



December 6, 2013

Issue 48, Volume 2

WEEKLY NEWSLETTER

Behavioral Health Resource on the Eastern Shore for Local Trainings, Events, Program Information, and More!

THE ANONYMOUS
PEOPLE



A Capitol Idea

St. John's College- Frances Scott Key Theater
60 College Avenue
Annapolis, MD 21401

Wednesday, January 22, 2014 at 6:00 PM (EST)

Doors open at 6 for light refreshments &
recovery resources tables, movie at 6:30

***The Addiction Recovery and Mental Health Communities Join Forces To Promote Recovery,
Dispel Stigma, and End Discrimination***

Come join us in the first Annapolis screening of

"The Anonymous People"

followed by a panel discussion to engage and encourage action to promote recovery, dispel stigma,
and end discrimination toward those with addiction and mental health concerns.

We're holding this event in Annapolis to make sure **Maryland's Legislators** have a chance to
attend and support our efforts - they are very aware of the problems - we want to make sure
they're aware of the **SOLUTIONS!**

THE ANONYMOUS PEOPLE is a feature documentary film about the 23.5 million Americans living in long-term recovery
from addiction to alcohol and other drugs. Deeply entrenched social stigma and discrimination have kept recovery voices
silent and faces hidden for decades.

The Anonymous People shines a light on the personal and societal value of recovery through the moving stories of
people who are public about what their lives are like now that they're no longer using alcohol or other drugs.


***We all have loved-ones experiencing mental health or addictions issues. Help us join
forces to save and rebuild lives ~ and to celebrate recovery!***


Have questions about "The Anonymous People" ~ A Capitol Idea?
Contact Dorchester Recovery Initiative (DRI)

28578 Mary's Court, Suite 1
Easton, MD 21601

Phone: (410) 770 - 4801
Fax: (410) 770 - 4809

Visit Our Website:
www.msmhs.org

"Like" us on  : www.facebook.com/midshoremmentalhealthsystemsinc

If you wish to cancel your subscription to this newsletter, email us here: 

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Maintenance Supervisor – Part-Time

Non-profit seeking energetic person, to perform a wide variety of maintenance duties. Experience in either the electrical, heating, and/or plumbing field a plus. Part-time position working Tuesday through Friday, 8:30 am to 12:30 pm. Hourly pay, no benefits.

Must have a high school diploma or GED. Must have a valid driver's license. Must pass a criminal background check.

Please submit your resume by December 18, 2013 by mail to Executive Director, P.O. Box 58, Chestertown MD 21620, by fax to 410-778-1732 or email to kyiadminassistant@baybroadband.net.

JOB OPENINGS

Residential Counselor – Full-Time

Non-profit organization is seeking a full-time Residential Counselor to work with youth in a group home setting. Shift work, weekends, and some holidays. High school diploma or GED required. Experience with youth a plus. Must have a valid driver's license and must pass criminal background check. This full-time position offers full benefits.

Please submit your resume by December 18, 2013 by mail to Executive Director, P. O. Box 58, Chestertown, MD 21620, by fax to 410-778-1732 or email to kyiadminassistant@baybroadband.net.



PRESS RELEASE

Contact: Gary Pearce
410-819-8067
gpearce@talbotpartnership.org

FOR IMMEDIATE RELEASE (EASTON- November 18,2013)

Signs of Drug Use in Your Home

How can a parent *know* if their teen is using drugs? This is a complicated question that is not easily answered as it takes time and the ability to put together pieces of your teen's behavior puzzle. But if you suspect your child may be using drugs or alcohol, it may be time to start looking for signs of teenage alcohol abuse or drug use. Privacy is important in a family, but not as important as taking the responsibility of parenting your teenager.

The bedroom may look like any teenagers' room with clothes scattered on the floor, desks and tables cluttered with school supplies, makeup, jewelry, CDs, books, but behind the clutter, may lurk dozens of common items used to hide drugs, alcohol, and other contraband.

Here are a few things to look for:

- Appearance of unusual containers or wrappers, or seeds left on surfaces, like Frisbees, used to clean marijuana.
- A plastic bag containing white powder hidden inside a trash can.
- Loose tobacco hollowed from a cigar or cigarette.
- An empty can of the alcoholic drink Four Loko mixed in with similarly brightly colored, oversized ice tea cans.
- Pipes, rolling papers, small medicine bottles, eye drops, butane lighters or makeshift smoking devices, like bongs made out of toilet paper rolls and aluminum foil.
- Air fresheners, scented candles, or incense
- Matches, spoons, small mirror, razor blades, glass or plastic tubes, and steel wool, used to prepare, cook, filter or ingest drugs.
- Baking soda, starch or talcum powder used to dilute drugs.
- Teens can also use their car to hide things they don't want you to see, like drug paraphernalia, empty bottles, and more. Unusual smells in the car or bottles, pipes, or bongs on floor or in the glove box should be signs for concern.

It is very important for parents to determine whether or not their teen is using any type of drug as teen drug use can lead to sad consequences.

While the biggest warning signs for parents include slipping grades and changes in their teen's behavior, the signs of substance abuse aren't all physical. Talbot Partnership encourages parents to stay on top of dangerous behaviors by paying attention to what their kids' might have that would indicate alcohol or drug use.

For further information on alcohol and other drugs, contact Talbot Partnership at 410-819-8067 or info@talbotpartnership.org. Please also visit our website at www.talbotpartnership.org or find us on Facebook.



PRESS RELEASE

Contact: Gary Pearce
410-819-8067
gpearce@talbotpartnership.org

FOR IMMEDIATE RELEASE (EASTON- November 29, 2013)

Drugs and Alcohol Increase the Risk of Suicide

What's one of the biggest risk factors for suicide? According to a SAMHSA (Substance Abuse & Mental Health Services Administration), the answer is substance abuse.

In the U.S. alone, suicide kills more than 34,000 people a year. That's the equivalent of a death by suicide every 16 minutes. In addition to the tragedy of lives lost, suicide costs the Nation almost \$12 billion in lost income.

According to the SAMHSA, a growing body of evidence suggests that alcohol and drug abuse are second only to depression and other mood disorders when it comes to risk factors for suicide. In one study, for example, alcohol and drug abuse disorders were associated with a six-fold increase in the risk of suicide attempts. And substance abuse and mental disorders often go hand-in-hand, the paper emphasizes.

Another study by the National Violent Death Reporting System (NVDRS) the vast majority (79%) of substance overdose suicides are related to prescription drugs.

According to Talbot Partnership for Alcohol and Other Drug Abuse Prevention, the State of Maryland and local mental health and prevention organizations are working much closer to promote connectedness between health, mental health, and substance abuse to build a safety net for substance abuse and suicidal individuals.

For additional information on what parents can do to help their children avoid the dangers of alcohol, tobacco and other drugs, contact Talbot Partnership at 410-819-8067. Please also visit our website at www.talbotpartnership.org or find us on Facebook.

DSM-5

CHANGES AND WHAT YOU NEED TO KNOW

TOPICS COVERED WILL INCLUDE:

- A comprehensive review of the differences between the DSM IV-TR and the new DSM -V.
- The diagnostic criteria associated with various diagnoses from the Diagnostic and Statistical Manual-5 commonly associated with adolescents and particularly with delinquent youth. This will include a detailed examination of the changes in the diagnosing of substance related disorders.
- An explanation of any changes in the presentation and formulation of formal diagnoses including a review of differential diagnoses when developing treatment and placement plans.
- Interpreting the Clinical Diagnoses and treatment recommendations when working with the Court and developing placement and service plans.

WORKSHOP DESIGNED FOR:

- Psychologists
- Social Workers
- Professional Counselors
- Addiction staff



December 10, 2013 6:00pm – 8:30pm

426 Dorchester Ave Cambridge, MD 21613

Workshop Dates and Locations:

- Jan 14, 2014 (821 Eastern Shore Dr. Salisbury, MD 21804)
- Feb 11, 2014 (23704 Ocean Gateway Mardela Springs, MD)
- Mar 11, 2014 (426 Dorchester Ave Cambridge, MD 21613)
- April 8, 2014 (821 Eastern Shore Dr. Salisbury, MD 21804)
- May 13, 2014 (23704 Ocean Gateway Mardela Springs, MD)

Presenter:
Sushma Jani, MD

Dr. Jani is a Child and Adolescent Psychiatrist and a Pediatrician and held a joint appointment as an Associate Professor, both in the departments of Psychiatry and Pediatrics at the Georgetown University Medical Center and University of Maryland at the Medical school. She has contributed as a team member to develop Clinical Practice Guidelines for Bipolar Disorder and Chronic Opioid Therapy for Veterans Administration and Department of Defense. She is intimately involved with the direct care services to severely emotionally disturbed youth and actively participates in the program development of child mental health Services for Maple Shade and Howard County General Hospital, an affiliate of the Johns Hopkins Hospital.

One Workshop
Eight Available Dates!
Starting October 8, 2013

2.5 CEU/CME
Credits!
COST: \$50.00

FOR MORE INFO OR TO
REGISTER CONTACT:
mdovi@communitybehavioralhealth.net



Special Education Advocacy Workshop

January 11, 2014

(In case of inclement weather, the workshop will be rescheduled for January 18, 2014)

Registration beginning at **9:00 am**

Workshop:
9:30 am – 2:30 pm

Caroline County Library
100 Market Street, Denton, MD

RSVP to Audra
443-480-2966 or audracherbonnier@gmail.com

(\$5 fee for lunch)



Sponsored by The Maryland Coalition of Families for Children's Mental Health



Increasing Board Member Engagement in Fundraising & Promoting Your Organization

Friday, January 31, 2014 (snow date February 21)

11:00 A.M. – 3:30 P.M.

Chesapeake College, Todd Performing Arts Center, Room AUD01

This workshop will begin with a presentation by Bill Boyd, Senior Vice President with PNC Bank's Wealth Management Group. PNC manages Mid-Shore Community Foundation's Charitable Gift Annuity Program. Bill and his staff will discuss the program and the attractiveness of CGA's as a fundraising tool.

Following PNC's presentation, this interactive workshop will focus on ways executive directors, staff members, and board leadership can increase their board members' willingness and effectiveness in raising the resources your organization needs and promoting your work in the community.

We will address the obvious and the not-so-obvious obstacles to board member participation and how to overcome them.

- How the work is done in the presence or absence of staff
- How to increase your board members' organizational vocabulary
- What goes into a useful elevator speech
- How micro events with little or no staff support can be successful
- The value of keeping good data and how to get board members to do it
- How to get folks to produce for you with encouragement, support and monitoring instead of arm-twisting and guilt

Participants will leave with samples and examples, a realistic "to do list" and exercises they can do with their board to get them on their way.

Please bring with you for your own reference a board list, copies of any promotional and/ or fundraising material you have, and a copy of your most recent budget. This training will be most effective if attended by two people from the organization including at least one board member.

Innovative Board Member Recruitment and Board Member Succession Planning

Friday, March 7, 2014 (snow date March 14)

11:30 P.M. – 3:30 P.M.

Chesapeake College, Todd Performing Arts Center, Room AUD01

Are you looking for board members in the same places as every other organization? Do you feel as if there are only a dozen qualified people in your area and that they are all "taken"? Has getting the Corporate/Business representation been a challenge? Are you having trouble achieving the diversity necessary to represent all your stake holders? Do you recruit people who you think will be wonderful board members just to have them fizzle out and contribute little to board operations? Do you have a full board but no one willing to take on leadership?

If you answered yes to any of these questions you are not alone!!!

The first component of this program will address:

The board member development process, how to analyze your board composition, how to position yourself to succeed in recruiting the right people and innovative ways to find board members with the expertise you need and a desire to serve. Samples and examples will be provided for you to create or review board member job descriptions, board recruitment and orientation strategies, and much more.

The second component of the program will be a discussion of board member succession planning. Strategies will be shared to help current leaders create an exit strategy which will make finding a successor much easier. Succession planning is not just Presidents, and Treasurers, but all board members who have a meaningful role in the organization.

This program is most appropriate for board members. It is strongly encouraged that at least two board members from the organization attend to maximize its impact. Executive directors are welcome, but will benefit most if accompanied by a board member.

Please contact Robbin Hill at rhill@mscf.org or 410-820-8175 to register.

**Quick Info:
Lunch & Learn**



**Understanding & Treating
Self-Mutilation**

**Presenter: Pamela Marcus,
PMHCNS-BC**

4 CEUs

**Time: 12:00 - 2:00 pm (30th)
& 1:00 - 3:00 pm (31st)**

January 30 & 31, 2014

Cost: \$125 + \$15 for CEUs

Live Webinar Series

Introducing Chesapeake Beach Professional Seminars' new Lunch & Learn Live Webinar Series. This series is designed to mesh with your work schedule. By incorporating our live webinars into your lunch hour, we have provided an opportunity for you to earn CEUs while you learn at lunch! All of the workshops are described in detail below, with quick info and registration links to the left.

Join us as we lunch and learn!

Join Our Mailing List



**Chesapeake Beach
Professional Seminars, LLC**

**Understanding & Treating Self-Mutilation
*Jan. 30 & 31***

Description:

Self-Mutilation: A growing ineffective means to cope with anger, frustration and disappointment, self-mutilation can cause great concern and challenges for mental health professionals. Learn dynamics involved in this maladaptive practice as well as treatment modalities. In order to reduce this devastating trend, health care workers, teachers, clergy and parents need to understand some of the underlying causes of teen depression and maladaptive ways of coping. Assessment tools that include physical, emotional, cognitive, social and spiritual components will be included.

Objectives:

- Identify four probable theoretical factors that account for the etiology of self-mutilation.
- Differentiate between self-mutilation and suicidal gestures.
- Identify three interventions for discounting self-mutilation.

Cancellation Policy:

Written cancellation must be received in our office at least ten working days prior to the training. A \$25 processing fee will be deducted from your refund. Otherwise, a voucher will be given. If you do not notify us a minimum of ten business days prior to the training of your intent to cancel, you will not receive a refund or credit.

Continuing Education Units:

CBPS is approved by the Maryland Board of Social Work Examiners to sponsor Category I continuing education programs; approved by the National Board of Certified Counselors to offer continuing education for National Certified Counselors (NBCC Provider #5763); the National Association of School Psychologists to offer CEUs Provider #1067, the Association for Play -Therapy to offer continuing education programs specific to play therapy (APT Provider #97-034) and the Board of Behavioral Sciences in California to offer CEUs for MFCCs and LCSWs (Approval #PCE 1466) CBPS maintains responsibility for the training.

**Chesapeake Beach Professional Seminars
3555 Ponds Wood Drive
Chesapeake Beach, MD 20732**

Office: 410-535-4942 | Fax: 410-414-9902 | Email: info@cbpseminars.org

Text, Talk, Act to Improve Mental Health

A Text-Enabled National Creating Community Solutions Dialogue

Mental health affects us all. It's time to end the silence. It's time to talk about it.

This December 5th, join Creating Community Solutions in a nationwide discussion on mental health....via your cell phone! All over the country, on the same day, people will get together in small groups for one-hour discussions on mental health.

The process is simple: join 3-4 of your friends, family, classmates, students, and/or colleagues and text "start" to 89800. Your group will then receive polling questions, discussion questions, and process suggestions via text messaging.

You can start anytime you like on December 5th – the texting platform will be available all day. You'll have conversations face-to-face with the group of 4-5 people that you gather. At times, your group will receive polling questions and you'll have opportunities to text in responses from the group. You'll get a link to a webpage that allows you to view the poll results, and see all the ideas that have been texted in. The other texts you receive will be discussion questions you can talk about with the people in your group.



Text.Talk.Act

Join us for the first-ever, **TEXT-ENABLED CONVERSATION ON MENTAL HEALTH!**
THURS DEC 5TH

IT'S EASY!

Talk in groups of 4 to 5 people about the issues presented.

Be part of the change!

WHAT IS THIS?

Across the country, people will get together for one-hour, small group conversations on mental health. Each group will have polling questions, discussion topics & facilitation suggestions delivered to them via text message.

TXT
TLK
ACT

Mental health is one of the most critical and misunderstood public issues we face. Let's have a candid dialogue to think about actions we can each take to strengthen mental health on our campuses & in our communities.

SIGN UP NOW!

www.bit.ly/texttalkact

We respect your privacy and will not save or share your personal information.

"Text, Talk, Act on Mental Health" is designed to engage high school and college students in particular, using technology that is ubiquitous in their lives. Results from the live polling questions will be tabulated almost instantly, so that people will be able to see how participants across the country responded. The discussion questions will provide a safe space for candid dialogue on mental health, one of the most critical and misunderstood public issues we face. The process will also provide an opportunity for participants to discuss actions they can take to strengthen mental health on their campuses and in their communities.

Can you give **one hour** of your time to talk mental health matters?

Gather your group on December 5th, text "start" to 89800 and join the conversation!

Join us via Twitter (@MentalHealthCCS) and Facebook (fb.com/CreatingCommunitySolutions) using the hashtag **#TextTalkAct**

Click here to receive reminders and materials before the event!

For additional FAQs, please click here.

Abuse Prevention with David Hingsburger

When

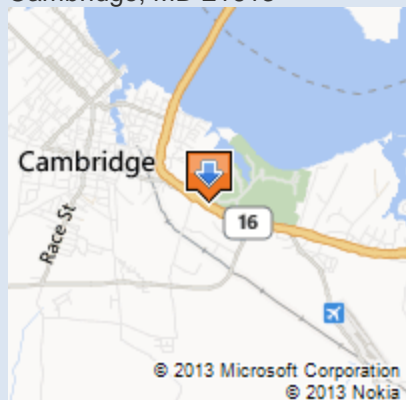
Wednesday December 11, 2013
from 9:30 AM to 3:30 PM EST

[Add to Calendar](#)

Where

Holiday Inn Express

2715 Ocean Gateway
Cambridge, MD 21613



[Driving Directions](#)

Abuse Prevention with Dave Hingsburger

December 11, 2013

9:30 a.m. - 3:30 p.m.

Holiday Inn Express - Cambridge, MD

LIMITED TO 25 SELF-ADVOCATES PLUS A TRAINER FROM EACH AGENCY.

Lunch will be provided for all Staff and Self-Advocates.

There will be no latecomers able to join after 9:30 a.m.

Staff/Trainers/Self-Advocates - 9:30 a.m. - 11:30 a.m.

Lunch provided - 11:30 a.m. - 12:30 p.m.

Staff/Trainers ONLY - 12:30 p.m. - 3:30 p.m.

[Get more information](#)

Register Now!

If you have any questions or need special accommodations, please let me know.

Sincerely,

Andrea Jones

DDA/ESRO

andrea.jones@maryland.gov

410-572-5945

Meet the
Scientist
A Virtual Q&A Discussion

 **BRAIN &
BEHAVIOR**
RESEARCH FOUNDATION
Awarding **NARSAD** Grants

Please join us by phone or on the web for our **Meet the Scientist Webinar Series!** Hear leading mental health researchers present the latest in new technologies, diagnostic tools, early intervention strategies and next-generation therapies for mental illness.

Topic: "Autism: Progress and Promise for the Future"

When: Tuesday, December 10, 2:00 p.m.-3:00 p.m. EST

Please note: This webinar will not be available to view after the live presentation. The only way to view this webinar is to **register** and attend the live event on 12/10.



Speaker: Fred R. Volkmar, M.D.

Irving B. Harris Professor in the Child Study Center, Yale University School of Medicine
Professor of Pediatrics, of Psychiatry and of Psychology, Yale University School of Medicine
Chief, Child Psychiatry at Yale-New Haven Children's Hospital
Chair, Child Study Center, Yale School of Medicine

A graduate of the University of Illinois where he received an undergraduate degree in psychology in 1972 and of Stanford University where he received his M.D. and a master's degree in psychology in 1976, Dr. Volkmar was the primary author of the American Psychiatric Association's DSM-IV autism and pervasive developmental disorders section. He is the author of several hundred scientific papers and chapters as well as a number of books including A Practical Guide to Autism (Wiley Press), Asperger's Syndrome (Guilford Press), Health Care for Children on the Autism Spectrum (Woodbine Publishing), and the Handbook of Autism (Wiley Publishing). He has served as an Associate Editor of the *Journal of Autism and Developmental Disorders*, the *Journal of Child Psychology and Psychiatry*, and the *American Journal of Psychiatry* and now serves as Editor of the *Journal of Autism and Developmental Disorders*.

Register for this webinar

Foreclosure Prevention



Foreclosure Prevention Services for Mid-Shore Homeowners

FORECLOSURE PREVENTION

THE FORECLOSURE PREVENTION PROJECT assists low-to-moderate income homeowners in danger of losing a personal residence to foreclosure. Volunteer attorneys meet with clients to discuss options, answer questions about the foreclosure process, and accompany homeowners to mediation upon request and if appropriate.

DON'T WAIT FOR DELINQUENCY!

You may be at any stage of the process to receive advice at a Foreclosure Prevention Clinic, even if you are not yet delinquent but may be facing imminent delinquency.

SIMPLE OR COMPLEX, WE CAN HELP

If your case is more complex than our project's scope, but you still meet the income guidelines for assistance, you will be guided through the application process for obtaining pro bono or reduced-fee services from a private attorney through MSPB. Some cases may require referral to another agency for assistance.

SECOND HOMES, RENTALS AND OTHERS

Homeowners facing foreclosure on a rental property or second home, those outside our area of jurisdiction, and anyone over the income guidelines also may receive advice and guidance at our clinics. However, our volunteer attorneys are unable to represent those homeowners in legal proceedings.

The Foreclosure Prevention Project works in cooperation with the Maryland Housing Counseling Network.

Foreclosure Prevention
410-690-8128

HOW WE CAN HELP

FORECLOSURE CLINIC

- *Offered by appointment to anyone with foreclosure questions*
- *Volunteer attorneys provide legal advice and referrals*
- *Attorneys can provide advice and guidance even if the home is not yet in foreclosure*
- *Homeowners can complete an application for representation in foreclosure mediation or ongoing foreclosure matters*

REPRESENTATION AT MEDIATION

- *Representation is available for qualified homeowners in the five Mid-Shore counties (Kent, Queen Anne's, Talbot, Caroline and Dorchester)*
- *Attorney assistance is available to help owner/occupants prevent foreclosure or negotiate an exit from the home*

HOUSING COUNSELING REFERRALS

If you are facing foreclosure and are not working with a housing counselor, we urge you to take advantage of that resource.

Homeowners who work with a supportive team often have a much better outcome than those who do not. We can refer you to housing counselors trained to evaluate your situation and suggest sustainable options.

WWW.MIDSHOREPROBONO.ORG

Mid-Shore Pro Bono

THE FORECLOSURE PREVENTION

PRO BONO PROJECT was launched in July 2008 with a letter from Chief Judge Robert M. Bell to all attorneys licensed in Maryland, requesting their assistance in Maryland's foreclosure crisis.

A collaboration among Pro Bono Resource Center of Maryland, Civil Justice, Inc., Mid-Shore Pro Bono and various other nonprofit organizations and state agencies, the Project trains participating attorneys on Maryland's new foreclosure process and engages them in pro bono legal representation of homeowners in distress.

This project is supported by grants from:

- *The Dept. of Housing and Community Development*
- *The United Fund of Talbot County*
- *The Harry and Jeanette Weinberg Foundation*

WWW.MIDSHOREPROBONO.ORG

8 SOUTH WEST STREET

EASTON, MD 21601

410-690-8128

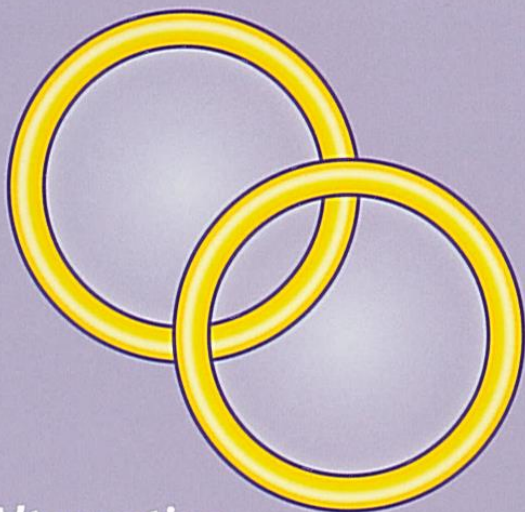
FAX: 443-385-0210



**SERVING KENT, QUEEN ANNE'S, TALBOT,
CAROLINE AND DORCHESTER COUNTIES**

Collaborative Practice

*Looking for a Better Way
to a Better Future?*



**Alternative
Dispute Resolution**

**Offering
Out-Of-Court
Solutions for**

- **Divorce**
- **Family Law &**
- **Domestic Cases**

No Yes

- | | | |
|-------------------------------------|-------------------------------------|-----------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Judge Decides |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Contested Court Case |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Mutual Respect |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Binding Agreement |

WHAT IS COLLABORATIVE PRACTICE?

COLLABORATIVE PRACTICE is an out-of-court settlement process, offering an alternative way for couples to work through divorce or domestic proceedings. It allows parties to maintain their personal dignity and mutual respect and avoid filing contested cases in court.

Only you know your unique situation and circumstances. Collaborative Practice is a way for you to keep control over the outcome of your separation and divorce, instead of leaving it in the hands of a judge.

DO WE NEED LAWYERS?

- **Yes, and we can provide them.**

If you meet Mid-Shore Pro Bono's income guidelines, you will have specially trained attorneys assigned to your case. You each will have your own lawyer representing your particular interests.

IS IT LIKE MEDIATION?

- **Not exactly...**

Mediation uses neutral mediators to facilitate the negotiation. In the Collaborative process, the attorneys for each side lead the discussions with their clients and make sure each party's interests are protected.

WHAT ARE THE BENEFITS?

- *It is a streamlined process that gives you a better start on rebuilding your life.*
- *It allows participants to make fully informed choices while minimizing conflict.*
- *You work as a team with Collaboratively trained professionals to focus on solutions protecting children and financial resources.*

Collaborative Practice
410-690-8128

HOW DOES IT WORK?

FIRST, YOU AGREE TO AGREE

The first step in the Collaborative process is for you and your spouse or partner to sign an agreement in which you pledge:

- *To negotiate a mutually acceptable settlement without using the courts to decide any issues for you;*
- *To be honest and open in exchanging information; and,*
- *To agree to protect the well being of any children affected by the divorce.*

NEXT, YOU SIT DOWN AND TALK

In Collaborative Practice negotiations, you and your attorney will sit down and talk with your spouse or partner and his or her attorney to create a settlement that works for you both, while also keeping in mind the interests of children.

The meetings depend upon open communication and information exchange so that informed decisions can be made. Other financial, mental health or child specialists may be called in to help with the negotiations in order to reach the best solutions for all involved.

In an atmosphere of mutual respect and constructive dialogue, both parties can move through the devastation of a divorce and forward into their new future with minimal emotional and financial damage.

AGREE AGAIN, FILE AND MOVE ON

Once you reach a settlement agreement, your attorneys will file it with the court, where it is legally binding and enforceable.

WWW.MIDSHOREPROBONO.ORG

Mid-Shore Pro Bono

COLLABORATIVE PRACTICE services are available through Mid-Shore Pro Bono by calling our office at the phone number below or stopping by for an application.

You will be screened for eligibility based on your income. Once we receive your completed application and application fee, we will review your case for eligibility. If eligible, we will start looking for a volunteer attorney to take your case.

Because we rely on the generosity of volunteer attorneys to accept cases, and have a limited number on our panel specially trained in Collaborative Practice, we cannot guarantee we will find a lawyer for every case.

If you live outside of the Mid-Shore area, please contact Collaborative Project of Maryland at 240-428-8562.

This project is supported by grants from the Department of Family Administration at the Administrative Office of the Courts, and from the Maryland Mediation and Conflict Resolution Office.

WWW.MIDSHOREPROBONO.ORG
8 SOUTH WEST STREET
EASTON, MD 21601
410-690-8128 FAX: 443-385-0210



**SERVING KENT, QUEEN ANNE'S, TALBOT,
CAROLINE AND DORCHESTER COUNTIES**



SHARE     

The National Council for Behavioral Health has created a new opportunity for your organization to get a leg up in the new healthcare marketplaces: the [Mastering Back Office Management Learning Community](#).

We designed this learning community for sophisticated behavioral health organizations that strive to effectively manage internal utilization management, credentialing, authorizations, and claim submissions to take advantage of increased revenue from Medicaid and third party insurance entities.

With an anticipated 16 million newly insured Americans in 2014, it is likely that all healthcare providers will feel great pressure to provide high-quality services — customized to the individual — while maintaining financial and operational practices that comply with insurance billing requirements.

According to Dale Jarvis, of Dale Jarvis and Associates, to rise above this chaos and thrive in it, community behavioral health organizations need to be seen as [Behavioral Health Centers of Excellence \(BH-COE\)](#), organizations or programs within an organization “that excel at addressing the whole health of one or more identified populations and is viewed by the community as a preferred place of care.”

While a focus on clinical quality improvement is a must, you likely know that you need to continue enhancing your back office functions to support the services you provide.

Services such as:

- Credentialing staff on provider panels
- Internal referrals to appropriately credentialed staff
- Obtaining pre-certifications, authorizations, and re-authorizations, as needed prior to service continuation
- Support enrollment needs of clients
- Clinical focus to meet the managed care best practices (e.g., mental illness-focused brief therapy “treat to target” models, shift in paying for volume to paying for value/quality/outcomes)
- Collection of co-pays
- Timely and accurate claims submission

This unique National Council learning community, conducted in partnership with MTM Services, gives you nine months of customized training and technical assistance that includes a readiness assessment, online conference, webinars, web-based consulting, resource website, toolkit, and rapid change plan development consulting.

The Mastering Back Office Management Learning Community will begin in January 2014 and is open to National Council members. Cost of participation is \$7,500. Non-members are encouraged to join, but must become a member prior to the learning community's onset.

[Learn more](#) and [apply by Dec. 11](#) to join this unique learning opportunity.

Questions? Email Mohini Venkatesh at MohiniV@TheNationalCouncil.org.



Calling all innovators and game changers

Respond to the National Council eHealth Challenge

Submissions at <http://www.thenationalcouncil.org/events-and-training/conference/the-expo/ehealth-challenge>; Deadline: December 20, 2013

Consumers are used to getting nearly every product and service — from movies to groceries — on demand. And their expectations for healthcare are no different. Care anytime, anywhere is becoming the norm. Websites are the new clinics, smartphones are the new health monitors, and social networks are the new wellness coaches.

Healthcare providers are responding to these trends by turning to technology to improve access, extend or replace staff, support clinical decision making, measure outcomes, engage patients, and encourage self-management.

If you offer a product or service that meets these evolving needs, we invite you to **participate in the [National Council eHealth Challenge](#)**. Tell us about your wellness apps, home monitoring tools, virtual care delivery technologies, patient self-management resources, big data applications, etc. Of particular interest are technology innovations that are applicable to people with substance use disorders and mental illnesses who also have heart disease, diabetes, and other chronic medical conditions.

Five finalists will be selected from among the submissions and invited to showcase their technologies at the eHealth Executive Summit in Washington DC on May 7, 2014 hosted by the National Council for Behavioral Health, a leading healthcare specialty association. The summit convenes a select group of healthcare leaders, providers, and consumers as well as private and public funders, policymakers, and administration officials in a conversation about digital and mobile technologies and how new service and payment structures support adoption of technology solutions.

The Summit is offered in conjunction with the [National Council's annual conference](#), May 5–7, 2014, featuring 4,000 behavioral health decision makers and buyers, 100+ sessions on healthcare clinical and business practices, and nearly 200 exhibitors. The five finalists selected through the eHealth Challenge are also offered the opportunity to participate in the National Council Conference.

In addition, the five finalist videos will be posted on our social media channels and the video with the most “Likes” will win the National eHealth Challenge Award, and receive

- Free exhibit booth at 2015 National Council Conference in Orlando, Florida.
- National Council Magazine article and blog post.
- National Council webinar.
- Recognition on press and social media channels.

Submissions

Submissions are only accepted for direct consumer applications. Judging criteria — for selection of the five finalists — include evidence base for functionality, ease of use, capacity for interaction and user engagement, outcomes, integration with other tools and technologies, and connectivity for clinical decision support.

Submit the following:

1. Directions to access your technology or tool in real time via web or smartphone.
2. 5-minute video that demos your technology (videos must be hosted on YouTube and a link included in your submission).
3. Brief written description (no more than 350 words) of goals, audience, uses, and outcomes.

Submissions are accepted at <http://www.thenationalcouncil.org/events-and-training/conference/the-expo/ehealth-challenge> through December 20, 2013. Finalists will be announced in February 2014. We’re eager to hear from you — tell us how your innovation can improve care and outcomes and we’ll get you in front of the nation’s leaders in healthcare policy and delivery.

Questions? Email Conference@thenationalcouncil.org or call Danny Linden at 202.684.3729.



Will all case managers eventually become care managers?

I was asked this question on a recent National Council LIVE webinar I presented on evolving new roles for case managers. How would you answer?

My response: “No matter what the title or the environmental/regulatory issues, all case managers — and all behavioral health staff — must expand their vision and support care for the whole health of the people they serve.”

The National Council for Behavioral Health’s Case to Care Management training can help you advance this whole health approach in your organization, whether primary care services are collocated, embedded, or based on referrals. Our in-person, 1-day group training is designed to equip your case managers with the expanded skills they need to act as health navigators, support health behavior change, and understand common health problems in persons with behavioral health challenges.

Those who complete the Case to Care Management training are able to:

- Learn current healthcare trends impacting their role.
- Understand the difference between physical and behavioral health culture.
- Describe strategies to build strong partnerships with primary care providers.
- List strategies to help prepare people for primary care appointments and to increase self-management.
- Apply basic chronic care principles to managing heart disease and diabetes.
- Identify and apply strategies to help people change their health behavior.

To learn more, check out our webinar recordings, New Roles for Case Managers, [Part 1](#) and [Part 2](#) and [blog post](#).

To schedule a Case to Care Management training at your site, please contact Daisy Wheeler (daisyw@thenationalcouncil.org).



Dear leaders of crisis services,

I'm pleased to announce the launch of the National Council's crisis services initiative, which will bring attention to your heroic work and advance the field of crisis response.

We recognize that crisis services are critical to effective, timely, and coordinated healthcare, and our initial activities for this initiative include:

- Establishing a crisis response listserv to provide all of us the opportunity to ask questions about and offer solutions to the many clinical, administrative, and financial issues our crisis programs confront. Please subscribe by emailing crisis_responders@nationalcouncilcommunities.org.
- Hosting a conference track on crisis response at the [2014 National Council Conference](#) to provide in-depth learning opportunities for both individuals and organizations.
- Creating a steering committee to select and guide crisis system and services research projects and data-gathering efforts over the next 12 to 18 months.

We have received input on this initiative from leaders in crisis services from all over the country, and we welcome your input, too. If your organization is involved in any type of crisis intervention, from hotlines to mobile teams, please join us in enhancing the quality, sustainability, and growth of crisis services by posting on the listserv, joining the steering committee, suggesting conference speakers, and attending the crisis track workshops at the National Council Conference, May 5 -7 in Washington, D.C.

For more information, please contact Jenny Crawford, Senior Clinical Director, at JennyC@TheNationalCouncil.org.

Sincerely,
Linda Rosenberg



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Veterans Reach Whole Health Goals in Peer-to-Peer Training, WHAM

The National Council for Behavioral Health recently led a Whole Health Action Management (WHAM) training for 30 Veterans and staff at Edith Nourse Rogers Memorial Veterans Hospital (Bedford VAMC) in Bedford, Massachusetts. The WHAM training — created by the National Council’s SAMHSA-HRSA Center for Integrated Health Solutions (CIHS) — taught Veterans in recovery from mental illnesses and addictions how to lead peer support groups that promote mind-body whole health and resiliency to better self-manage physical and behavioral health issues.

“We were delighted when the Veterans Administration asked us to provide training to Veterans with mental illnesses and addictions,” said Jeannie Campbell, Executive Vice President at the National Council. “Edith Nourse Rogers Memorial Veterans Hospital’s Peer Support program is visionary — they fully support their peer workforce and they know how vital mind-body health is. WHAM is the next evolution of this vision.”

“I am honored to represent Bedford VAMC as part of the state-wide team developed by SAMSHA to strengthen behavioral health care systems and services for our Veterans in Massachusetts”, offered Christine Croteau, Acting Director at the Edith Nourse Rogers Memorial Veterans Hospital. “A vital part of offering Veterans the full spectrum of care requires strong partners in the community.”

“Veterans know that mind and body resiliency is the pinnacle to their whole health. WHAM, with its focus on identifying personal strengths and fostering resilience, is an ideal support group model for Veterans,” said Kevin Henze, PhD, CPRP, Director of the Empowerment & Peer Services Center at the hospital. “Members of the military and veterans have a tight bond, making the peer-to-peer component paramount.”

WHAM teaches 10 health and resiliency factors developed in partnership with the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital.

They are:

1. Stress management
2. Healthy eating
3. Physical activity
4. Restful sleep
5. Service to others
6. Support network
7. Optimism based on positive expectations
8. Cognitive skills to avoid negative thinking

9. Spiritual beliefs and practices
10. A sense of meaning and purpose

When proper attention is paid to these factors, Veterans can become more resilient, which helps prepare them for traumas associated with the theater of war.

“The military recognizes that mind-body resiliency will ensure healthier veterans,” said Larry Fricks, WHAM creator and Deputy Director of CIHS at the National Council for Behavioral Health. “We look forward to working with additional VA programs to teach peer specialists how to implement the WHAM process at their local sites.”

WHAM trainings are available for a variety of audiences. Find out how you can bring WHAM to your agency or organization by emailing [Daisy Wheeler](mailto:Daisy.Wheeler@nabeh.org).

The National Council for Behavioral Health is the unifying voice of America's community mental health and addictions treatment organizations. Together with our 2,000 member organizations, we serve our nation's most vulnerable citizens — the more than 8 million adults and children living with mental illnesses and addiction disorders. We are 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 nearly 100,000 individuals to connect youth and adults in need to mental health and addictions care in their communities. Learn more at www.TheNationalCouncil.org.

The Edith Nourse Rogers Memorial Veterans Hospital is honored to provide services and care to America's Veterans by providing exceptional health care that improves their health and well-being. Learn more at: www.Bedford.VA.gov/guide.

Follow the National Council on



The Brown Bag Training Series

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for Social Workers in
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“Jail Mental Health”

Friday, January 31, 2014

12:00 PM — 1:00 PM

Trainer: Bill Rhodes, LCPC
Conmed Healthcare Management, Inc.

1 Category I CEU

How to Register

Seating is limited for these FREE training sessions. Please register by either:
Telephone: **410-770-4801** or Email: **ehorney@msmhs.org**

On the day of the training plan to arrive by noon and don't forget to bring your lunch!

