



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 our RFP announcement, resources for assistance due to the effects of COVID, three new FREE diversity and inclusion virtual events, several new learning opportunities, job postings, and more.

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

RFP Alert!

MSBH is seeking responses from diverse partnerships to establish this new resource in the Mid Shore region.

Mid Shore Behavioral Health Adolescent Clubhouse Initiative

[Click Here to Download the Request for Proposals](#)

Pre-Bid Conference Nov. 23, 3-4pm
Submission Deadline: Dec. 16, 4pm

Message provided by
Mid Shore Behavioral Health



Community Bulletin Board

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

For **ANYONE** living in Talbot County.



Are you struggling to pay for child care?

HELP is available to pay for licensed child care while your children are attending virtual school.



- NO loss of income is required to qualify for this assistance.
- All income levels can qualify.
- NO repayment required.
- Confidential application process.

Deadline for applications in December 15.

Call 410-770-4848 or visit talbotcovid19.org

Press 1 for Services in Spanish
Press 4 for Emergency Cash Assistance
Press 5 for CARES Individual Assistance
Press 6 for Food Assistance



Para **TODOS** los que viven en el Condado de Talbot.



¿Está Usted teniendo problemas para pagar por el cuidado de sus hijos?

La **AYUDA** está disponible para pagar el cuidado infantil especializado mientras sus hijos atienden la escuela virtualmente.



Fecha límite para las aplicaciones es el 15 de diciembre.

- No es necesario tener pérdida de ingresos para calificar para esta asistencia.
- Todos los niveles socioeconómicos pueden calificar.
- No se requiere reembolso.
- Confidencialidad en el proceso de aplicación.

Llame al 410-770-4848 o visite talbotcovid19.org

Presione 1 para Servicios en Español
Presione 4 para Asistencia con Dinero de Emergencia
Presione 5 para la Asistencia Individual CARES
Presione 6 para Asistencia de Alimentos



For ANYONE living in Talbot County.



Are you struggling to pay your bills?

HELP is available for:



- All income levels can qualify if there is a loss of job or income due to COVID-19
- No repayment required.
- Confidential application process.

Deadline for applications is December 15.

Don't wait for an eviction, foreclosure or disconnect notice. **APPLY NOW!** Call 410-770-4848 or visit talbotcovid19.org

Press 1 for Services in Spanish
Press 4 for Emergency Cash Assistance
Press 5 for CARES Individual Assistance
Press 6 for Food Assistance



Para TODOS los que viven en el Condado de Talbot.



¿Está Usted teniendo problemas para pagar sus cuentas?

La AYUDA está disponible para:



- Todos los niveles socioeconómicos pueden calificar si hay una pérdida del empleo o en los ingresos debido al COVID-19.
- No se requiere reembolso.
- Confidencialidad en el proceso de aplicación.

Fecha límite para las aplicaciones es el 15 de diciembre.

No espere por el desalojo, la pérdida de su casa o la nota de interrupción del servicio. ¡APLIQUE AHORA! Llame al 410-770-4848 o visite talbotcovid19.org

Presione 1 para Servicios en Español
Presione 4 para Asistencia con Dinero de Emergencia
Presione 5 para la Asistencia Individual CARES
Presione 6 para Asistencia de Alimentos



Call 410-770-4848 or visit talbotcovid19.org to learn more
[Click here to download the application](#)

New Castle County Health Equity Committee & Eunity Solutions Presents:

PUT YOUR MASK ON FIRST

CAREGIVERS RETREAT

Saturday November 28, 2020
11:00 a.m. - 3:00 p.m.

FREE Virtual Event
Register:
<https://putyourmaskonfirst.eventbrite.com>



LINDA ARREY
Mistress of Ceremonies & CEO, WJDC



DR. EUNICE GWANMESIA
Event Host & CEO, Eunity Solutions



MELANIE WILSON
Mindfulness and Wellness Coach



DR. NYEMADA NCUMINGS
Mental Health Counselor



NANCY JOY DOZIER
Personal Pastor, Life Coach



TARA ELIZABETH GUSH
Exercise & Guided Meditation



EVANS ARMANTRADING
Dietician and Nutritionist

New Castle County Health Equity Committee & Eunity Solutions Presents:

Instructed by:



THE ART OF COMMUNICATION: EFFECTIVE CROSS CULTURAL COMMUNICATION

December 2, 2020
5:00 - 8:30 p.m.

FREE Virtual Event
Register:
<https://culturalcommunication.eventbrite.com>

Dr. Eunice Gwanmesia
CEO, Eunity Solutions

[Click here to register](#) for this FREE virtual event

[Click here to register](#) for this FREE virtual event

New Castle County Health Equity Committee & Eunity Solutions Presents:

BURNOUT OR BLOSSOM

December 11, 2020
11:00 a.m. - 5:00 p.m.

FREE Virtual Event
Register:
<https://burnoutorblossom.eventbrite.com>



MELANIE WILSON
Mindfulness and Wellness Coach



LINDA ARREY
Mistress of Ceremonies & CEO, WJDC



NANCY JOY DOZIER
Personal Pastor, Life Coach



DR. EUNICE GWANMESIA
Event Host & CEO, Eunity Solutions



TARA ELIZABETH GUSH
Exercise & Guided Meditation



EVANS ARMANTRADING
Dietician and Nutritionist

[Click here to register](#) for this FREE virtual event

Eunity Solutions is a multidimensional consulting company focusing on promoting culture, diversity, and Inclusion while providing a wide array of other cutting-edge services.



MarylandROTA
RURAL OPIOID TECHNICAL ASSISTANCE

USA
MENTAL HEALTH FIRST AID

MENTAL HEALTH FIRST AID

DESCRIPTION

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and substance use disorder.

TRAINING FORMAT

- Independent online learning followed by a 5-hour virtual workshop
- Register via registration link below for your preferred virtual workshop
- Registered participants will receive instructions and login credentials for the self-paced portion no later than one week prior to virtual session
- Self-Paced portion of the course **MUST BE COMPLETED** to be admitted into the workshop

December instructor-led virtual workshop
9am-2:30pm 12/8/20

REGISTER [HERE](#)

If you have any questions please Contact us at: marylandrota@umd.edu

Funded by Substance Abuse and Mental Health Services Administration, Rural Opioid Technical Assistance Grant #H791108256
This institution is an Equal Opportunity Provider.

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or activity, please contact us at: MarylandROTA@umd.edu



MACS TeleECHO™ Clinic

Providing collaborative medical education through web-based didactic presentations and case-based learning

Next cohort begins January 2021

Who Should Participate?

- Primary care and specialty prescribers
- Pharmacists
- Counselors and other members of your care team

Benefits

- Monthly case based clinical discussion
- Improve confidence with managing patients with substance use disorders
- Free CME and CEU credit available

[Register](#)

2021 Primary Care Curriculum

January 20	Opioid use disorder and cannabis- a balanced approach
February 17	Misuse or diversion of buprenorphine
March 17	Opioid use disorder and Hepatitis C Virus
April 21	Opioid use disorder and alcohol
May 19	Benzodiazepine and opioid induction
June 16	Initiating Buprenorphine in the Age of Fentanyl, Pink, Iso, and other Synthetic Opioids

MACS
Maryland Addiction Consultation Service



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**

- **November is National Family Caregiver Month**, Mental Health America has resources for caregivers of someone with a mental illness, [with more here](#)
- **Saturday, November 21, International Survivors of Suicide Loss Day**
- **Monday, November 23, 10:00 - 1:00 p.m. Maryland Insurance Administration Public Meeting, Mental Health Parity Regulation**
- **** Saturday, November 28, 11:00 a.m. - 3:00 p.m. Put Your Mask On First Caregivers Retreat**
- **** Wednesday, December 2, 5:00 p.m. - 8:30 p.m. The Art of Communication: Effective Cross Cultural Communication**
- **Wednesday, December 2, 2:00 p.m. - 3:00 p.m. Services Through Father-Specific Programming**
- **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, Noon [MDH's Racism & Mental Health Series: Addressing Racial Bias in Early Childhood Education to Improve Outcomes for Young Children](#)
- ** Thursday, December 3, Noon [Angst: A Special Invitation - Addressing Mental Health in the Workplace](#)
- 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.](#)
- ** Tuesday, December 8, 9:00 a.m. - 2:30 p.m. [Mental Health First Aid](#)
- Wednesday, December 9, 9:00 -10:00 a.m. [Behavioral Health System Baltimore's Annual Gathering](#) (online event)
- Thursday, December 10, For All Seasons' Special Training: [Color Me Closer Therapeutic Coloring in Pairs](#)
- ** Friday, December 11, 11:00 a.m. - 5:00 p.m. [Burnout or Blossom](#)
- ** Wednesday, December 16, 3:00 p.m. [SAMHSA's Homeless and Housing Resource Center: Eviction Prevention and Housing Retention During and After COVID-19](#)
- 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.](#)
- Thursday, January 28, 5:00 - 6:00 p.m. [BHA/MedChi Behavioral Health Webinar Series: Vicarious Trauma and Self-Care for Health Care Workers During COVID-19.](#)
- ** REGISTRATION IS OPEN ** [Cultural and Linguistic Competency Online Courses](#)

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- GRANT ALERT: [Statewide Family Network Grant](#), Jan. 4, 2021 Deadline.
 - Join OMH's National COVID-19 Resiliency Network. [Click here for more.](#)
 - Suicide Prevention Resource Center's (SPRD) [Care Transitions](#): A new online tool to help ensure a support system, appropriate hand-off communication, and safety plan are in place when individuals at risk of suicide transition from inpatient to outpatient care.
 - Every Third Tuesday, 5:30 p.m. [Midshore Transliance Meetings, Easton, Md](#)
 - COVID GUIDANCE: [Screening for Suicide Risk during Telehealth Visits](#)
 - [CDC's Youth Risk Behavior Survey Data Summary & Trends Report, 2009 - 2019](#)

- [MHA's State of Mental Health in America 2021](#)
 - **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

- **Kent County Healthy Dept. A.F. Whitsitt Center** is hiring a [Registered Nurse, Direct Care Assistant I, and Direct Care Assistant II](#)
- The **Maryland Suicide Prevention Office** is recruiting for a **Suicide Prevention Outreach Coordinator**. [Details Here.](#)
- The **Center for Harm Reduction Services** in the Maryland Department of Health is seeking a **Deputy Chief**. [Details Here.](#)
- **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.

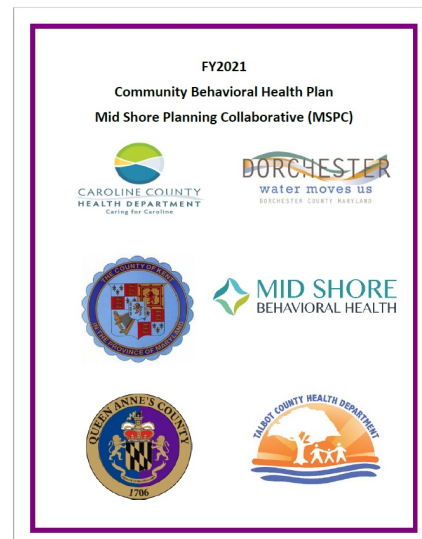
- **Channel Marker** currently has **numerous job openings**, with more at channelmarker.org/employment.
- The **State of Maryland** has openings for a **Certified Peer Recovery Specialist I & II**. To learn more and apply, go to bit.ly/recoveryspecialist1 or bit.ly/recoveryspecialist2.
- **Talbot Family 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

