



The Steering Wheel

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

October 2018

Volume 7, Issue 41

Screen time: Mental health menace or scapegoat?



By Michael Nedelman, *CNN*

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"Have smartphones destroyed a generation?" Jean Twenge, a professor of psychology at San Diego State University, asked in an adapted excerpt of her controversial book, "iGen."

In the book, she argues that those born after 1995 are on the "brink of a mental-health crisis" -- and she believes it can be linked to growing up with their noses pressed against a screen.

Her newest study provides more backing to that connection, showing that teens who spent more than an hour or two a day interacting with their gadgets were less happy on average than those who had more face time with others. The research was published Monday in *Emotion*, a journal by the American Psychological Association.

The study -- which drew from a survey of hundreds of thousands of teens across the US -- also found that roughly 13% of eighth- and tenth-graders who spent 1 to 2 hours a week on social media said they were "not happy."

For those who responded 10 to 19 hours per week, that number was about 18%. For those who spent 40 or more hours a week using social media, that number approached 24%.

By the twelfth grade, however, the negative correlations between screen time and teen psychology had somewhat dissipated. In addition, less is not always

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more: Teens with zero hours of screen time had higher rates of unhappiness than their peers who logged in a few hours a week.

The study comes two weeks after two major investors urged Apple to do more to combat iPhone addiction among young people.

Twenge's conclusions have come up against criticism in the past. Some have accused her work of oversimplifying or overlooking data that may tell a slightly different story.

"The bottom line with this project is that they're asking the data to do things that the data is not set up to do," said Amanda Lenhart, deputy director of the Better Life Lab at New America, a DC-based think tank. Lenhart, whose own work examines technology use among children and families, was not involved in the new study.

Twenge recognizes that her study shows only a correlation between screen use and "psychological well-being," which is measured using survey questions about self-esteem, life satisfaction and happiness. The surveys can't say whether screen time directly changes teens' mental health, the research states.

"The other possible interpretation is that I'm an unhappy adolescent, and I'm running to my screens to escape from the things in my life that are making me unhappy," Lenhart said. "What are all the factors that are at work here?"

But Twenge is particularly concerned by a drop in happiness and "psychological well-being" that she identified in the survey data, which largely took place between 2012 and 2015.

"The question here isn't what are all the causes of unhappiness," said Twenge. "We're asking what changed in that three-year period that could have possibly caused teens' happiness and life satisfaction to fall so suddenly."

Face-to-FaceTime

"I spent my career in technology. I wasn't prepared for its effect on my kids," philanthropist Melinda Gates, whose three children were also born after 1995, wrote in August in the Washington Post. "Phones and apps aren't good or bad by themselves, but for adolescents who don't yet have the emotional tools to navigate life's complications and confusions, they can exacerbate the difficulties of growing up."

At the same time, she said, kids are learning on their devices and connecting in novel ways. "Marginalized groups such as gay and lesbian students (are) finding support they never had before through social networks," said Gates.

In a 2015 report, 92% of over 1,000 teens surveyed said they went online daily, according to Lenhart's previous research at the Pew Research Center. This includes 24% who were online

"almost constantly."

But Pew never asked teens how many hours they spent on social media or texting because "people are remarkably bad at determining how long they spend doing things on screens," Lenhart said.

"I look a little bit out of the side of my eye at that data," she added.

Twenge found that happiness correlated most strongly with sports, followed by socializing in person and religious services. On the negative side were online computer games and social media.

Curiously, the study also found that teens who spent more time face-to-face with friends also spent more time communicating with them online. Twenge said she hopes to explore this trend further in upcoming research.

Other studies have explored the connection between social media and isolation and how "likes" activate the brain's reward center. Some analyses have found that moderate use of these technologies is "not intrinsically harmful" and can even improve social skills and develop resilience.

Lenhart doesn't doubt the premise that people are spending more time on these devices and that it's having a major impact on kids and adults alike.

"These are really important devices that have changed our lives in so many ways -- not just for the worse but for the better," she said. But the latest research "is looking straight at technology and wanting it to be the scapegoat."

Article: <https://www.cnn.com/2018/01/22/health/smartphone-screen-time-happiness-study/index.html>

JOB OPENING

Chesapeake Voyagers, Inc.

Wellness & Recovery Center

342 North Aurora St. Easton, MD 21601

410-822-1601 www.chesapeakevoyagers.org

Job Title: Peer Support Specialist (PSS) – 20 hours per week

Scope of Job: The Peer Support Specialist (PSS) will use his/her own life experience, education and training to offer peer support to those with mental health and/or addiction issues by practicing the values and principles of recovery in a trauma-informed way. To work with participants (one-on-one and/or in group settings) to promote overall wellness by exploring possibilities of recovery through the participants' values, strengths, knowledge, skills and interests. Be an essential part of the team in building a stronger, healthier, interconnected community of peers.

Hours & Days: 2 Weekdays and Saturdays. Hours vary

Location(s): Main location is in Easton. Some hours may be required in the other 4 Mid-Shore Counties of Caroline, Dorchester, Kent & Queen Anne's

For job details visit www.chesapeakevoyagers.org



MARYLAND Department of Health

Larry Hogan, Governor · Boyd K. Rutherford, Lt. Governor · Robert R. Neall, Secretary

Behavioral Health Administration
Barbara J. Bazron, Ph.D.
Deputy Secretary/Executive Director
55 Wade Ave., Dix Bldg., SGHC
Catonsville, MD 21228

Registration Form
ASAM 3.1 Residential Treatment Stakeholder's – Billing and Claims Training
October 30, 2018
9:30 – 11:30 a.m.

Please complete for each participant

Agency Type: Level 3.1 _____ LBHA/LAA _____ Health Officer _____ Other _____

Agency's Name: _____

Address: _____

Participant's Name: _____

Phone: _____ Email: _____

Please fax form to (410) 402-8301 or email to ATTN: Trina Ja'Far at trina.jafar@maryland.gov by October 25, 2018.

Prescription Round-Up

October: Tues. 23, Thurs. 25, and Fri. 26 are the days to get rid of your Unused and Expired Medications!



Collection Sites:

Tuesday October 23, 2018

Sudlersville Senior Center 8 am - 10 am

Grasonville Senior Center 11am – 1 pm

Kent Island Senior Center 2 pm – 4 pm

Kent Island Volunteer Fire Department

Thursday October 25, 3:00 -7:00 p.m.

KI Elks Lodge

Friday October 26, 6:00 - 8:00 pm

QAC Sheriff's Office - 24 Hours a Day

MD State Police, Centreville Barrack

24 Hours a Day

It's time to get rid of your unused & expired medicine. Save the environment and protect our children by disposing of medications properly!

Sponsored by the

Drug-Free Queen Anne's Coalition

Queen Anne's County Sheriff's Office

Maryland State Police, Centreville Barracks

Kent Island Elks



WORKING TOGETHER TO SUPPORT OLDER ADULTS IN THE COMMUNITY

CONFERENCE FOR SOCIAL WORKERS, CASE MANAGERS, NURSES AND MORE...

Friday, October 26th

8:00 am – Noon

- 8:00 am – 8:20 am Sign-in and Continental Breakfast
- 8:20 am – 8:40 am **WELCOME and CASE INTRODUCTION**
- 8:40 am – 9:25 am **IMPLEMENTING PERSON-CENTERED, TRAUMA - INFORMED CARE** with Holocaust Survivors and Other Older Adults with a History of Trauma
- 9:30 am – 10:15 am **DO YOU HAVE LITTLE INTEREST OR PLEASURE IN DOING THINGS OR FEEL DOWN OR HOPELESS?:**
Overcoming Depression and Social Isolation
- 10:25 am – 11:10 am **PANEL PRESENTATIONS – Community Resources**
Presenters will discuss a range of community based support programs for frail, community dwelling older adults and their families.
- 11:15 am – 12:00 noon **CASE DISCUSSION – Audience and Presenters**
- 12:00 noon Evaluations/Certificates

LOCATION: English Hall at The Eastern Shore Hospital Center 5262 Woods Rd, Cambridge, MD 21613

NO CHARGE TO ATTEND

ADVANCE REGISTRATION is required by October 19th to Lisa Widmaier at esahecgait@esahec.org or by calling 410-221-2600. Please indicate your preferred certificate - Social Work continuing education certificate or certificate of attendance. SPACE IS LIMITED SO REGISTER EARLY.

The Eastern Shore AHEC is a sponsor authorized by the Maryland Board of Social Work Examiners and participants will be awarded a certificate for 3 hours of Category 1 Social Work CEUs upon completion of this program.



MENTAL HEALTH FIRST AID – OLDER ADULT TRAINING SERIES

TWO NEW CLASSES

October 30th, 2018 – American Job Center, Room #25

31901 Tri-County Way, Salisbury, MD 21804

[REGISTER HERE](#)

OR

November 30th, 2018 – Worcester County Health Department, Room #165/166

6040 Public Landing Rd., Snowhill, MD 21863

[REGISTER HERE](#)

Sign-in 7:45am

8:00am - 5:00pm

PLEASE BRING LUNCH

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

\$25.00 Registration Fee

Instructors: Mary Gregorio and Lynn Sanchez

About Older Adult Mental Health First Aid:

- Evidence-based training that teaches the signs and symptoms of mental health disorders.
- Provides individuals with tools to respond to a mental health emergency until professional help arrives.
- Teaches people how to identify risk factors and signs of mental health and substance use problems most commonly experienced by older people and equips participants with the knowledge and skills needed to reach out and offer support at a time when it is greatly needed.
- Designed for those who work with and care for older adults.

This activity has been submitted to UM Shore Regional Health for approval to award contact hours. UM Shore Regional Health is an approved provider of continuing education by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.





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 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 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**



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

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>

NO TRICKS! JUST TREATS, MUSIC,
GAMES, & PRIZES!

Fall FUN Festival

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



Friday, October 26, 2018 | 5:30 PM - 7:30 PM
27993 Substation Rd. | Denton, MD 21629



CHILI COOK- OFF

VOTE FOR YOUR FAVORITE
BCC STAFF CHILLI!



CONTESTS &
PRIZES!

VENDOR CONTACT |

email : Annette Wales
awales@boardofchildcare.org



Fitness Rx

Get In Shape & Stay Fit Today!



Presents:



Come Dance with Us!
in your best Halloween costume



with Raffles and Door Prizes
to raise funds for




Saturday, October 27, 2018

from 10:30am to 1:30pm

\$8 drop-in fee

outside Fitness Rx
101 Marlboro Avenue, Easton, MD

All proceeds donated to:



Visit: www.forallseasonsinc.org/youmatter for more information on our campaign!



October Lunch 'N' Learn

Monday October 29th 2018
12:00pm

Storytelling Workshop

We all have a story to share. Learn how to appropriately and effectively share you own recovery story, be it in mental health, addiction or both.

This 90 minute workshop will be run by On Our Own of Maryland's Lauren Grimes and Rowan Powell.

Free and Lunch will be provided

You must register by October 26th

Call 410-822-1601 or email
asullivan@chesapeakevoyagers.org



A Recovery and Wellness Center
 Supporting Our Community and You!
 300 Scheeler Rd. Chestertown, MD 21620
 410-778-5894

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Blue Butterfly Nursing Phlebotomy Class National Certification More Info. Call/Text 443-808-0440				1 OPEN 9-8 2PM Anxiety and Depression Group 4PM "TeenChangers" 7PM Nar-Anon	2 OPEN 9-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	3 1-on-1 Peer Support is Available by Appointment Only
4 National Certification More Info. Call/Text 443-808-0440	5 OPEN 9-7:30 2PM Job Search Assistance 630PM Al-Anon	6 CLOSED  6-9PM Phlebotomy Class	7 OPEN 9-9 4PM Men's Group 6-9PM Phlebotomy Class	8 OPEN 9-8 4PM "TeenChangers" 7PM Nar-Anon	9 OPEN 9-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	10 Thursday's 7PM Nar-Anon Join us for healing and sharing with peers
	12 CLOSED 630PM Al-Anon	13 OPEN 9-9 1-3PM Mid-Day Matinee 4PM Women's Group 6-9PM Phlebotomy Class	14 OPEN 9-9 4PM Men's Group 6-9PM Phlebotomy Class	15 OPEN 9-8 2PM Anxiety and Depression Group 4PM "TeenChangers" 7PM Nar-Anon	16 OPEN 9-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	17
New Group Al-Anon Monday's 630PM	19 OPEN 9-7:30 2PM Job Search Assistance 630PM Al-Anon	20 OPEN 9-9 1-3PM Mid-Day Matinee 4PM Women's Group 6-9PM Phlebotomy Class	21 OPEN 9-9 4PM Men's Group 6-9PM Phlebotomy Class	22 CLOSED 	23 CLOSED 	24 Job Search Assistance, Computer Skills, Prevention/Education, Recovery Housing, Support Groups
25 Support for Friends and Families	26 OPEN 9-7:30 2PM Job Search Assistance 630PM Al-Anon	27 OPEN 9-5 1-3PM Mid-Day Matinee 4PM Women's Group	28 OPEN 9-5 4PM Men's Group	29 OPEN 9-8 2PM Anxiety and Depression Group 4PM "TeenChangers" 7PM Nar-Anon	30 OPEN 9-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	

*Anxiety and Depression Group Facilitated by Chesapeake Voyagers
 *Nar-Anon Group Facilitated by Kent County Opioid Intervention Team-OIT
 *Phlebotomy National Certification classes facilitated by Blue Butterfly Nursing LLC.

Contact Brenna Fox 410-778-5894 to schedule a 1-on-1



THE SCHOOL OF
PUBLIC POLICY AT **UMBC**

is pleased to invite you to

The Judith Shinogle Award Lecture

with Jennifer Walsh

Thursday, November 1, 2018

4:00-6:00 p.m.

Albin O. Kuhn Library Gallery

Reception immediately following the lecture

Lecture: "Is Saving Lives Enough to Reverse the Opioid Epidemic?"



Bio: Ms. Walsh is a Ph.D. student in the School of Public Policy's health policy track. She is currently a Disabilities Support Specialist at Towson University promoting equal access to educational opportunities to students with disabilities. Previously, she was a licensed Psychology Associate performing neurocognitive evaluations at Johns Hopkins Hospital Division of Medical Psychology. While working at JHH, she became interested in both the mismanagement and abuse of prescription drugs. Currently, she is focusing her studies on the opioid epidemic. Her dissertation topic is an examination of the effectiveness of Naloxone administration by a layperson on the overall mortality and recovery rate.

Ms. Walsh received a M.S. in Clinical Psychology from Loyola University-Maryland and a B.S. in Psychology from Stevenson University. She is married to Michael Walsh, Ph.D., a graduate of UMBC's School of Public Policy and staff member in the Office of Sponsored Programs at UMBC. Together they have a three year old daughter named Elizabeth.



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





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
5th 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 14th, 2018**

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

Please RSVP for one or both sessions to
Sherone Thompson sthompson@midshorebehavioralhealth.org
Megan Pinder 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 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

2739 COX NECK RD. CHESTER,
MARYLAND 21619

KENT ISLAND
UNITED METHODIST CHURCH
410-643-5361

www.kiumc.org



Addiction affects all walks of life!! Don't sit at home hiding in embarrassment get out and get some help!! Come out and see what other families and friends are doing !! Together we are helping to break the stigma for families and friends of loved ones struggling with OPIATE MISUSE & OTHER DRUGS !



When: Every Tuesday
Time: 6:30 pm—7:30 pm
Nielsen Center
205 N. Liberty Street
Centreville, MD 21617

Kate Ryan, M.S., LCADC
Melanie Jones-Dalziel, Person in long term Recovery
Phone: 410-758-1306
E-mail: kate.ryan@maryland.gov



Kate is a mother with children in recovery. She is also a licensed Alcohol & Drug Counselor. Melanie is a person in long term recovery who gives insight from the addict side. Together they are striving to help families deal with addiction without judgements or strict guidelines.

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.”

