



# MID SHORE

## BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

Visit Our Website

Resources in Behavioral Health Training, Events, Program Info, News, & More Around the Shore

»»» #GOINGPURPLETOGETHER2020 «««

## MID SHORE GOES PURPLE

SEPT. 25TH

4:30 PM - 6 PM

### Greetings!

In honor of Recovery Month, MSBH recognizes the hard work and positive impact that peers and Eastern Shore Safe Stations have for people suffering from substance use. Safe Stations are literally a safe place, located in community fire stations, for people in need to call for help at any time of day or night.

On August 1, 2019, two Safe Stations launched on the lower shore. One is located in [Worcester County at the 15th Street Fire House](#), in Ocean City, and the other is located in [Wicomico County at the Recovery Resource Center in Salisbury](#). Since the inception of the two Safe Stations, a total of 275 consumers have received help. The Safe Stations utilize evidence-based peer recovery services. This means when a person makes the decision to get help and accesses one of the Safe Stations they will be put in contact with a peer to guide them.

What is a peer? According to the Substance Abuse and Mental Health Services Administration (SAMHSA), peer support workers bring their own personal knowledge of what it is like to live and thrive with mental health conditions and substance use disorders. Peers share personal experiences, reveal the power of recovery, and provide hope. Below is testimony of the difference peers are making on the Eastern Shore.

### Testimony from an Emergency Department Case Manager:

"I had a patient in the ER looking for detox. A peer support worker went above and beyond to ensure the patient was placed at Dover Behavioral Health and arranged his transportation with Dave's Taxi. She made multiple phone calls to the facility as well as to me in the ER to ensure a safe discharge plan was executed for this patient. She demonstrated excellent

communication skills, professionalism, empathy and teamwork during my conversations with her.”

“I know this is a challenging time for all of us trying to serve patients however, this is a great example of our partnership where patients benefit from collaborative care and I am grateful to work alongside you all! Kudos to the peer and the entire WCHD!”

**Testimony from a parent whose daughter who received help at a Safe Station:**

**"In March of 2020 I found out about the Safe Station program while making desperate calls for help and information for my 26-year-old daughter. Based on that information, I immediately took my daughter to the firehouse on 15th Street in Ocean City. The firefighters there went into immediate action. First taking us to a private room, asking only necessary questions, assessing my daughter's vitals, calling for the Calvary (the Peer worker), and then comforting my daughter (and me) with information about the process so we knew what to expect."**

**"The peer worker showed up and introduced herself to my daughter, me, and my husband. She immediately put me at ease because the first thing she said was she was in recovery, so I knew she understood. My daughter's addiction was causing her to have severe withdrawal symptoms and she was desperate for help. The peer just took over at that point which felt wonderful because, for the first time ever, I knew my daughter was going to get help. Not advice, not a number to call, not a lecture...but real help."**

**"We all went to the Atlantic Center in West OC where an actual mental health counselor met us (thanks to the peer). I wish I remembered her name because she too was terrific. The peer was on multiple phones, making multiple calls and in little time, paperwork was done, calls were made, and my daughter was in the car with the peer heading to the Hudson Center in Salisbury. The peer made sure she and I exchanged phone numbers and she stayed in touch with me multiple times that first day. I was worried sick as you can imagine. She continued to update me regularly. She met me several times to pick up personal items from me to take to my daughter. She literally was a lifeline for me at a time where I was out of my lane. The reason that is so noteworthy to me is that she was there to help my daughter and she did. But she also helped me with information, follow-thru, kindness, understanding, attention and sharing. That peer is truly an Angel on earth."**

**"I wanted to share with you my experience with the Safe Station program. I assume this is a grant funded program, so I know feedback from the community is important. If you ever need help with this program, in any way, please let me know. To close, I thought I'd let you know that my daughter went to the Broad Street House as part of the 3.1 program. She has been receiving treatment for her addiction but she also, for the first time, receiving help for her PTSD from her time in the Army. Listening to her speak on the phone is amazing. She is so focused and bright and has truly embraced her recovery. I could not be more grateful for the Safe Station program and the amazing people that are responsible for its existence. The program and the peer literally saved my daughter's life. The peer was doing what she was put on earth to do and she is priceless to me and my family."**

**This is just two testimonials of what peers are capable of. Peers in Action!**

**Partners in our Eastern Shore Safe Station Coalition as well, there is also a [Safe Station in Talbot County](#).**

**Stay tuned for more as we move forward into September - Recovery Month.**

**Have a great week of wellness,**

**MSBH Team**



## Trainings

- September 2nd 9 A.M. TO 11 A.M. - SUN LGBTQA+ CEU Opportunity [Register in advance for this meeting, here.](#)
- September 9th 7 P.M. TO 9 P.M. - SUN LGBTQA+ CEU Opportunity [Register in advance for this meeting, here.](#)
- September 10, 2020 11:00 AM – 5:30 PM EST. Race and Roots in Latinx /Hispanic Communities. [More information here.](#)
- At your own pace - [Cultural and Linguistic Competency course on the Maryland Behavioral Health University of Maryland Training website](#) - 1.25 NBCC CEUs or a Certificate of Attendance (COA) upon completion of the course and final test.
- September 15th, 2020 - [Why We Can't Wait](#) - 5.75 CEU Available
- September 17, 2020 - Advancing the Response to COVID-19: Sharing Promising Programs and Practices for Racial and Ethnic Minority Communities - [Register here.](#)



## Community Bulletin Board

- The Haven Ministries Headquarters is open - food pantry and resource center! Check out the flyer in both [Spanish](#) and [English](#). They are seeking volunteers for this program as well as the Thrift Store and Warehouse.

To volunteer, please contact:

Thrift Store, Liz: 410-353-0455  
Warehouse, Susan: 410-490-8498  
Headquarters/ food pantry: Chris: 443-988-1183



## Job Postings

If you would like to submit a job posting, kindly email:  
[surquhart@midshorebehavioralhealth.org](mailto:surquhart@midshorebehavioralhealth.org).

Please submit postings in PDF or Word Document. Jobs will be promoted for the duration of 1 month, or until notified differently.

Caroline County Health Officer

Three Job Openings at Mid Shore Behavioral Health

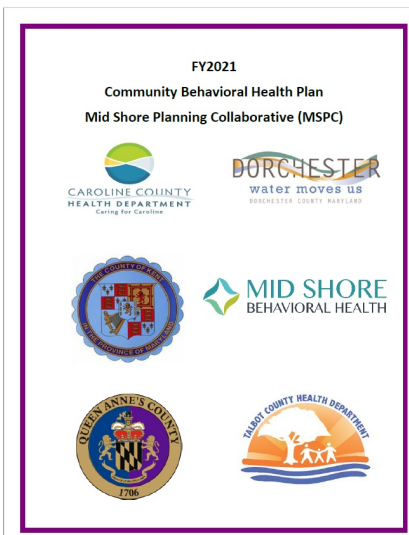
Channel Marker MentalHealth Services Job Openings

Mental Health Coordinator - Caroline County Detention Center

Mental Health Therapist - Corsica River Mental Health Services, INC.

Check out our Fiscal Year  
2021 Integrated  
Community Behavioral  
Health Plan

FY21  
CBHP



The 2020 Resource Guide is LIVE and on our website! Get your copy here:

2020 Behavioral Health Resource Guide



Would you like to be featured in our newsletter? Have an upcoming event, workshop, training or conference? How about a question you would like to ask? We are happy to help, please click 'Contact Us' below to send an email to Sherize Urquhart , Marketing & Events Specialist

Contact Us



Check out our events page for upcoming events & trainings.

Upcoming Events



Optum Provider Alerts

Mid Shore Behavioral Health,



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Connect with us

