

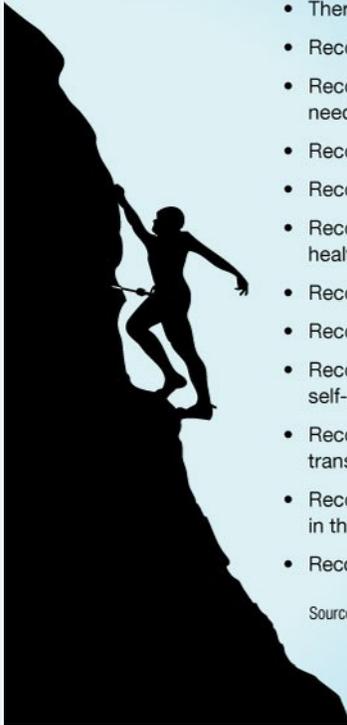
# CHANGES...

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BEHAVIORAL HEALTH SERVICES NETWORK

VOLUME 3, ISSUE 3

## Guiding Principles of Recovery



- There are many pathways to recovery.
- Recovery is self-directed and empowering.
- Recovery involves a personal recognition of the need for change and transformation.
- Recovery is holistic.
- Recovery has cultural dimensions.
- Recovery exists on a continuum of improved health and wellness.
- Recovery is supported by peers and allies.
- Recovery emerges from hope and gratitude.
- Recovery involves a process of healing and self-redefinition.
- Recovery involves addressing discrimination and transcending shame and stigma.
- Recovery involves (re)joining and (re)building a life in the community.
- Recovery is a reality. It can, will, and does happen.

Source: CSAT White Paper: *Guiding Principles and Elements of Recovery-Oriented Systems of Care.*

## Apps for recovery

Electronic devices make life easier for many things including the journey of recovery. Check out these free apps:

**12-Step:** Track daily progress, contact your sponsor, journal and more.

**Afternoon Affirmations:** Each afternoon the app sends an affirmation to uplift the mood and feed the soul.

**iPromises Recovery Companion:** Meeting tracker, sponsor check-in, daily inspirations and much more.

**Optimism:** Tracks moods, charts recovery from depression, bipolar and anxiety disorders.

## National Recovery Month

This year marks the 25th anniversary of Recovery Month, which was launched to promote the societal benefits of prevention, treatment, and recovery for mental and substance use disorders. This year's theme, "Join the Voices for Recovery: Speak Up, Reach Out," encourages people to openly speak up about mental and substance use disorders and the reality of recovery, and promotes ways individuals can recognize behavioral health issues and reach out for help. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

In recent months, Recovery for Shore has formed, joining forces to reduce stigma associated with those recovering from substance use disorders. The group has sponsored showings of the Anonymous People, a film that highlights successes of some 23 million people nationwide who are living in recovery from addiction.

This year, as in previous, numerous celebrations are scheduled in the mid-shore region. Among the first event this month is the Mid-Shore Out of the Darkness Community Walk and candlelight vigil from 4 to 8 p.m. Saturday, Sept. 6 on the Cross Island Trail at Kent Narrows. So, far, more than 200 walkers have signed up and surpassed the fundraising goal of \$15,000.

Register here: [www.afsp.org](http://www.afsp.org) or email [pskotzen@gmail.com](mailto:pskotzen@gmail.com)

For other recovery events, go to [www.dri-dock.org](http://www.dri-dock.org) and <https://www.facebook.com/pages/Recovery-for-Shore/495559017222110>.



### 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.

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

### Our Vision

and public sector, regardless of cultural or ethnic background.

## Congratulations on your new position

**Adventist Behavioral Health** appointed Mederic McLaughlin to executive director of its behavioral health facility in Cambridge, Md. McLaughlin is responsible for leading the day-to-day operations of the facility, including its acute child and adolescent inpatient services, residential treatment center, partial hospitalization program, and on-site special and general education school known as The Ridge School of the Eastern Shore.

"Mederic is a behavioral health executive with more than 20 years of experience in successfully managing psychiatric facilities and specialty programs," said Kevin Young, President, Adventist Behavioral Health. "I am confident that his strategic leadership will help the Adventist Behavioral Health Eastern Shore facility continue to strengthen the behavioral health services it offers to the community."

McLaughlin joins Adventist Behavioral Health from Behavioral Health Management Consulting (BHMC) where he served as senior consultant for organizations seeking clinical and financial turnaround. Prior to joining BHMC, he served in a number of leadership roles, including chief executive officer of Massachusetts Hospital School and director of behavioral health for Rogers Williams Medical Center.

**Maple Shade Youth and Family Services** welcomes two employees. Tonya O'Hara, LCSW-C, who has accepted the position of director of Treatment Foster Care; Leigh Presley takes the helm of supervisor/caseworker in the program. Presley brings several years of experience working both in public and private foster care. O'Hara has provided behavioral health counseling to adolescents in Somerset County and worked as a caseworker in the public foster care system.

**For All Seasons** welcomes Johanna Walter, LCSW-C, who takes on clinical duties in Dorchester County Schools, as well as in-house clinical duties in Dorchester and Talbot counties. The agency also welcomes Bonnie Thomas as its new part-time bookkeeper and thanks outgoing Jackie Messix for her service as fiscal administrator.

**Mid-Shore Mental Health Systems, Inc. is located at 28578 Marys 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; long-term care; and crisis response. Email [kstevens@msmhs.org](mailto:kstevens@msmhs.org) for information.**



## Suicide prevention: a multifaceted supplement

In a new supplement to the September issue of the *American Journal of Preventive Medicine*, experts address the state of the science on suicide prevention and provide useful recommendations for research to inform effective suicide prevention. Suicide has been a challenging and perplexing public health issue to study as it has many dimensions and underlying factors.

Although much is known about the patterns and potential risk factors of suicide, the national suicide rate does not appear to have dropped over the last 50 years. This supplement — titled *Expert Recommendations for U.S. Research Priorities in Suicide Prevention* — draws together topic experts across the spectrum of suicide prevention research, who have considered and proposed ways in which research improvements could more effectively reduce suicide.

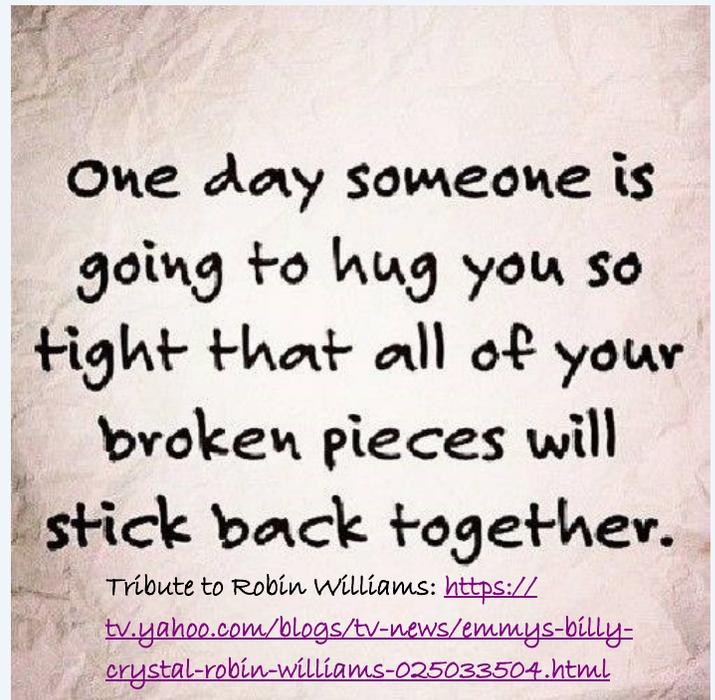
The 24 articles cover a broad range of scientific topics, from basic science regarding the neurobiological underpinnings of suicide to the dissemination and implementation of prevention strategies. They represent a subset of presentations made by suicide prevention experts to inform *A Prioritized Research Agenda for Suicide Prevention: An Action Plan to Save Lives* (Research Agenda), which was created by the National Action Alliance for Suicide Prevention's Research Prioritization Task Force (RPTF).

The content of the supplement directly addresses research that will inform the following goals:

- Know what leads to, or protects against, suicidal behavior, and learn how to change those factors to prevent suicide
- Determine the degree of suicide risk among individuals in diverse populations and in diverse settings through feasible and effective screening and assessment approaches
- Find ways to assess who is at risk for attempting suicide in the immediate future
- Ensure that people who are thinking about suicide but have not yet attempted receive interventions to prevent suicidal behavior
- Find new biological treatments and better ways to use existing treatments to prevent suicidal behavior
- Ensure that people who have attempted suicide can get effective interventions to prevent further attempts
- Ensure that healthcare providers and others in the community are well trained to find and treat those at risk
- Ensure that people at risk for suicidal behavior can access affordable care that works no matter where they are
- Ensure that people getting care for suicidal thoughts and behaviors are followed throughout their treatment so they do not fall through the cracks
- Increase help-seeking and referrals for at-risk individuals by decreasing stigma
- Prevent the emergence of suicidal behavior by developing and delivering the most effective prevention programs to build resilience and reduce risk in broad-based populations
- Reduce access to lethal means that people use to attempt suicide

Proposed strategies include research into early detection of suicidal behavior, particularly among youth and adolescents, intervention, evidence-based follow-up care, and reducing stigma through the use of mass media.

Effective suicide prevention is a team effort, including both public and private partners. Contributors to the supplement stress that progress in the area of suicide prevention research will require interdisciplinary, collaborative science and that translational science and interdisciplinary research collaboration ("team science") will be critical for advancing science and ultimately identifying effective prevention strategies.



## MIND BODY CONNECTION

The connection between your mind and body is very powerful and although it cannot be visually seen, the effects your mind can have on your physical body are profound. We can have an overall positive mental attitude and deal directly with our internal challenges and in turn create a healthy lifestyle or we can in negative, have self destructive thoughts and not deal with our internal issues, possibly even cloak those issues with affirmations and positivity without finding the route and in turn we can create an unhealthy lifestyle. Why is this?

Our emotions and experiences are essentially energy and they can be stored in the cellular memory of our bodies. Have you ever experienced something in your life that left an emotional mark or pain in a certain area of your body? Almost as if you can still feel something that may have happened to you?

It is likely because in that area of your body you still hold energy released from that experience that is remaining in that area. I came across an interesting chart that explores some possible areas that various emotions might affect the body. When you have a pain, tightness or injuries in certain areas, it's often related to something emotionally you are feeling within yourself. At first glance it may not seem this way because we are often very out of touch with ourselves and our emotions in this fast-paced world, but it's often the truth.

When I've had chronic pains in my back, knees, neck or shoulders, it wasn't exercise, physio or anything in a physical sense that healed it, it was when I dealt with the emotions behind it. I know this because I spent the time and money going to physio and even though I wanted and believed I would get better, something still wasn't being addressed. The more I addressed the unconscious thought pattern and emotions throughout my body, the more things loosened up and pain went away. When we get sick or are feeling a lot of tightness and pain, often times the body is asking us to observe ourselves and find peace once again within oneself and one's environment. It's all a learning and growing process that we don't have to judge or fear.



# Emotional Pain Chart

## MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES

**Pain Areas and Probable Causes:**

**Neck:** Refusing to see other sides of the question. Stubbornness, inflexibility.

**Shoulders:** Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

**Spine:** Represents the support of life.

**Upper:** Lack of emotional support. Feeling unloved. Holding back love.

**Middle:** Guilt. Stuck in the past. "Get off my back"

**Lower:** Fear of money. Lack of financial support.

**Elbows:** Represents changing directions & accepting new experiences.

**Wrists:** Represent movement and ease

**Hips:** Fear of going forward in major decisions. Nothing to move forward to.

**Knees:** Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

**Ankles:** Inflexibility and guilt. Ankles represent the ability to receive pleasure.

**Bunions:** Lack of joy in meeting experiences in life.

**How It Works:**

"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

Find Your Center

**Other Connections:**

**Arthritis:** Feeling unloved. Criticism. Resentment.

**Bone Breaks/Fractures:** Rebelling against authority.

**Bursitis:** Repressed anger.

**Inflammation:** Fear. Seeing red. Inflamed thinking.

**Joint Pain:** Represent changes in direction in life and the ease of these movements.

**Loss of Balance:** Not centered. Scattered thinking.

**Sciatica:** Being hypocritical. Fear of money and or the future.

**Slipped Disc:** Indecisive. Feeling totally unsupported by life.

**Sprains:** Not wanting to move in a certain direction in life. Anger and resistance.

**Stiffness:** Rigid, stiff thinking.

**Weakness:** A need for mental rest.

Learn more at <http://themindunleashed.org/2014/04/effects-negative-emotions->



## Forensic Files

A push to reduce incarceration and hospitalizations stemming from interactions with the criminal justice system is underway on the mid-shore with important steps taken earlier this week in a day-long training to identify needs of police, judges, corrections officers, and behavioral health professionals who work to stabilize individuals before, during and after run-ins with the law.

The training, made possible by a grant through SAMHSA'S GAINS Center for Behavioral Health and Justice Transformation, involved criminal justice stakeholders throughout the mid-shore region. Participants looked at the stages of interaction using the Sequential Intercept Models —from enforcement, court, jails, re-entry and community corrections — to fully understand when and how interventions could be made to reduce the high costs of incarceration, judicial processes and hospitalizations while providing the greatest benefit to those dealing with behavioral health issues to succeed in the community. The training occurred Aug. 26 in Cambridge where 30 participants representing all facets of the criminal justice system exchanged ideas. Topping the list of needs are expansion of Mobile Treatment and Crisis Intervention teams, and partnership with Mobile Crisis Teams to intervene and reduce incarceration when law enforcement is called. These teams also will be beneficial upon re-entry from jails and prisons to help stabilize consumers with housing, as well as providing linkage to behavioral and community health services.

In coming months, participants will continue talks to better collaborate resources and efforts in taking a regional approach versus the county-by-county approach that has historically been taken. Contact Belinda Frankel at [bfrankel@msmhs.org](mailto:bfrankel@msmhs.org) or Michele Middleton at [mmiddleton@msmhs.org](mailto:mmiddleton@msmhs.org) for information.

## For All Seasons: save the date

For All Seasons, Inc. (FAS), Hugh Gregory Gallagher Theatre (HGGT), and the Behavioral Health Association (BHA) are proud to join with other community partners to sponsor a film during the 7<sup>th</sup> annual Chesapeake Film Festival at 10am on Sunday, September 21, 2014 at the Avalon Theatre in Easton.

The film, "Nightlights" features Erin Logan who lives with and provides for her twin brother Jacob, who is severely affected by autism. After she stumbles into chances for love and friendship, Erin is forced to confront what it means to have a good life and whether she can care for her brother and for herself at the same time. The theme of this year's Film Festival is "Watch, Think, Discuss." Following the film a panel discussion with community agencies including FAS, HGGT, and BHA offer topics related to loving and living with people with disabilities and mental health issues. A quote from the Chesapeake Film Festival Website, "The films we intend to showcase are broadly focused to illuminate both the diversity and the universality of the human condition. We believe that films can affect positive change, and that through this medium individuals and communities gain a greater understanding of themselves and the world."

The Chesapeake Film Festival is Sept. 19-21 with films at the Talbot County Library and the Avalon Theatre. For more information about the Chesapeake Film Festival, please visit <http://www.chesapeakefilmfestival.com/>.

For All Seasons, Inc., the Mental Health Association and Hugh Gregory Gallagher Theatre have partnered to sponsor "That's Entertainment! A Variety Show Spectacular" on Saturday, Nov. 22 and Sunday, Nov. 23. Don't miss this production of Broadway songs, comedic skits, and the premiere presentation of this year's Carlton E. Spitzer's Excellence in Writing Contest winning play, "Waiting For Joanie" by Shirley King, a published playwright from California. This entertaining production featuring toe tapping and memorable songs, fantastic dancing, an intriguing warmhearted play, a visit from the *Kids on the Block* and hilarious skits performed by the cast of FAS "Heart & Music" and HGGT.

The event begins with a dessert and wine reception at 7 p.m. Tickets are \$12 for adults, \$5 for students. For ticket reservations call 443-786-2782.

Look for updates on the 5<sup>th</sup> annual For All Seasons, Inc. *Heart and Music* fundraiser the weekend of March 26, 2015.

Be on the lookout for more details in the coming months.



## BHSN Calendar & Events — September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Out of the Darkness 4 @ Cross Island Trail
7	8	9 Homeless Roundtable 1:30 Consumer Council 3-4 @ CVI	10	11 BHSN Integration 10:30 BHSN C & A 3 p.m.	12	13
14	15	16 BHSN Crisis 2:30 @ ESOC 505 Byrn Cambridge	17	18	19	20
21	22	23	24	25	26 Brown Bag 1 CEU Conflict Resolution 12-1	27
28	29	30				

## Save the date, participate

**September 6:** Out-Of-The-Darkness Walk and Vigil in partnership with American Foundation for Suicide Prevention, Queen Anne's County Partnership for Suicide Prevention and Mid-Shore Mental Health System Inc.'s Defeating Stigma Coalition. Form a team, become a sponsor, volunteer online at <http://afsp.donordrive.com/event/midshore/>

**September 23:** Part One of Frailty and Falls in the Older Adult Lecture Series is 8:30 a.m. to 12:15 p.m. at William Hill Manor, 501 Dutchman's Lane in Easton. Traumatic Brain Injury & Older Adults: Special Considerations for Behavioral Health Professionals, Caregivers Community Providers According to the Centers for Disease Control, individuals age 75 and older have the highest rates of traumatic brain injury related hospitalizations.

**September 26:** Fourth annual conference, "Linking Mental Health to Academic Success: Promoting Resilience in Youth, Families, and Communities." The event is sponsored by the Eastern Shore School Mental Health Coalition and Wor-Wic Community College. The event is 8 a.m. to 4 p.m. in Guerrieri Hall at Wor-Wic. The \$60 fee includes 5 CEUs, continental breakfast, lunch and handouts. Contact Teresa Tyndall at 410-334-6478 for more information.

**September 30:** Part Two of Frailty and Falls in the Older Adult Lecture Series is 8:30 a.m. to 12:15 p.m. at the Eastern Shore Hospital Center at 5262 Woods Road in Cambridge. Exercise to Prevent Falls in Older Adults: A Comprehensive View. This session provides a multifactorial approach to enhancing the ability of individuals to forestall falls, with an emphasis on exercise.

**Financial Exploitation Workshop:** Interested in learning more about financial exploitation? Lee Newcomb of the Talbot County Department of Social Services presents the information to local agencies, social groups, church groups and others. Contact Newcomb at 410-770-8741 or [lee.newcomb@maryland.gov](mailto:lee.newcomb@maryland.gov) to schedule a presentation.

**Call for Volunteers:** Queen Anne's County First Annual "Make a Difference Day", a Homeless Resource Day will be held from 9 a.m. to 3 p.m. Oct. 20 at the Kramer Center, Goodwill Volunteer Fire Department, and St. Paul's Episcopal Church. The event provides on-site services, such as medical exams, haircuts, identification and access to mental health providers, education and employment resources, and benefits for families experiencing homelessness and those at-risk of becoming homeless. Contact Karen Weller at 410-758-8098 or [weller@maryland.gov](mailto:weller@maryland.gov).