



The Steering Wheel

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

February 2018

Volume 7, Issue 7

IN THIS ISSUE

- Announcements pg. 2
- Webinars/ Community Events pg. 4
- Closing pg. 32

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

Contact Us:
 Laura Pollard
lpollard@midshorebehavioralhealth.org
 410.770.4801

Follow us:



MSBH Executive Director Named



On February 12th, 2018 Mid Shore Behavioral Health's Board of Directors selected Katie Dilley, LCSW-C, as the organization's next Executive Director. This selection was made after a three and half month search where a number of qualified candidates were vetted. Board President, Dr. Ben Kohl notes, "While we interviewed several highly qualified candidates it became clear to us that Katie had the background, systems knowledge, and leadership abilities needed to move the organization forward. The Board is very pleased with the selection and grateful to the entire team who did not miss a beat during this transition."

Dilley joined MSBH as Deputy Director in February of 2016 and has been supporting the Acting Executive Director role following Holly Ireland's departure in October of 2017. Katie holds a Master's of Science in Social Work from the University of Texas at Austin; and earned her Bachelor of Arts in psychology from Tulane University. Before joining MSBH, Dilley's professional background has focused on working with the neonatal population, maternal social work, and the aging population. Dilley has over ten years of behavioral health leadership experience in hospital, hospice, nursing home, and home health settings. In addition, she has direct clinical experience with clients living with traumatic brain injury, severe infectious disease, as well as clients with mental health and substance use disorders. Katie has worked as a field instructor for master's level student at numerous universities; and was a founding board member of a Texas based community action group for individuals living with mental health diagnoses.

"It's an honor to lead such an incredible group of professionals and serve our consumers," Dilley said. The staff at MSBH are excited to have Katie as our new Director and look forward to continuing to make positive impact on the lives of mid-shore consumers.

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.

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

House Manager (Men's Residence)

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

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

You can also view the full job description and apply directly online at the link below. Thank you. https://www.sandstonecare.com/about/careers/info?gh_jid=932886

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

Let's Take The Next Step Together

What it looks like to get started at Sandstone Care.

Tell Us About Your Situation

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

Verify Your Insurance

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

Schedule an Assessment

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

Schedule an Assessment Today

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

Call (240) 800-1548

sandstonecare.com/dc

11820 Parklawn Drive, Ste. 403
Rockville, MD 20852



Adolescent and Young Adult Treatment Programs

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



Peer Support Addictions Specialist Community Outreach Worker

Location: Annapolis, MD

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

Minimum Qualifications:

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

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

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

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

**Please join
BrightStar Care[®] of Easton and Integrace Bayleigh Chase
for a *FREE* Continuing Education Seminar**

Tuesday, February 27, 2018

8:30 a.m. Registration
9 a.m. – 12:15 p.m. Presentation
Continental Breakfast and Lunch will be Provided

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

Topics:

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

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

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

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

About the Presenter:

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

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

**Pre-registration is requested by Friday, February 23. For additional information or to register, contact:
Christina Wingate-Spence, Regional Director of Marketing and Community Outreach
BrightStar Care[®] of Anne Arundel, Easton and Salisbury
410-820-4200 or christina.wingate-spence@brightstarcare.com**

Webinar Wednesdays



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

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

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

Presenter:

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

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

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

Presenter:

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



SOCIAL WORK MONTH EVENT

WORKING WITH THE HOMELESS

SPONSORED BY SOMERSET COMMITTEE FOR THE HOMELESS, INC AND
SOMERSET COUNTY DEPARTMENT OF SOCIAL SERVICES

MARCH 28, 2018

8 AM TO 4 PM

**POVERTY SIMULATION; ASSET BASED COMMUNICATION; HUMAN
TRAFFICKING**

6 SOCIAL WORK CEUS

CONTINENTAL BREAKFAST/ LUNCH INCLUDES SMITH ISLAND CAKE

HELD AT SOMERSET COUNTY BOARD OF EDUCATION

7982A TAWES CAMPUS DR (OFF RT. 413) WESTOVER MD 21871

Register by mail/check or website/pay pal: Cost \$60; vendor table add \$10

Name _____

Address and E Mail _____

Phone and agency _____

CEU requested _____ (check if desired)

Checks payable to Somerset Committee for the Homeless, Inc mail to P. O.
Box 11 Princess Anne MD 21853

Proceeds above costs will go to fund the Lower Shore Shelter

For pay pal visit <https://www.facebook.com/lowershoresshelter/> add note
and contact information

FOR MORE INFORMATION CONTACT: JENNY ROSER @410-546-0871

Dorchester County Addictions Services
Dri- Dock Recovery and Wellness Center
Presents



BLACK *History Month*

FOOD-SPEAKER-MOVIE

movie showing "Hidden Figures"

February 17, 2018 11AM- 5PM

Dri- Dock Recovery & Wellness Center
208 Sunburst Hwy. Cambridge MD 21613

www.dri-dock.org 410-228-3230

NEW LOCATION: CENTREVILLE

OPEN HOUSE

JOIN US FOR LUNCH
FEBRUARY 16TH, 11AM-2PM

202 COURSEVALL DRIVE, SUITE 104
CENTREVILLE, MD 21617



A BRIDGE TO A BETTER **YOU.**

LEARN MORE ABOUT OUR PROGRAMS AND SERVICES

MEET OUR LICENSED COUNSELORS AND TRAINED STAFF

TOUR OUR NEW FACILITY

OPENING MONDAY, FEBRUARY 19, 2018

**FOR MORE INFORMATION CONTACT (443) 262-0425
OR CENTREVILLE@PROJECTCHESAPEAKE.COM**



February 20, 2018 at 10am

Join us for a webinar
**Maryland's Opioid Crisis and how the
Maryland Insurance Administration Can
Help**

Insurance Commissioner Al Redmer will be covering:

- How to navigate private health insurance plans when you or a loved one are attempting to get coverage for mental health and substance use treatment
- How the Appeals and Grievance Unit reviews cases where insurance companies have denied coverage or payment of claims based on medical necessity
- How the Life and Health Unit can help if an insurance company says a service is not covered by your health insurance contract
- Question and Answer at the end with Commissioner Redmer

JOIN THE MEETING!

Feb 20, 10AM

Webinar will be here <https://tinyurl.com/y9zxv5rt>

Then use this to login: **Meeting number: 730 291 2893**

Meeting password G4dk6p3m

Or Join by phone 240-454-0887

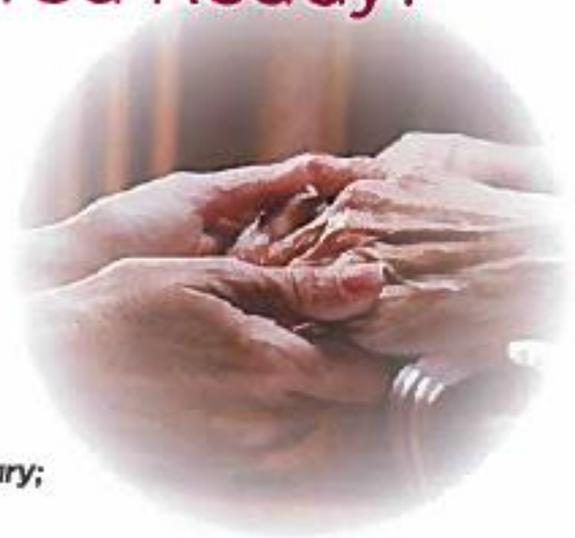
Eastern Shore Financial Planning Workshop

Time Flies... Are You Ready?

When: Tuesday, February 20, 2018
5:30 p.m.
Refreshments available

Where: Comfort Keepers®
8103 Ocean Gateway
Easton, MD 21601

RSVP: Comfort Keepers
EastonMD@ComfortKeepers.com
(410) 822-4414
Limited Space



**Kent County Workshop will be at the Kent County Library;
April 24, 2018 @ 5:30 p.m.**

Presenters

Thomas Duncan
Financial Advisor
"Health Care & Retirement"

Steven Goss
Principal
"Viatical Settlements"

JoRhea Nagel Wright
Estate Attorney
"Wills and Powers of Attorney"

David Short
CPA
"New Tax Act"

Wayne Zussman, CFP®
Sr. Wealth Advisor
"Social Security – When to Start"

Molly Kirsch, RN, BSN
Clinical Director, Hospice
"The Hospice Umbrella"

Sherri Sump Brown
Director of Sales & Marketing
Amy Fountain, LBSW, BSW,
Director of Marketing and Community
Partnerships are from Bayleigh Chase
(Progressive Living)
"Life Plan Community."

Tami Weber
Director of Sales & Marketing
Candle Light Cove (Assisted Living)

Janet Sigler
Business Development Manager
Comfort Keepers (In-Home Care)



ARMSTRONG, LEE, RUST & WRIGHT, P.A.

© 2018 CK Franchising, Inc. An international network, where most offices independently owned and operated.



Compass Regional Hospice has transformed a unit on the third floor of the University of Maryland Shore Medical Center at Chestertown into a four-bed residential hospice center.

The newly renovated facility will offer an alternative for Kent County hospice patients who want the security of medical care around the clock but prefer the comfort of a home-like environment.

Compass Regional Hospice leases the space from the hospital but is the sole provider of hospice care.

Compass Regional Hospice

invites the community to tour our new

HOSPICE CENTER

at the University of Maryland
Shore Medical Center at Chestertown

100 Brown Street, 3rd Floor, Chestertown, MD

Wednesday, February 21, 2018

3:30 p.m. to 5:30 p.m.

Refreshments donated by Bruce and Mary Ellen Valliant
& the staff of Valliant & Associates, Wealth Management

For more information and to RSVP, contact

**Kristen Majchrzak, 443-262-4126,
kmajchrzak@compassregionalhospice.org**

RALLY

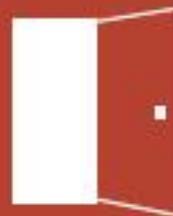
2.22.2018

@ LAWYERS MALL IN ANNAPOLIS



STAND UP

for the more than 1 million Marylanders who live with a mental health or substance use disorder. Join us, and make your voice heard. Keep the Door Open!



KEEP THE DOOR OPEN MD
Behavioral Health Coalition

RSVP HERE: <https://KTDOrally2018.eventbrite.com>

www.KeepTheDoorOpenMd.org | [#keepthedoropenmd](https://twitter.com/keepthedoropenmd)

BHSN Forensic Workgroup

February 23rd, 2018 9:00am-11:00am Talbot County DSS

Sponsored by: MSBH Forensic Health Program

Please join us for our line-up of guest speakers!



Eboni Taylor, LCSW-C

Eboni has responsibility for the coordination of ESPS recovery services in all mid-shore counties she is based at the agency's Chestertown office where she provides both mental health and substance use disorder services

<http://espsmd.com/>



Omeaka Jackson, LCPC

Founder and Director of the Anne Arundel County division of Harvesting Hope, Inc. Ms. Jackson has over 21 years of experience working with youth and families. She has worked in the education, human services, community counseling and community services field with titles ranging from site director to peer leader.

<http://www.harvestinghopeinc.org>



**Andrea Kelley-Freeman, LCADC,
LGPC**

Andrea has held the position of clinical therapist, mental health therapist, and certified behavioral health therapist since obtaining her M.S. in Rehabilitation Counseling from UMES.

www.LEWCINC.org

For more than 30 years For All Seasons has been strengthening and enhancing the lives of children, adolescents, adults, seniors, couples and families on Maryland's Mid-Shore by providing a full continuum of bilingual (English-Spanish) outpatient behavioral health services, regardless of ability to pay. For All Seasons, Inc. provides a full continuum of outpatient mental health services to children, adolescents and adults.

Services include: School Based Mental Health Services, Rape Crisis Center, Sexual Assault Prevention, 24-Hour Hotline and Advocacy, TAMAR, Victim Services for Human Trafficking .



Please RSVP to Sherone Thompson at sthompson@midshorebehavioralhealth.org by February 20th, 2018.



Youth Expo 2018

Parent Sessions

ENTERTAINMENT

VENDORS

Community
Resources

College Information
Careers
Scholarships

Free Food!!

Saturday
February 24, 2018
9-3

Face Painting

& MORE

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

 Giveaways!

Sponsors



Kevin Beverly
Philip Feldman
Louis Flamer Jr.



Simmons Center
Market



best Girlfriend WEEKEND

*The Perfect Weekend Getaway
for You and a Best Friend*

February 23rd - 25th

Limited Tickets! You are invited for a weekend packed full of FUN!
Friday Night Reception, Morning Yoga, Fashion Shows, Coffee Bar,
Jewelry Making*, Spa Services*, Makeup Bar, Powerful Workshops,
an Amazing Saturday Night Party and MUCH MORE!

*2 Action Packed Nights at the
4 Star, Aspen Institute Wye River
for only*

\$250

per person, double occupancy, ladies only*.

to benefit



THE ASPEN INSTITUTE
WYE RIVER
CONFERENCE CENTER
600 Aspen Drive
Queenstown MD 21658

www.haven-ministries.org

Sponsored by, Lundburg Builders, Salon Atelier, PenFed Kara Plumber, Maid Healthy, Holiday Inn Express, Chesapeake Hearing Centers, Miltec, Free State Insurance, Realty Navigator, McCrone, Timeleigh Solutions, Hawk Marketing, Railway Title, Bay View Portraits, Riley Construction, Harris Crab House, Hemingways, ArtCademy, The Shore Update, Wye River Conference Center, A Dolce Property, Island Furniture Studios, Safe at Home Senior Care, Prospect Bay Country Club, Benson and Mangold/Chuck Mangold Jr. BayTimes, Increte, Kate Spade, Construction Services and Supply, The Roof Center.



Choices Pregnancy Center presents

Healthy Living Expo

February 24th, 2018 from 1-5 pm

@ Easton High School

723 Mecklenberg Ave, Easton MD

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

FREE for the whole family!



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

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

Class Offerings

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

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



Thursday March 1, 2018

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

SELF PROTECTION FOR HOME CARE PROVIDERS TRAINING

Self protection topics to be covered include:

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

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

Pre-registration is required
Contact Karen Waggoner at 443-523-1786
Or e-mail karen.waggoner@maryland.gov

1st Annual African American History Month Health, Wealth, Wellness, & Education Series February 2018



Our free African American History Month series promotes health and wellness in our community, celebrating our heritage, and embracing our culture.



10a-1p

Empowerment Center
615 B Pine St
Cambridge, MD 21613

February 3, 2018- Mental and Physical Health

February 10, 2018 Finances, Insurance, Legal Education

February 17, 2018 Entrepreneurship

February 24, 2018 Youth Career and College Readiness Expo

Black Excellence Gala

February 24, 2018 LivAgain 8p-12a

Contact HHYFW 443-351-4846

info@harvestinghopeinc.org

Vendors \$20 per Saturday

Sponsorship Available Tax-Exempt

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

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

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



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

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

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



Class Information

START DATE: March 10, 2018

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

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

CLASS WILL BE HELD AT THE

Dorchester County Emergency Operations Center 829 Fieldcrest Rd Cambridge, MD

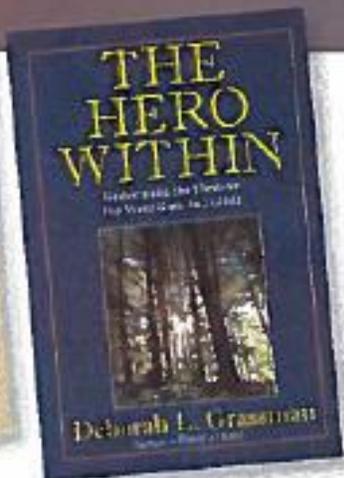
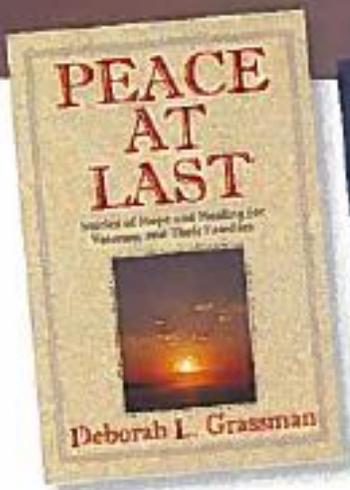
Pre-registration is required. To register call the Dorchester County Department of Emergency Services Emergency Management Office at 410-228- 1818 or email EM Planner Steve Garvin at sgarvin@docogonet.com

Talbot Hospice

presents the 3rd Annual Outreach



SOUL INJURY: Liberating Unmourned Loss



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

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

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

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

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

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

For more information or to register visit TalbotHospice.org/events or contact Caron James, 410-822-6681 or cjames@talbothospice.org.

Presenting Sponsors



Free Workshop for Nurses

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

Primary Care Settings

March 21, 2018

8 a.m. - 4 p.m.



Presenters:

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

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

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



The Behavioral Health Administration



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

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



Register now for upcoming Mental Health First Aid® classes

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

Upcoming 8-Hour Courses

Youth 8-Hour Course

Tuesday, March 13 & Wednesday, March 14, 2018

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

Core (Adult) 8-Hour Course

Tuesday, February 20 & Wednesday, February 21, 2018

Thursday, April 5 & Friday, April 6, 2018

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

[Register for 8-Hour Courses](#)

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

Upcoming Instructor Courses

Upcoming 5-Day Instructor Training

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

Core (Adult) Instructor Courses

February 26 through March 2, 2018

April 23 through April 27, 2018

Youth Instructor Course

July 9 through July 13, 2018

MD-AWARE Youth Instructor Courses*

March 19 through March 23, 2018

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

June 25 through June 29, 2018

Location: **TBD**

[Register for Instructor Training](#)

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

FREE LEGAL CLINICS

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

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

To make an Appointment call 410-690-8128

GENERAL CIVIL CLINICS

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

MARCH 15th 10am – 12pm MSPB Office, 108 Broadway, Centreville, MD

MARCH 16th 1pm – 3pm Kent County: Kent County Public Library, Chestertown

ELDER LAW CLINICS

MARCH 14th 10am-12pm - Kent County Senior Center

MARCH 8th 10am-12pm - Caroline County Senior Center

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

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

MARCH 22nd 10am-1pm - Talbot County Senior Center

BANKRUPTCY CLINICS :

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

MARCH 20th 10am - 3pm CENTREVILLE – MSPB Office, 108 Broadway



Senior Supply Drive

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

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

Questions, please contact Kate Stinton
410-819-5631 kate.stinton@maryland.gov

Donations Accepted
March 1
through
April 30

Supplies Needed:

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

Donation Locations:

Brookletts Place – Talbot Senior Center

400 Brookletts Ave. Easton

Home Instead Senior Care

8626 Brooks Dr. Suite 202 Easton

Mid-Atlantic Tire

8105 Teal Dr. Suite A Easton

Talbot County Health Department

100 S. Hanson St. Easton

YMCA St. Michaels

1013 S. Talbot St. Saint Michaels

Graul's Market

1212 S. Talbot St. Saint Michaels

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

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

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

New Nar-Anon Meeting!

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

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

Do you Need Nar-Anon?

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

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





KENT COUNTY ARTS COUNCIL, INC.
ARTS FOR EVERYONE!

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

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

101 Spring Avenue, Chestertown, Maryland

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

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

The Month-long show will feature five special events:

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

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

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

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

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

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

CALL FOR PARTICIPATION — Click for More Info

CALL FOR ART — Click for More Info

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

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

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

New Day Campaign www.newdaycampaign.org

Kent County Arts Council www.kentcountyartscouncil.org

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

JOIN US AT DRI-DOCK
RECOVERY & WELLNESS CENTER
FOR

FAMILY NIGHT

TOPIC

NARCAN TRAINING
FOR THE FAMILY

SUPPORT MEETING TO HELP HEAL THE
FAMILIES OF DORCHESTER COUNTY

3RD WEDNESDAY EVERY MONTH

6:00PM -7:00PM

208 SUNBURST HWY.

CAMBRIDGE MD 21613

(410)228-3230

EVERY MONDAY 3-4pm

208 SUNBURST HWY. CAMBRIDGE MD

DORCHESTER COUNTY HEALTH DEPARTMENT
DORCHESTER COUNTY ADDICTIONS PROGRAM

dri-deck.org

DRI-DOCK RECOVERY & WELLNESS CENTER

SPONSORS
A WOMEN'S SUPPORT GROUP

EMPOWERING
WOMEN TO
EMPOWER
WOMEN

This mutual women's support group is a well-versed group comprised of members who share the same life problems and voluntarily support one another in a safe environment

Jamie Schultz Facilitator

FOLLOW US

[FACEBOOK.COM/DRIDOCK.ORG](https://www.facebook.com/dri-dock.org)

CONTACT US

PHONE: (410)288-3230

CALL FOR PARTICIPATION!!

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

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

We want you involved.

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

Please consider submitting images and words to ranicasslyn@gmail.com
by March 11, 2018

Submission:

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

Please limit your message to 20 words or less.

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

CALL FOR ART!

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

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

What?

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

When?

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

Where?

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

How?

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

Who?

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

Questions?

Email Peter at peter@newdaycampaign.org or John at johnschratt@gmail.com.

TALBOT COUNTY COMMUNITY RESOURCE EXPO

January 2018

Dear Community Partner:

We are excited to announce the Talbot County Community Resource Expo will be held on **Saturday, April 7, 2018!** This event is made possible by support from the Neighborhood Service Center along with Choptank Electric Cooperative, Delmarva Power and Easton Utilities. We welcome you to partner with us to make it successful!

The Talbot County Community Resource Expo will help the at-risk community members learn more about the agencies and services available to assist them with various needs. The event will provide onsite services to include energy assistance, medical exams and screening, financial literacy, education resources, food, and many other opportunities.

We invite you to participate in this resource-filled day to share more about the products and services you provide to our local community.

You may also support this important initiative in a variety of ways to include sponsorship or a donation.

Enclosed please find the event flyer with more details about the Talbot County Community Resource Expo. Thank you for considering this request.

We look forward to a successful event!

Sincerely,

Marilyn M. Neal

Executive Director

DATE: Saturday, April 7, 2018

TIME: 10 am – 2 pm

PLACE: Easton Elementary Moton Building



To view Sponsorship/ Exhibitor form click [here](#)

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.”

