



# The Steering Wheel

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

May 2019

Volume 8, Issue 15

## Gender impacts brain activity in alcoholics, study finds

Research may lead to gender-specific treatment

*Science Daily*  
April 30, 2019

**Compared to alcoholic women, alcoholic men have more diminished brain activity in areas responsible for emotional processing (limbic regions including the amygdala and hippocampus), as well as memory and social processing (cortical regions including the superior frontal and supramarginal regions) among other functions.**

In 2015, the National Survey on Drug Use and Health Alcoholism found 15.1 million adults have Alcohol Use Disorder (AUD). Although it is among the leading maladies worldwide, the abnormalities in emotional processing that underlie the problem are not well understood. To date, most published works describing brain abnormalities associated with AUD do not address gender differences, but have relied primarily upon research with alcoholic men or combined gender groups.

Previous research among alcoholics has found particular regions of the brain have muted responses to highly charged visual imagery. This study identified how the abnormalities associated with alcoholism in these brain regions differed for men and women.

Researchers from Boston University School of Medicine (BUSM), in conjunction with the VA Boston Healthcare System and Massachusetts General Hospital, used functional magnetic resonance imaging (fMRI) to measure the difference in brain activity between highly charged visual images and neutral images. "Our findings indicate that the experiences and mechanisms of AUD and addiction differ for men and women," explained corresponding author Kayle S. Sawyer, PhD, from the department of anatomy and neurobiology at BUSM.

*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.*

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Follow us:



According to the researchers, both the general public and medical professionals typically treat AUD as a homogenous disease, without distinguishing between men and women. "This study provides insights into emotional processing in alcoholism by examining the influence of gender on brain activation."

Although additional research is needed, the authors believe these findings may one day lead to prevention and treatment strategies specifically tailored by gender.

These findings appear online in eLife.

This research was supported by US Department of Veterans Affairs Clinical Science Research and Development (I01CX000326); National Institute on Alcohol Abuse and Alcoholism (NIAAA) of the National Institutes of Health US Department of Health and Human Services (R01AA07112, R01AA016624, K05AA00219, and K01AA13402); Athinoula A. Martinos Center for Biomedical Imaging Shared Instrumentation Grants (1S10RR023401, 1S10RR019307, and 1S10RR023043); Alcoholic Beverage Medical Research Foundation; Mental Illness and Neuroscience Discovery (MIND) Institute; NIH National Center for Research (P41RR14075); and Boston University Clinical and Translational Sciences Institute (BU CTSI; 1UL1TR001430).

Article: <https://www.sciencedaily.com/releases/2019/04/190430111150.htm>

# Announcements

Starting July 1, 2019 **AF Whitsitt Center** will no longer have group family visitation. A family visit will be scheduled with the counselor after July 1. If there are any questions please contact Alice or Shardai at 410-778-6404.

*Mid-shore Region Providers and Community Members,*

*The vision of Mid Shore Behavioral Health (MSBH) is “a rural behavioral healthcare delivery system that is clinically and culturally competent.” The definition of being culturally competent is to “highly regard cultural differences, collaborate with others on developing procedures and policies that allow for providing effective services to a variety of cultural and linguistic groups.” Acknowledging and addressing cultural competency is an important part of addressing health disparities in our unique region.*

*As we’re preparing to achieve our cultural and linguistic competency goal for FY2020, we’ve created a provider survey. With this survey we hope to learn how providers and community members in the mid-shore region view their level of cultural awareness. You may complete the survey anonymously or include your name and agency for further dialogue. Please complete the following survey by Friday, May 17th: <https://www.surveymonkey.com/r/YKHCVZV>.*

*Feel free to call 410-770-4801 or email [sthompson@midshorebehavioralhealth.org](mailto:sthompson@midshorebehavioralhealth.org) for follow up or clarification.*

*Thank you kindly,  
Sherone E. Thompson, Behavioral Health Coordinator*

The Specialized Services described in Nursing Home Transmittal No. 271 are services now reimbursable by Maryland Medical Assistance. This will allow nursing home residents with a serious mental illness identified by the PASRR process to gain access to behavioral supports above those provided through the per diem rate. (See links below for the transmittal, list of available services and the updated page in the Provider Manual. There is also a link to register for a training webinar on PASRR Specialized Services.)

PASRR – Pre-admission Screening and Resident Review - is done prior to admission to a nursing home to determine if a behavioral health or developmental disability is present. If such a disability is confirmed through a Level II evaluation, certain specialized services may be recommended. If a disability is suspected after admission to a nursing home or if there is a significant change in the behavioral illness, a Resident Review should be requested and needed services can be identified.

The Older Adult PASRR Specialist functions as a liaison and behavioral health consultant to providers of long-term services and supports including nursing homes. PASRR Specialists throughout the State are asked to explore their region's behavioral health clinicians' interest in providing additional services in area nursing homes.

As PASRR Specialist for the Eastern Region, I ask that you please let me know if you have questions and certainly if you think you might be interested in providing services in our area nursing homes. Greater access to community providers may provide the linkages and supports that area nursing homes need if they are to admit and successfully care for residents with behavioral health diagnoses and at times facilitate discharge to a less restrictive community setting.

Meg Borders, RN  
Eastern Region Older Adult PASRR Specialist  
Mid Shore Behavioral Health  
[mborders@midshorebehavioralhealth.org](mailto:mborders@midshorebehavioralhealth.org)  
410-770-4801 X322

To Access the Transmittal and list of Specialized Services:  
<https://bha.health.maryland.gov/Pages/olderadultbehavioralhealthandPASRR.aspx>

Updated Provider Manual Page:  
[http://maryland.beaconhealthoptions.com/provider/manual/CH06\\_19-MH-Nursing-Home.pdf](http://maryland.beaconhealthoptions.com/provider/manual/CH06_19-MH-Nursing-Home.pdf)

To Register for a Training Session on PASRR Specialized Services:

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

Topic: PASRR Specialized Services

Host: Donna Shipp

Date: Thursday, May 30, 2019

Time: 10:30 am, Eastern Daylight Time (New York, GMT-04:00)

-----  
Go to  
<https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t89b0bbffcfb2f107af8529dc801c472>  
and register.

# MARYLAND HEALTH BENEFIT EXCHANGE

The Maryland Insurance Administration has received a grant from the Centers for Medicare & Medicaid Services to conduct a study on Access and Use in Maryland's Individual Health Insurance Market. Public meetings will be held on:

- **Thursday, May 2, from 1 to 3 p.m.**

Hagerstown Community College

11400 Robinwood Drive, Hagerstown, MD 21742

- **Tuesday, May 7, from 1 to 3 p.m.**

Maryland Insurance Administration

200 St. Paul Place, 22nd floor, Baltimore, MD 21202

- **Wednesday, May 15, from 1 to 3 p.m.**

Talbot County Free Library

100 W. Dover St., Easton, MD 21601



Stay Connected with Maryland Health Connection:



May is Mental Health Awareness Month! Help spread the word and show your support by joining our **#GoGreen Campaign**

#GoGreen #CVI



N A I L I N G



M E N T A L



H E A L T H



During the Month of May paint your nails a shade of **GREEN!**

Chesapeake Voyagers, Inc. has partnered with Victoria Nails & Spa by offering a discount when you get your nails painted GREEN in May.

Expiration Date: May 31<sup>st</sup> 2019

**#GOGREEN**

Help Support Mental Health Awareness Month this May!

**Present this Coupon to receive \$5 off \$30 or more/\$10 off \$50 or more**

*Promoted by*  
Chesapeake Voyagers, Inc.  
Wellness and Recovery Center  
342 N. Aurora St. Easton, MD  
410-822-1601

**VICTORIA NAILS & SPA**  
210 MARLBORO AVENUE EASTON, MD  
**WHEN YOU GET YOUR NAILS PAINTED GREEN**

Chesapeake Voyagers, Inc. is a non-profit Wellness & Recovery Center offering Peer Support to the Mid-Shore Community by providing support groups, social activities and resources all free of charge to those who want to better their lives. Check out our website [www.chesapeakevoyagers.org](http://www.chesapeakevoyagers.org) or call 410-822-1601

## Program Coordinator

### Job Description

Project Chesapeake is an out-patient behavioral health program located in Centreville, MD. We are looking for a motivated Program Coordinator to join our team.

### Summary

The Program Coordinator is an experienced clinician working with clients who have mental illness and substance abuse problems. This position has clinical responsibility for the ongoing treatment of clients experiencing severe and persistent mental illness and substance abuse problems. The position provides diagnostic assessment, formulates individual treatment plans in conjunction with the client and other individuals as indicated. It also formulates diagnoses and completes treatment plan updates as evidenced through clinical chart review. The Program Coordinator also serves as the main point of contact for referral sources and is responsible for oversight of the all staff in the office.

### Responsibilities

- Maintains clinical responsibility for the counseling of clients who have a severe and persistent mental illness and substance abuse problems.
- Provides diagnostic assessment, treatment planning and completes necessary updates as required.
- Provides effective and efficient management of caseload.
- Participates in peer consultations, staff meetings and continuing education. LSW/LPC require regular clinical supervision. Diagnostic assessments, treatment plans and treatment plan updates need supervisor's signature. Charts need to be presented to supervisor on a regular basis.
- Facilitates referrals to appropriate internal and/or external resources where indicated.
- Provides consultation and education service to individual and community groups as requested and possible.
- Participates in program development as requested and where possible.
- LISW/LPCC's may assist in training and supervision of students or staff.
- Coordinates referral planning as needed
- Manages all staff in the office.
- Keeps current with trends and developments related to essential job competencies.

### Required Education and Experience

- Master's degree in counseling, social work or a related behavioral/mental health field from an accredited college or university
- Knowledge of the principles and practices of the discipline, strong communication and leadership skills, proficiency with an EMR, a wealth of clinical knowledge and experience, and a passion for counseling in an outpatient setting.
- \*Applicants must hold a current and valid Maryland license as an **LCSW-C**. Drug and Alcohol and Social Work supervision are required.

Job Type: Full-time

All qualified candidates please contact Megan Lynch, Recruiting Manager at [mlynch@projectchesapeake.com](mailto:mlynch@projectchesapeake.com) or 443-808-1763 for immediate consideration.



## Harvesting Hope Youth and Family Wellness, Inc

### Join Our Team



We are looking for therapists to join our growing practice of professional and compassionate staff to provide integrated, high-quality care to children, teens, families, and adults. We welcome newly licensed or experienced therapists. It's a great opportunity to find or fine tune your niche'. We support creativity in meeting our clients where they are.

Required Licensure: LCPC, LMFT, or LCSW-C in the state Maryland.

Positions:

Part-time: 15(minimum) clinical hours per week

Full-time: 25+ clinical hours per week



Harvesting Hope Youth and Family Wellness, Inc is a not-for profit agency that provides behavioral health counseling, youth and family development and community education to residents on the Eastern Shore. Services are provided on-site; off-site; school-based programs; and community based.



204 Cedar St, Ste 102  
Cambridge, MD 21613

Send cover letter and resumes attention:

Omeaka Jackson, LCPC  
Omeaka@harvestinghopeinc.org





## **COME JOIN OUR GROWING TEAM!**

*For All Seasons, Inc. currently has immediate openings for mental health clinical team members -  
- LCSW-C PREFERRED!*

*For All Seasons, Inc. is a private, non-profit human services agency offering outpatient mental health services, including psychiatry, for children, youth and adults, and crisis support for victims of rape, sexual assault and other traumas. We provide support and services to all individuals, groups, organizations and communities throughout the Mid-Shore to assist, maintain and enhance social functioning regardless of race, religion, income, sex or age.*

*For All Seasons, Inc. currently has immediate openings for mental health clinical team members.*

### **JOB RESPONSIBILITIES:**

- *Provide quality therapeutic care that is appropriate to the age, diagnoses, developmental state, and mental status of individuals, families, and groups as assigned to caseload.*
- *Assess client's strengths, needs, abilities and preferences; formulates a diagnostic impression based on current DSM criteria; and in conjunction with the client, develops an individualized person-centered treatment plan.*
- *Complete assessments, treatment plans, progress notes, discharge summaries, OMS authorizations, and other chart related documents and correspondence for assigned clients in a timely manner.*
- *Provide direct behavioral health services (i.e., psycho/social assessments, consultation, individual/group/ family therapy, professional in-service training and community education services, etc.)*
- *Make necessary referrals to community resources, complete and file paperwork associated with referral in chart.*
- *Participate in treatment team to promote collaboration in developing strategies and interventions that promote wellness outcomes for all agency clients.*
- *Attend regularly scheduled supervision and prepare with relevant case presentations, specific questions, ethical dilemmas, concerns, etc. to discuss with direct supervisor.*
- *Maintain appropriate state license/registration/certification, which includes prescribed continuing education requirements for professional licensing board.*
- *Follow all HIPAA compliance and confidentiality policies and procedures in all areas of work in accordance with FAS policies and applicable laws.*

### **QUALIFICATIONS:**

- *Minimum of Master's Level Education and appropriate licensure*
- *Ability and willingness to travel as assigned.*
- *Ability to manage self and maintain a calm environment in crises situations.*
- *Effective written and oral expression*
- *Cooperative, positive, and enthusiastic attitude toward fellow employees, clients and visitors.*
- *Prompt and on time for work, assignments and meetings.*
- *Complete assigned tasks in a timely manner with little supervision.*
- *Knowledgeable of Microsoft Office*
- *LCSW-Cs are preferred but LMSWs are encouraged to apply*



# Mental Health Association of the *Eastern Shore*

## Mental Health First Aid - Older Adults, May 7th, 2019

### When

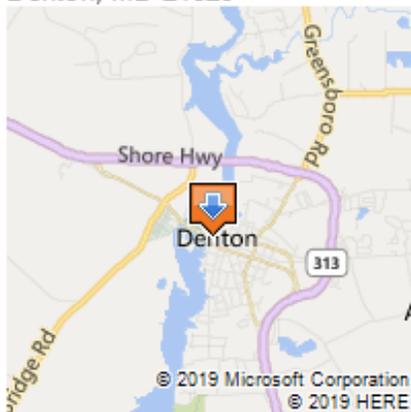
Tuesday, May 7, 2019 from 8:00 AM to 5:00 PM EDT  
[Add to Calendar](#)

### MENTAL HEALTH FIRST AID - OLDER ADULT TRAINING

May 7th, 2019- Caroline County Public Library  
100 Market Street, Denton MD 21629

### Where

Caroline County Pubic Library.  
Large Meeting Room  
100 Market Street  
Denton, MD 21629



[Driving Directions](#)

8:00am - 5:00pm

7:45am: Sign-in/ Coffee and Light Refreshments

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

\$25.00 Registration fee

**PLEASE PACK LUNCH**

### 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.

## Register Now!

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



UNIVERSITY of MARYLAND  
SHORE REGIONAL HEALTH

on Accreditation.



**May 9<sup>th</sup>, 2019**  
**Substance Abuse Provider Training**

Presented by  
Drug Enforcement Administration: Diversion Control Division  
BHA State Opioid Treatment Authority (SOTA)  
Office of Provider Engagement and CDS Regulation (formerly OCSA)

**Location**  
Sheraton Baltimore North Hotel  
903 Dulaney Valley Road  
Towson, Maryland 21204

In response to the provider communities interest in the topics of enforcement and compliance and the impact both have on quality of care, we are pleased to provide you with the opportunity to attend. The training will also be available via live streaming.

May 9, 2019

Time: 8:30 am-4:00 pm

**Audience:** Opioid Treatment Providers and Residential Treatment Providers

Topics covered will include:

- Transportation and Destruction of Medication
- Medication Storage
- Regulatory Requirements
- CDS Registration
- Treatment and Diversion
- Medications for Addiction Treatment

**Registration: Link will follow**

**Live Streaming access: Information to follow**



# Filling Your Anxiety Toolbox

**Hosted by the Mental Health Association of the Eastern Shore/Shore Training Collaborative in Partnership with For all Seasons, Inc.**

Funded in part by the Rural Maryland Council

**May 14, 2019**

Eastern Shore Hospital Center, English Hall

5262 Woods road, Cambridge MD, 21613

3 CEUs-Fee 40.00

9:00 AM- 12:15 PM

8:30am-9:00am → Sign-in with coffee and light refreshments

Presented By:

Christina Morris, LCSW-C

For All Seasons Inc.

## **Overview:**

Building Your Anxiety Toolbox is designed to increase skills to assist clients in effectively treating and coping with anxiety. Through this training clinicians will be able to recognize symptoms of anxiety, appropriately assess anxiety in clinical settings, learn effective interventions, and ways to integrate interventions and self-care.

## **Learning Objectives:**

- Understanding Anxiety Disorders
- Assessment of Anxiety Disorders
- Increasing awareness of signs and symptoms of anxiety
- Understanding the brain's role in anxiety disorders
- Helping client create healthy self-care routines
- Increasing effective interventions to address anxiety

# Cultural Humility and Structural Competence to Address Systemic Racism



*Maria Mercedes Avila, PhD, MSW is Associate Professor of Pediatrics and the Leadership Education in Neurodevelopmental Disabilities (LEND) Program Director at the University of Vermont Larner College of Medicine. Dr. Avila provides consultation on Cultural and Linguistic*

*Competency and has trained more than 7500 providers across 22 states and 72 organizations. Since 2011, Dr. Avila has been invited to lead more than 30 national presentations and more than 100 regional sessions on topics related to health disparities, social justice in health, undoing racism, culturally responsive care and practice, cultural competence in advocacy and leadership, eliminating systems of oppression, and federal mandates.*

## Training Objectives and Content

At the conclusion of this training, participants will be able to:

1. Demonstrate increased self-awareness of racial, ethnic and class biases.
2. Define cultural and linguistic competency and indicate familiarity with the stages of cultural competency (or continuum).
3. Describe the implications of demographic trends for educational, social and health disparities.
4. Identify links between racial and health inequities and disparities.
5. Integrate National CLAS Standards into practice and service providing.
6. Describe how cultural beliefs shape encounters and educational and health outcomes.
7. Incorporate cultural and linguistic competence into service providing.

## English Hall

Eastern Shore Hospital Center

May 15<sup>th</sup> & 16<sup>th</sup>

8:30 – 4:30

To Register Go To:

<https://www.eventbrite.com/e/cultural-humility-and-structural-competence-training-tickets-58601672179>

Sponsored by Dorchester Community Partnership for Children & Families  
410-228-0281 Ext. 1104



**MARYLAND**  
Department of Health  
Maryland's Commitment  
to Veterans

# **SAVE THE DATE**

## **Maryland's Commitment to Veterans Southern Region Conference 2019**

**DATE:** May 15, 2019  
**TIME:** 8:00 – 4:05  
**LOCATION:** Melwood  
Operation TOHIDU  
9035 Ironsides Rd,  
Nanjemoy, MD 20662

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

**This year's Southern Regional Conference will cover several topics concerning veteran behavioral health from various perspectives. Lunch will be provided, and an additional 5.75 Continuing Education Units will be available to all attendees who indicate this on the eventbrite registration.**

**Please register at the link below:**

**<https://www.eventbrite.com/o/marylands-commitment-to-veterans-15563894935>**

Sponsored by the Maryland Behavioral Health Administration's Office of Workforce Development and Technology Transfer

The Office of Workforce Development and Technology Transfer is authorized by the Maryland Board of Professional Counselors and Therapists to sponsor continuing education programs for (fill in 5.75 of CEU here each program) Category A CEU, the Maryland Board of Social Work Examiners to sponsor social work continuing education programs for (5.75 of CEU here for each program) Category I CEU, the State Board of Examiners of Psychologists and the Maryland Association of Prevention Professionals & Advocates to sponsor continuing education programs for (5.75 of CEU here for each program) CEU. Participants must attend all hours of the training and submit an evaluation to receive a certificate. The Office of Workforce Development and Technology Transfer maintains full responsibility for this program

## **Family Engagement in the Treatment World**

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

Funded in part by the Rural Maryland Council

**May 22, 2019**

Lower Shore American Job Center (Room #25)  
31901 Tri-County Way, Salisbury, MD 21804

**3 CEUs- \$40.00 Fee**

**9:00 AM- 12:15 PM**

*8:30am-9:00am - Sign-in with coffee and light refreshments*

Presented By:

**Audra Cherbonnier, LMSW, CPSP - Maryland Coalition of Families**

**Mike Trader, LCSW-C - Worcester County Health Department**

### **Course Description:**

The presenters will attempt to demystify family work and help participants to increase comfort level in regard to engagement of client families. Participants will be involved in a participatory conversation regarding collaboration between families and professionals in the treatment world. We will review dynamics of family roles, behaviors, and values, and consider how they apply to an individual's treatment. In this training, we will examine the benefits of family engagement and involvement in the change process, and consider ways of addressing barriers to such collaboration.

### **Learning Objectives:**

- 1) Identify the benefits of family involvement in treatment, and ways that family engagement can improve efficacy.
- 2) Identify barriers to family engagement, and strategies to work through those barriers, in order to benefit clients and families.
- 3) Increase knowledge base with regard to transgenerational dynamics (including trauma, substance use, and family system roles), and gain a heightened awareness of how to work through these factors.

**[Register Now!](#)**

The Maryland Chapter of the American Foundation for Suicide Prevention (AFSP) has several exciting trainings and events coming up. See below:

**TRAININGS:**

**May 6, Talk Saves Lives in Chester**

- Registration Website: <https://afsp.org/event/talk-saves-lives-chester/>
- Facebook Event: <https://www.facebook.com/events/255214148752125/>

**May 4, Mental Health First Aid (Adult) at Anne Arundel Community College**

- Registration Website: <https://afsp.org/event/mental-health-first-aid-5/>
- Facebook Event: <https://www.facebook.com/events/307903496542955/>

**May 15, Talk Saves Lives at Winfield Community Fire Department in Sykesville**

- Facebook Event: <https://www.facebook.com/events/380656182715785/>

**May 18, Mental Health First Aid (Older Adults) in Catonsville**

- Registration Website: <https://afsp.org/event/mental-health-first-aid-for-older-adults/>
- Facebook Event: <https://www.facebook.com/events/940601909663704/>

From September 7 to November 2, 2019 the AFSP Maryland Chapter will host **11 Out of the Darkness Community Walks**. Please consider walking with us to raise awareness for suicide prevention and mental health. We encourage you to form a team representing your organization. Registration takes two minutes by clicking on any of the walk links below and is free. If your organizations would like to table and provide resources at any of the walks, please email me at [kolbrich@afsp.org](mailto:kolbrich@afsp.org) or call at 202-770-8973. Non-profits table for free. Each walk also offers sponsorship levels starting at \$250 and we have Facebook events on our Chapter Page @afspmaryland that we ask you to share with your followers. Please consider helping us promote the walks. If you would like to have flyers to display at your organization or events, please contact me and we will mail them to you. Thank you for your support!

- September 21, Annapolis – [www.afsp.org/annapolis](http://www.afsp.org/annapolis)
- September 21, Ocean City – [www.afsp.org/oceancity](http://www.afsp.org/oceancity)
- September 28, Mid-Shore – [www.afsp.org/midshoreMD](http://www.afsp.org/midshoreMD)

# 2019 ADVOCACY & LEADERSHIP TRAINING PROGRAM



20 YEARS

Join us!

## UPCOMING TRAININGS:

Hagerstown  
May 17-18

Salisbury  
June 7-8

Elkton  
Dates TBD

Each training will take place 6-9pm on Friday and 8am-4:30pm on Saturday

## What is it?

With overdose deaths in Maryland skyrocketing, there is a need for organized community advocates with lived experience that understand drug use and addiction. A strong advocacy community is necessary for policymakers to best use public investments to save lives, increase access to care, and reduce the harms associated with drug use.

## Register Now

To address this need, the Advocacy and Leadership Training Program is seeking individuals with lived experience of drug use and addiction, including active users, in treatment or recovery, and family members impacted by addiction. The program will include training on:

- ◆ understanding treatment and harm reduction
- ◆ the science of addiction and current developments in the field
- ◆ how to identify and prioritize advocacy issues to achieve policy wins

The program will discuss Maryland's health care and addiction treatment systems to identify gaps in the system of care and advocate for better treatment and service options in our communities.

Trainings will take place in cohorts of up to 25 individuals in regions across the state. Each cohort will receive an initial day-and-a-half intensive training followed by additional training and organizing opportunities afterward to develop self-identified advocacy goals. **The training program is FREE** and participants will receive stipends of \$150 for their time.

### About Us

[Open Society Institute-Baltimore](#) focuses on the root causes of three intertwined problems in our city and state: drug addiction, an over-reliance on incarceration, and obstacles that impede youth in succeeding inside and out of the classroom. We also support a growing corps of social entrepreneurs committed to underserved populations in Baltimore.



Carin Miller,  
Frederick training participant

*"My experience was amazing. The content of the training was very informative and sharpened my knowledge of my advocacy skills and how I could better my work. This was a grand opportunity, and is highly recommended.*

- Carin Miller

Register for a training: <https://www.surveymonkey.com/r/PQVHDVP>

For questions, please contact [alt@opensocietyfoundations.org](mailto:alt@opensocietyfoundations.org) or 443-909-7385.



## Hurt People, Hurt People: The Effects of Trauma on Young People & Those Who Care for Them.

**Presenter:** Dr. LaMarr Darnell Shields

**When:** Wednesday June 12, 2019  
8:30 a.m. – 4:00 p.m.

**Where:** Wicomico Youth & Civic Center  
DaNang Room  
500 Glen Avenue  
Salisbury, MD 21804



Register at <https://goo.gl/forms/IYagrQl2axrgxbUB2>  
or email [christine.elsey@maryland.gov](mailto:christine.elsey@maryland.gov)  
Deadline to register is May 31, 2019

### Questions? Call 410-334-3497

Sponsored by the Minority Youth Outreach Project, the Somerset County Core Service Agency,  
& the Wicomico Behavioral Health Authority.  
Published: March 2019



**Public Health**  
Prevent. Promote. Protect.  
Wicomico County  
Health Department

# You're Invited!



## Cultural Competence & Diversity Workshop

The Wharves at Choptank  
Visitors' Center, Denton, MD

3 Crouse Lane, Denton, MD 21629  
Friday, May 3, 2019  
2 - 4 pm  
For more information  
call 410-200-8651

Community citizens along with the Caroline County Public Schools' Equity Committee will host a presentation by Matthew Peters, Executive Director of Chesapeake Multicultural Resource Center, about cultural diversity, cultural competence, self-awareness, cross cultural dynamics, and strategies for community integration. The presentation features a Central American community as an empirical example to integrate the various concepts discussed. Mr. Peters' extensive experience in cultural competence is a result of living for more than a decade in rural Guatemala, and working with immigrant communities on Eastern Shore since 2012.



CHESAPEAKE  
MULTICULTURAL  
RESOURCE CENTER

*Empowering People from Different Cultures to Become  
Successful and Equipped Members of Our Community*

<https://www.eventbrite.com/e/cultural-competence-diversity-workshop-tickets-60821272062>

or email: [carolineunited1@gmail.com](mailto:carolineunited1@gmail.com)



# 3<sup>rd</sup> Annual Maryland CIT Conference

The state CIT Coordinators in collaboration with the Maryland Department of Disabilities and NAMI present the 3<sup>rd</sup> 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](mailto: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.



## A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.

### Date

May 6th, 2019

### Time

6:00 PM

### Location

Kent Island United Methodist Church  
2739 Cox Neck Road  
Chester, MD 21619

### RSVP

Shelby Clark  
SClark@qac.org  
410-758-0848 X2702

Brought to you by funds raised by  
2018 Mid Shore Out Of The Darkness  
Walk - AFSP



American  
Foundation  
for Suicide  
Prevention

An **IndieFlix** ORIGINAL documentary

# Angst

ANXIETY DISORDERS *are REAL, COMMON and TREATABLE*  
*....let's talk about it!*

**Thursday, May 9<sup>th</sup>, 2019**

FREE

Showings at  
2p.m.-4p.m.  
&  
6p.m.-8p.m.

Click on show  
time to register!

Screening followed by a community discussion.

WEAR **GREEN** IN SUPPORT OF CHILDREN'S MENTAL HEALTH AWARENESS!

**Avalon Theatre**  
**40 East Dover Street**  
**Easton, MD 21601**

Please contact Megan Pinder at [mpinder@midshorebehavioralhealth.org](mailto:mpinder@midshorebehavioralhealth.org) or 410.770.48021  
with any questions.



HealthyTalbot.org

Hosted by:



**MID SHORE**  
**BEHAVIORAL HEALTH**  
RESOURCES, GUIDANCE, WAIVER, & HOPE

# Children's Mental Health Fair

Children's  
Mental  
Health  
Matters.org  
A MARYLAND PUBLIC  
AWARENESS CAMPAIGN

2019 COMMUNITY  
CHAMPION  
WWW.CHILDRENSMENTALHEALTHMATTERS.ORG

Free Resources!  
Lunch Provided



Thursday, May 9, 2019  
8a-12p  
Judy Center  
1405 Glasgow St  
Cambridge, MD 21613  
RSVP by Friday April 26, 2019  
By calling the Judy Center @ 410-221-5268

Sponsors



Dorchester County Judy Center  
"It All BEEgins Here"

# CBH

Annual Conference

May 16, 2019

Community Behavioral Health Association of Maryland

**COMMUNITY BEHAVIORAL HEALTH ASSOCIATION OF MARYLAND**

**MAY 16, 2019 - MOUNT WASHINGTON CONFERENCE CENTER, 5801 SMITH AVENUE BALTIMORE MD 21209**

***LEVERAGING POLICY & PRACTICE TO IMPROVE QUALITY OF CARE***

[Click here](#) for agenda. Registration begins at 8 am with continental breakfast.

**The conference offers two types of continuing education credits:**

- 1) Regular Social Work continuing education credits
- 2) Social Work ETHICS continuing education credits for those attendees who complete the Vicarious Trauma and Self Care break-out sessions. The ethics break-out session is limited to the first 50 people who register for this session. Click the Ethics Registration button below.

[Click here](#) to register

## Conference Sponsors

Platinum Sponsor



Sheppard Pratt  
HEALTH SYSTEM

Gold Sponsors



Neurocrine  
BIOSCIENCES



Silver Sponsors



OPTUM<sup>®</sup>



Streamline  
Healthcare Solutions



beacon  
health options

RELIAS



# BEHAVIORAL HEALTH

## TOWN MEETING AND RESOURCE FAIR

- Learn about the resources available in your community
- Get your questions answered by a local panel of experts
- Keynote speaker: **Janel Cubbage, Director of Suicide Prevention for the State of Maryland**

Saturday, May 11th, 2019

9:00 am - 12:00 pm

Centreville United Methodist Church  
608 Church Hill Road

**Information & Register:**

**| 410-884-8691 | <https://goo.gl/z1bL45> |**

17th  
Annual

# Senior Summit



## Gold Sponsors:

Anne Arundel Medical Center  
APG Media Chesapeake/Star Democrat  
The Shore Update  
University of Maryland Shore Regional Health

## Silver Sponsors:

Annapolitan Assisted Living  
Bayleigh Chase  
BrightStar Care  
QAC 4-H Park Association, Inc.  
Queenstown Bank



## Bronze Sponsors:

Anne Arundel Gastroenterology Associates, P.A.  
Autumn Lake Healthcare  
Avery Hall Insurance Group  
The Avon-Dixon Insurance Agency  
Bay State Insurance Agency, LTD.  
Candle Light Cove Assisted Living & Memory Care  
CareFirst MedPlus  
Caroline Nursing & Rehabilitation Center  
Charlotte Hall Veterans Home  
Chesapeake Caregivers, Inc.  
Chesapeake Hearing Centers, Inc.  
Compass Hospice  
Eastern Shore Dental Care  
Epilepsy Foundation of Maryland  
Heartfields at Easton  
LeafFilter North of Maryland, LLC.  
Maryland Primary Care Physicians  
Queen Anne's At Home  
Queen Anne's County Department of Social Services  
Rosendale Realty Senior Relocation Group  
Tidewater Physical Therapy and  
Rehabilitation Associates, PA  
VNA of Maryland

# May 17, 2019

9:00 a.m. – 2:00 p.m.

Queen Anne's County 4-H Park, Centreville  
featuring award winning Elvis tribute artist  
Bob Loughheed

Lunch Catered by Paul Gunther

Choice of hamburger or hot dog,  
with fries and coleslaw.



## Senior Summit Highlights

Aerobics Demo  
Ballroom Dance Demo  
Blood Pressure Check  
Classic Cars  
Free Admission & Free Parking  
Giveaways  
Hearing Screenings  
Line Dance Demo  
QAC Sheriff's Office Prescription Round-Up  
Raffle Prizes  
Scales & Tales Exhibit  
Senior Center Booths  
Vendor Information & Resources  
WCEI Live Radio Broadcast

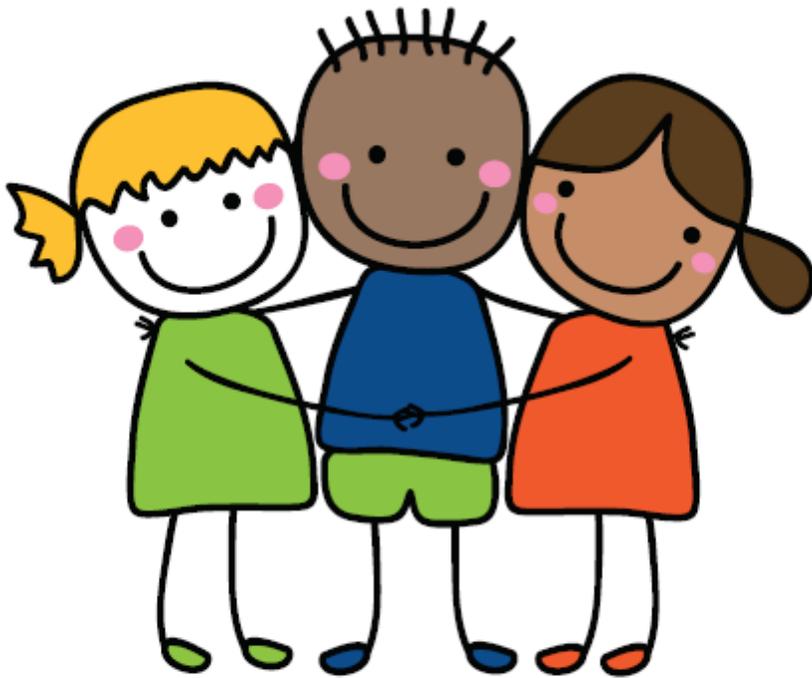
## Limited Transportation Available \$3

Grasonville Senior Center 410-827-6010  
Kent Island Senior Center 410-604-3801  
Sudlersville Senior Center 410-438-3159



Queen Anne's County Department of  
Community Services / Area Agency on Aging

# Talbot Kids GRIEF CAMP



An opportunity to grieve  
and heal for children  
ages 6–12 on the Mid-Shore

## WHY:

Children need an outlet for their grief, just as adults do. Children express themselves through play and peer support, so camp is the perfect mix of work and fun!

## WHEN:

Saturday & Sunday,  
May 18–19, 2019  
8:30 am–5 pm

## WHERE:

Talbot Agriculture  
Center  
10659 Hiners Lane  
Easton, MD 21601

## FOR MORE INFORMATION CONTACT

Becky DeMattia, Bereavement Coordinator

410-822-6681 ext. 16

[bdemattia@talbothospice.org](mailto:bdemattia@talbothospice.org)

[talbothospice.org](http://talbothospice.org)

CAROLINE COUNTY PUBLIC LIBRARY

MID-SHORE  
BEHAVIORAL & HEALTH  
THE  
FAMILY  
TREE

PRESENT

a  
film  
screening  
and discussion

# Resilience:

The biology of stress  
and the science of hope

Researchers have discovered that childhood abuse and neglect or Adverse Childhood Experiences (ACEs) are common precursors to adult health problems. You are invited to watch this documentary on effective ways to address ACEs.

Join us for a film discussion facilitated by trauma experts Jonathan G. Williams and Alisha Saulsbury.

Resources will be available and dinner will be served. Register online at [carolib.libcal.com](http://carolib.libcal.com).



THURSDAY  
MAY 23, 6PM  
DENTON LIBRARY  
SECOND FLOOR



# PLEASE JOIN US FOR A WARM HAND-OFF LEARNING SESSION



MID SHORE  
BEHAVIORAL HEALTH

*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 Hand-off Process and create a plan of action for fostering the partnership between medical providers and behavioral health providers.*

**Join us for our second Learning Session on  
May 29, 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.**

**CHOPTANK**  
community health  
*see how healthy you can be!*

**Please RSVP with Johanna Norris at  
[jnorris@midshorebehavioralhealth.org](mailto:jnorris@midshorebehavioralhealth.org) by  
May 17, 2019.**

# ELEMENTARY SOCIAL SKILLS GROUPS

## WHAT:

Social Skills Group  
for Elementary aged  
students

## WHO:

Elementary School  
Students

## WHEN:

Wednesdays 5:30

Dates:

6/19/19, 6/26/19, 7/3

7/10, 7/17, 7/24

7/31, 8/7, 8/14

## WHERE:

Peace of Mind, LLC  
P (410) 690-8181  
F (410) 690-8185



## PEACE OF MIND MENTAL HEALTH, LLC

Join us for our social skills group for elementary students which begins on 6/19/19 at 5:30pm. The group will run weekly and 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.

# SAVE *the* DATE

Wednesday, June 19, 2019

NOT ALL WOUNDS  
ARE VISIBLE

A Community Conversation  
Let's Talk About How Adverse Childhood  
Experiences (ACEs) Impact Who We Are



Presented by  
University of Maryland  
Medical System and  
University of Maryland,  
Baltimore

Wednesday, June 19, 2019 | 9 am-4 pm  
UMB Campus Center  
621 West Lombard Street, Baltimore, MD 21201

Adverse childhood experiences (ACEs) are stressful or traumatic events that strongly impact health outcomes throughout a person's life. Join us for an important discussion with trauma survivor and internationally recognized trauma informed care expert, **Tonier Cain-Muldrow**, and afternoon breakout sessions for families, clinicians and providers, law enforcement, educators, faith leaders and human resource specialists.



Tonier Cain-Muldrow

This event is free and open to the public and provides an opportunity to hear from and talk to health care professionals and community leaders about adverse childhood experiences (ACEs), resilience and the road to recovery.

More information coming soon at [umms.org/community/conversations](https://umms.org/community/conversations)

Recovery In  
Motion  
6th Annual  
Backyard Bash



JUNE 22ND

Backyard Bash

LUAAU

12-4pm



Fun & Entertainment  
(410) 778-5894  
Free & Kid Friendly

PosterMyWall.com  
Stock Graphic



## PROVIDER ALERT

### OMHC AND RENDERING PROVIDER NPI REVISED EFFECTIVE DATE - 06-01-19

APRIL 30, 2019

Maryland Medicaid is extending a onetime 30 day grace period from the May 1, 2019 deadline for Outpatient Mental Health Clinics (OMHCs) to begin submitting rendering provider information on all claims. During this time, Beacon will perform direct outreach to OMHCs who are not in compliance with the requirement to include rendering provider NPI numbers in all claims. OMHCs that have already enrolled and affiliated rendering providers should start including rendering providers on their claims effective May 1, 2019. Denial of payments will be delayed for 30 days. **All claims** submitted for dates of service after June 1, 2019 without the rendering provider NPI numbers will be denied. For more information on how to submit claims with rendering providers, please see the April 26<sup>th</sup>, 2019 provider alert "OMHC and Rendering Provider Billing".

If your rendering providers are not already enrolled independently with Medicaid, please begin enrolling them now by following the steps below:

1. Obtain an individual NPI number at <https://nppes.cms.hhs.gov/#/>
2. Log into the ePREP portal: <https://eprep.health.maryland.gov/sso/login.do>
3. Select the Application Tab at the top left of the screen
4. Select the "New Application" button
5. Select "I'm new to Maryland Medicaid, I want to create a new application"
6. Select "I'm an individual health care practitioner"
7. Follow the prompts

If your rendering providers are already independently enrolled at Medicaid and not affiliated with your OMHC, please follow the steps below:

1. Log into the ePREP portal: <https://eprep.health.maryland.gov/sso/login.do>
2. Select the Application Tab at the top left of the screen
3. Select the "New Application" button
4. Select "I would like to affiliate with another provider"
5. Follow the prompts

#### OMHCs employing LG/LM practitioners:

OMHCs may continue to be reimbursed for services delivered by licensed graduate (LG) and Licensed Masters (LM) professionals, however LGs and LMs cannot enroll in Medicaid to practice independently (or under a group practice). Therefore, under an OMHC, services rendered by an LG or LM must be billed under their OMHC clinical supervisor's NPI number.

OMHCs will be responsible for ensuring that the supervisor is enrolled in ePREP as a rendering provider and that supervision of the graduates' caseloads are documented in the OMHC's internal files.

OMHCs should ensure that all accepted licensed providers (COMAR 10.09.59) are enrolled in ePREP *well before June 1, 2019* to avoid gaps in coverage.

Please email [mdh.bhenrollment@maryland.gov](mailto:mdh.bhenrollment@maryland.gov) if you have any questions.

## SYSTEMS AVAILABILITY – 05/04/2019

APRIL 30, 2019

Beacon Health Options ProviderConnect System will be unavailable on:

Saturday, May 04, 2019 from 11:00 PM (ET) until

Sunday, May 05, 2019 at 08:00 AM (ET) for scheduled monthly backups.

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



## PROVIDER ALERT

### OMHC AND RENDERING PROVIDER BILLING

APRIL 26, 2019

**Update to previous alert:** As of June 1, 2019, OMHC providers must report the rendering provider on their billing. The Department has received a number of inquiries as to how this should be noted in the electronic claim. Per Beacon's EDI Department:

For a Professional claim (HCFA 1500) providers need to submit the rendering provider name and NPI in the 2310B loop in the NM1\*82 segment. For an Institutional Claim (UB) they would submit it in the 2310D loop in the NM1\*82 segment.

Please also note that at the present time a rendering provider cannot be entered via the Direct Claim Entry Portal on ProviderConnect. We are working to update that. Providers will need to submit a batch claim, a paper claim, or work with a clearinghouse to send in an electronic claim.

Paper claims should be sent to:

Beacon Health Options  
Claims Department  
P.O. Box 1850  
Hicksville, N.Y. 11802-1850

### PROVIDER COUNCIL MEETING - MAY 2019

APRIL 30, 2019

Just a friendly reminder that the next Provider Council Meeting is scheduled for **Friday, May 10, 2019 at 10am**. This meeting will be held at our Beacon Health Options office located at 1099 Winterson Road, Suite 200, Linthicum, MD 21090. Questions or concerns should be sent IN ADVANCE of the meeting and sent via email to: [marylandproviderrelations@beaconhealthoptions.com](mailto:marylandproviderrelations@beaconhealthoptions.com) by Monday, May 6, 2019. **Questions not sent by May 6th cannot be guaranteed an answer at Provider Council.**

We will be using the webinar format. For telephonic participation during the meeting you will need to log into a webinar link. Through the webinar link you will be in a "listen only" format; you will not be able to freely ask questions. This improved format will minimize background noise so that all participants will have an equal opportunity to hear. All questions will be typed into the question and answer pane that is part of the webinar format for review and discussion. We encourage participation through this format for questions or discussions on items that are brought up from the agenda. These meetings are an opportunity to receive Department and Beacon updates and to share in the discussion of agenda items.

Program specific issues cannot be addressed in the meeting so providers are reminded to send claims questions with examples to: [marylandproviderrelations@beaconhealthoptions.com](mailto:marylandproviderrelations@beaconhealthoptions.com)

Please use the attached link to register:

<https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t3b5d523cf7eac7fea3344e06c4c55283>

You will dial into the audio portion using the call-in number and then you must join the webinar using the link provided. After registering, you will receive a confirmation email containing information about joining the webinar.

You may also attend telephonically, but you will not be able to ask questions unless you join the webinar.

Also, please RSVP via email to [marylandproviderrelations@beaconhealthoptions.com](mailto:marylandproviderrelations@beaconhealthoptions.com) by Wednesday, 8, 2019 if you plan to attend in person, so we can make sure to be able to accommodate you.

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.”

