



The Steering Wheel

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

April 2018

Volume 7, Issue 17

My First Voice

By Mindy Tsai | Apr. 16, 2018

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No one, including family and close friends, has ever asked me about the first time I heard a voice. I think it's a tough topic to talk about. Hearing voices isn't considered normal. Regardless, I remember. Some voices are more memorable than others, just like real people.

On a sunny day, I heard "him" for the first time. Later on, I would name him Joe, because he reminded me of my secret crush at the time. I had just woken up and was getting dressed. Suddenly, I heard a man talking. I wasn't sure if he was talking to me, so I thought, "Let me walk outside of the house to see if I can still hear him."

I stepped out of my front door and there was silence for about five seconds. Then, he said, clearly: "Can you hear me?"

I locked the door and start walking to work. "Yes," I said quietly and smiled.

There wasn't a single person on the street I could see. Still, I heard: "Don't smile. You are going to look silly if you walk on the street, talk to yourself and smile on your own.

"Okay," I thought in response. I transitioned from speaking out loud to in my mind only. That didn't bother me. Actually, I didn't really notice the transition.

"You need to ask someone for help," Joe said. I still can't believe that my first voice warned me about the mental health situation I was in.

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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410.770.4801

Follow us:



I don't remember how the conversation ended, but I do remember I had a completely reasonable "conversation" with Joe. We did not talk over each other. No one yelled. He did not make me upset. He did not give me commands to hurt or kill myself. Just like people, there are all kinds of voices.

During the earlier stages of my schizophrenia, I was trying to make sense out of what I heard. The voices to me were very real. And they were! Because I did hear them. It was only later that I made the connection that I was the only person who heard them. Writing and talking about what I experienced helped me finally make that connection.

So, if you're a friend or family member of someone who is hearing voices (otherwise known as auditory hallucinations), the best way to be supportive is to talk about the experience. Simple conversation starters are: What was the first time you heard something? What did the voice say? How do you feel about them? Are you okay? It never helped when someone argued with me about what I heard or told me that it was all fake. But it was very helpful when someone listened.

My psychiatrist recommended *Hearing Voices, A Common Human Experience* to me when I asked to learn more about my condition. The book covers many different perspectives on hearing voices—from mental illness to spirituality, from religious figures to cultural folklores, from the distant past to current times. It's an insightful read; like all the different kinds of voices, I thought it was interesting that we also have all kinds of perspectives on how we interpret those voices.

Every time I think about my schizophrenia, I'm amazed at what my brain can do, even when it's considered "broken." My brain can create an entire alternative world that only I know about. Perhaps, in the future, we'll find out that it's not really broken, but just behaving in a way we don't quite understand right now. Hearing voices may not be considered "normal" for now, but trying to understand is a good first step in making those who have their own Joe feel accepted.

Article: https://www.nami.org/Blogs/NAMI-Blog/April-2018/My-First-Voice?utm_source=naminow&utm_medium=email&utm_campaign=naminow

JOB OPENINGS

The **Dorchester County Health Department** is seeking a part-time **LCSW-C** to provide individual, group and family therapy to students enrolled in our School-Based Wellness Center program.

Perfect opportunity for a skilled clinician who would love a family-friendly schedule in a supportive environment. Join our fantastic team and make a difference for youth in an underserved community!

To learn more, email beth.spencer@maryland.gov or call 410-901-8177. EOE



Project Chesapeake is an outpatient behavioral health program located in Denton, MD. We are looking for a motivated **Licensed Addictions Counselor** to join our team on a full-time basis in the evenings. This individual will work
Monday-Thursday 11AM- 9:30 PM

- Develops, facilitates, and documents group therapy, including family therapy and education.
- Develops, implements, and maintains treatment plans for clients based on the comprehensive assessment, by identifying problem areas, outlining desired treatment outcomes, developing strategies for achieving these outcomes, and setting target dates for identified objectives.
- Complies with federal and state regulations on privacy, confidentiality, and client's rights.
- The candidate should be a licensed addictions counselor in the state of Maryland and possess one of the following designations:

ADT, CSC-AD, CAC-AD, LCAD-C, LGAD-C, LCSW-C, LGSW, LGPC, LCPC

- You will conduct intakes/assessments and act as sole counselor in the following group setting
Outpatient (Level I)
Intensive Outpatient (Level 2.1)

Compensation will vary based on experience and license.

Job Type: Full-time

To apply, contact **Dan Smith** HR Manager by email at dsmith@projectchesapeake.com or by phone at 443-440-5791

Family Peer Support Specialist - Lower Shore

OVERVIEW

MCF is hiring a Family Peer Support Specialist for the Lower Shore region, with a focus on Wicomico, Somerset, Dorchester and Worcester Counties. The Family Peer Support Specialist will be a primary caregiver of a youth, adolescent or young adult who has substance use challenges, and will provide family-to-family support, education, advocacy, coaching, information and referral and follow-up to families seeking assistance.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

Provide education and support to family members or other loved ones on behalf of someone with substance use or problem gambling challenges to assist with negotiating their way through the social, legal, educational and health care systems. Facilitate a process for families to develop a plan to: clarify the problem(s); provide emotional support; identify needs and strengths; and identify resources including appropriate levels of services, entitlements, community resources and other natural supports. Assist families and other loved ones in building their own community based support network, and ensure that their goals are integrated into one unified plan as necessary. Facilitate families and other loved ones accessing supports and services by: sharing information about resources and supports; making phone calls to connect families and other loved ones with resources; providing guidance in completing forms and applications; reviewing documents or reports with families and other loved ones to ensure they fully understand documents; and accompanying them to meetings.

Other duties as assigned.

**Contact Hire@mdcoalition for full description*

QUALIFICATIONS:

Lived experience as a caregiver, or other family member, or loved one of an individual with substance use or problem gambling challenges is required. Familiarity with state and local resources and how to access them. Willingness and strong ability to build and maintain partnerships with agencies and providers. Active listening skills for providing peer support and engagement to families and other loved ones. Strong written and oral communication skills. Proficient computer skills and the ability to efficiently utilize internet search to identify resources. Current Maryland driver's license and access to own vehicle; limited in-state travel required.

**Contact Hire@mdcoalition for full description*

HOURS/COMPENSATION:

40 hours/week

Flexible work schedule/Salary commensurate with experience. Salary range \$15 -19 per hour.

TO APPLY:

Send resume with a cover letter describing your interest in this position and relevant experience as a family member, caregiver, or other loved one of an individual with substance use or problem gambling challenges to Hire@mdcoalition.org: applications will be reviewed on a rolling basis. Please include "FPSS Lower Shore" in the subject line. *Please note that mailed or faxed resumes will not be considered. No phone calls please.*

hire@mdcoalition.org

LDAAC TRAINING OPPORTUNITY

How will the Eastern Shore avoid an outbreak of HIV?

Rising overdose deaths and ED visits reveal an increasing amount of injection drug use on the Shore. Absent new access to sterile injection equipment, an outbreak of HIV seems inevitable. The Maryland Department of Health has resources to support the development and implementation of Syringe Services Programs to help prevent the spread of HIV, Hepatitis C and other infections. Participants in SSP have been found to be five times more likely than non-participants to enter drug treatment. While there are several new programs throughout MD, there are none on the Eastern Shore. Come learn more about the need and opportunity to add a critical missing piece to a comprehensive response to the opioid crisis.



MARYLAND
Department of Health

Kip Castner, MPS, Chief,
Center for HIV/STI
Integration & Capacity

Maryland Department of
Health, Prevention and
Health Promotion
Administration

Syringe Services Expansion in Maryland

Syringe Services Programs for HIV Prevention



1 in 10

1 in 10 HIV diagnoses
are among people
who inject drugs
(PWID).



50%

More than half of
PWID used a syringe
services program
in 2015.



1 in 4

Only 1 in 4 PWID
got all their syringes
from sterile sources
in 2015.

SOURCE: Vital Signs, December 2016

Vital^{CDC}signs™
www.cdc.gov/vitalsigns/hiv-drug-use



Date: Friday, April 27, 2018
Time: 12:00 - 1:00 PM - Bring Your Lunch!
Location: Queen Anne's County Health Department
206 N. Commerce St., Centreville, MD 21617



Webinar: Addressing Intimate Partner Violence in Integrated Care Settings

April 30, 2018

2:30 - 4 p.m. ET

Presenters: Shannon Day, Training and Technical Assistance Manager, Colorado Coalition Against Domestic Violence; Lisa James, Director of Health, Futures Without Violence

Register free: https://goto.webcasts.com/starthere.jsp?ei=1188592&tp_key=ae78523711

About one in four women and one in seven men have experienced severe physical violence by an intimate partner at some point in their lifetime. Among the victims of intimate partner violence, one in three women experienced multiple forms of rape, stalking, or physical violence, and nine in 10 male victims experienced physical violence alone. (National Intimate Partner and Sexual Violence Survey, CDC 2010.)

Given these statistics, intimate partner violence is a prevalent public health problem affecting millions every year and directly impacting the behavioral health of survivors.

Join us for a webinar to learn about prevention strategies, universal education, direct inquiry techniques, and best practice approaches related to intimate partner violence.

After this webinar, participants will:

- Know the prevalence and symptoms of intimate partner violence and the connection to poor behavioral health outcomes.
- Learn best practices for prevention, identification, and response to intimate partner violence in primary care, behavioral health, and integrated care settings.
- Understand how to offer a supported referral to community-based programs who can assist with safety planning and support.
 - Become familiar with resources to support clients.

Please note the following:

Registration is free and closed captioning is available upon request.

Terrorism in America



Earn 5.75 **FREE** Social Work CEUs!

Learn how to:

- Compare terrorism to other forms of violence
- Identify and intervene with youth at high risk for violence
- Care for victims after a mass aggression

Presenter: Dr. Kathryn Seifert
CEO, Eastern Shore Psychological Services
Forensic Psychologist– Terrorism, Multi-Victim Killers, Bullying

When: Friday, May 4, 2018
8:30 a.m. - 4:00 p.m.

Where: Wicomico Youth & Civic Center
Da Nang Room
500 Glen Ave.
Salisbury MD 21804

Scan the code &
go straight to
registration!



Registration

Visit <https://goo.gl/forms/JabZN9Qa3UqMwrmo2>
or email christine.elsey@maryland.gov

Deadline to register is April 30, 2018

Questions? Call 410-334-3497



Public Health
Prevent. Promote. Protect.

Wicomico County
Health Department

Active Shooters & Suicide

Learn Pre-Indicators & Response Strategies

When: Friday May 4th 8 – 9 a.m. (Check-in) 9 a.m. – 4:00 p.m. at the Wicomico Civic Center.
Address: 500 Glen Avenue, Salisbury Maryland. Sponsored by the Mental Health Association of the Eastern Shore and the Rural Maryland Council. Have questions or to register, please call 410-822-0444 or email Danielle Murphy at dmurphy@mhamdes.org. Seating is limited for this event.

Violent acts such as mass murder, murder/suicide, and suicides are an unfortunate occurrence in the United States. Mass killings and increased suicide rates have prompted organizations, police departments, schools, and mental health practitioners to re-evaluate current training and preparedness practices, interventions, and response strategies to early identify and act in times of crisis.

Participants will gain insight into these tragic events while learning strategies to prepare, prevent, intervene, and increase chances of survival.

Participants will gain an understanding of:

- Planning for crisis situations & Identifying pre-indicators to violence
- Understanding the Suicide Continuum
- Threat & Suicide Risk Assessment In Schools
- Psychological/physiological effects of life threatening encounters
- The decision-making cycle to increase victim survivability
- Intuition and situational awareness

5.5 Continuing Education Hours Continental Breakfast & Lunch Included Cost \$60.00



James P. Warwick, Ed.D

Dr. Warwick is recognized as an expert trainer and national speaker on active shootings and how to increase your chances of intervening and surviving violent encounters. Jim is a retired 26-year veteran of the Delaware State Police and currently serves as Assistant Professor and Chair of the Undergraduate Criminal Justice program at Wilmington University. Jim's research explored training and preparedness for active shooting incidents. Jim's full-bio and website can be accessed

<http://www.s3gsecurity.com/about.htm>



Robert Schmidt, Ed.D, LCPC, NCC

Dr. Schmidt is a national speaker and researcher on youth mental health and suicide. Rob co-authored with Dr. Kathryn Seifert, *How Children Become Violent* (2006) and *Youth Violence* (2011). He has led studies and published in the field of youth suicide, school mental health, was a contributor to *Preventing Suicide: A Toolkit for High Schools* (2012) and is the author of the *Risk Identification Suicide Kit (RISK, 2009)* assessment tool. Rob's full bio and website can be accessed

<http://www.suicideriskassessment.com>

Who Should Attend

School Counselors, School Psychologists, Law Enforcement, Mental Health Practitioners, Human Resource Personnel, College Administrators & Security Staff, School Administrators, Military Personnel, Health Care Professionals, Business Leaders, Teachers, Public Officials, and Parents



Office on Mental Health

Core Service Agency of Harford County, Inc.

REGISTRATION NOW OPEN

2nd Life Matters

Harford County Suicide Prevention Conference

Friday, May 18, 2018

Mountain Christian Church

New Life Center

1802 Mountain Road

Joppa, MD 21085

Registration information :

www.harfordmentalhealth.org

Keynote Speaker

Kevin Briggs

"Guardian of the Gold
Gate Bridge"



6 CEU's available
for Social Workers,
Professional Counselors,
and Psychologists

Sergeant Kevin R. Briggs, Ret., is a retired California Highway Patrol officer who spent many years patrolling the Golden Gate Bridge in San Francisco. While on patrol, he encountered numerous individuals clinging to life by a thread - individuals who had lost hope and could see no way out of their current situation - ready to jump off the bridge to what they assumed was a sudden death and ending of their pain and hopelessness. Briggs, through his compassion, gentle voice, eye contact, and his innate ability of "listening to understand" encouraged more than 200 individuals over his career to either not go over the bridge's rail or come back to solid ground from where they had been standing precariously out on the chord of the bridge and start a new chapter in their life. These challenging, but rewarding efforts earned him the nickname "Guardian of the Golden Gate Bridge."



**FREE
TRAINING**
5 CEUS

MID SHORE BEHAVIORAL HEALTH PRESENTS
TBI Special Populations:
**The Connection between Aging and Brain
Injury and the Impact of TBI on Veterans**

**To register or
learn more:**

[https://www.eventbrite.
com/e/tbi-special-
populations-tickets-
45061150113](https://www.eventbrite.com/e/tbi-special-populations-tickets-45061150113)

5.22.2018

9AM-3PM | TUESDAY

EASTERN SHORE HOSPITAL CENTER
ENGLISH HALL

**Trainer: Anastasia
Edmonston, BHA**

**CONTINENTAL BREAKFAST
AND LUNCH PROVIDED**

safeTALK Training

safeTALK T4T is a two-day course that prepares local resource persons to be trainers of the safeTALK workshop. There is a network of 3,300 active trainers around the world. Before registering, all candidates must have attended the 2-day ASIST workshop within the last 24 months, and read the Essential Information for safeTALK Candidate Trainers PDF. Download a copy below, or at Programs/safeTALK T4T. The T4T course is the first step toward becoming a registered safeTALK trainer. In the course, attendees learn the content and process of safeTALK and the skills needed to conduct it. The process of becoming a registered safeTALK trainer requires a significant commitment from participants. The opportunity to provide life-saving suicide alertness skills is well worth the effort.

Microsoft Office 2013 PowerPoint is required on trainer laptops in order to deliver workshops. Lunches and nutribreaks included.

Dates: Monday May 21st, 2018 - Tuesday May 22nd, 2018

Time: 8:00am - 5:00pm

Location: Vocational Rehabilitation Building – OWDT Training Room

Spring Grove Hospital Center Campus - 55 Wade Avenue

Catonsville, Maryland, USA

Registration Deadline

Friday May 11th, 2018

Contact

Janel Cubbage

Janel.cubbage@maryland.gov

410-402-8576

Attachments

[2A4.2EN6001-EssentialInfoForCandidates-T4T-1.pdf](#)

[safeTALK-10.2-T4T-Schedule.pdf](#)

NOT ALL WOUNDS ARE VISIBLE

A Community Conversation
Let's Talk About Depression and Anxiety - Part I



Wednesday, May 23, 2018 | 9 am - 12:30 pm

UMB Campus Center
621 West Lombard Street
Baltimore, Maryland 21201



For more information and locations where this event will be broadcast live or to register, please visit:
umms.org/communityhealth

Join a LIVE broadcast of this event at a location near you:

- UM St. Joseph Medical Center (Towson, MD)
- UM Charles Regional Medical Center (La Plata, MD)
- UM Shore Regional Health (Easton, MD)
- UM Capital Region Health (Cheverly and Laurel, MD)
- UM Upper Chesapeake Medical Center (Bel Air, MD)

Registration required for all locations.

Join the University of Maryland Medical System and the University of Maryland, Baltimore on **Wednesday, May 23, 2018 from 9 am to 12:30 pm for a FREE community conversation about the impact of depression and anxiety on women and children.** This event is open to the public and provides an opportunity to hear from and talk to health care professionals and community leaders about depression and anxiety and the road to recovery. **You will not want to miss this chance to ask questions and learn how to get help in your local community, so register today at umms.org/communityhealth or 1-800-492-5538.**

Join us for FREE discussions, breakfast, and resources | umms.org/communityhealth



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



FREE Training and Certification in Evidenced-based Model to Treat Adolescent Substance Use!

The Adolescent Community Reinforcement Approach (**A-CRA**) is a developmentally-appropriate behavioral treatment for youth and young adults 12 to 24 years old with substance use disorders. This evidence-based treatment seeks to increase the family, social, and educational/vocational reinforces to support recovery.

This A-CRA training and certification opportunity is being offered at no cost to you or your agency! The true cost of this training opportunity that is being supported with funds from a federal SAMHSA (Substance Abuse and Mental Health Services Administration) grant received by the Maryland Behavioral Health Administration is \$6,800 per trainee.

To maximize this training opportunity it is strongly encouraged that there are 2 participants from an agency so that one clinician may pursue full A-CRA certification and the other can pursue A-CRA Supervisor certification.

Training will be held Tuesday, May 23rd and Wednesday, May 24th from 8:00am to 4:30pm at English Hall at the Eastern Shore Medical Center in Cambridge, Maryland. Participants must attend **both** days of training. Please see the attached documents for more information on this training and the A-CRA certification process.

Participants must commit to the certification process and complete a required Data Sharing Agreement prior to training.

To register for this training click on the link below

https://umbpsychiatry.az1.qualtrics.com/jfe/form/SV_bBIUQ3ZEr6zQH9X

**Please note this training will be a 2 day training instead of 2.5 as noted elsewhere, and participants will receive 14 CEUs.*

Please contact Melissa Ambrose mambrose@som.umaryland.edu for more information.



THE POWER OF PERCEPTIONS AND UNDERSTANDING:

Changing How We Deliver Treatment
and Recovery Services

SAMHSA, together with Massachusetts General Hospital's Recovery Research Institute, is offering a webcast series, The Power of Perceptions and Understanding: Changing How We Deliver Treatment and Recovery Services. The four-part series educates health care professionals about the importance of using approaches that are free of discriminatory attitudes and behaviors in treating individuals with substance use disorders and related conditions. The series will feature discussions among experts in the field of addiction treatment, research, and policy. The webcasts will air live at 2 p.m. Eastern Time on the following dates:

- March 28, 2018: "Overcoming Stigma, Ending Discrimination"
- April 26, 2018: "Why Addiction Is a Disease and Why It's Important"
- May 22, 2018: "Reducing Discriminatory Practices in Clinical Settings"
- June 19, 2018: "A Future Without Discrimination and Discriminatory Practices"

Earn up to 4.0 free CME/CE credits for attending each of the 1-hour online webcasts. Each presentation will be available afterward on SAMHSA's YouTube Channel.

[Learn More & Register for the Series](#)



LITERACY-FREE 12 STEP EXPRESSIVE ARTS THERAPY

MAY 8TH & SEPT 20TH

9AM-4:30PM

6 CEUS

Training & materials for a 10 lesson group curriculum using music, horticulture, play, drama, dance, art & handicrafts to work through the 12 Steps.



\$95 Per Person - CORPORATION
\$75 Per Person - NONPROFIT

Clinical studies found it to produce statistically significant results with greater participant engagement, feelings of hopefulness, as well as much higher completion rates, lower drop-out rates and enrollment in follow up services than non-participants.

Designed for people with co-occurring substance use & mental health disorders. Engages people who are non-literate and learning disabled. Helps those with difficulty of self-expression participate in treatment.

www.CoLaborers.com/ExpressiveArts



INCLUDES:
TRAINING,
CURRICULUM,
TUTORIAL DVD,
& GAME

REGISTER BY APRIL 20/ AUG 1:

EMAIL

MELISSA@COLABORERSINTERNATIONAL.COM

TRAINING LOCATION

HOPE FELLOWSHIP
892 WASHINGTON AVE.
CHESTERTOWN, MD 21620

“The secret to
Getting Ahead
is *getting started*.
- Mark Twain”



11 Resources

*Personalize your plan to a better life
utilizing these key resources:*

-  Financial
-  Emotional
-  Language
-  Mental / Cognitive
-  Social Capital (Connections)
-  Physical
-  Spiritual
-  Motivation / Persistence
-  Integrity / Trust
-  Relationships / Role Models
-  Knowledge of the 'Hidden' Rules

APRIL 17TH – JULY 17TH 2018
13 WEEKS – 2 HRS PER WEEK

Program for Building a Better Life & Community

Getting Ahead is internationally recognized for its interactive small group format. No one “teaches” you what you need to learn – you discover what’s best for you when you agree to:

- Participate in problem-solving discussions and investigations.
- Help your community by finding better ways to help people out of poverty.
- Must be able to commit to weekly 2 hr meetings for 13 weeks – you will be compensated \$25 each session (in the form of a gift card)

Where: Easton Family YMCA 202 Peachblossom Rd. Easton, MD 21601

When: Weekly starting April 17th 5:30- 7:30pm

How to register: Please contact Paris Quillet at paris.quillet@maryland.gov or 410-770-5870

Sponsored by Talbot County Department of Social Services and the Talbot Family Network



**NEEDED FOR COMMUNITY
INVESTIGATIVE GROUP -
WHY NOT YOU? WHY NOT
NOW?**

**DO YOU WANT TO HELP
WORK ON PERSONAL AND
COMMUNITY ISSUES &
SOLVE REAL PROBLEMS
WITH REAL SOLUTIONS?**

**DO YOU FEEL YOU HAVE
VALUABLE INFORMATION
ABOUT YOUR COMMUNITY
THAT IS NEEDED BY
PROGRAM PLANNERS AND
POLICY MAKERS?**



**Participants receive
weekly stipends,
childcare, dinner and
transportation assistance
for their participation in
the program.**



How to Support Children and Those Impacted by Random Acts of Violence

In the wake of the recent school shootings in Florida and Maryland, many children are experiencing intense feelings of fear and anxiety. Such traumatic events impact children, parents, and communities as a whole. It's crucial for parents and caregivers to address children's concerns, yet many struggle with knowing how to do so.

Join Beacon Health Options for a discussion on how to support children and those impacted by random acts of violence. Jeff Gorter, Director of Clinical and EAP Relations at R3 Continuum, will share suggestions for addressing children's fears. We'll discuss how the employee assistance program can support your workforce in navigating these important conversations with their children.

Register now to join the discussion.

Friday, April 20, 2018

12:00 p.m. ET/9:00 a.m. PT

[Register Here](#)

APRIL 21
8 am - 4 pm



MCF's Taking Flight & On Our Own of Maryland's TAY Project Present:

A Young Adult Peer Leadership Retreat

Terrapin Adventures

April 21, 2018

Join MCF's Taking Flight and On Our Own of Maryland's TAY Project for a day of adventure on the ropes course, peer networking with young adult behavioral health stake holders from across the State, and a focus group on the state of behavioral health and care among youth in Maryland.

Light breakfast and lunch will be provided but space is limited.

Registration information at: www.facebook.com/TakingFlightMD or
www.mdcoalition.org/YouthRetreat

For more information contact:

Jonathan: jweaver@mdcoalition.org -or- **Maxwell:** mbeauboeuf@mdcoalition.org

Cloverton BLOOM Tour May 4th




Centreville United Methodist Church in Centreville, Maryland announces that the band CLOVERTON will be performing on Friday, May 4th as part of their BLOOM tour. Admission is free and a love offering will be received to benefit Haven Ministries. With the quickening success of their sophomore album “Bloom,” the 4 piece pop-rock outfit extends their cd release tour to hit the east coast in the spring of 2018. Led by front man, Lance Stafford, the tour and album bring a new collection of original songs to a world that is hungry for music with depth and substance. Produced by Joshua D. Niles, Nashville, TN, this is CLOVERTON’s second full-length album, in addition to 3 EPs.

The Bloom tour focuses on the journey. “It’s a calling out...an invitation,” says Stafford. “We’re all in a constant state of motion. We’re either transforming into a more heavenly version of ourselves, or we are deforming into the opposite. The music that inspired the album (Bloom) takes a deeper look into the steps on that journey. From celebration to contemplation, the album and the tour provide a space and time for people at all places on their journey to engage in a worshipful musical experience birthed out of spiritual transformation. Many of the songs were written in the midst of my own spiritual awakening. Our lives don’t stay the same. Culture changes. We get older. We have kids. They get older. And throughout all those changes, we must bloom more and more into the creation that God has intended in each of us. We are seeing people respond to that invitation. They are hungry. They are unfolding. And we really see it having an impact on the kingdom.”

Without the help of a record label, Cloverton propelled onto the Christian music scene in 2011 as the first ever ROCK THE CAMP contest winners hosted by TobyMac and Camp Electric. Soon after, Cloverton scored the #1 most downloaded song in the history of KLOVE radio for their first single “Take Me into the Beautiful”. The band followed up that effort with an unforgettable Christmas rendition of Leonard Cohen’s song “Hallelujah,” reaching millions of viewers (YouTube) in just weeks while climbing to the #1 slot on iTunes and being featured on CNN.

“None of us are into compromising or settling for the status quo. It’s a daily choice. To what or who am I surrendering today?” front man Lance Stafford says. “We are either moving toward or away from the person God has specifically created each of us to be. Our hope is that the music we create can accompany others as they walk out that journey.”

Visit clovertonmusic.com for additional details and to hear more.



NASW-MD's First Annual
Ocean City Conference
Friday and Saturday,
May 4-5, 2018
Dunes Manor Hotel

For more info
and to register
[Click Here](#)

This Inaugural Ocean City Conference will begin with A Day of Ethics with Frederic Reamer, on Friday, May 4th. Dr. Reamer is well known in the social work world and is one of the key contributors to the new NASW Code of Ethics (which became effective on January 1, 2018) and the new technology standards recently coproduced by NASW, CSWE, ASWB, and CSWA. He will headline this two day event with two workshops on the first day. The morning, workshop is entitled Ethical Issues in the Digital Age: Essential Knowledge for Social Workers. Lunch will be provided at Dunes Manor, followed by the afternoon workshop, Boundary Issues and Dual Relationships in Social Work: Complex Ethical and Risk Management Issues. On Day two of the conference, representatives from the Worcester County Health Department will lead two workshops: the morning workshop, entitled The Opioid Epidemic Response and Narcan Training for Social Workers followed by lunch and an afternoon session, The Effects of Trauma and Chronic Stress.

WHAT MAKES BOARD OF CHILD CARE UNIQUE? COME AND LEARN



**LEARN
ABOUT OUR PROGRAM**

**MEET
OUR STAFF & YOUTH**

**TAKE
THE TOUR**

OPEN HOUSE

27993 SUBSTATION ROAD
DENTON, MARYLAND 21629

LIGHT REFRESHMENTS WILL BE SERVED

THURSDAY, MAY 10, 2018

5:00 PM - 7:00 PM

RSVP

AWALES@BOARDOFCHILDCARE.ORG
OR CALL ANNETTE WALES
410-479-1743
SEE YOU THERE!

BOARD OF CHILD CARE
of The United Methodist Church, Inc.

BOARDOFCHILDCARE.ORG



Children's Mental Health Awareness Day

PARTNERING FOR HEALTH AND HOPE



Please Join Us!
Thursday, May 10, 2018
9am-12p
Judy Center
1405 Glasgow St
Cambridge, MD 21613

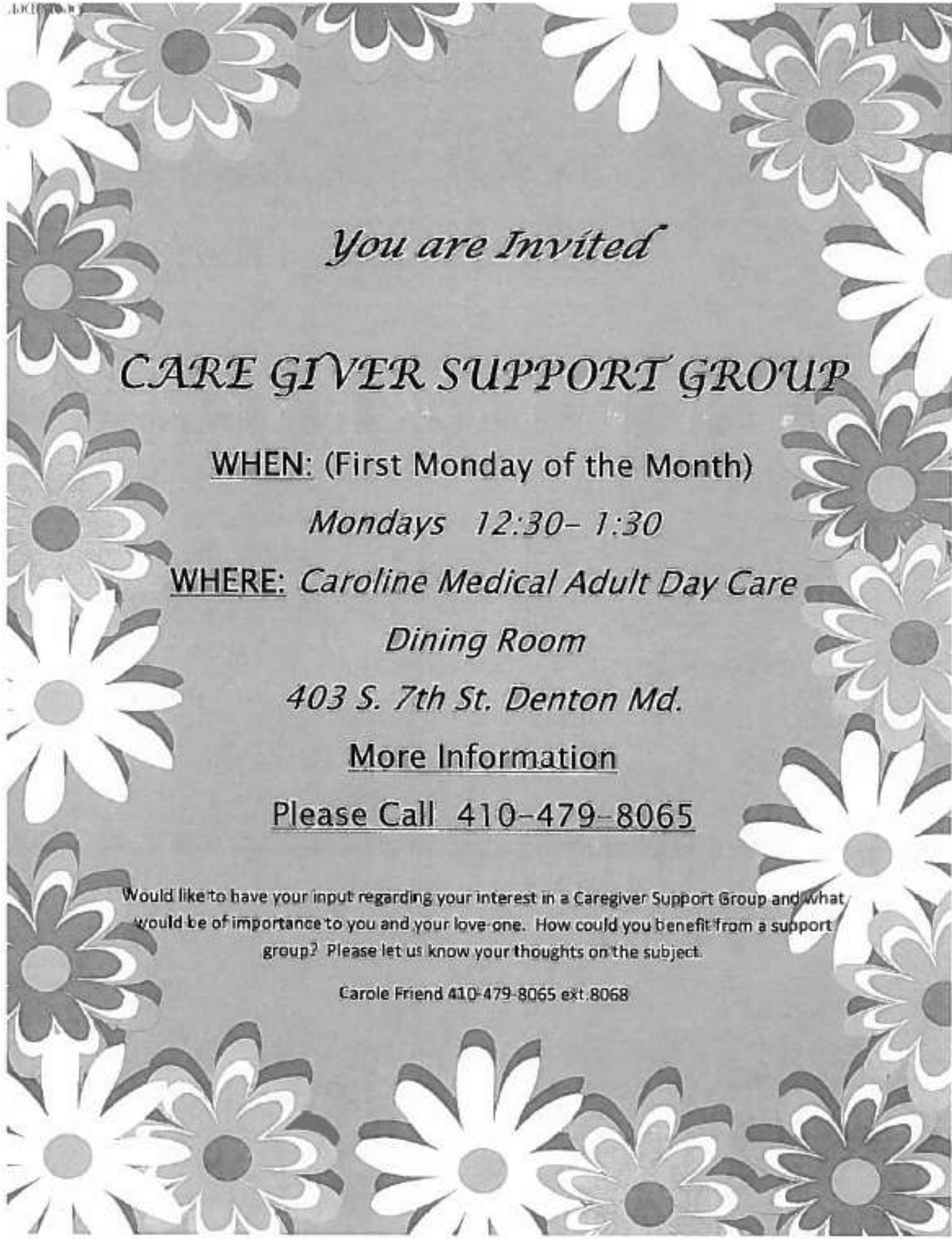
**Door
Prizes!!!**

For Information and Registration
Contact:
Omeaka Jackson
Omeaka@harvestinghopeinc.org
Bernadette Townsend
btownsend@mdcoalition.org

Behavioral Management
Brittany Cooper, LCSW-C
Crisis Response
Carol Masden, LCSW-C
Expressive Arts
other resources!
Lunch provided!

Presented by:



A decorative border of stylized daisies in white and grey surrounds the central text.

You are Invited

CARE GIVER SUPPORT GROUP

WHEN: (First Monday of the Month)

Mondays 12:30– 1:30

WHERE: *Caroline Medical Adult Day Care*

Dining Room

403 S. 7th St. Denton Md.

More Information

Please Call 410-479-8065

Would like to have your input regarding your interest in a Caregiver Support Group and what would be of importance to you and your love-one. How could you benefit from a support group? Please let us know your thoughts on the subject.

Carole Friend 410-479-8065 ext.8068

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



HAVEN MINISTRIES RESOURCE CENTER

Open to the Public! All are Welcome

**St. Paul's Episcopal Church, 301 South Liberty Street
Centreville, MD 21617 410-739-4363**

**One-on-One Budgeting, Beginner level workshops
available on: job readiness, interview skills, personal
self care and spiritual and
recovery programs.**

**Job training needed? Contact us to discuss setting up a
job training program**

**Monday -Friday 8:30-4:30
www.haven_ministries.org**



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

MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Job Search Assistance, Computer Skills, Prevention/Education, Recovery Housing, Support Groups</div>		1 OPEN 9-5 4PM Women's Group	2 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	3 OPEN 9-5 2PM Anxiety and Depression Group 4PM "TeenChangers" Group	4 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	5 "TeenChangers" Ages 12-17 Activities, Education, Support, Movies, Games
6	7 OPEN 9-5 2PM Job Search Assistance	8 OPEN 9-5 4PM Women's Group	9 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	10 OPEN 9-5 2PM Anxiety and Depression Group 4PM "TeenChangers" Group	11 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	12
13	14 OPEN 9-5 2PM Job Search Assistance	15 OPEN 9-5 4PM Women's Group	16 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	17 OPEN 9-5 4PM "TeenChangers" Group	18 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	19
<div>*New Group* 3rd Monday 10:30AM Together: Positive Approaches Family members currently struggling with a loved one engaged in substance use</div>	21 OPEN 9-5 10:30AM Together: Positive Approaches Support Group 2PM Job Search Assistance	22 OPEN 9-5 4PM Women's Group	23 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	24 OPEN 9-5 2PM Anxiety and Depression Group 4PM "TeenChangers" Group	25 OPEN 9-5/7-8 7PM "Strengthen Your Spiritual Life" Community Bible Study	26
27	28 CLOSED 	29 OPEN 9-5 4PM Women's Group	30 OPEN 9-5 1-3PM Mid-Day Matinee (movies + snacks) 4PM Men's Group	31 OPEN 9-5 4PM "TeenChangers" Group		

*Anxiety and Depression Group Facilitated by Chesapeake Voyagers

*Together: Positive Approaches Group Facilitated by Val Albee from Mariah's Mission Fund

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



PROVIDER ALERT

THERAPEUTIC BEHAVIORAL SERVICES (TBS) SURVEY

APRIL 25, 2018

Request for Providers to Respond to a Brief Survey

The Maryland Department of Health is collecting information on TBS services from all providers. Even if you do not currently provide TBS services we are requesting that you complete the survey. All input is appreciated.

We are asking that all surveys be completed by **May 7, 2018**.

Link to PROVIDER

Survey: <https://www.surveymonkey.com/r/F6VDR5W>

Reference: TBS Provider Alerts

<http://maryland.beaconhealthoptions.com/provider/alerts/2016/Therapeutic-Behavioral-Services-06-24-16.pdf>

<http://maryland.beaconhealthoptions.com/provider/alerts/2015/052015-Therapeutic-Behavioral-Services.pdf>

For more information about these items you may call Jarrell Pipkin, Quality Director, at [410-691-4012](tel:410-691-4012) or email at Jarrell.Pipkin@beaconhealthoptions.com. Thank you.

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.”

