



MID SHORE BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

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[Resources in Behavioral Health Training, Events, Program Info, News, & More Around the Shore](#)



GOING PURPLE TOGETHER

CAROLINE / DORCHESTER / KENT / MID SHORE BEHAVIORAL HEALTH / QUEEN ANNE'S / TALBOT

Greetings!

This month, in recognition that September is National Recovery Month, we are thrilled to announce that five mid-shore counties are collaborating to create a unified Going Purple presentation on September 25th from 4:30 - 6:00 p.m. via Zoom. All five Local Addiction Authorities (LAA's) with coordination from Mid Shore's [Ann Simpers](#) will be participating on this first ever collaborative Going Purple event. Don't miss this memorable event that will not only provide county specific information regarding resources for those looking for help, but will also be uplifting - ending with a local recovery rock band. Stay tuned for registration information!

Also in recognition of Recovery Month, we note that during this pandemic, many people are in need of increased support to avoid relapse or prevent occurrence of substance use disorders. In this issue, we are pleased to share an uplifting story of recovery from a local, anonymous person. See Recovery Story, below.

[SAMHSA](#), or the Substance Abuse and Mental Health Association, provides a wealth of resources, social media campaign information, and registration for the National Recovery Month Webinar Series.

This is also Suicide Prevention Awareness Month. The increased reports of suicide and highly publicized jumps from the Bay Bridge, just miles down the road from us, have hit home hard. Never before has it been so important to reach out to friends, family, or a neighbor - to check in on their own wellness, or to confide in someone that life has been hard lately. If you or someone you know is in need of help, call 888-407-8018 for help 24 hours a day, every day. The [Maryland Department of Health](#) has a wealth of resources on suicide prevention, best practices, along with fact sheets, resource guides and links to participate in social media campaigns for September. Find additional resources, tips, and guidance with the [National Alliance on Mental Illness, or NAMI](#).

Finally, we are excited to announce we are hiring for a new position, a [Full-](#)

[time Youth Outreach Coordinator!](#) This person will play a critical role in outreaching to young people in need of support, help, resources, or to be a life-line. Candidates must possess a high school diploma or equivalent, and fulfill one of the following: be a Certified Peer Recovery Specialist, have experience as a Peer Recovery Specialist, is in active recovery or has direct experience with substance use personally either in relation to a family member or as a caregiver.

As usual, our Community Bulletin Board features available trainings and webinars - many providing CEU's, as well as other events happening on the mid-shore. See below to stay connected!

Have a weekend of wellness and connection,

The MSBH Team

Recovery Story

My old man was always a heavy drinker but he was never abusive. It was just what Daddies do, I thought, as my five year-old self would dutifully go to fetch him another beer. It never interfered with his life, or at least that is what I thought. As I got older, I heard stories about times when he got drunk, but, again, I never saw it...until I was an adult. Drinking was just a part of my parents' lives; it was something that adults do and something that I could look forward to when I got older.

If anything, *I* was the problem. I was the drunk in the family, with multiple instances of out-patient rehab and close brush-ins with the law. Like a lot of alcoholics, I was exposed to alcohol early as kid, but back then it was innocuous, and I found I didn't like it. I remember being given a toothbrush soaked in Irish whiskey to help ease the dental pains that come with youth – and I thought it was awful - yuck! The same experience occurred when I first drank beer – it's called an acquired taste for a reason. I suppose that is why I tended to gulp my alcohol down. Ironically, I never really liked the taste, a fact that I have embraced to keep myself sober.

Despite his drinking, my Dad was one of the hardest working people I've ever known. Frequently throughout my teenage years, my old man would come home with a 40 and head for his de facto man cave and couch. There he would drink his beer and usually fall asleep. I figured he was just tired after a long day at work. I never, ever saw him become violent or even verbally abusive when he was drunk, or sober, to my Mom or me. He was, and is, a great father.

Still, Dad's drinking finally caught up with him, especially when he no longer had his work as his refuge and I had moved out of the house. Discussions of him being a problem drinker started coming up over the years, including a few instances where he embarrassed my wife and I in public - just as I had embarrassed them. Dad even went through several periods where he abstained or cut back his drinking, and, perhaps naively, we always thought (*hoped*) that would be the end of it.

But one thing you learn about substance use disorders, alcohol included, is that the wolf is always at the door. It's a hard lesson but abstinence is the only way, as one drink can soon become several. I often tell people, never underestimate the human capacity to rationalize – a drink is always just an excuse away. Finally one day my Dad just didn't stop drinking, and went on a bender that lasted days before we were able to stop him. For the first time in my life, my Mom was now afraid of him, and I suddenly had to reverse roles to be the adult to my father, who was acting like a child. That's what alcohol does to us – it turn us nice Dr. Jekylls into really obnoxious Mr. Hydes.

After a couple of visits from the cops, the intervention of a judge, and a forced visit to the hospital, Dad got sober. At the hospital, they bluntly told him that if he didn't stop drinking he would die. It finally got through to him where our family had failed. Like me, Dad is a very proud man, and I don't think he liked being treated like a drunken bum, just as I don't, either.

Today, my Dad and I are both sober. Where once I thought he was going senile, I now hear the intelligent father I grew up with. It turns out that there is long history of alcohol abuse in my family, which I hadn't been aware of. It's just something in our genes. Where my wife and her family get sick after a few drinks, my old man and I get a high and keep drinking until we pass out... or worse. So, my old man and I can now show the world that we are adults by taking our alcoholism seriously and not drinking. My Dad has an MBA and was well regarded in his profession, and, I have two Master's degrees myself, and just submitted to my thesis for my PhD. Besides, there are plenty of other things to enjoy in life, and one of them is not waking up in a fog the next morning and wondering what we did the previous night. That, and not having the cops or paramedics coming to our houses is nice, too.

Dad, I love ya.



Community Bulletin Board

Below, find trainings, webinars, job postings, and events happening on the mid-shore or virtually!

ASK THE EXPERTS:

LEARN ABOUT CRITICAL RESOURCES FOR PREVENTION, TREATMENT & RECOVERY

JOIN US SEPT. 8, 6:30 p.m.

"The American Opioid Crisis: Talbot Goes Purple"

**film screening +
panel**

On Zoom:

Meeting ID: 828 6110 9803

Passcode: 681866

TALBOT GOES PURPLE

Our panelists are as follows:

James Carter, Peer Support Specialist, *Talbot County Health Department Addiction Services*

Kelly Coble, LCSW-C, Program Director, *Maryland Addiction Consultation Service (MACS)*; Program Director, *Behavioral Health Integration in Pediatric Primary Care (BHIPP)*; Instructor, *University of Maryland School of Medicine, Department of Psychiatry*

Katie Dilley, LCSW-C, Executive Director, *Mid Shore Behavioral Health Inc.*

Bethany DiPaula, PharmD, BCPP, FASH, Consultant, *Maryland Addiction Consultation Service*; Director, *University of Maryland Psychiatric Pharmacy Residency Program*; Professor in the Department of Pharmacy Practice and Science at the *University of Maryland School of Pharmacy*

Joe Gamble, Talbot County Sheriff

Julie Slivka, Family Peer Support Specialist, *Maryland Coalition of Families*

Beth Green Williams, Prevention Consultant, *Talbot County Health Department*; Talbot County Coordinator of the *MidShore Opioid Misuse Prevention Program (OMPP)*

submit questions during the event or prior, to talbotgoespurple@gmail.com

Trainings

- September 8 - 2:00 PM [Assessing and Managing Adolescent Suicidal](#)

[Behavior: New Approaches](#)

- September 8, 7 - 8:00 PM Out of the Darkness Experience: [Talk Saves Lives](#)
- September 9, 7 - 8:00 PM Out of the Darkness Experience: [It's Real: College Students and Mental Health](#)
- September 10, 6 - 8:00 PM Out of the Darkness Experience: [Research Connection](#)
- September 9, 7 - 9:00 P.M. - SUN LGBTQA+ CEU Opportunity [Register in advance for this meeting, here.](#)
- September 10, 4:00 PM [Preventing Suicide and Self-Harm Among Black Youth](#) This webinar will focus on the epidemiology of suicide and self-harm among Black youth, identify evidence-based and informed strategies for prevention, risk and protective factors, barriers to prevention and resources available to providers.
- September 10, 11:00 AM – 5:30 PM EST. Race and Roots in Latinx /Hispanic Communities. [More information here.](#)
- September 11 - a weekly webinar series starting on 9/11 [Problem Gambling Clinical Webinar Series FY21](#) offering 1 CEU per webinar.
- September 14, 9:30 - 12:30 PM [Advocacy Domain Training](#) - This training will help Peer Recovery Specialists gain knowledge and skills for advocacy. 3 CEU's
- September 15, [Why We Can't Wait](#) - 5.75 CEU Available
- September 16 - 17 [Anti-Racism Virtual Summit - Silence is Complicity](#) Co-hosted by Salisbury University School of Social Work
- September 16 NOON [Key Elements for the Effective Management and Resolution of Suicidality](#)1.5 CEU's
- September 17, Advancing the Response to COVID-19: Sharing Promising Programs and Practices for Racial and Ethnic Minority Communities - [Register here.](#)
- September 23, 9 - Noon [4th Annual OTP and Residential Treatment Providers Virtual Workshop](#) 3 CEU's
- September 24 NOON [Lunch 'n Learn](#) This webinar will provide an overview of AFSP's Project 2025 a 10-year plan to reduce the rate of suicide in the U.S. by 20% by the year 2025. This webinar offers 1 CEU.
- September 29, 9:30 - 12:30 PM [Recovery/Wellness Training](#) - This training is a Peer Recovery Specialist domain training. 3 CEU's
- September 30th, 1:00 PM [Race-Based Traumatic Stress](#) - Unpack how racism and discrimination can impact the mental health of communities of color and ways we can challenge systemic racism to help combat these mental health impacts.
- October 7, 9:00 AM [32nd Annual Suicide Prevention Conference](#)
The theme of this year's conference is "Breaking Down Silos".
The conference will be held virtually and will provide 6.0 CEU's.
- October 16, [The NAMI Maryland Annual Conference](#) is about hope, ideas, and gaining new skills through a better understanding of mental illness, learning about the latest research, and discovering resources.

- **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.**

Volunteer Opportunities

- **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.

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

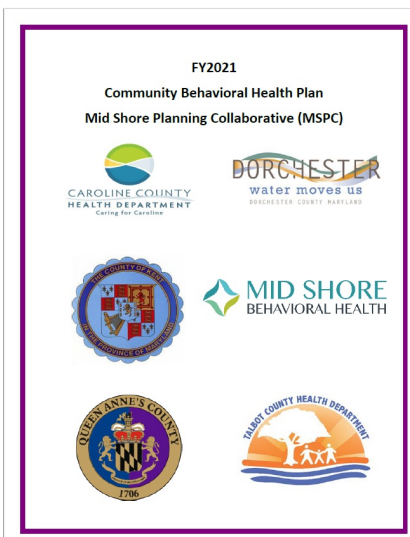
Channel Marker MentalHealth Services Job Openings

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.

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[Optum Provider Alerts](#)

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