



The Steering Wheel

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

October 2017

Volume 6, Issue 30

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John Green Tells a Story of Emotional Pain and Crippling Anxiety. His Own.

By Alexandra Alter

OCT. 10, 2017



Two years ago, the novelist John Green was unable to control his thoughts. His mind played relentlessly over the same fears and anxieties. At times, he couldn't focus enough to read a menu or follow the plot of a television show, much less write a book.

It was a terrifying feeling, but a familiar one. Mr. Green, the author of the best-selling novel "The Fault in Our Stars," has struggled with severe anxiety and obsessive compulsive disorder for about as long as he can remember. He keeps it in check with medication and therapy, but every once in a while, it consumes him.

"I couldn't escape the spiral of my thoughts, and I felt like they were coming from the outside," Mr. Green said in an interview.

When he recovered after a few months, he started writing "Turtles All the Way Down," a wrenching and revelatory novel that provides a window into what it's like to live in constant fear of your own mind.

"Coming out of that, it was difficult to write about anything else," he said. "The topic demanded itself."

"Turtles All the Way Down," published on Tuesday, Oct. 10, is Mr. Green's most personal book yet. Its narrator, Aza Holmes, is a 16-year-old girl in Indianapolis who wrestles with anxiety and obsessive thought spirals. Aza has normal teenage preoccupations, and struggles to navigate the rites of adolescence: dating, fretting about college, calming her overbearing mother, appeasing her demanding best friend.

But she is also frequently overcome by extreme dread. She's certain that she's contracted an intestinal bacteria that can be fatal. She worries that a cut on her finger, which she presses on uncontrollably, will become infected and kill her. She starts drinking hand sanitizer. She often wonders if she is fictional: If she can't direct her own thoughts, who is really in control?

"Turtles All the Way Down" is an emotionally fraught project for Mr. Green, whose young adult novels are beloved for their quirky humor and sharp, sensitive teenage protagonists. His books have more than 50 million copies in print worldwide; two have been adapted into films. Mr. Green, 40, who lives in Indianapolis with his

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.

wife, Sarah Urist Green, and their two children, Henry, 7, and Alice, 4, is one of the publishing industry's biggest stars, and over the past decade, he and his brother Hank have built an online video business with 16 educational shows that have collectively drawn more than two billion views on YouTube.

Mr. Green's onscreen persona for YouTube shows like "Crash Course" is ceaselessly energetic and positive. But he has wrestled with weighty subjects in his books — his young characters battle illness and mortality, depression and bullying — and has occasionally addressed his own mental health issues. In a video posted this summer, he discussed how difficult it is to talk about his experience of obsessive compulsive disorder, in part because language so often fails to capture abstract feelings.

With "Turtles All the Way Down," Mr. Green tried to bridge the language barrier by bringing readers inside Aza's consciousness, subjecting them to her anguished obsessions. Now, with the book's release, he's speaking to fans and interviewers about something deeply painful and personal.

"I want to talk about it, and not feel any embarrassment or shame," he said, "because I think it's important for people to hear from adults who have good fulfilling lives and manage chronic mental illness as part of those good fulfilling lives."

On Monday, Mr. Green started his book tour with an event in Manhattan, where more than 100 fans gathered to see him and his brother put on a variety show of sorts. Mr. Green apologized for the slapdash quality of the performance — it was a rehearsal — then read passages from his novel that describe Aza's debilitating fear about the wound on her finger. He told the audience that her crushing anxiety paralleled his own experience.

"I spent a lot of my childhood consumed with obsessive worry and dread," he said, adding that he hoped the novel would "help people who struggle with that terror to feel less alone."

Mr. Green was about 6 years old when he first became aware of his obsessive thought patterns. He was often afraid that his food was contaminated, and would only eat certain foods at particular times of day.

As he got older, he was able to keep his anxiety in check, with the right mix of medication and cognitive behavioral therapy. But every once in a while, uncontrollable thoughts can overwhelm him.

It happened once when he was 24, living in Chicago and working as a book reviewer for Booklist. He was so depressed he couldn't eat, so he drank a couple of two-liter bottles of Sprite a day. Sometimes he couldn't get up from his kitchen floor, where he lay staring at the bubbles in the soda bottle. He couldn't read the books he was supposed to review because he couldn't parse the words on the page.

He went to stay with his parents, saw a psychiatrist and found the right medication. He returned to Chicago, where he began writing what would become his debut novel, "Looking for Alaska," a semiautobiographical novel about a boarding-school student who is bullied. He sold it to Dutton for a tiny advance, and went on to publish several more acclaimed young adult novels, including "Paper Towns" and "The Fault in Our Stars," the story of two teenagers with cancer who fall in love, which became a global best seller. Sudden fame was

unsettling. Mr. Green, anxious about touching strangers, found himself at events, confronting crowds of fans, some of whom wanted to hug him and take photographs.

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Writing provided some relief, though he is careful to separate his creativity from his illness. At his sickest, he's unable to think coherently enough to write.

"For me, it's a way out of myself, to not feel stuck inside myself," he said, adding, "I want to be super careful not to claim there's some huge benefit to this brain problem that I have."

In 2015, Mr. Green again suffered a severe onset of anxiety. It had been three years since he published "The Fault in Our Stars," which became a megaseller, with more than 23 million copies in print worldwide, and was adapted into a feature film. Following up a success on that scale felt impossible. Mr. Green started and abandoned several novels. He worried he might never write another book.

Then, hoping to jump-start his creativity, he went off his medication. He plummeted. "I can't think straight — I can only think in swirls and scribbles," he wrote about the experience.

When he recovered in late 2015, he started writing the new novel, and finished a draft. He spent another year revising it with the help of his longtime editor, Julie Strauss-Gabel, who called the novel an "unbelievable act of translation" that gives readers a glimpse of what it's like to suffer from mental illness. "He has worked really hard as a human being to figure that out," Ms. Strauss-Gabel said.

Hank Green said that when he first read the novel, he felt like he understood for the first time what it must feel like to live with obsessive compulsive disorder: "Even having a brother who deals with OCD, I never really got it until I read the book."

In the book's acknowledgments, Mr. Green thanks his doctors and notes how fortunate he is to have a supportive family and mental health care that many don't have access to.

"It's not a mountain that you climb or a hurdle that you jump, it's something that you live with in an ongoing way," he said. "People want that narrative of illness being in the past tense. But a lot of the time, it isn't."



Hope Through Shelter, Clothing & Food



Haven Ministries Run4Shelter Boosts Support of Shelter and Other Programs

Haven Ministries is pleased to announce that 297 registered runners and walkers participated in this year's 9th Run4Shelter Moonlight Edition event which raised funds toward the operating expenses of Haven Ministries and its homeless shelter, Resource Center, food pantry, thrift store, and street outreach in Queen Anne's County. The Run4Shelter event is named in honor of Haven Ministries shelter services, which last year served 31 men, women, and children from December through April. Many nights in the late winter, the shelter experienced either near or full capacity conditions.

Krista Pettit, executive director of Haven Ministries comments, "We want to thank everyone for all of their efforts regarding this year's Run4shelter event. Whether it was helping with set up, clean up, water stops, trail safety, registration, running/walking, or just showing their support – everyone who helped was truly appreciated!" Over 100 volunteers and spectators took part in the event and After-Race Party. The Run4Shelter event, held each year in September, is just one of many events sponsored by Haven Ministries to raise funds for the homeless shelter and other programs.

Haven Ministries is excited to announce that it opened the Haven Ministries Homeless Shelter on October 1, 2017. The shelter will be open through April 2018. The sign in time is 6 to 7 p.m. nightly at Kent Island United Methodist Church, located at [2739 Cox Neck Road](#) in Chester.

Anyone needing shelter should contact Sandi Wiscott, Case Manager at [410-739-7859](#). The shelter rules, policies and procedures will be in place again this shelter season, as well as case management services, that help each client who receives services move to safe and affordable housing.

Pettit adds, "We are truly grateful to Kent Island United Methodist Church members for use of the beautiful shelter space within the church. We are also grateful to our many supporters who dedicate time, commit finances, and donate items that keep all of our ministries operational."

Love shapes the ministry, love transforms people, and hope prevails at Haven Ministries. Haven Ministries operates a Resource Center at St. Paul's Episcopal Church in Centreville, Monday through Friday, from 8:30 a.m. to 4:30 p.m. with job training, educational programming, and case management services. The Haven Ministries Food Pantry is held on the third Friday monthly at Safe Harbor Presbyterian Church in Stevensville from 5:30 to 7 p.m. Our Daily Thread Thrift Store is open Monday through Saturday from 10 a.m. to 4 p.m. For further information about Haven Ministries, visit [haven-ministries.org](#) or call 410-739-4363.

Caption: Pictured are participants at this year's 9th Run4Shelter Moonlight Edition event which raised funds toward the operating expenses of Haven Ministries and its homeless shelter, Resource Center, food pantry, thrift store, and street outreach in Queen Anne's County. Haven Ministries Homeless Shelter opened on October 1, 2017 and will be open through April 2018.

Registration is now available to attend the University of Maryland, Department of Psychiatry, 4th Annual Telemental Health Meeting.
Click on the link below to register.

[4th Annual Telemental Health Meeting](#)

When: Monday, October 30, 2017
This event is free! Lunch will be provided.
Where: SMC Campus Center, 2nd Floor, Elm Rooms A & B
621 W. Lombard Street, Baltimore, MD 21201
Time: 9:45 A.M. to 4:00 P.M.

Learn about...

- *Maryland Landscape in Telemental Health*
- *Current Telemental Health Platforms and Future Technologies*
- *Conducting Virtual Home Visits via Telehealth Technology*
- *Telepsychiatry Techniques that Strengthen Therapeutic Relationships*



Keynote Speaker: David E. Roth, M.D.

Dr. David E. Roth is a child and adolescent psychiatrist, and co-founder of the Honolulu based clinic, *Mind & Body Works, Inc.: Multidisciplinary and Online Care*. Clinic staff treat the whole person, not just diseases, by utilizing a multidisciplinary approach to both physical and mental health issues. Using telemedicine they have conducted over 10,000 video conference sessions with children, adolescents and adults and have helped them to resume happier and more productive lives. Dr. Roth is an expert in educating clinicians in telehealth technology and medical virtual presence.

Apply Today! Family Leadership Retreat

*A two-day, Upper Eastern Shore retreat
to empower you to be a
stronger advocate for your child*



Who should apply?	Parents and caregivers who both: <ul style="list-style-type: none">have a school-age child with mental health challenges andlive in Caroline, Cecil, Dorchester, Queen Anne's, Kent or Talbot counties
What can I expect?	The retreat provides a welcoming space for you to learn how to help your child by: <ul style="list-style-type: none">collaborating with your child's schooltaking care of yourselfempowering you to promote the needs of your child and family
When & where is it?	November 3, 5:00 - 9:00 pm and November 4, 9:00 - 3:30 pm <i>Attendance both days is required</i> Holiday Inn Express & Suites 150 Scheeler Rd., Chestertown, MD 21620
How much does it cost?	There is no cost. A completed application and commitment to attend are required. All meals are provided. Lodging on November 3 is included; overnight stay is optional.

Application deadline: October 20

Learn more or start your application at
www.mdcoalition.org/LeadershipRetreat

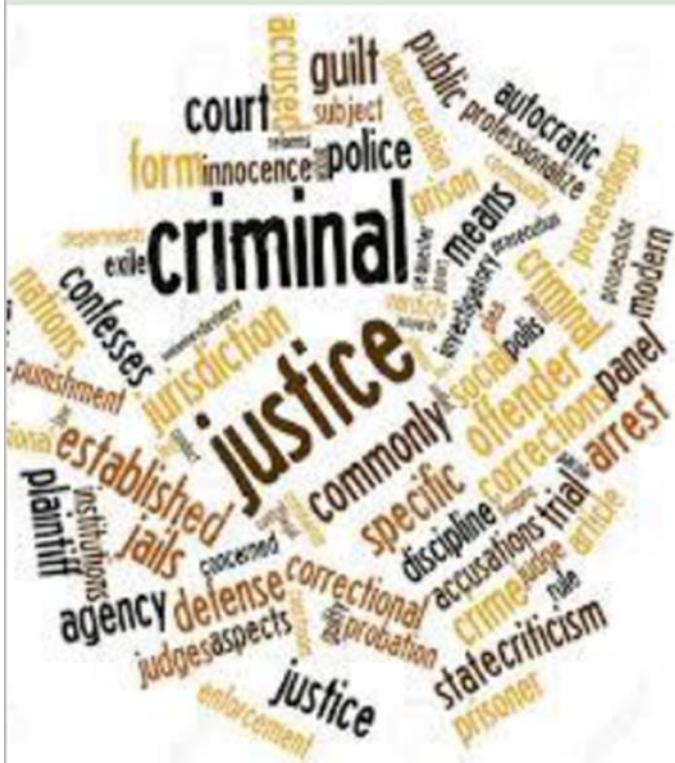
Questions? Contact Noelle Nicharot at nnicharot@mdcoalition.org

Funding for this program is provided by the Maryland State Department of Education.



This Family Leadership Retreat is a program of the Maryland Coalition of Families (MCF). MCF helps families who have young people with behavioral health needs, including mental health and substance use challenges. Using personal experience as parents, caregivers and young people, we connect, support and empower Maryland's families. Learn more at www.mdcoalition.org.

4th Annual Sequential Intercept Mapping (SIM) Meeting



Friday, November 3, 2017
9:00AM- 12:00PM
Registration 8:30-9:00
Eastern Shore Hospital
Center
5262 Woods Road
Cambridge, MD 21613

It's time to update our Mid Shore Sequential Intercept Map (SIM) and we need your help!

As we know, many individuals involved in the criminal justice system have behavioral health needs. During last years' SIM meeting, we looked at the five Mid Shore counties separately; exploring their strengths, weaknesses, and gaps in behavioral health services. This year, the Justice Reinvestment Act (JRA) has afforded the opportunity for the forensic population to gain greater access to; community resources, lesser sentences, and shorter time for violation of probation. At the upcoming SIM meeting we will have a panel of the 5 mid shore county wardens to address how the JRA will impact their detention center programming. We will also add Intercept Zero to the map which identifies resources prior to an arrest or incarceration. The meeting will also include a presentation re law enforcement trained in Crisis Intervention Team (CIT) and other crisis response resources.



Please RSVP by October 13th. Contact Sherone Thompson at 410-770-4801, or by email at sthompson@midshorebehavioralhealth.org



Save the Date!

2017 Rural Summit

"Bridging the Divide"

Strengthening Rural and Urban Communities

Friday, December 1, 2017

DoubleTree Hilton Hotel, Annapolis, MD

www.rural.maryland.gov/2017-rural-summit/

2017 Rural Summit "Bridging the Divide": Strengthening Rural and Urban Communities

The Rural Maryland Council will be hosting its biennial summit this year on Friday, December 1, 2017 at the DoubleTree Hilton Hotel in Annapolis, MD.

Register to attend here!

Learn more: www.rural.maryland.gov/2017-rural-summit/



Presents

absence

by Peter M. Floyd

**AWARD-WINNING PLAY AND
WEEK-LONG EVENTS ABOUT
DEMENTIA THROUGH THEIR EYES**

October 16-20, 2017

Candle Light Cove Assisted Living & Memory Care presents our first annual undertaking called "ABSENCE: An Engaging Experience of Dementia Awareness," to benefit the Alzheimer's Association. The play and week's events strive to continuously raise awareness and provide much needed education on all things dementia-related.

All proceeds donated to the alzheimer's  association.

EVENT DETAILS

Monday, Oct. 16:

Absence Kick-off Event & Cocktail Reception
Easton Elks Lodge: 5-7pm

Tuesday, Oct. 17:

The Alzheimer's Association Presents: "Seeing It From The Other Side"
Talbot Community Center, 1-3pm First Responder/CEU session*,
Public sessions: 9:30-11:30am and 5-7 pm

Virtual Dementia Tour* - Continuous throughout the day

Wednesday, Oct. 18:

Absence Performance - Chesapeake College, Todd Performing Arts Center, Cocktail reception: 5-6:30pm. Performance: 6:30pm

Thursday, Oct. 19:

Aging Simulator Sensitivity Training
Talbot Community Center, 1-3pm First Responder/CEU session*,
Public sessions: 9:30-11:30am and 5-7 pm

Absence Performance - St. Michael's High School Auditorium:
6:30-8:30pm

Friday, Oct. 20:

Absence Finale "Purple Gala" & Silent Auction
The Milestone: 5:30-9:00pm

For ticket info and event details:

www.EasternShoreAbsence.com

TAKING BACK *our community*

A COMMUNITY CONVERSATION ON HEROIN AND OPIOIDS

Moderated by WBOC's Jimmy Hoppa

JOIN THE DISCUSSION!



**Thursday, October 19, 2017
6:00 pm - 8:00 pm**

Midway Room

Wicomico Youth and Civic Center

*"With courage and perseverance,
there is HOPE for recovery."*



Haven Ministries Food Pantry

**Third Friday monthly
(except November)**

5:30pm – 7:00pm

No arrival prior to 4:30pm

Safe Harbor Presbyterian Church, Stevensville

410-739-4363

Pantry is for QAC Residents with Photo ID

In accordance with Federal law and the United States Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

Please Join us!

Fall Fun Fest

Friday, October 20, 2017

5:30 p.m. to 8:30 pm.

Trunk or Treat

Games/Pumpkin Decorating

Selfie Stations

If you would like to set up an informational table or participate in the Trunk or Treat Fun, please contact Annette Wales at awales@boardofchildcare.org or call (410) 479-1743 for more information.



Board of Child Care Staff Chili Cook-off Competition. All attendees will vote on their favorite chili. Hotdogs, chips, popcorn, sodas and water will also be provided.

**The Board of Child
Care 27993 Substation
Rd. Denton, MD 21629
(410) 479-1743**

(410) 479-1743





Queen Anne's County Mental Health Committee's *Spurs & Spirits Barn Party*

Saturday, October 21, 2017 • 6:30 pm
Grove Creek Mule Farm, Centreville

PLATINUM SPONSOR: \$5000

- Reserve table for eight
- Prominent recognition in program
- Name displayed in a thank you advertisement, local print media
- Mention of sponsor name during the event
- Invitation listing

GOLD SPONSOR: \$2500

- Reserve table for six
- Prominent recognition in program
- Name displayed in a thank you advertisement, local print media
- Mention of sponsor name during the event

SILVER SPONSOR: \$1000

- Four tickets to event
- Recognition in program
- Name displayed in a thank you advertisement, local print media

BRONZE SPONSOR: \$500

- Two tickets to the event
- Recognition in program
- Name displayed in a thank you advertisement, local print media

Business Card Ad in Program: \$250

Dust off your cowboy hat & boots and join us for a great time for a great cause!

ABOUT QACMHC: Queen Anne's County Mental Health Committee's is a non-profit 501(c)(3) organization established to support those members of our community who need assistance coping with mental illness. The group was founded in 1986 by Lynette Nielson, who realized that local mental health programs needed access to additional funds to serve the needs of their patients. Our board of volunteers endeavors to continue her vision. Over \$29,500 in grants were awarded to the local organizations in 2016.



QUEEN ANNE'S COUNTY MENTAL HEALTH COMMITTEE, INC.
P.O. Box 183, Queenstown, MD 21658
QACMHC.org | qacmhinfo@gmail.com



LINCOLN

HYUNDAI

MAZDA

NISSAN

CHRYSLER

DODGE

Jeep



GALLOP FOR GAGE

A fun horse show to benefit Gage Kelly, a 7 year old from Federalsburg, MD who is fighting Leukemia. The funds raised from this event will be used to help with medical and transportation expenses.

Silent Auction
Tickets to Washington International Horse Show,
Nascar Tickets,
Orioles Minor League Baseball Tour
and other items.

October 21, 2017
Glendale Riding School
Easton, MD

Contact for more information:

Richard Kimball
410-829-2538
rkimball@prestonmotor.com

Kristin Diem
410-310-6883
Kristin.Diem@gmail.com

LOOK FOR OUR EVENT PAGE ON FACEBOOK

ADDICTIONS AWARENESS DAY

10/23/2017

5:30-7:30

Please join us as Sheriff Gamble teaches us about the dangers of opioid use and prescription drugs.

We will also have a smoking cessations class to help those who struggle with nicotine addiction. Each person attending this event will become trained in administering the life-saving drug narcan.

8221 Teal Dr. Unit 428

CHOICES PREGNACY CENTER

Trivia Night to benefit Haven Ministries

October 26
6:30 pm

Harris Crab House



TRIVIA

NIGHT

Food & Drinks available
for purchase

Team of up to 8 people

Suggested Donation \$5/person

Call 410-739-4363 for more info

Our Business Partners

Increte*Hemingways*Bay Times*Harris Crab House*Prospect Bay Country Club*Benson & Mangold - Chuck Mangold*Salon Atelier* Lundberg Builders*Howard Bank Mortgage - Kara Plummer*TheArtcademy* Railway Title*Bayview Portraits by Cindy Siggman*Maid Healthy*Safe at Home*Holiday Inn Express*The Narrows

TALBOT COUNTY YOUNG PROFESSIONALS

Present the 11th Annual

Pumpkin Carving Night

When: Thursday, October 26

Time: 6:00 to 8:00pm

Where: Moton Elementary Building

FREE EVENT

grade school age

carving utensils &
pumpkins are provided

Space is limited.

register at

www.talbotchamber.org

or call

410.822.4653

Children must come with an
adult. No drop-offs please.



TCCC
YP Talbot County
Chamber of Commerce
Young
Professionals



10028 Ocean Gateway
Easton, MD 21601
410-770-8050

BOOnanza

with ICE SKATING!

Come have a SP0OKtacular time at the
Talbot County Community Center
SATURDAY, OCTOBER 28TH

4:00 PM - 6:00 PM

- ★ Ice Skating
- ★ Carnival Games
- ★ Halloween BINGO

- ★ Face Painting
- ★ Costume Contests
- Starts at 5pm

- ★ Goodie Bags
- ★ Trick-or-Treating
- ★ Photo Booth

\$10.00 Per Child Admission
\$5.00 Per Adult if Ice Skating

Kids 2 and Under are FREE
Snack Bar will be OPEN!

The Talbot County Public Schools neither endorses nor sponsors the organization(s) or activity(ies) contained herein. The views contained herein are those of the author and are not necessarily shared by Talbot County Public Schools. The availability of this material is provided as a community service. Scholarships are available.

Hope in Tomorrow!

Hope in Recovery!



Community Forums in Kent County

Gain Insight On:

- ◆ The signs to look for
- ◆ Who to Call for Help
- ◆ Current drug/alcohol trends & prevention strategies
- ◆ Local Treatment Options
- ◆ The Recovery Life of a Heroin Addict
- ◆ Narcan Training
- ◆ A typical bedroom of a heroin user
- ◆ Talk with local treatment providers



	<u>Community</u>	<u>Forum Dates</u>	
Monday	Oct 16	Galena Fire Hall	6:00—8:00 pm
Wednesday	Oct 18	Chestertown Fire Hall	6:00—8:00 pm
Thursday	Nov 2	Betterton Fire Hall	6:00—8:00 pm
Tuesday	Nov 7	Millington Fire Hall	6:00—8:00 pm



Presented by Kent County LDAAC
The Kent County Local Drug And Alcohol Council
Light refreshments will be available.



Kent County
LDAAC

QUARTER AUCTION

TO BENEFIT

Channel Marker Mental Health Support Services

Sunday, November 5, 2017

**8865 Glebe Park Drive
Easton, MD 21601
(410) 822-4619**

<http://www.channelmarker.org/>

Doors Open at 1:00pm

Auction at 2:00pm (Vendors subject to change)

\$7.00 first paddle, \$3.00 each additional paddle

Thirty One Perfectly Posh Lipsense

Lularoe Catering by Jamie Avon

Chesapeake Soaps Shore Gourmet with Wildtree

Pink Zebra Rodan and Fields Pampered Chef

How to Play:

- All items for bid will be displayed for guests to view prior to auction start. When the auction begins, auctioneer gives a description, retail value, and how many quarters are needed to bid per item.
- If interested in the item, place bid in container on the table and hold up a numbered paddle.
- When all bids are collected, the auctioneer will draw a number. If the number on a raised paddle matches the number drawn then that person wins the item. If the auctioneer draws a number and that paddle is not raised another will be drawn until there is a winner.



BID INCREMENTS:

4 Quarter Bid—retail value of \$76 and up

3 Quarter Bid—retail value of \$51 - \$75

2 Quarter Bid—retail value of \$26 - \$50

1 Quarter Bid—retail value of \$10 - \$25

FREE

Elder Law Legal Clinics

Sponsored by Mid-Shore Pro Bono

Elder Law does not just consist of wills, trusts and estate issues. Our Elder Law Clinics address the following unique legal concerns relating to seniors:

- *Abuse and Neglect of Elderly persons*
- *Adult Guardianships*
- *Specific homeowner and consumer related issues directly impacting seniors*
 - *Reverse mortgages, deed transfers, collection and debt*
- *Landlord/Tenant*
- *Medicare/Medicaid*
- *Social Security, Social Security Disability, Pensions*
- *Nursing Home and Assisted Living Programs*
- *Wills, Trusts and Estates*
- *Powers of Attorney*
- *Special Needs Trusts*
- *Advance Directives*

To schedule an appointment to meet with an attorney for a free consultation, please call 410-690-8128. Clinics are held once a month:

ELDER LAW CLINIC LOCATIONS:

- **Talbot County Senior Center – 4th Thursday of the Month**
- **Kent County Senior Center – 2nd Wednesday of the Month**
- **Queen Anne's County- MSPB Office 108 Broadway, Centreville – 3rd Wednesday of the Month**
- **Dorchester County – 3rd Wednesday of the Month – Pleasant Day Adult Day Care Center**
- **Caroline County Senior Center – 2nd Thursday of the Month – 10am – 12 noon**
- **Wicomico County - Shore Up! Shady Pines Adult Day Services 1929 Northwood Drive Salisbury, MD Starting Tuesday October 24th from 10- 1pm**

Made Possible by:



410.690.8128



Ready. Set. Enroll.

Sign up for your 2018 health plan



Get free, confidential, in-person assistance
with Qualified Health Plans near you;

Call Seedco: 866-492-6057

Medicaid and Maryland Children's Health Program (MCHP)
enrollment is year-round if you qualify





CHANGING *Maryland* *for the Better*

MARYLAND DEPARTMENT OF HEALTH

BEHAVIORAL HEALTH ADMINISTRATION

FY 2018–2019 BEHAVIORAL HEALTH PLAN

https://docs.wixstatic.com/ugd/3b412f_2d3c857d58f7448f998769dc515777f1.pdf

Please review this document and send your comments to greta.carter@maryland.gov by **Thursday, October 19, 2017**.

All comments will be carefully considered, particularly by the BHA staff who monitor the areas that may be specified. Please note that all comments may not be able to be incorporated in this document but will be considered for future planning efforts.

We are looking forward to receiving your recommendations before we finalize this document.

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."

