

The Steering Wheel

Resources in Behavioral Health Trainings, Events, Program Info, News, & More Around the Shore

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MID SHORE BEHAVIORAL HEALTH

(MSBH) is a private, not-for-profit 501(c)(3) regional Core Service Agency that serves five counties (Caroline, Dorchester, Kent, Queen Anne's, and Talbot), making us the largest regional CSA in the state.

OUR MISSION is to continually improve the provision of behavioral health services for residents of Caroline, Dorchester, Kent, Queen Anne's and Talbot Counties through effective coordination of care in collaboration with consumers, their natural support systems, providers and the community at large.

OUR VISION A rural behavioral health-care delivery system that is clinically and culturally competent. This system will ensure access, have a community focus, be cost-effective, and be integrated to serve the community as a whole.

WHAT WE DO We strive to enhance the regional behavioral health system of care through effective collaboration with consumers, their natural supports, providers, and community leaders. It is our goal to develop a full array of accessible services and **resources** for the consumer through partnership with our providers and other agencies. We offer **guidance** in understanding and navigating all that is available in our community. Beyond our primary responsibility for local publicly funded mental health services, MSBH understands that behavioral health is essential to overall health, and many domains of life contribute to one's behavioral health, especially having a home, purpose and community connection. As such, MSBH seeks to address the needs of the **whole** person and collaborates to improve the systems of care of the whole community throughout the region. 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.

MESSAGE FROM EDITOR



THE ABILITY TO PERSEVERE

- Sherize Urquhart, Editor-in-Chief

// You may encounter many defeats, but you must not be defeated.

In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it." - Maya Angelou

Being raised in a predominantly matriarch household equipped me to live life the best I could. I had all the life skills I needed to keep house, earn a living, while respecting my elders. But it was my passions that allowed me

to continue to push forward towards my dreams. During the times I felt defeated, I remember talking to my inner self, saying "we can't stop now. We can't end here. We must rise because we haven't crossed the finish line!" It was in my ability to persevere, that I able to realize the true capacity of my resilience. I found my greatest power when I was at my weakest moment(s). My creativity was birthed through the pain, but it came to fruition because I knew to never give up. My desire was not to

simply strive, but to thrive. Mommy used to call me her little Sapphire, but I was always Daddy's Diamond. As a daddy's girl, I quickly learned the qualities of being a diamond (it takes pressure to create) and as Mommy's favorite (don't tell my siblings) I was able to embrace my value and my worth! We manifest what we focus on, and my focus was always to reach my destination. However, I also try to take time to enjoy the journey.



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

**"Sometimes even to live is an act of courage."
- Lucius Annaeus Seneca**



SUICIDES OF TWO MENTAL HEALTH ADVOCATES IN A WEEK SERVE AS A GRIM REMINDER

- By Elizabeth Chuck, NBC News

Psychotherapist Stacey Freedenthal had helped many people overcome suicidal thoughts before she attempted to take her own life. Freedenthal, in her 20s at the time and pursuing her master's degree in social work, had been a vol-

unteer at a suicide prevention hotline. When callers phoned her in crisis, she used her training and education to help. But at the same time, the depression she had struggled with herself on-and-off for more than a decade was worsening. The advice she gave to others contemplating ending their lives didn't seem applicable to her. One night in January 1996, six months after she

finished her volunteer position at the hotline, she tried to kill herself. "Nobody is immune from suicide," including mental health professionals, said Freedenthal, who is now an associate professor at the University of Denver graduate school of

The two worked in different circles and did not appear to have any connection to each other, but their deaths left many asking the same question: How could individuals who did so much for the mental health community not have gotten the help they needed themselves?

"The thing about depression and anxiety, and other mental illnesses or psychiatric conditions, is it typically involves our brains lying to ourselves," said Julie Cerel, a professor at the University of Kentucky College of Social Work and a past president of the American Association of Suicidology.

“When depression is telling you you’re not worthy, even if we’re trained to combat those false beliefs in others, it’s really hard to be able to stop and do that for yourself — especially if you’ve been doing that for other

social work and the creator of SpeakingofSuicide.com, a suicide prevention website. "The message can be good and true and inspirational, but that doesn't mean the messenger is immune to the same challenges as everybody else."

This week, two suicides highlighted that grim reality: The suicides of Gregory

Eells, the head of counseling and psychological services at the University of Pennsylvania, and Jarrid Wilson, a California megachurch pastor who was an outspoken mental health advocate.

"When depression is telling you you're not worthy, even if we're trained to combat those false beliefs in others, it's really hard to be able to stop and do that for yourself — especially if you've been doing that for other people all day."

In the United States, suicide is on the rise. Experts say multiple factors lead to someone taking their own life and say suicide can happen to anyone — even the famous and successful, like the celebrities Kate Spade and Anthony Bourdain.

But many say a stigma still exists against seeking help for suicidal thoughts in a place where one would least expect it: in the mental health professional community itself.

"There may be for some people the sense of, 'I'm a counselor, I know what to do, I help other people all day long, I know how to help myself,'" said Lynn Linde, chief knowledge and learning officer for the American Counseling Association, a not-for-profit dedicated to the counseling profession. "Counselors are so busy giving to others that they don't always take care of themselves. They may minimize their own issues."

There can be

fear of professional repercussions too, Freedenthal said. Mental health professionals may be seeing a therapist who knows people in the same professional circles as they do, and "even though there's rules of confidentiality, there's still fear of that being violated."

"They also may feel that they're expected to be stronger," Freedenthal said. While Eells and Wilson were not working as mental health counselors, it was not clear whether they had sought professional help in the weeks before their deaths or what led to their suicides.

Eells had been at the University of Pennsylvania for six months and had found the job more difficult than he expected, his mother told The Philadelphia Inquirer after his death. The

job kept him hundreds of miles away from his wife and family, who were still living in Ithaca, New York, where he had previously worked at Cornell University.

Wilson, a pastor at Harvest Christian Fellowship Church who had founded a Christian organization to help those with mental health and substance abuse, had been open about a longstanding battle with depression. Shortly before his death, Wilson tweeted: "Loving Jesus doesn't always cure suicidal thoughts. Loving Jesus doesn't always cure depression. ... But that doesn't mean Jesus doesn't offer us companionship and comfort."

Jared Pingleton, director of mental health care and ministry for the American Association of Christian Counselors, said many pastors carry the burdens of those in their churches and ignore their own need for self-care.

"I think many times, pastors feel guilty to take care of their own needs," he said. "It's an occupational hazard. By nature, that profession is very, very lonely, very isolated."

[Read more here...](#)



COMMUNITY EVENTS

"We have a new [events page on our website](#). Please check out upcoming events & more information on the events below..."



9/28

MID SHORE OUT OF THE DARKNESS WALK

Sep 28, 11:00 AM – 1:00
PM

Idlewild Park, 115 Idlewild
Ave, Easton, MD 21601

9/29

5K & FALL FEST

Sep 29, 9:00 AM – 02:00
PM

The Osprey 5K fun run and
walk will kick off at 9:00
a.m. followed by a family
friendly Fall Fest which
includes games, activities
and food for all ages.

9/29

ICE CREAM SOCIAL

Sep 29, 6:00 PM – 07:00
PM

UM Shore Medical Center
at Easton Emerge, 219 S

Washington St, Easton, MD
21601

10/2

MARYLAND'S 31ST ANNUAL SUICIDE PREVENTION CONFERENCE

Oct 02, 8:00 AM

104 Powell St, Centreville,
MD 21617

10/4

YOU MATTER SUICIDE PREVENTION CAMPAIGN

Oct 04, 5:00 PM – 08:00
PM

The Bartlett Pear, 28 S
Harrison St, Easton, MD
21601

10/9

HALF & HALF MAT WAIVER TRAINING

Oct 09, 7:30 AM – 12:00

PM

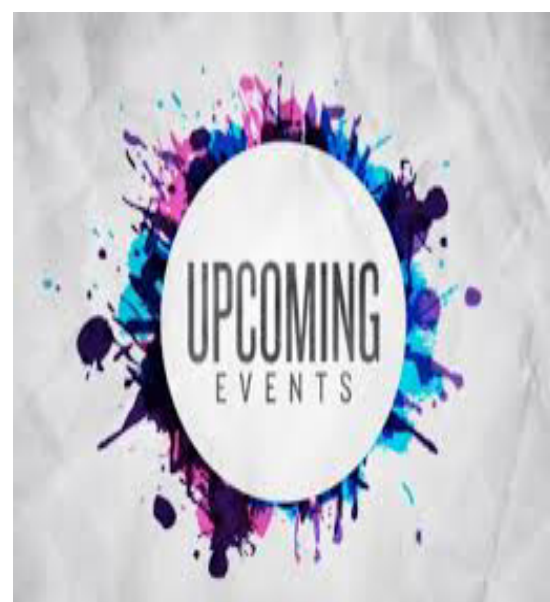
Belcher Pavilion 7th
Floor, 2000 Medical Pkwy,
Annapolis, MD 21401

10/24

BOONANZA W/ ICE SKATING

Oct 24, 6:00 PM – 08:00
PM

Talbot County Community
Center, 10028 Ocean
Gateway, Easton, MD
21601





for all seasons
Behavioral Health & Rape Crisis Center
Restoring Lives. Transforming Communities

YOU'RE INVITED!
For All Seasons kicks off
our Suicide Prevention Campaign

no matter what...
You Matter
suicide prevention

FRIDAY, OCTOBER 4, 5–8 PM
The Bartlett Pear
28 South Harrison Street, Easton, MD
with support from the Easton Business Alliance

410-822-1018 • forallseasonsinc.org

10/26

ADDICTION SUPPORT FOR FAMILIES

Oct 26, 8:00 AM – 04:00
PM

Sheraton Baltimore North
Hotel, 903 Dulaney Valley
Rd, Towson, MD 21204



8 COMMUNITY OPPORTUNITIES

JOB OPPORTUNITIES

Full Time School-Based Mental Health Therapist/ School Year Position in Cambridge
&

Part Time Clinic-Based Therapist in Cambridge and Centreville (Must be LCSW-C)
Competitive Salary and Excellent Benefits. Employment.

&
Employment Specialist w/Mobile Treatment Team
&
Mobile Treatment Substance Use Specialist

Application can be found on line at crmhsinc.com



under Employment tab. **Contact: Brenda Chronister, Administrative Assistant. Chronisterb@ccinonline.com 410-758-3050 ext. 1002**

School-Based and Clinic Based Mental Health Therapist

Competitive benefits, quality supervision and training opportunities are offered in a diverse and rich team-oriented environment. Full-time or Part-time positions available

(Must be a Master's Level Clinician)
Contact: Christy Butcher, Administrative Assistant c.butcher@espsmd.com 410-822-5007 ext. 1201

Director of Programming for Homelessness and Housing Services

The Director of Programming for Homelessness and Housing Services serves as the senior level management person in charge of creating, implementing and managing all programming related to homelessness, housing services and emergency family shelter. Submit resume & cover letter to snewsome@stmartinsministries.org

Transitional Age Youth (TAY) Mentor Specialist

Send resumes, cover letter and salary requirements to:

Lauren Grimes, Director of Network & Peer Services lauren@onourownmd.org

Director of Programming for Homeless & Housing Services

Located in Denton, Maryland. This position is a full-time State merit position with all State benefits. Position is supervisory level of professional social work providing pre-ventative or protective services to vulnerable adults, children or families. **See full description and apply at www.dbm.maryland.gov.**

OMPP TEXTLINE UPDATE

△ The IWIK text line is still active, please continue to share this wonderful resource with the community.

△ IWIK has secured an in-kind donation to continue services at no cost until September 30.

△ IWIK subcommittee seeks interested partners in marketing and outreach initiative. Email: erin.hill@maryland.gov



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**

TEXT
IWIK
TO **71441**

*This is NOT a crisis line. If you're in crisis call 888-407-8018.

24-hour line | 7 days a week
CONFIDENTIAL+ FREE

IF YOU'VE GOT QUESTIONS ABOUT GETTING HELP
WE'VE GOT ANSWERS

Textline brought to you by | WISH I KNEW (IWIK)
from the MidShore Opioid Misuse Prevention Program

IWISHIKNEWMIDSHORE.ORG

SAMHSA | BHA

If: A Father's Advice to His Son...A Perseverance Poem

If you can keep your head when all about you are losing theirs and blaming it on you, if you can trust yourself when all men doubt you, but make allowance for their doubting too; If you can wait and not be tired by waiting, or being lied about, don't deal in lies, or being hated, don't give way to hating, and yet don't look too good, nor talk too wise. If you can dream - and not make dreams your master; If you can think - and not make thoughts your aim; If you can meet with triumph and disaster, and treat those two impostors just the same; If you can bear to hear the truth you've spoken twisted by knaves to make a trap for fools, or watch the things you gave your life to,

broken, and stoop and build 'em up with worn-out tools. If you can make one heap of all your winnings and risk it on one turn of pitch-and-toss, and lose, and start again at your beginnings and never breathe a word about your loss; if you can force your heart and nerve and sinew to serve your turn long after they are gone, and so hold on when there is nothing in you except the will which says to them: 'Hold on! If you can talk with crowds and keep your virtue, or walk with Kings - nor lose the common touch, if neither foes nor loving friends can hurt you, if all men count with you, but none too much; If you can fill the unforgetting minute with sixty seconds' worth of distance run, yours is the Earth and everything that's in it, and - which is more - you'll be a Man, my son!" - **Rudyard Kipling**



Provider Alert

Maryland Provider eNewsletter

[Please click here for the Maryland Provider eNewsletter.](#)



YOU CAN TALK TO ME

HOW TO BE A FRIEND/PARTNER WHO ALWAYS KNOWS WHAT TO SAY.

- ERIN LEONARD, PH.D., PSYCHOLOGY TODAY

It's tough to see or hear of a friend in crisis. Empathic people often feel a kick to the gut when a person they care about experiences a heart ache. Whether it's the loss of a spouse, a medical issue with a child, or a painful divorce,

One idea to keep in mind is that it is healthy for the distressed person to feel what he or she feels in the moment. Perhaps it is anger or despair. Telling the person not to feel sad or angry usually does them a disservice. Although it is not

less alone and connected to the person who understands. A person who experiences empathy from a friend who can "go there" for a few minutes in order to authentically understand while still maintaining a strong and supportive stance may be relieving and healing. One important consideration is that if the friend threatens harm to himself or herself, it is critical to support him or her to quickly access professional help. While a friend is telling you about the circumstance, the first and most important step is to listen for feelings, not ways to solve the problem. For example, say a friend is distraught because her husband is threatening to leave her. Instead of saying, "Let him go. He's not worth it" or "You are better off without him," which are phrases that do not honor what the friend

“You are so hurt. You feel so betrayed. Its awful.” After fully empathizing with the feelings, ask what would help. “What would help you feel better? Yoga? Comedy club? Tennis? Sushi?”

a person may be haunted by the pain a loved one is experiencing. Yet, the risk of saying the wrong thing and compounding the hurt is sometimes paralyzing.

pleasant to see a friend in emotional pain, what he or she feels needs to be honored and respected. When a person in crisis feels understood, he or she feels



feels, say things like, “You are so upset. It hurts. I get it. You are devastated.” After fully honoring the feelings, it is important to ask the friend what would help. Maybe it’s a good cry and some ice cream. Perhaps a walk. It could be dressing up and going out on the town. Everyone has different ways of coping. Be respectful and ask the friend what she needs or wants, not what you prescribe. Next, offer reassurance and a “big picture” perspective. Following the empathy and support, it may be the right moment to offer an opinion, like “He doesn’t seem to share your values” or “He doesn’t seem emotionally available.” As long as the friend’s feelings were honored and she experienced support, it’s okay to then

assist her in gaining perspective. When a person is hurting it’s often tough to step back and see the forest for the trees, so helping the friend with this is most beneficial after he or she has been soothed by empathy and grounded with support. Finally, follow up. The acute crisis may abate, but some pain will persist. Check in with the friend frequently and send texts or messages that do not require a response but offer love and support. “Hi Shelly, you don’t need to respond. I just want you to know I’m thinking about you and I think the world of you.” Often a crisis is taxing and talking may be exhausting, or the person isn’t in a space to talk, so sending supportive and empowering messages may help. It’s probable the person may absorb the caring message and be able to continue putting one foot in front of the other. Take a

second example, say a close friend is being misrepresented by other friends. The friends are gossiping about her. She is left out of events she had been invited to in the past and rebuffed by the people in her social circle. The friend is reeling from the unfair attack and the knowledge that close friends are aligning against her. During a conversation with her, listen for feelings. Honor her hurt and shock. “You are so hurt. You feel so betrayed. It’s awful.” After fully empathizing with the feelings, ask what would help. “What would help you feel better? Yoga? Comedy club? Tennis? Sushi?” Next, help her see the big picture. “People who only listen to one side of the story are not terribly sophisticated.” “It’s probably jealousy fueling this bullying.” If the person isn’t ready to talk about it, give him or her space, but routinely circle back and send encouraging and empowering messages in the following days and weeks. Let the person know that you are available to listen when he or she is ready.

[Visit this article here!](#)



The image shows the front cover of a book. The cover is dark, possibly black or dark navy blue, with a visible vertical crease on the left side indicating the spine. The surface has a slightly textured, leather-like appearance. In the center, there is a horizontal rectangular label with a thin red border. The label has a white background and the words "BE OPTIMISTIC" printed in a black, sans-serif, all-caps font. On either side of the text, within the label, there is a small, circular, embossed or printed mark that resembles a stylized flower or a logo. The lighting is even, highlighting the texture of the cover and the label.

BE OPTIMISTIC