



# The Steering Wheel

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

February 2018

Volume 7, Issue 8

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Mid Shore  
Behavioral Health,  
Inc.  
28578 Mary's  
Court, Suite 1  
Easton, MD 21601  
(p) 410.770.4801  
(f) 410.770.4809  
[www.midshorebehavioralhealth.org](http://www.midshorebehavioralhealth.org)

Contact Us:  
Laura Pollard  
[lpollard@midshorebehavioralhealth.org](mailto:lpollard@midshorebehavioralhealth.org)  
410.770.4801

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## How people cope with difficult life events fuels development of wisdom, study finds

Science Daily  
February 20, 2018



*How a person responds to a difficult life event such as a death or divorce helps shape the development of their wisdom over time, a new study from Oregon State University suggests.*

For many, the difficult life event also served to disrupt their sense of personal meaning, raising questions about their understanding of their world. These disruptions ultimately lead to the development of new wisdom, said Carolyn Aldwin, director of the Center for Healthy Aging Research in the College of Public Health and Human Sciences at OSU. "The adage used to be 'with age comes wisdom,' but that's not really true," said Aldwin, an expert on psychosocial factors that influence aging. "Generally, the people who had to work to sort things out after a difficult life event are the ones who arrived at new meaning."

The findings were just published in the *Journals of Gerontology: Series B*. The paper's lead author is Heidi Igarashi, who worked on the research as part of the dissertation for her doctorate at OSU; co-author is Michael R. Levenson of OSU.

The goal of the study was to better understand how wisdom develops in the context of adversity such as death of a loved one, divorce, health crisis, or loss of job. Understanding how people cope with adversity and develop wisdom provides insight into healthy aging, Aldwin said. "What we're really looking at is 'when bad things happen, what happens?'" Aldwin said. "The event can become a catalyst for changes that come afterward."

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.

Igarashi reviewed interviews with 50 adults ages 56 to 91 who had experienced one or more significant difficult life events. The participants were asked to identify a specific difficult or challenging life event, describe how they coped, and describe whether the experience changed their outlook or actions in life.

"One thing that stood out right away is that, when asked to think about a difficult life event or challenge, people had an answer right away," Aldwin said. "Difficult times are a way people define themselves." The researchers found that people responded to the difficult life situations in three ways. For one group of respondents, 13 in all, the difficult life event led to little or no questioning of meaning in their life. Part of the people in this group simply accepted the event as something that could not be changed, while the remainder described using their intelligence, self-control and planning to solve problems related to the event.

The smallest group, five participants, indicated that the difficult life event helped them clarify a specific value or belief that had not previously been articulated. The majority of the participants -- 32 -- indicated that the difficult life event disrupted their personal meaning and prompted the person to reflect on themselves, their fundamental beliefs and their understanding of the world. "For these folks, the event really rocked their boat and challenged how they saw life and themselves," Aldwin said.

Further analysis showed that a person's social environment helped to shape their responses to the difficult life event. These social interactions included: enlisting help from others during the difficult time; unsolicited emotional support from family, friends or strangers; being held or holding, particularly among people sharing a difficult life event such as a loss; receiving unwanted support; comparing one's reaction to the event with the reactions of others; seeking expert advice; seeking out others with similar experiences; making new connections; and learning from society at large.

The researchers found that some of these social supports and interactions influenced a person's development of wisdom. Those who received unsolicited emotional support, for example, developed wisdom around compassion and humility. Seeking others with similar experiences exposed some participants to new ideas and interactions, supporting deeper exploration of their new sense of self.

"It mattered whether a participant was expected to adjust to the event quickly and 'get back to life,' or whether they were encouraged to grow and change as a result of the event," Igarashi said. "The quality of the social interactions really make a difference."

The findings provide new insight into the role of social support and interaction in developing wisdom, she said. The challenge for now is to determine how best to ensure that people are accessing the social supports they need to cope and grow from significant life challenges.

"Typically, the type of social support you get is the kind you ask for and allow, and there is no 'one size fits all' approach," Igarashi said. "But being open to the resources in your social network, or seeking out things like grief support groups may be worth exploring."

Article: <https://www.sciencedaily.com/releases/2018/02/180220170348.htm>



Mid Shore Behavioral Health, Rockford Center, and  
Dover Behavioral Health Systems announce the

## **7<sup>th</sup> Annual Across the Lifespan Conference**

Thursday April 26<sup>th</sup>, 2018 from 8:30am-3:30pm.  
This conference will be held at Chesapeake College  
Higher Education Center.

If your agency is interested in setting up a  
resource table, contact Laura Pollard at  
[lpollard@midshorebehavioralhealth.org](mailto:lpollard@midshorebehavioralhealth.org).

Registration will begin on March 15<sup>th</sup>. Information  
will be available in *Issue 7.12* of the newsletter.

Caliber Awards are just around the corner. To view  
nomination categories or to submit a nomination  
please go to:

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

**Maryland Department of Housing and Community Development (DHCD)**  
**Federal FY17 and State FY18 Emergency Solutions Grant Program**  
**Targeted Outreach Application**

The Maryland Department of Housing and Community Development, Division of Neighborhood Revitalization, administers the Emergency Solutions Grant (ESG) program.

Emergency Solutions Grant program funds are made available in order to assist households experiencing homelessness to quickly regain stability in permanent housing and to prevent households from becoming homeless. This funding supports coordinated community-based activities that are designed to reduce the overall length of homelessness in the community, the number of households that become homeless, and the overall rate of formerly homeless households returning to homelessness. This funding supports shelter, re-housing and prevention activities that are targeted and coordinated with other homeless services providers and homeless prevention providers. The goals of the ESG program include efforts to:

- Reduce the number of individuals/households who become homeless;
- Shorten the length of time an individual or household is homeless;
- Reduce the number of individuals/households that return to homelessness; and
- Provide fixed or short-term rental assistance payments to people at risk of being homeless.

In addition to Federal funding and State funding match, the Department has additional State ESG funds provided for the purpose of meeting these goals. From this funding, the Department is making approximately \$85,000 available for the purpose of providing outreach services to homeless populations located at the Baltimore-Washington International (BWI) Airport. Currently, a number of people are utilizing the airport as overnight shelter, posing unique challenges in engaging them and connecting them with needed services.

The Department anticipates making one (1) award for a provider to perform outreach for this population. Applications will be reviewed and scored on the basis of: completeness and organization of the grant application; past performance in street outreach programs; strength of program design and implementation strategy; and current professional capacity for meeting the goals of the program to engage, assess total numbers and needs of those staying at BWI Airport overnight.

**Eligible Applicants**

Applicants must be either a unit of local government or a nonprofit entity.

**Application Deadline**

All applications must be submitted by Friday, March 2nd, at 3:00 PM.

To access full application click [here](#)

# RECOVERY FOR SHORE

## **Share Your Recovery Story**

***Recovery for Shore wants to spread the word: YES! Recovery Happens!  
Every recovery story is a story that offers hope and encouragement ...***

Do you have a story you can share to help others find their way out of the darkness of addiction and into the light of recovery? If so, Recovery for Shore wants to hear from you! Here is what we ask you to provide:

- Written (typed) testimony regarding your RECOVERY: How did it happen and what does it mean to you and your loved ones? (To avoid violating 12-step traditions, refer to AA and/or NA meetings as “support groups,” rather than by name.)
- Name and photo optional (you can submit with an alternate name of your choice if you wish to remain anonymous).

**Not a writer? Not to worry!**

Your testimony will be subject to editorial review and you will be given final approval prior to release to print and/or social media.

***HELP US BREAK THE STIGMA!***

**To share your story, email us at [recoveryforshore@gmail.com](mailto:recoveryforshore@gmail.com)**



# Sandstone Care is looking for candidates for two full-time positions available at our Men's Recovery Residence.

## House Manager (Men's Residence)

- \$35,000 - \$40,000 Salary
- Full Medical, Dental, Vision Benefits
- 401k Match Program
- Option to live RENT FREE in a beautiful 6 bedroom home
- Supportive and rapidly growing company to support your long term goals!

***The house is located in Rockville Maryland, but candidates from all areas will be considered due to the nature of the shifts. To apply please send Resume and Cover Letter to [Drew.Powers@SandstoneCare.com](mailto:Drew.Powers@SandstoneCare.com)***

***You can also view the full job description and apply directly online at the link below. Thank you. [https://www.sandstonecare.com/about/careers/info?gh\\_jid=932886](https://www.sandstonecare.com/about/careers/info?gh_jid=932886)***

*Sandstone care is an outpatient and extended care provider for adolescents and young adults (13-30yo) struggling with substance use disorders and co-occurring mental health conditions. Sandstone Care also offers structured recovery living in addition to our clinical outpatient programming for our adult clients (18-30yo). We are currently looking for a House Manager and an Assistant House Manager for our 12-bed men's residence, both are full-time positions. We are hoping to find a candidate that has 2+ years of continuous sobriety, a valid drivers license, and is excited about working in the substance use disorder treatment space.*

## Let's Take The Next Step Together

What it looks like to get started at Sandstone Care:

### Tell Us About Your Situation

When you call, an experienced admissions counselor will be able to answer any questions you have and help you take the next step.

### Verify Your Insurance

We will work with you to verify your insurance benefits prior to admission so you'll know exactly how much they'll cover--no surprises.

### Schedule an Assessment

An assessment is simply an in-person meeting with a licensed clinician who will ask questions about your substance use and mental health, and then, recommend the best treatment options for your unique situation.

## Schedule an Assessment Today

We'd love to meet you in person. During the assessment, you'll meet with one of our licensed clinicians and gain insight to the next best step for your situation.

Call (240) 800-1548

[sandstonecare.com/dc](http://sandstonecare.com/dc)

11820 Parklawn Drive, Ste. 403  
Rockville, MD 20852



SANDSTONE CARE

Adolescent and Young Adult Treatment Programs

**YOU'LL BE  
SEEN, HEARD,  
RESPECTED,  
& VALUED.**



# **Peer Support Addictions Specialist Community Outreach Worker**

Location: Annapolis, MD

**Nature of Work:** This is a part-time (32 hours and some help with health insurance costs), non-clinical, peer based support position that functions as part of a team in a Wellness and Recovery Center. Candidates must have a minimum of two (2) years of recovery from an addiction or co-occurring disorder. This position involves promoting consumer-directed recovery approaches that maximize self-determination and wellness. It also requires that the individual is willing and able to share his/her own recovery experience to assist others in their recovery journey. This job will include facilitating group activities, support group meetings and one-on-one peer support.

## **Minimum Qualifications:**

- Must provide personal statement describing what skills and abilities he/she has to offer.
- Must have a minimum of two years of recovery from an addiction or co-occurring disorder. (One year acceptable with a letter from a treatment professional who has personal knowledge of the individual.)
- Must complete Peer Support Specialist core training and other training as deemed necessary and appropriate within six months of entry into position.
  - Must complete Boundaries and Ethics training within the first month of the job.
  - Must develop and actively follow personal WRAP plan.
  - Provide at least two letters of recommendation.
- Ability to maintain effective peer recovery relationships with consumers and other staff members.
  - Must have basic computer skills to assist consumers and to file reports.
  - Must have strong communication skills.
- No current criminal justice system involvement. Considerations: Length of time since last conviction, type of crime.
  - Must have own vehicle for travel.
- Must have a current Maryland driver's license with a clear driving record.

**Education:** High School Diploma or equivalency (GED). Preference will be given to applicants with Associate of Arts degree from an accredited college or university, especially in a human services field.

Please send brief cover letter that includes your skills and abilities in the mental health/addictions field and resume by March 9, 2018 to:

Patrice O'Toole  
132 Holiday Court, Suite 210  
Annapolis, MD 21401



**Please join  
BrightStar Care<sup>®</sup> of Easton and Integrace Bayleigh Chase  
for a *FREE* Continuing Education Seminar**

**Tuesday, February 27, 2018**

8:30 a.m. Registration

9 a.m. – 12:15 p.m. Presentation

*Continental Breakfast and Lunch will be Provided*

**Auditorium at Integrace Bayleigh Chase  
501 Dutchman's Lane, Easton, MD 21601**

**Topics:**

**Family Dynamics in Social Work with Older Adults** (1.5 Category I CEUs)

Family can be a source of comfort, but also a source of conflict at any stage of life. We will address how family dynamics affect our older adult clients and identify interventions for working effectively with families.

**Caring for Clients with a New Diagnosis** (1.5 Category I CEUs)

A new medical diagnosis – no matter how serious – is life-changing. In this seminar, we will address the psychosocial aspect of illness including the reactions of clients and families, and the social worker's role in helping clients and families navigate through, and adapt to, a new diagnosis.

**About the Presenter:**

*Jessica Rowe ElderCare Consulting, LLC is authorized by the Board of Social Work Examiners of Maryland to sponsor social work continuing education programs and maintains full responsibility for this program. Each workshop qualifies for 1.5 (one and one half) Category I continuing education units.*

*Jessica Rowe, LCSW-C, is the owner of Jessica Rowe ElderCare Consulting, LLC, and has over 30 years of experience working with older adults and their families. Jessica is an instructor with the Johns Hopkins University Certificate of Aging program and provides professional workshops on a wide range of aging-related topics.*

***Pre-registration is requested by Friday, February 23. For additional information or to register, contact:***

***Christina Wingate-Spence, Regional Director of Marketing and Community Outreach***

***BrightStar Care<sup>®</sup> of Anne Arundel, Easton and Salisbury***

***410-820-4200 or christina.wingate-spence@brightstarcare.com***



## Webinar Wednesdays



### **Cultivating Change Talk, Part II, February 28, 2018 from 2:00 - 3:00 PM Eastern Time** **[REGISTER HERE](#)**

Whether in the context of a brief intervention or in an ongoing counseling relationship, when patients talk about their intrinsic motivation they're more likely to make that change. Motivational Interviewing encourages "change talk," language a client or patient uses that favors change. Recognizing, responding to, and eliciting change talk are three crucial skills practitioners must develop and apply to support clients or patients.

This webinar builds on the August 30, 2017 change talk webinar, but everybody is welcome to attend.

*Presenter:*

**Alex Waitt** is a member of the Motivational Interviewing Network of Trainers (MINT) and works regionally in Western Pennsylvania and nationally supporting organizations to integrate Motivational Interviewing into their work practices, both clinically and administratively. For more information please reach out to Alex at [alexwaitt@formativeoutcomes.com](mailto:alexwaitt@formativeoutcomes.com).

### **Hope and Help for Families Affected by Substance Use Disorders, March 28, 2018** **from 2:00 - 3:00 PM Eastern Time** **[REGISTER HERE](#)**

Substance misuse and substance use disorders often have an adverse impact on families and their individual members, including children. Yet little attention is paid to the impact of SUDs on the family perspective or on the particular needs inherent to the situation. This webinar covers facilitating treatment engagement, helping family members support a loved one's recovery, and connecting the family unit and individuals with help and support. Participants will gain increased awareness of how a family can function to improve the emotional health of its members.

*Presenter:*

**Dennis C. Daley, PhD**, is Senior Clinical Director of Substance Use Services at the UPMC Health Plan, and a Professor of Psychiatry at the University of Pittsburgh School of Medicine. He has an extensive background in clinical care, research, teaching, and disseminating information to providers, individuals in treatment or recovery, and families. For more information, visit [www.drdenniscdaley.com](http://www.drdenniscdaley.com)



Free

# Youth Expo

## 2018

Parent Sessions

Community  
Resources

Free Food!!

& MORE

ENTERTAINMENT

Saturday  
February 24, 2018  
9-3

Maces Lane Middle School  
1101 Mace's Lane  
Cambridge, MD 21613

VENDORS

College Information  
Careers  
Scholarships

Face Painting

 Giveaways!

### Sponsors



Kevin Beverly  
Philip Feldman  
Louis Flamer Jr.



Simmons Center  
Market



*Choices Pregnancy Center presents*

# Healthy Living Expo

February 24<sup>th</sup>, 2018 from 1-5 pm

@ Easton High School

723 Mecklenberg Ave, Easton MD

Propel yourself into a healthier lifestyle by participating in one FREE EDUCATIONAL CLASS per hour! Choose the classes that best fit your needs to promote a healthier YOU!

*FREE for the whole family!*



Take advantage of information, education and resources from the many community organizations who will be available to share their expertise.

Kids can enjoy FREE face painting, a coloring booth, and more!

## Class Offerings

1:00 – 2:00 pm	2:00 – 3:00 pm
<ul style="list-style-type: none"><li>➤ <b>THE MILLENIAL MIND: HOW ITS WIRED AND HOW TO CONNECT</b> by Choices Pregnancy Center</li><li>➤ <b>SELF DEFENSE FOR THE WHOLE FAMILY</b> by Courtney Grant</li><li>➤ <b>NUTRITION EDUCATION: EATING YOUR WAY TO A HEALTHIER YOU</b> by Mid-Shore WIC</li><li>➤ <b>RESTORATIVE CIRCLES/FAMILY LAW</b> by Mid-Shore Pro Bono</li></ul>	<ul style="list-style-type: none"><li>➤ <b>THE FATHER FACTOR: BEING AN ENGAGED DAD IN AN DISENGAGED WORLD</b> by The Joseph Project</li><li>➤ <b>WHAT IS DIABETES?</b> by Univ. of MD Center for Diabetes</li><li>➤ <b>BREASTFEEDING EDUCATION</b> by Mid-Shore WIC</li><li>➤ <b>ADOLESCENCE &amp; SUBSTANCE ABUSE: THE TIMES ARE A' CHANGING</b> by Talbot Partnership</li></ul>
3:00 – 4:00 pm	4:00 – 5:00 pm
<ul style="list-style-type: none"><li>➤ <b>TAKING CARE OF YOU:SELF CARE 101</b> by A Beautiful Mess</li><li>➤ <b>SEXUAL ABUSE &amp; SEX TRAFFICING AWARENESS</b> by For All Seasons</li><li>➤ <b>SMOKING CESSATION: DON'T WAIT TIL ITS TOO LATE</b> by Talbot Health Dept.</li><li>➤ <b>FINANCIAL PLANNING: FUNDAMENTALS OF MANAGING YOUR MONEY</b> by Shore United Bank</li></ul>	<ul style="list-style-type: none"><li>➤ <b>NARCAN CERTIFICATION/MEDICATION STORAGE &amp; DISPOSAL</b> by Talbot Health Dept.</li><li>➤ <b>FINANCIAL PLANNING: FUNDAMENTALS OF MANAGING YOUR MONEY</b> by Shore United Bank</li></ul>

No registration required. More info available at the door, or call 410.822.3311.





**Thursday March 1, 2018**

**8:00am-12:00pm  
McCreedy Hospital  
Community Room  
201 Hall Highway  
Crisfield, MD 21817**

# **SELF PROTECTION FOR HOME CARE PROVIDERS TRAINING**

**Self protection topics to be covered include:**

- **Situational awareness**
- **Threat assessment**
- **De-escalation tactics**
- **Managing your environment**
- **How to safely transport people**

*Lunch and training provided by  
Somerset County Core Service Agency  
(CSA)*

Pre-registration is required  
Contact Karen Waggoner at 443-523-1786  
Or e-mail [karen.waggoner@maryland.gov](mailto:karen.waggoner@maryland.gov)

# Hurricanes, Tornados, and Nuclear Power Plants, Oh MY!

**CERT** is a nationally recognized, **FREE** program designed to prepare residents for **disasters** in our **community**. Topics covered by CERT include:

- Disaster preparedness for man-made and natural disasters
- Hazardous materials
- Basic fire suppression
- Basic first aid
- CPR



All community members over the age of 15\* are welcome to attend this **FREE** training! To hold the class we must have at least 10 students registered!!

\* Young adults under the age of 18 are required to have parental approval to attend class.

When **disaster strikes** in Dorchester County, **be prepared** to help yourself, your family, and your neighbors by attending training for...



## Class Information

**START DATE:** March 10, 2018

The class will be held on three weekends (Saturday and Sunday see dates/time below.)

**WEEKENDS** - March 10, 8 AM - 5 PM; March 11, Noon - 5 PM; March 24, 8 AM - 5 PM; March 25, Noon - 5 PM; April 7, 8 AM - 5 PM; April 8, Noon - 3 PM

CLASS WILL BE HELD AT THE

Dorchester County Emergency Operations Center 829 Fieldcrest Rd Cambridge, MD

**Pre-registration is required.** To register call the Dorchester County Department of Emergency Services Emergency Management Office at 410-228- 1818 or email EM Planner Steve Garvin at [sgarvin@docogonet.com](mailto:sgarvin@docogonet.com)



# Talbot Hospice

presents the 3<sup>rd</sup> Annual Outreach



## SOUL INJURY: *Liberating Unmourned Loss*



Featuring **DEBORAH GRASSMAN**  
Expert on Veteran care at end of life  
and Author of *The Hero Within* and  
*Peace at Last*

**THURSDAY, MARCH 15, 2018, 6 p.m.**  
**EASTON HIGH SCHOOL**  
*Free of charge and open to the public*

Deborah Grassman is recognized as one of the nation's leading experts in caring for Veterans nearing the end of life. She is a mental health Nurse Practitioner whose career at the Department of Veterans Affairs spanned nearly 30 years. She was the Director of the Hospice program and personally took care of more than 10,000 dying veterans.

Grassman's presentation is suitable for Veterans, family members, agency professionals or anyone who has suffered soul injury due to trauma, abuse, self-neglect, or serious illness. Attendees will gain insight into how to process unmourned grief and

unforgiven guilt and to re-own and re-home scattered pieces of self.

Local Veteran organizations and support groups and agencies will be on hand prior to Grassman's presentation to offer their resources to Veterans and their families. On Friday, March 16, 8 a.m. Grassman will present the workshop *Wounded Warriors* at Talbot Hospice for agency professionals who work with Veterans.

For more information or to register visit [TalbotHospice.org/events](http://TalbotHospice.org/events) or contact Caron James, 410-822-6681 or [cjames@talbothospice.org](mailto:cjames@talbothospice.org).

Presenting Sponsors





# Free Workshop for Nurses

Alcohol and Drug Use Screening,  
Brief Intervention, and Referral  
to Treatment (SBIRT)

Primary Care Settings

March 21, 2018

8 a.m. - 4 p.m.

## Presenters:

Deborah Finnell, DNS, PMHNP-BC, CARN-AP, FAAN

Bryan R. Hansen, PhD, RN, APRN-CNS, ACNS-BC

Michael Sanchez, DNP, CRNP, FNP-BC, AAHIVS



*The Behavioral Health Administration*



- All nursing levels are invited to attend!
- Learn knowledge & skills for substance use screening, brief intervention and referral to treatment (SBIRT)
  - Motivational Interviewing skills
  - Promoting behavior change among patients
  - Gain confidence and skills in SBIRT delivery
  - Continuing education credits approval pending
- Registration available at  
<https://www.machc.com/civicrm/event/info?te set=1&id=126>

This Continuing Nursing Education Activity is pending Approved by the Maryland Nurses Association an Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation



### Register now for upcoming Mental Health First Aid® classes

Register early to save your seat in one of our upcoming 2018 classes. Mental Health First Aid® is an 8-hour national certification course that teaches the layperson the skills to recognize the signs of a mental health or substance use disorder crisis, identify community resources and link individuals in need of treatment and support to the proper resources.

#### Upcoming 8-Hour Courses

##### Youth 8-Hour Course

*Tuesday, March 13 & Wednesday, March 14, 2018*

**9:30 a.m. - 1:30 p.m.**

##### Core (Adult) 8-Hour Course

*Tuesday, February 20 & Wednesday, February 21, 2018*

*Thursday, April 5 & Friday, April 6, 2018*

**9:30 a.m. - 1:30 p.m.**

[Register for 8-Hour Courses](#)

The Mental Health First Aid 8-hr class is \$119 per attendee. Group discounts and scholarships are available.

#### Upcoming Instructor Courses

##### Upcoming 5-Day Instructor Training

**Hours: 9:30 a.m. - 5:00 p.m. each day (unless noted otherwise)**

##### Core (Adult) Instructor Courses

*February 26 through March 2, 2018*

*April 23 through April 27, 2018*

##### Youth Instructor Course

*July 9 through July 13, 2018*

##### MD-AWARE Youth Instructor Courses\*

*March 19 through March 23, 2018*

**Location: Courtyard Baltimore BWI Airport, Linthicum, MD**

*June 25 through June 29, 2018*

**Location: TBD**

[Register for Instructor Training](#)

\*Priority will be given to Project AWARE school districts for these trainings. Please note, persons trained under the Project AWARE grant cannot charge a fee to train youth-serving adults to be First Aiders.

# FREE LEGAL CLINICS

Mid-Shore Pro Bono offers FREE legal advice on a broad range of civil legal issues. The program's goal is to increase access to justice within the Mid-Shore community by providing **free** limited legal advice in a clinic setting.

Meet with a volunteer attorney to review your legal issues and receive FREE advice on how to proceed in order to resolve those issues. If you have questions about a specific matter, call us to schedule an appointment.

**To make an Appointment call 410-690-8128**

## GENERAL CIVIL CLINICS

MARCH 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> 1pm – 3pm Talbot County: District Court House

MARCH 15<sup>th</sup> 10am – 12pm MSPB Office, 108 Broadway, Centreville, MD

MARCH 16<sup>th</sup> 1pm – 3pm Kent County: Kent County Public Library, Chestertown

## ELDER LAW CLINICS

MARCH 14<sup>th</sup> 10am-12pm - Kent County Senior Center

MARCH 8<sup>th</sup> 10am-12pm - Caroline County Senior Center

MARCH 15<sup>th</sup> 10am-12pm - Queen Anne's County - MSPB Office 108 Broadway, Centreville

MARCH 21<sup>st</sup> 10am-1pm - Dorchester County – Pleasant Day Adult Day Care Center

MARCH 22<sup>nd</sup> 10am-1pm - Talbot County Senior Center

## BANKRUPTCY CLINICS :

MARCH 21<sup>st</sup> 10am - 3pm EASTON – MSPB Office, 8 S. West Street

MARCH 20<sup>th</sup> 10am - 3pm CENTREVILLE – MSPB Office, 108 Broadway





# Senior Supply Drive

Please donate incontinence supplies\* to benefit Talbot County seniors in need.

Items will be distributed to Talbot County residents through Dept. of Social Services, Health Department and Maryland Access Point.

Questions, please contact Kate Stinton  
410.819.5631 [kate.stinton@maryland.gov](mailto:kate.stinton@maryland.gov)

Donations Accepted  
March 1  
through  
April 30

## Supplies Needed:

- \*Incontinence briefs
- \*Disposable Wipes
- \*Gloves
- \*Incontinence Pads
- \*Disposable underpads

## Donation Locations:

### Brookletts Place – Talbot Senior Center

400 Brookletts Ave. Easton

### Home Instead Senior Care

8626 Brooks Dr. Suite 202 Easton

### Mid-Atlantic Tire

8105 Teal Dr. Suite A Easton

### Talbot County Health Department

100 S. Hanson St. Easton

### YMCA St. Michaels

1013 S. Talbot St. Saint Michaels

### Graul's Market

1212 S. Talbot St. Saint Michaels

About 26% of Talbot County's population is 65 or older. This is the highest percent of Seniors of any county in the State.

The Talbot County Senior Care program currently supports an average of 135 Talbot County Seniors with some of these program services. About 15% of the direct service funds for the program are spent on incontinence supplies. Donated supplies offset this cost so our limited funds can be used to assist more seniors, or to help them with other needs.

The Senior Supply Drive is organized by the Talbot County Commission on Aging in partnership with DSS, TCHD, MAP and the donation locations.

# New Nar-Anon Meeting!

Thursdays, @ 7:00 pm  
300 Scheeler Road, Room 408  
Chestertown

Please join us for healing and sharing with peers.  
"Take what you want and leave the rest"

## Do you Need Nar-Anon?

1. Do you find yourself making excuses, lying or covering up for someone?
2. Do you have a reason not to trust this person?
3. Is it becoming difficult for you to believe his/her explanations?
4. Do you lie awake worrying about this person?
5. If it is your child; is he/she missing school often without your knowledge?
6. If it is your spouse, is he/she missing work and leaving bills to pile up?
7. Are unanswered questions causing hostility and undermining your relationship?
8. Are you canceling your social functions with vague excuses?
9. Are you unable to discuss the situation with friends or relatives because of embarrassment?
10. Do you compensate and try not to make waves?
11. Are you frustrated by ineffective attempts to try to control the situation?
12. Are the life style and friends of this person changing? Do you ever think they may be using drugs?

**If you answered YES to four or more of these questions, Nar-Anon may help you find the answers you are looking for.**







KENT COUNTY ARTS COUNCIL, INC.  
ARTS FOR EVERYONE!

## The Kent County Arts Council Presents a new Exhibition: Heroin & Healing: How the Opioid Epidemic and Hurting Go Together

March 2 – March 31, 2018 at the Vincent & Leslie Prince Raimond Arts Building

101 Spring Avenue, Chestertown, Maryland

Join us on Friday, March 2, 2018 – during Downtown Chestertown First Friday – for the opening of the Kent County Arts Council's (KCAC) next exhibition: "Heroin & Healing", a New Day Campaign program curated by Peter Bruun of Bruun Studios. (Made possible by a grant from The Hedgelawn Foundation, and with support from the Maryland State Arts Council)

Across the country stories of heroin and other opioid overdoses are leading the evening news. Young and old, black and white, rich and poor, the disease is an equal-opportunity killer. Peter Bruun created the New Day Campaign – around the concept of using the arts to help erase the stigma of addiction and helping families and communities begin to heal.

The Month-long show will feature five special events:

### **OPENING – First Friday, March 2, from 4 – 7 p.m. Raimond Arts Building**

**GALLERY TALK** – Saturday, March 3, from 2 – 4 p.m. Join Peter Bruun and other artists featured in the show for a conversation about their works. Raimond Arts Building.

**TRAUMA, ART & HEALING** – Sunday, March 4, from 2 – 4:30 p.m. Led by healing artists Phylcia Ghee and Peter Bruun, a community conversation followed by a healing experience workshop. Hynson Lounge, Washington College

Healing Workshop is FREE, but space is limited. Please reserve your seat at: #####

**FILM & DISCUSSION** – Friday, March 30, 7 p.m., A screening of a 36-minute long video version of an art installation created by Peter Bruun about the life and passing of his daughter, followed by a public discussion with the artist and curator about his piece and the founding of the New Day Campaign. Norman James Theater, Washington College

**OPEN MIC & CLOSING RECEPTION** – Saturday, March 31. Open Mic – 3 – 5 p.m. *Sharing/Informing/Healing: An Open-Mic Experience* is a community-oriented event sharing a wide ranging spectrum of experiences and feelings related to the opioid epidemic specifically and addiction generally. Rich in fellowship and hope, the event features music, stories, open mic opportunities, resource information, and a special slideshow highlighting remembrances of those we have lost, expressions of gratitude for those who have been there for us, well-wishes for those who are hurting, and art of all kinds related to recovery, wellness, and hurting. Featuring Sombarkin'. Garfield Center for the Arts.

**CALL FOR PARTICIPATION** — [Click for More Info](#)

**CALL FOR ART** — [Click for More Info](#)

The deadline for submitting art for consideration is end of day March 11, 2018.

**CLOSING RECEPTION** Saturday, March 31. 5 – 7 p.m. Raimond Building.

The Kent County Arts Council and the New Day Campaign are proud to be working with multiple local partners/sponsors. They include: REACH: Prevention, Education, Advocacy Center at Washington College; Maryland Coalition of Families; Kent County Behavioral Health & the Opioid Intervention Team; Eastern Shore Psychological Services; Chester River Wellness Alliance; and Herbal Alchemy.

New Day Campaign [www.newdaycampaign.org](http://www.newdaycampaign.org)

Kent County Arts Council [www.kentcountyartscouncil.org](http://www.kentcountyartscouncil.org)

**For more information go to: <http://www.kentcountyartscouncil.org/2018/01/kent-county-arts-council-presents-heroin-healing/>**



PRESENTS

## *Heart & Music*

Director:  
ED LANGRELL

Music Director:  
MARCIA GILLIAM

Producers:  
BETH ANNE LANGRELL  
and LISA ROTH

All performances at the  
OXFORD COMMUNITY  
CENTER

## SINGING & SWINGING with the ANNAPOLIS JUNCTION BIG BAND



## *Performance Dates*

Friday & Saturday,  
March 9 & 10 at 8:00 PM  
Sunday, March 11 at 2:00 PM

Tickets: Adults \$25.00  
Students K-12 \$10.00

## *Gala Fundraiser*

Thursday, March 8, 2018 at 6:00 PM  
Tickets \$125 / Table for 8 \$1,000-\$1,250  
*Catering by Occasions Catering*

Underwritten by:  
Laurie and Michael Frame  
Price Rentals & Events  
WHAT'S UP? MEDIA

For Reservations  
Monika Mraz, Director of Development  
at 410-822-1018 x 228 or visit  
[WWW.FORALLSEASONSINC.ORG/HEARTMUSIC](http://WWW.FORALLSEASONSINC.ORG/HEARTMUSIC)

PROCEEDS BENEFIT THE BEHAVIORAL HEALTH AND RAPE CRISIS CENTER AT FOR ALL SEASONS, INC.

For All Seasons is a 501c3 and all donations are tax deductible to the fullest extent of the law



February 6, 2018

Dear Community Leader,

For All Seasons Behavioral Health and Rape Crisis Center announces our 8<sup>th</sup> annual *Heart and Music* Gala Fundraiser on Thursday, March 8, 2018 and we would like you to be part of our event!

Since 1986, For All Seasons has been committed to providing mental health treatment and rape crisis services to men, women, children and families in the five counties of the Mid-Shore – Talbot, Dorchester, Caroline, Queen Anne's and Kent – regardless of one's ability to pay.

It's no secret that having access to mental health treatment keeps families and communities safer. Yet, we're only able to serve the community without regard to one's ability to pay through the generosity of community supporters like yourself.

Our goal for this year's event is to raise \$150,000 toward the \$500,000 we need to meet the mental health and crisis needs of the region's uninsured and underinsured.

**As a leader of the community there are many ways you can show your support:**

- **Sponsor** the event with a tax-deductible donation to promote your business in the opening credits PowerPoint prior to each show that will be seen by 750 guests over the course of the weekend (see package benefits enclosed).
- **Attend** the *Heart and Music Gala* on March 8, 2018, 6:00 p.m., \$125 per person. OR attend a **Performance** on March 9 or 10 at 8:00 p.m. or March 11 at 2:00 p.m. with family and friends, \$25 for adults and \$10 for students. To reserve your tickets, call Monika Mraz at 410-822-1018.
- **Advertise** the event by hanging a poster or including a flyer with your customer's receipt. To learn more, contact Lisa Roth at 410-822-1018 or [bill.lisa.roth@gmail.com](mailto:bill.lisa.roth@gmail.com).

We thank you in advance for your support! We look forward to seeing you singing, dancing, and smiling at *Heart and Music* this year.

Thank you,

  
Beth Anne Langrell  
Executive Director

**Board of Directors**

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*Clinical Director*

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*Medical Director*

Brenda C. Scobner, M.D.

*Rape Center Director*

Ivy Garcia



Clinical and Administrative Offices | 300 Talbot Street | Easton, Maryland 21601  
410-822-1018 | [forallseasonsinc.org](http://forallseasonsinc.org)

**Sponsorship form:** <http://forallseasonsinc.org/wp-content/uploads/2018/02/Sponsorship-Form-HM-2018.pdf>



## Parenting Tips & Tricks ~Community Discussions Every 4th Monday of the Month from 7 to 8:30 p.m.

Come together for informal discussions regarding adolescents today. Learn from the most recent science regarding the adolescent brain and engage in discussions on issues brought up by attendees.

Parents, guardians, concerned adults—all are welcome!

Talbot Partnership office—address below.



### Talbot Partnership

8 Goldsborough Street  
Suite 203  
Easton, MD 21601

Phone: 410-819-8067  
talbotpartnership.org  
E-mail: info@talbotpartnership.org



# March 2018

Do you have a job training need? Contact Haven Ministries to discuss setting up a program to meet your needs!

Resource Center Classes: OPEN TO THE PUBLIC  
St Paul's Episcopal Church: 301 South Liberty Street, Centreville  
410-739-4363, [Haven-ministries.org](http://Haven-ministries.org)  
Hours: Mon-Fri 8:30-am-4:30pm



Hope Through Shelter, Clothing, Food  
and Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 1:00 Devotion and Prayer with lunch	3
4	5	6 10am: Health and Wellness	7	8	9	10
11	12	13 10am: Interesting Facts about Lent	14	15 1-2:30: Fears and coping strategies	16	17
18	19	20 10am: Healthy Boundaries	21	22	23 1pm: Art Class	24
25	26	27 10am: Walk the Bible	28			

Devotion: A time to read and talk about scripture, pray. Health and Wellness: Learn about healthy diet and habits. Lent Facts: Learn about the Christian Season of Fears and Coping: Learn how to overcome fear through practical strategies. Healthy Boundaries: Learn how to create and maintain boundaries for a balanced life. Art Class: Learn a skill to be used as a creative outlet. Walk the Bible: Learn about geography in the Bible and how it relates to Biblical times.

# CALL FOR PARTICIPATION!!

Heroin and Healing  
Sharing/Informing/Healing: Open Mic Night

Saturday, March 31  
presented by Kent County Arts Council  
sponsored by the Maryland Coalition of Families,

We want you involved.

3:00-3:30pm  
Remembrances & Gratitude Slideshow

Please consider submitting images and words to [ranicasslyn@gmail.com](mailto:ranicasslyn@gmail.com)  
by March 11, 2018

## Submission:

1. If you or a loved one is in recovery and you wish to express a **message of gratitude** to a person in your life. You may submit your message and a photo.
2. If a loved one is in recovery, in treatment, or actively using, and you wish to express a **message of well-wishes**. You may submit a message and a photo.
3. If a loved one has passed for substance-use or addiction related reasons you may share a **message of remembrance** and a photo.

Please limit your message to 20 words or less.

**IMAGE SPECS:** We encourage images of people – those honored in the messages – and ask for good photos (JPEGs) of high enough resolution to be projected large on a screen.



## CALL FOR ART!

Are you in Recovery from addiction, or do you hope to be some day? Have you or your family been affected by the opioid epidemic or addiction in general? Have you found healing and wellness in the face of substance use or loss from it?

*If you answer “yes” to any of these questions, and you are from the Mid-Shore area, and you wish to create or submit art to be shared at a public event in Chestertown, we welcome your submissions!*

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### What?

*Sharing/Informing/Healing: An Open-Mic Experience* is a community-oriented event sharing a wide ranging spectrum of experiences and feelings related to the opioid epidemic specifically and addiction generally. Rich in fellowship and hope, the event features music, stories, open mic opportunities, resource information, and a special slideshow highlighting remembrances of those we have lost, expressions of gratitude for those who have been there for us, well-wishes for those who are hurting, and **art of all kinds related to recovery, wellness, and hurting.**

### When?

The event is taking place Saturday, March 31, 3:00pm to 5:00pm—the slideshow is presented 3:00pm to 3:30pm and the program of music, stories, and open mic takes place 3:30pm to 5:00pm. **The deadline for submitting art for consideration is end of day Monday, February 26.**

### Where?

The event takes place at the Garfield Center for the Arts in downtown Chestertown.

### How?

**To submit art for consideration, email excellent-quality photographs (JPEGs) of your art to [peter@newdaycampaign.org](mailto:peter@newdaycampaign.org).** Images should be hi-res files (at least 1MB) and you may submit as many images as you wish. With your submission, include the artist's name, the work's title, and **50-100 words on what the art is about.** We will confirm receipt of your submissions with an email reply within 24 hours, and will inform you by March 20 at the latest if we have selected your submission for inclusion.

### Who?

*Sharing/Informing/Healing: An Open-Mic Experience* is presented by the Kent County Arts Council and sponsored by the Maryland Coalition for Families. It is taking place as a program of Kent County Art Council's presentation exhibition project "Heroin & Healing" by the New Day Campaign, curated by Peter Bruun of Bruun Studios.

### Questions?

Email Peter at [peter@newdaycampaign.org](mailto:peter@newdaycampaign.org) or John at [johnschratt@gmail.com](mailto:johnschratt@gmail.com).



# SAVE THE DATE

## Critical Role of **Community Health Workers** in Health Care Delivery with Special Considerations for Older Adults

**April 6, 2018**

**8:00 am – 12:30 pm**

Eastern Shore Hospital Center  
5262 Woods Rd, Cambridge, MD 21613

### Presentations by:

- Wellness Action Teams of Cecil/Harford – A Pilot CHW Program
- Peninsula Regional Medical Center – CHWs in Population Health
- Maintaining Active Citizens, Inc. – CHWs and Chronic Disease
- Community Health Worker Panel

*Sponsored by: Eastern Shore Area Health Education Center in conjunction with University of Maryland, Baltimore Geriatrics and Gerontology Education and Research Program and Johns Hopkins Geriatric Workforce Enhancement Program*

Contact Lisa Widmaier at 410-221-2600 or [esahecgaite@esahec.org](mailto:esahecgaite@esahec.org) for more information



## PROVIDER ALERT

**SYSTEMS AVAILABILITY – 03/02/18**

**FEBRUARY 20, 2018**

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Beacon Health Options ProviderConnect System will be unavailable on:  
Friday, March 2, 2018 from 9:00 PM (ET) until  
Saturday, March 3, 2018 at 3:00 PM (ET) for scheduled improvements.

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 Alerts can be viewed online by clicking on the following link:  
[http://maryland.beaconhealthoptions.com/provider/prv\\_alerts.html](http://maryland.beaconhealthoptions.com/provider/prv_alerts.html).

Provider Alerts typically published to the website within 10 business days.

See what's happening on our social sites



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.”

