



# The Steering Wheel

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

July 2019

Volume 8, Issue 25

## Stop Seeking Validation from Others

Letting go of the need for praise, acceptance and acknowledgment.

*Psychology Today*

July 24, 2019

### IN THIS ISSUE

- Announcements pg. 3
- Webinars/ Trainings pg. 5
- Community Events pg. 14
- Closing pg. 21

It is reasonable for anyone to want their ideas, choices, achievements, or opinions validated by those around them. After all, what is the first thing we do as children when we accomplish something? We look to our parents for recognition (validation) that we did a good thing.

According to Dr. Karen Hall, validation is the "recognition and acceptance" of someone else's experience. Self-validation is the ability to recognize and acknowledge your own internal experience. It is not about agreeing with someone or accepting their thoughts as your own; it is about being able to accept these thoughts and experiences as being valid.

Validation is part of being interdependent and relying on the feedback and encouragement of others around us. Even very independent people still need validation in some aspects of their life; however, they are also able to accept their own self-validation if they do not get it from someone else.

The problem arises when self-validation is not possible or is not valued. In other words, if an individual puts the opinion, approval, or recognition of someone else over their own feelings, they will need that external, other person's validation on an ongoing basis.

### Validation from Others

A significant aspect of the need for validation from others has evolved out of social media and the way people frame themselves and their identity based on how others respond to their posts. Matthew Lieberman, a professor of psychology at the University of California, Los Angeles and author of *Social: Why Our Brains Are Wired to Connect*, found that social media fulfills the desire to be part of a group and to avoid feeling isolated and potentially vulnerable. (Lieberman, 2013; Tjepkema, 2019)

*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:



Most people have a friend who is constantly posting and continually checking in on likes, comments, retweets, and shares of their messages. And it's not just a few people, with over 3.2 billion people using social media on a daily basis around the world. Research by Emarsys which reports that this number represents about 42 percent of the total global population.

In the U.S., almost 70 percent of the adult population uses Facebook, with 90.4 percent of Millennials reporting themselves to be active users. By clicking the thumbs up, posting a comment, or sharing a post, people are validating each other at an increasing rate.

This, as well as the need for in-person validation, can create anxiety, depression, and low self-esteem, and make it addictive to hear praise, acceptance, and acknowledgment in all aspects of life.

## **Breaking the Cycle**

An effective first step in breaking the need for validation from others starts with understanding the type of validation you are seeking: Do you want to be acknowledged through social media? Are you interested in hearing that you are one in the group, the best one at work, the ideal spouse, or perhaps the greatest parent?

Learning to recognize when you are seeking validation from external sources is the first step. By acknowledging this behavior, people can choose a more effective option, breaking the cycle and learning to look internally for validation.

Some good ways to start include:

- **Take a social media break.** Getting off social media is a great place to start. This eliminates the comparison to others or the anxiety and stress about how your picture, post, or comment is being seen and received by others.
- **Be mindful.** Look carefully at what you are doing. Look for improvements and make a record of these either as a mental note or in a journal. These are self-validations that help you build up your acknowledgment of your own abilities, talents, and skills.
- **Do not ask for validation.** Instead of seeking validation from others, ask yourself first. If you do receive validation (encouragement or acknowledgment) recognize the praise and acknowledge it, then stop. Do not continue to ask others or seek out others for validation.

Keep in mind that validation is not a bad thing in your life; it is affirming and positive. It only becomes problematic when it becomes the focus of all you do.

Article: <https://www.psychologytoday.com/us/blog/addiction-and-recovery/201907/stop-seeking-validation-others>

# Caroline County Department of Social Services



## Employment Opportunity

Caroline County Department of Social Services is committed to improving the well-being of individuals and families throughout the Caroline County community. Located in Denton, Maryland, this position is a full-time State merit position with all State benefits.

This position is the supervisory level of professional social work providing preventive or protective services to vulnerable adults, children or families. Cases involve suspected child or adult abuse or neglect, out-of-home placement, guardianship or emergency protective orders, adoption or adult case management. Employees in this classification supervise lower-level social workers.

See full description and apply online at [www.dbm.maryland.gov](http://www.dbm.maryland.gov), click on State Jobs, choose Social Work Supervisor in Key Words. Remember to indicate Caroline County as the location on your application.

## Lives Lived - Lives Changed



An Equal Opportunity Employer



*Accredited*  
Council on Accreditation  
For Children and Family 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](mailto:c.butcher@espsmd.com)**

**410-822-5007 ext 1201**



## Working with Families, from Assessment through Outcomes

**Lark Eshleman, PhD**  
**Allison Randall, LCSW**

Sponsored by the Caroline County Department of Social Services

Tuesday July 16, 2019 9:00 AM - 4:00 PM (\$50.00) 6.5 CEU's (Lunch Included)  
**Assessments: identifying attachment disruption and other emotional traumas**

Tuesday July 30, 2019 9:00 AM - 4:00 PM (\$50.00) 6.5 CEU's (Lunch Included)  
**Interventions that Work**

Thursday August 8, 2019 9:00 AM - 4:00 PM (\$50.00) 6.5 CEU's (Lunch Included)  
**Relationship-building in School, Home, and Therapy Session**

Tuesday August 20, 2019 9:00 AM - 4:00 PM (\$50.00) 6.5 CEU's (Lunch Included)  
**Interacting with Families – Boost healthy behavior through strong attachment & bonding,  
while reducing difficult behaviors**

### Location:

**Caroline County Public Library**  
**100 Market Street**  
**Denton MD 21629**

CATEGORY I CEU'S WILL BE AVAILABLE FOR EACH SESSION

Please RSVP to Ken Reichardt at [Kenneth.Reichardt@Maryland.Gov](mailto:Kenneth.Reichardt@Maryland.Gov) by Friday July 5, 2019



### Learn How to Leverage the Technology of Addiction Care

Technology is revolutionizing the way we treat addiction. Are you ready?

Join us for the [National Summit: Leveraging Technology to Improve Access to Addiction Care](#), a free event held in Washington, D.C., on **September 16, from 8 a.m. – 12 p.m. ET.**

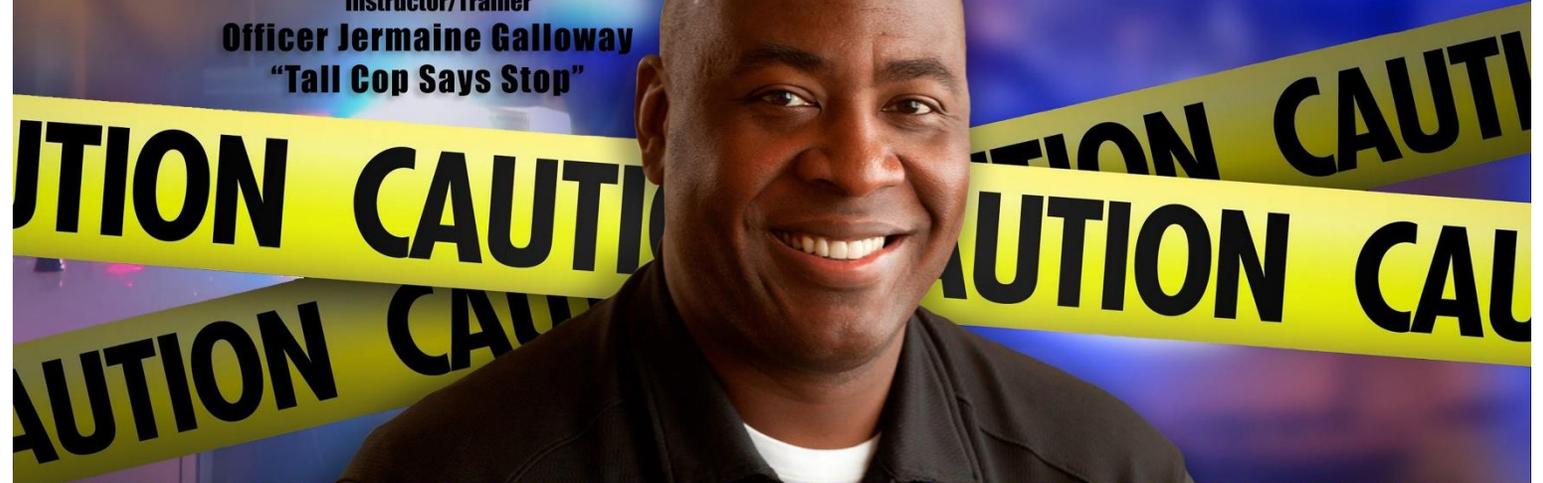
[Register today](#) to:

- Hear from keynote speaker, [Nora Volkow, M.D.](#), who brought technology to the forefront of treatment with her groundbreaking research on brain imaging.
- Explore the health technology landscape as it applies to substance use disorders, including the latest innovations, technologies and experiences.
- Learn from policymakers, health care providers, industry leaders and individuals with lived experience, who will challenge your views and recharge your practice.

[Register Today](#)

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

# CLINICAL SUPERVISION

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## ESPS Training Academy

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Presenter

**Connie Pullen, LCSW-C, LCADS**

Date

**September 17, 2019 8:30 AM to  
12:00 PM**

Location

**29520 Canvasback Dr. Easton,  
MD 21601**

Cost

**\$35.00 per person**

**3 CEUs Offered**

Register at

<http://espsmd.com/events/>

Contact Heather Brown

([h.brown@espsmd.com](mailto:h.brown@espsmd.com)) or Alicia  
Mosher ([a.mosher@espsmd.com](mailto:a.mosher@espsmd.com)) for  
more information.

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## Training Objectives:

- Identify and review supervision contracts
- Develop an understanding of definitions, characteristics, and essential principles of clinical supervision.
- Develop an understanding to help supervisees with transference and countertransference.
- Identify coaching techniques to further assist supervisees to identify and work through vicarious trauma and traumatic stress.
- Working with forensic and other distinct populations

# REGISTER NOW!

Suicide Prevention Education for Professionals

1:30P – 3:30P

*Includes  
Meet &  
Greet*

## THURSDAY, SEPTEMBER 19, 2019

### Kevin Hines

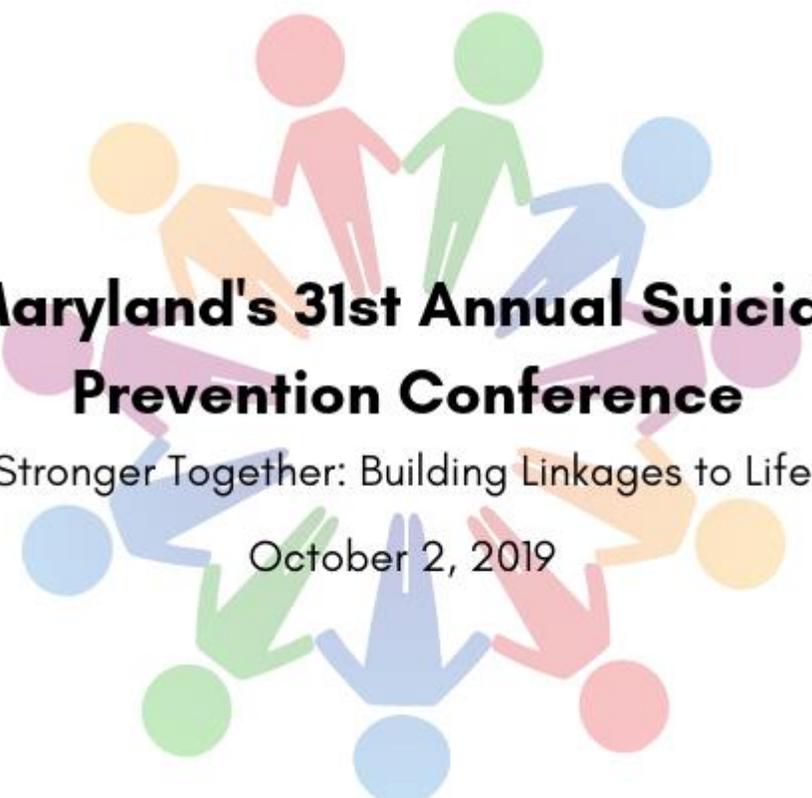
SURVIVOR • STORYTELLER • FILMMAKER



## PRESENTED BY CHANNEL MARKER

MENTAL HEALTH AND WELLNESS SUPPORT

#HOPEHELPSHEAL • #BEHERETOMORROW • #STORYTELLINGSAVESLIVES



# 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](mailto:mdh.suicideprevention@maryland.gov) to request the vendor application.

## **Have more questions?**

Please email any additional questions to [mdh.suicideprevention@maryland.gov](mailto:mdh.suicideprevention@maryland.gov).



Providers  
Clinical Support  
System

# Half & Half MAT Waiver Training

For Buprenorphine Medication-Assisted Treatment

*Presented by Christopher Welsh, MD*

**Wednesday, October 9, 2019**

**7:30 am – 12:00 pm**

7:30 am – 8 am: Registration & Breakfast

8 am – 12 pm: Training

**Register here:**

<https://halfandhalfmatwaiver.eventbrite.com>

Doordan Institute  
2000 Medical Parkway  
Belcher Pavilion, 7th Floor  
Annapolis, MD 21401

**FREE!**

The 8-hour waiver training is offered in a 'half and half' format: 4 hours of in-person training followed by 4 hours of online training through PCSS-MAT. Upon completion of the required training, providers will meet the requirement of the DATA 2000 to apply for a waiver to prescribe buprenorphine.

**Physicians** are required to complete the standardized buprenorphine waiver 8-hour training.

**Nurse Practitioners (NPs) and Physician Assistants (PAs)** are required to complete the standardized buprenorphine waiver 8-hour training as well as an **additional 16 hours of online training** as established by the Comprehensive Addiction and Recovery Act (CARA) which can be found here:

<https://pcssnow.org/medication-assisted-treatment/>

## Accreditation

### *Live portion*

Application for CME credit has been filed with the American Academy of Family Physicians (AAFP) for up to 4 AAFP Prescribed CME credits. Determination of credit is pending.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed credit, not as Category 1.

### *Online portion*

In support of improving patient care, American Academy of Addiction Psychiatry is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), the American Academy of PAs (AAPA), American Psychological Association (APA) and Association for Social Work Boards (ASWB) to provide continuing education for the healthcare team. *For details on accreditation, visit the registration page.*



## Questions?

Contact Tracy Sommer:

[tsommer@som.umaryland.edu](mailto:tsommer@som.umaryland.edu)

*American Academy of Addiction Psychiatry (AAAP) is the Data Sponsor for this training.*

*Funding for this initiative was made possible (in part) by grant no. 5U79TI026556 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.*

## 9th Annual Conference

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

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**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](mailto:dmurphy@mhamdes.org) or

Degan Allen at [dmallen@salisbury.edu](mailto:dmallen@salisbury.edu)

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](mailto:kelly.gorman@maryland.gov) or 410-697-9313.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>*Meditation &amp; Yoga*</b></p> <p>Every other Tuesday 2-3pm</p> <p>E.G. Guided Meditation &amp; Sivananda Yoga</p> 				<p>1 Open 9-8</p> <p>2:30PM: Men's Anxiety &amp; Depression</p> <p>4PM: Teen Group</p> <p>7PM: Nar-Anon</p>	<p>2 Open 9-8</p> <p>7PM: "Strengthen your Spiritual Life" Community Bible Study</p>	3
	<p>4 Open 9-7:30</p> <p>2PM: Job Search assistance</p> <p>6:30PM: Al-anon</p>	<p>5 Open 9-5</p> <p>2-3PM: Meditation &amp; Yoga</p> <p>4PM: Women's Group</p>	<p>6 Open 9-5</p> <p>4PM: Men's Group</p> <p>7:30PM: R&amp;R "Realist recovery"</p>	<p>7 Open 9-8</p> <p>2:30PM: Women's Anxiety &amp; Depression</p> <p>4PM: Teen Group</p> <p>7PM: Nar-Anon</p>	<p>8 Open 9-8</p> <p>7PM: "Strengthen your Spiritual Life" Community Bible Study</p>	9
<p>1-on-1 Peer Support is Available by Appointment Only</p>	<p>12 Open 9-7:30</p> <p>2PM: Job Search assistance</p> <p>6:30PM: Al-anon</p>	<p>13 Open 9-5</p> <p>1-3PM: Mid-day Matinee</p> <p>4PM: Women's Group</p>	<p>14 Open 9-5</p> <p>4PM: Men's Group</p> <p>7:30PM: R&amp;R "Realist recovery"</p>	<p>15 Open 9-8</p> <p>2:30PM: Men's Anxiety &amp; Depression</p> <p>4PM: Teen Group</p> <p>7PM: Nar-Anon</p>	<p>16 Open 9-8</p> <p>7PM: "Strengthen your Spiritual Life" Community Bible Study</p>	17
	<p>19 Open 9-7:30</p> <p>2PM: Job Search assistance</p> <p>6:30PM: Al-anon</p>	<p>20 Open 9-5</p> <p>2-3PM: Meditation &amp; Yoga</p> <p>4PM: Women's Group</p>	<p>21 Open 9-5</p> <p>4PM: Men's Group</p> <p>7:30PM: R&amp;R "Realist recovery"</p>	<p>22 Open 9-8</p> <p>2:30PM: Women's Anxiety &amp; Depression</p> <p>4PM: Teen Group</p> <p>7PM: Nar-Anon</p>	<p>23 Open 9-8</p> <p>7PM: "Strengthen your Spiritual Life" Community Bible Study</p>	24
	<p>26 Open 9-7:30</p> <p>2PM: Job Search assistance</p> <p>6:30PM: Al-anon</p>	<p>27 Open 9-5</p> <p>1-3PM: Mid-day Matinee</p> <p>4PM: Women's Group</p>	<p>28 Open 9-5</p> <p>4PM: Men's Group</p> <p>7:30PM: R&amp;R "Realist recovery"</p>	<p>29 Open 9-8</p> <p>2:30PM: Men's Anxiety &amp; Depression</p> <p>4PM: Teen Group</p> <p>7PM: Nar-Anon</p>	<p>30 Open 9-8</p> <p>7PM: "Strengthen your Spiritual Life" Community Bible Study</p>	31

**\*New Group\***



"Realist Recovery" Big book study & speaker meeting.  
Wednesday's

\*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

Find us on:  facebook.



*All Are Welcome to the  
Warm Hand-off*

**AUGUST FOLLOW UP  
SESSION**

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*Any questions please contact Johanna Norris 410-770-4801*

08/6/2019 | 1:00-2:00 PM  
MID SHORE BEHAVIORAL HEALTH  
28578 MARY'S COURT EASTON MD 21601

PLEASE COME PREPARED TO CONTINUE OUR  
CONVERSATION FROM THE MAY WARM HAND-  
OFF LEARNING SESSION

# 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 .

HOSTED BY:

*for all seasons*  
Behavioral Health & Rape Crisis Center  
*Restoring Lives. Transforming Communities.*

*Come meet your neighbors!*

# Neighborhood Block Party!

For All Seasons is offering a FREE family event including picnic-style refreshments, games, DJ, bounce house, community resources, and much more! RSVP appreciated but not required.

**Sun., August 18 - 2pm-5pm**

\*Rain Date - Aug. 25, 2pm - 5pm\*

Parking Lot at 300 Talbot St. Easton, MD  
(at the corner of Higgins and Talbot)

For All Seasons, Inc. provides a full continuum of bilingual (English and Spanish) outpatient mental health services and rape crisis services without regard to anyone's ability to pay.

We are committed to providing help, hope and healing to those in need.

For All Seasons English Hotline is 1-800-310-RAPE (7273) and Spanish Hotline is 410-829-6143.

Offices are located in Easton, Denton, Chestertown, Cambridge and Queenstown. Easton Office contact - 410-822-1018

[www.forallseasonsinc.org](http://www.forallseasonsinc.org)

MENTOR MARYLAND PRESENTS

# BEHAVIORAL HEALTH SERVICES OPEN HOUSE

Join us as we discuss our available behavioral health services on Maryland's Eastern Shore.

**Light refreshments and lunch provided**

**August 29, 2019 | 11 AM- 2 PM**  
**Mentor Maryland**  
**2326 Goddard Parkway Ste. D**  
**Salisbury, MD 21801**

The event is free and open to all behavioral health providers.  
To register please email Clinical Supervisor, Kala Farrare at  
[Kala.Farrare@thementornetwork.com](mailto:Kala.Farrare@thementornetwork.com) by **August 9th 2019**

**MENTOR**  
Bringing Caring Closer

31 AUGUST 2019

 International Overdose  
Awareness Day  
prevention and remembrance

INTERNATIONAL  
OVERDOSE  
AWARENESS DAY

TIME TO  
REMEMBER.  
TIME TO ACT.



Please join us

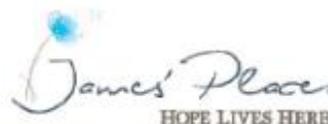
**4<sup>th</sup> ANNUAL INTERNATIONAL OVERDOSE AWARENESS DAY  
CANDLE LIGHT VIGIL & RECOVERY CELEBRATION  
SATURDAY, AUGUST 31, 2019 — 5:30 - 8:00 PM**

Resources, Naloxone training, Overdose Response  
Demonstration, Program of Celebration

St. John's Episcopal Church  
9120 Frederick Rd. Ellicott City, MD 21042

Contact: [info@jamesplaceinc.org](mailto:info@jamesplaceinc.org)  
[ioad-hoco.eventbrite.com](http://ioad-hoco.eventbrite.com)

To honor those lost to substance use disorder, please bring a 4 x 6 in. photo.





## PROVIDER ALERT

### PROVIDER COUNCIL MEETING - AUGUST 2019

JULY 24, 2019

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Just a friendly reminder that the next Provider Council Meeting is scheduled for **Friday, August 9, 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, August 5, 2019.

Questions not sent by **August 5th** 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:

**We have a new updated platform. Another provider alert will be coming soon to register but please continue to send your questions.**

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 August 7, 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.”

