



MID SHORE BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

Visit Our Website

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



This artwork was shared with us in honor of Going Purple, by Mission House. The colorful images reflect qualities we all aspire to: Trustworthiness, Fairness, Responsibility, Caring, Respect, and Citizenship. We appreciate the sharing of such inspiring work.

Thank you to the anonymous artist!

Greetings!

As long as opioid overdoses continue to be at epidemic proportions, we will continue to support the five mid-shore counties to raise awareness of the importance of facing this epidemic with as much effort as we are facing COVID 19. Though we say goodbye to September's recovery theme and highly success Going Purple Together event, we will never say goodbye to the people who strive to overcome addiction in any form and those who devote themselves to providing a hand up and out to those contemplating suicide. In this light, there are two additional recovery stories that we would like to share. Take a minute to take in [Tammy's Story](#) followed by [My Name is T](#).

We are thrilled to have had such positive response in support of our upcoming Indie Flix Film Series. This series of three films is made available by Mid Shore Behavioral Health and sponsoring organizations including For All Seasons, Inc., MD Coalition of Families, Caroline County Public Schools, Wraparound Maryland, Cecil County Local Management Board, SUN Behavioral, Dorchester County Public Schools, and Caroline County Local Management Board. The films each touch on incredibly relevant topics such as anxiety, social media and personal development, resilience and the power of connection. See if you can figure out the theme of each movie based on the titles: Angst, Like, and The Upstanders. These films are shown in the early evening - perfect time for the entire family to watch together. Flyers and registration links are below. Please reach out to Audra Cherbonnier, acherbonnier@midshorebehavioralhealth.org, for additional information about the film series or to get flyers to share.

Congratulations are in order to our current board President, Dr. Benjamin Kohl, who has just joined the board of [Bridges at Worthmore!](#)

As usual, find information on upcoming events and trainings under the

Community Bulletin Board heading. Do you know of an event related to behavioral health that we can share? Please contact Sherize Urquhart at surquhart@midshorebehavioralhealth.org.

Be well,

The MSBH Team

The Confess Project is committed to building a culture of mental health for boys, men of color, and their families through capacity building, advocacy, organizing and movement building. We believe in a world without barriers to stigma and shame.

REGISTER TODAY!

THE CONFESS PROJECT
BARBER COALITION

STATE OF THE MIND VIRTUAL BARBERSHOP TOUR

FREE VIRTUAL EVENT

OCTOBER 5, 2020
2 PM - 4 PM
www.theconfessproject.com

This event is sponsored by Mid Shore Behavioral Health, Inc. and Kent County Local Management Board. Clinical CEU's available for limited participants.

Giftcard Giveaway

<http://bit.ly/StateoftheMind>

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](#)



Community Bulletin Board

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

Thank you to Caroline and Dorchester County Public Schools, Wraparound Maryland, For All Seasons, Cecil County Local Management Board, and Maryland Coalition of Families, 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](#)

October 16th - 18th 2020



Run or walk with us to benefit the homeless in our community

Trainings

- 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 9, 1 - 1:00 p.m. [Fostering Financial Empowerment within Behavioral Health, Problem Gambling, and Other Clinical Settings](#) (2

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.**
- **Friday October 30, 12 - 1:00 p.m. [Promoting Resilience in the Family: Working with Families of the Problem Gambler](#)**
- **Friday November 6 [Problem Gambling Among Military and Veteran Populations](#)**
- **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

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
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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Inc.**



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Connect with us

