

## WEEKLY NEWSLETTER

Your behavioral health resource for local trainings, events, program information, and more around the Shore!

### *Traumatic Brain Injury (TBI) Initiative Comes to the Shore*



Anastasia Edmonston, MS, CRC, with the Behavioral Health Administration's Traumatic Brain Injury Initiative, traveled to Caroline County to provide attendees with an overview of Traumatic Brain Injury (TBI), its causes, and functional implications, which was described via case examples and short videos. One clip shown was from the movie "The Lookout" starring Joseph Gordon-Levitt, which shows the lasting mental impairments of a young man following a car accident. Also discussed was the consideration of brain injury as a co-occurring condition among those with mental health and substance abuse disorders along with suggested strategies to support TBI at home and in the community.

The training was very well received by participants - with some even wanting more than what the 3-hour training could offer. Check out the slide in the picture above.

Which of the following prominent Americans has NOT had a brain injury?:

- A. George Clooney
- B. Jason Priestly
- C. Ben Roethlisberger
- D. Anne Hathaway

Think you know the answer? Check out the next page for the correct one.



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

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## Traumatic Brain Injury Answer: Anne Hathaway

### Hey Youth!

Youth M.O.V.E. Eastern Shore was able to participate in painting a mural wall at Chesapeake Voyagers, Inc. Youth Engagement Specialist Rowan Powell led this event. Last Saturday Youth M.O.V.E. Eastern Shore held a bowling party at the Easton bowling alley. Thank you to all that participated! We want your youth - meetings are taking place all over the shore. If you need a flyer with dates and times please contact us:

Caroline, Dorchester, Talbot:	Marty Bailey	<a href="mailto:mbailey@msmhs.org">mbailey@msmhs.org</a>	410-924-6970
Wicomico, Worcester, Somerset:	Rowan Powell	<a href="mailto:rpowell@msmhs.org">rpowell@msmhs.org</a>	410-829-7646
Cecil, Kent, Queen Anne's:	Paul Tue	<a href="mailto:ptue@msmhs.org">ptue@msmhs.org</a>	410-924-6673

### MSMHS is pleased to announce the addition of a new employee to our team:

#### **Bernard “Bernie” Vervin**

Bernie brings with him a unique set of skills, which makes him a great fit for MSMHS' new Continuum of Care (CoC) Housing Specialist position - skills which include over 19 years of case management experience, excellent community connections with landlords, an exceptional understanding of the HUD grants, which will be transferring over from Crossroads Community, Inc. to MSMHS, and most importantly, a true passion for helping people experiencing homelessness.

Bernie has also served on MSMHS' Continuum of Care Roundtable on Homelessness for the past three years. He has always been willing to lend a hand and work toward the mission of the Roundtable. He brings great energy, interesting ideas, and a “think out of the box attitude” to the group and Jeanine Beasley, Continuum of Care Coordinator, is excited that he will be bringing those qualities to our group as well! He will be a great asset to the work that we do here at MSMHS.



**CONGRATULATIONS BERNIE ON YOUR NEW POSITION AND WELCOME TO THE TEAM!**

# DRI-DOCK

## Recovery & Wellness Center

**October, 2014**

Welcome to the  
**DRI-DOCK**



Recovery & Wellness Center

**DRI-DOCK**  
824 Fairmount Ave  
Cambridge, MD  
410 228-3230

\*note new hours\*

**8:00 am - 6:00 pm Monday - Friday**

Welcome to the

**DRI-DOCK**



Recovery & Wellness Center

On Our Own of MD—Presents:  
WRAP for Relationships!  
Thursday, October 30  
Reserve your seat today!

### *Field Trip!!*

To CVI's Open House in Easton  
Thursday Oct.9  
Sign up & catch a ride with us!

Need help understanding Health Insurance??  
Come learn on Thurs Oct 9 and Thurs Oct 23 at 2pm

Our staff are peer support specialists: get linked in with them for an extra support in your recovery!

### MONDAYS:

GAME DAY!!!

530p  mtng

### TUESDAYS:

2p Miss Tye: Tobacco/HIV Ed. 530p  mtng

### WEDNESDAYS:

130p Emotions Anonymous

### THURSDAYS:

Peer Support/Problem Solving

### FRIDAYS:

130p: Discuss-Mental Health & Addictions

**WE WILL BE CLOSED  
ON MONDAY,  
OCTOBER 13TH FOR  
COLUMBUS DAY.**





# *Big Birthday Bash!*

Chesapeake Voyagers Inc.  
Wellness & Recovery Center is celebrating  
5 years of being open!



Please Join us to Celebrate during our  
Open House

**October 9, 2014**  
**11am - 4pm**



342-C North Aurora Street Easton, MD 21601  
410-822-1601

Light snacks and drinks will be served all day

This is a cool and casual event so come as you are!  
Everyone is Welcome!



**Maryland Department of Health & Mental Hygiene**  
**Office of Preparedness & Response**  
**MD Responds MRC Training Announcement**



**Course Title:**

MD Responds MRC 2014 Orientation and Volunteer Safety Training

**Description:**

The purpose of this training is to familiarize participants with MD Responds MRC deployment procedures and volunteer safety in emergency response contexts. The objectives of the MD Responds MRC 2014 Orientation are to:

- Outline the history, mission, and purpose of the MD Responds MRC.
- Describe the role of the MD Responds MRC in public health and emergency response.
- Delineate the volunteer registration process and define deployment eligibility requirements.
- Define volunteer communication protocols for working with media, public, and others.
- Identify MRC resources, such as training & exercise opportunities and disaster preparedness info.
- Describe the role volunteers may fill during public health and emergency response operations.
- Outline procedures for pre-deployment, deployment, and post deployment.

The objectives of the Volunteer Safety training are to (personal preparedness, standard precautions, personal protective equipment):

- Emphasize shared responsibilities of individuals as well as local, state, and federal government.
- Identify actions for individual and family preparedness.
- Provide an understanding of disaster recovery issues.
- Outline standard and expanded isolation precautions.
- Become familiar with PPE (N-95, PAPRs) including their indications, limitations, and risks.
- Review the general legal requirements regulating the use of respiratory protection.
- Apply and utilize PPE for worker safety.

**Target Audience:**

MD Responds MRC volunteers

**Continuing Education Credit:**

Continuing education is available from certain authorizing bodies. Please see attachment.

**Additional Information:**

Food and drink will not be provided. Please plan accordingly.

**Date, Time, and Location:** *[Choose one]*

Date	Time	Location
10/02/14 (Thurs.)	0900-1600	Allegany County Health Department, 12501 Willowbrook Road, Cumberland 21502
10/14/14 (Tues.)	0900-1600	MD State Police Barrack O, 18345 Col. Henry K. Douglas Drive, Hagerstown 21740
10/18/14 (Sat.)	0900-1600	Kotzen Auditorium, 9000 Franklin Square Drive, Baltimore 21237
10/29/14 (Wedn.)	0900-1600	Dorchester County Health Department, 3 Cedar Street, Cambridge 21613
11/05/14 (Wedn.)	0900-1600	Holy Cross Hospital, 1500 Forest Glen Road, Silver Spring 20910

**Registration:**

Advanced registration is required. To register, please go to <http://bit.ly/OPRregistration>. From the drop down, select "[date] MD Responds 2014 Orientation." For questions related to course registration, contact Clifford Smith at [clifford.smith@maryland.gov](mailto:clifford.smith@maryland.gov) or call 410-767-5266.

## 2014 Maryland Responds Medical Reserve Corps Orientation and Volunteer Safety Training

### List of Approved Continuing Education Credits

<b>Authorizing Body</b>	<b>Maryland Board of Social Work Examiners</b>
<b>Credits/Contact Hours</b>	<b>5.0</b>
<b>Accreditation Statement</b>	<p>Maryland Department of Health and Mental Hygiene, Office of Preparedness and Response, Maryland Responds Medical Reserve Program, is authorized by the Board of Social Work Examiners in Maryland to provide social work continuing education and maintains full responsibility for this program. This training qualifies for Category I continuing education units.</p> <p>The Maryland Board of Social Work Examiners certifies that this program meets the criteria for "5" credit hours of Category I continuing education for social workers licensed in Maryland.</p>

<b>Authorizing Body</b>	<b>Maryland Nurses Association</b>
<b>Credits/Contact Hours</b>	<b>5.0</b>
<b>Accreditation Statement</b>	<p>This continuing nursing education activity was approved by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.</p> <p>This continuing education activity is approved for 5 contact hours.</p>

<b>Authorizing Body</b>	<b>MedChi</b>
<b>Credits/Contact Hours</b>	<b>5.0</b>
<b>Accreditation Statement</b>	<p>This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MedChi, The Maryland State Medical Society, and the Maryland Department of Mental Health and Hygiene. MedChi is accredited by the ACCME to provide continuing medical education for physicians.</p> <p>MedChi designates this live educational activity for a maximum of 5 <i>AMA PRA Category 1 Credits</i>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.</p>

<b>Authorizing Body</b>	<b>Maryland Board of Pharmacy</b>
<b>Credits/Contact Hours</b>	<b>5.0</b>

<b>Authorizing Body</b>	<b>Maryland Board of Professional Counselors and Therapists</b>
<b>Credits/Contact Hours</b>	<b>5.0</b>
<b>Accreditation Statement</b>	<p>This CE program has been approved by the Board of Professional Counselors and Therapists for Category A.</p>





# MD Responds MRC Orientation & Volunteer Safety Training

## Agenda

### **0900-1200 MD Responds MRC Orientation**

MD Responds MRC Organization

Training & Exercise

Deployment

### **1200-1300 Lunch (will not be provided)**

### **1300-1600 Volunteer Safety Training**

Personal Preparedness

Standard Precautions

Personal Protective Equipment

### **1600 Adjourn**

## Case Manager II—Easton, MD

Details of Job:

### **JOB SUMMARY**

Responsible for providing a wide range of case management services to CBHS patients and families including all or many of the following: comprehensive psychosocial assessments, linkage to resources, planning, monitoring, crisis intervention, supportive counseling, and coordination with other team members, accepting, processing, and facilitating applications for all Social Security and Medicare programs, as well as providing consultation and trouble-shooting with CBHS providers and patients, acting as contact between CBHS patients and providers and Social Security Administration. Typical patients present with 1) general level of needs requiring routine follow-up and monitoring or 2) with complex needs and requiring moderately intensive monitoring and follow-up services. Majority of services are on-site.

### **ESSENTIAL JOB RESPONSIBILITIES**

Provides wide range of case management and outreach services to patients and families. Case management includes comprehensive assessments, linkage to resources, planning, monitoring, crisis intervention, supportive counseling, and coordination with other team members.

Coordinates information, caseload priorities, and referrals.

Satisfactorily completes assigned triage and clinic duties in thorough, timely, and accurate manner.

Satisfactorily performs comprehensive intake assessments and completes all necessary documentation duties.

Provides supportive counseling for patients and families as per CBHC policy.

Based on level of identified needs, may visit homes of at-risk patients to assess their needs.

Completes referrals in a timely and accurate manner.

Works with providers, the health care team, and the community.

Educates providers, the health care team, and the community about case management services through in-services and verbal or written communication.

Participates in interdisciplinary team meetings as appropriate.

Participates in professional work groups.

Follows up on referrals in a timely, accurate manner.

Dates and hours worked:

Mon-Fri 830am-5pm

Experience / Qualifications:

- Masters Degree in social work with licensure as appropriate.
- Experience must include community, case management, and/or outreach experience

If interested contact Ken Ruby at [Kruby@chasebrexton.org](mailto:Kruby@chasebrexton.org)



**1111 North Charles Street · Baltimore, MD 21201 · 410-837-2050 · [chasebrexton.org](http://chasebrexton.org)**



## PRESS RELEASE

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Contact: Sharon Huseman  
410-819-8067  
sharonh@talbotpartnership.org

FOR IMMEDIATE RELEASE (EASTON- September 22, 2014)

### TOP 8 REASONS WHY TEENS TRY ALCOHOL AND DRUGS

Talbot Partnership agrees there is no single reason for teenage drug use and alcohol use. Dr. Neil I. Bernstein in **How to Keep Your Teenager Out of Trouble and What to Do if You Can't**, details some of the core issues and influences behind teenage drug and alcohol use. It's important that you, as a parent, understand these reasons and talk to your kids about the dangers of drinking and using drugs.

1. **Other People** — Teenagers see lots of people using various substances. **They see their parents and other adults drinking alcohol, smoking, and, sometimes, abusing other substances.** Sometimes friends urge one another to try a drink or smoke something, but it's just as common for teens to start using a substance because it's readily available. In their minds, they see drug use as a part of the normal teenage experience.
2. **Popular Media** — Forty-seven percent of teens agreed that movies and TV shows make drugs seem like an OK thing to do, according to a 2011 study. Not surprisingly, 12- to 17-year-olds who viewed three or more "R" rated movies per month were seven times more likely to smoke cigarettes, six times more likely to use marijuana, and five times more likely to drink alcohol, compared to those who hadn't watched "R" rated films (Amy Khan 2005).
3. **Escape and Self-Medication** — When teens are unhappy and can't find a healthy outlet for their frustration or a trusted confidant, they may turn to chemicals for solace. The often rough teenage years can take an emotional toll on children, sometimes even causing depression and anxiety, so when teens are given a chance to take something to make them feel better, many can't resist.
4. **Boredom** — Teens who can't tolerate being alone, have trouble keeping themselves occupied, or crave excitement are prime candidates for substance abuse. Not only do alcohol and marijuana give them something to do, but those substances help fill the internal void they feel. Further, they provide a common ground for interacting with like-minded teens, a way to instantly bond with a group of kids.
5. **Rebellion** — Different rebellious teens choose different substances to use based on their personalities. Alcohol is the drug of choice for the angry teenager because it frees him to behave aggressively. Marijuana, on the other hand, often seems to reduce aggression and is more of an avoidance drug. LSD and hallucinogens are also escape drugs, often used by young people who feel misunderstood and may long to escape to a more idealistic, kind world. The reasons for teenage drug-use are as complex as teenagers themselves.
6. **Instant Gratification** — Drugs and alcohol work quickly. The initial effects feel really good. **Teenagers turn to drug use because they see it as a short-term shortcut to happiness.**
7. **Lack of Confidence** — Many shy teenagers who lack confidence report that they'll do things under the influence of alcohol or drugs that they might not otherwise. This is part of the appeal of drugs and alcohol even for relatively self-confident teens. Alcohol and other drugs tend not only to loosen your inhibitions but to alleviate social anxiety. Not only do you have something in common with the other people around you, but there's the mentality that if you do anything or say anything stupid, everyone will just think you had too many drinks or smoked too much weed.
8. **Misinformation** — Perhaps the most avoidable cause of substance abuse is inaccurate information about drugs and alcohol. Nearly every teenager has friends who claim to be experts on various recreational substances, and they're happy to assure one another that the risks are minimal. **Educate your teenager about drug use, so they get the real facts about the dangers of drugs from you.**

For further information on the dangers of alcohol and other drugs, contact Talbot Partnership at 410-819-8067. Please also visit our website at [www.talbotpartnership.org](http://www.talbotpartnership.org) or find us on Facebook.



## Webinar: Feedback from WHAM Graduates, Outcomes, and Sustaining Funding for a Peer Program

*Date and Time:* Monday, October 6, 2:30-4:00pm Eastern/11:30am-1:00pm Pacific

Register for free at <https://goto.webcasts.com/starthere.jsp?ei=1043887>

Join us for our first conversation with Whole Health Action Management (WHAM) graduates about their implementation successes, challenges, and insights. Learn the first research outcomes from implementing peer whole health services delivered by WHAM-trained peer coaches and discuss how to sustain funding of those services with a state Medicaid expert. Get tips on how to maximize implementation of this science-based curriculum developed by the SAMHSA-HRSA Center for Integrated Health Solutions (CIHS).

The 2-day training prepares peer providers employed by behavioral health and community health organizations to facilitate WHAM groups to support activation of self-management through the development of weekly action plans to create new health habits and achieve person-centered whole health goals. The training also teaches basic health screens for prevention and skills for shared decision-making with health professionals.

**Presenters:** Charles Willis, Certified Peer Specialist and Peer Whole Health Workforce Director, Georgia Mental Health Consumer Network; Wendy Tiegreen, Director of Medicaid Coordination and Health Systems Innovation, Georgia Department of Behavioral Health and Developmental Disabilities; Hal Hamaker, Lead Navigator, Bienstar Program, Monterey County Health Department; and Larry Fricks, Deputy Director, SAMHSA-HRSA Center for Integrated Health Solutions at the National Council.

Register today at: <https://goto.webcasts.com/starthere.jsp?ei=1043887>

If you'd like to learn more about setting up a WHAM training with your staff, please visit [www.thenationalcouncil.org/training-courses/whole-health-action-management](http://www.thenationalcouncil.org/training-courses/whole-health-action-management).

*The audio for this webcast is via computer speakers and not telephone. If you have a desktop, you should try to use external speakers for best sound quality.*

*Closed captioning available on request.*





# BHbusiness

## PLUS

### Where Business Change Happens

This year, some 30 million Americans will gain access to treatment for substance use and mental disorders, many for the first time. Are you ready to serve them? Let **SAMHSA's BHbusiness Plus** show you how to ensure that your clients get the coverage for which they are eligible while protecting your bottom line.

SAMHSA's BHbusiness Plus has just a few more spots open in the [Eligibility and Enrollment Learning Network](#) starting on October 1, 2014. The program is funded by SAMHSA and offered at no cost to you. [Apply now](#) to participate and learn how to:

- **Assess** client eligibility for coverage under Medicaid or state health insurance exchanges
- **Enroll** eligible clients in appropriate coverage
- **Ensure** that currently enrolled clients maintain coverage
- **Identify** and address issues in the enrollment process that reduce access to care and potential revenue

Providers are grouped into learning networks—a group of carefully matched organizations—with a dedicated coach and access to a self-paced, online curriculum across a three-month period. The program includes live coaching sessions, networking with peers, and the opportunity to create an actionable plan for expanding your agency's client capacity.

As one participant said, "There's absolutely no question that participating in the BHbusiness Learning Network will help us accommodate the anticipated increase in clients eligible for treatment with full implementation of healthcare reform." (Katy Lewis, Director of Standards and Certification at Shawnee Mental Health Center in Portsmouth, Ohio)

Don't delay — spots are going fast! Register at <http://bhbusiness.org> or contact **Daisy Wheeler** at [DaisyW@TheNationalCouncil.org](mailto:DaisyW@TheNationalCouncil.org) for more information on SAMHSA's BHbusiness Plus Learning Networks.







SHARE     

## 120 State and Local School Districts to Receive Funding for Mental Health First Aid Training

*HHS' Project AWARE grants award \$48M to support teachers, schools, and communities*

Washington (September 23, 2014) – 120 state and local educational agencies just found out that they will be part of a major national initiative to support teachers, schools, and communities in recognizing and responding to mental health concerns among youth.

The educational agencies—including school districts in 28 different states and departments of education in 20 states—were awarded Project AWARE (Advancing Wellness and Resilience in Education) grants from the U.S. Department of Health and Human Services to (among other activities) train teachers, school staff, and other community members in Mental Health First Aid.

Mental Health First Aid is an 8-hour course that teaches people to identify the signs of mental illnesses and addictions, how to provide initial help, and how to connect individuals in crisis with appropriate care. Since 2008, more than 250,000 individuals in the U.S. have completed the Mental Health First Aid course. Participants who complete the training include school personnel, police officers, faith leaders, health care professionals, and human resources managers. Mental Health First Aid is listed on the Substance Abuse Mental Health Services Administration's National Registry of Evidence-based Programs and Practices. The National Council for Behavioral Health (National Council), the Missouri Department of Mental Health, and the Maryland Department of Health and Mental Hygiene brought Mental Health First Aid to the US in 2008.

The grant awardees were announced as part of \$99 million total grants from HHS, which also included funding to train new mental health providers and to increase access to mental health services for young people. All funds were included in the President and Vice President's [Now Is the Time](#) plan to reduce gun violence, increase access to mental health services, and make schools safer.

To see the lists of award winners, visit <http://beta.samhsa.gov/sites/default/files/fy14-grant-awards-nitt.pdf>

To support the new grantees, the National Council will be holding a number of dedicated instructor certification trainings for award recipients. Training dates and locations will be posted by October 1. Grantees should email Tramaine Stevenson at [TramaineS@TheNationalCouncil.org](mailto:TramaineS@TheNationalCouncil.org) with any questions.

###

*The National Council for Behavioral Health (National Council) is the unifying voice of America's community mental health and addictions treatment organizations. Together with 2,200 member organizations, it serves more than eight million adults and children living with mental illnesses and addiction disorders. The organization is committed to ensuring all Americans have access to comprehensive, high-quality care that affords every opportunity for recovery and full participation in community life. The National Council pioneered Mental Health First Aid in the U.S. and has trained more than 250,000 individuals to connect youth and adults in need to mental health and addictions care in their communities. To learn more about the National Council, visit [www.TheNationalCouncil.org](http://www.TheNationalCouncil.org).*