



MID SHORE BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

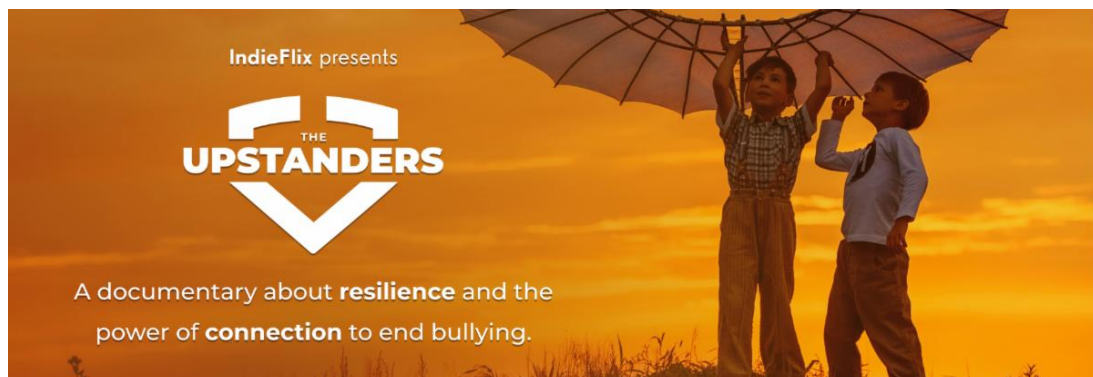
[Visit Our Website](#)

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

Greetings!

This issue of the Steering Wheel includes a reminder about this Thursday's screening of The Upstanders, and introduction to our speakers, and new announcements and job postings.

It's all part of MSBH's dedication to sharing helpful links to connect you with resources, guidance, wholeness, and hope.



FREE DOCUMENTARY FILM

The Upstanders - A collaborative partnership with Mid Shore Behavioral Health, Inc. and community partners
This Thursday, November 5, 7:00 - 8:30 p.m.

The Upstanders explores cyber-bullying, bullying among friends, families, co-workers and the brain science behind it all.

The film highlights new laws and programs already reducing bullying in schools and shows us how we can learn to make a difference together to create systemic change.

[Register Here.](#)

Watch the Trailer:



Meet Our Speakers for the Nov. 7 free screening of *The Upstanders*



Esther Curtis

Esther Hofknecht Curtis, MSM-HCA is a community liaison for SUN Behavioral, mother of two amazing kids, and she has suffered from clinical anxiety for nearly 20 years. Esther was born and raised in Philadelphia and moved to Delaware in 2004. [Read More Here.](#)



Jada Carrington

Jada Carrington is a passionate 24 y/o Mental Health Advocate, speaker, and poet, who was born and raised in Baltimore, Maryland. Her goals in life include becoming a Psychologist/School Counselor and a Motivational Speaker.



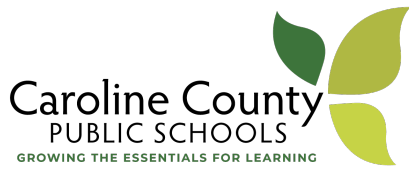
Kia McKinney

"With eighteen years of experience as a counselor in the mental health, substance abuse and school counseling disciplines, I, Kia McKinney, am a firm believer in the power of conversation and human connection."

[Read More Here.](#)

Thank You Again to our Film Series Sponsors

Please help us thank the following organizations for generously sponsoring our documentary film series.



CAROLINE HUMAN SERVICES COUNCIL
Local Management Board for Caroline

Grant **Alert!**

Closes Jan. 07, 2021

HRSA-21-034

Maternal and Child Health (MCH)
Leadership, Education, and
Advancement in Undergraduate
Pathways (LEAP) Training Program

Message provided by
Mid Shore Behavioral Health

New Behavioral Health Services

Vicki Rahenkamp, MA, LCPC, CCTP has joined Choptank Community Health System as Director of Behavioral Health Services, a new division added to Choptank Health's medical, pediatric, and dental services.

Choptank Health's new Behavioral Health Services division will provide patients with individual (children and adults), family, and couples counseling. [Read the full story here.](#)



Publications: Asian American Mental Health



The **Asian American Health Initiative** has created several resources on mental health for the Asian American community, including photonovels, toolkits, reports and a video series on COVID-19 and mental health.

Resources are available in English and diverse Asian languages, such as Chinese, Korean, Vietnamese and Hindi.

[Learn More](#)



Community Bulletin Board

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



Learn More about Thanksgiving and Holiday Meal Baskets and Options for Talbot County [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**

- 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
 - ** Thursday, November 12, 5:00 - 6:00 p.m. [BHA/MedChi Behavioral Health Webinar Series: Stress Management During COVID-19 with Attention to Financial Distress.](#)
 - 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](#)
 - ** Thursday, December 3, 5:00 - 6:00 p.m. [BHA/MedChi Behavioral Health Webinar Series: Coping with the Ambiguous Losses and Stress of the Pandemic.](#)
 - ** Monday, December 7, Noon - 1:00 p.m. [NAMI Maryland presents Finding Music Within the Noise: A Plan to Thrive During Troubling Times.](#)
 - ** Thursday, December 17, 5:00 - 6:00 p.m. [BHA/MedChi Behavioral Health Webinar Series: The Impact of Racial Trauma on Providers.](#)
 - ** Thursday, January 14, 5:00 - 6:00 p.m. [BHA/MedChi Behavioral Health Webinar Series: The Approach to Impaired Clinicians.](#)
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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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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

- **St. James Zion House** is seeking to fill the position of **Employment Case Manager** for their Homeless Veteran Reintegration Program. Read the [Job Description Here](#). Read the [Vacancy Announcement Here](#).
- **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.

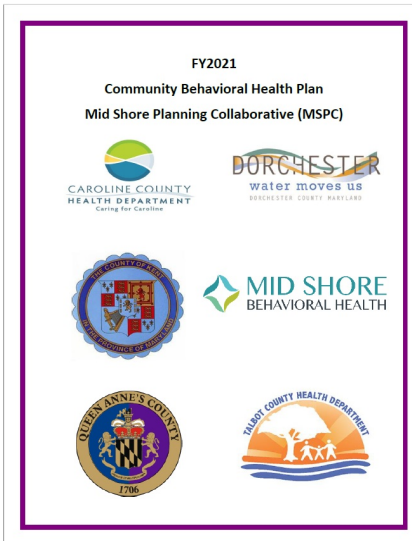
To submit a job posting, kindly email:
surquhart@midshorebehavioralhealth.org.

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

