



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.



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









Call 410-770-4848 or visit <u>talbotcovid19.org</u> 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 INTÉRPRETES DE ESPAÑOL DISPONIBLES

LLAME AL 410-228-3223 SIGANOS EN FACEBOOK @DORCHESTERHEALTHEMERGENCYPREPAREDNESS

COVID-19 TESTING SUN MON TUE WED THU FRI SAT EMBER 20 DCHD Curbside: 9:30 AM - 12:30 PM 6 10 11 12 DCHD Curbside: 0:30 AM - 12:30 PM DCHD Curbside 13 18 19 DCHD Curbside: DCHD Curbside: DCHD Curbside: 9:30 AM - 12:30 PM 9:30 AM - 12:30 PM 9:30 AM - 12:30 PM 25 DCHD Curbside: No DCHD Curbsid 30 AM - 12:30 PM Testing 27 28 29 30 31 DCHD Curbside: 9:30 AM - 12:30 PM DCHD Curbside: 3:30 PM - 6:30 PM

Please note all testing events are weather permitting.



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 erientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veceran status, genetic information, personal appearance, or any other legally protected class. If you need a reasonable accommodation to participate in any event or a civity, please contact us at MarylandROTA@umd.edu



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



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. <u>BHA/MedChi Behavioral</u> <u>Health Webinar Series: Coping with the Ambiguous Losses and Stress of</u> the Pandemic.
- ** Friday, December 4, 12:30 pm 1:30 pm <u>Substance Use Disorder in Older Adults</u>
- Monday, December 7, Noon 1:00 p.m. <u>NAMI Maryland presents</u> <u>Finding Music Within the Noise: A Plan to Thrive During Troubling Times</u>.
- 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. <u>Behavioral Health System</u> <u>Baltimore's Annual Gathering</u> (online event)
- Thursday, December 10, For All Seasons' Special Training: <u>Color Me</u> Closer Therapeutic Coloring in Pairs
- Friday, December 11, 11:00 a.m. 5:00 p.m. <u>Burnout or Blossom</u>
- Wednesday, December 16, 3:00 p.m. <u>SAMHSA's Homeless and Housing Resource Center: Eviction Prevention and Housing Retention During and After COVID-19</u>
- Thursday, December 17, 5:00 6:00 p.m. <u>BHA/MedChi Behavioral</u> 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. <u>BHA/MedChi Behavioral Health Webinar Series: The Approach to Impaired Clinicians.</u>
- Thursday, January 28, 5:00 6:00 p.m. <u>BHA/MedChi Behavioral Health Webinar Series: Vicarious Trauma and Self-Care for Health Care Workers During COVID-19</u>.

• GRANT ALERT: <u>Statewide Family Network Grant</u>, Jan. 4, 2021 Deadline.

• Join OMH's National COVID-119 Resiliency Network. <u>Click here for more.</u>

• Suicide Prevention Resource Center's (SPRD) <u>Care Transitions</u>: 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. <u>Midshore Transliance Meetings, Easton,</u> Md
- COVID GUIDANCE: <u>Screening for Suicide Risk during Telehealth Visits</u>
- 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 <u>Cultural and Linguistic Competency course on the Maryland Behavioral Health University of Maryland Training website</u> 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 <u>First Annual Racism & Mental Health Symposium</u>.
- 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 <u>Cultural and Linguistic Competency Online</u> 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, 443-988-1183.

Job & Position Postings

- ** Mid Shore Behavioral Health, Inc. has an opening for a <u>Finance</u> <u>Manager</u>.
- Kent County Healthy Dept. A.F. Whitsitt Center is hiring a Registered

Nurse, Direct Care Assistant I, and Direct Care Assistant II

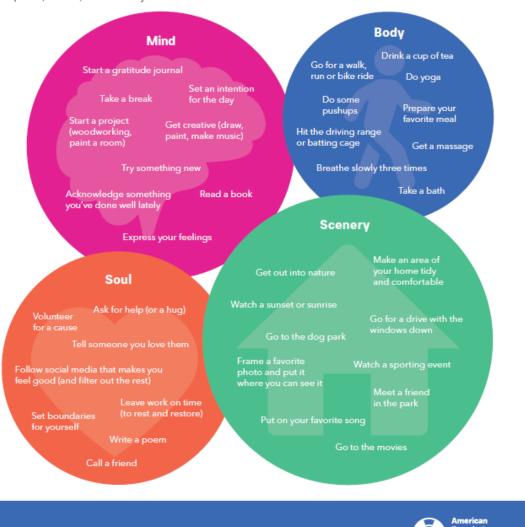
- The Maryland Suicide Prevention Office is recruiting for a Suicide Prevention Outreach Coordinator. Details Here.
- The **Center for Harm Reduction Services** in the Maryland Department of Health is seeking a **Deputy Chief**. **Details Here**.
- St. James Zion House is seeking to fill the position 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 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.

Self-Care Strategies for Resilience

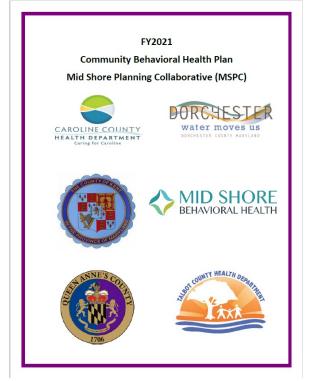
While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don't be afraid to try something new. Try one of these self-care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



Check out our Fiscal Year 2021 Integrated Community Behavioral Health Plan

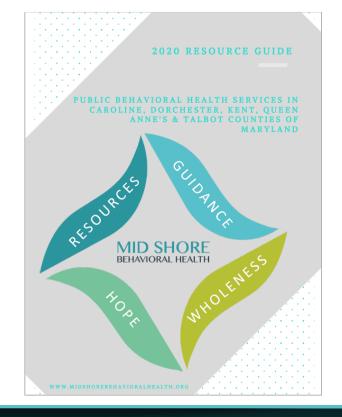
afsp.org

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 <u>Urquhart</u> 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 costeffective, and be integrated to serve the community as a whole.



Mid Shore Behavioral Health, Inc. 28578 Mary's Court, Suite 1 Easton, MD 21601 410-770-4801

Connect with us





