



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!

Please join us in welcoming Sarah Baynard to MSBH team, while we share helpful links to connect you with resources, guidance, wholeness, and hope.

Sarah Baynard Joins MSBH

Mid Shore Behavioral Health has recently welcomed **Sarah Baynard**, Accounts Payable Specialist (PT) to the MSBH team.

Sarah brings 15 years accounting experience to the position while she furthers her education at Chesapeake College. Sarah's analytical skills and ability to develop and improve processes are helping us to improve efficiencies and more.

Sarah and her family live in Trappe with their cockapoo Darla, cat Marigold, and a brood of chickens. The Baynards also have a passion helping others by serving as a licensed Foster family and Resource home.



"When we entered into foster care my eyes were opened to the needs around us," says Sara. "I am so excited to join a team with a mission that is near and dear to my heart!"

Sarah serves a critical accounting role as part of our team working to improve the provision of behavioral health services for Caroline, Dorchester, Kent, Queen Anne's, and Talbot County residents through effective care coordination with consumers, their natural support systems, providers, and the community. You can

Grant Alert! Closes Jan. 21, 2020 [HRSA-21-089](#), Behavioral Health Workforce Education and Training (BHWET) Program for Professionals, Department of Health and Human Services, Health Resources and Services Administration. [More info here.](#)



Community Bulletin Board
Find Mid-Shore trainings, job postings, and events here

Free, Family-Friendly Documentaries

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

These films are made possible through the generous sponsorships of Caroline and Dorchester County Public Schools, Wraparound Maryland, For All Seasons, Cecil County Local Management Board, SUN Behavioral Health, and Maryland Coalition of Families.

MSBH is looking for additional sponsors to offset the cost of the films. Please contact [Audra Cherbonnier](#) for sponsorship information.

Social Media Impact Film: **LIKE**

Thursday, October 22, 7 - 8:30 p.m.

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.




Power of Connection Film: **THE UPSTANDERS**

Thursday, November 2, 7 - 8:30 p.m.

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.



NOV
11

Understanding Trauma in African American Women***WEBINAR*** (3CEs)

by Institute for HEALing, LLC [Follow](#)

\$40 - \$50

Trainings & Resources

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

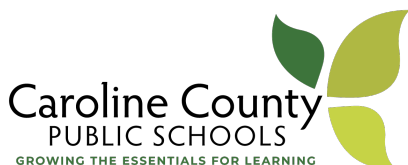
****Asterisked Items are New to the Listing**

- 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
- ** Saturday, October 24, 10 - 2:00 p.m., [Dear Mama, a group thematic exhibit depicting pregnancy and motherhood through the eyes of emerging artists of African descent](#)
- ** Tuesday, October 27, 10-4:00 p.m., [Maryland ROTA's Mental Health First Aid for Adults - Virtual Applied Skills Workshop. Download the flyer here.](#)
- ** Thursday & Friday, October 29 & 30, 12:15 - 1:00 p.m. : MCF's [Virtual Workshops for Adult Children of Parents Who Use Drugs or Alcohol](#)
- 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](#)

Thank You Again to our Film Sponsors

Please help thank the following organizations for their sponsorship of the Oct. 22 & Nov. 2 films. MSBH is looking for additional sponsors to offset the cost of the films. Please contact [Audra Cherbonnier](#) for sponsorship information.



Resources: Food Distribution Sites

Caroline County Residents
[Martin's House & Barn](#)

Queen Anne's County Residents

Talbot County Residents
[Church of God and St. Michaels Community Center](#)
[Elks Lodge](#)
[Trappe Methodist Church](#)

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.

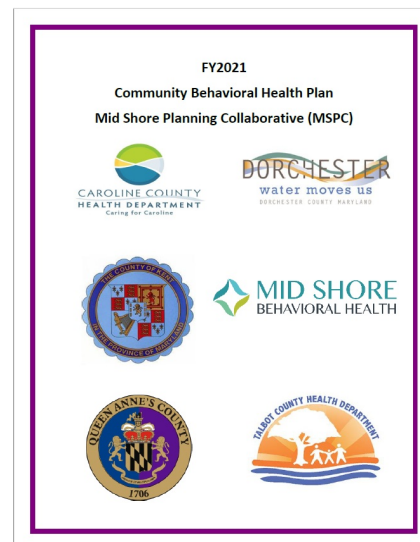
Job Postings

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

Fiscal Year 2021
Community
Behavioral Health
Plan



The 2020 Resource Guide
is online. Get your copy
here:

2020 Behavioral
Health Resource
Guide



Do you have news to share in our newsletter? Have an upcoming event, workshop, training or conference? How about questions you need answers to? Please email [Sherize Urquhart](mailto:Sherize.Urquhart) so that we can be of help.



Check out our events page for upcoming events & trainings.

[Upcoming Events](#)



[Optum Provider Alerts](#)



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Connect with us

