



# The Steering Wheel

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

February 2018

Volume 7, Issue 5

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## Moving pictures, feeble words: Emotional images sway people more than emotional words

Science Daily  
January 29, 2018



*Can your behavior be influenced by subtle, barely visible signals, such as an emotionally charged image briefly flashed on a TV screen or roadside billboard? It may sound like hysteria about covert advertising -- but according to new research published in open-access journal *Frontiers in Psychology*, the answer is yes.*

Piotr Winkielman, of the University of California, San Diego, has been studying the effect for quite a while. In a previous study, Winkielman and colleagues reported that showing brief images of happy faces to thirsty people led them to drink more of a beverage immediately afterwards, whereas images of scowling faces led them to drink less. Remarkably, the participants were not aware of a change in their emotional state. In this new study, the researchers expanded the scope of their tests beyond faces to other images and words.

"We wanted to compare two major kinds of emotional stimuli that people encounter in their life: words and pictures, including those of emotional faces and evocative images of objects," says Winkielman. "We also tested if it matters whether these stimuli are presented very briefly or for a longer period of time."

The researchers asked undergraduates to classify objects, faces, or words on a computer screen. While showing a series of emotionally neutral images in quick succession, the researchers included brief flashes of faces, pictures or

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words that were either positive or negative. After the task, the researchers provided a soft drink and allowed the participants to drink as much as they liked.

The first experiment compared the effect of emotive words, such as "panda" (positive) and "knife" (negative), with that of happy (positive) and angry (negative) facial expressions. The second compared the effect of emotive words with images of emotionally charged objects, such as a gun or a cute dog.

As in previous studies, participants drank more after seeing happy faces than after seeing angry faces. Participants also drank more after seeing positive objects than after seeing negative objects. In contrast, positive words did not increase consumption.

"We found that emotive images of objects altered the amount that participants drank, with 'positive' objects increasing consumption and 'negative' objects decreasing it," says Winkielman. "But people were not swayed by emotional words, which were somehow powerless -- even though the words were rated to be as emotive as the pictures."

Surprisingly, nearly invisible images -- shown for only 10 milliseconds -- had the same effect as clearly noticeable images shown for 200 milliseconds.

"In our experiment, the duration of the emotional cue did not matter for its ability to influence consumption," says Winkielman. "This echoes some previous studies, however we need stronger evidence to confidently claim that fleeting images work as well as more noticeable images in altering behavior."

Figuring out why emotive images are more powerful than emotive words is the researchers' next task. They hypothesize that emotionally charged pictures may speak more directly to us than words, which can be nuanced and ambiguous, and may require more thought before they affect us.

The results raise many questions: "We know from our other research that words in sentences are emotionally impactful, but why?" asks Winkielman. "Is it because they can conjure up images?"

For now, at least, it appears that a single picture is worth more than a word. More than a thousand words? That's yet to be discovered.

Article: <https://www.sciencedaily.com/releases/2018/01/180129085823.htm>

Photograph: [https://www.123rf.com/photo\\_50739173\\_smiling-people-from-all-over-the-world.html](https://www.123rf.com/photo_50739173_smiling-people-from-all-over-the-world.html)

## **Job Posting**

### **CASE SPECIALIST**

#### **SOAR (SSI/SSDI Outreach, Access and Recovery)**

Mid Shore Behavioral Health, Inc., public behavioral health authority for the mid-shore region, is seeking FT human services professional to assist at-risk population with applications for Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI). Training provided. Primary responsibilities include assessing eligibility for benefits and supporting the application process, liaising with government agencies and local health organizations to resolve issues related to federal disability benefits, accurate/timely documentation and reporting. Requirements: Bachelor's degree in behavioral health related field, excellent written and verbal communication skills, experience working with underserved populations, team player with ability to work autonomously. Participation in SOAR workshops at the state level expected. Regular local travel expected. Email letter of interest and resume to [mhallock@midshorebehavioralhealth.org](mailto:mhallock@midshorebehavioralhealth.org) or mail to Marshall Hallock, MSBH, Inc., 28578 Mary's Court, Suite 1, Easton, MD 21601. EOE

## **BHA Multi Media Awareness Campaign**

### **Combating Stigma**

BHA's public awareness campaign is focused on reducing the stigma surrounding addiction that discourages many people with substance use disorders from seeking help. "Less Judgment. More Compassion"-- the campaign's tagline-- stresses the need to view opioid addiction as a disease to be treated rather than a moral failing to be judged.

MDH Spot: Stigma Meds 30

<https://youtu.be/hkkb9Vz27Xo>

MDH Spot: Stigma Meds 15

<https://youtu.be/87udLlNLxWw>

MDH Spot: Stigma BB 30

<https://youtu.be/50Fd00tnTfl>

MDH Spot: Stigma BB 15

<https://youtu.be/D7nqXojlICY>

MDH Spot: Stigma Distorted Reality 30

<https://youtu.be/gEWDJiFh-H4>

MDH Spot: Stigma Distorted Reality 15

<https://youtu.be/i4y4eQNYBYQ>

### **Encouraging Patients to Talk to Their Doctors**

The multi-media campaign stresses the importance of speaking candidly with your physician when being prescribed an opioid pain medication, since these medications can be highly addictive. The campaign's proactive message is: Take charge of your health. Reduce your risk of addiction. Talk to your doctor about opioid pain medications."

MDH Spot: Talk to Your Doctor GP 30

<https://youtu.be/RCUQouWM12w>

MDH Spot: Talk to Your Doctor GP 15

<https://youtu.be/DOzCPBgX2Ns>

MDH Spot: Talk to Your Doctor ER 30

<https://youtu.be/OLlo5Hui9Dg>

MDH Spot: Talk to Your Doctor ER 15

<https://youtu.be/BGRw5PmaTdU>

MDH Spot: Talk to Your Doctor Clinic 30

<https://youtu.be/t4jo3DBZilQ>

MDH Spot: Talk to Your Doctor Clinic 15

<https://youtu.be/Oo7XGDrPQD4>

# Recovery Centers of America at Bracebridge Hall in Earleville, MD is looking for a Full Time Primary Therapist

## Position Overview:

The Therapist plans, directs and coordinates medically-approved programs for patients in hospitals, substance abuse facilities, or other institutions. Inspires and motivates RCA clients and to help them develop tools to work toward recovery using evidence-based and person-centered practices.

## Specific Responsibilities:

- \* Evaluate clients' mental and physical health, addiction, or problem behavior and assess their readiness for treatment
  - \* Help clients develop treatment goals and plans
  - \* Review and recommend treatment options with clients and their families
- \* Help clients develop skills and behaviors necessary to recover from their addiction or modify their behavior
  - \* Work with clients to identify behaviors or situations that interfere with their recovery
- \* Teach families about addiction or behavior disorders and help them develop strategies to cope with those problems
  - \* Refer clients to other resources and services, such as job placement services and support groups
- \* Conduct outreach programs to help people identify the signs of addiction and other destructive behavior, as well as steps to take to avoid such behavior

## Education and Experience:

- \* Master's degree in Social Work or Mental Health Counseling required and licensure or certification as an Alcohol & Drug Counselor in the State of Maryland.
  - \* One to three years of experience in a behavioral healthcare or substance abuse settings serving culturally diverse populations.
    - \* Excellent verbal and written communication skills required.
    - \* Excellent organizational skills with the ability to prioritize workload and meet deadlines.
- \* Must be able to work in a fast-paced environment with demonstrated ability to juggle multiple competing tasks and demands.
  - \* Exceptional analytical and problem-solving skills.
  - \* Proven ability to handle multiple projects under pressure.
- \* Must have strong knowledge of a variety of computer software applications in word processing, spreadsheets, and presentations (MS Word, Excel, and PowerPoint).
- \* Understanding of diverse cultures and gender specific issues and the ability to incorporate needs of gender and culturally diverse groups into the organization.
- \* Understands need for and maintains appropriate confidentiality at all times when interacting with patients, residents, families, visitors, referral sources and all other contacts.
- \* Exhibits excellent customer relation skills as evidenced by supportive and constructive communication with all contacts including coworkers, patients, residents, visitors, families and referral sources.
  - \* Knowledge of case management for dual diagnosis patient.

## Competencies:

- \* Customer Service: Demonstrates concern for meeting internal and external customers' needs in a manner that provides satisfaction for the customer within the resources that can be made available.
- \* Problem Solving: Identifies problems, involves others in seeking solutions, and conducts appropriate analyses, searches for best solutions; responds quickly to new challenges.
- \* Communication Proficiency: Comfortable using a broad range of communication styles, and ability to choose appropriate, effective ways to communicate to different audiences in diverse situations.
  - \* Project Management: Coordinates the diverse components of the project by balancing scope, time, cost and quality.

**Work Environment:** This job operates in a professional office environment. This role routinely uses standard office equipment such as computers, phones, photocopiers, and filing cabinets. The noise level in the work environment is usually moderate.

**Physical Demands:** While performing the duties of this position, the employee is regularly required to talk or hear. The employee frequently is required to use hands to finger, handle or feel objects, tools or controls. The employee is occasionally required to stand; walk; sit; reach with hands and arms; climb or balance; and stoop, kneel, crouch or crawl. The employee must occasionally lift and/or move objects up to 25 pounds. Specific vision abilities required by this position include close vision, distance vision, color vision, peripheral vision and the ability to adjust focus.

**Travel:** Travel is primarily local during the business day, although some out-of-the-area and overnight travel may be expected.

Contact: Please contact Megan Harsche for more information at (610) 994-2985 or email at [mharsche@recoverycoa.com](mailto:mharsche@recoverycoa.com). Interested applicants may also use the following link to apply directly to the position:

[https://recruiting.adp.com/srcar/public/RTL.home?c=113864I&d=ExternalCareerSite&r=5000257857306#/.](https://recruiting.adp.com/srcar/public/RTL.home?c=113864I&d=ExternalCareerSite&r=5000257857306#/)

# Harness the power of AmeriCorps to address mental health challenges in your community

The Mental Health First Aid Corps is accepting applications from agencies interested in hosting a full-time AmeriCorps member for the 2018 program year.

- **Application deadline:** March 30, 2018
- **Notice of acceptance:** April 13, 2018
- **AmeriCorps member service year start date:** Sept./Oct. 2018

[Complete our simplified host site application.](#)

The Mental Health First Aid Corps is an innovative AmeriCorps program that supports implementation of Mental Health First Aid in communities across the nation. AmeriCorps members, trained as Mental Health First Aid Instructors, are placed at host sites focusing their service year on implementing Mental Health First Aid.

Since its inception, Mental Health First Aid Corps members have made a tremendous impact at their host sites. [Find out more.](#)

## How Health360 Fits In

Health360 leads the Mental Health First Aid Corps in partnership with the Corporation for National and Community Service and the National Council for Behavioral Health.

Health360 handles all administrative requirements for your AmeriCorps member so you can focus on building effective programs that improve people's lives.

To learn more, please join one of the following conference calls:

- Thursday, February 1, 2018 – 11 a.m. to 12 p.m. ET
- Wednesday, February 14, 2018 – 2 to 3 p.m. ET
- Thursday, March 1, 2018 – 2 to 3 p.m. ET
- Tuesday, March 13, 2018 – 11 a.m. to 12 p.m. ET

Call in Number: 712-775-7031

Meeting ID: 468 634 766

Or, you can contact Tricia directly at [harrity@health360.org](mailto:harrity@health360.org) or 203-758-1110 x11

[Learn more](#)





## Webinars on Best Practices in Peer Support Training and Successfully Employing Peer Specialists

### **Best Practices in Peer Support Training**

Monday, February 5, 2018 | 3:30–5 p.m. Eastern Time

SAMHSA invites you to join a TA Coalition webinar with Mental Health America addressing best practices in peer support training. Peer support is an essential part of recovery-focused services and systems, and with the launch of the first advanced National Certified Peer Specialist Certification, individuals across the country can become certified, explore new career paths, and contribute to a growing mental health workforce. During this webinar, two national leaders in peer support training will share about the history, fundamentals, and best practices in training and how to join the growing network of trained and certified peer support specialists.

[Register for Best Practices Webinar](#)

### **Successfully Employing Peer Specialists: A Framework and Tools**

Tuesday, February 6, 2018 | 2:30–4 p.m. Eastern Time

SAMHSA invites you to join a TA Coalition webinar with the National Association of State Mental Health Program Directors addressing successfully employing peer specialists. This training is especially designed for provider managers and supervisors, and will offer a framework for and specific tools on successfully employing peer specialists. The presenter will clarify the peer specialist role and discuss recruiting, hiring, and training peers and educating and supporting nonpeer staff. Presenters will also discuss using reasonable accommodation (Americans With Disabilities Act) Employee Assistance Programs to address job difficulties and support good performance.

[Register for Peer Specialists Webinar](#)



## Join the Recovery-Oriented Cognitive Therapy (CT-R) Webinar Series: Team-based CT-R for Building Empowerment and Resilience

**Wednesday, February 7, 2018 | 1–2 p.m. Eastern Time**

SAMHSA's Recovery to Practice initiative invites you to participate in the third of a four-part webinar series focused on recovery-oriented cognitive therapy (CT-R) for people who experience serious mental illness. CT-R is an empirically supported approach that operationalizes recovery and resiliency principles in a person-centered, strengths-based way. CT-R pairs with psychiatric practice to produce measurable progress, is readily teachable, and has been successfully implemented for people with a range of needs and in many settings. In this third session, presenters will focus on the use of CT-R in multidisciplinary services, energizing both the person and the team members.

[Register for the Webinar](#)

While this is a four-part series, you may attend one or all of the sessions. Registration is necessary for each session. A 1-hour continuing education credit is provided through NAADAC, the Association for Addiction Professionals. Each session will be recorded and archived for future viewing.

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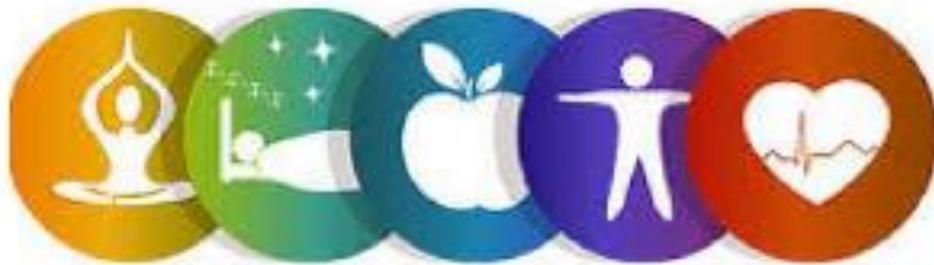
Save the Dates:

**Monday, February 26, 2018**, 2:30–4 p.m. Eastern Time | Criminal Justice, the Americans With Disabilities Act, and People With Mental Illnesses, with The Bazelon Center for Mental Health Law

**Tuesday, February 27, 2018**, 2–3:30 p.m. Eastern Time | Self-Direction Through Personalized Budgeting, with the National Coalition for Mental Health Recovery

1st Annual Black History Month

# Health & Wellness Fair



**FREE Community Event**

## Health & Wellness Topics

Mental Health  
Stress Management  
Women's Health  
Men's Health

Yoga  
African Drumming  
Free Screenings  
Community Resources  
Vendors  
Voter Registration

Saturday  
February 3, 2018  
Empowerment Center  
615 B Pine St  
Cambridge, MD 21613  
10a-2p



Sponsored by: Harvesting Hope Youth and Family Wellness, Inc



Life's Energy Wellness Center Inc.

Healing, Empowerment, Advocacy, Training  
Integrated Behavioral Health Services

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

# Open House

## Friday

# February 9, 2018

All Are Welcome!

4-7 p.m.

8737 Brooks Dr- Suite 108,

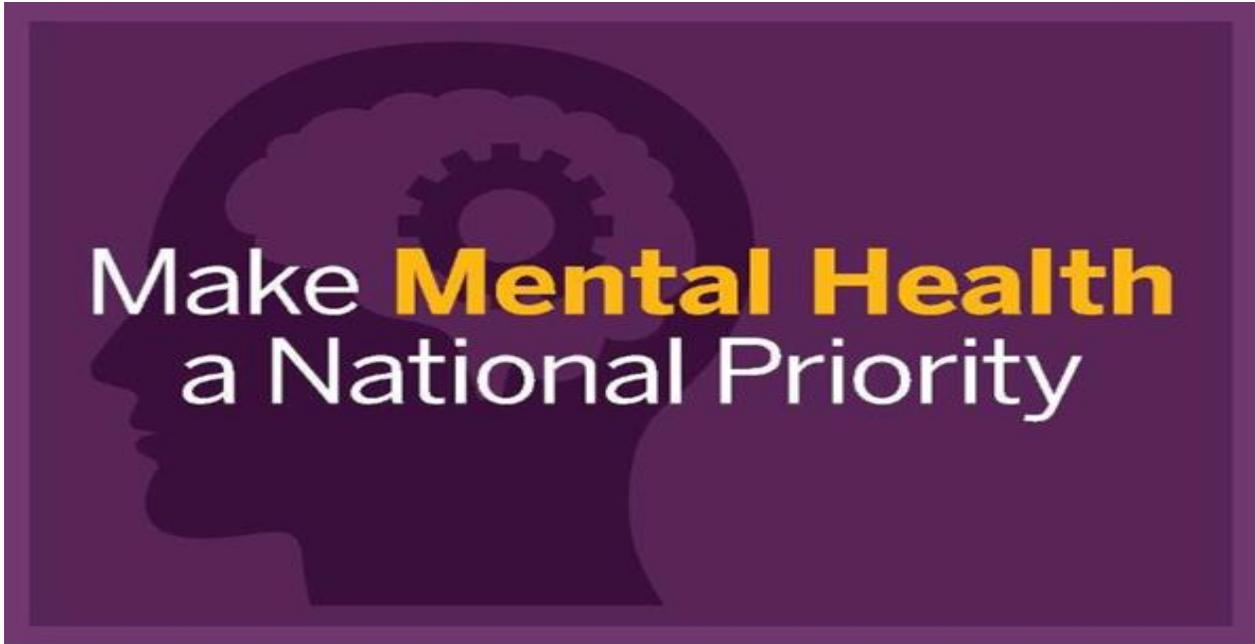
Easton, MD

(800) 867-2395

Fax (410) 443-0842



Life's Energy Wellness Center Inc. is a 501 (c) 3 Tax Exempt Organization and Maryland Registered Certified Charitable Organization. All Bequest and Donations Are 100% Tax Deductible To The Full Extent Of The Law!



## 2nd Maryland State Capitol Day

**#bethevoice**

Registration for the [2nd Maryland State Capitol Day](#) is now open! Please join us in Annapolis on Thursday, February 8, 2018 to #bethevoice for suicide prevention!

This event will bring passionate advocates together to:

- *Share with state legislators why suicide prevention is important to **YOU** and to your community*
- *Educate state legislators about the work being done in your community to prevent suicide*
- *Teach state legislators what more must be done to prevent suicide*
- *Begin to build long-lasting relationships with leaders whose decisions impact our communities*

We look forward to seeing you on Thursday, February 8, 2017 from 8:00 am to 1:00 pm in room 142 of the House of Delegates Building, located at 6 Bladen St., Annapolis, Maryland.

Event registration will close February 4, 2018 at midnight. If you know of someone else who wants to attend but has not yet registered, please encourage them to do so before the deadline. Here is the registration link: <http://tinyurl.com/MarylandCapDay18>

We also ask that you please inform us as soon as possible if your plans change and you can no longer attend. Our volunteers are actively scheduling legislative meeting appointments for all attendees, so we'll need to rearrange our appointment schedule as soon as cancellations occur and find coverage for your scheduled meetings.

Please do not hesitate to contact **Sue Maskaleris**, Maryland Board Advocacy Chair, at [smaskaleris@gmail.com](mailto:smaskaleris@gmail.com) or **Kat Olbrich**, Maryland Area Director, at [kolbrich@afsp.org](mailto:kolbrich@afsp.org) with any questions leading up to the event. We appreciate your voice and your advocacy!

Wye River Upper School, Annapolis Pediatrics, Oasis,  
and AAMC Division of Mental Health and Substance Abuse

PRESENTS

Stress Busters Through the Ages and Stages:  
How to Help Kids Cope with Worries and Concerns



Erin Merli, CPNP, PMHS  
Annapolis Pediatrics  
Behavioral Health  
Department

Thursday, February 15  
7PM-8:30PM



Wye River  
UPPER SCHOOL

Anne Arundel  
Medical Center



Kathy L. Miller, MA, LCPC  
Owner & Founder  
Oasis: The Center for  
Mental Health

Dear Friends,

We invite you to the [Anne Arundel Medical Center](#) on February 15 at 7pm for a free presentation on *Stress Busters Through the Ages and Stages: How to Help Kids Cope with Worries and Concerns*.

This workshop will teach parents how to help their children cope with worries and concerns using simple, effective strategies.

Erin Merli, CPNP, PMHS and Kathy L. Miller, MA, LCPC will discuss a holistic approach to decreasing stress during early childhood, tweens, and adolescence.

Parents, educators, grandparents, and individuals/professionals working with children are welcome to attend.

Location:  
Doordan Institute  
7th floor of the Belcher Pavilion  
Anne Arundel Medical Center  
2000 Medical Parkway  
Annapolis, MD 2140

Register below to reserve your seat today.

*We look forward to seeing you there!*

-Katie Theeke  
Director of Admissions  
443-262-8294

# Caregiver Paint Night

Caregiver Paint Night

## Caregiver Paint Night

When: February 23, 6:00 – 8:30 pm

Where: First Wesleyan Church, 620 Goldsborough Street, Easton, MD 21601

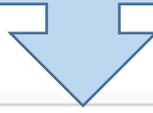
*Join other parents and caregivers of children with mental and other behavioral health challenges for a night out.*

Paint this beautiful picture and network with other caregivers. Hors D'oeuvres will be served. Bring one to share if you like.

**Space is limited.** RSVP to Augustine Cook at [AcCook@mdcoalition.org](mailto:AcCook@mdcoalition.org) or 443-504-4509.



**Sign up now to take part in this event!**



**THE VIETNAM TRAVELING MEMORIAL WALL ®**  
EASTON, MARYLAND

The Vietnam Traveling Wall is coming to the Eastern Shore of Maryland from May 31, 2018 through June 6, 2018.

The mission of The Vietnam Traveling Wall is "To honor our service men and women who gave the ultimate sacrifice during the Vietnam War, by bringing a 3/5 replica of the original monument in Washington DC to VFW Post 5118 in Easton. This is so family and friends along with many on the Eastern Shore can experience the overwhelming impact of this memorial."

We need grief counselors for the duration of this event. Counselors will need to be present 9:00 am – 9:00pm, June 1 – 5. We are currently considering six-hour shifts, however, that would depend on the number of counselors who volunteer and sign up to participate.

If you are interested and available during any of these times, please complete the information below and submit it to Jackie Davis, 611 Dutchman's Lane, Suite 2, Easton, MD 21601. Or email directly to [jdavis@mhamdes.org](mailto:jdavis@mhamdes.org).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date and Times Available: \_\_\_\_\_

We will be in contact with you to confirm dates and time. If you have any questions please call Jackie Davis at 410-822-0444 or email her at [jdavis@mhamdes.org](mailto:jdavis@mhamdes.org).

Thank you for assisting with this most worthy event.



# 2018 Eastern Shore Car Seat Check-Up Events BY APPOINTMENT ONLY



*75% of Maryland car seat are incorrect.  
Could yours be one of them?*

**January 11th**

Wicomico County  
Salisbury Fire Department  
325 Cypress Street, Salisbury, MD  
For an appointment:  
**410-548-3120**

**May 19th**

Caroline County  
Dept. of Emergency Services  
9391 Double Hills Rd Denton, MD  
For an appointment:  
**410-310-6615**

**March 8th**

Talbot County  
Dept. of Emergency Services  
29041 Corkran Road, Easton, MD  
For an appointment:  
**Tony Kapela 443-225-8000**  
**tony.kapela@talbotdes.org**

**July 12th**

Talbot County  
St. Michaels Volunteer Fire Dept.  
1001 S Talbot St. St. Michaels, MD  
For an appointment:  
**Judy Micheliche 443-786-9437**  
**jmicheliche@talbotdes.org**

**November 9th**

Wicomico County  
Salisbury Fire Dept.  
325 Cypress Street, Salisbury, MD  
For an appointment:  
**410-548-3120**

Certified child passenger safety technicians will complete a check-list and teach you how to install and use your car seat correctly. Appointments take approximately 45 minutes per car seat. Please pre-install the seat(s) to the best of your ability and bring both your car seat and vehicle owners manuals.



# From Awareness to Action

Opiate misuse and heroin use are of grave concern these days.  
Let's talk about what we can do to help prevent drug abuse in our community.

Mid-Shore Opioid Misuse Prevention Program  
presents:

**Talk About It Tuesday**  
**5:00 p.m. - 6:00 p.m.**

refreshments provided

## TOPICS:

JANUARY 30, 2018

### How To Access Treatment

<https://howtoaccesstreatment.eventbrite.com>

*More than 2,000 people in Maryland will die this year from a drug overdose. We don't want you or a loved one to be one of them. If you've got questions about getting help, we've got answers.*

FEBRUARY 6, 2018

### Proper Storage and Disposal

<https://properstorageanddisposal.eventbrite.com>

*Are your cabinets and drawers filled with medications? Do you know how to properly dispose of the medications you don't want or how to secure the ones you need?*

FEBRUARY 13, 2018

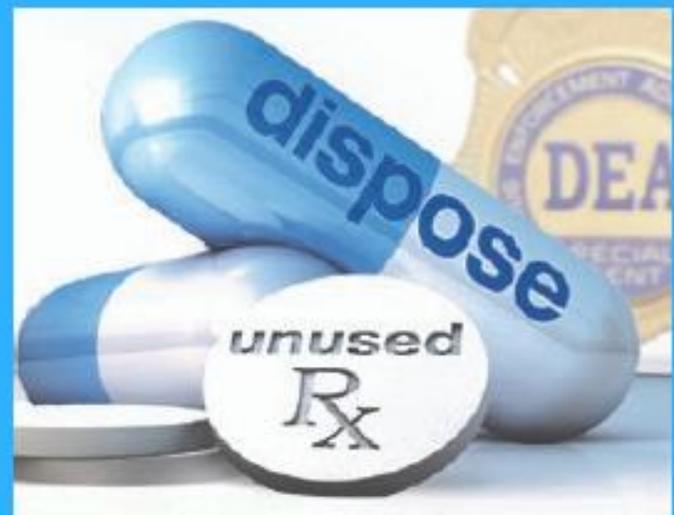
### Take Action: What you can do

<https://takeactionwhatyoucando.eventbrite.com>

*Are you concerned with opiate issues in your community? Learn more about what you can do to help. (1 free prevention CEU for this session only)*

at the  
Overflow Cafe  
400 Muir Street  
Cambridge, MD 21613

Register for each session using the  
specific Eventbrite link or contact  
Malley Hester at 410-901-8158



# 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

FEBRUARY 2<sup>ND</sup> 10 am – 12 pm and FEB. 16th 1pm – 3pm Talbot County: District Court House

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

FEBRUARY 16<sup>th</sup> 1pm – 3pm: Kent County Public Library, Chestertown

## ELDER LAW CLINICS

FEBRUARY 14<sup>th</sup> 10am-12pm - Kent County Senior Center

FEBRUARY 8<sup>th</sup> 10am-12pm - Caroline County Senior Center

FEBRUARY 15<sup>th</sup> 10am-12pm - Queen Anne's County - MSPB Office 108 Broadway, Centreville

FEBRUARY 21<sup>st</sup> 10am-1pm - Dorchester County -Pleasant Day Adult Day Care Center

FEBRUARY 22<sup>nd</sup> 10am-1pm - Talbot County Senior Center

## BANKRUPTCY CLINICS

Tuesday February 20<sup>th</sup> : 10 am – 1pm CENTREVILLE – MSPB Office, 108 Broadway

Wednesday February 21<sup>st</sup> 10 am – 3pm : EASTON – MSPB Office, 8 S. West Street

Made possible by Mid-Shore Pro Bono



410-690-8128



Choices Pregnancy Center presents

# Healthy Living Expo

February 24<sup>th</sup>, 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"> <li>➤ THE MILLENIAL MIND: HOW ITS WIRED AND HOW TO CONNECT by Choices Pregnancy Center</li> <li>➤ SELF DEFENSE FOR THE WHOLE FAMILY by Courtney Grant</li> <li>➤ NUTRITION EDUCATION: EATING YOUR WAY TO A HEALTHIER YOU by Mid-Shore WIC</li> <li>➤ RESTORATIVE CIRCLES/FAMILY LAW by Mid-Shore Pro Bono</li> </ul>	<ul style="list-style-type: none"> <li>➤ THE FATHER FACTOR: BEING AN ENGAGED DAD IN AN DISENGAGED WORLD by The Joseph Project</li> <li>➤ WHAT IS DIABETES? by Univ. of MD Center for Diabetes</li> <li>➤ BREASTFEEDING EDUCATION by Mid-Shore WIC</li> <li>➤ ADOLESCENCE &amp; SUBSTANCE ABUSE: THE TIMES ARE A' CHANGING by Talbot Partnership</li> </ul>
3:00 – 4:00 pm	4:00 – 5:00 pm
<ul style="list-style-type: none"> <li>➤ TAKING CARE OF YOU:SELFCARE 101 by A Beautiful Mess</li> <li>➤ SEXUAL ABUSE &amp; SEX TRAFFICING AWARENESS by For All Seasons</li> <li>➤ SMOKING CESSATION: DON'T WAIT TIL ITS TOO LATE by Talbot Health Dept.</li> <li>➤ FINANCIAL PLANNING: FUNDAMENTALS OF MANAGING YOUR MONEY by Shore United Bank</li> </ul>	<ul style="list-style-type: none"> <li>➤ NARCAN CERTIFICATION/MEDICATION STORAGE &amp; DISPOSAL by Talbot Health Dept.</li> <li>➤ FINANCIAL PLANNING: FUNDAMENTALS OF MANAGING YOUR MONEY by Shore United Bank</li> </ul>

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



# RALLY

2.22.2018

NOON @ 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://www.eventbrite.com/e/rally-to-keep-the-door-open-tickets-41836436909>

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

**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](mailto:karen.waggoner@maryland.gov)



32000 CAMPUS DR  
 SALISBURY MD 21804  
 PHONE: 410-334-2800  
 worwic.edu

## Course Announcement

**To:** All Law Enforcement and Correctional Agencies

**From:** John C. Moses  
 Director of Criminal Justice

**Date:** January 22, 2018

**Re:** CIT "Role Play" Train the Trainer Course  
 CJA073-5121 (8 hours)  
 March 9, 2018  
 MPCTC Approval # P28568/C14804

**Location:** Cambridge Police Department  
 8 Washington Street  
 Cambridge, MD 21613  
 410-228-3333

**Dates & Times:** Friday, March 9 7:45 am to 5:00 pm

**Course Fees:** Paid for by the Affiliated Sante Group

This course is being co-sponsored by the Affiliated Sante Group and the Eastern Shore Criminal Justice Academy. Crisis Intervention Team (CIT) programs provide a forum for effective problem-solving regarding the interaction between the criminal justice system and behavioral health care system and creates the context for sustainable change. CIT training provides the foundation necessary to promote community and statewide solutions to assist individuals with a mental illness and/or developmental disability.

This course is an advanced course developed to prepare CIT officers to instruct in the foundation, CIT training. CIT instructors are officers who have the skills to understand what someone in a behavioral health crisis may be experiencing, de-escalate crises effectively and to direct someone in crisis to appropriate care.

The course promotes the use of verbal de-escalation skills before using force when confronting a behavioral health crisis. This course gives officers the advanced tools they need in order to teach de-escalation skills and facilitate practicals within CIT training.

### BOARD OF TRUSTEES

Russell W. Blake

Andrew W. Booth

Kimberly C. Gillis

Morgan Hazel

William H. Kerbin

Martin T. Neat

Lorraine Purnell-Ayres

This course is designed to meet requirements as mandated by the Maryland Police and Correctional Training Commissions and to meet the annual in-service requirements.

**Class Size:** Restricted size, seating is limited.

**Reservations:** Email [esmith@worwic.edu](mailto:esmith@worwic.edu) to reserve seats.

**Dress Code:** Uniform or dress pants/dress shirts  
**NO JEANS, SHORTS or HOODIES**

**Attendance:** You must attend the full session in order to receive in-service credit.

**Firearms:** All officers wearing a handgun on campus in plain view **MUST** also wear his/her badge in plain view.

**Billing Inquires:** You will be billed by Wor-Wic Community College billing office, 410-334-2924.

# 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](mailto: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](mailto: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](mailto:peter@newdaycampaign.org) or John at [johnschratt@gmail.com](mailto: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](#)

3<sup>RD</sup> ANNUAL  
**SENIOR SUMMIT**

*Life Reimagined Challenges and Triumphs*

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



**Thursday, June 7, 2018**  
**8:30 a.m.—4:30 p.m.**  
*includes breakfast and lunch*

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

**KEYNOTE SPEAKER:**

**Lynn H. Sanchez**, Mental Health Advocate

**FULL DAY OF PROGRAMMING**

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

*Bring a friend!*

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

\$15 General Public and Seniors (age 60+)  
\$85 Professional Social Work CEUs  
*Continental breakfast and lunch included  
in registration fee.*

Make checks payable and return to:  
Talbot Community Connections  
P.O. Box 2615  
Easton, MD 21601  
*Include this registration section with payment.  
No refunds.*

Applicants should assume acceptance of registration, unless otherwise notified.  
Questions? Contact Kelley Werner at [kelley.werner@maryland.gov](mailto:kelley.werner@maryland.gov) or call 410.770-8810

Name \_\_\_\_\_

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

Address \_\_\_\_\_

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

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

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



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



## Provider Alert

### SYSTEMS AVAILABILITY – 02/03/18

**JANUARY 26, 2018**

Beacon Health Options ProviderConnect System will be unavailable on:

Saturday, February 3, 2018 from 11:00 PM (ET) until

Sunday, February 4, 2018 at 08:00 AM (ET) for scheduled improvements.

Clinical services will be available for consumer crisis calls and urgent provider pre-certifications via the Beacon Health Options telephone number, [1-800-888-1965](tel:1-800-888-1965).

## PROVIDER ALERT

### PROVIDER COUNCIL MEETING - FEBRUARY 2018

**JANUARY 29, 2018**

Just a friendly reminder that the next Provider Council Meeting is scheduled for **Friday, February 9, 2018 at 10am**. This meeting will be held at our Beacon Health Options office located at 1099 Winterson Road, Suite 200, Linthicum, MD 21090. Questions or concerns should be sent IN ADVANCE of the meeting and sent via email to: [marylandproviderrelations@beaconhealthoptions.com](mailto:marylandproviderrelations@beaconhealthoptions.com) by Monday, February 5, 2018. **Questions not sent by February 5th cannot be guaranteed an answer at Provider Council.**

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

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

Please use the attached link to register:

<https://beaconhealthoptions.webex.com/beaconhealthoptions/k2/j.php?MTID=t2abb67870945e6e0587d5e002baf1cdb>

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

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

You may also attend telephonically, but you will not be able to ask questions unless you join the webinar.

Also, please RSVP via email to [marylandproviderrelations@beaconhealthoptions.com](mailto:marylandproviderrelations@beaconhealthoptions.com) by Wednesday, February 7, 2018 if you plan to attend in person. so we can make sure to be able to accommodate you.

Thank you for reading!

For future submissions to our newsletter please email me directly at [lpollard@midshorebehavioralhealth.org](mailto:lpollard@midshorebehavioralhealth.org)

See you next week!

As always, we hope this newsletter has encompassed useful resources from our region.

About MSBH:

“The most important core value of our organization is hope: The belief that resiliency and recovery are real provides the essential and motivating message of a better future – that people and communities can, and do, overcome the internal and external challenges, barriers, and obstacles that confront them in order to achieve wellness.”

**There are people  
who live  
their whole lives  
on the default  
settings,  
never realizing  
you can customize.** ~ Robert Brault

