want to learn basic community health worker (CHW) skills?

**JOIN US AT THE EASTERN SHORE
AREA HEALTH EDUCATION CENTER
IN CAMBRIDGE**

January 22 – March 8, 2018

Monday, Wednesday, Thursday

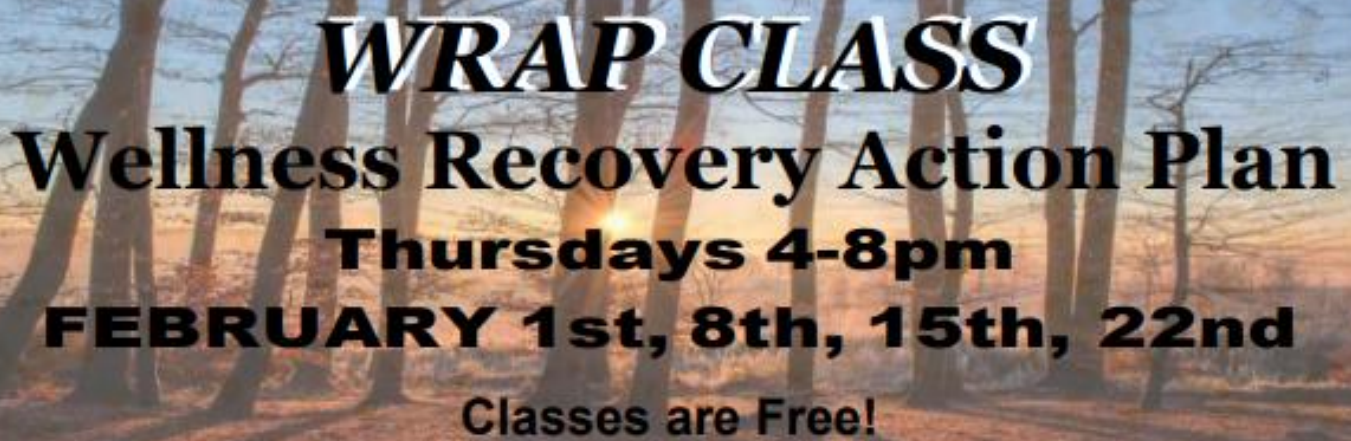
9:00 am – 3:30 pm

Call 410-221-2600 to find out more about this low cost training

Training sponsored by The Maryland Agricultural Education and Rural Development Assistance Fund and The Rural Maryland Council



TRAINING OPPORTUNITY



WRAP CLASS

Wellness Recovery Action Plan

Thursdays 4-8pm

FEBRUARY 1st, 8th, 15th, 22nd

Classes are Free!

WHAT IS WRAP?

The **Wellness Recovery Action Plan** or **WRAP**, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in **all kinds of circumstances**, and by health care and mental health systems all over the world to address **all kinds of physical, mental health and life issues**.

WRAP has been studied extensively in rigorous research projects and is listed in the **National Registry of Evidence-based Programs and Practices**.

Overcome with Hope

PTSD
Anxiety
Bipolar Disorder

Divorce
Job changes
Depression

Addictions
Stress / Stressful Job
Family conflict

Chesapeake Voyagers Inc.
Wellness and Recovery Center
342C N Aurora Street
Easton MD

*Information/Sign Up **410-822-1601***
Register by January 22nd



PARENT SUPPORT GROUP

TUESDAYS

5:30 P.M.-6:30 P.M.

Parent led support group. For parents of children (including adult children) with a mental health diagnosis.

Please join with other parents for mutual support at:

Peace of Mind Mental Health Services, LLC

8614 Ocean Gateway, Suite 4, Easton, MD 21601.

For more information call (410) 690-8181



A FAMILY PEER SUPPORT GROUP

Every 4th Wednesday

Tilghman United Methodist Church

6pm - 7:30pm

5731 Tilghman Island Road Tilghman, MD

21671

Sponsored by: Healthy Tilghman

Facilitated by: Valerie Albee

Mental Health & Addiction Counseling

Located at the
Tilghman United Methodist Church

For an Appointment,
Call 410-822-1018
and say you are from the Tilghman area

For More Information,
Call 410-886-1108

For the 24/7 Emergency Hotline,
Call 1-800-310-7273

Service Provided By:

for all seasons, inc.
Behavioral Health & Rape Crisis Center

January 2018

Do you have a job training need? Contact Haven Ministries to discuss setting up a program to meet your needs!

Resource Center Classes: OPEN TO THE PUBLIC
St Paul's Episcopal Church: 301 South Liberty Street, Centreville
410-739-4363, Haven-ministries.org
Hours: Mon-Fri 8:30-am-4:30pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED	2 10am: Healthy Living	3	4	5	6
7	8	9 10am: Healthy Boundaries	10	11 1pm: Facing Fears	12	13
14	15	16 10am: Budget and Finance	17	18	19	20
21	22	23 10am: Coping Strategies	24	25	26	27
28	29	30 10am: Job Readiness and Interview Skills	31			

Healthy Living: Make wise decisions about your physical and emotional health Healthy Boundaries: How to set priorities Facing Fear: Strategies to help overcome fear Budget and Finance: Personal financial review and starting a budget Coping Strategies: Learning ways to deal with life issues Job Readiness: Learn how to have a successful interview and be prepared for work

1st Annual African American History Month Health, Wealth, Wellness, & Education Series February 2018



Our free African American History Month series promotes health and wellness in our community, celebrating our heritage, and embracing our culture.



10a-1p

Empowerment Center

615 B Pine St

Cambridge, MD 21613

February 3, 2018- Mental and Physical Health

February 10, 2018 Finances, Insurance, Legal Education

February 17, 2018 Entrepreneurship

February 24, 2018 Youth Career and College Readiness Expo

Black Excellence Gala

February 24, 2018 LivAgain 8p-12a

Contact HHYFW 443-351-4846

info@harvestinghopeinc.org

Vendors \$20 per Saturday

Sponsorship Available Tax-Exempt



PROVIDER ALERT

COMAR 10.63 – ADDITIONAL TRAINING SESSIONS

DECEMBER 20, 2017

Dec-27-2017	10:00 AM – 12:00 PM	<ol style="list-style-type: none"> 1) To register go to: https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t927554abde556086134f2f92ee0dd034 2) Complete and submit your registration information. 3) A confirmation email with the call-in number and webinar instructions will be emailed to you after you have successfully registered.
Jan-03-2018	9:00 AM – 11:00 AM	<ol style="list-style-type: none"> 1) To register go to: https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t34f17175ad4afc3a16623d7dc9362c1f 2) Complete and submit your registration information. 3) A confirmation email with the call-in number and webinar instructions will be emailed to you after you have successfully registered.
Jan-10-2018	1:00 PM – 3:00 PM	<ol style="list-style-type: none"> 1) To register go to: https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t34f17175ad4afc3a16623d7dc9362c1f 2) Complete and submit your registration information. 3) A confirmation email with the call-in number and webinar instructions will be emailed to you after you have successfully registered.
Jan-16-2018	1:00 PM – 3:00 PM	<ol style="list-style-type: none"> 1) To register go to: https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=te771430dd83e34dafbadf1957ab4f19e 2) Complete and submit your registration information. 3) A confirmation email with the call-in number and webinar instructions will be emailed to you after you have successfully registered.
Jan-24-2018	9:00 AM – 11:00 AM	<ol style="list-style-type: none"> 1) To register go to: https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=tfe04c8c889cf77f610f140a1694d0a45 2) Complete and submit your registration information. 3) A confirmation email with the call-in number and webinar instructions will be emailed to you after you have successfully registered.

The password to register is COMAR2017



PROVIDER ALERT

PROVIDERS OF RESIDENTIAL SUBSTANCE USE DISORDER SERVICES PSYCHOEDUCATIONAL GROUPS

DECEMBER 20, 2017

This Provider Alert is intended to provide Providers of Residential Substance Use Disorder (SUD) Services guidance on conducting Psychoeducational groups.

Psychoeducational groups may be used when treating individuals suffering from substance use disorders. The primary purpose of psychoeducational groups is expansion of awareness about the behavioral, medical, and psychological consequences of substance use. These groups are designed to educate participants about the impact of substance use, the associated behaviors and consequences of chronic use.¹

Psychoeducational groups help participants to:

- Develop an understanding of the recovery process
- Become motivated to enter a recovery-ready stage
- Engage in opportunities towards establishing and maintaining abstinence
- Learn about other resources that can be helpful in recovery, such as meditation, relaxation training, anger management, spiritual development and nutrition

¹ Center for Substance Abuse Treatment. Substance Abuse Treatment: Group Therapy. Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2005. (Treatment Improvement Protocol (TIP) Series, No. 41.) 2 Types of Groups Commonly Used in Substance Abuse Treatment.



PROVIDER ALERT

- Gain resources and skills that can help them with their recovery.

Format:

Psychoeducational groups are highly structured and often follow a manual or a preplanned curriculum. The group facilitator usually takes a very active role when leading the discussion. Psychoeducational groups encourage participant interaction and may incorporate audio, visual and other elements to enhance lectures. The group session can consist of **15 – 25 participants** and generally last **15-90 minutes**.

Group Leader's role:

To help participants get the most out of the psychoeducational session.

The group leader must:

- Understand basic group processes
- Understand interpersonal relationship dynamics
- Have basic teaching and counseling skills
- Possess active and reflecting listening skills
- Participate in ongoing training and formal supervision
- Encourage participants to take responsibility for their learning
- Allow participants to practice learned skills (role play)

Group Topics:

Group topics can stand alone or be a part of a series. All groups must have a goal, objectives and a measurement to determine the effectiveness of the session(s). Group leaders should be able to develop group topics based on the needs of the participant population. Topics can include but are not limited to:

- Identifying triggers and roadblocks and developing strategies to overcome them
- Developing coping skills
- Understanding emotions and how to deal with them
- Building self-esteem

The qualifications and experience of those who lead group will vary. All group leaders who hold a license or certification should abide by the code of ethics set by their professional regulatory bodies, and work within their scope of practice.

Thank you for reading!

**For future submissions to our newsletter please
email me directly at
lpollard@midshorebehavioralhealth.org**

See you next week!

**As always, we hope this newsletter has
encompassed useful resources from our region.**

About MSBH:

**“The most important core value of our organization
is hope: The belief that resiliency and recovery are
real provides the essential and motivating message
of a better future – that people and communities
can, and do, overcome the internal and external
challenges, barriers, and obstacles that confront
them in order to achieve wellness.”**

