



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



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SUBSTANCE USE PREVENTION DURING A PANDEMIC

IN PARTNERSHIP WITH:



THURS. SEPT. 17TH AT 7:00PM

SUPPORTING FAMILIES OF LOVED ONES WITH SUBSTANCE USE ISSUES

Julie Sivko, 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 Dille, LCSWC, Executive Director, Mid Shore
Behavioral Health

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Katrina Ositelu,
Behavioral Health Coordinator,
Aging

This is just a glimpse into a career characterized by leadership, networking and connecting partners and people, capacity building, teaching, and facilitating – all with diverse populations.

One of Katrina's favorite quotes is from Tracy McMillan: "The places you have the biggest challenges in your life, become the places you have the most to give, if you do your inner work." Welcome, Katrina!

We are grateful to each contributor for sharing inspiring stories that give us hope. Find another recovery story below.

Greetings!

This week, we welcome Katrina Ositelu to the Mid Shore Behavioral Health family. Katrina was born and raised in Salisbury, Maryland. With a Bachelor's Degree from Delaware State University in Mass Communications and a Master's Degree from Salisbury University in Conflict Analysis and Dispute Resolution, Katrina has applied her academic learning with passion and dedication to a varied career, resulting in a diverse and rich work

Don't forget to [register now](#) for *Supporting Mental Health, Access to Help, and Wellness for Individuals Facing Substance Use* this Thursday September 24th, featuring MSBH's very own Executive Director, Katie Dille.

[#GoingPurpleTogether](#) - Register now! This year for the first time ever, Friday September 25 4:30 - 6:00 Talbot, Queen Anne's, Caroline, Kent, and Dorchester Counties along with MSBH have joined forces for an inspiring and informative virtual event. Please share with friends and

experience.

Most recently Katrina has applied her expertise in program development, project administration, capacity building, crisis and conflict prevention/resolution, teaching, training, and volunteer management as a United States Peace Corps Volunteer, stationed in Botswana, Africa. Prior to the Peace Corps, as an AmeriCorps Member, Katrina applied similar skills to a critical outreach role on the lower shore to engage and involve “overlooked family caregivers within immigrant families” to help with access to needed services.

family!

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.



Attention All Stylists

“State of the Mind” barbershop tour is taking place on **October 5, 2020!** This virtual 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.

[Register Here](#)

Recovery Story



What feels like a life time ago does not begin to describe the recovery journey I have been on. As a living breathing human, I know constant evolving is a part of the human experience. However change to quick and it makes people nervous...change to slow and you get stuck in complacency and stagnancy.

So what's a girl to do? The goal is to simply move one day at a time. For an addict and alcoholic like me this is a profound concept that has taken me 99,392 (and counting) days to understand. The first three years of my recovery were similar to watching a llama on roller skates. If you've never seen a llama on roller skates it's probably because it's animal abuse. And that's exactly

what living a life divorced from mind and mood altering substances felt like. Literally every part of my being had to readjust to my new reality. Things that come easy to “normal” people were excruciating to me. The basics were difficult enough: Food shopping, brushing my teeth, talking to other human beings; add to that being a mother, daughter, wife, finishing college, telling the truth, being on time...it was impossible. But it couldn't have been all that

impossible because I did it.

It just felt impossible. Which was the golden nugget of wisdom that encompassed my first three years: Feelings aren't facts. The next two years were spent creating a foundation of a new way of life and gather the tools I needed to become a functioning and productive member of society. Years 5-10 were more about actually applying these concepts as they pertained to real life. PTA meetings, employment, social interaction and self actualization-- with every year, little by slowly amending my past behaviors and trying to be a better person than I was yesterday. Never flawlessly, but consistently striving for purposeful intent and progress. Looking back, as cliché as it may sound, my life is more than I could have possibly ever imagined. When originally what I thought I wanted from a sober life was to be free of consequences has actually manifested into so much more-- a life of purpose and usefulness.

The gifts that recovery has given me include the obvious tangibles: Healthy relationships, a home, a business, the privilege of being a mom and wife, friends, money in my bank account, debt free, and a job I live and breath for. But even if all that disappeared tomorrow, at my core I have dignity, self respect, honesty, a voice and the capacity to remain teachable. I cannot articulate the gratitude I have today and I want to make clear none of this means I am a perfect human without flaw. Even in recovery I have made life changing mistakes, did the "wrong" thing, made poor choices, owed apologies, felt shame and guilt that shook me to my core, and have moments of ugly darkness.

What recovery has afforded me is the gift of awareness and self love. Knowing that I may not be perfect but I am willing to fight a disease that tries to kill me everyday, that I have the courage to face the demons rather than let them consume me. If I can do that with grace and love...that is enough. Recovery is possible, hope is attainable...one day at a time. - CC



Community Bulletin Board

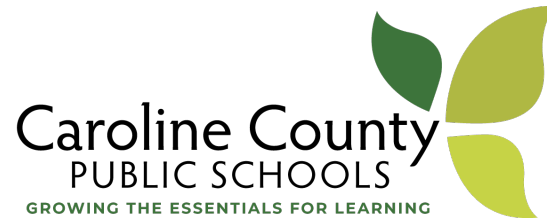
Below find trainings, webinars, job postings, and events happening on the mid-shore or virtually!

Mid Shore Behavioral Health (MSBH) is planning an exciting and engaging fall. We will be hosting a virtual three-documentary series dealing with social impact issues. Each movie will be followed by a panel discussion facilitated by the movie's producer with local individuals participating on the panels.

Perhaps you had the opportunity to view the movie *Angst* last year at the Avalon Theatre? We were so impressed with the movie that we have decided to show it again in addition to films by the same director: *Like* and *The Upstanders*. *Angst* is a documentary raising awareness about anxiety. *Like* is a documentary about our lives on social media. *The Upstanders* is a documentary about resilience and the power of connection to end bullying. Schools and other child-serving agencies are partnering with MSBH to reach youth and families.

This is a great opportunity for youth, middle school and up, and their families to watch the movies together then discuss them afterward. Resources will be shared during the panel discussion to continue family conversations. Be sure to sign up for each film and invite your friends and family members to watch as well. Mid Shore Behavioral Health is honored to be a part of building a healthier community!

Thank you to Caroline County Public Schools for your sponsorship of these meaningful films! MSBH is looking for additional sponsors to offset the cost of the films. Contact [Audra Cherbonnier](#) for sponsorship information.



Angst
October 8, 2020
7 PM - 8:30 PM

[Register Here](#)



Like
October 22, 2020
7 PM - 8:30 PM

[Register Here](#)



Upstanders
November 5, 2020
7 PM - 8:30 PM

[Register Here](#)



Trainings

- 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.

Check out our Fiscal Year
 2021 Integrated
 Community Behavioral
 Health Plan

FY21



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



Check out our events page for upcoming events & trainings.

Upcoming Events

Contact Us



Optum Provider Alerts



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