



# The Steering Wheel

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

March 2018

Volume 7, Issue 13

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## When You Need to Take Time Off Work for Mental Health Reasons

Barbara Ricci - Harvard Business Review

March 27<sup>th</sup>, 2018

Personal health should be a private matter. But when you need to take time off work due to a mental health condition, often it isn't possible to maintain that privacy. As a board member at the National Alliance on Mental Illness (NAMI), and a former managing director at two global banks (UBS and Deutsche Bank), I've been approached by hundreds of colleagues and clients over the past 30 years seeking advice for themselves or a colleague, friend, or family member on how best to manage professional life while dealing with a mental health condition themselves or caring for a loved one who is. Here is what I usually tell them.

First off, this is a common situation. Just because you don't know of anyone else at your company who has taken time off for mental health reasons doesn't mean there isn't precedent. Diagnosable mental health conditions impact one in five Americans in any given year. Treatment for the most common conditions (namely depression) is effective 80% of the time, but fewer than half of the people who need help get it, often because of social stigma, the fear of repercussions at work, or

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lack of access to quality, affordable care.

While workplace culture is not the cause of an illness, certain cultures, especially those that require employees to work long hours in sedentary conditions, can make an illness difficult to manage. Lack of adequate sleep, an inability to maintain an exercise routine, loss of time with friends and loved ones, or substance misuse can lead to deteriorating mental health, which can make it hard to keep up at work.

If you need to take a leave of absence, ideally you'd be able to calmly inform your manager or HR department that you need to go on leave, while sharing only a minimal amount of information and keeping your diagnosis private. For a longer-term disability leave, as opposed to a normal sick leave, your doctor will likely need to provide documentation to your firm's disability insurance provider. The disability provider acts as an intermediary between you and your employer and does not share your diagnosis with your employer. The provider would then evaluate information about your health status and make recommendations regarding when you can return to work.

It's important to know your rights and your company's policies. In the U.S., the Americans with Disabilities Act (ADA) makes it illegal to discriminate against an employee with a mental health issue. Many conditions, such as bipolar disorder, major depression, and post-traumatic stress, are covered under the ADA, but it does not provide blanket protection. The federal Equal Employment Opportunity Commission (EEOC) provides guidance on the rights and obligations of employers and employees and can be a good source of information for those in the U.S.

Once you've negotiated your leave and gotten the help you need, a big question is how to return to work: What do you tell coworkers? Your boss? How do you get back into the swing of things without compromising your health? Of course, no two paths will be the same.

Start by weighing the pros and cons of being open about a diagnosis. Many people have physical or mental health issues and opt not to tell their coworkers or employers about them. The law is on your side here. The EEOC says the returning employees may keep their diagnosis private in most situations. But of

course, your manager may already know about your condition if you involved them in taking the leave of absence.

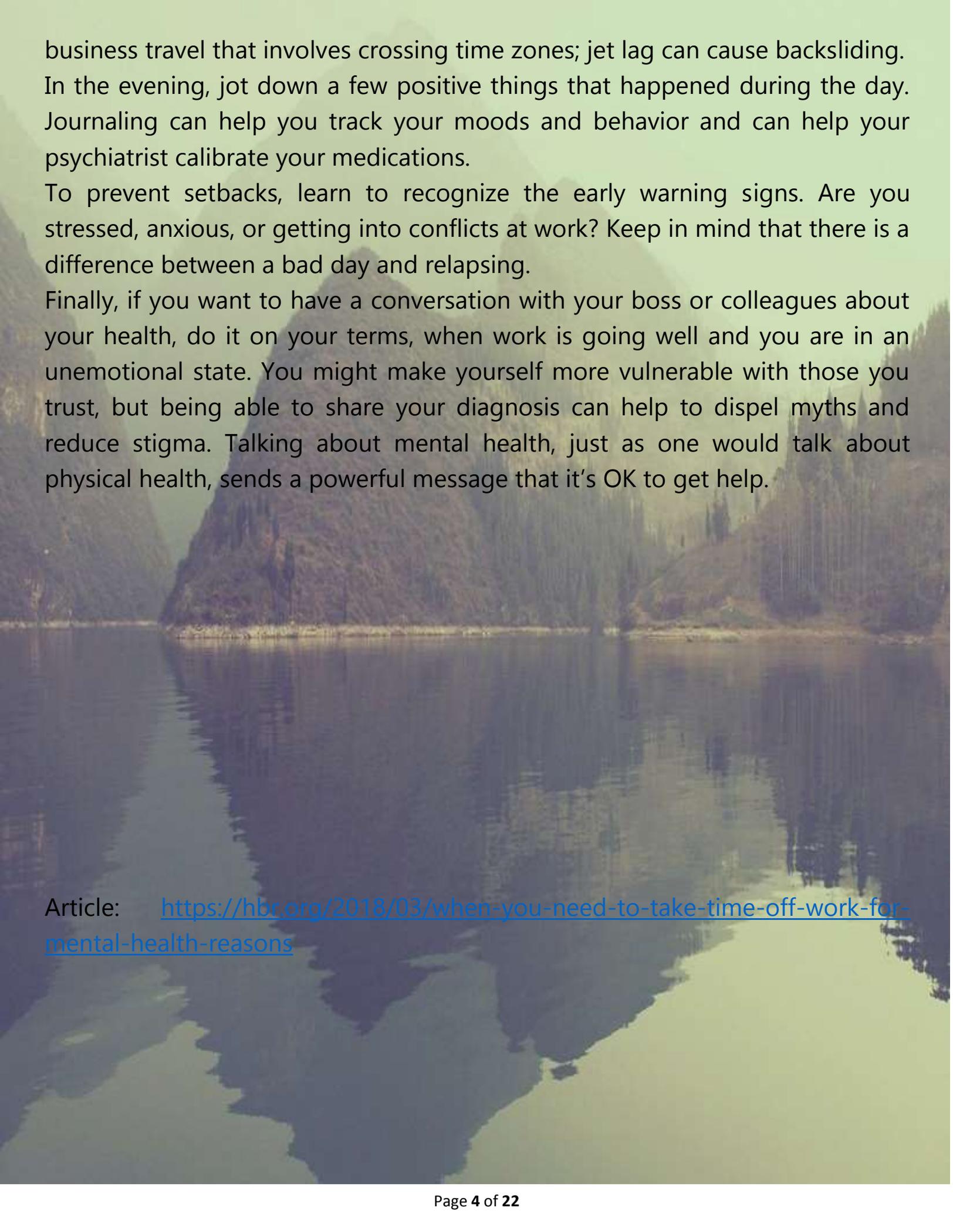
In my experience, there are typically two types of people who will disclose, despite the fear of prejudice or discrimination at work. The first group is those who want to bring their whole selves to work and don't want to hide. The second group includes leaders, either in title or in practice, who understand that openly acknowledging their diagnosis can shed a positive light on what it means to work with someone with a mental, or invisible, disability.

Regardless of whether you disclose, prepare for colleagues' questions about your absence. A brief and consistent narrative will help you stay focused on readjusting to work. You might say something like, "I took time off for health [or personal] reasons, but things are fine now and I'm happy to be back to work."

Consider whether you should go back full-time right away or part-time at first. Dealing with a mental illness can be exhausting, so give yourself the time you need. Reintegrate into your larger social circle with the same measured pace. And consider the impact of any medications you might be taking. Some might make you drowsy, so see if you can shift your hours to avoid working at your most tiring periods. Over time, your psychiatrist may want to adjust your medications to optimally manage your brain chemistry. It can be days, weeks, or months before you and your doctor can tell if the medication and dosage are right for you. During this transition time, you may experience physical reactions or mood swings.

Develop a personal mantra to help you transition back: "Be compassionate to myself." "I'm on a learning curve." "Take it a few hours at a time." Rely on your support system — an empathetic family member, a close friend, a doctor or therapist, and perhaps a trusted colleague at work. They can provide insight into your behavior that can prevent the onset or reduce the seriousness of your illness.

Stick to a routine, whenever possible. Find a quiet place where you can take short breaks, or even meditate, during the day. Before you go home, make a brief list of the next day's priorities. Think through how you will manage



business travel that involves crossing time zones; jet lag can cause backsliding. In the evening, jot down a few positive things that happened during the day. Journaling can help you track your moods and behavior and can help your psychiatrist calibrate your medications.

To prevent setbacks, learn to recognize the early warning signs. Are you stressed, anxious, or getting into conflicts at work? Keep in mind that there is a difference between a bad day and relapsing.

Finally, if you want to have a conversation with your boss or colleagues about your health, do it on your terms, when work is going well and you are in an unemotional state. You might make yourself more vulnerable with those you trust, but being able to share your diagnosis can help to dispel myths and reduce stigma. Talking about mental health, just as one would talk about physical health, sends a powerful message that it's OK to get help.

Article: <https://hbr.org/2018/03/when-you-need-to-take-time-off-work-for-mental-health-reasons>

# **20<sup>th</sup> Annual Caliber Awards**

**Let us know who has been  
making a difference for our  
behavioral health community!**

**To view nomination categories or to  
submit a nomination please go to:**

**<https://www.surveymonkey.com/r/6LYDB56>**



## New Youth Services in Talbot County

### WHAT IS CHANNEL MARKER, INC?

Channel Marker is a psychiatric rehabilitation program providing professional, trained staff to model and teach...



- ✓ Interpersonal/Social Skills
- ✓ Community Living Skills
- ✓ Behavior/Anger Management Skills
- ✓ Illness Management/Coping Skills
- ✓ Health Promotion/Personal Care
- ✓ Job Readiness
- ✓ Access to Resources Transition Planning
- ✓ Organizational Skills/Time Management
- ✓ Decision Making in home, school, work, and community
- ✓ Community Integration
- ✓ Leisure/Recreational Activities
- ✓ Problem Solving Skills
- ✓ Self Esteem Building
- ✓ Community Integration

### HOW DOES CHANNEL MARKER STAFF HELP KIDS?

Channel Marker staff work closely with the child, family, therapist, school personnel if needed, and other involved community agencies to...

- assess the needs of your child
- develop goals to address areas of need
- provide individual attention
- coach, model, and teach skills needed to achieve goals
- facilitate opportunities to develop peer support in group settings
- support parents to better understand and cope with the behaviors exhibited by the child
- connect parents with community resources

### WHERE DO WE PROVIDE SERVICES?

Our staff meet with children in a variety of settings depending on the child's need...

- During group outings to the park, bowling, movies, ballgames, library, school, etc...
- At our after-school and summer day programs
- At Channel Marker's Dorchester and Caroline programs.

(Transportation provided through a variety of resources.)

If your child participates in the public mental health system, he/she may benefit from having the extra support Channel Marker provides. Acceptance into the program is based on a current mental health diagnosis, current therapy participation and a functional impairment in one or more life domains. **Medical Assistance is required.**

For more information contact: Dr. Tia Bell, MSW, Youth Services Director  
410.822.4619 (O) • 410.443.9821 (C) • 410.822.0984 (F)

*"Like a marker on the Bay, we help each other find the way."*



# THE POWER OF PERCEPTIONS AND UNDERSTANDING:

Changing How We Deliver Treatment  
and Recovery Services

**SAMHSA**, together with Massachusetts General Hospital's Recovery Research Institute, is offering a webcast series, *The Power of Perceptions and Understanding: Changing How We Deliver Treatment and Recovery Services*. The four-part series educates health care professionals about the importance of using approaches that are free of discriminatory attitudes and behaviors in treating individuals with substance use disorders and related conditions. The series will feature discussions among experts in the field of addiction treatment, research, and policy. The webcasts will air live at 2 p.m. Eastern Time on the following dates:

- March 28, 2018: "Overcoming Stigma, Ending Discrimination"
- April 26, 2018: "Why Addiction Is a Disease and Why It's Important"
- May 22, 2018: "Reducing Discriminatory Practices in Clinical Settings"
- June 19, 2018: "A Future Without Discrimination and Discriminatory Practices"

Earn up to 4.0 free CME/CE credits for attending each of the 1-hour online webcasts. Each presentation will be available afterward on SAMHSA's YouTube Channel.

[\*\*Learn More & Register for the Series\*\*](#)



# LITERACY-FREE 12 STEP EXPRESSIVE ARTS THERAPY

MAY 8TH & SEPT 20TH

9AM-4:30PM

6 CEUS

Training & materials for a 10 lesson group curriculum using music, horticulture, play, drama, dance, art & handicrafts to work through the 12 Steps.



**\$95 Per Person - CORPORATION**  
**\$75 Per Person - NONPROFIT**

Clinical studies found it to produce statistically significant results with greater participant engagement, feelings of hopefulness, as well as much higher completion rates, lower drop-out rates and enrollment in follow up services than non-participants.

Designed for people with co-occurring substance use & mental health disorders. Engages people who are non-literate and learning disabled. Helps those with difficulty of self-expression participate in treatment.

[www.CoLaborers.com/ExpressiveArts](http://www.CoLaborers.com/ExpressiveArts)



INCLUDES:  
TRAINING,  
CURRICULUM,  
TUTORIAL DVD,  
& GAME

**REGISTER BY APRIL 20/ AUG 1:**

EMAIL  
[MELISSA@COLABORERSINTERNATIONAL.COM](mailto:MELISSA@COLABORERSINTERNATIONAL.COM)

## TRAINING LOCATION

HOPE FELLOWSHIP  
892 WASHINGTON AVE,  
CHESTERTOWN, MD 21620



**FY18 LMB  
Technical  
Assistance -  
Impact of  
Incarceration,  
Hanover -  
4.5.2018**

by Governor's Office for  
Children

9:00 a.m - 4:00 p.m.

MD Department of Transportation Headquarters  
7201 Corporate Center Drive, Hanover MD 21076

Ann Adalist-Estrin of the National Resource Center on Children and Families of the Incarcerated will provide two, regional one-day technical assistance sessions to Local Management Boards that have committed to a focus on children with incarcerated parents. Boards, along with their community partners, will have an opportunity to learn from each other, clarify plans, and strategize around program or initiative content and structure. Discussion will include:



- Universal Outreach
- Recruiting and maintaining families
- Staffing
- Policies and procedures necessary for success
- Evaluation
- Sustainability

<https://nrccfi.camden.rutgers.edu/about-us/>

# COMMUNITY HEALTH WORKER CONFERENCE

# 2018

April 6

8:00 AM - 12:30 PM

Eastern Shore Hospital Center  
Cambridge, MD



Call 410-221-2600 or visit  
[chwconference.eventbrite.com](http://chwconference.eventbrite.com)



## FREE FOR HEALTH AND SOCIAL SERVICE PROVIDERS

If you are involved in healthcare delivery in Maryland, you don't want to miss this event. Join us to learn how Community Health Workers are being utilized on the Eastern Shore and leave with ideas to transform your practice. CEUs available.

# Active Shooters & Suicide

## Learn Pre-Indicators & Response Strategies

**When:** Friday May 4<sup>th</sup> 8 – 9 a.m. (Check-in) 9 a.m. – 4:00 p.m. at the Wicomico Civic Center.  
**Address:** 500 Glen Avenue, Salisbury Maryland. Sponsored by the Mental Health Association of the Eastern Shore and the Rural Maryland Council. Have questions or to register, please call 410-822-0444 or email Danielle Murphy at [dmurphy@mhamdes.org](mailto:dmurphy@mhamdes.org). Seating is limited for this event.

Violent acts such as mass murder, murder/suicide, and suicides are an unfortunate occurrence in the United States. Mass killings and increased suicide rates have prompted organizations, police departments, schools, and mental health practitioners to re-evaluate current training and preparedness practices, interventions, and response strategies to early identify and act in times of crisis. Participants will gain insight into these tragic events while learning strategies to prepare, prevent, intervene, and increase chances of survival.

### Participants will gain an understanding of:

- Planning for crisis situations & Identifying pre-indicators to violence
- Understanding the Suicide Continuum
- Threat & Suicide Risk Assessment In Schools
- Psychological/physiological effects of life threatening encounters
- The decision-making cycle to increase victim survivability
- Intuition and situational awareness

**5.5 Continuing Education Hours    Continental Breakfast & Lunch Included    Cost \$60.00**



### **James P. Warwick, Ed.D**

Dr. Warwick is recognized as an expert trainer and national speaker on active shootings and how to increase your chances of intervening and surviving violent encounters. Jim is a retired 26-year veteran of the Delaware State Police and currently serves as Assistant Professor and Chair of the Undergraduate Criminal Justice program at Wilmington University. Jim's research explored training and preparedness for active shooting incidents. Jim's full-bio and website can be accessed <http://www.s3gsecurity.com/about.htm>



### **Robert Schmidt, Ed.D, LCPC, NCC**

Dr. Schmidt is a national speaker and researcher on youth mental health and suicide. Rob co-authored with Dr. Kathryn Seifert, *How Children Become Violent* (2006) and *Youth Violence* (2011). He has led studies and published in the field of youth suicide, school mental health, was a contributor to *Preventing Suicide: A Toolkit for High Schools* (2012) and is the author of the *Risk Identification Suicide Kit (RISK, 2009)* assessment tool. Rob's full bio and website can be accessed <http://www.suicideriskassessment.com>

### **Who Should Attend**

School Counselors, School Psychologists, Law Enforcement, Mental Health Practitioners, Human Resource Personnel, College Administrators & Security Staff, School Administrators, Military Personnel, Health Care Professionals, Business Leaders, Teachers, Public Officials, and Parents

*In recognition of National Nurses Week 2018*

**Theme: Nurses Inspire, Innovate,  
Influence**

**Please join us for a workshop on:**

***LOSS & GRIEF :  
IMPLICATIONS FOR  
HEALTH CARE  
PROVIDERS***

**What to expect...**

Identify and understand the concept and process of loss and grief across the life span - from childhood through adults;

Discuss the challenges of loss and grief faced by health care providers;

Plus guidelines for keeping oneself fit!

**Who should attend:**

All Healthcare Provides /Advanced Practice Practitioners;

Clinical coordinators,

Charge nurses,

Nurse managers,

Pharmacists,

Care coordinators,

Rehabilitation staff,

Social workers,

Professional Nursing Practice Staff

**How to register...**

Please contact Bruce Singley RN MSN MS PMHCNS-BC

By e-mail: [bsingley@umm.edu](mailto:bsingley@umm.edu) or phone: 410-228-5511 x 2019

**Workshop Date**

**May 8, 2018**

**Tuesday**

**1000 - 1400**

**Chesapeake College**

**Eastern Shore Higher  
Education Center**

**QUESTIONS?**

Contact

Bruce Singley

410-228-5511 x 2019

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



# SUPPORT GROUPS

## Together: Positive Approaches

**Peer support group for family members currently struggling with a loved one engaged in substance use.**

*(Presented through a partnership between Mariah's Mission Fund and Maryland Coalition of Families)*

**\*\*\* 3 Locations ... 2 New Groups Recently Added \*\*\***

### **Easton, MD**

- **Meets second Wednesday of each month, 6-7:30 p.m. at Talbot Partnership** (Bank of America Building), 8 Goldsboro Street, Easton
- Facilitated by Sandie Rosenbach and/or Val Albee
- **Spring 2018 Schedule: Mar. 14, Apr. 11, May 9**

### **Chestertown, MD**

- **Meets third Monday of each month, 10:30-12:00 noon at Recovery in Motion**, 300 Scheeler Road, Chestertown. In partnership with Recovery in Motion.
- Facilitated by Val Albee
- **Spring 2018 Schedule: Mar. 19, Apr. 16, May 21**

### **Tilghman Island, MD**

- **Meets fourth Wednesday of each month, 6-7:30 p.m. at Tilghman United Methodist Church**, 5731 Tilghman Island Road, Tilghman. Sponsored by Healthy Tilghman.
- Facilitated by Val Albee
- **Spring 2018 Schedule: Feb. 28, Mar. 28, Apr. 25, May 23**

To print a copy of this schedule, visit [mariahsmissionfund.org](http://mariahsmissionfund.org) or [mdcoalition.org](http://mdcoalition.org)



Mariah's Mission Fund is a component fund of the Mid-Shore Community Foundation, a public 501(c)(3) charity. Gifts to the Fund are fully tax-deductible as allowable by law.





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

# APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Job Search Assistance, Computer Skills, Prevention/Education, Recovery Housing, Support Groups	2 OPEN 9-5 2PM Job Search Assistance	3 OPEN 9-5 4PM Women's Group	4 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	5 OPEN 9-5 2PM Anxiety and Depression Group 4PM "TeenChangers" Group	6 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	7 "TeenChangers" Ages 12-17 Activities, Education, Support, Movies, Games
8	9 OPEN 9-5 2PM Job Search Assistance	10 CLOSED 	11 CLOSED	12 OPEN 9-5 2PM Anxiety and Depression Group 4PM "TeenChangers" Group	13 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	14
15 *New Group* 3 <sup>rd</sup> Monday 10:30AM Together: Positive Approaches Family members currently struggling with a loved one engaged in substance use	16 OPEN 9-5 10:30AM Together: Positive Approaches Support Group 2PM Job Search Assistance	17 OPEN 9-5 4PM Women's Group	18 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	19 OPEN 9-5 2PM Anxiety and Depression Group 4PM "TeenChangers" Group	20 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	21 1-on-1 Peer Support is Available by Appointment Only
22	23 OPEN 9-5 2PM Job Search Assistance	24 OPEN 9-5 4PM Women's Group	25 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	26 OPEN 9-5 2PM Anxiety and Depression Group 4PM "TeenChangers" Group	27 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	28 Check Out Our Facebook Page for Updates and Additional Information
29	30 OPEN 9-5 2PM Job Search Assistance					

\*Anxiety and Depression Group Facilitated by Chesapeake Voyagers  
 \*Together: Positive Approaches Group Facilitated by Val Albee from Mariah's Mission Fund

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

## Family Empowerment Workshop

Join other expectant parents and parents/ caregivers of children ages 5 and under to learn new techniques and tools to feel more successful as a parent and enjoy your little ones more



### What: Active Parenting 1 2 3 4

- Everyday a Little Play: Child Development
- Building the bond between you and your child
- Using easy alternatives that encourage cooperation and non-violent discipline
- The power of encouragement and positive parenting practices
- Local resources and network with other caregivers



### When:

Saturday, April 7, 2018  
10:00am – 4:30 pm

### Where:

Domino's  
2478 Centreville Road  
Centreville, MD 21617

**Door Prizes! Each participant will get a workbook and bag of resources!**

**Lunch will be provided. Space is limited.**

**RSVP to Augustine Cook**

**[Acook@mdcoalition.org](mailto:Acook@mdcoalition.org) or 443.504.4509**

*Funding for this program is provided by...*

*MD State Department of Education, the Eastern Shore School Mental Health Coalition  
and Queen Anne's County Local Management Board*

# Kent Center

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

## **BENEFIT DINNER**

**FRIDAY, APRIL 13, 2018**

featuring K-B Market's Barbara Silcox  
and Kevin McKinney

\$75 PER PERSON INCLUDES DINNER, ONE DRINK TICKET,  
AND ADMISSION TO A THEMED ART EXHIBIT.

DOORS OPEN AT 5:30; DINNER AT 6:30.

BUY TIX AT [KENTCENTER.ORG](http://KENTCENTER.ORG) OR 410-778-7303 BEFORE  
APRIL 1. TICKET SALES LIMITED TO 60 SO BUY NOW!

Made possible by the generosity of Barbara and Kevin, as well as  
Langenfelder Farm, Red Acres Hydroponics, King Mushrooms,  
Carl's Bakehouse, Unity Church Hill Nursery, Clovelly Vineyards,  
Crow Farm, Happy Chicken Bakery, and WC's Best Buddies.



# CAREGIVER EDUCATIONAL SERIES

Learn about the latest advancements in dementia findings

ALL LECTURES BEGIN AT **9:00 a.m.** | CONTINENTAL BREAKFAST PROVIDED  
BAYLEIGH CHASE AUDITORIUM | 501 DUTCHMAN'S LANE, EASTON



**March 28**  
**Caregiving Decision Making**  
Presented by Dr. Tabassum Majid



**April 25**  
**Mild Cognitive Impairment: A Panel Discussion**  
Presented by Dr. Tabassum Majid



**May 23**  
**New Thinking Around Neurocognitive Disorders**  
Presented by Dr. Terry Detrich

**Space is limited.**  
**Register for any or all of these free, informative lectures by calling 410-819-3777.**

## FEATURED SPEAKERS



**Tabassum Majid, PhD, Executive Director, the Integrace Institute at Copper Ridge**

Dr. Tabassum Majid has both a personal and professional passion in Alzheimer's disease and related dementias (ADRD). She received her Bachelor of Science degree from the University of Maryland, Baltimore County (UMBC) in Neurodegenerative Disorders of the Aged. She earned her PhD in translational medicine of ADRD from Baylor College of Medicine in Houston, Texas. She completed a post-doctoral fellowship at the University of Maryland, School of Pharmacy researching care management decision-making. She currently is an appointed member of the Maryland Governor's Council on ADRD and an adjunct faculty member at UMBC.



**Terry Detrich, MD**

Dr. Terry Detrich began seeing patients on the Eastern Shore of Maryland in August, 1971, where he worked at Dorchester General Hospital in the Emergency Room. From 1974 to 1976, he ran the Adult Neurology Clinic at the Caroline County Health Department. Upon completion of his Neurology residency and EEG fellowship, he opened an adult General Neurology practice in Easton in 1976. Upon closing his private practice in October 2017 he joined the team at the Samuel and Alexia Bratton Neurocognitive Clinic at Integrace Bayleigh Chase. He brings a wealth of experience in helping us as the clinic expands services to support those living with neurocognitive disorders.

[bayleighchase.org](http://bayleighchase.org) | [integraceinstitute.org](http://integraceinstitute.org)



Many Hands Make **LIGHT** Work



# APRIL 19<sup>TH</sup> VOLUNTEER FAIR

"We make a living by what we get, but we make a life by what we give." — Winston Churchill

Join local non-profit organizations in Kent, Queen Anne's, Caroline, and Talbot Counties as they share about year-round volunteer opportunities in your community! Opportunities are available for adults 18 and over with all different skill sets.

Stop by tables to meet with representatives from local organizations to learn more about how you can help in your community. A few of the attending organizations will have pop up presentations where you can learn more about who the organization is and their general volunteer opportunities throughout the year!

**No registration required, come by anytime between  
2pm-5pm to learn more!**

**LOOKING FOR  
VOLUNTEER  
OPPORTUNITIES IN  
THE MID-EASTERN  
SHORE  
COMMUNITIES?**

**JOIN US THURSDAY  
APRIL 19<sup>TH</sup> FROM  
2PM-5PM!**

**LOCATION:  
CHESAPEAKE BAY  
ENVIRONMENTAL  
CENTER'S ARTS &  
EDUCATION  
BUILDING**

**600 DISCOVERY LANE  
GRASONVILLE, MD  
21638**

**ENJOY LIVE MUSIC WHILE YOU  
WALK AROUND THE FAIR!**

### **ORGANIZATIONS REPRESENTED:**

Chesapeake Bay  
Environmental Center,  
Compass Regional Hospice,  
Pecometh Camp & Retreat  
Ministries, Character  
Counts!, Partners in Care,  
Haven Ministries, Crossroads  
Community, and more!

*save the date*

# HEALTH LITERACY HUDDLE

*A dialogue on health literacy in Maryland*

**APRIL 25, 2018**

**UMD - COLLEGE PARK**

**SCHOOL OF PUBLIC HEALTH**

**11:00 A.M. - 12:30 P.M.**



to benefit:



# You're Invited

April 29th, 2018 at 3:00pm

# \$40 Per Person

### Featuring:

A Fancy Hat Contest,  
Silent Auction,  
Cash Bar,  
Lots of Shopping,  
& Delicious Food!

Buy Your Tickets at  
[Haven-Ministries.org](http://Haven-Ministries.org)  
or Our Daily Thread Thrift Store  
Stevensville, MD



Located at:



COUNTRY CLUB

331 Prospect Bay Dr. West  
Grasonville, MD



[www.haven-ministries.org](http://www.haven-ministries.org)  
call 410.977.2089 for details

Sponsored by, Lundburg Builders, Salon Atelier, Maid Healthy, Holiday Inn Express, Chesapeake Hearing Centers, Miltec, Free State Insurance, McCrone, Realty Navigator, Hawk Marketing, Timeleigh Solutions, Chris Glover of Keller Williams, Jim Procaccini of U.S. Health Care, Shore United Bank, Island Flooring, Bayview Portraits by Cindy Sigmon, Harris Crab House, Hemingways, ArtCademy, The Narrows, Riley Construction, Wye River Conference Center a Dolce Property, Island Furniture Studios, The Shore Update, Range and Reef, Smoke Rattle and Roll, Safe at Home Senior-Care, Prospect Bay Country Club, Roof Center, Construction Services and Supplies, Inc, Kate Spade, BayTimes, Increte, the Bay Area Association of Realtors and What's Up Magazine.

## *Denton Police Department Citizens Academy*

### *Who can attend?*

- Anybody 18 years or older that lives or works in Denton.

### *Cost?*

- Free – there are 20 seats *available* for the class. You must participate in all three classes.



### *Where?*

- The Citizen Academy is held at the Wharves of Choptank Visitor and Heritage Center – 3 Crouse Park Lane, Denton, MD, 21629

### *When?*

- Classes are one night a week from 6:00pm to 8:00pm for four consecutive weeks – May 2<sup>nd</sup>, May 9<sup>th</sup>, May 16<sup>th</sup>, and May 23<sup>rd</sup>.

### *How?*

- Contact the Denton Police Department at 410-479-1414 and RSVP by May 1st.

### *What will I learn about?*

- Department Structure
- Crime Prevention
- Maryland Criminal Law
- Maryland Traffic Law
- Use of Force
- Drug Enforcement
- DWI/DUI
- Community Relations
- Youth Programs
- And much more...

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.”

