



# The Steering Wheel

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

September 2018

Volume 7, Issue 33

## Their dad killed himself on the farm where he was born. They hope his story will save others.

Story by Jessica Ravitz, CNN

August 21, 2018

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Contact Us:  
 Laura Pollard  
[lpollard@midshorebehavioralhealth.org](mailto:lpollard@midshorebehavioralhealth.org)  
 410.770.4801

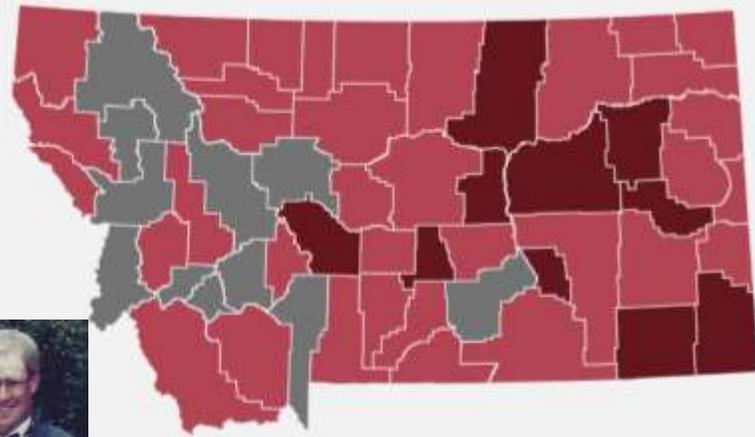
Follow us:



### What isolation looks like in Montana

The rate of suicides in rural America outpaces that in urban America. One explanation for this is social isolation. In Montana, it's easy to see how isolated a person can be. Of the state's 56 counties, 45 have a population of fewer than six people per square mile. And 10 of those have a population of fewer than one person per square mile.

- More than 6 people per square mile
- Fewer than 6 people per square mile
- Fewer than 1 person per square mile



In the US, there were **123 suicides a day** in 2016. In Montana, the average was **one suicide every 33 hours.**

— American Foundation for Suicide Prevention

This article may be viewed at:

<https://www.cnn.com/2018/08/21/health/rural-suicides-among-farmers/index.html>

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.

**Do you have an interest  
in current behavioral  
health issues and trends?**



**If so, consider inquiring about becoming a member of Mid Shore Behavioral Health's Regional Behavioral Health Advisory Committee (RBHAC). This committee is a body of individuals who are aware of and interested in discussing well-being issues in our five county region.**

**To learn more and/or complete a membership interest form, [click here](#).**

## **Job Announcement!**

### **Maryland Benefits Counseling Network – Benefits Case Manager**

The Maryland Benefits Counseling Network is expanding! We are seeking a full-time contractual Benefits Case Manager to provide benefits technical assistance and work incentives counseling to assist individuals within a local Maryland State psychiatric hospital to transition successfully into the community. Position will serve as a benefits expert and act as a liaison between patients, hospital staff, and local federal and state entitlement agencies and other community resources to identify entitlement eligibility, resolve complex technical benefit issues, and utilize expert knowledge to facilitate a timely transition from hospital to community.

This is an exciting, high-level benefits position offering flexibility in scheduling, ability to work remotely for a portion of the work week, and the opportunity to make a significant difference helping individuals transition to greater independence! This position will report to an area Maryland State psychiatric hospital on a weekly basis while working remotely between days spent on-site. Must be willing to travel occasionally in other areas of the state on an as-needed basis.

Candidate should have a bachelor's degree and be knowledgeable and experienced navigating federal and State entitlement and public assistance program eligibility and policy including Social Security, Medicare, and Medicaid programs. Preference will be given to applicants who are currently Community Work Incentives Coordinator (CWIC) or Community Partner Work Incentives Coordinator (CPWIC) certified and/or SOAR trained. Willing to assist the right candidate in achieving necessary certification and training. Seeking an individual who is articulate, a self-starter, proficient in developing new and effective working relationships, and a creative out-of-the-box problem solver!

Interested candidates should send resumes and direct questions to Lauren Horner, Program Director at [lauren.horner@maryland.gov](mailto:lauren.horner@maryland.gov).

Non-profit Human Services Organization is seeking the following applicants:

**Rehabilitation Specialist (Full Time):** To work with adults and/or children in Caroline,

Dorchester, and Talbot Counties, providing mental health support services. Strong communication, written, oral and team work skills required. Bachelor's degree required. This full time position is responsible for utilizing rehabilitation concepts in order to provide quality mental health services to clients diagnosed with a mental illness. Essential job functions include onsite and offsite service delivery, completion of required documentation as per state/agency regulations, and executing job functions that support the goals of the program. The position is responsible for instructing, assisting and monitoring clients in accordance with individual rehabilitation plans. The applicant must demonstrate excellent interpersonal skills with clients, their families, internal and external staff. The applicant must have proficient written and verbal communication skills. The position will transport clients as needed.

**Residential Associate (Full Time) – Cambridge and Easton, MD:** This position is a 7

day on/ 7 day off shift requiring overnight and weekend coverage. Overnight stays in the home are required.

This full time position is responsible for utilizing rehabilitative concepts in order to provide quality services to mental health clients residing in supervised housing. Essential job functions include monitoring medication requirement of the residents, supervising and instructing clients in activities of daily living, and supporting clients in community activities, promoting healthy lifestyles. This position will be working with male adults in Dorchester or Talbot County providing mental health support services to clients in their residential home setting.

High School Diploma or GED Required; CNA, GNA or AA Degree Preferred.

All positions require:

Required licenses or certifications:

- Valid Driver's License
- No more than 2 points on your driver's license
  - Must be at least 21 years of age
  - Clear background check

**Send resume no later than 8/20/18 to:**

Channel Marker, Inc.

8865 Glebe Park Drive, Unit 1

Easton, MD or fax to Kelly Holden at (410) 822-0984 or email to [kelly@channelmarker.org](mailto:kelly@channelmarker.org)

Resumes required/No phone calls/E.O.E.



**DORCHESTER COUNTY**  
**DEPARTMENT of SOCIAL SERVICES**

We are recruiting Master's level social workers to join our child welfare team. We envision a community where individuals and families are empowered, independent and self-sufficient. Our mission – we will respectfully assist individuals and families with a safety net of services to help them maintain, and/or enhance their quality of life; and to prevent abuse, neglect, and the exploitation of the community's more vulnerable citizens. Please go online to: <https://jobapscloud.com/MD/> to submit an application for Casework Specialist, Family Services; Social Worker I, Family Services; Social Worker II Family Services; and Social Work Supervisor, Family Services. For additional information, you may contact Ms. Spillane, LCSW-C, Assistant Director for Services at 410-901-4161.

**Chesapeake Voyagers, Inc.**

**Wellness & Recovery Center**

**342 North Aurora St./Easton, MD 21601/410-822-1601**

**Job Title:** Peer Support Specialist (PSS) – 30 hours per week.

Chesapeake Voyagers, Inc. Wellness & Recovery Center 342 North Aurora St. Easton, MD 21601 410-822-1601 [www.chesapeakevoyagers.org](http://www.chesapeakevoyagers.org)

**Job Title:** Peer Support Specialist (PSS) – 30 hours per week

**Scope of Job:** The Peer Support Specialist (PSS) will use his/her own life experience, education and training to offer peer support to those with mental health and/or addiction issues by practicing the values and principles of recovery in a trauma-informed way. To work with participants (one-on-one and/or in group settings) to promote overall wellness by exploring possibilities of recovery through the participants' values, strengths, knowledge, skills and interests. Be an essential part of the team in building a stronger, healthier, interconnected community of peers.

**Hours & Days:** Weekdays and Saturdays. Hours vary from 9:00am – 6:30pm

**Location(s):** Main location is in Easton. Some hours will be required in the other 4 Mid-Shore Counties of Caroline, Dorchester, Kent & Queen Anne's .

**Job Duties:**

- Provide a safe and welcoming environment at the Wellness and Recovery Center and in any other location during events/programs sponsored by Chesapeake Voyagers, Inc.
- Independently develop and facilitate support groups and other activities designed to promote socialization, education, problem-solving, skills development, etc. relevant to the recovery process.
- Share coping/wellness techniques, self-help strategies and personal experiences used to deal with your own mental health and/or addiction. □ Assist participants in expressing personal goals for wellness and recovery and in determining the actions needed to reach their goals.
- Accompanying participants to various places such as job interviews, court, behavioral health and somatic health appointments, grocery store, social services, etc.

For more information please go to

<http://www.chesapeakevoyagers.org/join-our-team>

# ALCOHOL AND DRUG ASSOCIATE COUNSELOR \*Reposted\*

Recruitment #18-001563-0011

**DEPARTMENT** MDH Local Health - Dorchester County

**DATE OPENED** 6/20/2018 10:42:00 AM

**FILING DEADLINE** 8/17/2018 11:59:00 PM

**SALARY** \$38,880.00 - \$50,120.00 with potential growth to \$61,691.00/year

**EMPLOYMENT TYPE** Full-Time

**Contact:**

Donald Hall, MHS, LCADC

Program Director

Dorchester County Behavioral Health

donald.hall@maryland.gov

410 228 - 7714

**WORK LOCATION** Dorchester

# COMMUNITY HEALTH NURSE II

## FULL-TIME CONTRACTUAL

Recruitment #18-004216-0053

**DEPARTMENT** MDH Local Health - Caroline County

**DATE OPENED** 8/22/2018 3:55:00 PM

**FILING DEADLINE** 9/17/2018 11:59:00 PM

**SALARY** \$21.10 - \$33.69/hour (Salary Negotiable)

**EMPLOYMENT TYPE** Full-Time

**To apply:**

**HR ANALYST** Carolyn Chase

<https://www.jobapscloud.com/MD/sup/bulpreview.asp?R1=1>

**WORK LOCATION** Caroline

8&R2=004216&R3=0053

The Sante Group seeks **Full time, Part Time, and PRN Crisis Therapists (Social Workers)** to join our Eastern Shore Crisis Response System! The Crisis Therapist will assess, evaluate, and perform crisis intervention techniques, and will develop a crisis plan for continuation of services related to individual consumers. He or she will be responsible for all incident documentation, and will be the on-site resource for any relevant clinical information, as well as the liaison for collaboration with other involved parties including families, friends, and other community providers. This is a mobile position and the employee must be comfortable driving in a car for extended periods of time (company car provided). This is an excellent leadership opportunity with a leading non-profit organization in Maryland. If you have at least one year of social work or psychology experience, a desire to work on crisis response and a Master's degree, apply today! Our current positions are in Elkton and Chestertown, Md.

#### Qualifications:

- Master's degree in counseling, social work, or a related field of study
  - LGSW /LGPC/ LCSW/LCPC license preferred
  - Minimum one year of related experience
- Must be able to work individually as well as within a team
- While performing the duties of this job, the employee is regularly required to drive a company vehicle. The employee must possess a valid Driver's License, proof of current automobile insurance and may not have more than two (2) points on their driving record
- For PRN & Part Time we can consider someone who will have their MSW in 12 months or less

Affiliated Santé Group is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, age, protected veteran status, or disability status. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions of this job. Affiliated Santé Group participates in E-Verify.

If interested please contact Tina-Marie Brown @ [tbrown@santegroup.org](mailto:tbrown@santegroup.org).



Please join the Maryland Department of Health's Behavioral Health Administration and the University of Maryland Training Center in celebrating the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Recovery Month on **Friday, September 7, 2018** with registration from 9:00 a.m. to 9:30 a.m. with the program beginning at 9:30 a.m. and concluding at 3:30 p.m. Our annual Recovery Month kick-off event, Join the Voices of Recovery: Invest in Health, Home, Purpose and Community , will take place at Rice Auditorium on Spring Grove Hospital **Campus, 55 Wade Ave. Catonsville, MD, 21228.**

Registration with Continental Breakfast

Welcoming Remarks and reading of Governor's Proclamation, Brendan Welsh, CPRS, Director, Office of Consumers Affairs, Behavioral Health Administration

Updates from Brandee Izquierdo MPA, CPRS, RPS, President, Maryland Addiction and Behavioral-health Professionals Certification Board (MABPCB) , Director of Advocacy and Outreach, Faces and Voices of Recovery, Washington, DC

We have invited Gayle Danley, who is an International Slam Poetry Champion and most recently received the Maryland Library Association Author Award for Poetry 2018, to join us in our celebration of recovery month. In December of 2017, Ms. Danley was invited by the Washington Ethical Society to perform her original poetry with all the trimmings: anguish, ecstasy, soul and above all realness, at their Hope Anyways event. Her poetry speaks to the realities of life but also of the triumphs that also occur in recovery and life.

*Lunch- Box lunches and light refreshment will be provided..*

After lunch, there will be two 1.25 hour Workshops. The first Workshop will be provided by the Maryland Coalition of Families, focuses on 3 of the major themes of our recovery celebration: home, family and purpose. The second workshop will take a look at Harm Reduction and how this pathway assists in supporting individuals and communities in the recovery process.

The Recovery Day Celebration will conclude at 3:30 p.m. with the completion of evaluations and the awarding of certificates.

This training is approved by MABPCB, Maryland Addictions and Behavioral-health Professionals Certification Board, which is the peer credentialing board in Maryland. This training will provide **4.5 CEUs in the following domains: 1.5 in Wellness/Recovery, 1.25 in Advocacy, 1.75 in Mentoring and Education.** In order to receive a certificate a participant must attend all hours of the event. No partial credit hours will be given.

SAVE THE DATE



# Inaugural Eastern Shore Research Forum

September 10, 2018



## Perceptions & Perspectives

**Join us** to discover the latest findings in technology research that are transforming the quality of life for older adults and individuals with neurocognitive disorders.

**Monday, September 10, 2018**  
**8:30 a.m. - 1:00 p.m.**

**Bayleigh Chase Auditorium**  
**Easton, Maryland**

CEU CREDITS OFFERED

**Who should attend:** Aging services professionals, researchers, students and faculty

**Keynote Speaker:** **JODY HOLTZMAN**, Top 50 Influencer in Aging and nationally renowned expert on innovation

**Also Featuring Research from:** University of Maryland, School of Medicine  
University of Maryland, School of Pharmacy  
New York University School of Medicine  
The Erickson School at UMBC

**\$65:** Cost includes breakfast, lunch and CEU certificates for approved boards  
**\$55:** Early registration until August 10, students and groups of 3+

For more information or to register, please contact Stephanie Carideo at 410-552-3238  
or visit [integraceinstitute.org/eastern-shore-research-forum](http://integraceinstitute.org/eastern-shore-research-forum)



*Leaders in addiction treatment since 1973*

## **Kolmac School: 'Family Dynamics: Integrating Family in Addiction Treatment'**

On September 14th, Kolmac School (Silver Spring) is hosting speaker Grace Caulfield, who will be presenting 'Family Dynamics: Integrating Family in Addiction Treatment.' Lunch is provided along with free 1.5 CEUs.

Objectives:

1. Structuring group therapy sessions for effectiveness
2. Encouraging recovery talk with pre-contemplative patients and their family members.
3. Learn about interventions used to prevent a hostile environment during family group therapy.

Presenter Grace Caulfield has worked in the field of addiction for over 23 years. She brings to Kolmac a wealth of knowledge and experience with both adolescent and adult populations, as well as a strong background in family therapy. She has worked in a variety of clinical settings to include both inpatient, outpatient, psychiatric hospitals, and halfway house settings. She joined the Kolmac team in 2013. She holds a Master's degree in Counseling Psychology, and is a licensed professional counselor in Maryland, as well as holds her CAC-AD through the Board of Professional Counselors of Maryland. She received a Level 1 Trauma Certification through the Institute of Advanced Psychotherapy and Training, which she incorporates in her clinical approach and practice. In November of last year, she transitioned into the role of Director of Clinical Outreach with the organization. In this role she is able to develop and manage local referral relationships with inpatient detox facilities, hospitals, and physicians in the community. In addition, she is able to assist the CEO on maintaining local professional relationships of potential referents and increase prevention efforts within the college and university settings through outreach to include families seeking help for their loved ones.

### When

**Friday, September 14, 2018 from 12:00 PM to 2:00 PM EDT**

### Where

**Kolmac (Silver Spring Location)  
8561 Fenton St, Silver Spring**

**[Register Now](#)**

# Eastern Shore Psychological Service's Professional Training Academy Presents:

**Training Title:** Ethics, Values and Identity in Behavioral Healthcare  
**Instructor:** Dr. Ben Kohl & Eboni Taylor, LCSW-C  
**Location:** 29520 Canvasback Drive Easton, MD 21601  
**Date and Time:** September 20, 2018 1:30 pm-4:45 pm  
**Price/CEUs:** \$50.00 Per Person/3 CEUs

## LEARNING GOALS

- Participants will gain awareness of how their values and motivation align with the social work ethical standard for social and political action
- Participants will learn how to maximize clinical outcomes when working with clients whose political views and values differ significantly from their own
- Participants will learn to manage dual relationships that may emerge with clients as the advocate to prevent and eliminate discrimination or oppression

If you have further questions please email [h.brown@espsmd.com](mailto:h.brown@espsmd.com)



Maryland's 30th Annual  
**Suicide Prevention Conference**

**"Suicide Prevention is Everybody's Business"**

**Conference Details:**

Wednesday, Oct. 3, 2018  
8 a.m. to 4:30 p.m.  
Martin's West  
6817 Dogwood Rd.  
Baltimore, MD 21244

**Attendee Fee: \$95**  
**Student Fee: \$55**

The conference will offer 6.0 CEUs for psychologists, counselors, and social workers. All other professions will receive a certificate of attendance.



**Keynote Speaker:**

Chief Warrant Officer 4  
Clifford W. Bauman  
U.S. Army National Guard

Registration and workshop descriptions are available at:

<http://trainingcenter.umaryland.edu/pages/training-conferences.aspx>.



MARYLAND DEPARTMENT OF HEALTH  
Behavioral Health Administration

*Sponsored by the Maryland Department of Health, Behavioral Health Administration and the University of Maryland Training Center.*

## REGISTRATION

Wednesday, October 10, 2018

8:30 am - 5:00 pm

**Space is limited. Please register early!**

- \$95 General Registration Fee
- \$75 WRAP® Facilitator Fee
- My check or purchase order is enclosed  
(Make check payable to On Our Own of Maryland, Inc.)

To pay by credit card please go to

<https://www.eventbrite.com/e/wrap-on-tickets-49110033432>

(link available on On Our Own of Maryland's Website)

(\*Note: Extra fees apply)

(PLEASE TYPE OR PRINT CLEARLY)

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Special Needs \_\_\_\_\_

### **PLEASE INDICATE CEUs or COAs**

- Continuing Education Units (social workers, CPRS, psychologists, alcohol/drug counselors)
- Certificate of Attendance (nurses and all others)

**Please mail or fax registration  
by Thursday, September 19, 2018:**

WRAP® ON!

7310 Esquire Court, Box 14

Elkridge, MD 21075

Phone: 410-540-9020 • Fax: 410-540-9024

## DIRECTIONS

### **MARTIN'S WEST**

6817 Dogwood Road

Baltimore, MD 21244

Phone: (410) 265-1300



#### **From North:**

Take I-95 S • Use the right 2 lanes to take exit 64 for I-695 W toward Towson • Merge onto I-695 • Continue on I-695 W for approximately 17 miles • Take exit 18 for MD-26/Liberty Rd toward Locheam/Randallstown • Continue straight onto Lord Baltimore Dr for approximately 2 miles (signs for MD-26 E/Locheam) • Turn left onto Dogwood Road • Martin's West will be on your right.

#### **From South:**

Take I-95 N • Use the left lane to take exit 49B for I-695 W toward Towson • Merge onto I-695 • Continue on I-695 for approximately 5 miles • Take exit 17 for Security Blvd toward Woodlawn • Continue straight on Security Blvd for approximately .3 miles • Turn right onto Belmont Avenue • Turn left onto Dogwood Road • Martin's West will be on your left.

#### **From East:**

Take US-301 S/US-50 W • Use the right 2 lanes to take exit 21 toward Baltimore • Continue onto I-97 N for approximately 17 miles • Keep right at the fork to stay on I-97 N, follow signs for I-695 W/Baltimore/Towson • Merge onto I-695 W • Follow I-695 W for approximately 10 miles • Take exit 17 for Security Blvd toward Woodlawn • Continue straight on Security Blvd for approximately .3 miles • Turn right onto Belmont Avenue • Turn left onto Dogwood Road • Martin's West will be on your left.

#### **From West:**

Take I-70 E • Take exit 94 to merge onto Security Blvd • Merge onto Security Blvd • Turn right onto Keman Dr • Turn left onto Dogwood Rd • Martin's West will be on your left.



## **10 Years of WRAP® in Maryland**

# 10-10-18

Wednesday, October 10, 2018

8:30 am - 5:00 pm

Guest Presenters

**Matthew Federici,**

*Executive Director, Copeland Center*

&

**Maryland WRAP® Facilitators**

**Martin's West**

6817 Dogwood Road

Baltimore, MD 21244



WRAP® Outreach Project

# LUNCH and LEARN series

All presentations are held from noon – 1 p.m. at Spring Grove Hospital Center.  
Additional information is available at [mdspin.eventbrite.com](http://mdspin.eventbrite.com).

## October 18, 2018

*Talk Saves Lives: An Introduction to Suicide Prevention*

Tammi Ginsberg, LCPC

President, Maryland Chapter, American Foundation for Suicide Prevention

## November 15, 2018

*It's Real: College Students and Mental Health*

Kat Olbrich

Maryland Area Director, American Foundation for Suicide Prevention

## December 20, 2018

*Interactive Screening Program*

Maggie Mortali, American Foundation for Suicide Prevention

## January 17, 2019

*Problem Gambling and Suicide*

Mary Drexler

Program Director, Maryland Center of Excellence on Problem Gambling

## February 21, 2019

*Postvention as Prevention: Supporting Suicide-loss Survivors*

Sarah Montgomery, LCSW-C

Therapist, Chesapeake Life Center

## March 21, 2019

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

Dana Burl, MA

Director, Outreach and Advocacy Program, Maryland Department of Veterans Affairs

## April 18, 2019

*More Than Sad*

Kat Olbrich

Maryland Area Director, American Foundation for Suicide Prevention

## May 16, 2019

*You Matter: The Relationship of Bullying and Suicide*

Shenetta Malkianding

Founding President and Executive Director, Empowerment Essence



MARYLAND DEPARTMENT OF HEALTH  
Behavioral Health Administration

# QAC Maryland Access Point/Caregivers Conference 2018

## *“The Nature of Caregiving”*

**FREE CONFERENCE AGES 55+, INDIVIDUALS WITH  
DISABILITIES & CAREGIVERS**

### **Sponsored By:**

Anne Arundel Medical Center

BrightStar Care

Charlotte Hall

Candle Light Cove Assisted  
Living & Memory Care

Caroline Nursing & Rehab

Chesapeake Hearing Center

Compass Regional Hospice

Fellows, Helfenbein & Newnam

Funeral Home

**Friday, November 16th,  
2018**

**9:30am-1:30pm**

*Chesapeake Bay Environmental Center  
600 Discovery Lane, Grasonville, MD*

**Free light breakfast and doors open  
at 9am. Conference starts at 9:30am.**



### **Keynote Speaker:**

**Loretta Veney  
Motivational speaker  
and author  
*“Being My Mom’s Mom”***

**Vendor resources, giveaways, free  
lunch and door prizes!**

**Pre-registration is required as space is limited!**

**To register please call Katy Harrison at the QAC Area Agency on  
Aging, 410-758-1040 or email at [kharrison@qac.org](mailto:kharrison@qac.org)**



**MARYLAND ACCESS POINT**

**YOUR LINK TO HEALTH & SUPPORT SERVICES**

Dorchester County Behavioral Health  
Invites you to

# **Dorchester County Overdose Awareness Day**

Hosted by  
Dri- Dock Recovery and Wellness Center

Join us in a candle light vigil to commemorate  
the lives lost, but never forgotten

**August 30, 2018**  
**6:00 PM- 7:30 PM**

Location

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

for info call (410)228-7714 or (410)228-3230

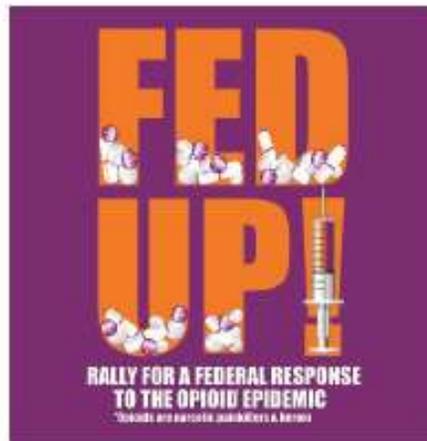
PosterMyWall.com



**AUGUST 31, 2018**  
**6-8 p.m.**

**Real Life Chapel**  
**403 Hollyday St.**  
**Easton, Md 21601**

**Talbot  
County**



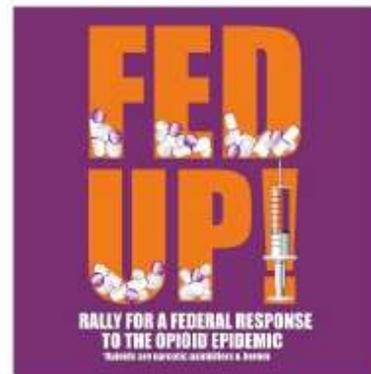
**Contact Information:**

*Want to help? Get Involved? Provide items for the silent auction or become a sponsor? Message us online via our Facebook Page: @FedUpTalbot or email Sherry at [hopeinwomen13@gmail.com](mailto:hopeinwomen13@gmail.com) or Kelley at [kellyallen76@yahoo.com](mailto:kellyallen76@yahoo.com)*

*Come out and be heard*  
*Where: Denton Elementary School (Back field)*  
*303 Sharp Rd, Denton, MD 21629*  
*6:00 P.M. - 8:00 P.M.*  
*Bring your signs and voices so that we can be heard!*  
*We will be handing out free Purple Light bulbs so you have them when Caroline County goes Purple September 1, 2018*

**Caroline  
County**

**Contact Information:**  
  
Cathy @ 410-829-7020  
[ccmdhaa@gmail.com](mailto:ccmdhaa@gmail.com)  
  
Sponsored by: Mid-Shore Restoring Hope In Women



# BAND TOGETHER FOR MENTAL HEALTH

A FUNDRAISER FOR THE MENTAL HEALTH ASSOCIATION OF THE EASTERN SHORE  
"EDUCATING FOR UNDERSTANDING, ADVOCATING FOR AWARENESS"

## FEATURING LIVE CLASSIC ROCK BY **THREE PENNY OPERA**

SEPTEMBER 7, 2018  
7 - 10 PM

**THE ELKS CLUB - EASTON**

502 DUTCHMANS LANE, EASTON, MD 21601



**GREAT MUSIC  
DANCING**

**RAFFLE DONATIONS FROM:**  
THE AVALON THEATER  
SCOSSA RESTAURANT  
MONTY ALEXANDER JAZZ FESTIVAL  
THE TIDEWATER INN  
RAMS HEAD  
AND MANY MORE!

**TICKETS \$20**  
**WWW.MHAMDES.ORG**  
AND AT THE DOOR

**AFSP BENEFIT** *September 8!*  
**QUARTER AUCTION!**  
**RAFFLES!**  
**DOOR PRIZE!**  
**FOOD!**

**1PM - 5PM EASTON**  
*Volunteer Fire Department!*

**SUICIDE AWARENESS RESOURCES!**

**COME**  
 OUT AND SUPPORT  
**THE AFSP!**

**VENDORS!**



**American Foundation for Suicide Prevention**

**TUPPERWARE**  
**BONNIE'S BURNINGS**  
**PERFECTLY POSH**  
**PURE ROMANCE**  
**AVON**  
**SCENTSY**  
**KANNAWAY**  
**MOMMA Z'S CRAFTS**  
**TRAVELING VINEYARD**

**KATE'S CRAFTS**  
**LEGACY REPUBLIC**  
**BEAUTY COUNTER**  
**31**  
**USBORNE BOOKS**  
**STAMPIN' UP**  
**COLOR STREET**  
**HANDMADE SCARVES**  
**JEWELRY BY NICOLE**

# KENT

GOES PURPLE

5K - Color Fun

Run/Walk

Sunday, Sept. 9<sup>th</sup>

Wilmer Park \* Chestertown, Maryland

Registration 7:30    Run 8:30

On-line registration

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

To benefit Kent Goes Purple Initiative to educate and raise awareness of opioid abuse



# TRAUMA

## SURVIVOR



Tonier "Neen" Cain lived on the streets for 20 years filled with hunger, brutality and substance abuse. Incarcerated and pregnant in 2004,

someone finally took the time to ask: "what happened to you?" instead of "what's wrong with you?"

Airing of the film "Healing Neen" & speaker Tonier Cain-Muldrow

**THURSDAY, SEPTEMBER 13, 2018**

**6-8 P.M.**

**EASTON HIGH SCHOOL AUDITORIUM**

Free. Open to the public. First 200 participants receive a copy of the book, "Healing Neen." For further information, call 410-770-5750.

Talbot County Department  
of Social Services





**MidShore Veteran's Network Meeting**

**Sept. 18, 2018**

**10:00am at**

**Talbot County Department of Social Services**

**Bay Street**

**Easton, Maryland**

If you are a veteran and/or work with veterans, we are looking for you to be a part of the first MidShore Veteran's Network.

This group will meet bi-monthly to bring together resources and create events for veterans and their families on the MidShore.

It you have any questions and/or would like more information please call 410-725-9996 or email [dkarpf.mcv@gmail.com](mailto:dkarpf.mcv@gmail.com)



# ***Queen Anne's County Family Caregiver's Support Group Meeting***

**Wednesday, September 19, 2018  
1:30pm – 3:00pm**

Meeting called by Pat Hodges, QAC Ombudsman/Program Specialist

**Location:** Kramer Center  
**Address:** 104 Powell Street, Centreville, Maryland 21617  
**Phone:** 410-758-0848 ext. 2714

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1:30 pm – 2:00pm	Greeting and sign in
2:00pm – 2:30pm	Guest Speaker: Maggie Black, PsyD Licensed Psychologist Shore Neurocognitive Health  Topic: Dementia: Anxiety/depression Disorders
2:30pm – 3:00pm	Questions/discussion/suggestions for future meetings

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**Additional Instruction:**

**Please RSVP to the phone number above by Monday,  
September 17th.**

**Light refreshments will be provided.**

DORCHESTER COUNTY BEHAVIORAL HEALTH  
DRI- DOCK RECOVERY & WELLNESS CENTER

PRESENTS

4TH ANNUAL

# RECOVERY WORKS

COME JOIN US  
IN THE FIGHT AGAINST STIGMA  
RELATED TO  
ADDICTION & MENTAL HEALTH

SEPTEMBER 22, 2018  
1:00 PM - 5:00 PM

208 SUNBURST HWY. CAMBRIDGE MD 21613

-Vendors-

Dorchester County Health Department  
Recovery Support  
12 Step Fellowship Support

Door Prizes, Inflatable Bounce House, Arts & Crafts,  
Free Food, Key Note Recovery Speakers, Live Music

for more info (410)228-3230 visit us [www.dri-dock.org](http://www.dri-dock.org)



# CAROLINE GOES PURPLE

## FREE COMMUNITY FILM SCREENINGS

The monthlong awareness campaign will culminate with two community showings of the film "If Only," which chronicles a teen's pathway to addiction. Both screenings include FREE raffles, a resource fair and ice cream social.

**SEPT. 24 AT 6:30 PM**

**NORTH CAROLINE HIGH SCHOOL**

**SEPT. 27 AT 6:30 PM**

**COLONEL RICHARDSON HIGH SCHOOL**

September is National Recovery Month, and its signature color is purple. For the month of September, we encourage all Caroline County residents to "Go Purple" in any way they can and to focus their attention on this issue their community is facing.

### **JOIN THE MOVEMENT // STAND UP AGAINST SUBSTANCE ABUSE**

- **Go Purple!** Light your home purple and think of creative ways your workplace or business can show support and raise awareness by Going Purple.
- **Spread the word!** Share our educational messages on social media.
- **Talk about it!** Engage in a conversation with your family about prescription drugs, and really listen to what your kids say.
- **Take action!** Lock up your prescription drugs and safely dispose of ones you aren't using. Get Narcan trained and carry it with you – you could save a life.
- **Join the conversation!** Attend one of our community conversations about the opioid crisis.

For more information on Caroline Goes Purple, please contact Jennifer Farina at [purple@drugfreecaroline.org](mailto:purple@drugfreecaroline.org) or 410-479-0660.



# New Meeting!!!



## Adult Children of Alcoholics meeting

Held at  
Chesapeake Voyagers Inc., Wellness and Recovery Center  
342C N. Aurora At. Easton, MD

**Tuesdays at 6:30pm**

Adult Children of Alcoholics is a Twelve Step, Twelve Tradition program focused on understanding the specific behavior and attitude patterns we developed while growing up in an alcoholic or otherwise dysfunctional home. These patterns continue to affect us today. By attending meetings, we can come to a better understanding of our past so we can effectively restructure our lives today.

*For more information, contact Avra at 410-822-1601 or by email at [asullivan@chesapeakevoyagers.org](mailto:asullivan@chesapeakevoyagers.org)*



Addiction affects all walks of life!! Don't sit at home hiding in embarrassment get out and get some help!! Come out and see what other families and friends are doing !! Together we are helping to break the stigma for families and friends of loved ones struggling with OPIATE MISUSE & OTHER DRUGS !



**When: Every Tuesday**  
**Time: 6:30 pm—7:30 pm**  
**Nielsen Center**  
**205 N. Liberty Street**  
**Centreville, MD 21617**

Kate Ryan, M.S., LCADC  
Melanie Jones-Dalziel, Person in long term Recovery  
Phone: 410-758-1306  
E-mail: [kate.ryan@maryland.gov](mailto:kate.ryan@maryland.gov)



Kate is a mother with children in recovery. She is also a licensed Alcohol & Drug Counselor. Melanie is a person in long term recovery who gives insight from the addict side. Together they are striving to help families deal with addiction without judgements or strict guidelines.

# Grief Support group

*Any type of loss*



**What:** A monthly grief support group

**Who:** Adults 18 and older who have experienced the death of a loved one

**When:** Noon to 1:15 p.m.

Fourth Tuesday of every month

**Where:** Caroline County Public Library, Federalsburg branch

123 Morris Avenue

Federalsburg, MD 21632

*Please bring a lunch*



For more information or to register, please contact  
Compass Regional Hospice grief counselor  
Wayne Larrimore at 443-262-4108 or  
[wlarrimore@compassregionalhospice.org](mailto:wlarrimore@compassregionalhospice.org)

# SHATTERING THE SILENCE

4-week Grief Support Group for families impacted by the death of a loved one due to OVERDOSE or SUICIDE.

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TUESDAYS: OCTOBER 2, 9, 16, 23  
6:30–8:30 P.M.

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586 CYNWOOD DRIVE, EASTON  
FREE OF CHARGE and open to the public.  
Registration required, call 410-822-6681.

  
Talbot Hospice

For additional information contact  
Becky DeMattia at 410-822-6681 or  
bdemattia@talbothospice.org.

For a complete list of grief support groups VISIT [TALBOTHOSPICE.ORG](https://www.talbothospice.org)

# Events - SAVE THE DATES

Sept. 7, 2018 Light up Kent County in Purple

Kent County Courthouse

103 North Cross Street

Chestertown, Maryland

Time TBD

Sept. 9, 2018 – 5K Color Fun Run

Wilmer Park, Chestertown, Maryland

7:30 a.m. – Onsite Registration (subject to higher fee) and Online Registration Sign-In

8:30 a.m. - Start Time

Sept. 14, 2018 – KENT GOES PURPLE PREGAME RALLY & HALFTIME SHOW

Kent County High School vs. Kent Island High School Varsity Football Game

CONTACT US: [kentgoespurple@gmail.com](mailto:kentgoespurple@gmail.com)



# MARIAH'S MISSION FUND SUPPORT GROUPS

## Together: Positive Approaches

*(Presented through a partnership between Mariah's Mission Fund and Maryland Coalition of Families)*

Peer support group for family members currently struggling with a loved one engaged in substance use.

Techniques of positive reinforcement to promote recovery of the individual stressed.

\*\*\* 2 Locations \*\*\*

### Easton, MD

- **Meets second Wednesday of each month, 6-7:30 p.m at Talbot Partnership, 28712 Glebe Road (former Black & Decker Building), Easton**
- Facilitated by Val Albee
- **Fall 2018 – Sept. 12, Oct. 10, Nov. 14, Dec. 12**

### Tilghman Island, MD

- **Meets fourth Wednesday of each month, 6-7:30 p.m. at Tilghman United Methodist Church, 5731 Tilghman Island Road, Tilghman. Sponsored by Healthy Tilghman.**
- Facilitated by Val Albee
- **Fall 2018 – Sept. 26, Oct. 24, Nov. 28, Dec. 26**

For more information or to print a copy of this schedule, visit [mariahsmissionfund.org](http://mariahsmissionfund.org) or call Val at 443-545-9927



*Mariah's Mission Fund is a component fund of the Mid-Shore Community Foundation, a public 501(c)(3) charity. Gifts to the Fund are fully tax-deductible as allowable by law.*





Are you a senior who wants to "age in place," but are wondering how that might work out over time?

Are you a family member or friend of a senior, and you're wondering what their next stage might look like?

Then you'll want to come to this presentation  
**Kent Island Senior Center**

891 Love Point Road  
Stevensville, MD 21666

Friday, September 28, 2018  
at 11:00 am

**Grasonville Senior Center**

4802 Main Street  
Grasonville, MD 21638

Tuesday, October 2, 2018 at  
11:00 am

## Queen Anne's At Home



Call (410) 635-4045  
for more info

We are a new non-profit,  
home-grown here in Queen  
Anne's County helping  
seniors fulfill their wishes

to...

**Stay Active  
Stay Healthy  
Stay Safe  
&**

**Stay Connected At Home**

**"This is the most exciting thing to happen for  
Queen Anne's County  
seniors in years!"**

Queen Anne's at Home is a component fund of the Mid-Shore Community Foundation, a 501(c)(3) nonprofit organization-donations to which are tax deductible to the fullest extent allowed by law.

# ***WRAP CLASS*** **Wellness Recovery Action Plan**

**Thursdays 4–8pm**

**September 20<sup>th</sup>, 27<sup>th</sup>**

**October 4<sup>th</sup> & 11<sup>th</sup>**



*Chesapeake Voyagers Inc.*  
*Wellness and Recovery Center*  
*342-C N. Aurora Street*  
*Easton MD 21601*  
*410-822-1601*

**Classes are Free!**

**You must register by 9/7/18**

## **WHAT IS WRAP?**

The **Wellness Recovery Action Plan or WRAP**, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in **all kinds of circumstances**, and by health care and mental health systems all over the world to address **all kinds of physical, mental health and life issues**.

WRAP has been studied extensively in rigorous research projects and is listed in the **National Registry of Evidence-based Programs and Practices**.



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

# SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9/3, 9/17 4:00 PM "Guided Yoga &amp; Meditation"</p> <p>Join us to strengthen your wellness &amp; recovery with our yoga &amp; meditation guide</p>						1
2	<p>3 OPEN 9-5 2PM Job Search Assistance  4PM "Guided Yoga"</p>	<p>4 OPEN 9-5 1-3PM Mid-Day Matinee  4PM Women's Group</p>	<p>5 OPEN 9-5  4PM Men's Group</p>	<p>6 OPEN 9-5/7-8  2PM Anxiety and Depression Group 4PM "TeenChangers" 7PM Nar-Anon</p>	<p>7 OPEN 9-5/7-8  7PM "Strengthen Your Spiritual Life" Community Bible Study</p>	8
9	<p>10 OPEN 9-5 2PM Job Search Assistance</p>	<p>11 OPEN 9-5 1-3PM Mid-Day Matinee  4PM Women's Group</p>	<p>12 OPEN 9-5  4PM Men's Group</p>	<p>13 OPEN 9-5/7-8  4PM "TeenChangers" 7PM Nar-Anon</p>	<p>14 OPEN 9-5/7-8  7PM "Strengthen Your Spiritual Life" Community Bible Study</p>	15
16	<p>17 OPEN 9-5 2PM Job Search Assistance  4PM "Guided Meditation"</p>	<p>18 OPEN 9-5 1-3PM Mid-Day Matinee  4PM Women's Group</p>	<p>19 OPEN 9-5  4PM Men's Group</p>	<p>20 OPEN 9-5/7-8 2PM Anxiety and Depression Group 4PM "TeenChangers" 7PM Nar-Anon</p>	<p>21 OPEN 9-5/7-8  7PM "Strengthen Your Spiritual Life" Community Bible Study</p>	22
23	<p>24 OPEN 9-5 2PM Job Search Assistance</p>	<p>25 OPEN 9-5 1-3PM Mid-Day Matinee  4PM Women's Group</p>	<p>26 OPEN 9-5  4PM Men's Group</p>	<p>27 OPEN 9-5/7-8 2PM Anxiety and Depression Group 4PM "TeenChangers" 7PM Nar-Anon</p>	<p>28 OPEN 9-5/7-8  7PM "Strengthen Your Spiritual Life" Community Bible Study</p>	29
						30

**KENT GOES PURPLE EVENTS**

*Stand Up Against Substance Abuse*

9/7 Light up Kent County in Purple  
Kent County Court House  
Time TBD

9/9 5K Color Fun Run/Walk  
7:30 AM Reg, 8:30 AM Start Time

9/14 Kent Goes Purple Pregame Rally & Halftime Show  
Kent County High School  
Time TBD

\*Anxiety and Depression Group Facilitated by Chesapeake Voyagers  
 \*Nar-Anon Group Facilitated by Kent County Opioid Intervention Team-OIT

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

Thank you for reading!

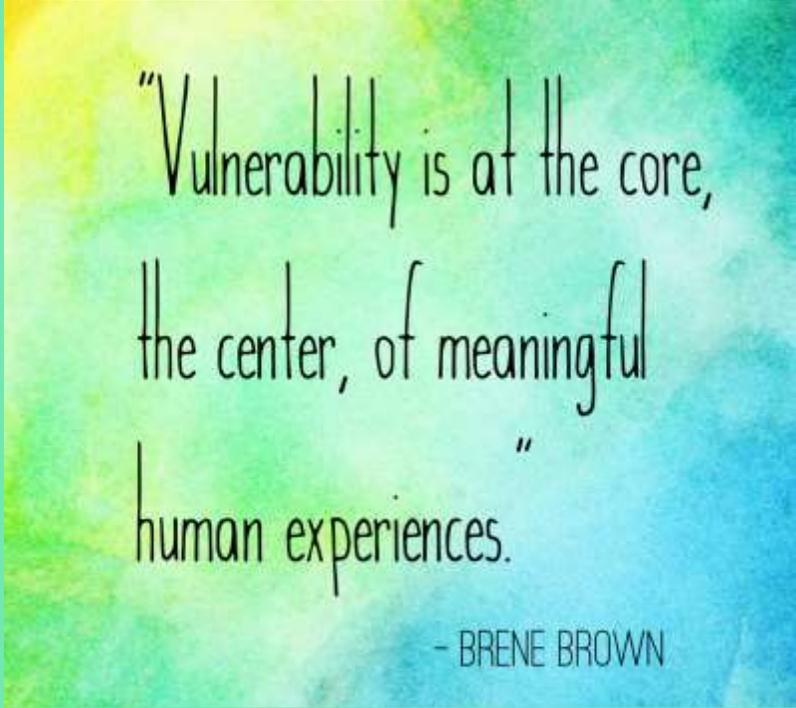
For future submissions to our newsletter please email me directly at [lpollard@midshorebehavioralhealth.org](mailto:lpollard@midshorebehavioralhealth.org)

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.”

A quote by Brene Brown is displayed on a watercolor background with shades of green, yellow, and blue. The text is written in a black, cursive-style font. The quote reads: "Vulnerability is at the core, the center, of meaningful human experiences."

"Vulnerability is at the core,  
the center, of meaningful  
human experiences."

- BRENE BROWN