



MID SHORE BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

[Visit Our Website](#)

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

Greetings!

In addition to a variety of trainings and community resources found below, please join us in welcoming two new employees to the MSBH team:



Please welcome Yvette Hynson, SOAR Case Specialist. Yvette graduated from Washington College with a B.A degree in Sociology and has an M.S in Nonprofit Management from UMUC. With over twenty years of experience working with nonprofit organizations, Yvette has provided instruction in agencies and on a college level. For the past five years she has been a board member and treasurer of Sumner Hall located in Chestertown, Maryland. She is a Certified Information and Referral Specialist – Aging and Disability. Yvette is, “...looking forward with this position to help people connect to vital resources and educate the community about the SOARS program.”



Please welcome Ashley Strazza, Youth Outreach Coordinator. A Certified Peer Recovery Specialist with five years of personal recovery, Ashley was the House Manager at The Gratitude House for Women. Here Ashley found a passion for helping others and connecting them with the resources needed to find success in their recovery journey. Ashley is “...excited for the opportunity to connect with the mid-shore’s youth and their families.” She believes in both a progressive and preventative effort to educate, advocate and assist those in need of recovery resources. Ashley has both a personal and professional interest in helping the region’s youth become connected with the support they need to succeed!

Did you know Saturday, October 10th is World Mental Health Awareness Month? The World Economic Forum shares [5 things to know about mental health across the world](#).



Community Bulletin Board

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

Mark Your Calendar

Don't miss these family friendly documentaries - meant to raise awareness and encourage family conversations!

LIKE

Thursday, October 22nd 7:00 - 8:30

Are you using technology or is technology using you? This film explores the impact of social media on our lives. Social media is a tool to connect, share and care but is that what's really happening? Is the stress of social media really mirroring the mental health of our civilization and if so why are we ailing? This film will help all of us, regardless of age, to learn to self-regulate.



THE UPSTANDERS

Thursday, November 2nd 7:00 - 8:30

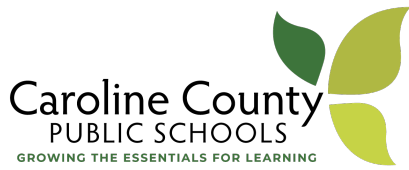
This film about resilience, attention, and the power of connection to end bullying highlights new laws and programs already reducing bullying in schools.

Learn how to make a difference and together, influence systemic change.



Thank you to the following sponsors:

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.



October 16th - 18th 2020



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

Trainings

Events below are not hosted or provided by MSBH. If you have any questions about these events, please contact the event organizers directly.

- Tuesday, October 13, 9:30 - 12:30 [Treating Self-harming and Suicidal Patients on Telehealth](#) 3 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.
- Monday, October 19, 1 - 2:00 p.m. [COVID 19 & Mental Health in the Workplace: Solutions for Employers and Employees](#)
- Thursday, October 22, noon [Race & Mental Health Series: A Focus on Suicide Prevention for African American Boys](#) 1 CEU
- 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](#)
- Monday, November 9, 9 - 12:45 p.m. [Ethical Considerations and Extreme Risk Protective Orders \(ERPO\)](#) 3 CEU's
- Wednesday, November 11 9:30 - 12:30 [Understanding Trauma in African-American Women](#) 3 CEU's
- Thursday, November 19, noon [Lunch & Learn: Self-Disclosure - Is It an Ethical Mistake or an Intervention?](#)
- 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.
- Missed it? Here are the recordings of the sessions from the [First Annual Racism & Mental Health Symposium](#).
- [All Black Lives Matter: Mental Health of Black LGBTQ Youth](#)
- [National Hispanic Heritage Month Part I: Unpacking What It Means to Work with Latinx Clients and their Families](#)

Resources: Food Distribution Sites

[Food Distribution Talbot County Residents Only Church of God and St. Michaels Community Center](#)

[Food Distribution Talbot County Residents Only Elks Lodge](#)

[Food Distribution Talbot County Residents Only Trappe Methodist Church](#)

[Food Distribution Queen Anne's County Residents Only Haven Ministries](#)

[Dispensa Emergente Haven Ministries Queen Anne's County Residents Only](#)

Volunteer Opportunities

Haven Ministry Food Service Pantry is looking for volunteers. Please contact [Chris Perkins christine@haven-ministries.com](mailto:christine@haven-ministries.com), 443-988-1183.

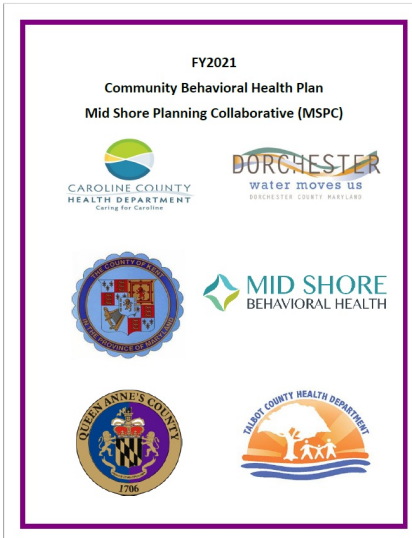
Job Postings

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
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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Connect with us

