



The Steering Wheel

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

February 2019

Volume 8, Issue 5

Teens need to text, talk with parents often to maintain youth resiliency after a divorce

February 20, 2019
Science Daily

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Texting, FaceTime and other popular communication methods among teens may help build supportive parent-youth relationships after a divorce, according to a Kansas State University family studies researcher. Mindy Markham, associate professor and associate director for Kansas State University's School of Family Studies and Human Services; Jonathon Beckmeyer at Indiana University; and Jessica Troilo at West Virginia University recently published a study about parent-youth relationships after a divorce in the Journal of Family Issues.

The researchers evaluated data from nearly 400 divorced mothers and fathers with a child between 10-18 years old. They identified three types of post-divorce co-parenting relationships -- cooperative, moderately engaged and conflictual -- and evaluated differences in three key aspects of youth well-being as well as the frequency of communication. "Parental warmth and closeness, parents' knowledge about their kids and inconsistent discipline didn't differ among three different types of divorced co-parenting relationships," Markham said. "What did make a difference was the contact that the parents had with the youth. Essentially, the more contact that parents had with their kids was better regardless of the parents' relationship with each other." These findings are contrary to a similar 2008 study, which suggested that divorced co-parenting individuals should be cooperative to maintain children's resiliency to divorce.

It also is contrary to the Family Systems Theory -- that the quality of a post-

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divorce relationship spills over to parent-child relationships. According to Markham, these conflicting results may be because older children are more likely to have a cellphone or tablet today and can take a more active role in the parent-child relationship. "Preteens and teenagers probably have their own devices and are able to text, email or video chat with their nonresidential parent so the child can take more ownership of the relationship," Markham said. "I think frequent communication, whether it is in person or using communication technology, is really critical to making sure that the parent-child contact stays in place." According to Markham, youth with parents who are warm and supportive have been found to engage in fewer problem behaviors and experience less emotional distress. Also, parents who have great knowledge of their

Youth's daily lives can respond well to their children's needs and create environments that promote positive youth development. Inconsistent discipline, on the other hand, can lead to youth anxiety, aggression, or threaten a child's sense of security. These three aspects together are critical for youth well-being and may help promote resiliency in youth experiencing parental divorce.

"Parents in a conflictual or disengaged co-parenting relationship with their former spouse who were able to communicate with their child daily or weekly had higher levels of parental knowledge, which makes sense, Markham said. "Parental warmth and support also were higher among parents who had more frequent contact with their child." This finding may help divorce education programs refocus on individual parenting skills to strengthen parent-youth relationships instead of stressing cooperative parenting if they do not get along, Markham said. If a child is old enough to have their own device, parents should be able to communicate directly and compartmentalize a stressful relationship with an ex-spouse so it does not negatively affect the parent-child relationship. "If it is possible for parents to cooperate, obviously that would be ideal, but there are situations where they can't and I think this research is saying you can still have a good parent-child relationship even if the relationship with your ex can't work," Markham said.

Article: <https://www.sciencedaily.com/releases/2019/02/190220112216.htm>



21st Annual Caliber Awards

*Let us know who has been making a difference for
our behavioral health community!*

*To view nomination categories or to submit a
nomination please go to:*

<https://www.surveymonkey.com/r/B52YFNL>

Please note our new Caliber Award
created in memory of our beloved
Mary Beth Brennaman.





Mid Shore Behavioral Health, Inc., public mental health authority for the mid-shore region, is currently accepting applications for

Behavioral Health Coordinator

A member of the Behavioral Health Coordinator team, this individual will serve as the MSBH liaison for the State Opioid Response initiative on the Eastern Shore. Tasked with supporting regional efforts to increase access to treatment and recovery support services, and advance strategies for substance use prevention, the Behavioral Health Coordinator's responsibilities will include: cultivating community partnerships, policy and procedure development, outreach and education. Required: Bachelor's degree in human services field, minimum 5 years relevant experience, valid driver's license, willingness to travel locally and regionally. Successful candidate will possess compelling communication skills, leadership ability, attention to detail, and proficiency in evaluating and managing priorities.

Excellent benefits including 401(k) retirement plan.

Interested candidates should submit resume and letter of interest by 2/28/19 to Marshall Hallock, MSBH, Inc., 28578 Mary's Court, Suite 1, Easton, MD 21601. Email mhallock@midshorebehavioralhealth.org.

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

EMPLOYMENT OPPORTUNITIES

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 in a supportive environment. Join our fantastic team and make a difference for youth in an underserved community!

Contact beth.spencer@maryland.gov or call 410-901-8177. EOE

EMPLOYMENT OPPORTUNITIES

Hiring NOW!!...

School Based Mental Health Therapist

Join our team as a school based therapist serving students
of Talbot County

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

Full-time or Part-time positions available

(Must be a Master's Level Clinician)

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

Contact: Barbara Young, School Based Coordinator for ESPS

b.young@espsmd.com

410-822-5007 ext: 1206

ESPS
Eastern Shore Psychological Services

The **Governor's Commission on Suicide Prevention** is seeking input from members of the public in Maryland on prioritization of goals and objectives from the [State Suicide Prevention Plan](#).

Please provide your input by completing the online feedback form. You can access the feedback form by [clicking here](#).

There will be a public forum to discuss the goals and objectives at the next Commission meeting. Below you will find meeting details so interested people may participate.

Date: March 20, 2019 1:00 - 2:00 pm

Location: Spring Grove Hospital Center

Dix Building Basement

55 Wade Ave, Catonsville

Conference Call: 1-240-454-0887

Meeting #: 644 456 760

Join Online: [Webex](#)

Registration

“Introduction to Mental Health Recovery including WRAP®”

Tuesday and Wednesday

February 26 & 27, 2019

9:00 am - 5:00 pm

Enclosed is payment for \$169

Make checks payable to On Our Own of Maryland

I will send a purchase order

Name _____

Organization _____

Address _____

City _____ Zip Code _____

Phone _____

E-mail _____

PLEASE INDICATE

____ **CEUS** Continuing Education Credit (social workers, psychologists, licensed professional counselors and therapist, alcohol and drug counselors)

____ **COAs** Certificate of Attendance (nurses and all other disciplines)

Please RSVP by mail, phone or email by

FEBRUARY 22, 2019 to
The WRAP Outreach Project
7310 Esquire Court Box 14
Elkridge, MD 21075
Phone: 410-540-9020
Fax: 410-540-9024
denisec@onourownmd.org

ADDRESS

Talbot County Social
Services Center
301 Bay Street
Unit 5
Easton, MD 21601

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 6 Continuing Education Credits (Category 1) for licensed social workers in Maryland; as a sponsor of 6 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists, and 6 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists, upon completion of the training and a completed evaluation. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available to all other disciplines.

Wellness Recovery Action Plan

WRAP

“Introduction to Mental Health Recovery including WRAP®”

with
Brooks Robinson and
Denise Camp

Tuesday and Wednesday
February 26 & 27, 2019
9:00 am - 5:00 pm
301 Bay Street
Unit 5
Easton, MD 21601



GENERAL INFORMATION

The On Our Own of Maryland, Inc. WRAP® Outreach Project, is proud to partner with the Talbot County Department of Social Services to offer “Introduction to Mental Health Recovery including WRAP®” training in Easton on FEBRUARY 26 & 27, 2019. This 2 day training will be held at 301 Bay Street in Unit 5 Easton, Maryland 21601.

Recovery is possible for those with serious mental health and/or substance use issues. One tool being used around the world is WRAP® – the Wellness Recovery Action Plan. Thousands of people have used this tool to lead happier, healthier, and more satisfying lives. In this training, the participant will develop a WRAP® for themselves.

WHAT IS WRAP® ?

WRAP® is a self-designed, self-management and recovery system that was developed by a group of people with mental health difficulties who were struggling to incorporate wellness tools and strategies into their lives. Although WRAP® was developed by and for people who have difficulties with mental and emotional stressors, it is often used to help with substance use problems and the many physical issues that often co-occur, causing uncomfortable or distressing feelings. In fact, WRAP® can be used for any issue or area of one's life such as substance use disorder recovery, pain, stress management, or relationships. WRAP® is a tool a person develops for themselves to help themselves - it is not a replacement for therapy, medication or any other tools one already uses in their recovery. It is a tool to complement existing treatments, therapies and strategies. WRAP® is an evidence-based

program, is recognized as an effective tool for recovery, and is registered with the Substance Abuse and Mental Health Services Administration (SAMHSA).

WHO SHOULD ATTEND?

The training is open to all, especially mental health/substance use consumers, those who are recovery coaches, and professionals who want to increase their understanding of mental health recovery concepts, skills and strategies, including the WRAP® process. This training is also for anyone who is looking for an introduction to WRAP®. It is required for anyone interested in becoming a WRAP® Facilitator but who has not taken a WRAP® class. Per the Copeland website, this training is offered only in local areas in either a 2 or 3 day format. This training is 2 days. This training is approved for education credits for the Maryland Certified Peer Recovery Specialist (CPRS) credential and offers a total of 10 CEUs for that credential. It also qualifies for Social Work CEUs (see insert).

INFORMATION COVERED IN THE TRAINING INCLUDES...

- What do we mean by “Recovery”
- Recovery Topics
- Copeland's Key Recovery Concepts
- Wellness Tools
- The Daily Maintenance Plan
- Triggers and Early Warning Signs – What's the difference
- Rethinking the concept of “Crisis”
- Crisis Planning
- The Importance of a Post Crisis Plan
- How to become a WRAP® Facilitator

COST

The cost of the training is \$169.

The cost covers all books and materials. All participants completing the 2 day training will receive a Certificate of Completion. Space is VERY limited so register early!

Lunch is NOT included in the cost of this training. Coffee, water and snacks will be provided.

THE FACILITATORS

Your facilitators for this training will be Denise Camp and Brooks Robinson.

Ms. Camp is the WRAP® Outreach Project Coordinator for On Our Own of Maryland, and is an Advanced Level WRAP® Facilitator with the Copeland Center for Wellness and Recovery. She is also a Certified Peer Recovery Specialist, a registered peer supervisor and a training specialist.

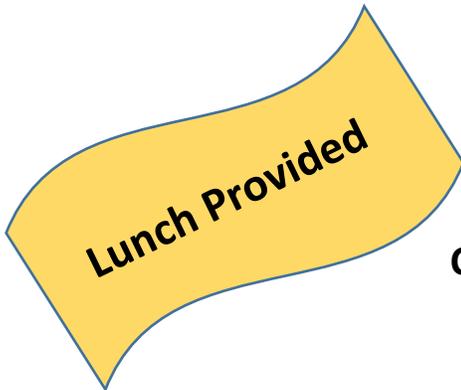


Mr. Robinson is a peer supporter and has been a WRAP® Facilitator since 2016.

WORKING WITH DIFFICULT, PASSIVE-AGGRESSIVE CLIENTS

Hosted by the Mental Health Association of the Eastern Shore/Shore Training Collaborative

Funded in part by the Rural Maryland Council



February 28, 2019
9:00AM – 2:15PM
4 CEUs - Fee \$45.00



Chesapeake College, HPAC 131
1000 College Circle
Wye Mills, MD 21679

Presented by: Loriann Oberlin, LCPC

Loriann Hoff Oberlin, MS, LCPC is a licensed clinical professional counselor in private practice with two offices—one in Easton, Maryland and another in North Potomac, Montgomery County. She earned her master's degree and post-master's certificate from Johns Hopkins University. In her practice, Ms. Oberlin works with children, adolescents, adults, couples and families. She has completed mediation, child-access, collaborative law training as well as Gottman Method Couples Therapy workshops. Prior to establishing her own practice, she worked in Maryland's second busiest emergency department, in community mental health and at another facility. Cognitive-behavioral therapy (CBT) and Bowen family systems theory guides much of her work as does a creative base of thinking outside the box and trying new approaches to reach solutions.

Course description:

Dealing with difficult people and passive-aggressive relationships often causes clients to seek counseling. They present as anxious, angry themselves, or tongue-tied to respond without inviting more frustration into their lives. In healthcare offices, providers see a myriad of health consequences, and additionally, administrative hassles.

This workshop outlines ten traits of angry people and four types of families that unwittingly create them. It shows potential remedies of the core behaviors—control, manipulation, immaturity, self-absorption, and depression—and helps you to determine when behavior may be something else. With fictional and video examples representing relationships, school, workplace and private practice, this presentation explains concepts using systems theory, positivity and better communication practices.

To register or for questions please contact Danielle Murphy at 410-822-0444 or dmurphy@mhsmdes.org

Registration is now Open !

**15th BHA Child, Adolescent & Young Adult Services
Annual Behavioral Health Conference**

"Integrating Clinical Interventions Within A Behavioral Health Approach"

Tuesday, March 12, 2019

Martin's West, 6817 Dogwood Road

Baltimore, Maryland 21244

8:00 A.M. - 4:15 P.M.

Conference Fee \$55 per person

Keynote Speaker

James R. Worthy II

National Consultant | Family Advocate | Business Developer | Trainer

[Register Here](#)

[View Agenda and Workshops](#)

Sponsored by:

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



MARYLAND
Department of Health
Maryland's Commitment
to Veterans

Maryland's Commitment to Veterans Central Region Conference 2019

DATE: MARCH 1, 2019
TIME: 8:30 – 15:30
LOCATION: Turf Valley
2700 Turf Valley Rd
Ellicott City, MD 21042

Come join us this year - registration is free, but space is limited.

The Maryland's Commitment to Veterans Central Regional Conference will cover several topics concerning veteran behavioral health from various perspectives. In addition, there will be a Q&A panel to cover homeless veteran issues. Lunch will be provided, and an additional 5.5 Continuing Education Credits will be available to all attendees upon completion.

Please register at the link below:

<https://www.eventbrite.com/e/marylands-commitment-to-veterans-2019-conference-series-tickets-55240692398?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&aff=escb&utm-source=cp&utm-term=listing>

Sponsored by the Maryland Behavioral Health Administration's Office of Workforce Development and Training. The Office of Workforce Development and Training is authorized by the Maryland Board of Professional Counselors and Therapists to sponsor continuing education programs for Category A CEU, the Maryland Board of Social Work Examiners to sponsor social work continuing education programs for Category I CEU, the State Board of Examiners of Psychologists and the Maryland Association of Prevention Professionals & Advocates to sponsor continuing education programs for CEU. Participants must attend all hours of the training and submit an evaluation to receive a certificate. The Office of Workforce Development and Training maintains full responsibility for this program.

DLA- 20 DEPARTMENT OF SOCIAL SERVICES

by DLA-20 by the Evidence Based Practice Center

Thu, March 14, 2019

12:30 PM – 4:00 PM

Department of Social Services

301 Bay Street, Unit 5

Easton, MD 21601

Description:

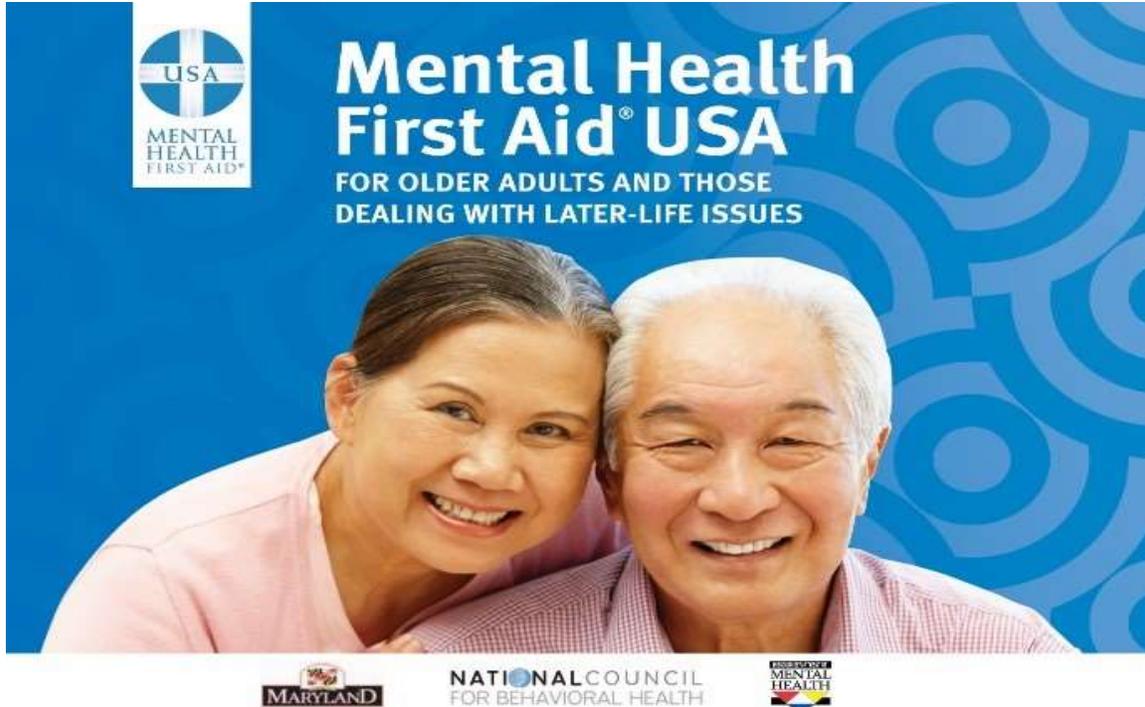
This DLA-20 training is required for submission of service authorization/reauthorization requests for adults in Adult Assertive Community Treatment (ACT) programs, Mobile Treatment programs, Psychiatric Rehabilitation Programs (PRPs), and Residential Rehabilitation Programs (RRPs). These training sessions are provided free of charge by the Behavioral Health Administration through the University of Maryland's Training and Evidence-Based Practice Centers.

Please bring State ID for security screening

Please note:

- Completion of this training is REQUIRED before trainees use the DLA-20 assessment.
- This training is open only to staff from ACT, PRP, RRP, and mobile treatment programs in Maryland.
- When you register, please be sure your name appears EXACTLY as you want it to appear on your CEU/COA
- Arrive 15 minutes before the training begins. IMPORTANT: You will not be allowed to join the training if you arrive more than 15 minutes after it begins,
- You must stay for the entire training in order to earn your CEU/COA.
- Unfortunately, we are unable to offer food at this training. However, you are welcome to bring your own food and drinks. You will be given a short 10-minute break during the training during which you can access vending machines if they are available at the training facility.
- In the event of inclement weather, training will follow the closure policy of the schools in the county in which the training is to be held. If schools are closed, the training is canceled. If schools open late, morning training sessions will be canceled, but afternoon training sessions will be held. Participants registered for a canceled training will receive notification of upcoming training dates for which they can register.
- If you require an interpreter, please contact Monay Walton (mwalton@psych.umaryland.edu) at least 3 weeks before the training.

TO REGISTER PLEASE CLICK [HERE](#).



MENTAL HEALTH FIRST AID – OLDER ADULT TRAINING SERIES

March 15, 2019 – Kent County Community Center
11041 Worton Rd., Worton, MD 21678

[REGISTER HERE](#)

Sign-in 7:45am

8:00am - 5:00pm

PLEASE BRING LUNCH

CEU's available for social work, psychology, counseling and nursing
\$25.00 Registration Fee

Instructors: Mary Gregorio and Lynn Sanchez
About Older Adult Mental Health First Aid:

- Evidence-based training that teaches the signs and symptoms of mental health disorders.
- Provides individuals with tools to respond to a mental health emergency until professional help arrives.
- Teaches people how to identify risk factors and signs of mental health and substance use problems most commonly experienced by older people and equips participants with the knowledge and skills needed to reach out and offer support at a time when it is greatly needed.
- Designed for those who work with and care for older adults.

This activity has been submitted to UM Shore Regional Health for approval to award contact hours. UM Shore Regional Health is an approved provider of continuing education by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.





Ethics in Social Media
Presented by: Samara Stone, LCSW-C

What?

Have you googled your name? Chances are your clients have. This engaging and interactive training provides hands-on tools to help you become aware of your online presence and explore ethical implications in a tech-savvy world. Learn how to protect your online presence by reviewing current trends in social media and examining the new 2017 Technology Standards and their ethical implications in practice.



3 CEU's

\$40.00 Fee

8:30am - 9:00am: Registration and light refreshments

Funded in part by Rural Maryland Council

Where?

Temple B'Nai Israel

7199 Tristan Dr, Easton, MD 21601

When?

Monday Mar 25th 9:00am - 12:15pm

[Register](#)



 **Mental Health Association**
of the Eastern Shore

Center for Autism and Related Disorders at Kennedy Krieger Institute

FREE TRAINING SERIES

(Supported by the Maryland State Department of Education)

Special Education Law Overview

Date: Friday, April 12, 2019 from 10:00 a.m. to 11:00 a.m.

Discipline of Students with Disabilities

Date: Friday, April 12, 2019 from 11:00 a.m. to 12:00 p.m.

Bullying, Harassment, and Intimidation of Students with Disabilities

Date: Friday, April 12, 2019 from 1:00 p.m. to 2:00 p.m.

Location:

Bethel A.M.E. Church
623 Pine Street
Cambridge, MD 21613

Attendees may register for one, two, or all three of the presentations.
Lunch will be provided from 12:00 — 1:00 p.m.
Transportation provided at attendee request.

This presentation is supported by the Maryland State Department of Education Division of Early Intervention and Special Education Services under award number 190323.

Presenter information: Mallory Finn, Esq. is a staff attorney at Project HEAL (Health, Education, Advocacy, and Law), a community-based program of the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute.



EASTERN SHORE NETWORK
FOR CHANGE

ESNC

"Where the network is the support."



Center for Autism and Related Disorders
at Kennedy Krieger Institute

To register, visit
kennedykriegercard.eventbrite.com/
or call Hanah Tanenholtz at 443-923-7596.

MARYLAND
SPIN

Suicide Prevention and Early Intervention
Network

**Resources for Caregivers in Service to
Our Men and Women Who've Served**

March is Month of the Military Caregiver.
This workshop will cover resources for individuals who are caring for military service members and veterans. Topics will also include warning signs that a military service member or veteran may be in crisis.

March 21, 2019

12:00 PM - 1:00 PM

[Register](#)

More Than Sad

More Than Sad has taught over a million students and educators how to be smart about mental health. The program comes in three parts initiating a conversation about mental health with teens, parents and school staff.

April 18, 2019

12:00 PM - 1:00 PM

[Register](#)

IPS Core Training!

April 22nd - 26th, 2019

Cambridge, Maryland

You MUST apply in order to be considered for this training. Seating is limited.

Your application must be turned in by March 15, 2019

Application can be downloaded at

www.chesapeakevoyagers.org

Go to Events page



What is Intentional Peer Support?

IPS is a way of thinking about and creating powerful and transformative peer support relationships. It is a process where both people use the relationship to look at things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things. IPS is used across the world in settings ranging from peer-run respite to traditional mental health services. We come from a history of grassroots alternatives that focus on the possibilities that emerge when relationships become mutual, explorative, and conscious of power.

About the IPS Core Training

Our Core Training is a 5-day introduction to the IPS framework and is designed to have you practicing right away. In a highly interactive environment, participants learn the tasks and principles of IPS, examine assumptions about who they are, and explore ways to create mutual relationships in which power is negotiated, co-learning is possible, and support goes beyond traditional notions of "service." IPS is all about opening up new ways of seeing, thinking, and doing, and here we examine how to make this possible. Our Core Training is for anyone interested in peer support and has been widely used as a foundation training for peers working in both traditional and alternative mental health settings. Specific topics covered include:

The Four Tasks: Connection, Worldview, Mutuality, Moving Towards * The Three Principles: From Helping to Learning, Individual to Relationship, Fear to Hope * Looking at language and story * Listening differently and with intention * Understanding trauma worldview and re-enactment * Rethinking old roles and ways of relating * Working towards shared responsibility in relationships * Examining power and privilege * Negotiating boundaries and limits * Navigating challenging scenarios * Understanding crisis as an opportunity * Using co-reflection to sustain values * Creating social change

This training is being provided by Talbot County Health Department and Chesapeake Voyagers, Inc. Peer Support Wellness & Recovery Center. If you have any questions call 410-822-1601
 30 Peer Support CEUs available for completing this training. 3 in Advocacy, 4 in Ethics, 20 in Mentoring/Education, 3 in Wellness/Recovery

STORYTELLING WORKSHOP



- ~ Please join us February 25th at 12:30 pm.
- ~ Learn how to tell your own recovery journey.
- ~ This is a 90 minute workshop.
- ~ Lunch will be provided.

This is an interactive workshop designed to prepare peers and advocates to share their personal stories and recovery experience with a wide array of audiences in order to combat stigma, impact change and promote hope.

*Presented by On Our Own of Maryland
Held at Chesapeake Voyagers, Inc. 342 North Aurora St. Easton, MD
Please sign up by February 18th!!!*

You can register by calling Chesapeake Voyagers, Inc. at (410) 822-1601



COURAGEOUS CONVERSATION

BEYOND DIVERSITY

Beyond Diversity is a powerful, personally transforming, two-day seminar that helps leaders, employees, and organizations understand the impact of race on their lives, their work, and their overall growth and development. Interactive and stirring exercises strengthen participants' critical consciousness of race and lead them to investigate the role that racism plays in institutionalizing achievement disparities. In order to solve the problems created by systemic racism, we must discuss race. Beyond Diversity, a program with a 25-year history and over 100,000 alumni, models and teaches a protocol for discussing race in ways that are productive, insightful, and generative. We invite you to join our efforts to generate equity by learning a method for having Courageous Conversations about race.

CORE SEMINAR TOPICS & CONCEPTS

- Courageous Conversation Protocol
- Racial Identity Development and Practice
- (De)Constructing Systemic Racism
- Adaptive Leadership for Equity
- Racial Power and Privilege

The way to stop discrimination on the basis of race is to speak openly and candidly on the subject of race.

—Hon. Sonia Sotomayor,
U.S. Supreme Court Justice
(2014)

**MARCH 12 & 13, 2019 at
the Talbot County Education Center
12 Magnolia Street, Easton MD
8:30am - 4pm**

Facilitated by Pam Clay, Hilary Spence and Christine Davis
Lunch will be provided

Register at: <https://beyond-diversity-march.eventbrite.com>

Sponsored by Talbot Family Network in
partnership with Talbot County Public Schools

PLEASE JOIN US FOR A WARM HAND-OFF LEARNING SESSION



Mid Shore Behavioral Health, Inc. in partnership with Choptank Community Health, Inc. have planned a two part Learning Session to discuss how the mid-shore would like to define the Warm Handoff Process and create a plan of action for fostering the partnership between medical providers and behavioral health providers.

**Join us for our first Learning Session on
March 20, 2019 at 5pm.
Cambridge Police Department
Second Floor Meeting Room
8 Washington Street | Cambridge, MD 21613.**



**THANK YOU FOR YOUR TIME
AND COMMITMENT TO THE
HEALTH OF THE MID-SHORE.**

**Please RSVP with Johanna Norris at
jnorris@midshorebehavioralhealth.org by
March 13, 2019.**

Handle With Care Information Session

Mid Shore Behavioral Health, Inc. is hosting an information session about the Handle with Care program model that was implemented by Governor Hogan in February of 2018. This program promotes a partnership between **MENTAL HEALTH, LAW ENFORCEMENT,** and **EDUCATION PROFESSIONALS** and seeks to increase trauma-informed approaches when addressing Adverse Childhood Experiences (ACEs) to prevent future victimization or criminality.

This session will include be facilitated by a representative of the Governor's Office of Crime Control & Prevention and a Cecil County law enforcement officer who brings experience with the Handle with Care program.

Please join us to learn more about this program and how it can be effective in our Eastern Shore Counties.

Date and Time:

Friday, March 29th, 2019

9:00am – 12:00pm

Location:

English Hall

Eastern Shore Hospital Center

5626 Woods Road,

Cambridge, MD 21613

Continental
Breakfast
Provided!

To RSVP please email Laura Pollard at lpollard@midshorebehavioralhealth.org by 3/15

Local hospice agencies team up to host Welcome Home Vietnam Veterans Day

Saturday, March 30, 2019

1:00PM- 3:00PM

Easton High School Cafeteria

723 Mecklenburg Avenue

Easton, MD 21601

Join us for this FREE event, where we will recognize and appreciate our Vietnam veterans for their service to our country. Events will include guest speakers, military bands, veteran pinning ceremonies, veteran-centric resources and refreshments. Guests are encouraged to dress in their military uniforms. This event is being sponsored by Coastal Hospice, Compass Regional Hospice and Talbot Hospice. For more information call 443-262-4100, ext. 177.

The special guest speaker will be Maj. Gen. James A. Adkins, who was born in Cambridge and grew up on the Eastern Shore. Adkins has nearly 40 years of military service with the U.S. Army. He is a retired senior military officer and former cabinet-level official in state government and served as Maryland's Adjutant General and Secretary of Veterans Affairs.

To learn more about the event or to register, visit www.bit.ly/WHVV2019 or call Katie Willis at 443-262-4100, ext. 177.

UNDERSTANDING SUBSTANCE ABUSE

Coffee, Tea & Recovery

THURSDAYS

NEW

5PM-6PM

This group is led by a Peer Recovery Specialist (person in long term recovery) and is open to anyone in recovery or still using. Learn about substance abuse services, resources and find your recovery pathway in a supportive atmosphere.

QUEEN ANNE'S COUNTY DEPARTMENT OF HEALTH



ALCOHOL AND DRUG ABUSE SERVICES



205 N. LIBERTY STREET, CENTREVILLE, MD 21617

410-758-1306



Eastern Shore Wellness Solutions, Inc

Upcoming Events

Every Monday at 3:00 pm beginning February 4th – the National Diabetes Prevention Program is being offered at the office

March 12th at 3:00 pm – Dorchester Community Wellness Coalition Meeting (Location – Eastern Shore Area Health Ed. Center)

March 21st – Lunch and Learn (A Pregnancy and Tobacco Cessation Help funded event for Pregnant women or women of child bearing aged and their families to learn about the risk associated with tobacco/nicotine use before, during and after pregnancy) See attached Flyer – Call to register - Seating is limited.

March 27th at 4:30 – Mobile Food Pantry – (Location – Dorchester County Judy Center)

April 4th from 9 – 11 am – Epilepsy Education and Awareness Event - (Location – Eastern Shore State Hospital Center) Continental Breakfast provided. Call to Register.
#EpilepsyEquity #Sharemyseizure

April 19th – Mobile Food Pantry – Southern Dorchester County (Additional Details to come)

April 27th – WASHINGTON D.C. – Epilepsy Walk -

https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fwalkforepilepsy.org%2f&c=E,1,Yz8S2joLwDI88_aCh_81Y8pzTUVStHE4IAzcF2_WwbZoFG5FzSybcUXFJXypaJlajreBAKtArPEPOpeAEv879B7I8gvyTmiZ0wF3hvRkK9AN&typo=1

Contact our office for more information about any of the events listed.

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3rd Annual Maryland CIT Conference

The state CIT Coordinators in collaboration with the Maryland Department of Disabilities and NAMI present the 3rd Annual CIT Maryland Conference: **Bringing Officer Wellness in Focus**

Keynote Speaker – Lt. Marc Junkerman “Look How Far We’ve Come, A Celebration of Maryland CIT Communities”

Monday, May 6, 2019 ♦ 8am – 4pm ♦ Annapolis, MD



Double Tree by Hilton Annapolis ♦ 210 Holiday Court Annapolis, MD ♦ (410)224-3150 ♦ \$130 Room Rates.

Conference Fee **\$40** ♦ Breakfast and Lunch included ♦ *Pre-Conference Networking Event* 5/5/2019 from 5:30pm – 8:30pm

Registration Required. *No walk-in.* Registration deadline: April 19, 2019 ♦ *Police & Corrections Training Credits pending*

Conference Questions? Contact Veronica Dietz, LCSW-C at (443) 952-7532 or veronica.dietz@maryland.gov

To attend this year’s conference, please return registration with breakout session selection form and payment information attached. Payments may be made via mail, fax, or phone. Checks and credit card payments accepted.

Sponsored by the Maryland Behavioral Health Administration’s Office of Workforce Development and Training.

The Office of Workforce Development and Training is authorized by the Maryland Board of Professional Counselors and Therapists to sponsor continuing education programs for Category A CEU, the Maryland Board of Social Work Examiners to sponsor social work continuing education programs for 5 Category I CEU, the State Board of Examiners of Psychologists and the Maryland Association of Prevention Professionals & Advocates to sponsor continuing education programs for CEU. Participants must attend all hours of the training and submit an evaluation to receive a certificate. The Office of Workforce Development and Training maintains full responsibility for this program.



PROVIDER ALERT

Psychological Testing Service Code Update

FEBRUARY 15, 2019

The AMA recently changed the service codes allowable for psychological testing. Providers can no longer bill 96101 and/or 96102 as of January 1, 2019. Beacon Health Options has been working closely with the Department to revise the billing codes for this service.

Consumers are allowed up to 8 hours of psychological testing per year (up to 8 hours of time for both evaluation and administration combined). All services must meet MNC and be authorized by Beacon. The new service codes are notated on the below chart.

Maryland Medicaid does not pay for services represented by CPT codes 96138 and 96139 (psychological test administration and scoring by a technician) when performed by a student or a trainee.

Providers should use units on your billing to indicate the appropriate time spent on each service. Rates for these new services are listed below.

These are the new service codes providers should use as of 1-1-19:

[2019 Psychological Testing Service Codes and Fee Schedule](#)

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.”

