

CHANGES...

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BEHAVIORAL HEALTH SERVICES NETWORK

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Mid-Shore Out of the Darkness Walk 2015



The Second Annual Mid-Shore Out of the Darkness Walk beckoned 134 walkers, including several four footed friends, and garnered over \$17,000, contributing to Maryland's total of over \$300,000. Patricia Kotzen, board member of the American Foundation for Suicide Prevention – Maryland Chapter who lost her son to suicide, has again led this regional effort to raise awareness and prevention of suicide, with the steadfast support of the Queen Anne's Partnership for Youth and Families (the Local Management Board), their Partnership for Suicide Prevention Committee, Mid-Shore Mental Health Systems, Inc., and many others.

The threat of hurricane Joaquin resulted in rescheduling from the original date of Saturday, October 3rd to Saturday, October 24th. Due to the change, many who had planned for the original date were unable to attend. Fortunately, registration allows for virtual walkers, therefore many who were

unable to be physically present were there in spirit! There was, and is, deep gratitude for your presence and support wherever you are!

Speaking of support – fundraising will continue through the end of the year, so if you haven't already done so, please consider making a donation through the following website: <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.donate&eventID=3287>.

Throughout the year, Patricia Kotzen, Ryan Newcomb, and Serena Schreiber worked with the Queen Anne's County Partnership for Suicide Prevention (PSP) Committee to determine ways a portion of the funds raised could be utilized locally to perpetually advance the goals of awareness and prevention, and of course plan for next year's walk. AFSP will be sponsoring six (6) FREE mental health first aid training sessions, three (3) specifically for youth, over the next year. Watch for details in the weekly newsletter. The committee, which is exploring the needs of the area and matching with offering from AFSP, meets at the Queen Anne's County Board of Education the third Wednesday of every month at 1:15PM, and welcomes new membership.



"Suicidality and suicide reality has been a part of my life since my teen years. Losing high school companions while struggling personally with suicidal ideation, to the loss of my uncle, a Queen Anne's County farmer, to suicide seven years ago. I have witnessed many who, in navigating life's joys and struggles, wrangle with suicidal thoughts, attempts, and, most tragically, losses. The Out of the Darkness Community Event allows us to come together, identify ourselves, and fortify one another on this journey. Last year, I was struck by the number of people who I have known quite a while from a multitude of community relationships and did not know they too were affected by suicide. Now when I greet them in the community, there is a deeper knowing and sense of connectedness.

This year, I met some new friends. Well, actually our dogs introduced themselves first. This family, a mother, father, elementary school aged son and their pooch, was delightful, and my heart ached for them when I noticed the beads around the parents' necks signifying the loss of a child, and the beads around the son's neck signifying the loss of a sibling. While we never spoke our respective losses, the connection in the moment was much deeper than if we had simply met at the dog park. They had attended last year, and I hope to see them again next year, and perhaps somewhere else in between. Suicide affects us all!"

- Holly Ireland, Executive Director, Mid-Shore Mental Health Systems, Inc.



Normally, MSMHS designates the first Friday of each month as casual Friday and permits blue jeans. For the past few months, employees have been permitted to wear blue jeans on *any work day* if they make a donation of \$3.00. All proceeds collected go to AFSP and so far, MSMHS has raised over \$100 in blue jeans donations. We must be comfortable addressing suicide, and our blue jeans symbolize that comfort! MSMHS has raised over \$500 as a team by combining the blue jeans concept with posts and shares on our agency, and our personal, Facebook pages asking friends and family to make a donation. If you are an organizational leader, are you willing to create such a campaign within your organization and support this effort?



Our Mission To continually improve the provision of mental health services for residents of Caroline, Dorchester, Kent, Queen Anne's and Talbot Counties through effective coordination of services in collaboration with consumers, family members, providers and community leaders.

We believe that the mental health system should assure quality, cost-effective services that meet the needs of our consumers. Consumers are the focus of MSMHS, and it is our goal through partnership with other agencies to develop a full array of easily accessible services for the consumer. We strongly believe in the empowerment of individuals, consumers, and family members to help develop their fullest potential.

Our Vision To develop a model rural mental health delivery system with a continuum of mental health services that are culturally diverse. These services assure consumer empowerment, have a community focus, are cost-effective for the system and are integrated to serve the community as a whole, private and public sector, regardless of cultural or ethnic background.

GIVE THANKS
for all of the
opportunities
that even our
STRUGGLES BRING

Unveiled Wife
ENCOURAGING WIVES DAILY

Updates from the shore

The **A.F. Whitsitt Residential and Treatment Center** reopened their East Wing in wake of the ongoing drug epidemic in Kent County and the state. Dr. Leland Spencer, Kent County's Health Officer, cut the ribbon of the reopened wing on Thursday, October 8th. The new wing is for male patients only, and comprises a nurse's station and medication room, a classroom and a kitchen for patients. It also features a recreation room and more than 15 dormitory-style bedrooms that can hold two patients. During their stay, patients will undergo 21 days of treatment, including five to seven days of detox, a stabilization period, and then counseling. The wing had been closed since 2009, following a conflict over funding and insurance payouts.

The **MPT Salutes Vietnam Veterans Traveling Exhibit** is making its way around Maryland through June 2016 to celebrate the military service of Marylanders during the Vietnam War. Check it out locally here:

November 6 – 20, 2015

American Legion, Adjutant Jeff Davis Post
2619 Centreville Rd., Centreville, MD 21617

Monday – Thursday 2 pm – 10 pm

Friday and Saturday 2 pm – 12am; Sunday 2pm – 8pm

*Special Event on Veteran's Day - Queen Anne's County Courthouse at 11am and at Post 18 at noon.

The entire schedule can be found on <http://vietnam.mpt.org/travelingexhibit/>.

Mid-Shore Mental Health Systems, Inc. is located at 28578 Mary's Court, Easton, MD 21601. You are invited to join us in our work to improve services on the Eastern Shore by joining the BHSN workgroups tasked with improving services pertaining to integration; child and adolescents; aging; forensic; and crisis response.

Email kstevens@msmhs.org for information.



Honoring and Serving Maryland's Veterans

The ability to understand and appreciate military culture is essential for any behavioral health professional working with Service Members, Veterans, and their family members. This understanding will foster a level of trust and respect between the individuals. On October 21, 2015 Lisa French, PsyD, and Paula Domenici, PhD, from the Center of Deployment Psychology provided the training "Military Culture Competency and Treating Behavioral Health Needs of Service Members, Veterans and Their Families." This training was accredited through UMD School of Medicine and sponsored by Maryland's Commitment to Veterans and the Behavioral Health Administration with an estimated 210 attendees.

Lisa French, PsyD, discussed military culture and the impacts of deployment on service members and their families. It is imperative to have an understanding of why individuals choose to join the military, the dynamic culture and subcultures, and the deployment cycle. There are multiple unique challenges and stressors faced during all phases of the deployment cycle as well as re-adjustment to civilian life. Understanding how the culture affects health-related behaviors will help ensure the individual's needs are accurately identified and addressed in an effective manner.

Paula Domenici, PhD, discussed the distinctions between Moral Injury and Post Traumatic Stress Disorder (PTSD). There are multiple definitions for Moral Injury and they all state that it is an inner conflict and transgression against one's beliefs and expectations. The similarities and differences between Moral Injury and PTSD have not been researched enough to determine the most effective tools for assessment and treatment. It is clear that spiritually integrated support is beneficial in helping our service members recover from these injuries. Dr. Domenici also discussed the assessment and treatment of anger in service members and veterans. Understanding the culture and contributing factors will lead to a better understanding of the anger and strategies for managing this emotion as the veteran re-integrates into civilian life.

Since 1947 Americans have been celebrating the dedication and sacrifices of our service men and women. It was inspiring to see so many attendees committed to providing the best services possible to our Service Members, Veterans, and their family members. As we celebrate Veterans Day on November 11th, ask yourself what you have done to show your appreciation to our Veterans and their families. One meaningful way to celebrate Veterans Day, in addition to attending various ceremonies, is to send notes or cards to hospitalized veterans or those living in veteran's homes. Do something special to thank our service members to show how deeply we appreciate the sacrifices they have made to keep our country free.

For more information on Maryland's Commitment to Veterans, please visit: <http://veterans.dhmh.maryland.gov/SitePages/Home.aspx>.

DC Hosts Thousands for Recovery Rally

Despite chilly winds and dark overcast skies, thousands, including a Recovery fo Shore group from the Eastern Shore, attended the Unite to Face Addiction Rally in Washington DC on Sunday to send one message: change the dialogue about addiction and end the stigma.

Sponsored by the nascent grassroots organization, Facing Addiction (facingaddiction.org), an almost endless cast of musicians including Sheryl Crow, Steven Tyler and the Frey, addiction recovery and health policy professionals, including U.S. Surgeon General Vivek H. Murthy and Michael Botticelli, director of the White House Office of National Drug Control Policy, along with politicians backing the recovery movement, performed and spoke with heartfelt intensity to the crowd.

Addiction is a national healthcare crisis affecting more than 80 million people. Every four minutes someone dies from alcohol and other drugs and accidental overdose is now the number 1 cause of death among young people today.

Washington Post writer Faiz Siddique and his photographer captured some outstanding moments, along with a narrative that sums up the significance of this event.

"Kari Rhodes was on her way home from a birthday celebration with friends in Erie, Pa., when she received a frantic phone call from her 17-year-old son. The words on the other end of the line triggered a scream like nothing her husband, Nick, had ever heard." Continue reading [here](#).

For more information about facingaddiction.org, go [here](#).

Sharon Dundon, Program Specialist, SBHS Substance Disorders Program, and son.





International Survivors of Suicide Loss Day - Nov. 21



International Survivors of Suicide Loss Day can change your life. It's the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope.

*Survivor Day 2015 takes place on Saturday, November 21. All gatherings will include a screening of the new Survivor Day documentary produced by the American Foundation for Suicide Prevention, entitled *Family Journeys: Healing and Hope after a Suicide*.*

Additional programming is specific to each event. The programming may include presentations by loss survivors and mental health professionals, as well as small group discussions that bring together people who have experienced similar losses.

For many loss survivors, attending a Survivor Day event is the first time they realize they are not alone. Just hearing the stories—from people at all stages of healing—can be helpful. The gathering also provides participants with a chance to share their own stories with those who understand firsthand the challenges of living in the aftermath of a suicide loss.

A Brief History of Survivor Day

In 1999, Senator Harry Reid, a survivor of his father's 1972 suicide, introduced a new resolution into the US Senate. With its passage, the US Congress designated the Saturday before American Thanksgiving "National Survivors of Suicide Day," a day on which friends and family of those who have died by suicide can join together for healing and support.

In recognition of the fact that suicide knows no geographic or national boundaries and because Survivor Day events are organized around the world, AFSP's program is called "International Survivors of Suicide Loss Day."

Mid-Shore Region Event Information

*Saturday, November 21st
10:00 am – 2:00 pm*

*Compass Regional Hospice
255 Comet Drive
Centreville, Maryland 21617*

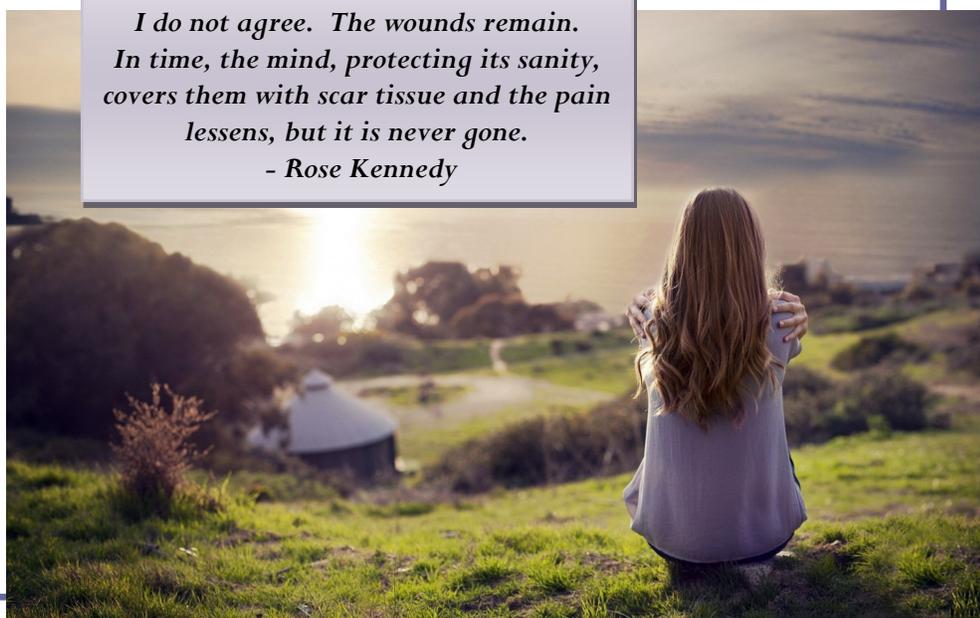
*Contact for Inquiries
Patricia S. Kotzen
pskotzen@atlanticbb.net
410-643-7674*

*Rhonda Knotts
rknotts@compassregionalhospice.org
443-262-4109*

*Donations are welcome.
Register HERE*

*Please visit the International Survivors of Suicide Loss Day website at
<http://www.survivorday.org> for more information.*

***It has been said, 'time heals all wounds.'
I do not agree. The wounds remain.
In time, the mind, protecting its sanity,
covers them with scar tissue and the pain
lessens, but it is never gone.
- Rose Kennedy***





November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Roundtable on Homelessness 1:30 Consumer Council 3:00-4:00 @ CVI	11 VETERANS DAY MSMHS Closed	12 BHSN C & A 3:00-4:00 @ MSMHS	13	14
15	16 BHSN Crisis 2:30-3:30 @ MSMHS	17 BHSN Aging 11:00-12:00 @MSMHS	18	19 Residential Services Meeting 1:00-2:00 @ MSMHS	20	21
22	23	24	25 BHSN Integration 2:00 -3:00 @ MSMHS	26  THANKSGIVING MSMHS Closed	27  MSMHS Closed	28
29	30					

IHIP-C Training

Mid-Shore Mental Health Systems Inc, is hosting a regional IHIP-C training at our office on:



- Thursday, October 29th
- Monday, November 2nd
- Thursday, November 12th

from 10:00 am to 1:00 pm.

IHIP-C is an intensive in-home intervention program using resilience-based interventions in the home and school. The goal of the service is to reduce the risk of out-of-home placement while improving behavior and strengthening family functioning. This is a required training for any provider interested in submitting an application for provision of IHIP-C services.

Please contact Megan Pinder, Behavioral Health Coordinator at 410-770-4801, or mpinder@msmhs.org, for additional information or if you are interested in attending.

THERE IS NOTHING YOU CAN DREAM THAT YOU CAN'T ACHIEVE
HAVE THE COURAGE TO GO AFTER YOUR DREAMS AND BELIEVE
ALWAYS REMEMBER YOU ARE BEAUTIFUL AND UNIQUE
NEVER GIVE UP WHEN GOING AFTER WHAT YOU SEEK
KEEP REMINDERS AROUND TO REMIND YOU OF YOUR DREAMS
SAVOR THE PRESENT FOR IT GOES QUICKER THAN IT SEEMS
GIVE MORE TO OTHERS THAN YOU RECEIVE
INSPIRE OTHERS WITH ALL THAT YOU ACHIEVE
VALUE YOURSELF. YOU ARE PERFECT FOR YOU
INDIVIDUALITY IS IMPORTANT SO LET IT SHINE THROUGH
NOTICE THE SMALL MIRACLES ALL AROUND YOU
GREATNESS STARTS FROM WITHIN AND IS IN ALL THAT YOU DO

