



The Steering Wheel

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

June 2019

Volume 8, Issue 22

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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

Contact Us:
Laura Pollard
lpollard@midshorebehavioralhealth.org
410.770.4801

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As seniors go into twilight years, some of them privately mull 'rational suicide'

The Washington Post
June 23, 2019

Ten residents slipped away from their retirement community one Sunday afternoon for a covert meeting in a grocery store cafe. They aimed to answer a taboo question: When they feel they have lived long enough, how can they carry out their own swift and peaceful death?

The seniors, who live in independent apartments at a high-end senior community near Philadelphia, showed no obvious signs of depression. They're in their 70s and 80s and say they don't intend to end their lives soon. But they say they want the option to take "preemptive action" before their health declines in their later years, particularly because of dementia.

More seniors are weighing the possibility of suicide, experts say, as the baby boomer generation — known for valuing autonomy and self-determination — reaches older age at a time when modern medicine can keep human bodies alive far longer than ever.

The group gathered a few months ago to meet with Dena Davis, a bioethics professor at Lehigh University who defends "rational suicide" — the idea that suicide can be a well-reasoned decision, not a result of emotional or psychological problems. Davis, 72, has been vocal about her desire to end her life rather than experience a slow decline because of dementia, as her mother did.

The concept of rational suicide is highly controversial; it runs counter to many societal norms, religious and moral convictions, and the efforts of suicide prevention workers who contend that every life is worth saving.

"The concern that I have at a social level is if we all agree that killing yourself is an acceptable, appropriate way to go, then there becomes a social norm around that, and it becomes easier to do, more common," said Yeates Conwell, a psychiatrist specializing in geriatrics at the University of Rochester and a leading expert in elderly suicide. That's particularly dangerous with older adults because of widespread ageist attitudes, he said.

As a society, we have a responsibility to care for people as they age, Conwell argued. Promoting rational suicide "creates the risk of a sense of obligation for older people to use that method rather than advocate for better care that addresses their concerns in other ways."

A Kaiser Health News investigation in April found that older Americans— a few

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hundred per year, at least — are killing themselves while living in or transitioning to long-term care. Many cases KHN reviewed involved depression or mental illness. What's not clear is how many of these suicides involve clear-minded people exercising what Davis would call a rational choice.

Suicide prevention experts contend that while it's normal to think about death as we age, suicidal ideation is a sign that people need help. They argue that all suicides should be avoided by addressing mental health and helping seniors live a rich and fulfilling life.

But to Lois, the 86-year-old woman who organized the meeting outside Philadelphia, suicides by older Americans are not all tragedies. A widow with no children, Lois said she would rather end her own life than deteriorate slowly over seven years, as her mother did after she broke a hip at age 90. (Lois asked to be referred to by only her middle name so she would not be identified, given the sensitive topic.) In eight years living at her retirement community, Lois has encountered other residents who feel similarly about suicide. But because of stigma, she said, the conversations are usually kept quiet.

Lois insisted her group meet off-campus at Wegmans because of the "subversive" nature of the discussion. Supporting rational suicide, she said, clashes with the ethos of their continuing care retirement community, where seniors transition from independent apartments to assisted living to a nursing home as they age.

Seniors pay six figures to move into the bucolic campus, which includes an indoor heated pool, a concert hall and many acres of wooded trails. They are guaranteed housing, medical care, companionship and comfort for the rest of their lives.

"We are saying, thank you very much, but that's not what we're looking for," Lois said of her group.

Carolyn, a 72-year-old member of the group who also asked that her last name be withheld, said they live in a "fabulous place" where residents enjoy "a lot of agency." But she and her 88-year-old husband also want the freedom to determine how they die.

A retired nurse, Carolyn said her views have been shaped in part by her experience with the HIV/AIDS epidemic. In the 1990s, she created a program that sent hospice volunteers to work with people dying of AIDS, which at the time was a death sentence.

She said many of the men kept a stockpile of lethal drugs on a dresser or bedside table. They would tell her, "When I'm ready, that's what I'm going to do." But as their condition grew worse, she said, they became too confused to follow through.

"I just saw so many people who were planning to have that quiet, peaceful ending when it came, and it just never came. The pills just got scattered. They lost the moment" when they had the wherewithal to end their own lives, she said.

Carolyn emphasized that she and her husband do not feel suicidal, nor do they have a specific plan to die on a certain date. But she said while she still has the ability, she wants to procure a lethal medication that would offer the option for a peaceful end in the future.

"Ideally, I would have in hand the pill, or the liquid or the injection," she said.

Maine recently became the ninth state to allow medical aid in dying, which permits some patients to get a doctor's prescription for lethal drugs. That method is restricted, however, to people with a terminal condition who are mentally competent and expected to die within six months.

Patients who aren't eligible for those laws would have to go to an "underground practice" to get lethal medication, said Timothy Quill, a palliative care physician at the University of Rochester School of Medicine. Quill became famous in the 1990s for publicly admitting that he gave a 45-year-old patient with leukemia sleeping pills so she could end her life. He said he has done so with only one other patient.

Quill said he considers suicide one option he may choose as he ages. "I would probably be a classic [case]

— I'm used to being in charge of my life." He said he might be able to adapt to a situation in which he became entirely dependent on the care of others, "but I'd like to be able to make that be a choice as opposed to a necessity."

Suicide could be as rational a choice as a patient's decision to end dialysis, after which they typically die within two weeks, he said. But when patients bring up suicide, he said, it should launch a serious conversation about what would make their life feel meaningful and their preferences for medical care at the end of life.

Clinicians have little training on how to handle conversations about rational suicide, said Meera Balasubramaniam, a geriatric psychiatrist at New York University School of Medicine who has written about the topic. She said her views are "evolving" on whether suicide by older adults who are not terminally ill can be a rational choice.

"One school of thought is that even mentioning the idea that this could be rational is an ageist concept," she said. "It's an important point to consider. But ignoring it and not talking about it also does not do our patients a favor, who are already talking about this or discussing this among themselves."

In her discussions with patients, she said, she explores their fears about aging and dying and tries to offer hope and affirm the value of their life.

Conwell, the suicide prevention expert, said these conversations matter because "the balance between the wish to die and the wish to live is a dynamic one that shifts frequently, moment to moment, week to week."

Carolyn, who has three children and four grandchildren, said conversations about suicide are often kept quiet for fear that involving a family member would implicate them in a crime. The seniors also don't want to get their retirement community in trouble.

In some of the cases KHN reviewed, nursing homes have faced federal fines of up to tens of thousands of dollars for failing to prevent suicides on-site.

There's "also just this hush-hush atmosphere of our culture," Carolyn said. "Not wanting to deal with judgment — of others, or offend someone because they have different beliefs. It makes it hard to have open conversations."

Carolyn said when she and her neighbors met at the cafe, she felt comforted by breaking the taboo.

"The most wonderful thing about it was being around a table with people that I knew where we could talk about it, and realize that we're not alone," Carolyn said. "To share our fears — like if we choose to use something, and it doesn't quite do the job, and you're comatose or impaired."

At the meeting, many questions were practical, Lois said.

"We only get one crack at it," Lois said. "Everyone wants to know what to do."

Davis said she did not have practical answers. Her expertise lies in ethics, not the means.

Public opinion research has shown shifting opinions among doctors and the general public about hastening death. Nationally, 72 percent of Americans believe that doctors should be allowed by law to end a terminally ill patient's life if the patient and his or her family request it, according to a 2018 Gallup poll.

Lois said she's seeing societal attitudes begin to shift about rational suicide, which she sees as the outgrowth of a movement toward patient autonomy. Davis said she'd like to see polling on how many people share that opinion nationwide.

"It seems to me that there must be an awful lot of people in America who think the way I do," Davis said. "Our beliefs are not respected. Nobody says, 'Okay, how do we respect and facilitate the beliefs of somebody who wants to commit suicide rather than having dementia?'"

Article: https://www.washingtonpost.com/health/as-seniors-go-into-twilight-years-some-of-them-privately-mull-rational-suicide/2019/06/21/9ae95906-8de4-11e9-adf3-f70f78c156e8_story.html?utm_term=.147e2445d31e



MARKETING AND EVENTS SPECIALIST

Mid Shore Behavioral Health, Inc. seeks creative, results-oriented, team player to produce our widely distributed electronic newsletter and other agency communications, and to plan and coordinate events and training programs. Attention to detail is a must, and frequent interaction with venue managers, vendors, training facilitators, and partner organizations is required. Successful candidate will possess excellent communication and relationship building skills, high level organizational skills, and the ability to work independently. Bachelor's degree in Communications, Marketing or related field desired. Minimum two years relevant work experience and demonstrated proficiency with Microsoft Office applications required. Send resume and letter of interest by 7/10/19 to Marshall Hallock, Mid Shore Behavioral Health, Inc., 28578 Mary's Court, Suite 1, Easton, MD 21601.

Email mhallock@midshorebehavioralhealth.org.

Excellent benefits including comprehensive health insurance and 401(k) retirement plan.

Mid Shore Behavioral Health, Inc. is an Equal Opportunity Employer

Integrative Counseling will start offering Outpatient SUD and Dual DX treatment groups and DUI/DW!

Education at the Towson Location starting July 9th, 2019. Evaluations to start July 2, 2019.

7600 York Rd.

Towson MD 21204

Clients may call **410.740.8067** or schedule through web page at

<https://integrative-counseling.com/assessment/>

Offices in Towson, Columbia, Millersville, and Eldersburg

IC has been State of Maryland Licensed to offer our Outpatient Addictions Treatment Groups (ASAM level 2.0 and 1.0) and DUI/DWI Education Program (ASAM 0.5) in Towson Md. We are also nationally accredited by ACHC. We are located just 2 blocks from Towson University, 1 block from St. Josephs Medical Center, and less than 2 miles from the Sheppard Pratt Health System.

Please also know there are six individual therapists at this location all of whom accept most commercial insurances.



Community Health Advocate Program

Priority Partners MCO, a Managed Care Organization from Johns Hopkins Healthcare, LLC, is proud to announce the Community Health Advocate program, which enlists individuals from specific geographic areas of the State to provide educational information and resources.

We provide classes through local community associations, churches, schools, health departments, Boys and Girls Clubs, Head Start, family resource centers, and similar organizations.

We participate in local health fairs and community events. We know our communities and have established contacts with neighborhood organizations and government agencies.

The Community Health Advocate offers the following programs:

- ❖ Dealing with Cold Weather
- ❖ Dental Health
- ❖ Heart/ Cardiovascular Health
- ❖ Women's Health
- ❖ Asthma 101
- ❖ Men's Health
- ❖ Emergency Preparedness
- ❖ Parenting Connections (resources and skills)
- ❖ Cold or Flu and Germs
- ❖ Nutrition and Obesity
- ❖ Choices and Chances (STD/STI Education)
- ❖ Poison Awareness (MD Poison Control Partnership)
- ❖ Medical Care and You (Questions to ask your doctor)
- ❖ Diabetes 101
- ❖ Immunizations
- ❖ Summer Safety
- ❖ What To Do When Your Child Is Sick
- ❖ Tobacco Education
- ❖ Eating Healthy on a Budget (ABC's of Healthy Eating)
- ❖ Stress and Your Body
- ❖ Medicaid: Understanding Your Benefits
- ❖ Heroin & Opioid Use: An Epidemic, Be In the Know Zone
- ❖ State of Injuries
- ❖ Environmental Health
- ❖ Social Media and Your Health
- ❖ Budgeting
- ❖ **New:** Childhood Trauma
- ❖ **New:** Healthy Habits

All classes are available in English and Spanish

Our **Community Health Advocate Program** offers no cost health Education and is brought to your group.

The **Community Health Advocate** in your area is:

Randall Butler, call me at 410-479-2091 or email me at rbutler@jhhc.com



NOW HIRING HEALERS



Life's Energy Wellness Center Inc. is growing to serve!

www.lewcinc.org

Career Opportunities

Join a compassionate team of professionals.

Full-Time & Part-Time Positions Available

- Psychiatrists
- Nurse Practitioners
- Qualified Counselors & Therapist
- Support Staff & Care Coordinators
- Wellness Center Receptionists

Part-Time Counselor positions in Cambridge, MD office 3-4 days per week.

Part-Time Counselor positions in Easton, MD office 3-4 days per week.

Full-Time Counselor positions in Easton, MD office

Full-Time Counselor positions in Cambridge, MD office

Full-Time Counselor positions in Salisbury, MD office

Maryland Licensure, Certification, ADT Status is required for counseling positions.

Send Resumes & Employment Applications to:

Email: andreakelley-freeman@lewcinc.org

Email: Diane.Palmer@lewcinc.org



PO Box 123 Easton, Maryland 21601 Fax: (410) 443-0842 Phone: (800) 867-2395

Job Posting: Case Supervisor

Education and Experience:

- A minimum of a Bachelor's degree in psychology, social work, or a directly related field;
- A minimum of two years in the professional work force where utilization of oral and written communication skill are necessary; two years' field experience in child abuse/neglect or a closely related field.

Responsibilities:

- Trains, supervises, and guides Court Appointed Special Advocate volunteers in making assessments and recommendations regarding the best interest of children under the protection of the court due to abuse, neglect, abandonment, or their parents' inability to care for them.
- Consults with volunteers on the nature and progress of their cases, providing support, structure, and guidance, including assistance with the preparation and dissemination of court reports;
- Enforces confidentiality requirements as determined by the Board of Directors, Maryland CASA, and National CASA;
- Works with the Executive Director (ED) and the Assistant Director (AD) in maintaining contacts with the court system, social service agencies, and other pertinent organizations;
- Maintains accurate case and volunteer-related statistics and assists the AD and ED in preparing quarterly and annual reports;
- Attends court hearings, and other meetings as necessary, with or on behalf of CASA volunteers;
- Must be dedicated to CASA of the Mid-Shore and strictly follow policies, regulations, and guidelines as set forth by the Board of Directors;
- Provides assistance to the ED and AD as necessary; performs other duties as necessary.

This position has the potential to be either part or full time. Resumes should be sent to Kay Lister at kl@casamidshore.org

Eastern Shore Psychological Services

HIRING NOW!!

School Based and Clinic Based Mental Health Therapist

Competitive benefits, quality supervision and training opportunities are offered in a diverse and rich team-oriented environment.

**Full-time or Part-time positions available
(Must be a Master 's Level Clinician)**

Eastern Shore Psychological Services has been providing mental health treatment to the Eastern Shore for 20 years with a reputation for providing high quality clinical and school-based services to the Eastern Shore

Contact: Christy Butcher, Administrative Assistant

c.butcher@espsmd.com

410-822-5007 ext. 1201

Equality in Health Insurance for

LGBT Marylanders

The Affordable Care Act has made new health insurance coverage options available, and offers protections and benefits for people who are lesbian, gay, bisexual or transgender (LGBT). Maryland Health Connection, the state's official health insurance marketplace, offers equal access to quality, affordable health coverage.

What you should know about your coverage options:

- You may qualify for financial help to lower the cost of a health insurance plan. Nine of 10 Marylanders who enrolled last year received this assistance to make coverage more affordable.
- All married couples, whether same-sex or heterosexual, are treated the same way in evaluating whether they qualify for financial help. Learn more at MarylandHealthConnection.gov/FAQs.
- You cannot be denied coverage based on pre-existing conditions, such as HIV, diabetes or cancer.
- Plans cover a range of **essential health benefits**, including doctor visits, hospitalizations, reproductive health, emergency care and prescriptions. Many checkups and screenings also are covered for free, even if you haven't met your yearly deductible. For more info, visit MarylandHealthConnection.gov/FAQs.
- Insurance companies cannot discriminate based on sexual orientation or gender identity, and must offer the same benefits and costs to everyone. This includes family coverage plans for families of same-sex spouses.
- If you have HIV, you may qualify for financial help to pay for your prescription drugs costs and monthly premiums through the **Maryland AIDS Drug Assistance Program**. Learn more at phpa.dhmh.maryland.gov/OIDPCS/CHCS.



CALL FOR PRESENTERS

Submit your proposal for the Eastern Shore School Mental Health Coalition linking Mental Health to Academic Success Conference

**2019 Theme:
Resilience and Well-Being Across the Lifespan**

Click **here** to submit a proposal!

JANE GILLHAM



Meet our Keynote Speaker, **Jane Gillham**. Jane will be presenting at the Eastern Shore School Mental Health Coalition Conference on November 15th, 2019. Jane is a Professor in the Psychology Department at Swarthmore College whose research and applied interests focus on promoting resilience and social & emotional well-being in children, adolescents, and young adults.



CommUNITY Mentoring presents:

MOTIVATIONAL INTERVIEWING WORKSHOP

Karen Ingersoll, PhD, Associated Professor at University of Virginia Health System, Department of Psychiatry and Neuro-behavioral Sciences will provide a non-clinical hands-on workshop related to Motivational Interviewing. Motivational Interviewing is a method used to elicit internal motivation to change behavior, a necessity when working with at-risk and disconnected youth. CommUNITY Mentoring invites you to attend, and also learn about becoming a valued mentor.

Monday, July 15, 2019

Holiday Inn Express, Grasonville, MD

9:30am-3:30pm

Registration/light breakfast begins at 9am. A boxed lunch will be provided. Attendance is free, but space is limited, so register early.

To register please contact Shelby Clark, 410-758-0848 ext. 2702 or sclark@qac.org by July 5, 2019.

Delphi Behavioral Health Group proudly presents

Instructor/Trainer
Officer Jermaine Galloway
"Tall Cop Says Stop"

HIGH IN PLAIN SIGHT

Substance Misuse Prevention Training

DESCRIPTION

This workshop is for law enforcement, probation officers, school administration, treatment providers and counselors. This session is unique, in that it provides over 120 visual aids for attendees to hold and become familiar with. In today's culture everything is person-specific and has different meanings to different individuals. For each person to help prevent youth and adult substance abuse, you MUST know what is going on in your community.

These new trends are very popular and it is important for all who are involved in prevention, education, treatment or enforcement to understand these sweeping changes in the drug culture.

TOPICS COVERED IN TRAINING

This workshop covers alcohol and drug clothing, alcoholic energy drinks, alcopops, alcohol and drug concealment methods and containers, drug paraphernalia, drug related music and groups, logos, stickers, new technology, youth party tendencies, party games, non-traditional alcoholic beverages, social networking sites, synthetic drugs, OTC drugs, inhalants, concentrates, E-cigarettes, and popular party drugs.

MARYLAND'S PREVENTION EDUCATION EVENT OF THE YEAR

EVENT AND MEDIA INFORMATION:

Carol Boyer | cboyer@delphihealthgroup.com | 443-591-2070

For **REGISTRATION & FREE TICKET** log on to
<https://www.eventbrite.com/e/high-in-plain-sight-tickets-59184592710>
or go to <https://www.eventbrite.com/> and search for event 59184592710



Saturday, August 17, 2019
11:00am- 2:00pm
Howard High School Auditorium
8700 Old Annapolis Road
Columbia, MD 21045



Maryland's 31st Annual Suicide Prevention Conference

Stronger Together: Building Linkages to Life

October 2, 2019

Join us on Wednesday October 2, 2019 for Maryland's 31st Annual Suicide Prevention Conference.

Where is the conference?

The conference will be held at Martin's West (6817 Dogwood Rd, Baltimore, MD 21244).

When will registration open?

Registration will open on the [University of Maryland Training Center website](#) in early to mid August. An email announcement will be sent out again when registration is open.

Is there a fee for the conference?

Yes, regular registration costs \$95 which includes entry to the conference, CEUs, breakfast, lunch (crabcakes!), and snacks. We also offer a student rate (\$55). Those choosing the student rate must present a valid student ID.

Do you have exhibitors at the conference?

Yes! If you are interested in being a vendor at the conference, please email mdh.suicideprevention@maryland.gov to request the vendor application.

Have more questions?

Please email any additional questions to mdh.suicideprevention@maryland.gov.

9th Annual Conference

“Linking Mental Health to Academic Success: *Resilience and well-being across the lifespan*”



SAVE THE DATE!

Friday, November 15, 2019

Salisbury University

8:30am - 4:00pm

5 CEUs – Fee \$60.00

Coffee and Pastries

8:00am – 8:30am

Lunch Provided

Sponsored by:

**Eastern Shore School Mental Health Coalition (ESSMHC) and
Salisbury University**

We are currently accepting break out session proposals for speakers. If you are interested in presenting, please click on the link below to learn more about this years topic and submit course description.

[CALL FOR PROPOSALS](#)

Questions, please contact:

Danielle Murphy at dmurphy@mhamdes.org or

Degan Allen at dmallen@salisbury.edu



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Nar-Anon</div> <div>Thursday's 7PM</div> <div>Join us for healing and sharing with peers</div>	1 Open 9-7:30 2PM: Job Search assistance 6:30PM: Al-anon	2 Open 9-5 1-3PM: Mid-day Matinee 4PM: Women's Group	3 Open 9-5 4PM: Men's Group 7:30PM: R&R "Realist recovery"	4 CLOSED 	5 Open 9-8 7PM: "Strengthen your Spiritual Life" Community Bible Study	6
	8 Open 9-7:30 2PM: Job Search assistance 6:30PM: Al-anon	9 Open 9-5 1-3PM: Mid-day Matinee 4PM: Women's Group	10 Open 9-5 4PM: Men's Group 7:30PM: R&R "Realist recovery"	11 Open 9-8 2:30PM: Women's Anxiety & Depression 4PM: Teen Group 7PM: Nar-Anon	12 Open 9-8 7PM: "Strengthen your Spiritual Life" Community Bible Study	13 <div>*New Group*</div> <div>R & R</div>
	15 Open 9-7:30 2PM: Job Search assistance 6:30PM: Al-anon	16 Open 9-5 1-3PM: Mid-day Matinee 4PM: Women's Group	17 Open 9-5 4PM: Men's Group 7:30PM: R&R "Realist recovery"	18 Open 9-8 No Anxiety & Depression group 4PM: Teen Group 7PM: Nar-Anon	19 Open 9-8 7PM: "Strengthen your Spiritual Life" Community Bible Study	20 <div>"Realist Recovery" Big book study & speaker meeting.</div>
<div>1-on-1 Peer Support is Available by Appointment Only</div>	22 Open 9-7:30 2PM: Job Search assistance 6:30PM: Al-anon	23 Open 9-5 1-3PM: Mid-day Matinee 4PM: Women's Group	24 Open 9-5 4PM: Men's Group 7:30PM: R&R "Realist recovery"	25 Open 9-8 2:30PM: Women's Anxiety & Depression 4PM: Teen Group 7PM: Nar-Anon	26 Open 9-8 7PM: "Strengthen your Spiritual Life" Community Bible Study	27 <div>Wednesday's 7:30pm</div>
	29 Open 9-7:30 2PM: Job Search assistance 6:30PM: Al-anon	30 Open 9-5 1-3PM: Mid-day Matinee 4PM: Women's Group	31 Open 9-5 4PM: Men's Group 7:30PM: R&R "Realist recovery"			

*Anxiety and Depression Group Facilitated by Chesapeake Voyagers
 *Nar-Anon Group Facilitated by Kent County Opioid Intervention Team-OIT

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





Recovery isn't always a picnic, but we can have our own!

Join Chesapeake Voyagers and Dri-Dock
Recovery Center for an evening of fun, games,
food and socializing at

Long Wharf Park, Cambridge, MD

Saturday, June 29th 2019

4pm until

*Corn-hole *Frisbee *Food *Free and Open to all

Please RSVP by June 24th by phone at 410-822-1601 or by
email [asullivan @chesapeakevevoyagers.org](mailto:asullivan@chesapeakevovoyagers.org)

What are the issues facing Children, Youth and Families in Talbot County?

Share your views and experiences!



Community Forum in Easton, MD

When: July 8, 2019, 6:30pm

Where: Talbot County Education Center;
12 Magnolia Street, Easton, MD 21601

Community Forum in St. Michael's, MD

When: July 11, 2019, 6:30pm

Where: St. Michaels – Talbot County Free
Library; 106 Freemont Street, St.
Michael's, MD 21663

A Community Needs Assessment is underway for Talbot County, and we are looking for public input.



Sponsored by Talbot Family Network, the Local Management Board for Talbot County. For more information, please call Katie Sevon at 443-758-3049 or email talbotfamilynetwork@talbgov.org

¿Cuáles son los problemas que enfrentan los Niños, Jóvenes y Familias en el condado de Talbot?

¡Comparte tus opiniones y experiencias!



Reunión de la comunidad en Easton, MD

Cuando: 8 de Julio, 2019, 6:30pm

Dónde: Talbot County Education Center;
12 Magnolia Street, Easton, MD 21601

Reunión en St. Michael's, MD

Cuando: 11 de Julio, 2019, 6:30pm

Dónde: St. Michaels – Talbot County Free
Library; 106 Freemont Street, St.
Michael's, MD 21663

Estamos haciendo una evaluación de necesidades de la comunidad para el condado de Talbot, y estamos buscando información del público.



Patrocinado por Talbot Family Network, la Junta de Administración Local del Condado de Talbot. Para obtener más información, llame a Katie Sevon al 443-758-3049 o envíe un correo electrónico a talbotfamilynetwork@talbgov.org

Plant a Seed of Hope



and join us for the Opening Reception of the Crossroads Community Client Art Show

Saturday, July 13, 5-7p.m.

Queen Anne's County Centre for the Arts

206 S. Commerce Street Centreville

- Works from over 30 clients in a variety of media on display and for sale
- Complimentary hors d'oeuvres and wine plus guest gift bags
- Meet the staff and Board of Directors for Crossroads Community, Inc. and learn more about how this organization serves our community.



Local Artists Lea Brooks
Original Piece
200 Chances Sold at \$50 Each
Ticket Sales Benefit CCI Dental Fund
www.ShoreUpdate.com

The Mission of Crossroads Community, Inc. is to teach skills and access resources that empower people with behavioral health needs to recover and live satisfying and productive lives. Crossroads promotes community acceptance through advocacy and community education.

Can't make the opening reception?

The artwork will be on display from July 13-20 during the Centre for the Arts normal operating hours: Tuesday - Saturday, 10am - 2pm.

Plenty of free parking and no admission charge.

For more information about Crossroads Community, Inc., please visit our web site at www.ccinonline.com.



Chesapeake Voyagers, Inc. is Celebrating 10 Years!

It's
BBQ
Time!!



Thursday July 18th 2019
5:30pm

Chesapeake Voyagers, Inc.
342 North Aurora Street
Easton, Md. 21601

Celebrate with us!

We will be celebrating our 10 year anniversary with an outdoor BBQ dinner available throughout the evening.

A special presentation will begin at 6:00pm to recognize those who have supported and encouraged us since we opened in 2009.

Please RSVP by July 18th to
events@chesapeakevoyagers.org



The Governor's Office of Crime Control and Prevention is pleased to announce the first **Handle with Care Maryland Summit**. Please save the date for the Handle with Care Maryland Summit in Crownsville, MD on **Wednesday, July 31, 2019**! The summit will begin at 9:15 a.m. There is no registration fee.

This one-day summit will offer innovative best practices to help mitigate the effects experienced by children's exposure to trauma through the Handle with Care Maryland program. Handle with Care provides the school with a "heads up" when a child has been identified by law enforcement and first responders at the scene of a traumatic event. Schools are responding with interventions to help mitigate the trauma and mental health providers support schools by providing services on and off site. Handle with Care promotes safe and supportive homes, schools, and communities that protect children and help traumatized children heal and thrive.

As a result of this summit, participants will:

- Better understand the impact of trauma on a child's ability to learn;
- Identify crimes impacting local schools and students; and,
- Be better prepared to implement proven classroom and school-wide interventions to help students exposed to trauma

Click [HERE](#) to register!!

Please share this announcement with your colleagues. If you have any questions about the summit, please contact Kelly Gorman at kelly.gorman@maryland.gov or 410-697-9313.

9th Annual Dorchester County Help, Hope and Housing Resource Day

Dorchester County's Eighth Annual Community Resource Day is a "One-Day, One-Stop" opportunity for individuals and families experiencing homelessness or at risk of homelessness to have access to benefits provided by Social Services and other local agencies which will ultimately lead to self-sufficiency.

Tuesday, August 13, 2019

9:00 am– 3:00 pm

Cambridge South Dorchester Vo-Tech Center

2475 Cambridge Beltway

Cambridge, MD 21613

Free transportation:

Provided every half hour between 9 am—2 pm from Dorchester County Social Services and The Empowerment Center.

Also, pickup provided from Hurlock train station at 9:00 am and 12:35 pm.

Se Habla Espanol Aqui! 9:00 am to 3:00 pm



If you are homeless or at risk of becoming homeless, the following services may be available:

- Healthcare
- *MVA ID* Information
- Shelter Information
- Food Pantry Locations
- VA Benefits
- Social Security Benefits
- Library Card ID
- Housing Assistance
- Hair Cuts by Delmarva Beauty Academy
- Much, Much More!

Free Refreshments!

Important!

1. If you will want an MVA ID, you will need to bring to Resource Day:
 - A) \$1.00
 - B) An original state issued birth certificate/ social security card
 - C) Expired MVA ID card
 - D) Proof of residence
 - E) Those that have incomplete documents will be issued a "Fast Pass" that can be presented at the Easton MVA at a future time when the documents are available.
2. If you live outside Cambridge and need transportation, call 410-901-4100

Sponsored by the Dorchester County Department of Social Services in partnership with various public and private agencies, and other community groups .



PROVIDER ALERT

HOLIDAY CLOSING

JULY 4TH

JUNE 21, 2019

In observance of the Fourth of July Holiday, The Beacon Health Options Administrative offices will be closed on **Thursday, July 4, 2019.**

Clinical services will be available for consumer crisis calls and urgent provider precertification via the Beacon toll-free number, 1-800-888-1965.

ProviderConnect is available for on-line authorization requests.

PROVIDER ALERT

SYSTEMS AVAILABILITY – 06/21/2019

JUNE 19, 2019

Beacon Health Options ProviderConnect System will be unavailable on:

Friday, June 21, 2019 from 09:00 PM (ET) until

Saturday, June 22, 2019 at 03:00 PM (ET) for scheduled enhancements.

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.

Thank you for reading!

For future submissions to our newsletter please email me directly at lpollard@midshorebehavioralhealth.org

See you next week!

As always, we hope this newsletter has encompassed useful resources from our region.

About MSBH:

“The most important core value of our organization is hope: The belief that resiliency and recovery are real provides the essential and motivating message of a better future – that people and communities can, and do, overcome the internal and external challenges, barriers, and obstacles that confront them in order to achieve wellness.”

