



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 week, we would like to highlight two new additions to the Mid Shore Behavioral Health team - our interns, Jazzmine Davis, who will be joining our Forensic Mental Health team. Ms. Davis is no stranger to MSBH, as many of you already know her as our Continuum of Care Support Specialist. Jazzmine Davis has served as the Continuum of Care Support Specialist at Mid Shore Behavioral Health for coming up on two years next month! In her role, she assists in the management of the homelessness services in the mid-shore region. She graduated from Stevenson University in May 2018 where she received her Bachelors of Science in Criminal Justice. Jazzmine is in her second year of graduate school as she pursues a Master's of Social Work Degree. As the newest intern for the Forensic Mental Health Program, she hopes to learn how the criminal justice system and behavioral health system intersect. Criminal justice and social justice advocacy are two of her greatest passions, so she is excited for the wealth of knowledge she will receive and we are happy to have her in this new role!

We also welcome Melissa Lubrano who says, "I am joining MSBH as a social work intern in the Child and Adolescent Behavioral Health Program. I am in my final year of my MSW at Salisbury University and I look forward to learning new skills with the accomplished team at MSBH. I am the mother of an 11 year old, and we are both meeting the challenges of school and work at home in this unique time. I love to volunteer, listen to history podcasts, and work part-time at a local homeless shelter. Upon graduation in May, I hope to add my experience and talent to the incredibly dynamic social service community on the Eastern Shore."

***Thank you* to all who reached out with your kind words about our Recovery Stories. We are grateful to each contributor for sharing with us all. Your stories are inspiring. Please see below for another recovery story from Pastor Ricks.**

***Save the Date*, September 25, 4:30 - 6 PM, join us for #GoingPurpleTogether 2020. This year, join the five mid-shore counties (Talbot, Queen Anne's,**

Caroline, Kent, Rochester) and Mid Shore Behavioral Health for this spectacular virtual event. [Register for this event here.](#)

What do Barbershops and breaking down barriers have in common? The Confess Project partnered with Gillette to bring the “[State of the Mind](#)” barbershop tour to 16 cities nationwide as a part of Gillette's *Best Men Can Be* campaign! This tour encourages dialogue about Black mental health by providing a safe space for Black boys and men and by challenging cultural stigma. The ultimate goal is to reduce public health disparities for marginalized Black boys and men so they may receive equitable mental health treatment.

Check out the Community Bulletin Board below for all upcoming trainings, events and things happening throughout the mid shore. Don't forget to visit [Job Postings](#) to see who is hiring within the community.

Have a great weekend,

The MSBH Team



Jazzmine Davis, Forensic Mental Health Intern & CoC Support Specialist



Melissa Lubrano, Child & Adolescent Behavioral Health Intern

Chesapeake Bay LIVE
PRODUCED BY APE

STRONGER TOGETHER
SPEAKER SERIES

SUBSTANCE USE PREVENTION DURING A PANDEMIC
IN PARTNERSHIP WITH TALBOT GOES PURPLE

TGP

THURS. SEPT. 17TH AT 7:00PM
SUPPORTING FAMILIES OF LOVED ONES WITH SUBSTANCE USE ISSUES
Julie Slivka, Family Peer Support Specialist with Maryland Coalition of Families

THURS. SEPT. 24TH AT 7:00PM
SUPPORTING MENTAL HEALTH, ACCESS TO HELP, AND WELLNESS FOR INDIVIDUALS FACING SUBSTANCE USE
Katie Dilley, LCSWC, Executive Director, Mid Shore Behavioral Health

WATCH EACH VIDEO PREMIERE AT WWW.CHEESAPEAKEBAYLIVE.COM

Don't forget to check out the *Stronger Together Speaker Series* featuring Family Peer Specialist Julie Slivka with Maryland Coalition of Families and Katie Dilley, Executive Director for Mid Shore Behavioral Health.

Watch Premiere Live!

Recovery Story

As a teenager, I told myself that I would never do drugs. I had developed plans for my future by the time I was fourteen. I was going to graduate from high school, go into the military for four years and get out and go to college. On my 16th birthday I walked into my fathers house and my older sisters friends grabbed me and blew *shoot guns* smoke in my face for about five minutes. This was

the first time that I got high. This event changed my mind about marijuana, I started smoking a little after this. I lived with my mother and there were no drugs allowed in her house. At my Father's house where my sisters lived, their friends sold drugs. There were thirteen of us and some of us used drugs. I grew up around drugs but I never saw my Mother or Father use drugs or alcohol, both of them were against them.

I followed my plan to go into the military, but I was still smoking marijuana every once in a while. I did not get my college degree, I was one credit short, but I went to work. When I started college my girlfriend was pregnant and she had my only child Anya, she is my heart. We were poor but I didn't want to remain that way. I got a job that paid me good money. I was able to pay my bills with money left over and I started to go out to clubs. I did not know how to manage my money. I started using crack cocaine because I was going out and got hooked up with some bad people. I was twenty seven and I used drugs until the age of thirty five. I got evicted three times and at one point my daughter was taken away from me. The first time was robbery, the next was non-support for my child, the last was for fighting cops. It all was falling apart and I did not know what to do to turn it around.

The one thing that I knew when using drugs, was that I was destroying my life and future. My mother took us to church when I was a child so I knew what the solution was, Jesus. I would bring my crack cocaine home and go into the bedroom and turn on TBN and listen to the gospel while I smoked my drugs. My girlfriend would get mad and ask me why was I watching that channel. I would tell her that if I was going to get better Jesus was going to do it.

When I had been charged with twelve felonies, my mother took me to the courthouse and sat in the lobby, reading the Bible and praying. I was convicted of eight felonies and the State's Attorney turned down a plea for a sentence of 10 years. I was expecting to be sentenced to 20 years in prison. I saw a light come from heaven that I believe sat upon the judge. He talked to me as if I were his son, he gave me three years and suspended all of it but thirty days. I did my thirty days on the weekends and on my last weekend I got out on a Saturday. I had one hundred dollars in my pocket and I used it to buy crack cocaine. I was broke and frustrated with myself. Me and my girlfriend had to walk home to my mothers house, about three miles away. When we were about a mile from my Mother's house, I prayed to Jesus. I will never forget those words " Jesus I need you to deliver me from this drug, I know that if you don't, I will kill someone, someone will kill me, or I will spend the rest of my life in prison. If you deliver me I will serve you for the rest of my life, and I do not want to be poor." I have never had any type of craving for any drug since that day. I tell people that my life is only about the covenant that Jesus and I entered into. Recounting this story was hard; I haven't truly thought about this for over thirty years.

****Pastor Ricks is currently a mentor, happily married and an upstanding individual in the community. He lives his life based on**



Community Bulletin Board

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

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

SAVE THE DATE

RECOVERY MONTH
Luncheon* *(*or whatever meal you'd like!)*

 Tuesday, September 29, 2020

 3:30-5:30 p.m. ET *(2:30 CT / 1:30 MT / 12:30 PT)*

ALL are welcome to join us for this **FREE** virtual event

UNIFYING OUR VOICES. CREATING CONNECTIONS. CELEBRATING RECOVERY. NATIONAL COUNCIL FOR BEHAVIORAL HEALTH NATIONAL RECOVERY MONTH 2020



Trainings

- 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 18, 10 AM- 3 PM [Grit & Grace Multicultural Women's Mental Health Conference](#) 3rd annual (free virtual) conference featuring leading mental health advocates from across cultures who will share their stories to give hope and empower us to cultivate resilience and well-being during these difficult times
- 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 26 [Hope Rising](#) The Hines Foundation is co-hosting (with Magellan Health) a Free global virtual Suicide Prevention Summit
- 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.

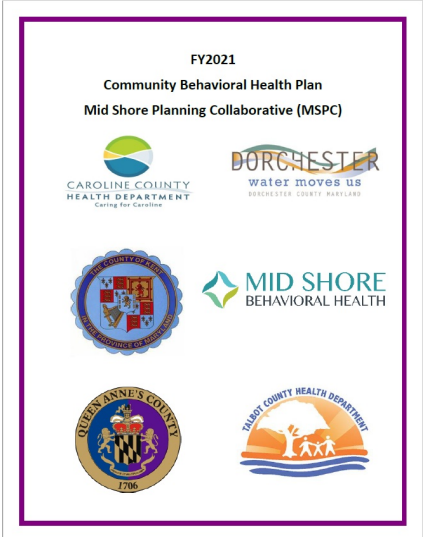
Channel Marker MentalHealth Services Job Openings

Youth Outreach Coordinator, Mid Shore Behavioral Health, Inc.

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](#)



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