



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!

This issue of the Steering Wheel includes new webinars and job postings, while we share helpful links to connect you with resources, guidance, wholeness, and hope.

**DEPRESSION -
OUT OF THE
DARKNESS AND
INTO THE LIGHT**

Monday Nov. 16, 2020 | 12:00 PM-1:00 PM

Presented by:
Dr. W. Dan Hale

NAMI Maryland
Webinar Series
Fall Winter 2020

Register now: <https://bit.ly/34f4rPX>

Next Webinar: Week of December 14

NAMI Maryland Hosts Depression - Out of the Darkness and Into the Light Webinar

Monday, November 16, Noon - 1:00 p.m.

Depression is now recognized as one of our most serious health concerns. Each year, more than ten percent of American adults experience a major depressive episode, and more than twenty percent will experience at least one episode over their lifetime. We also know depression is the major risk factor for suicide, now the second leading cause of death in the 10 – 34 year old age group and the fourth leading cause of death among adults ages 35 – 54. We also know that depression is a significant risk factor for substance abuse.

In this workshop, Dr. W. Dan Hale draws on his own struggles with depression, his

work as a psychotherapist, and his experiences as a father who lost a daughter to depression, to offer guidance for individuals and families impacted by depression.

[Register Here.](#)



Grant Alert!
Closes Jan. 21, 2021

HRSA-21-089

Behavioral Health
Workforce Education
and Training (BHWET) Program

Message provided by
Mid Shore Behavioral Health

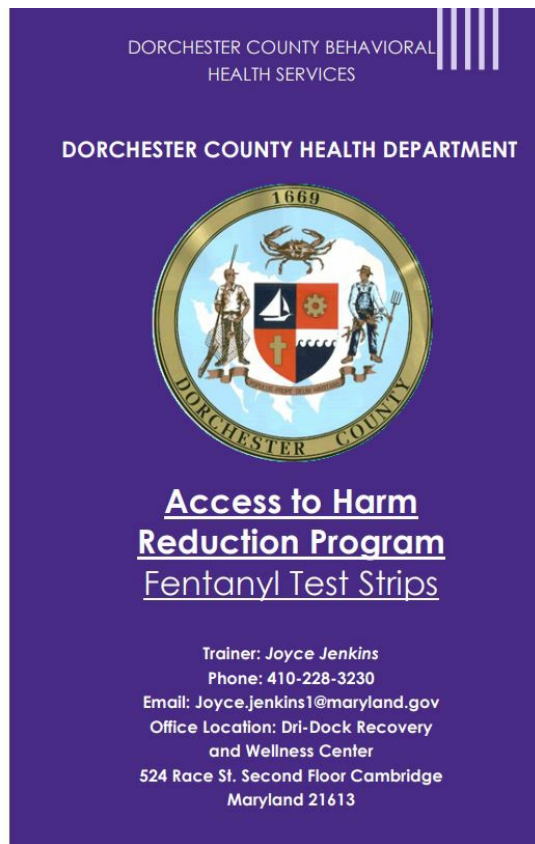


Dorchester County Behavioral Health Services Fentanyl Test Strips

**TEST BEFORE USING – YOU ARE AT RISK OF
OVERDOSING!**




When buying street drugs, it is advisable to test for fentanyl.
Dorchester County Behavioral Health Services provides training
for using Fentanyl test strips however; this program **DOES NOT**
accept responsibility for any injury, or death that may occur as
a result of drug use.



DORCHESTER COUNTY BEHAVIORAL
HEALTH SERVICES

DORCHESTER COUNTY HEALTH DEPARTMENT



**Access to Harm
Reduction Program
Fentanyl Test Strips**

Trainer: *Joyce Jenkins*
Phone: 410-228-3230
Email: Joyce.jenkins1@maryland.gov
Office Location: Dri-Dock Recovery
and Wellness Center
524 Race St. Second Floor Cambridge
Maryland 21613



Community Bulletin Board

Find Mid-Shore trainings, job postings, and events here

Our Last of Three Free, Family-Friendly Documentaries

Don't miss this family-friendly documentary that helps raise awareness and encourages family conversations!

Our documentary film series is 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.

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.

[Learn about the Speakers & Register Here](#)



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. Thank you.

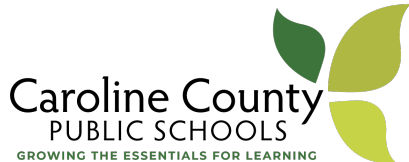
****Asterisked Items are New to the Listing**

- **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.](#)**
- **** Wednesday, October 28, 1:00 p.m. [Engaging LGBTQ Elders in Prevention Programs](#)**

- **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](#)
 - **** Wednesday, November 4, 1:00 - 5:15 p.m.** [Emergency Medicine Half & Half MAT Waiver Training](#)
 - **** Thursday, November 5, Noon** [Preventing Suicidal Behavior in Latina Adolescents in a Culturally Competent Manner](#) 1 CEU
 - **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
 - **** Wednesday, November 12, 8:00 - 4:30 p.m.** [The Military Life Cycle: Understanding and Working with Veterans and their Families](#)
 - **** Saturday, November 14, 10 - 2:00 p.m.** [His Hope Ministries 4th Annual Holiday Bazaar](#)
 - **** Monday, November 16, Noon - 1:00 p.m.** [NAMI Maryland Hosts Depression - Out of the Darkness and Into the Light Webinar](#)
 - **Thursday, November 19, noon** [Lunch & Learn: Self-Disclosure - Is It an Ethical Mistake or an Intervention?](#)
 - **** Thursday, December 3, 9:00 - 4:00 p.m.** [Maryland Dept. of Health Minority Health and Health Disparities 17th Annual Equity Conference](#)
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- **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](#)
 - **** "The Military Life Cycle" Understanding and Working with Veterans and their Families (updated link)**
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Thank You Again to our Film Series Sponsors

Please help thank the following organizations for their sponsorship our series of three documentaries. MSBH is looking for additional sponsors to offset the cost of the films. Please contact [Audra Cherbonnier](#) for sponsorship information.



CAROLINE HUMAN SERVICES COUNCIL
Local Management Board for Caroline

Resources: Food Distribution Sites

Caroline County Residents

[Martin's House & Barn](#)

Queen Anne's County Residents

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

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

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 & Position Postings

- **MarylandROTA** is looking for a **part-time educator** who can provide the Mental Health First Aid and other opioid prevention-related training and education for youth and adults in mid and upper shore communities. If you are interested, please contact Jinhee Kim at jinkim@umd.edu.



- **Channel Marker** currently has **numerous job openings**, with more at

channelmarker.org/employment.

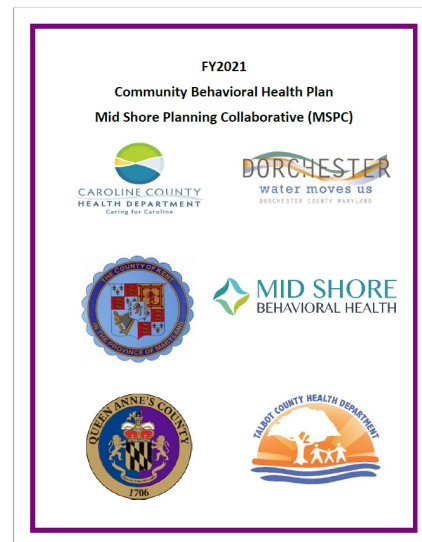
- The **State of Maryland** has openings for a **Certified Peer Recovery Specialist I & II**. To learn more and apply, go to bit.ly/recoveryspecialist1 or bit.ly/recoveryspecialist2.
- **Talbot Family Network** is seeking an **Executive Director**. Learn more and apply at talbotcountymd.gov/index.php?page=Job_Openings.
- The **Governor's Commission on Suicide Prevention** has two openings available. More about the Commission can be found [here](#). Anyone interested should apply using [this link](#). If you have any questions, please contact Janel Cubbage at janel.cubbage@maryland.gov.

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](#)

Our Mission

MSBH's mission is to continually improve the provision of behavioral health services for residents of Caroline, Dorchester, Kent, Queen Anne's and Talbot Counties through effective coordination of care in collaboration with consumers, their natural support systems, providers and the community at large.

Our Vision

MSBH's vision is a rural behavioral healthcare delivery system that is clinically and culturally competent. This system will ensure access, have a community focus, be cost-effective, and be integrated to serve the community as a whole.



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Connect with us

