



The Steering Wheel

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

February 2019

Volume 8, Issue 3

The gift of misery

Current Psychiatry. 2019 January;18(1):50-51

By Brent D. Schnipke, MD

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On the first day of my psychiatry clerkship, I sat at a table with another student, 2 residents, and our attending physician. This wasn't my first clinical rotation, but it was my first formal exposure to psychiatry, and I was excited and a bit anxious because I was considering psychiatry as an area of specialty training for myself. I'd been assigned 1 patient that morning: a 42-year-old man admitted for alcohol withdrawal. Our team, the psychiatry consultation-liaison team, was asked to evaluate the patient's depressed mood in the context of withdrawal. As I began to present the patient's story, I spoke of how terrible this man's life had been, and how depressed he had recently become; this depression, I said, was likely exacerbated by alcohol use, but he was dealing with his depression by drinking more. He now wanted to quit for good. My attending, whom I had just met, interrupted me: "Misery," she said with an intense look, "is a gift to an addicted person."

I have ruminated on those surprising words ever since, and in that time I have begun to understand something about misery through the eyes of my patients. Sick people often are miserable; physical ailments can wreck hopes and plans and suck the joy from seemingly everything. Individuals who are ill or in pain often are suffering psychologically as well as physically. This suffering has been especially apparent to me in patients withdrawing from addictive substances: alcohol, cocaine, heroin, nicotine. I have been begged, cursed, praised, thanked, and more based on my ability or inability to relieve someone's suffering caused by the lack of a certain substance: *Please, just one cigarette. Please, something for this pain.*

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.

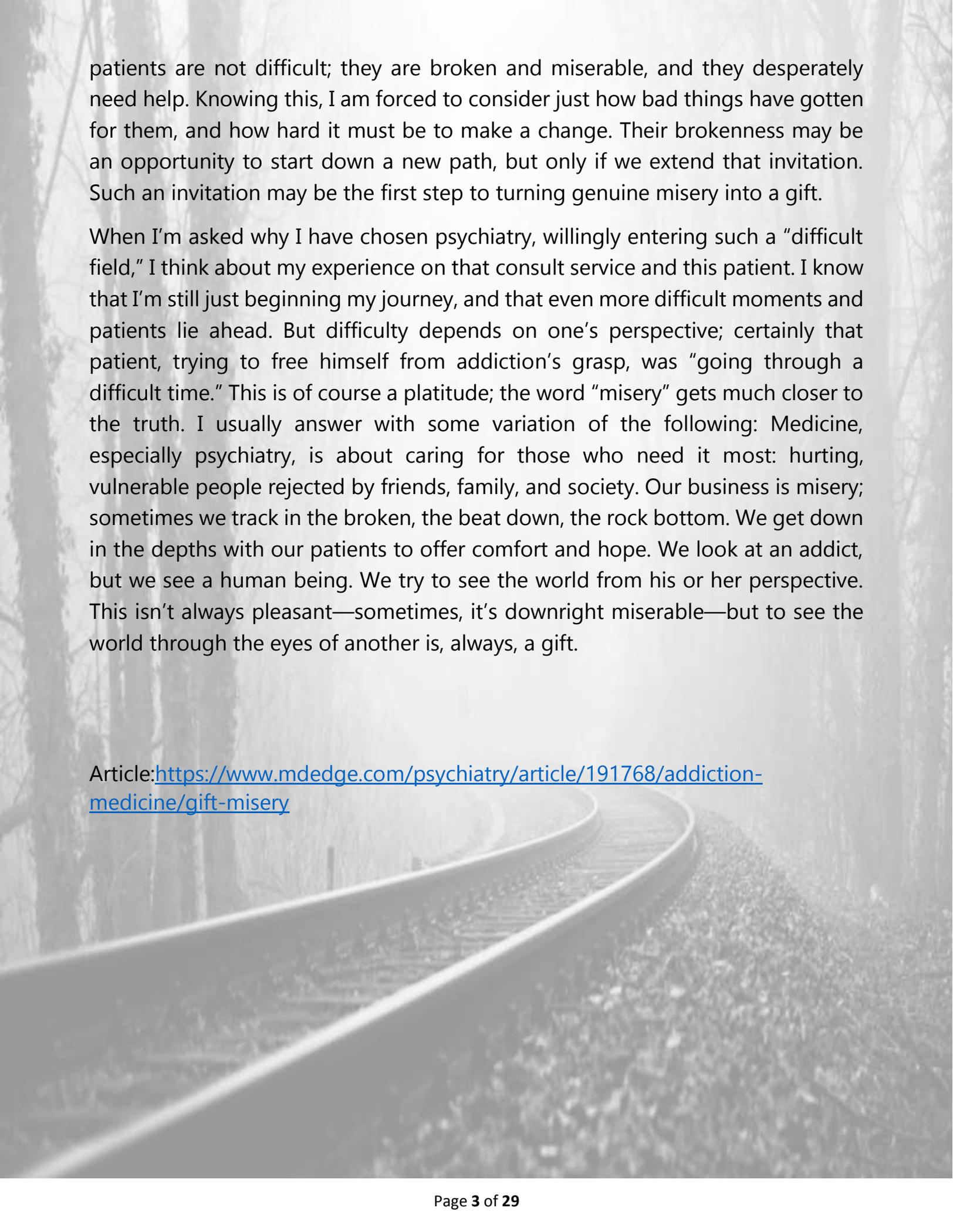
Please, something to drink. As a medical student, I did one of 2 things: stood there helpless, or promised I would do the best I could, knowing my resident or attending would likely tell them no.

Withdrawal from addictive substances is, unsurprisingly, not pleasant. Alcohol withdrawal is one of the few that can be fatal, due to its ability to cause autonomic instability and seizures. Withdrawing from alcohol is also unpleasant due to hallucinosis and tremors, on top of the very real cravings for the substance itself. My patient knew this; he had withdrawn from alcohol in the past. As he talked to me, though, it became clear he had finally decided this was the end. In the past, others encouraged him to stop drinking; this time he was doing it for himself. His life had become so dismal that he was willing to undergo the agony of withdrawal to be free from his addiction.

Was his suffering, then, his misery, a gift? As I came to know my attending better, I also came to understand what these jarring words meant to her. They were her version of the old adage: It's only when you hit rock bottom that you can start climbing back out. It isn't the misery of withdrawing, but the misery inflicted by the substance that might provide an unexpected opportunity to start fixing things. For my patient, this particular trip to the hospital—which happened to intersect in space and time with me, a third-year medical student keen to learn and to help—was rock bottom, and he knew it. His life had been destroyed by his addiction, and here, at this intersection, the destruction was so great that he was finally willing to make a change for the better.

It is counterintuitive to think of misery as a gift, but then again, this patient—and more broadly, all patients whose lives are tormented by addiction and substance abuse—are often on the receiving end of counterintuitive advice, and it is frequently the only way to enact lasting change. Consider, for example, Alcoholics' Anonymous, which works for far more individuals than one might expect. It does not seem possible that a small group without formal training could keep people sober simply by talking openly about their struggles; yet every day throughout the world, it does just that.

Patients struggling with addiction—labeled as addicts and drug-seekers by most of the world—are often written off as “difficult patients.” Perhaps because of my inexperience, I didn't see this man as difficult, or as just another case of alcohol withdrawal. Although it may often be easier to define someone by his or her disease, I believe in choosing to see the human underneath the label. To me, these

A misty forest path with a wooden boardwalk leading into the distance. The path is made of wooden planks and is bordered by a low wooden wall. The forest is dense with trees and the ground is covered in fallen leaves and twigs. The overall atmosphere is quiet and somewhat somber.

patients are not difficult; they are broken and miserable, and they desperately need help. Knowing this, I am forced to consider just how bad things have gotten for them, and how hard it must be to make a change. Their brokenness may be an opportunity to start down a new path, but only if we extend that invitation. Such an invitation may be the first step to turning genuine misery into a gift.

When I'm asked why I have chosen psychiatry, willingly entering such a "difficult field," I think about my experience on that consult service and this patient. I know that I'm still just beginning my journey, and that even more difficult moments and patients lie ahead. But difficulty depends on one's perspective; certainly that patient, trying to free himself from addiction's grasp, was "going through a difficult time." This is of course a platitude; the word "misery" gets much closer to the truth. I usually answer with some variation of the following: Medicine, especially psychiatry, is about caring for those who need it most: hurting, vulnerable people rejected by friends, family, and society. Our business is misery; sometimes we track in the broken, the beat down, the rock bottom. We get down in the depths with our patients to offer comfort and hope. We look at an addict, but we see a human being. We try to see the world from his or her perspective. This isn't always pleasant—sometimes, it's downright miserable—but to see the world through the eyes of another is, always, a gift.

Article:<https://www.mdedge.com/psychiatry/article/191768/addiction-medicine/gift-misery>

EMPLOYMENT OPPORTUNITIES

The Dorchester County Health Department is seeking a part-time LCSW-C to provide individual, group and family therapy to students enrolled in our School-Based Wellness Center program. Perfect opportunity for a skilled clinician in a supportive environment. Join our fantastic team and make a difference for youth in an under-served community! Apply online by February 14th

at <https://www.jobapscloud.com/MD/sup/bulpreview.asp?R1=19&R2=001992&R3=0004>

Questions? email beth.spencer@maryland.gov or call 410-901-

PEER RECOVERY SPECIALIST I, CERTIFIED

Location Of Position:

MDH, Kent County Health Department, A. F. Whitsitt Center, Chestertown, MD

Main Purpose Of Job:

A Peer Recovery Specialist I, Certified is the entry level of work, in the Maryland Department of Health (MDH), providing peer recovery support services to clients with substance use disorders, mental health disorders, and/or co-occurring disorders to begin and maintain a path to recovery. The main purpose of this position is to provide health and wellness information to people in the inpatient facility adopting healthy behavior and meeting treatment goals.

Minimum Qualifications:

- Education: Graduation from an accredited high school or possession of a high school equivalency certificate.
- Experience: None.

Licenses, Registrations And Certifications:

1. Candidates for positions in this classification must possess a current certification as a Peer Recovery Specialist within 24 months from date of hire from the Maryland Addictions Professional Certification Board (MAPCB) located at 10807 Falls Rd., #1376, Brooklandville, MD 21022. **A copy of your certificate must be attached to the application.**
2. Employees in this classification may be assigned duties which require the operation of a motor vehicle. Employees assigned such duties will be required to possess a motor vehicle operator's license valid in the State of Maryland.

Department: MDH Local Health- Kent County

Date Opened: 1/15/2019 08:15:00 AM

Filing Deadline: 1/29/2019 11:59:00 PM

Salary: \$13.23 - \$16.89/hour

Employment Type: Full-Time

HR Analyst: Carolyn Chase

Work Location: Kent

EMPLOYMENT OPPORTUNITIES

FULL-TIME CONTRACTUAL

Recruitment #18-000213-0022

DEPARTMENT MDH Local Health - Caroline County

DATE OPENED 8/23/2018 2:05:00 PM

FILING DEADLINE 2/8/2019 11:59:00 PM

SALARY \$12.97 - \$16.56/hour

EMPLOYMENT TYPE Full-Time

HR ANALYST Carolyn Chase

WORK LOCATION Caroline

A Peer Recovery Specialist I, Certified is the entry level of work, in the Maryland Department of Health (MDH), providing peer recovery support services to clients with substance use disorders, mental health disorders, and/or co-occurring disorders to begin and maintain a path to recovery. The main purpose of this position is to provide recovery support for clients, general support for behavioral health management and staff, receive assignments and guidance under the program director/supervisor or consultant, and assist with special projects as needed. This position is responsible for contacting program staff for the purpose of coordinating care and directing individuals seeking services by phone and in person to multiple ancillary services available in the community. PRS will communicate with, understand and react effectively to a diverse patient population base, responsible for specimen collection and handling of urine and saliva drug testing including direct observation, maintain inventory of supplies and order as needed. This position will support the program as necessary with clerical, office and other duties as requested; and develop and work with Caroline County Department of Correction personnel to implement and sustain Detainees Armed With Narcan (DAWN) program.

The **Governor's Commission on Suicide Prevention** is seeking input from members of the public in Maryland on prioritization of goals and objectives from the [State Suicide Prevention Plan](#).

Please provide your input by completing the online feedback form. You can access the feedback form by [clicking here](#).

There will be a public forum to discuss the goals and objectives at the next Commission meeting. Below you will find meeting details so interested people may participate.

Date: March 20, 2019 1:00 - 2:00 pm

Location: Spring Grove Hospital Center

Dix Building Basement

55 Wade Ave, Catonsville

Conference Call: 1-240-454-0887

Meeting #: 644 456 760

Join Online: [Webex](#)





LITERACY-FREE 12 STEP EXPRESSIVE ARTS THERAPY

FEB 19TH 2019 9AM-4:30PM 6 CEUS
ENDORSED BY MD BOARD OF PRO. COUNSELORS & THERAPISTS

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



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



\$95 INCLUDES:

TRAINING, CURRICULUM,
TUTORIAL DVD, & GAME



TO REGISTER:

EMAIL
MELISSA@COLABORERSINTERNATIONAL.COM

TRAINING LOCATION

HOPE FELLOWSHIP
892 WASHINGTON AVE.
CHESTERTOWN, MD 21620

Registration

“Introduction to Mental Health Recovery including WRAP®”

Tuesday and Wednesday
February 26 & 27, 2019
9:00 am - 5:00 pm

Enclosed is payment for \$169

Make checks payable to On Our Own of Maryland

I will send a purchase order

Name _____

Organization _____

Address _____

City _____ Zip Code _____

Phone _____

E-mail _____

PLEASE INDICATE

____ **CEUS** Continuing Education Credit (social workers, psychologists, licensed professional counselors and therapist, alcohol and drug counselors)

____ **COAs** Certificate of Attendance (nurses and all other disciplines)

Please RSVP by mail, phone or email by

FEBRUARY 22, 2019 to
The WRAP Outreach Project
7310 Esquire Court Box 14
Elkridge, MD 21075
Phone: 410-540-9020
Fax: 410-540-9024
denisec@onourownmd.org

ADDRESS

Talbot County Social
Services Center
301 Bay Street
Unit 5
Easton, MD 21601

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 6 Continuing Education Credits (Category 1) for licensed social workers in Maryland; as a sponsor of 6 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists, and 6 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists, upon completion of the training and a completed evaluation. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available to all other disciplines.

Wellness Recovery Action Plan

WRAP

“Introduction to Mental Health Recovery including WRAP®”

with
Brooks Robinson and
Denise Camp

Tuesday and Wednesday
February 26 & 27, 2019
9:00 am - 5:00 pm
301 Bay Street
Unit 5
Easton, MD 21601



GENERAL INFORMATION

The On Our Own of Maryland, Inc. WRAP® Outreach Project, is proud to partner with the Talbot County Department of Social Services to offer “Introduction to Mental Health Recovery including WRAP®” training in Easton on FEBRUARY 26 & 27, 2019. This 2 day training will be held at 301 Bay Street in Unit 5 Easton, Maryland 21601.

Recovery is possible for those with serious mental health and/or substance use issues. One tool being used around the world is WRAP® – the Wellness Recovery Action Plan. Thousands of people have used this tool to lead happier, healthier, and more satisfying lives. In this training, the participant will develop a WRAP® for themselves.

WHAT IS WRAP® ?

WRAP® is a self-designed, self-management and recovery system that was developed by a group of people with mental health difficulties who were struggling to incorporate wellness tools and strategies into their lives. Although WRAP® was developed by and for people who have difficulties with mental and emotional stressors, it is often used to help with substance use problems and the many physical issues that often co-occur, causing uncomfortable or distressing feelings. In fact, WRAP® can be used for any issue or area of one's life such as substance use disorder recovery, pain, stress management, or relationships. WRAP® is a tool a person develops for themselves to help themselves - it is not a replacement for therapy, medication or any other tools one already uses in their recovery. It is a tool to complement existing treatments, therapies and strategies. WRAP® is an evidence-based

program, is recognized as an effective tool for recovery, and is registered with the Substance Abuse and Mental Health Services Administration (SAMHSA).

WHO SHOULD ATTEND?

The training is open to all, especially mental health/substance use consumers, those who are recovery coaches, and professionals who want to increase their understanding of mental health recovery concepts, skills and strategies, including the WRAP® process. This training is also for anyone who is looking for an introduction to WRAP®. It is required for anyone interested in becoming a WRAP® Facilitator but who has not taken a WRAP® class. Per the Copeland website, this training is offered only in local areas in either a 2 or 3 day format. This training is 2 days. This training is approved for education credits for the Maryland Certified Peer Recovery Specialist (CPRS) credential and offers a total of 10 CEUs for that credential. It also qualifies for Social Work CEUs (see insert).

INFORMATION COVERED IN THE TRAINING INCLUDES...

- What do we mean by “Recovery”
- Recovery Topics
- Copeland's Key Recovery Concepts
- Wellness Tools
- The Daily Maintenance Plan
- Triggers and Early Warning Signs – What's the difference
- Rethinking the concept of “Crisis”
- Crisis Planning
- The Importance of a Post Crisis Plan
- How to become a WRAP® Facilitator

COST

The cost of the training is \$169.

The cost covers all books and materials. All participants completing the 2 day training will receive a Certificate of Completion. Space is VERY limited so register early!

Lunch is NOT included in the cost of this training. Coffee, water and snacks will be provided.

THE FACILITATORS

Your facilitators for this training will be Denise Camp and Brooks Robinson.

Ms. Camp is the WRAP® Outreach Project Coordinator for On Our Own of Maryland, and is an Advanced Level WRAP® Facilitator with the Copeland Center for Wellness and Recovery. She is also a Certified Peer Recovery Specialist, a registered peer supervisor and a training specialist.



Mr. Robinson is a peer supporter and has been a WRAP® Facilitator since 2016.

WORKING WITH DIFFICULT, PASSIVE-AGGRESSIVE CLIENTS

Hosted by the Mental Health Association of the Eastern Shore/Shore Training Collaborative

Funded in part by the Rural Maryland Council



February 28, 2019
9:00AM – 2:15PM
4 CEUs - Fee \$45.00



Chesapeake College, HPAC 131
1000 College Circle
Wye Mills, MD 21679

Presented by: Loriann Oberlin, LCPC

Loriann Hoff Oberlin, MS, LCPC is a licensed clinical professional counselor in private practice with two offices—one in Easton, Maryland and another in North Potomac, Montgomery County. She earned her master's degree and post-master's certificate from Johns Hopkins University. In her practice, Ms. Oberlin works with children, adolescents, adults, couples and families. She has completed mediation, child-access, collaborative law training as well as Gottman Method Couples Therapy workshops. Prior to establishing her own practice, she worked in Maryland's second busiest emergency department, in community mental health and at another facility. Cognitive-behavioral therapy (CBT) and Bowen family systems theory guides much of her work as does a creative base of thinking outside the box and trying new approaches to reach solutions.

Course description:

Dealing with difficult people and passive-aggressive relationships often causes clients to seek counseling. They present as anxious, angry themselves, or tongue-tied to respond without inviting more frustration into their lives. In healthcare offices, providers see a myriad of health consequences, and additionally, administrative hassles.

This workshop outlines ten traits of angry people and four types of families that unwittingly create them. It shows potential remedies of the core behaviors—control, manipulation, immaturity, self-absorption, and depression—and helps you to determine when behavior may be something else. With fictional and video examples representing relationships, school, workplace and private practice, this presentation explains concepts using systems theory, positivity and better communication practices.

To register or for questions please contact Danielle Murphy at 410-822-0444 or dmurphy@mhsmdes.org



MARYLAND
Department of Health
Maryland's Commitment
to Veterans

Maryland's Commitment to Veterans Central Region Conference 2019

DATE: MARCH 1, 2019
TIME: 8:30 – 15:30
LOCATION: Turf Valley
2700 Turf Valley Rd
Ellicott City, MD 21042

Come join us this year - registration is free, but space is limited.

The Maryland's Commitment to Veterans Central Regional Conference will cover several topics concerning veteran behavioral health from various perspectives. In addition, there will be a Q&A panel to cover homeless veteran issues. Lunch will be provided, and an additional 5.5 Continuing Education Credits will be available to all attendees upon completion.

Please register at the link below:

<https://www.eventbrite.com/e/marylands-commitment-to-veterans-2019-conference-series-tickets-55240692398?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing>

Sponsored by the Maryland Behavioral Health Administration's Office of Workforce Development and Training. The Office of Workforce Development and Training is authorized by the Maryland Board of Professional Counselors and Therapists to sponsor continuing education programs for Category A CEU, the Maryland Board of Social Work Examiners to sponsor social work continuing education programs for Category I CEU, the State Board of Examiners of Psychologists and the Maryland Association of Prevention Professionals & Advocates to sponsor continuing education programs for CEU. Participants must attend all hours of the training and submit an evaluation to receive a certificate. The Office of Workforce Development and Training maintains full responsibility for this program.

DLA- 20 DEPARTMENT OF SOCIAL SERVICES

by DLA-20 by the Evidence Based Practice Center

Thu, March 14, 2019

12:30 PM – 4:00 PM

Department of Social Services

301 Bay Street, Unit 5

Easton, MD 21601

Description:

This DLA-20 training is required for submission of service authorization/reauthorization requests for adults in Adult 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.

Please bring State ID for security screening

Please note:

- Completion of this training is REQUIRED before trainees use the DLA-20 assessment.
- This training is open only to staff from ACT, PRP, RRP, and mobile treatment programs in Maryland.
- When you register, please be sure your name appears EXACTLY as you want it to appear on your CEU/COA
- Arrive 15 minutes before the training begins. IMPORTANT: You will not be allowed to join the training if you arrive more than 15 minutes after it begins,
- You must stay for the entire training in order to earn your CEU/COA.
- Unfortunately, we are unable to offer food at this training. However, you are welcome to bring your own food and drinks. You will be given a short 10-minute break during the training during which you can access vending machines if they are available at the training facility.
- In the event of inclement weather, training will follow the closure policy of the schools in the county in which the training is to be held. If schools are closed, the training is canceled. If schools open late, morning training sessions will be canceled, but afternoon training sessions will be held. Participants registered for a canceled training will receive notification of upcoming training dates for which they can register.
- If you require an interpreter, please contact Monay Walton (mwalton@psych.umaryland.edu) at least 3 weeks before the training.

TO REGISTER PLEASE CLICK [HERE](#).

Center for Autism and Related Disorders at Kennedy Krieger Institute

FREE TRAINING SERIES

(Supported by the Maryland State Department of Education)

Special Education Law Overview

Date: Friday, April 12, 2019 from 10:00 a.m. to 11:00 a.m.

Discipline of Students with Disabilities

Date: Friday, April 12, 2019 from 11:00 a.m. to 12:00 p.m.

Bullying, Harassment, and Intimidation of Students with Disabilities

Date: Friday, April 12, 2019 from 1:00 p.m. to 2:00 p.m.

Location:

Bethel A.M.E. Church
623 Pine Street
Cambridge, MD 21613

Attendees may register for one, two, or all three of the presentations.
Lunch will be provided from 12:00 — 1:00 p.m.
Transportation provided at attendee request.

This presentation is supported by the Maryland State Department of Education Division of Early Intervention and Special Education Services under award number 190323.

Presenter information: Mallory Finn, Esq. is a staff attorney at Project HEAL (Health, Education, Advocacy, and Law), a community-based program of the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute.



EASTERN STROKE NETWORK
FOR CHANGE

ESNC

"Where the stroke goes to work or rehab."



Center for Autism and Related Disorders
at Kennedy Krieger Institute

To register, visit
kennedykriegercard.eventbrite.com/
or call Hanah Tanenholtz at 443-923-7596.

Suicide Prevention and Early Intervention Network

Free CEU Opportunities

**Webinar: Best Practices for
Suicide Prevention with LGBTQ
Youth**

Learn about rates of suicidal ideation, attempts, and deaths among LGBTQ youth, as well as unique risk and protective factors for this population.

**February 7, 2019
11:00 AM - 12:00 PM**

[Register](#)

**Postvention as Prevention:
Supporting Suicide-loss
Survivors**

The response to grief and trauma after a suicide-loss impacts the well-being of those left behind and can heighten or lessen vulnerabilities to a myriad of mental health issues.

**February 21, 2019
12:00 PM - 1:00 PM**

[Register](#)

**Resources for Caregivers in Service to
Our Men and Women Who've Served**

March is Month of the Military Caregiver.

This workshop will cover resources for individuals who are caring for military service members and veterans. Topics will also include warning signs that a military service member or veteran may be in crisis.

**March 21, 2019
12:00 PM - 1:00 PM**

[Register](#)

More Than Sad

More Than Sad has taught over a million students and educators how to be smart about mental health. The program comes in three parts initiating a conversation about mental health with teens, parents and school staff.

**April 18, 2019
12:00 PM - 1:00 PM**

[Register](#)



MARK YOUR CALENDAR

Frank Kros is coming to Salisbury!
Tuesday, April 16, 2019

Frank J. Kros, MSW, JD, President, The Upside Down Organization,
Executive Vice President, The Children's Guild

Frank is a career child advocate and a dynamic, award-winning speaker. Frank has authored 25 UDO workshops and presented to nearly 50,000 people to promote the use of Transformation Education tools that "Help Adults Help Kids." Frank also manages the Certification Program and leads UDO's certified trainers.

Kros will present his training "Poverty and the Brain: Brain-Inspired Ways to Understand and Respond to Poverty" in the morning and discuss Family Engagement in the afternoon.

This event will be held from 9:00 AM to 4:30 PM in the SU Academic Commons Assembly Hall and will provide 6 CEU's. Registration will be open soon.



Caregiver Support Group



**Wednesday, February 13th
1:30pm to 3:00pm**

**QAC Area Agency on Aging
104 Powell Street
Centreville, MD 21617**

**Please RSVP to:
410-758-0848
Pat Hodges**

Becoming a Resilient Caregiver Caregiving can be a challenging! Learn techniques for safe transfers, fall prevention and balance!

Guest Speaker: Matt Green
Tidewater Physical Therapy

What is the NAMI Family-to-Family Education Program?

NAMI Family-to-Family is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course includes information on illnesses such as schizophrenia, bipolar disorder, major depression and other mental health conditions. Thousands of families describe the program as life-changing. The program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers... It has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Classes begin February 13, 2019 in Church Hill, MD.



Kent and Queen Anne's County

To Learn More and Register,
Please Contact:

NAMI Kent & Queen Anne's County
Email: namikentandqueenannos@gmail.com
Call: (443) 480-0565

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Kent & Queen Anne's is an affiliate of NAMI Maryland. NAMI Kent & Queen Anne's and dedicated volunteers, members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.



19th Annual Family Day in Annapolis

Advocate for Behavioral Health Services

Family members, legislators, policymakers and providers will gather in Annapolis on Wednesday, February 20. Join us!

MCF's 19th Annual Family Day in Annapolis is an opportunity for us to advocate for children and youth with behavioral health needs, and all those with substance use or gambling issues.

Don't miss this opportunity to:

- Express your concerns about the need for more behavioral health services
- Learn about important legislation in Maryland's House and Senate
- Meet with legislators and/or their staff

When: Wednesday, February 20
9:30 am - 1:00 pm

Where: First Floor, Lowe House
Office Building
6 Bladen Street
Annapolis, MD 21401

Cost: Free

Free shuttle buses will depart from various locations around the state. Parking is also available.

Please note: Participants will walk both within the legislator office buildings and outdoors to attend legislator meetings and are encouraged to participate in a several-block march that follows.



"You're the unsung heroes advocating for families...it's really important for my colleagues to hear from all of you."

— Delegate Clarence Lam at Family Day 2018

Learn more, register or reserve a shuttle bus seat at
mdcoalition.org/FamilyDay

410-730-8267 | mdcoalition.org



COURAGEOUS CONVERSATION

BEYOND DIVERSITY

Beyond Diversity is a powerful, personally transforming, two-day seminar that helps leaders, employees, and organizations understand the impact of race on their lives, their work, and their overall growth and development. Interactive and stirring exercises strengthen participants' critical consciousness of race and lead them to investigate the role that racism plays in institutionalizing achievement disparities. In order to solve the problems created by systemic racism, we must discuss race. Beyond Diversity, a program with a 25-year history and over 100,000 alumni, models and teaches a protocol for discussing race in ways that are productive, insightful, and generative. We invite you to join our efforts to generate equity by learning a method for having Courageous Conversations about race.

CORE SEMINAR TOPICS & CONCEPTS

- Courageous Conversation Protocol
- Racial Identity Development and Practice
- (De)Constructing Systemic Racism
- Adaptive Leadership for Equity
- Racial Power and Privilege

*The way to stop
discrimination on the
basis of race is to speak
openly and candidly on
the subject of race.*

—Hon. Sonia Sotomayor,
U.S. Supreme Court Justice
(2014)

**MARCH 12 & 13, 2019 at
the Talbot County Education Center
12 Magnolia Street, Easton MD
8:30am - 4pm**

Facilitated by Pam Clay, Hilary Spence and Christine Davis
Lunch will be provided

Register at: <https://beyond-diversity-march.eventbrite.com>

Sponsored by Talbot Family Network in
partnership with Talbot County Public Schools

PLEASE JOIN US FOR A WARM HAND-OFF LEARNING SESSION



Mid Shore Behavioral Health, Inc. in partnership with Choptank Community Health, Inc. have planned a two part Learning Session to discuss how the mid-shore would like to define the Warm Handoff Process and create a plan of action for fostering the partnership between medical providers and behavioral health providers.

**Join us for our first Learning Session on
March 20, 2019 at 5pm.
Cambridge Police Department
Second Floor Meeting Room
8 Washington Street | Cambridge, MD 21613.**



**THANK YOU FOR YOUR TIME
AND COMMITMENT TO THE
HEALTH OF THE MID-SHORE.**

**Please RSVP with Johanna Norris at
jnorris@midshorebehavioralhealth.org by
March 13, 2019.**

JOIN MD-SPIN FOR A FREE WEBINAR

BEST PRACTICES FOR SUICIDE PREVENTION WITH LGBTQ YOUTH

Register at mdspin.eventbrite.com

FEBRUARY 7, 2019 AT 11:00 AM

Learn about the unique risk and protective factors for LGBTQ youth as well as inclusive language to engage in conversations.





Calendar of Events, February through March 2019

February ...

Lunch Grief Support Group — Compass Regional Hospice, Hope and Healing Center, 255 Comet Drive, Centreville. Noon to 1:30 p.m. This eight-week grief support group runs every Wednesday from Feb. 6 through March 27. Guests are encouraged to attend the entire series to benefit the most from the group. Open to anyone 18 and older who is suffering the loss of a loved one. Please bring a lunch. Cost: \$25, but no one will be turned away due to an inability to pay. Info: 443-262-4109 or rknotts@compassregionalhospice.org.

Estate Treasures Warehouse Sale — Saturday, Feb. 16, from 8 a.m. to 2 p.m. at 106 Log Canoe Circle, Chesapeake Business Park, Stevensville. Come find deeply discounted furniture, tools, sporting goods, small kitchen appliances, home décor, housewares, area rugs, Hunter Douglas blinds, furniture for small businesses, and more. Proceeds will benefit Compass Regional Hospice. For more information, call Estate Treasures, an operating unit of Compass Regional Hospice, at 410-643-7360.

Understanding Your Grief Workshop — Saturday, Feb. 16, from 10 to 11:30 a.m. at Compass Regional Hospice's Hope and Healing Center, 255 Comet Drive, Centreville. Are you struggling with grief or helping someone else through their grief journey? Let our trained grief support staff stand with you and help you through this time. Light refreshments will be served. Cost: \$25, but no one will be turned away based on an inability to pay. For more information, call Rhonda Knotts at 443-262-4109 or rknotts@compassregionalhospice.org. **(This event was rescheduled from Feb. 2 due to dangerous weather conditions.)**

March ...

Caroline County Grief Support Group — St. Luke's United Methodist Church, 100 S. 5th Ave., Denton. 4 to 6 p.m. This eight-week grief support group runs every Tuesday, from March 12 through April 30. Guests are encouraged to attend the entire series to benefit the most from the group. Open to anyone 18 and older who is suffering the loss of a loved one. Cost: \$25, but no one will be turned away due to an inability to pay. Info: 443-262-4108 or wlarimore@compassregionalhospice.org.

Estate Treasures Warehouse Sale — Saturday, March 16, from 8 a.m. to 2 p.m. at 106 Log Canoe Circle, Chesapeake Business Park, Stevensville. Come find deeply discounted furniture, tools, sporting goods, small kitchen appliances, home décor, housewares, area rugs, Hunter Douglas blinds, furniture for small businesses, and more. Proceeds will benefit Compass Regional Hospice. For more information, call Estate Treasures, an operating unit of Compass Regional Hospice, at 410-643-7360.

Compass Regional Hospice's Annual Gala — Friday, March 22, from 6:30 to 10:30 p.m. at Annie's Paramount Steak and Seafood House, 500 Kent Narrow Way N., Grasonville. This is the premier fundraising event for Compass Regional Hospice. Proceeds benefit hospice care, palliative care and grief support services provided by Compass Regional Hospice. The event will include a seated dinner, a live band, dancing, live and silent auctions, and a jewelry raffle. The jewelry raffle will feature a pair of 2-carat diamond earrings, valued at \$14,000. Gala tickets: \$200 per person, purchased in advance only. Raffle tickets are \$100 per ticket and only 100 chances will be sold. For more information or to purchase tickets to the event or for the raffle (you do not have to attend the Gala to purchase raffle tickets), contact Kenda Leager at 443-262-4106 or kleager@compassregionalhospice.org.

Welcome Home Vietnam Veterans Day — Saturday, March 30, from 1 to 3 p.m. in the Easton High School cafeteria, 723 Mecklenburg Ave., Easton, MD. Join Coastal Hospice and Palliative Care, Compass Regional Hospice and Talbot Hospice during this free event as we commemorate the sacrifices of Vietnam veterans and their families. This event will include local, state and national resources for veterans, a pinning ceremony, guest speakers, light refreshments and more. This is a free event and is open to all. Register at www.bit.ly/WHVV2019. For more information, contact Katie Willis at 443-262-4100, ext. 177, or info@compassregionalhospice.org.

Compass Regional Hospice

Katie Willis, Communications and Web Specialist

443-262-4100, ext. 177, kwillis@compassregionalhospice.org

ADOLESCENT SOCIAL SKILLS GROUPS

WHAT:

Social Skills Group
for teenagers

WHO:

Ages 13- 17

WHEN:

Saturdays at 12:30

Dates:

1/12/19, 1/19, 1/26

2/9, 2/16, 2/23

3/9, 3/16



PEACE OF MIND MENTAL HEALTH, LLC

Join us for our adolescent social skills group for youth ages 13- 17. Participants will learn basic social skills in a group environment. The comprehensive curriculum which runs nine weeks will have creative tailored interventions. The program will teach a variety of core components necessary to the goal of building strong social skills, allowing for confidence and age appropriate communication.

Early registration is advised as slots are limited.

TO REGISTER FOR THE GROUP:

PLEASE CALL (410) 690-8181.





Eastern Shore Wellness Solutions, Inc

Upcoming Events

Every Monday at 3:00 pm beginning February 4th – the National Diabetes Prevention Program is being offered at the office

March 12th at 3:00 pm – Dorchester Community Wellness Coalition Meeting (Location – Eastern Shore Area Health Ed. Center)

March 21st – Lunch and Learn (A Pregnancy and Tobacco Cessation Help funded event for Pregnant women or women of child bearing aged and their families to learn about the risk associated with tobacco/nicotine use before, during and after pregnancy) See attached Flyer – Call to register - Seating is limited.

March 27th at 4:30 – Mobile Food Pantry – (Location – Dorchester County Judy Center)

April 4th from 9 – 11 am – Epilepsy Education and Awareness Event - (Location – Eastern Shore State Hospital Center) Continental Breakfast provided. Call to Register.
#EpilepsyEquity #Sharemyseizure

April 19th – Mobile Food Pantry – Southern Dorchester County (Additional Details to come)

April 27th – WASHINGTON D.C. – Epilepsy Walk -

https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fwalkforepilepsy.org%2f&c=E,1,Yz8S2joLwDI88_aCh_81Y8pzTUVStHE4IAzcF2_WwbZoFG5FzSybcUXFJXypaJlajreBAKtArPEP0peAEv879B7I8gvyTmiZ0wF3hvRkK9AN&typo=1

Contact our office for more information about any of the events listed.

Ashyrra Dotson, President & CEO
EasternShoreWellnessSolutions
824 Fairmount Ave. – Suite 4
Cambridge, MD 21613
(410) 221-0795 – Office
(410) 221-8851 - Fax



3rd Annual Maryland CIT Conference

The state CIT Coordinators in collaboration with the Maryland Department of Disabilities and NAMI present the 3rd Annual CIT Maryland Conference: Bringing Officer Wellness in Focus

Keynote Speaker – Lt. Marc Junkerman “Look How Far We’ve Come, A Celebration of Maryland CIT Communities”

Monday, May 6, 2019 ♦ 8am – 4pm ♦ Annapolis, MD



Double Tree by Hilton Annapolis ♦ 210 Holiday Court Annapolis, MD ♦ (410)224-3150 ♦ \$130 Room Rates.

Conference Fee **\$40** ♦ Breakfast and Lunch included ♦ *Pre-Conference Networking Event* 5/5/2019 from 5:30pm – 8:30pm

Registration Required. *No walk-in.* Registration deadline: April 19, 2019 ♦ *Police & Corrections Training Credits pending*

Conference Questions? Contact Veronica Dietz, LCSW-C at (443) 952-7532 or veronica.dietz@maryland.gov

To attend this year’s conference, please return registration with breakout session selection form and payment information attached. Payments may be made via mail, fax, or phone. Checks and credit card payments accepted.

Sponsored by the Maryland Behavioral Health Administration’s Office of Workforce Development and Training.

The Office of Workforce Development and Training is authorized by the Maryland Board of Professional Counselors and Therapists to sponsor continuing education programs for Category A CEU, the Maryland Board of Social Work Examiners to sponsor social work continuing education programs for 5 Category I CEU, the State Board of Examiners of Psychologists and the Maryland Association of Prevention Professionals & Advocates to sponsor continuing education programs for CEU. Participants must attend all hours of the training and submit an evaluation to receive a certificate. The Office of Workforce Development and Training maintains full responsibility for this program.



3rd Annual Maryland CIT Conference

Name: _____

Phone Number: _____

Email: _____

Payment method (circle one): Credit Card Check

Please check one:

- I plan to attend the Pre-Conference Networking Event (5/5/2019 from 5:30pm – 8:30p)
- I will not be attending the Pre-Conference Networking Event

Breakout Session Selection

Session 1 Options (11:00am-12:15pm) choose one only

- | | |
|-----------------------------------|---|
| CIT Response to a Traumatic Event | Action Methods at CCYSB: Responding to Family Crisis |
| Suicide Post-vention Response | Someone's Watching Me: Tech Safety in Internet Partner Violence |
| Justice and Recovery Advocates | |

Session 2 Options (1:15pm-2:30pm) choose one only

- | | |
|---|---|
| Interacting with Individuals living with Brain Injury: Tips and Tools to enhance CIT Curriculum | |
| Crisis De-Escalation: Corrections | Experiential Self-Care |
| Putting it All Together - All things CISM | Law Enforcement Diversion and Harm Reduction Programs |

Session 3 Options (2:45pm-4:00pm) choose one only

- | | |
|---|--|
| Safe Stations | Human Trafficking |
| Walking the Thin Blue Line | Safe Space Project: LGBTQ+ Suicide Prevention and Intervention |
| Justice Reinvestment Act Info | |
| Understanding Core Characteristics of Intellectual/Developmental Disabilities | |

2018 CIT Conference Credit Card Form

If you would like to pay the \$40 conference fee with a **credit card**, please fill out the following information and return this sheet along with your registration form.

Name: _____

Billing Address: _____

Credit card type (circle one): Visa Mastercard Discover

Credit card number: _____

Expiration date: ____ / ____

CVV2 Code: _____

Amount: _____

Contact phone: _____

Name of conference registrant(s): _____

SIGNATURE: _____

Printed Name: _____ Date: _____

Return registration with breakout session selection form and payment to:

Carroll County Health Department/CIT Conference
Attn: Shannon/Fiscal Department
290 South Center St. • Westminster, MD 21157

Payment options:

Make **checks** payable to Carroll County Health Department and write "CIT Annual Conference" in the memo. For **credit card** payments, please fill out the form above and mail, fax or email to Shannon at shannon.barnes@maryland.gov. Credit card payments may also be made over the phone by reaching Shannon at 410.876.4977.

No refunds will be issued.



3rd Annual Maryland CIT Conference 2019 CIT Awards Description

Awards will be presented at the CIT Conference on May 6, 2019. Award nominations will be reviewed by representatives from the Behavioral Health Administration, Governor's Office of Crime Control and Prevention, and NAMI-Maryland. Evaluation criteria for the nominations will emphasize meritorious actions. Refer to the award categories and their descriptions below. The nomination form and instructions are on page 2.

CIT Officer (LEO/Corrections):

An outstanding CIT LEO/Correctional Officer who demonstrates and embodies continuous use of CIT knowledge and skills in all aspects of their job. Some examples of this may include successful use of de-escalation skills, knowledge and ability to refer to community resources, regularly volunteering for CIT calls, regular and continuous contact with the mental health community, following up after CIT calls, and showing compassion to consumers and families on a regular basis. Their work highlights exceptional dedication to the CIT program, CIT Services and advancing its success.

CIT Program of the Year:

This award celebrates a Maryland CIT program that upholds a strong commitment to developing and nurturing an effective CIT program. Nominee must be a developing or operational CIT program in Maryland that demonstrates strong community partnerships and support. Nominations should show successes and accomplishments, and be a positive example for other CIT programs.

CIT Instructor of the Year:

This award recognizes an individual who has committed time to enhancing the program while demonstrating outstanding CIT skills, and the exceptional ability to train and convey the core objective of CIT.

CIT Coordinators of the Year:

Maryland CIT Coordinator of the Year: This award acknowledges a Maryland CIT Coordinator whose exemplary leadership in the community makes their CIT program a success and model for other communities. Nominee(s) should demonstrate their leadership in organizing their CIT program, ensuring community support and participation, and using their leadership abilities to help grow and sustain CIT as a community program. Must be a Coordinator for a developing or operational Maryland CIT Program.

2019 Annual Awards Nomination Form

*Please complete **one nomination form** for each nominee. Submissions must be **limited to two pages per nomination**. Please save your application prior to submission. Send all completed nominations to Veronica Dietz, LCSW-C via email at veronica.dietz@maryland.gov by February 4, 2019.*

Nominee Name , Title, jurisdiction and Agency:	
Award Category:	
Your Name and Contact Information:	

In your words, what qualifies the nominee for this award:



Mid-Shore Community Baby Shower

New and expectant mothers on the Mid-Shore are invited to this free Community Baby Shower.

Resources will be provided from agencies and community groups throughout the region.

Free giveaways.

Sponsored by Maryland State Department of Education (MSDE), Mental Health Association of the Eastern Shore and MCF.

Media- Orilla

Baby Shower en la comunidad

Las nuevas y futuras madres de Media -Orilla están invitadas a la comunidad de Baby Shower gratis.

Los recursos serán proporcionados por las agencias y grupo comunitario a través de la región.

Regalos gratis

Save the Date!

Tuesday, April 23
4:30 – 7:00 pm

Where:

Easton Fire Department
315 Aurora Park Drive
Easton, MD 21601

**For additional
information, contact:**
Sherri Allen at
sallen@mdcoalition.org
or 443 896-6791

Reserve la Fecha!

Martes, Abril 23
4:30 – 7:00 pm

Dónde:

Easton Fire Department
315 Aurora Park Drive
Easton, MD 21601

**Para información
adicional contáctese
con**
sallen@mdcoalition.org
o al 443 896-6791

Patrocinado por el Departamento de Educación del Estado de Maryland (MSDE), la Asociación de Salud Mental de la Costa oriental y MCF.



410-730-8267 | mdcoalition.org

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.”

