



# The Steering Wheel

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

May 2018

Volume 7, Issue 20

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## Americans Are More Socially Isolated, but Less Lonely

Social isolation and loneliness are different, but both are bad for health.

Psychology Today

*May 07, 2018*

Are Americans becoming lonelier?

On May 1, NPR reported on a survey about loneliness (link is external) conducted by Cigna, a large health insurance company (link is external). Cigna asked over 20,000 American adults if they agreed with statements like:

- "People are around me, but not with me."
- "No one really knows me well."

The survey found that younger Americans were lonelier than older Americans. But while researching for my upcoming book on empathy and social relationships, I found that the story is a bit more complicated.

### How to study loneliness

The Cigna study is far too limited to tell us why young people appear to be lonelier. Is it because younger people are in a normal, lonelier life stage before finding a partner and having children? Or is it because there have actually been generational increases in loneliness? The only way scientists could know if

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there have been generational changes would be to compare young people today to young people in earlier times. The survey used the UCLA Loneliness Scale (link is external), one of the best available measures of loneliness. But just because a survey has 20,000 respondents doesn't mean its high quality. Who were the respondents? Did they reflect the general population in terms of age, gender, and other factors? Without more details about the methods, it's hard to know how to interpret the survey.

Thankfully, some peer-reviewed studies *have* examined changes in loneliness and social isolation over time. Loneliness is the subjective feeling of social disconnection. Social isolation is more objective: It includes living alone, having very few social ties, not having people to confide in, and not spending time with others very often.

Although lonely people are sometimes more socially isolated, this is not always the case (link is external). It's possible to feel lonely (link is external) even when surrounded by people. And it's possible to have just a few friends and enjoy deep connections with them along with times of solitude.

Research finds that loneliness and social isolation are equally bad for your health (link is external). On average, people who report being lonely have a 26 percent increased risk of death compared with those who are not lonely. Those who live alone have a 32 percent increased risk of death, and those who are socially isolated have a 29 percent increased risk of death.

## **Loneliness over time**

One study tracked (link is external) changes in more than 13,000 college students from 1978 to 2009. These researchers found that millennials actually reported *less* loneliness than people born earlier. But since the study was of college students, the researchers wondered whether they would find these results in a more general American population. So they tracked (link is external) changes over time in a nationally representative sample of more than 385,000 high school students between 1991 to 2012.

To measure loneliness, participants were asked whether they agreed with statements that indicated loneliness, like:

- I often feel left out of things.”
- “I often wish I had more good friends.”

Statements like the following measured social isolation:

- “There is always someone I can turn to if I need help.”
- “I usually have a few friends around I can get together with.”

As in the first study, the researchers found that students reported declines in loneliness over time. However, they actually found *increases* over time in social isolation. This corresponds with nationally representative government data (link is external) showing that the percentage of people in the U.S. who live alone nearly doubled from 7.6 percent in 1967 to 14.3 percent in 2017.

Americans also seem to have fewer confidantes (link is external). The average number of people that Americans say they can talk to about important things declined from 2.94 in 1985 to 2.08 in 2004.

### Experiencing isolation

Taken together, this published research finds that young people in the U.S. may be more socially isolated in recent years, but are paradoxically becoming less lonely. There doesn't appear to be an epidemic of loneliness, but perhaps there is one of social isolation.

It's possible that socially isolated people are turning to social media (link is external) to treat their feelings of loneliness. This could make them feel less lonely in the short run (link is external), but these connections can be more about quantity than quality. They aren't necessarily the people Americans get together with in person or turn to when we need help. And people often use social media when they are physically alone in a room.

Future research should try to better understand why there are different trends in loneliness versus isolation. But since both are equally bad for our health, it's important to nurture our connections with others — both online and off.

Article: <https://www.psychologytoday.com/us/blog/the-empathy-gap/201805/americans-are-more-socially-isolated-less-lonely>

# The Triangulum: The Future Is Now

A webinar on marijuana and vaping

Hosted by [Central East ATTC](#), a program managed by the [Danya Institute](#).

This webinar will explore the intersection of tobacco, marijuana, and electronic cigarettes, the latter being the delivery device for those drugs and others.

The webinar will drill down and look at the e-liquid and the e-aerosol, showing that it isn't "just water vapor" and focus on some of the potential health consequences.

The webinar will also describe the Juuling phenomenon, while also addressing "dripping" and "dabbing."

Lastly, the webinar will introduce viewers to the new Heat-not-Burn product, IQOS, that is being promoted around the world by Philip Morris International.

**Participation is FREE!**

1.0 NAADAC Continuing Education Hours available

## Presenter:

Dr. Phillip Gardiner



**May 31<sup>st</sup>, 2018**

**12:00pm-1:00pm**



For additional  
information contact:  
(240) 645-1126 or  
[training@danyainstitute.org](mailto:training@danyainstitute.org)

The Impact of Trauma on the Person and Family. Together Let's Dig Deeper.

What Does it Mean for Our Everyday Work?

**Chesapeake College – Room HEC 110**

**June 5, 2018**

**9:00am – 4:15pm**

**5.5 CEUs - \$60.00**

**Frederick H. Strieder, MSSA, PhD**

**Clinical Associate Professor, University of Maryland**



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

The day's training will use the National Child Traumatic Stress Network 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families (<https://www.nctsn.org/treatments-and-practices/core-curriculum-childhood-trauma>). Participants will reflect on a case presentation to explore the facts, hunches and hypotheses that inform our partnerships in working with families.

To register please contact Danielle Murphy @ 410-822-0444 or [dmurphy@mhamdes.org](mailto:dmurphy@mhamdes.org).





INTERESTED IN LEARNING  
MORE ABOUT YOUR ROLE  
IN SUICIDE PREVENTION?



Register: [mdspin.eventbrite.com](https://mdspin.eventbrite.com)

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## SUICIDE PREVENTION WEBINAR SERIES

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June 14: Suicide Prevention in the Era of Social Media

August 9: Engaging Youth and Young Adults in Suicide Prevention

October 18: Suicide Prevention to Support Veterans and Military Connected Families

December 13: Suicide Prevention in the Holiday Season

**TUESDAY, JUNE 12TH, 2018**

**Free ▲ 1:00pm-4:00pm ▲ 3 CEUs**

# **Enhance Your Cultural Competence**

**BUILDING COMMUNITY: THE  
ROLE OF CULTURE IN LAYING A  
FOUNDATION FOR  
TRANSFORMATIVE CHANGE**

[www.carmencmarshall.com](http://www.carmencmarshall.com)

**TRAINER: CARMEN C.  
MARSHALL**

Sponsored by Mid Shore Behavioral Health, Inc.

To register go

to: <https://www.eventbrite.com/e/diversity-equity-and-inclusion-training-tickets-45984056551>



THE HORSE INSPIRED  
GROWTH & LEARNING  
CENTER

Presents

## “The Cost of Compassion”

A seminar for healthcare providers. Offering Category II CEU's

Connection & Teamwork   Empathy & Compassion   Self Care & Fun



Are any of these absent in your personal and professional life?

Then you could be at risk for

### “Compassion Fatigue”

Join us for this interactive workshop using horses as your partner to identify and examine the important signs that may be putting you and your organization at risk.

June 8<sup>th</sup>, 2018

10:00 a.m. to 12:00 p.m.

Location: Glendale Farm 30485 Matthewstown Rd. Easton, Md. 21601

(Please arrive by 9:30 am for registration)

Cost: \$55 per person

To register: Please visit our website at [www.horseinspired.com](http://www.horseinspired.com) and go to our “events” page. Please enter your information and press submit then click on the “Buy Now” button which will take you to our secure PayPal site. Click on the gray button that says Debit or Credit Card and enter your payment.

# SAVE THIS DATE

Thursday, June 14, 2018

9:00 A.M. - 4:00 P.M.

## 2018 BHA WOMEN'S CONFERENCE - MANY FACES OF H.E.R HOPE • EMPOWERMENT • RESILIENCY

Location: Temple Oheb Shalom  
7310 Park Heights Avenue, Baltimore, MD

Conference Fee: \$55 (includes continental breakfast & lunch)



**KEYNOTE:** Deborah (DEB) Werner, MA, PMP, Senior Program Manager  
Advocates for Human Potential, Inc.

"Success begets success. Strength-based approaches are key, whether coaching executives or counseling women entering recovery," says Deborah (Deb) Werner, M.A., PMP. For nearly thirty years, Deb Werner has worked with SAMHSA, state and national leaders, and community-based agencies to create effective treatment and recovery services for women.

She is a Senior Program Manager with Advocates for Human Potential, Inc., where she serves as the Project Director for the SAMHSA's Women, Children and Families Training and Technical Assistance Project and the Task Lead for the Homeless and Housing Resource Network. She consults, speaks, trains and supports efforts to improve outcomes for women, youth, families and communities. She also leads SAMHSA's Women's Addiction Services Leadership Institute.

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**Online registration begins May 2018**

**Sponsored by:** Maryland Department of Health, Behavioral Health Administration  
and the University of Maryland School of Medicine Training Center

**Contact Persons:** Suzette Tucker 410-402- 8648: [Suzette.Tucker@maryland.gov](mailto:Suzette.Tucker@maryland.gov)

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### CEU/COA's will be available at end of training

As an accredited academic institution, the University of Maryland School of Medicine's Training Center is an approved sponsor of the Maryland Board of Social Work Examiners for 5.5 Continuing Education credits (Category 1) for licensed social workers in Maryland; as a sponsor of 5.5 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists; and 5.5 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists, upon completion of this training and a completed evaluation. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available for all other disciplines.

Talbot County Health Department, in partnership with the University of Maryland Training Center and the Behavioral Health Administration is pleased to bring Mental Health First Aid to the Eastern Shore.

### **What is Mental Health First Aid?**

Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Anyone, anywhere can be the one to make a difference in the life of someone with a mental health and/or substance use challenge- if they know what to do and say.

**When-** June 14, 2018

**Time-** 7:30A- 5:30P Registration begins at 7:30A, class will promptly begin at 8:00A.

**Where-** Talbot County Health Department (100 South Hanson Street, Easton, MD, 21601 Conference Room

**Cost-** Free

**Additional Information-** Manuals will be given at the start of the training. Lunch will not be provided. There is free parking in the lot adjacent to the Health Dept. as well as street parking.

**Trainers-** Tyrell Moyd, RPS, RCP, MHFA-T & Adelaide Weber, CCAR-T-MHFA-T, Coordinator of Special Programs, Office of Consumer Affairs, Behavioral Health Administration

Mental Health First Aid is an approved training by MABPCB, Maryland Addictions and Behavioral-health Professionals Certification Board, which is the peer credentialing board in Maryland. This training will provide 8 CEUs in the following domains: Advocacy- 1, Ethics- 1, Mentoring and Education- 2.5, Recovery and Wellness- 3.5.

If you have any questions, please contact Adelaide Weber at  
Adelaide.weber@maryland.gov

**Please use link to register:** <https://mhfa-talbotcounty.eventbrite.com>

Talbot County Health Department, in partnership with the University Of Maryland Training Center and the Behavioral Health Administration is pleased to bring CCAR Spirituality to the Eastern Shore.

### **What is CCAR Spirituality?**

The purpose of this training is to help you as a recovery coach to understand what spirituality is and how you would help someone in their own recovery process of discovering spirituality. This two day course will help you explore your own beliefs and values as it comes to spirituality. This training will provide you with the tools and resources needed as a recovery coach so you can speak about spirituality in a way that is accepting to others.

**When-** June 18-19, 2018

**Time-** 8:00A-4:30P (Both Days)

**Where-** Talbot County Health Department (100 Hanson Street, Easton, MD 21601)  
Conference Room

**Cost-** Free

**Additional Information-** Manuals will be given at the start of the training. Lunch will be on your own. There is free parking in the lot adjacent to the Health Dept. as well as street parking.

**Trainers-** Beth Terrence, BA, CPRS, CRNC, Holistic Recovery Pathways & Tyrell Moyer, RPS, RCP

CCAR-Spirituality is an approved training by MABPCB, Maryland Addictions and Behavioral-health Professionals Certification Board, which is the peer credentialing board in Maryland. This training will provide 12 CEUs in the Recovery and Wellness domain.

If you have any questions, please contact Adelaide Weber at  
[Adelaide.weber@maryland.gov](mailto:Adelaide.weber@maryland.gov)

**Please use link to register:** <https://ccarspirituality-talbotcounty.eventbrite.com>



## Do you have a loved one suffering from a substance use issue?

If you have ever felt ashamed or isolated because your loved one or child has a substance use issue . . .

If you have ever felt hopeless because you couldn't get through to someone or get them help . . .

If you have ever been angry, afraid or just sad . . .

*Then attend this night where families can learn how to support their loved ones!*

**When:** Wednesday,  
June 20, 2018  
6:00 - 7:00 pm

**Where:** Dri-Dock Recovery & Wellness Center  
208 Sunburst Highway  
(Rt 50)  
Cambridge MD 21613

**Cost:** Free

For more information, contact

Trish Todd at

[ttodd@mdcoalition.org](mailto:ttodd@mdcoalition.org) or 410-220-4059

*"We can support each other by sharing stories, from knowing that I'm not alone...and we never give up."*



Talbot County Health Department, in partnership with the University of Maryland Training Center and the Behavioral Health Administration is pleased to bring CCAR-Ethical Considerations to the Eastern Shore.

### **What is CCAR-Ethical Considerations?**

The issue of ethical considerations has been discussed in many circles yet formal training has been lacking. This two day training, created by CCAR, addresses this critical need Using presentations, small group work, and role play. Many areas of ethics will be addressed including: defining the coaching service role and functions, coaching standards, issues of vulnerability, ethical decision making, performance enhancement, and legal issues.

**When-** June 20-21, 2018

**Time-** 8:00A-4:30P (Both Days)

**Where-** Talbot County Health Department (100 Hanson Street, Easton, MD 21601  
Conference Room

**Cost-** Free

**Additional Information-** Manuals will be given at the start of the training. Lunch will not be provided. There is free parking in the lot adjacent to the Health Dept. as well as street parking.

**Trainers-** Beth Terrence, BA, CPRS, CRNC, Holistic Recovery Pathways & Hillu Beyene, CPRS, RPS, WRAP-T, CCAR-T, Peer Outreach Supervisor, Baltimore County Department of Health, Bureau of Behavioral Health

CCAR-Ethical Considerations is an approved training by MABPCB, Maryland Addictions and Behavioral-health Professionals Certification Board, which is the peer credentialing board in Maryland. This training will provide 12 CEUs in the Ethics domain.

If you have any questions, please contact Adelaide Weber at  
[Adelaide.weber@maryland.gov](mailto:Adelaide.weber@maryland.gov)

**Please use link to register:** <https://ethicalconsiderations-talbotcounty.eventbrite.com>

# **MARYLAND HARM REDUCTION SUMMIT**

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Thursday  
**JUNE 28TH, 2018**  
**8:30-4:30 p.m.**

**MARTIN'S WEST**

**6817 Dogwood Road, Baltimore MD**

Explore innovative approaches to the opioid epidemic  
while forging new partnerships.

The Maryland Harm Reduction Summit will bring together community members, policymakers, health and social service providers to focus on non-judgmental, harm reduction approaches to individuals seeking care at any stage in their recovery. Topics include racial justice, trauma, and harm reduction, strengthening systems of care, and integration of harm reduction into substance use disorder treatment settings, among others.

## **REGISTER NOW**

<https://harmreductionsummit.eventbrite.com>

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The Summit is co-sponsored by the Maryland Behavioral Health Administration and the University of Maryland Training Center

3RD ANNUAL

# SENIOR SUMMIT

## *Life Reimagined Challenges and Triumphs*

For seniors, children of seniors, caregivers, professionals and concerned citizens



**Thursday, June 7, 2018**

**8:30 a.m.–4:30 p.m.**

*includes breakfast and lunch*

**Talbot Community Center  
Route 50 Easton, MD**

### **KEYNOTE SPEAKER:**

Lynn H. Sanchez, Mental Health Advocate

### **FULL DAY OF PROGRAMMING**

Topics to include health and wellness, technology, staying active, and transitioning in life.

*Bring a friend!*

### **SENIOR SUMMIT REGISTRATION FORM—Deadline June 1, 2018**

\$15 General Public and Seniors (age 60+)

\$85 Professional Social Work CEUs

*Continental breakfast and lunch included in registration fee.*

Make checks payable and return to:

Talbot Community Connections

P.O. Box 2615

Easton, MD 21601

*Include this registration section with payment.*

*No refunds.*

Applicants should assume acceptance of registration, unless otherwise notified.

Questions? Contact Kelley Werner at [kelly.werner@maryland.gov](mailto:kelly.werner@maryland.gov) or call 410-770-8810

Name \_\_\_\_\_

Organization/Employer \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Sponsored by Talbot Community Connections &  
Talbot County Department of Social Services



For further information, contact [TalbotCommunityConnections@gmail.com](mailto:TalbotCommunityConnections@gmail.com) or visit [TalbotCommunityConnections.org](http://TalbotCommunityConnections.org).

# 5TH ANNUAL BACKYARD BASH

LOCAL AGENCIES ON SITE TO PROVIDE INFORMATION

*Navigate your way through  
Kent County Resources*

FRIDAY JUNE 15TH 5-8PM  
300 SCHEELER RD  
CHESTERTOWN MD. 21620

FREE  
EVENT

FACE PAINTING  
TIE DYE STATION  
LIVE ENTERTAINMENT  
MOON BOUNCE  
SNOW CONES  
FOOD TRUCK



ENTER FOR  
YOUR CHANCE  
TO WIN  
DOOR PRIZES  
INCLUDING...

BUT NOT LIMITED TO...

WIN A TATTOO GIFT CARD FROM  
INK WELL STUDIO  
SELLERS INK  
OR CROSSBONES.

FREE HAIR CUT &  
STYLE FROM  
SALON ATELIER

And much more...

Free meal to  
the first 200 guests

FOR MORE INFORMATION  
PLEASE VISIT US ON  
FACEBOOK

RECOVERY  
IN MOTION

DORCHESTER COUNTY BEHAVIORAL HEALTH

DRI-DOCK RECOVERY & WELLNESS CENTER  
PRESENTS

# KICKBALL COOK OUT

GREAT MARSH PARK  
CAMBRIDGE 21613

FREE EVENT

JUNE 16, 2018  
NOON - 5PM

Poster by Val

FOR INFO CALL (410) 228-3230

[WWW.DRI-DOCK.ORG](http://WWW.DRI-DOCK.ORG)



# JUNE 16<sup>TH</sup>

## RECOVERY HOUSE KICKBALL GAME

**Idlewild Park at 4pm**

Kick off summer with a friendly game of kickball-recovery house style! Join us directly after the Talbot Goes Purple in the Park event for a full day of good, clean, fun!

**Humble  
House**

**Vs.**

**The Gratitude  
House**

**Kickball  
Showdown!**

**All are invited**

**Speaker meeting  
at 6pm**

**IDLEWILD PARK**

**Easton, MD**

**Saturday, June 16<sup>th</sup>**

**4:00- 7:00 pm**

**For more info call:**

**Jeremy 410-562-7711**



Hope Through Shelter, Clothing, Food  
and Support

## Haven Ministries Food Pantry Update

Beginning **July 2018**, there will be **TWO** Food Pantry Locations!

3rd Friday Every Month, 5:30pm-7:00pm for QAC Residents w/Photo ID

### **Centreville United Methodist Church**

608 Hope Road

Centreville, MD 216178

*Food Pantry for zip codes 21657, 21617 & North*

### **Safe Harbor Presbyterian Church**

931 Love Point Road

Stevensville, MD 21666

*Food Pantry for zip codes 21658 & South*

**Contact info:** [info@haven-ministries.org](mailto:info@haven-ministries.org)

[haven-ministries.org](http://haven-ministries.org)

**410-739-4363**

### **QUEEN ANNE'S COUNTY, MARYLAND 2010 ZIP CODE AREAS**

21607	Barclay	21649	Marydel
21617	Centreville	21651	Millington
21619	Chester	21657	Queen Anne
21620	Chestertown	21658	Queenstown
21623	Church Hill	21666	Stevensville
21638	Grasonville	21668	Sudlersville
21640	Henderson	21679	Wye Mills
21644	Ingleside		

### **POST OFFICE ZIP CODES**

21628	Crumpton
21656	Price
21670	Templeville



PREPARED BY THE MARYLAND DEPARTMENT OF PLANNING  
PLANNING DATA SERVICES DIVISION





## 1st Annual Maryland Hike for Hope

This is your invitation to join us for the [1st Annual Maryland Hike for Hope](#) on Saturday, June 23, 2018 at [Glendening Nature Preserve](#) in Southern Anne Arundel County.

This is an event for all ages. Dogs are allowed. Please keep in mind that this is a trail hike. The paths are uneven in certain places and are not wheelchair or stroller friendly. The [trail](#) has a few small hills, but no major ascents. Please wear closed toe shoes such as sneakers or boots. Bring bug spray and sunscreen.

Everyone who raises \$100 or more will receive an official **Hike for Hope T-shirt**. The first 4 hikers to raise \$500 or more will also receive an **Urban Peak Trekker Backpack**.

### Where your money goes

84 cents of every dollar donated to AFSP are used for suicide prevention. AFSP is the largest private funder of [suicide and suicide prevention research](#). The Maryland Chapter is dedicated to give back to its local communities by hosting an annual State Capitol Day in Annapolis to advocate for mental health and suicide prevention. We invest in education programs such as [Talk Saves Lives](#), [It's Real: College Students and Mental Health](#) or [Firearms and Suicide Prevention](#). And we provide support for those who have been affected by suicide with our [Survivor Outreach Program](#) and by hosting [Survivor Day](#) events all over Maryland on Saturday, November 17, 2018.

**Please join us and hike with us to fight suicide!**

**Date:** June 23, 2018

**Time:** 9.00 AM to 12.00 PM

**Location:** Glendening Nature Preserve,  
5702 Plummer Lane, Lothian

**Register Now**

If you have any questions, please reach out to Maryland Area Director **Kat Olbrich** at 202-770-8973 or [kolbrich@afsp.org](mailto:kolbrich@afsp.org).

# SAVE THE DATE

***Cultural Competence Strategies for Underserved Populations***

***Friday, June 29, 2018***

***8:30 AM - 3:00 PM***

***The Meeting House, 5885 Robert Oliver Pl, Columbia, MD  
21045***

***Guest Facilitator: La Keita D. Carter, PsyD, Institute for HEALing***

*Registration will be available in the coming weeks.*

<http://trainingcenter.umaryland.edu>

As an accredited academic institution, the University of Maryland School of Medicine's Training Center is an approved sponsor of the Maryland Board of Social Work Examiners for 4.75 Continuing Education credits (Category 1) for licensed social workers in Maryland; as a sponsor of 4.75 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists, and 4.75 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists, upon completion of this training and a completed evaluation. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available for all other disciplines.



Keynote: Cultural Competence Strategies for Underserved Populations  
La Keita Carter, Psychologist, PsyD, Institute of HEALing

Practicing since 2009, Dr. Carter's specializes in women's issues, trauma, addictions, multicultural barriers in treatment, and relationship issues. She also does extensive work with veterans and other underserved populations. Her professional specialties include the supervision of budding counselors and psychologists and psychology administration.

She is a sought after presenter on multicultural issues in psychology having presented at the Maryland Psychological Convention (March 2015), Morgan State University (August 2016), Hazelden Betty Ford Foundation (September 2016) and the Behavioral Health annual conferences (May 2017 & 2018). She has also appeared on local media outlets discussing professional issues in psychology as well as trauma in specific communities. She is the author of two psychology textbooks.

The Meeting House, 5885 Robert Oliver Pl, Columbia, MD 21045

Sponsored by the Maryland Department of Health, Behavioral Health Administration  
and the University of Maryland School of Medicine Training Center  
Web site: <http://trainingcenter.umaryland.edu>



# READING SOCIAL



1st Saturdays  
June 2, 2018  
July 7, 2018  
August 4, 2018  
10 am-12pm  
Cambridge Library \*Community Room\*  
303 Gay St., Cambridge, MD

*Volunteers  
Needed!*

REGISTER @  
[INFO@HARVESTINGHOPEINC.ORG](mailto:INFO@HARVESTINGHOPEINC.ORG)  
OUR FACEBOOK PAGE  
443-351-4846



MONTHLY YOUTH READING SOCIAL  
FREE BOOKS!  
HEALTHY SNACKS!  
ARTS AND CRAFTS!

Harvesting Hope Youth  
and

Family Wellness, Inc



# SAVE THE DATE

## **WRAP CLASS Wellness Recovery Action Plan**

**Thursdays 4–8pm**

**June 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> & July 5<sup>th</sup>**



*Chesapeake Voyagers Inc.  
Wellness and Recovery Center  
342-C N. Aurora Street  
Easton MD 21601  
410-822-1601*

*Classes are Free!*

### **WHAT IS WRAP?**

The Wellness Recovery Action Plan or WRAP, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

WRAP has been studied extensively in rigorous research projects and is listed in the National Registry of Evidence-based Programs and Practices.



# Chesapeake Voyagers, Inc. (CVI)

**June 2018**

## Wellness & Recovery Center/Peer Support

342C N. Aurora St. Easton, MD 21601 Phone: 410-822-1601

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch 'N' Learn: This month we welcome Johnathan Williams of Shore Community Music Center who will facilitate a drum circle, where individuals can learn how keeping a beat, playing in sync with others can help develop a stronger sense of interdependence. He will also provide an overview of the Rhythm2Recovery program, which is an evidence based program that combines rhythmic music and movement with cognitive reflection and mindfulness. All are welcome, but you MUST pre-register by June 13 <sup>th</sup> by calling the center or emailing Avra at 410-822-1601						
3 1-on-1 Peer Support Available during open hours and by phone.	4 <b>OPEN 11-6pm</b> Dinner 4pm 6:30pm- Nar-Anon meeting	5 <b>OPEN 11-6pm</b> <i>Emotions Anonymous 2:00pm</i> Tuesday's Toolbox 3pm Karaoke	6 <b>OPEN 11-6pm</b> <i>BINGO 2pm</i> Depression & Anxiety Recovery Group 4:00	7 <i>CVI CLOSED</i>	8 <b><u>CVI WILL BE CLOSED TO ATTEND THE OOOMD CONFERENCE</u></b>	2 <b>Potluck Dinner &amp; Movie 5:00 pm</b> Bring a food dish to share with friends as you enjoy a movie
17  ALL ARE WELCOME	11 <b>OPEN 11-6pm</b> WRAP Support Group 3pm Dinner 4pm Nar-Anon Meeting 6:30pm	12 <b>OPEN 11-6pm</b> <i>Emotions Anonymous 2:00pm</i> Consumer Council 3pm	13 <b>OPEN 11-6pm</b> <i>BINGO 2pm</i> <i>Craft- 3pm-Special Father's Day craft</i> Depression & Anxiety Recovery Group 4:00	14 <i>CVI CLOSED</i>	15 <b>OPEN 11-7pm</b> Social & Life Skills Group 2pm <b>Social Night 5 pm</b> 	16 If your Birthday is this month we will celebrate during Social Night! 
24	18 <b>OPEN 11-6pm</b> Lunch and Learn 12pm: Shore Community Music Center <b>YOU MUST REGISTER</b> Dinner 4pm Nar-Anon Meeting 6:30pm	19 <b>OPEN 11-6pm</b> <i>Emotions Anonymous 2:00pm</i> Tuesday's Toolbox 3pm: Wellness Activity	20 <b>OPEN 11-6pm</b> <b>NO BINGO</b> Depression & Anxiety Recovery Group 4:00	21 <i>CVI CLOSED</i>	22 <b>OPEN 11-6pm</b> Social & Life Skills Group 2pm Coffee, Goodies and Conversation 3:00pm	23
	25 <b>OPEN 11-6pm</b> WRAP Support Group 3pm Dinner 4pm Nar-Anon Meeting 6:30pm	26 <b>OPEN 11-6pm</b> <i>Emotions Anonymous 2:00pm</i> Tuesday's Toolbox 3pm: Cookies with Cora the dog	27 <b>OPEN 11-6pm</b> <i>BINGO 2pm</i> Depression & Anxiety Recovery Group 4:00	28 <i>CVI CLOSED</i>	29 <b>OPEN 11-6pm</b> Social & Life Skills Group 2pm Coffee, Goodies and Conversation 3:00pm	30

Maryland Coalition of Families would like to invite you to:

# WALK AND TALK

A walking group for parents and caregivers of children with mental health, behavioral health and/or emotional challenges.

## Walk and Talk

will begin

Friday mornings

May 4 through May 25

at **10:00** am

We will start and end  
at Idlewild Park in  
Easton, MD 21601

Walk & Talk will not be held in the rain.



Contact Mid-Shore Family Peer  
Support Specialist  
Cathy Jones  
443-472-8452

Funding for this program is provided by **Maryland's Behavioral Health Administration**



410-730-8267 | [www.mdcoalition.org](http://www.mdcoalition.org)



# Bushel of Crabs Raffle



Proceeds to benefit  
Harvesting Hope Mentoring Program

Raffle Tickets \$10  
Drawing Tuesday, June 26, 2018

Tickets can be purchased from  
Mentees, Parents, Harvesting Hope  
443-351-4846  
[Info@harvestinghope.org](mailto:Info@harvestinghope.org)  
or contact us on our Facebook page



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## PROVIDER ALERT

### PROVIDER COUNCIL MEETING - JUNE 2018

MAY 25, 2018

Just a friendly reminder that the next Provider Council Meeting is scheduled for **Friday, June 8, 2018 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, June 4, 2018.

**Questions not sent by June 4th cannot be guaranteed an answer at Provider Council.**

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

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

Please use the attached link to register:

<https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t6c8b91ada2dc267f5a7ec103f93f9a65>

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

Can't register? [Contact support.](#)

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, June 6, 2018 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.”

