



# The Steering Wheel

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

November 2018

Volume 7, Issue 43

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## Fibromyalgia and the High Risk of Suicide

September 22, 2018

By Pat Anson, PNN Editor

*Pain News Network*

Studies have shown that fibromyalgia patients are 10 times more likely to die by suicide than the general population, and about three times more likely than other chronic pain patients.

What can be done to reduce that alarmingly high risk?

One possible solution is for fibromyalgia patients to visit a doctor more often, according to a new study published in the journal *Arthritis Care & Research*.

Researchers at Vanderbilt University Medical Center analyzed health data for nearly 8,900 fibromyalgia patients, finding 34 known suicide attempts and 96 documented cases of suicidal thoughts – also known as suicide ideation. Then they looked at how often the patients saw a doctor.

On average, patients who had suicidal thoughts spent 1.7 hours seeing a doctor per year, while those who did not have suicide ideation visited a doctor an average of 5.9 hours per year.

The difference was even more substantial for those who tried to commit suicide. Fibromyalgia patients who attempted suicide saw a doctor for less than an hour a year, compared to over 50 hours per year for those who did not try to kill themselves.

“Fifty hours versus one hour – that’s a staggering difference,” said lead

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author Lindsey McKernan, PhD, a professor of Psychiatry & Behavioral Sciences at Vanderbilt University Medical Center. "They might have been at one appointment in a year and this disorder, fibromyalgia, takes a lot to manage. It takes a lot of engagement."

Fibromyalgia is characterized by deep tissue pain, fatigue, depression, insomnia and mood swings. Because fibromyalgia is difficult to diagnose and treat, there is a fair amount of stigma associated with it and patients often feel like they are not believed or taken seriously by their family, friends and doctors.

Self-isolation could be one reason fibromyalgia patients don't visit a physician as often as they should.

"If you really break it down the people who were having suicidal thoughts weren't going into the doctor as much. I think about the people who might be falling through the cracks. Chronic pain in and of itself is very isolating over time," said McKernan.

"Perhaps we can connect those individuals to an outpatient provider, or providers, to improve their care and reduce their suicide risk. We also might see patients at-risk establish meaningful relationships with providers whom they can contact in times of crisis," said senior author Colin Walsh, MD, a professor of Biomedical Informatics at Vanderbilt.

In addition to seeing a primary care provider or rheumatologist, researchers say fibromyalgia patients should be getting regular exercise and physical therapy, and working with a psychologist or mental health provider.

"We looked at thousands of people in this study and not one who received mental health services of some kind went on to attempt suicide," McKernan said.

"Often, when you are hurting, your body tells you to stay in bed. Moving is the last thing that you want to do. And when you are tired, when your mood is low, when your body aches, you don't want to see anybody, but that is exactly what you need to do — contact your doctors, stay in touch with them, and move. It really can make a difference."

Article: <https://www.painnewsnetwork.org/stories/2018/9/22/fibromyalgia-and-the-high-risk-of-suicide>

# HOMELESSNESS AWARENESS MONTH NOVEMBER

Many of our  
neighbors, right  
here on Kent Island,  
are homeless.



## 10 WAYS **YOU** CAN HELP

1. **RESPECT** the homeless and respond with **KINDNESS**.

You can make a difference by sharing a kind word and a smile.

2. Make **LITTLE BLESSING BAGS** to brighten someone's day.

Include items such as bottled water, snacks, hand warmers, gloves, chapstick, mints, gift cards to local fast food restaurants, a note of encouragement, etc. Organize a group to assemble bags together! Deliver the bags to local homeless or donate for distribution.

3. **VOLUNTEER** to work at the local emergency winter shelter.

Open seasonally at KIUMC. Contact: [hmvolunteercoordinator@gmail.com](mailto:hmvolunteercoordinator@gmail.com) or 410-490-3173

4. **DONATE** needed shelter items.

Needed items include: bed pillows, disinfectant wipes, heavyweight paper cups/plates/bowls, napkins, latex gloves, foil & plastic wrap, plastic utensils, cases of water, flannel PJ bottoms, coffee, 13-gallon white trash bags.

5. Donate items and/or volunteer to work at **OUR DAILY THREAD** or **HOPE WAREHOUSE**.

Our Daily Thread :410-353-0455 • Hope Warehouse: 410-490-8498

6. Volunteer at the **RESOURCE CENTER**.

Held in the basement of St. Paul's Episcopal Church in Centreville. Contact : 410-758-0129

7. Start a **FOOD DRIVE**. Donate to Haven Ministries monthly Food Pantry.

8. Volunteer at the **FOOD PANTRY**, open the 3rd Friday of every Month.

Safe Harbor Presbyterian Church or Centreville United Methodist Church , Contact: 410-490-3173

9. **SUPPORT** Haven Ministries through a monetary donation or by joining the Friends Campaign.

[www.haven-ministries.org](http://www.haven-ministries.org)

10. **PRAY** for the homeless everyday. "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me." - Matthew 25:35

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Homelessness is **YEAR ROUND**. Your support is needed now and after the holidays. God Bless You!

# EMPLOYMENT OPPORTUNITIES

**BOARD OF CHILD CARE**  
*of The United Methodist Church, Inc.*



## **JOB TITLE: Supervisor- Denton Campus**

**JOB SUMMARY:** Understands and implements policies according to agency standards, effectively works as a member of an interdisciplinary team, and supervises direct care staff. Provides direct childcare services, ensures that twenty four hour, seven day a week, child care services are met.

## **JOB TITLE: Child Care Worker**

**JOB SUMMARY:** The child care worker provides direct childcare services, ensures that day-to-day supervision of residents is consistent with BCC's standards and effectively works as a member of an interdisciplinary team.

Category of Employment: Hourly / Non-exempt

**JOB LOCATION:** Board of Child Care - Denton Campus - 27993 Substation Rd, Denton, MD 21629

## **JOB TITLE: Therapist**

FLSA Classification: Exempt

**JOB SUMMARY:** To provide individual, group and family therapy to children, adolescents, and their families; develop/implement Individual Treatment and Transition/Discharge Plans; maintain current and accurate case documentation; conduct clinical assessments; complete activity and performance reports.

## **Director of Community Programs/ Chief CPA Administrator**

Office Location: Baltimore Maryland

FLSA Classification: Exempt

**JOB SUMMARY:** The Director of Community Programs, provides effective leadership and management to uphold The Board of Child Care's Trauma Informed Care Culture for clients, families, key stakeholders and talent to contribute to sustainable change. This position has direct responsibility for the Treatment Foster Care Program, Adoptions, Community Based Group Homes, Independent Living Program and the Alumni House. The Director of Community Programs provides adaptive leadership through supportive coaching and mentoring to the care team, including direct care, clinical, supervisory and support talent to inspire and encourage our workforce and promoting integrity. He/She ensures the creation of strong systems, while supporting the teams to embrace possibilities and develop creative solutions to ensure the demands of the program are exceeded. The Director of Community Programs ensures the fidelity of the program components and ensures that systems of accountability exist to sustain the treatment expectation. The Director of Community Programs is responsible for the outcomes of the program and is responsible to identify and problem solve when data indicates that the program is not meeting the needs of the youth and families served through identified benchmarks. The Director of Community Programs will provide supports and oversight to the leadership team of the program, while promoting and participating in continuous quality improvement efforts.

**To learn more about any of these employment opportunities or to apply please contact Karen McGee at [kmcgee@BoardofChildCare.org](mailto:kmcgee@BoardofChildCare.org)**

# Job Opening

**For All Seasons is currently seeking an Accounts Payable/Payroll Specialist**

## Job Duties:

- Develop and maintain accurate and complete payroll information by collecting, calculating, and entering data and completing labor distribution
- Update payroll records by entering changes in exemptions, insurance coverage, demographics, deductions, and job title and department transfers.
- Ensure that labor distribution by 100% review and approval of properly completed time sheets by supervisors.
- Ensure payroll calculations are correct and in accordance with company policy and grants contract obligation.
- Ensure that payroll deductions and benefits records are adequately identifiable in the general ledger and that the payments to third parties are processed in an accurate and timely manner. Payroll deductions include but are not limited to: bi-weekly tax payments, child support, 401(k) contributions, health and life reconciliation, short/long-term disability, worker's compensation and leave.
- Process and post weekly/biweekly employee paychecks and statements of earnings and deductions by established deadlines.
- Maintain employee files accurately, timely and completely.
- Maintain vacation and personal leave database inquiry and reporting system; run and distribute periodic reports for managers and supervisors.
- Resolve payroll discrepancies by collecting and analyzing information.
- Address Employee's pay-related concerns and provide accurate payroll information.
- Complete requests for pay-related documents including statements and verifications.
- Maintain payroll operations by following policies and procedures; reporting needed changes
- Maintain employee confidence and protect payroll operations by keeping information confidential.
- Actively participate in process improvement efforts within department.
- Review vacation and personal leave accruals on a monthly basis.
- Maintain and administrate employee timesheet corrections.
- Perform other duties as assigned

## Skills and Qualifications:

- Knowledge of Microsoft Office essential
- Familiarity with ADP Workforce Now payroll system or 3rd party software system and QuickBooks preferred
- Team Player who is detailed oriented and able to multi-task
- Associates Degree or equivalent preferred, or 3-5 years of accounting experience

Full Time

Salary and benefits competitive



**2018 UPPER SHORE DEMENTIA  
CAREGIVERS CONFERENCE  
November 13, 2018**



Tuesday, November 13, 2018  
8:30 a.m. - 1:00 p.m.  
Heron Point of Chestertown  
501 E. Campus Avenue  
Chestertown, MD 21620

Speakers

**Senior Moment or More Serious? Early Signs of Cognitive  
Impairment and What to Do**

Maggie Black, Psy D.  
Shore Neurocognitive Health

**Communicating Throughout  
the Stages of Alzheimer's Disease**

Jane Bateman  
Home Instead

Panel Discussion:

***Considering Help at Home? How Home Care and Home  
Health Services can Benefit People Living with  
Dementia and their Care Partners***

Cindy Bach, OTR/L  
Associate Director of Business Development Visiting  
Nurses of Maryland, Moderator

[Click here to register online](#)

[To download the brochure, please click here](#)

# Basic DLA-20 Trainings

The Daily Living Activities instrument (DLA-20) is an assessment that fulfills a requirement for service authorization/reauthorization requests for adults in Assertive Community Treatment (ACT) programs, mobile treatment programs, Psychiatric Rehabilitation Programs (PRPs), and Residential Rehabilitation Programs (RRPs). Completing one session of this training is REQUIRED for any staff members assessing adults in these programs.

The Behavioral Health Administration sponsors this training free of charge through the University of Maryland's Training Center and Evidence-Based Practice Centers. CEUs and Certificates of Attendance will be provided. Registration will be open until one week prior to the training session. If your organization would like to train at least 12 staff members, we may be able to arrange for a training to take place at your facility. To make this request, please email us at [dla20@som.umaryland.edu](mailto:dla20@som.umaryland.edu) and provide agency name, address and the email address for a contact person.

The schedule of training sessions below is regularly updated, so please check back to find a training that fits your schedule.

**NOTE: If a training you need to attend is full or closed, please contact [dla20@som.umaryland.edu](mailto:dla20@som.umaryland.edu) to make a request for on-site registration of any training.**

**Date: Thursday, November 15, 2018**

**Register to attend**

**Time: 12:30-4:30 (arrive by 12:15)**

**Location: Department of Social Services Conference Room, 301 Bay Street, Easton, MD 21601**

**Trainer: Kris Wright**



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

# QAC Maryland Access Point/Caregivers Conference 2018

## *“The Nature of Caregiving”*

**FREE CONFERENCE AGES 55+, INDIVIDUALS WITH  
DISABILITIES & CAREGIVERS**

### Sponsored By:

Anne Arundel Medical Center

BrightStar Care

Charlotte Hall

Candle Light Cove Assisted  
Living & Memory Care

Caroline Nursing & Rehab

Chesapeake Hearing Center

Compass Regional Hospice

Fellows, Helfenbein & Newnam

Funeral Home

**Friday, November 16th,  
2018**

**9:30am-1:30pm**

*Chesapeake Bay Environmental Center  
600 Discovery Lane, Grasonville, MD*

**Free light breakfast and doors open  
at 9am. Conference starts at 9:30am.**



### Keynote Speaker:

Loretta Veney

Motivational speaker  
and author

*“Being My Mom’s Mom”*

**Vendor resources, giveaways, free  
lunch and door prizes!**

**Pre-registration is required as space is limited!**

**To register please call Katy Harrison at the QAC Area Agency on  
Aging, 410-758-1040 or email at [kharrison@qac.org](mailto:kharrison@qac.org)**



**MARYLAND ACCESS POINT**

YOUR LINK TO HEALTH & SUPPORT SERVICES



Brian D. Jones  
M.Ed., Naturopath  
ESPS TOTAL WELLNESS CTR.  
1113 Healthway Drive  
Salisbury, MD 21804  
*\*Specializing in Immune  
Stimulation, Lyme Disease and Co-  
Infections.*

## YOU ARE INVITED – LYME DISEASE HEALING

Lyme Disease Biofilm

Cycle



SEMINAR

### SATURDAY, NOV. 17, 2018

### ESPS TOTAL WELLNESS CTR.

### Salisbury, MD – 9:30 a.m. – 11:30 a.m.

\*A large audience is expected, so make sure to register early to secure a spot. 1<sup>st</sup> -75 registrations accepted. Phone / text or email to register or if any questions: 610-587-4198 or [safeturf@ix.netcom.com](mailto:safeturf@ix.netcom.com)

- *This is the first in a series of Health Seminars to Introduce **ESPS TOTAL WELLNESS**.....an expansion of services and products by ESPS – Eastern Shore Psychological Services – designed to address the health of the Whole Person – Body, Mind, and Vital Force. This professional seminar presentation addresses the management of Lyme Disease and Co-Infections. Brian Jones has had Lyme Disease and has specialized in the management through effective NATURAL APPROACHES. Register for this no cost seminar at the above contacts.*

\*This is a Professional Power Point Presentation / Discussion / Educational format with many take home points.



#### TOPICS INCLUDE:

1. *How to Naturally Stimulate the Immune System to Manage Lyme and Co-Infections. How we get sick and how to get well.*
2. *Methods to Integrate Conventional and Complementary Strategies Effectively – Focus on Immune and Chronic Conditions.*
3. *Presentation of complementary health approaches for screening and therapies – Introduction of Neurofeedback, Dermal screening, Acupressure, Acupuncture, Essence Therapies –how might they complement other strategies?*

*\*Presentation will be available to attendees via flash drive – small fee.*

Presented by Brian D. Jones, SHINE Natural Health for Educational Purposes. Hope you are able to attend. There is no cost for this educational seminar. Sign up yourself and a friend. A very friendly presentation.

\*If you sign up, make sure to attend – it is a spot someone can utilize. Thank you.

# UNPACKING RACIAL INEQUITY:

Understanding How Systemic Racism Shapes Our Community



“What we’re asking is for people and institutions to participate in their own **TRANSFORMATION**”

DEENA HAYES-GREENE,  
REI Managing Director

Racism is a fierce, ever-present, challenging force, one which has structured the thinking, behavior, and actions of individuals and institutions since the beginning of U.S. history.

Join us for the Racial Equity Institute’s (REI) eye-opening “Groundwater” presentation followed by Dr. Pam Brown’s (A.A. Co. Partnership for Children, Youth & Families) presentation of local data to help us understand the many ways in which this inequity shows up in our local systems and how it impacts peoples’ lives every day right here in Anne Arundel County.

WEDNESDAY, NOV 28, 2018  
8:30 AM - 12:30 PM

Maryland Hall for the Creative Arts  
801 Chase Street  
Annapolis, MD 21401

FREE COMMUNITY EVENT

Click here to Register on [Eventbrite!](#)

Or visit [www.aacounty.org/Partnership](http://www.aacounty.org/Partnership)

Hosted By:



Sponsored By:



United Way  
of Central Maryland



Sonja Swyger



## Trauma-Sensitized Communities



3 CEUs - Fee \$40.00

December 11, 2018

9:00am - 12:15pm

Kent County Parks and Recreation Community Center

11041 Worton Rd.

Worton, MD 21678

### Course Description:

Dr. Lindstrom's passionate interest in helping communities become trauma-sensitized is rooted in her training and experiences in community organizing and—as a licensed psychologist—in her clinical work and services to groups, organizations, and communities as a consultant in the prevention and treatment of trauma at a systems-level.

For a community to become trauma-sensitized requires a paradigm shift in business-as-usual and, broadly, the manner in which community members/sectors daily relate to one another at every level and in every domain of that community's life and functioning.

#### Trauma-sensitized communities:

- recognize and acknowledge the prevalence of trauma.
- are informed about what trauma can look like in individuals and in groups; that is, the signs and symptoms of trauma.
- recognize the urgency of:

-preventing further traumatization and  
-responding to the occurrence of trauma by incorporating their  
-knowledge of trauma into their relationships, practices, policies,  
and procedures.

- understand the critical importance that *each of their members* see one another, their community, and the world *through the lens of trauma*.

Given the expansiveness of the topic, “Trauma-Sensitized Communities,” this training will provide suggestions and recommendations about how to design and implement the more foundational components of trauma-sensitized communities.

**[REGISTER NOW](#)**

Phone: 410-822-0444 - Email: [dmurphy@mhamdes.org](mailto:dmurphy@mhamdes.org)

JANUARY 11TH, 2019

9:00AM-12:00PM

Free | 3 CEUs

Offered by Mid Shore Behavioral Health

*The Public Health  
Approaches to the  
Opioid Epidemic*

Presenters from  
Maryland Department of Health  
Prevention and Health Promotion  
Administration

English Hall  
Eastern Shore Hospital Center  
Cambridge, MD 21613

TO REGISTER PLEASE GO TO

<https://www.eventbrite.com/e/the-public-health-approaches-to-the-opioid-epidemic-tickets-51808132519>



BENEFITING OPERATION WE CARE

# HERO DAY 2018

SATURDAY NOV. 10, 2018

9AM to 11AM | Salisbury City Park

**5K RACE: 18 & Up - \$30 | Under 18 - \$15**

**KIDS RUN: \$15**

Enjoy a traditional military ceremony, food, drinks, vendors, and music from Froggy 99.9!

**REGISTER BY NOV. 1 AND RECEIVE FREE T-SHIRT**

Facebook.com/SBYHERODAY | AlisonPulcher@yahoo.com | 785-375-8170



# ★ GOOSEBUMP ★ ★ JUMP 2018 ★

SATURDAY, NOV. 10  
BETTERTON BEACH

9:30am The fun begins on the beach  
11am JUMP IN THE BAY!  
Meltdown party, lunch, and  
prizes to follow.



REGISTER AND FIND  
OUT MORE AT  
[KENTCENTER.ORG](http://KENTCENTER.ORG)



The Destined to Rise Coalition presents:

**\$10**

Includes  
Continental  
breakfast  
&  
lunch

**THE 4TH ANNUAL  
STEPPIN' UP OUR GAME  
WOMEN & GIRLS SUMMIT**

**Saturday, November 10, 2018**

**Chesapeake College  
Todd Performing Arts Center**

**8:00 am to 3:00 pm**



**Fun interactive workshops \* Dynamic motivational speakers  
Door prizes \* Lunchtime Entertainment \* Free T-shirts  
Special session for Mentors and mentor organizations**

**Workshops led by Dr. Lamarr Shields  
and the Cambio Group  
Baltimore, MD**

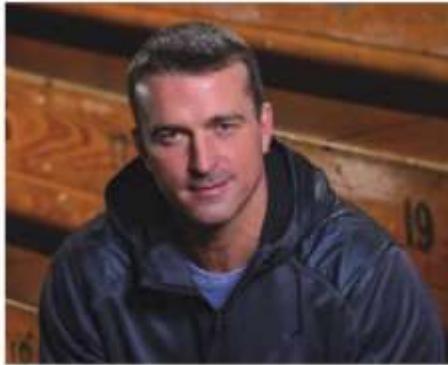
To register call  
443-496-1920 | 410-699-1841 | [dtrgems@aol.com](mailto:dtrgems@aol.com)  
or

**Purchase tickets online at**

**<https://dtrsummit.eventbrite.com>**

Supported by





# REBOUND The Chris Herren Story



**Chris Herren, a basketball legend from Fall River, Massachusetts,** dreamed of one day playing for his hometown team, the Boston Celtics. An All-American, Chris broke scoring records, was recruited by top colleges, featured in *Sports Illustrated* and became the focus of an acclaimed book, *Fall River Dreams*. Herren realized his lifelong dream of playing in the NBA when he was drafted by the Denver Nuggets in 1999 and was traded to the Boston Celtics after his rookie season, but lost it all due to substance abuse.

**Alcohol and drug-free since August 1, 2008,** he has refocused his life to put his sobriety and family above all else. He shares his harrowing story of abuse and recovery in his memoir, *Basketball Junkie*, as well as in numerous interviews throughout the Emmy nominated ESPN Films documentary *Unguarded*, of which he is the subject.

**Please join us** for an inspiring presentation featuring former NBA professional basketball player, Chris Herren. A tale of descent into addiction, a miraculous recovery and his new life mission: to share his story with audiences in the hopes of reaching at least one person and making a difference in their life.

*This event is brought to you by QAC Goes Purple, a substance abuse awareness and prevention program that engages our community and empowers our youth to stand up against substance abuse. The program includes implementing purple clubs in our high schools, through which students learn they do not need drugs or alcohol to meet life's challenges.*

*QAC Goes Purple is an initiative from the Queen Anne's County Office of the Sheriff and Queen Anne's County Drug-Free Coalition, in partnership with the Opioid Intervention Team/QAC Department of Health, Queen Anne's County Public Schools, Queen Anne's County Commissioners and the Mid-Shore Community Foundation.*

## DATE:

Tuesday, Nov. 13, 2018

## TIME:

Event starts at 7 p.m.  
Doors open at 6:30 p.m.  
Seating is first available!

## LOCATION:

Kent Island High School  
900 Love Point Road  
Stevensville

Live Feed at Queen Anne's  
County High School  
125 Ruthsburg Road  
Centreville

Please join us for our  
**5<sup>th</sup> Annual Sequential Intercept Mapping Meeting**

Mid Shore Behavioral Health, Inc.

*Morning Session 9:00am-12:00pm*

**MAPPING YOUTH RESOURCES & NEEDS**

Discussion will focus on resources and gaps to prevent and divert criminal justice involvement for youth and their families in our community. It is our intention that through this collaborative multicounty effort, we can harness resources to enrich our community.

*Afternoon Session 1:30pm-3:30pm*

**ADULT FORENSIC ACT TEAMS**

Learn about Assertive Community Treatment (ACT) from speaker Bette Stewart, University of Maryland. Also Dimitri Cavathas from The Lower Shore Clinic, will speak about the proposed forensically enhanced ACT team. The group will also review and update the current adult SIM map.



**Wednesday,  
November 14<sup>th</sup>, 2018**

**Temple B'Nai Israel  
7199 Tristan Dr  
Easton, MD 21601**

Please RSVP for one or both sessions to  
Sherone Thompson [sthompson@midshorebehavioralhealth.org](mailto:sthompson@midshorebehavioralhealth.org)  
Megan Pinder [mpinder@midshorebehavioralhealth.org](mailto:mpinder@midshorebehavioralhealth.org)

*for all seasons*  
Behavioral Health & Rape Crisis Center  
*Restoring Lives. Transforming Communities*

presents

# YOU throw like a GIRL!

A CONVERSATION TO END SEXUAL VIOLENCE



**DON McPHERSON**

Former Philadelphia Eagles Quarterback,  
Activist and Feminist

**THURSDAY, NOVEMBER 15, 2018**

Program begins at 6:30 pm

The Gold Room at the Tidewater Inn

101 E. Dover Street, Easton, MD

— **FREE AND OPEN TO THE PUBLIC** —

Reserve your seat at [donmcperson.eventbrite.com](http://donmcperson.eventbrite.com) or call 443-258-2130.

# CELEBRATE RECOVERY PRESENTS



**TODD PERFORMING ARTS CENTER  
(CHESAPEAKE COLLEGE)**

**NOVEMBER 17, 2018**

**DOORS OPEN 6:00 PM**

**CONCERT 7:00PM**

**TICKETS \$10.00**

**FOR MORE INFORMATION VISIT:**

**[WWW.KIUMC.ORG](http://WWW.KIUMC.ORG)**

2739 COX NECK RD. CHESTER.  
MARYLAND 21619

KENT ISLAND  
UNITED METHODIST CHURCH  
410-643-5361

[www.kiumc.org](http://www.kiumc.org)

# NOT ALL WOUNDS ARE VISIBLE

## A Community Conversation

Let's Talk About Depression and Anxiety - Part II  
Men, Seniors, Chronic Disease and Suicide Prevention



Wednesday, November 28, 2018 | 9 am - 3 pm

**Not All Wounds Are Visible** is being presented by the University of Maryland Medical System on Wednesday, November 28, 2018. The focus of the conference is anxiety and depression in men, seniors and those managing chronic disease. The important topic of suicide prevention will also be discussed. This free event is open to the public and provides an opportunity to hear from and talk to health care professionals and community leaders about depression and anxiety and the road to recovery. You will not want to miss this chance to ask questions and learn how to get help for yourself, family and friends, in your local community.

The event will be held at the UMB Campus Center located at 621 West Lombard Street (Baltimore, MD 21201) from 9 a.m. to 3 p.m. with registration opening at 8:15 am. Breakfast and lunch will be provided. Complimentary parking is available in the Pratt Street Garage located at 646 W. Pratt Street and is connected to the Campus Center. **Retired Baltimore Raven's running back and Super Bowl XXXV champion Jamal Lewis** will be on hand to share lessons learned on his journey from stardom to falling into the shadows of public opinion, managing depression and thoughts of suicide to redefining himself after the "cheerleaders" in his life disappeared.

**Live stream is also being offered when you register to attend at UM Shore Regional Health**



Please visit [//umms.org/community](http://umms.org/community) health to [register today!](#)



## PROVIDER ALERT

### 2018 REGIONAL FORUMS REGISTRATION FORM

NOVEMBER 8, 2018

Attached is the 2018 Regional Forums Social Determinants of Health: Employment and Income Supports Registration Form. Please feel free to share with colleagues and have appropriate staff attend as necessary.

Click here to access [2018 Regional Forum - Social Determinants of Health Registration Form](#)

## PROVIDER ALERT

### REVISED - DATE CHANGE TO 11/16/18 BEACON HEALTH OPTIONS Invitation to attend a webinar: PROVIDERCONNECT PLATFORM

NOVEMBER 7, 2018

Beacon would like to remind providers of the value to providers in using the ProviderConnect platform. Providers save time by using the provider portal to submit authorization requests. Through this essential platform, providers are able to enter authorizations, review existing authorizations, review claims, review member eligibility, and update their provider demographic information. ProviderConnect is an easy to use system. You can upload required documents and save drafts of your authorizations as you work to complete them.

In order to refresh your memory and provide ongoing technical assistance, Beacon will be holding a webinar to review the ProviderConnect platform for those who may not be using it to its fullest potential.

Please feel free to forward this invitation to anyone who enters requests for authorizations. This invitation is open to other departments that may be requesting authorizations for behavioral health services that are in the same facility, such as emergency departments.

For questions regarding this provider alert, email: [marylandproviderrelations@beaconhealthoptions.com](mailto:marylandproviderrelations@beaconhealthoptions.com)

#### **Please register below:**

Donna Shipp invites you to participate as an attendee in the following online training session:

Topic: Provider Connect and Higher Level of Care Authorizations

Host: Donna Shipp

Date: Friday, November 16, 2018

Time: 10:00 am, Eastern Standard Time (New York, GMT-05:00)

Session Number: Not Available

Registration password: This session does not require a registration password.

#### **To register for this training session**

Go to

<https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t05e5ad5623fcd5d95d0b7b74ad14f020>  
and register.

Once you are approved by the host, you will receive a confirmation email with instructions for joining the session.

To view in other time zones or languages, please click the link

<https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t45a16270c224faaf2c481d708e9dad42>

For assistance

You can contact Donna Shipp at:

[donna.shipp@beaconhealthoptions.com](mailto:donna.shipp@beaconhealthoptions.com)

1-410-691-4016



**PROVIDER ALERT**

**CLAIMS PAYMENT DELAY--CHECK RUN  
FOR WEEK OF NOVEMBER 6, 2018**

**NOVEMBER 6, 2018**

Please note: While State of Maryland payments are being managed in their normal fashion, there will be a delay in payment of claims for the Maryland Medicaid funded check run of the week of November 6, 2018 due to an unforeseen issue.

For Medicaid funded services only: Funds may not be available until the beginning of next week.

We apologize for this inconvenience.

**PROVIDER ALERT**

**BEACON HEALTH OPTIONS  
2018 HOLIDAY CLOSURES  
YEAR END CHECK RUN SCHEDULE**

**NOVEMBER 6, 2018**

The Beacon Health Options administrative offices will be closed on the following days:

- Monday, November 12, 2018 (Veteran's Day)**
- Thursday, November 22, 2018 (Thanksgiving Day)**
- Friday, November 23, 2018 (Day after Thanksgiving)**
- Monday December 24, 2018 (Christmas Eve)**
- Tuesday, December 25, 2018 (Christmas Holiday)**
- Tuesday, January 1, 2019 (New Year's Day Holiday)**

Clinical services will be available for consumer crisis calls and urgent provider pre-certifications via the Beacon Health Options telephone number, .1-800-888-1965

These Holidays will affect the Beacon Health Options check cycles this year.

Please note these important days:

For the check run the week of November 20th (Thanksgiving week)

Providers may not have bank deposits until Friday, November 23, 2018\*

For the check run the week of December 25 (Christmas week), check run will commence on Wednesday, December 26, 2018

Providers may not have bank deposits until December 31, 2018\*

For the check run the week of January 1, 2019 (New Year's week), check run will commence on Wednesday, January 2, 2019

Providers may not have bank deposits until January 7, 2019\*

Please plan accordingly.

“\*” There is a two business day hold on releasing funds from the Medicaid and State of Maryland bank accounts after Beacon's check run. Deposits are made in accordance with banking regulations.

Thank you for reading!

For future submissions to our newsletter please email me directly at [lpollard@midshorebehavioralhealth.org](mailto: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.”



WE COULD ALL TAKE A  
LESSON FROM THE WEATHER.  
IT PAYS NO ATTENTION TO  
CRITICISM.