



The Steering Wheel

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

October 2017

Volume 6, Issue 28

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Follow us:



Take the Pledge: Learn About Mental Illness

This year, Oct. 1–7 is Mental Illness Awareness Week, a time to shine a light on mental illness and replace stigma with hope. Each year we fight stigma, provide support, educate the public and advocate for equal care. You can get involved at www.nami.org/miaw.

One in five adults experiences a mental illness in any given year. Those problems can contribute to onset of more serious long-term conditions such as major depression, bipolar disorder or schizophrenia. Approximately one-half of chronic mental illness begins by the age of 14. Unfortunately, long delays—sometimes decades—often occur between the time symptoms first appear and when people get help.

It is critical to learn to recognize early symptoms of mental illness and talk with a doctor about any concerns. Early identification and treatment can make a big difference for successful management of a condition.

For example, major depression is a mood disorder that is more serious than “feeling blue” or temporary sadness. Be alert to any combination of the following symptoms:

- Depressed mood (sadness)
- Poor concentration
- Insomnia
- Fatigue
- Disturbance of appetite
- Feelings of guilt
- Thoughts of suicide

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.

Bipolar disorder involves cycles of both depression and mania. It is different from normal “ups and downs” that many people experience. It involves dramatic shifts in mood, energy and ability to think clearly. Symptoms are not the same in everyone; some people may experience intense “highs,” while others primarily experience depression. Mania involves combinations of the following symptoms:

- Euphoria
- Surges of energy
- Reduced need for sleep
- Grandiosity
- Talkativeness
- Extreme irritability
- Agitation
- Pleasure-seeking
- Increased risk-taking behavior

Schizophrenia is a different type of mental illness but can include features of mood disorders. It affects a person’s ability to think clearly, manage emotions, make decisions and relate to other people. Untreated, it also may include psychosis—a loss of contact with reality. Symptoms include:

- Difficulty with memory
- Difficulty in organizing thoughts
- Lack of content in speech
- Emotional flatness
- Inability to start or follow through with activities
- Inability to experience pleasure
- Delusions
- Hallucinations

Other types of mental illness include attention-deficit hyperactivity disorder (ADHD), anxiety disorders (including posttraumatic stress disorder) and borderline personality disorder. Mental Illness Awareness Week is a time to learn about them all.

During Mental Illness Awareness Week, there will be many opportunities to learn more and provide support. In addition, as part of Mental Illness Awareness Week, National Depression Screening Day will be held on Thursday, Oct. 5. Organizations around the world are encouraged to offer free, anonymous questionnaires that can help individuals identify potential signs of depression. Learn more at www.mentalhealthscreening.org/programs/ndsd.

NAMI offers helpful information through its website (www.nami.org) and HelpLine (800-950-NAMI (6264)). With affiliates in hundreds of communities nationwide, NAMI also offers free education classes and support groups.

Anyone who experiences symptoms of mental illness should see a doctor to discuss and be checked for possibly related physical conditions. The next step might be referral to mental health specialist. Many treatment options exist.

During Mental Illness Awareness Week, please take the first step by taking the #StigmaFree Pledge at www.nami.org/stigmafree. Help yourself, your family, your friends and your community. Help make a difference by saving lives and supporting recovery.



**Join us for the FY18 series of free webinars
(September, 2017-June, 2018) designed to provide
additional problem gambling clinical training on a
variety of topics.**

FREE WEBINARs - FREE CEUs

**For more information on the FY18 Webinar Series
and to register**

[CLICK HERE](#)

All webinars are held on Friday once a month for one (1) hour, 12:00-1:00 PM EST. One (1) CEU will be awarded for each webinar.

- September 22, 2017 - *What Does Gambling Disorder Recovery Look Like*
- October 27, 2017 - *Screening for Gambling Problems*
- November 17, 2017 - *Problem Gambling Assessment*
- December 15, 2017 - *How to Engage Clients in Treatment*
- January 26, 2018 - *Responsible Gambling*
- February 23, 2018 - *Have the Conversation*
- March 30, 2018 - *Harm Reduction and Gambling Disorder*
- April 27, 2018 - *Treatment Planning with Gambling Disordered Clients*
- May 25, 2018 - *Gambling Problems and Serious Mental Illness*
- June 29, 2018 - *Youth and Problem Gambling*

All clinical training is offered free of charge and CEUs are awarded for Maryland licensed psychologists, social workers, counselors and therapists, and alcohol and drug addiction counselors.

To Register [CLICK HERE](#)

For a complete listing of FY18 Clinical Training

[CLICK HERE](#)

For questions on clinical training, please contact:

Donna Gaspar

dgaspar@som.umaryland.edu

[667-214-2120](tel:667-214-2120)

HELPLINE: 1-800-GAMBLER

www.mdproblemgambling.com

Unique Partnership Helps Save Lives in Talbot County

*Chamber of Commerce Offers Naloxone 'Lunch and Learns'
with Talbot County Health Department Prevention Office*

Naloxone Training: A Lunch & Learn for Local Businesses

at the
Talbot County Chamber of Commerce
101 Marlboro Avenue, Suite 53, Easton

Click the date you would like to register for below:

[Thursday, October 5, 12-1pm](#)

[Tuesday, October 24, 12-1pm](#)

[Wednesday, November 8, 12-1pm](#)

[Thursday, November 30, 12-1pm](#)

Naloxone is a life-saving medication that reverses an opioid overdose yet has no abuse potential. Side effects are minimal and the medication is safe for children and pregnant women.

Local business owners and employees are invited to a series of chamber 'Lunch and Learns,' which provide a unique opportunity for training during a weekday lunch hour. Training takes about 30 minutes and participants will receive a free box of Naloxone, with two doses in each box. Businesses that have staff trained will receive a window cling that shows customers that a business has had Naloxone training.

Each business trained will receive one free box of Naloxone, but may have as many employees trained as desired.

Light snacks provided or bring your lunch

Presented by Alexandra Duff, Prevention Coordinator, TCHD

Click on date above to register.

Talbot County Chamber of Commerce
P.O. Box 1366 | Easton, MD 21601 | 410.822.4653
info@talbotchamber.org



ETHICS IN SOCIAL MEDIA

MEETS MDBSWA ETHICS REQUIREMENT

\$30.00 FEE—3 CEUS

WHEN

October 6th, 2017

1pm—4:15pm

WHERE

Cecil County Health Department

401 Bow Street, Elkton, MD 21921

Presented by: Samara Stone, LCSWA-C

Have you googled your name? Chances are your clients have. This engaging and interactive training provides hands on tools to help you become aware of your online presence and explore ethical implications in a tech savvy world. Learn how to protect your online presence by reviewing current trends in social media and examining the mental health field's ethical standards for best practices in clinical work.

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



**HOSTED BY THE SHORE TRAINING
COLLABORATIVE
THROUGH THE**



Mental Health Association
of the Eastern Shore

**Funded in Part by the Rural
Maryland Council**





Wor-Wic Community College Presents
**Ethical and Clinical
Considerations
for the Helping Professional**

**Presenter: Gregory M. Hunter, MCP, MS, CSW-C, CISD
Educator, Therapist and Trainer**

Wednesday, October 25, 2017

8:30 am to 4:30 pm

Henson Hall Room 105

(Sign In 8:00 to 8:30 am)

Course Number: ZALH-075-0202

Tuition: \$75 Fee: \$25

**(Includes registration, breakfast and lunch,
handouts and 6.5 Category I CEUs)**

Overview

Today, clinicians constantly face ethical and professional issues that relate to their clinical practice. Clinicians are continually being challenged by questions regarding confidentiality, cultural sensitivity, competence, boundaries and multiple relationships (social, business or financial) with a client or other individuals associated with the client and client/counselor rights. These ethical, clinical and/or legal issues are tremendously important if you provide individual, group or family counseling; whether you are a supervisor, consultant or counselor performing community work.

This one-day course will assist participants in developing the critical skills necessary for ethical decision making, understanding various levels of ethical practice and working with diverse client populations. Use of real-life case studies, group discussion, exercises and role playing will provide participants with opportunities to practice effective strategies to bring about the most positive outcomes for the client and therapist as well.

Course Objectives

Upon completion of this course, students will be able to:

1. describe a minimum of three (3) basic ethical theories;
2. explain the steps necessary for making ethical decisions;
3. differentiate between dual and multiple relationships and other boundary violations;
4. define and determine the relationship between counselor self-awareness and self-care; and
5. examine cultural tunnel vision and intergenerational workplace communication.

Agenda

- 8:00 – 8:30 Sign In (Light breakfast provided)
8:30 – 9:00 Welcome and Introductions
9:00 – 9:30 Ice Breaker and Pre-Test
9:30 – 10:00 Framework for Thinking Ethically
10:00 – 10:15 Break
10:15 – 11:15 Values and the Helping Relationship: The Clinician as a Person and Professional
a. Self-Awareness and Personality;
b. Motivation; and
c. Unresolved Conflicts
11:15 – 12:00 Multicultural Perspectives and Diversity Issues
a. Cultural Tunnel Vision
b. Challenges of Reaching Diverse Client Populations
12:00 – 1:00 Lunch (Provided)
1:00 – 2:30 Case Study and Discussion
2:30 – 2:45 Break
2:45 – 4:00 Boundaries and Multiple Relationships
4:00 – 4:30 Wrap-Up, Post-Test and Evaluations



Speaker

Greg Hunter is a Licensed Clinical Social Worker, Certified Addiction Counselor and Certified Instructional Designer. He is a professional counselor and trainer with expertise in the addictions field and social work. He has been the full time director of a pre-college program for disadvantaged public high school students since 1987. His specialty is teaching applied human and behavioral sciences courses. He has served as adjunct professor at several Maryland colleges and has been a long time trainer for Maryland's Office of Workforce Development and Training.

**Early registration is encouraged due to
limited seating.**

**Students must attend 100% of course
hours to earn 6.5 Category I CEUs.**

**Please contact Teresa Tyndall, Director of
CEWD Allied Health, at 410-334-6781 or
ttyndall@worwic.edu for additional
information.**

WWCC is authorized by the Maryland Board of Social Work Examiners to sponsor social work continuing education programs and maintains full responsibility for this program. This training qualifies for 6.5 Category I continuing education units and is also recognized and accepted by the Maryland Board of Examiners of Professional Counselors and the Maryland Board of Examiners of Psychologists.

A certificate of attendance for this Category I activity will be distributed via email to those who meet the attendance requirement and complete the course evaluation.





Position Description for AmeriCorps Member at Dorchester County Health Department 2017-18

The Dorchester County Health Department is seeking a quarter-time AmeriCorps Member!

The member will focus their efforts on assisting the MidShore OMPP with their Strategic Plan for Fiscal Year 2018. The AmeriCorps member will allow us to increase our presence in the region and they will have the ability to assist with the planning, programming, implementation, and evaluation of our strategic plan.

The AmeriCorps position with Dorchester County Health Department will serve primarily during business hours and some nights and weekends as needed.

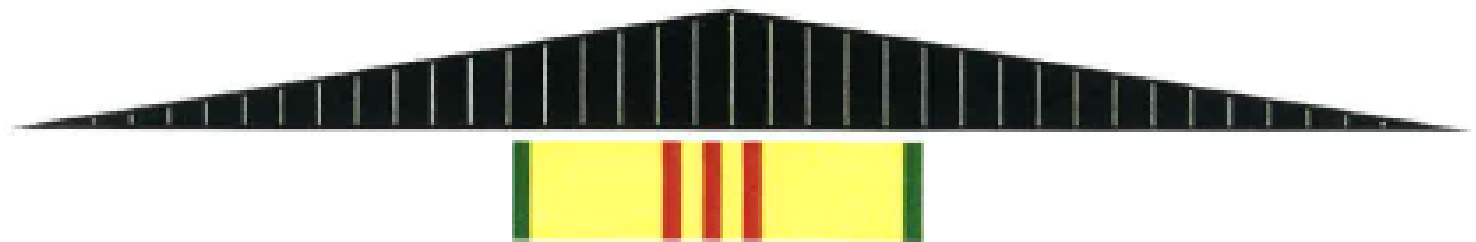
Requirements for applicants include the following:

- Have a strong interest in serving the community
- Be at least 18 years of age
- Able to provide copy of either high school diploma, GED, or college transcript
- Have reliable transportation
- Be available to serve for approximately 10 hours/week for half-time service for at least 48 weeks.
- Must successfully pass a comprehensive Criminal History Check, which includes FBI fingerprinting
- Must be a U.S. Citizen, U.S. National, or lawful permanent resident alien

Benefits available to the AmeriCorps Member:

- Valuable job experience in the area of non-profit management
- Joining a fun team committed to help you learn and grow
- A bi-weekly stipend of \$93.75
- Receipt of educational award to be used toward educational loans or future educational expenses upon completion of service year requirements in the amount of \$1,538

Applications will be accepted until all positions are filled. An application can be downloaded from the ShoreCorps web site: www.salisbury.edu/ameriCorps/Member-info.html



THE VIETNAM TRAVELING MEMORIAL WALL ®

EASTON, MARYLAND

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

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

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

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

Name: _____

Address: _____

Phone: _____

Email: _____

Date and Times Available: _____

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

Thank you for assisting with this most worthy event.



The Salvation Army will be accepting Applications for:

- Thanksgiving Basket
- Christmas Basket
- Angel Tree Program

Where: 200 Washington St., Cambridge. MD 21613

When: October 2 -13, 2017

9:30 am - Noon or 1:00 pm – 3:00pm Monday- Friday

Who: Applicants are to be a resident of Caroline, Dorchester, Talbot or Queen Anne's Counties

- **Children ages Newborn through 12 years old are eligible for the Angel Tree Program with approved applications. Clothing and shoe sizes for children 12 and under will be needed.**
- **Families and Seniors (65+) are eligible for a food basket with approved applications.**

You are to bring the following items:

- Photo ID for the applicant
- Proof of residency (Utility Bill)
- **A Secondary form of identification** for all members of the household ****
- Birth Certificate for all children
- Proof of Income and Monthly expense
- Proof of Food Stamps

******* Accepted forms of Secondary ID:**

- | | |
|---|-----------------------------------|
| • State Issued Drivers license | * Employee ID |
| • State issued or government issue photo ID | * School ID |
| • US Passport | * Health Ins. Card(not Medicare) |
| • Matricula Consular ID | * U S Military ID |

(If none of the above are available clients may show Social Security Card as a secondary ID)



Shelter OPEN October 1, 2017 through April 2018

Sign in time is 6pm-7pm nightly

Location is designated shelter space within KI United Methodist
Church: 2739 Cox Neck Rd, Chester

*The shelter rules, policies and procedures will be in place again this
shelter season as well as case management services that help each client
receive services that help move them onward to safe and affordable
housing.*

Contact Sandi Wiscott, Director of Operations: 410-739-7859 for more
info.

*In Honor of Breast Cancer Awareness Month,
Please Join Us for...*

The Pink Party



*In Support of
Susan G. Komen Maryland*

Friday, October 6th 5:30~7:30^{pm}

Bountiful INTERIORS

Talbottown • 218 N. Washington St • Easton, MD 21601 • 410-819-8666
20% of retail proceeds from this event will benefit Susan G. Komen Maryland

Presented by QAC Drug Free Coalition Visit www.facebook.com/qacdfo.

Additional Support by QAC Commissioners, QAC Sheriff, MSP, Centreville PD, QAC Emergency Services, KI Elks, KI United Methodist Church, and Celebrate Recovery.

KENT ISLAND TOWN HALL 2

NOT MY CHILD? THINK AGAIN!

Help is available!

GAIN INSIGHT ON:

- What signs to look for
- Who to call
- Current drug/alcohol trends & prevention strategies
- Treatment options
- The life recovery of an heroin addict

FACTS:

- ♦ Over 50% of kids who abuse prescription pills get them from friends and/or family.
- ♦ Over 7% of mid-shore high school students have tried heroin.
- ♦ 4 out of 5 heroin users started with prescription painkillers.

OCTOBER 12, 2017

- ☑ Come early for light refreshments, and to collect resources.
- ☑ Visit a teen's mock bedroom to locate paraphernalia/drugs.
- ☑ Speak to treatment providers.
- ☑ Narcan training.
- ☑ Talk to community outreach groups: Celebrate Recovery, NA, AA, AL-ANON, and NARANON.
- ☑ Visit the Elks Drug Awareness booth, and meet Elroy!
- ☑ Try to walk with Double Vision Goggles
- ☑ Activities for children.

Q & A with expert panel members, Moms, and QA residents in recovery after presentations.

Stevensville Middle School
Doors open at 6:00 PM
Program at 7:00 PM

STATE OF EMERGENCY:

Our Community Needs Your Help to Fight This Epidemic.

FREE Vendor Tables: Register by contacting Kathy Wright at kathyw518@yahoo.com or call 443.480.4949

Not a QACPS Sponsored Event

THRIVE

SENIOR LIFE AFTER 55



*Promoting
Senior Life
After 55!*

**Saturday, October 14
10AM – 3PM**

MAC

Maintaining Active Citizens
Dorchester, Somerset, Wicomico, Worcester

MAC Inc. Maintaining Active Citizens
909 Progress Circle, Salisbury, MD 21804

THE EVENT WILL FEATURE

Vendors • Door Prizes/Giveaways • Demonstrations
Interactive Activities • Food • Entertainment

INDEPENDENT
salisburyindependent.net

**DORCHESTER
BANNER**
www.dorchesterbanner.com

County Times
www.cscetimes.com

Interested in being a sponsor of vendor?
Contact Cathy Koyanagi at (410) 603-1707 or email: ckoyanagi@newszap.com



EASTERN SHORE STAND DOWN

Veterans and Families Welcome!

(proof of military association requested)

Saturday, October 14th, 2017
10:00 A.M. - 3:00 P.M.

This ONE DAY event serves Veterans and their families who need housing, jobs, benefits, and other services.

AMERICAN LEGION POST 64

1109 American Legion Road — Salisbury, MD

There will be food, music, benefits referrals and more.

If you are interested in volunteering or providing services contact David Wharton at 410-742-1571

Thank you to our SPONSORS



Dorchester County Public Library DOWNTOWN ZOMBIE WALK

~ Friday, October 20th @ 3pm ~

Family Friendly - All ages Welcome!

Help us benefit local food banks
by bringing a canned good
or non-perishable item!

Come to the
Library Meeting Room
@ 2pm to zombie yourself!
(Makeup Provided)



*For more info contact Tiffany at 410-228-7339

ADDICTIONS AWARENESS DAY

10/23/2017

5:30-7:30

Please join us as Sherriff 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



30 DAY Wellness Challenge

**Join our 30 Day Wellness Challenge!
November 1st – November 30th**

**Make small changes one day at a time,
and feel healthier and more empowered
by the end of 30 days.**

Here's how it works:

- Every day complete a simple and fun task related to a particular facet of wellness (such as physical, emotional or environmental)
- Network with peers, provide and receive support, and swap tips and ideas on our designated Facebook page, *and*
- You can win great prizes!

Note: This challenge is done through Facebook, so those interested in participating will need access to a Facebook account. If anyone needs help in setting up a Facebook account, please have them call Michelle Livshin or Kristen Myers at 410-540-9020.

"I had a wonderful experience with the challenge. It really helped me to take pause, be good to myself, and appreciate so many little things that I take for granted daily. I'm actually sad it's over."

"The challenge helped me learn a lot about myself and what's important to me. It helped me to focus on the positive aspects of daily life."

**Spots are limited.
Register soon!**

Go to

www.onourownmd.org/events

or email

your full name

and Facebook name to

30day@onourownmd.org

by October 23, 2017.

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:

- have a school-age child with mental health challenges and
- live 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:

- collaborating with your child's school
- taking care of yourself
- empowering 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
Attendance both days is required

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.

Save the Date

December 1, 2017

Chesapeake College

Wye Mills, MD

8:30 am – 3:30 pm

Sponsored by:

Governor's Office for Children and the Caroline

Human Services Council in Partnership with the Mid-

Shore Local Management Boards and Upper Shore

Judy Centers and Chesapeake College

For more information call 410-479-3298



Ira J. Chasnoff, M.D.,

is an award-winning author, researcher and lecturer, is President of NTI Upstream and a Professor of Clinical Pediatrics at the University of Illinois College of Medicine. He is one of the nation's leading researchers in the field of child development and the effects of maternal alcohol and drug use on the newborn infant and child. Dr. Chasnoff's most recent work focuses on community approaches to the integration of behavioral health services into primary health care for women and children and the occurrence of co-occurring mental health disorders in children who have been exposed to alcohol, methamphetamine, cocaine, and other drugs.

Supporting Caregivers of Children Affected by Substance Abuse

Topics:

- Characteristics of infants and children born with Neonatal Abstinence Syndrome, including short and long term effects (based on current research)
- Stage that the fetal brain is most vulnerable to drug/alcohol exposure
- Relationship between drug affected newborns and SIDS (particularly between 4 months through 12 months)
- Difference in behavioral needs of young children affected by substance abuse and their peers
- Developmental needs of infants and young children affected by substance abuse
- Basic techniques to use when offering support for those caring for drug affected infants and children

You're invited!

For All Seasons kicks off
MENTAL HEALTH AWARENESS WEEK
and the launch of their new suicide
prevention campaign,
NO MATTER WHAT... YOU MATTER
at Easton's First Friday event.

no matter what...

You Matter

Stop by for a
complimentary
glass of bubbly.

Make us part of your First Friday stroll
through the local galleries and shops to learn
about how our local business community is
supporting Mental Health Awareness Week.

Join us at the Bartlett Pear

28 South Harrison Street, Easton, MD

Friday, October 6, 2017, 5-8 p.m.

Live music by the Choptank River Big Band

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

With support from the
Easton Business Alliance

410-822-1018 • forallseasonsinc.org



Easton Business Community Supports For All Seasons Suicide Prevention Campaign

Shop & Dine in Downtown Easton
October 6 - 14, 2017

The following Easton businesses will donate a portion of their sales on the following dates:

Bon Mojo	Fri Oct 13	Levity	Thu Oct 12
Chef and Shower	Sat Oct 14	Lizzie Dee	Wed Oct 11
Colonial Jewelers of Easton	Fri Oct 13	Marc Randall	Fri Oct 13
Easton Bowl	Fri Oct 13	Nestled Baby & Child	Fri Oct 13
Harrison's Wines and Liquors	Wed Oct 11	Out of the Fire	Thu Oct 12
Kiln Born Creations	Sun Oct 08	Rise Up Coffee	Tue Oct 10
Krave	Fri Oct 13	Trade Whims	Fri Oct 13
La De Da	Fri Oct 13	Vintage Books and Fine Arts	Fri Oct 13

Additional Sponsors include:

Acme	Easton Business Alliance	Talbot Mentors
Ashley Insurance	Easton Pizzeria	Tidewater Inn
Bartlett Pear Inn	Hair of the Dog	Ed & Beth Anne Langrell
Choptank River Big Band	Laser Letters	Diane Flagler
Doc's Downtown Grille	QATV	Mary Wittemann & David Urbani
		Westphal Jewelers

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

Providing Help, Hope & Healing For More Than 30 Years

MAIN OFFICE: 300 Talbot Street, Easton, Maryland 21601 • 410-822-1018 • forallseasonsinc.org

For All Seasons is a 501(c)3 nonprofit organization. All contributions are tax deductible to the full extent of the law.

no matter what...

You Matter

You Can Help Prevent Suicide

- **1 in 5 Americans** live with a mental health condition.
- For every suicide, **25 suicide attempts** are made.
- Every 13 minutes **someone dies** by suicide.

For All Seasons provides:

Trauma Certified Individual,
Family and Group Therapy

Adult, Child & Adolescent
Psychiatry

Crisis and Advocacy Services
for Adult, Child & Adolescent
Victims of Sexual Assault,
Rape and Trauma



Monthly Grief Support Groups

“It’s A Guy’s Thing” Support Group— 1st and 3rd Wednesday of every month, 8:30 a.m. to 9:30 a.m., Commerce Street Creamery, 110 N. Commerce St., Centreville. For men who have experienced any type of loss.

Bereaved Parent Support Group— 1st Monday of every month, 6:30 p.m. to 8:30 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. For individuals dealing with the loss of a child.

HALOS- Healing After a Loved One’s Suicide Support Group— 2nd Wednesday of every month, 6:30 p.m. to 8:30 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. For individuals dealing with the loss of a loved one from suicide.

RASP- Reconciling After a Substance Passing Support Group— 3rd Thursday of every month, 6:30 p.m. to 8:30 p.m., The Hope & Healing Center, 255 Comet Drive, Centreville. For individuals dealing with the loss of a loved one from drug overdose.

All Losses Lunch Support Group— 4th Tuesday of every month, 11:30 a.m. to 12:30 p.m., location TBD, Federalsburg. For individuals who have experienced any type of loss.

There is no cost to attend. Anyone 18 and older is welcome to drop-in as needed. For more information, contact 443-262-4100 or visit, www.compassregionalhospice.org/hopeandhealing



PROVIDER ALERT

ACCREDITATION AND LICENSING UNDER COMAR 10.63

SEPTEMBER 26, 2017

Community-Based Behavioral Health providers are reminded that the deadlines for accreditation and licensing under COMAR 10.63 are rapidly approaching. These regulations potentially affect providers that may not have been required to obtain accreditation and/or licensing in the past. To determine whether or not a specific agency/program/service is required to be licensed under COMAR 10.63, the Behavioral Health Administration has provided important materials, including the application and a decision tree, on its website:

<https://bha.health.maryland.gov/Pages/Accreditation-Information.aspx>.

Agencies/providers with questions or concerns about the regulations or deadlines should send their inquiries to bha.regulations@maryland.gov as soon as possible. When emailing your questions, please also provide the following information: agency name; contact person and telephone number; whether an Accrediting Organization (AO) has been selected (if applicable), and if so, which one was selected; the status of the AO application; and the date of the scheduled accreditation visit.



PROVIDER ALERT

DLA-20 CHANGES

SEPTEMBER 26, 2017

Effective the weekend of September 23/24, 2017, the DLA-20 questionnaire will also be updated as follows:

- 1) The "Date DLA-20 was Completed" field cannot be greater than the current date (i.e., not a future date)

Requested Services Header

Requested Start Date 08/15/2017	Member Name [Text Field]	Provider Name [Text Field]	Vendor ID [Text Field]	Save Request as Draft
Type of Request CONCURRENT	Member ID [Text Field]	Provider ID [Text Field]	Provider Alternate ID [Text Field]	NPI # for Authorization SELECT...
Level of Service OUTPATIENT/COMMUNITY BASED	Type of Service MENTAL HEALTH	Level of Care OUTPATIENT	Type of Care PSYCHIATRIC REHABILITATION (REHABILITATIVE SERV)	Authorized User [Text Field]
		Vendor Medicaid or ALT ID [Text Field]	Vendor NPI # [Text Field]	

• Date DLA-20 Was Completed cannot be greater than the current date.

Daily Living Activities (DLA-20): Adult Mental Health

Person Who Completed the DLA-20:

*First Name [Text Field]	*Last Name [Text Field]	*Title [Text Field]
*Agency Affiliation [Text Field]	*Date DLA-20 Was Completed (MMDDYYYY) 08162017 [Calendar Icon]	

☒ I attest that the individual who administered the DLA-20 in this instance is credentialed and privileged by MTM Services.

- 2) The "Date DLA-20 was Completed" field cannot be prior to or the same as the previous "Date DLA-20 was Completed" field.

Requested Services Header

Requested Start Date 08/15/2017	Member Name [Text Field]	Provider Name [Text Field]	Vendor ID [Text Field]	Save Request as Draft
Type of Request CONCURRENT	Member ID [Text Field]	Provider ID [Text Field]	Provider Alternate ID [Text Field]	NPI # for Authorization SELECT...
Level of Service OUTPATIENT/COMMUNITY BASED	Type of Service MENTAL HEALTH	Level of Care OUTPATIENT	Type of Care PSYCHIATRIC REHABILITATION (REHABILITATIVE SERV)	Authorized User [Text Field]
		Vendor Medicaid or ALT ID [Text Field]	Vendor NPI # [Text Field]	

• Date DLA-20 Was Completed cannot be prior to or the same as the previous Date DLA-20 Was Completed (07202017).

Daily Living Activities (DLA-20): Adult Mental Health

Person Who Completed the DLA-20:

*First Name [Text Field]	*Last Name [Text Field]	*Title [Text Field]
*Agency Affiliation [Text Field]	*Date DLA-20 Was Completed (MMDDYYYY) 07192017 [Calendar Icon]	

☒ I attest that the individual who administered the DLA-20 in this instance is credentialed and privileged by MTM Services.



- 3) The “Date DLA-20 was Completed” field cannot be prior to or the same as the previous “Date DLA-20 was Completed” field.

Requested Services Header

Requested Start Date 06/20/2017	Member Name <input type="text"/>	Provider Name <input type="text"/>	Vendor ID <input type="text"/>	Save Request as Draft
Type of Request CONCURRENT	Member ID <input type="text"/>	Provider ID <input type="text"/>	Provider Alternate ID <input type="text"/>	NPI # For Authorization SELECT... <input type="text"/>
Level of Service OUTPATIENT/COMMUNITY BASED	Type of Service MENTAL HEALTH	Level of Care OUTPATIENT	Type of Case PSYCHIATRIC REHABILITATION (REHABILITATIVE SERV)	Authorized User <input type="text"/>
		Vendor Medicaid or All ID <input type="text"/>	Vendor NPI # <input type="text"/>	

• Date DLA-20 Was Completed cannot be more than 30 days prior to the Requested Start Date.

Daily Living Activities (DLA-20): Adult Mental Health

Person Who Completed the DLA-20:

*First Name <input type="text"/>	*Last Name <input type="text"/>	*Title <input type="text"/>
*Agency Affiliation <input type="text"/>	*Date DLA-20 Was Completed (MM/DD/YYYY) <input type="text"/> <input type="button" value="OK"/>	

☒ *I attest that the individual who administered the DLA-20 in this instance is credentialed and privileged by MTM Services.

If you have any questions, please feel free to email:
marylandproviderrelations@beaconhealthoptions.com



PROVIDER ALERT

UNINSURED MEMBER REGISTRATION

SEPTEMBER 26, 2017

Effective the weekend of September 23/24, 2017, the Uninsured Member Registration Process will be updated. See changes below.

Uninsured Member Registration Process will be updated as follows:

- 1) All requests that do not meet the minimum criteria for uninsured benefits will be stopped from continuing the registration process instead of being automatically approved for a courtesy review span.

NOTE: This update will not change the existing logic of assigning an "MCOU" funding source if during the registration process the provider is requesting "Grant Funded Services".

Member Does Not Meet Criteria Red Dot Error

A screenshot of the ProviderConnect Member Registration form. At the top left is the "PROVIDERCONNECT" logo with "BEACON HEALTH OPTIONS" underneath. A red dot error message is displayed in the center: "Red Dot Error displays when None of the six minimum uninsured criteria for benefits conditions are met". Below this, a red bullet point states: "• Member does not meet criteria for uninsured benefits." The section is titled "Member Registration" in blue. Below the title, it says "All fields marked with an asterisk (*) are required." and "Note: Disable pop-up blocker functionality to view all appropriate links." At the bottom, there is a field for "Registration Start Date (MMDDYYYY)" with the value "07102017" entered and a calendar icon to its right.

The provider then needs to contact the CSA/LAA/LBHA for an exception to the criteria. This process remains the same and is outlined in the following Provider Alert:

<http://maryland.beaconhealthoptions.com/provider/alerts/2017/080417-Uninsured-Process-Update.pdf>



2) Verbiage updated on “Grant Funded Services” checkbox

Member Registration

All fields marked with an asterisk (*) are required.
After creating your account, you can view all appropriate links.

*Registration Start Date (MM/DD/YYYY)
04/01/2017

Demographics

*Last Name: [Text Field] *First Name: [Text Field] Middle Name: [Text Field] Suffix: [Text Field]

*Date of Birth (MM/DD/YYYY): 03/01/2016 *Social Security Number (SSN): [Text Field] *Gender: ☐ Male ☐ Female ☐ Unknown
☐ Unknown ☐ No SSN

*Primary Address: [Text Field] Address Line 2: [Text Field] City: BALTIMORE *State: MD *Zip Code: 21124 [Select City State Zip](#) [Update Member Demographics](#)

*County: 43 - BALTIMORE COUNTY *Phone: (410) 666-8145

Requested Services

*Type of Service Requested

☐ Grant Funded Substance Use Services. Our de-identified data is submitted to Medicaid with the grant-based services for the Maryland Recovery Network, The Justice Services Program (8-507), and The Pregnant Women and Women with Children (PWC) Programs. You may also check this box if you are entering a member for data collection only for services that have not yet transitioned to Beacon for payment, i.e., ASAM Level 3.1. If you are not certain whether the services you will be requesting for this member are considered grant-funded or are paid through Beacon Health Options, YOU SHOULD NOT SELECT THIS CHECKBOX. Please contact Customer Service for additional help.

New Verbiage: “Check this box to register members associated with the grant based services for the Maryland Recovery Network, The Justice Services Program (8-507), and The Pregnant Women and Women with Children (PWC) Program. You may also check this box if you are entering a member for data collection only for services that have not yet transitioned to Beacon for payment, i.e., ASAM Level 3.1. If you are not certain whether the services you will be requesting for this member are considered grant-funded or are paid through Beacon Health Options, YOU SHOULD NOT SELECT THIS CHECKBOX. Please contact Customer Service for additional help.”



PROVIDER ALERT

GENERAL REMINDERS FOR ALL PROVIDER TYPE 50, 32, AND 54 PROVIDERS

September 27, 2017

This alert contains general reminders for all SUD providers.

Student Interns

State certified programs may not submit claims for the delivery of services performed by student interns, whether they are in a Bachelor's or a Master's program who are not yet graduated and do not possess any certification, licensure, or trainee status.

<https://mmcp.health.maryland.gov/healthchoice/Documents/PT%2016-14%20Substance%20Abuse%20Transmittal%20No.7-05-15-2014.pdf>

Progress/Contact Notes

All progress/contact notes, including group therapy notes, are required to include start and end times.

Group therapy notes must document the consumer's individualized treatment process, i.e. a general group note is not adequate documentation of the service delivery.

Treatment Plans and Assessments

Treatment Plans and Assessments must be reviewed and approved by a licensed physician or licensed practitioner of the healing arts (COMAR 10.09.80.05). Certified Associate Counselor – Alcohol and Drug (CAC-AD) and Certified Supervised Counselor – Alcohol and Drug (CSC-AD) are certifications, not licensures, therefore their work requires supervision by a LCADC, a CPC - AD; or one of the following **approved by the Board** CAC-

AD, LCPC, LCMFT, or a mental health care provider licensed under the Health Occupations Article, Annotated Code of Maryland. Additionally, a CAC-AD, LCPC, LCMFT, and mental health professional shall have a minimum of 5 years of experience delivering alcohol and drug counseling services (10.58.14.03).

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.”

