



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!

Mid Shore Behavioral Health, Inc. hopes you have enjoyed a safe and healthy Thanksgiving & [Native American Heritage Day](#).

This week's issue of the Steering Wheel includes our RFP announcement, a link to the recording of the pre-bid conference, contact information for Youth Outreach, resources for assistance due to the effects of COVID, self-care strategies for resilience, 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

use the link to download the
Request for Proposals

Submission Deadline: Dec. 16, 4pm



Message provided by
Mid Shore Behavioral Health

[Click here for the recording of the Pre-Bid Conference](#)



YOUTH OUTREACH

**BRINGING SUBSTANCE USE EDUCATION
AND INTERVENTION TO MID-SHORE YOUTH
WHILE PROVIDING PEER SUPPORT AND
RESOURCES FOR CARE.**

SERVING YOUTH IN THE FIVE MID-SHORE COUNTIES
CAROLINE, DORCHESTER, KENT, QUEEN ANNE'S, TALBOT

CALL: (410) 770-4801 X310
EMAIL: YOC@MIDSHOREBEHAVIORALHEALTH.ORG

Mid Shore Behavioral Health, Inc.
28578 Mary's Court, Ste 1
Easton, MD 21601



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

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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 is 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:



mortgage or rent

utilities and emergencies

car payments

food

- 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:



Hipotecas o Renta

Servicios Públicos y Emergencias

Pagos del automóvil

Alimentos

- 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](#)

DORCHESTER COUNTY HEALTH DEPARTMENT

Free Curbside COVID-19 Testing

DECEMBER 2020

3 CEDAR STREET, CAMBRIDGE, MD 21613

**EVERY MONDAY & WEDNESDAY
9:30 AM - 12:30 PM**

EXCEPT FOR:

SATURDAY, DECEMBER 19TH, 9:30 AM - 12:30 PM

WEDNESDAY, DECEMBER 23RD - CLOSED

WEDNESDAY, DECEMBER 30TH, 3:30 PM - 6:30 PM

ALL EVENTS ARE WEATHER PERMITTING.

NO APPOINTMENT, DOCTOR'S ORDER, OR INSURANCE NEEDED. MUST WEAR FACE COVERINGS. SPANISH INTERPRETERS AVAILABLE.

FOR MORE INFORMATION:

CALL 410-228-3223

FOLLOW US ON FACEBOOK

@DORCHESTERHEALTHEMERGENCYPREPAREDNESS

DEPARTAMENTO DE SALUD DEL CONDADO DE DORCHESTER

Pruebas Gratuitas de COVID-19 en la Acera

DICIEMBRE 2020

3 CEDAR STREET, CAMBRIDGE, MD 21613

LUNES Y MIERCOLES

9:30 AM 12:30 PM

EXCEPTO POR:

SABADO DICIEMBRE 19 DE 9:30 AM A 12:30 PM

MIERCOLES DICIEMBRE 23 - CERRADO

MIERCOLES DICIEMBRE 30 DE 3:30 PM - 6:30 PM

TODAS LAS FECHAS SON SI EL CLIMA LO PERMITE NO SE NECESITA CITA, ORDEN DEL MÉDICO O ASEGURANZA MÉDICA. DEBE USAR CUBREBOCAS. HABRA INTERPRETES DE ESPAÑOL DISPONIBLES

PARA MAS INFORMACION:

LLAME AL 410-228-3223

SIGANOS EN FACEBOOK

@DORCHESTERHEALTHEMERGENCYPREPAREDNESS

COVID-19 TESTING

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 DCHD Curbside: 9:30 AM - 12:30 PM	3	4	5
6	7 DCHD Curbside: 9:30 AM - 12:30 PM	8	9 DCHD Curbside: 9:30 AM - 12:30 PM	10	11	12
13	14 DCHD Curbside: 9:30 AM - 12:30 PM	15	16 DCHD Curbside: 9:30 AM - 12:30 PM	17	18	19 DCHD Curbside: 9:30 AM - 12:30 PM
20	21 DCHD Curbside: 9:30 AM - 12:30 PM	22	23 No DCHD Curbside Testing	24	25	26
27	28 DCHD Curbside: 9:30 AM - 12:30 PM	29	30 DCHD Curbside: 3:30 PM - 6:30 PM	31		

****Please note all testing events are weather permitting.****

DECEMBER 2020

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 #H79T108256
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 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.](#)
- ** December 3, 4, & 9, 1 pm - 5:30 pm [Advanced Child Centered Play Therapy and Filial Therapy: Improving Skills and Involving Parents - Live Webinar](#) 12 Contact/CE Hours Cost: \$250
- ** Friday, December 4, 12:30 pm - 1:30 pm [Substance Use Disorder in Older Adults](#)
- 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](#)
- ** Friday, December 8, 12 pm - 1 pm [Prescribing Buprenorphine for Chronic Pain](#)
- 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](#)
- ** Friday, December 18, 12:30 - 1:30 pm [BHIPP Resiliency Break: Treatment of Opioid Use Disorder in Youth](#)
- ** January 11 - 12, [4th Annual Conference- MARYLAND CHILD TRAFFICKING VIRTUAL CONFERENCE](#)
- 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.](#)

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- GRANT ALERT: [Statewide Family Network Grant](#), Jan. 4, 2021 Deadline.
 - Join OMH's National COVID-119 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 \(updated link\)](#)
- REGISTRATION IS OPEN [Cultural and Linguistic Competency Online Courses](#)

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

- **** Mid Shore Behavioral Health, Inc.** has an opening for a [Finance Manager](#).
- **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** posted 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 Cabbage at janel.cabbage@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.

Self-Care Strategies for Resilience

While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don't be afraid to try something new. Try one of these self-care activities the next time you need to take a step back, breathe, and focus on you.



afsp.org



Check out our Fiscal Year 2021 Integrated Community Behavioral Health Plan

Fiscal Year 2021 Community Behavioral Health Plan

FY2021
Community Behavioral Health Plan
Mid Shore Planning Collaborative (MSPC)



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.



Mid Shore Behavioral Health, Inc.
28578 Mary's Court, Suite 1
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Connect with us

