



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 week's issue of the Steering Wheel has information for drop-off locations for the *Covered* initiative, several new events, learning opportunities, job postings, and more.

We are excited to re-start what used to be called the Consumer Council as the People's Roundtable. The vision of the People's Roundtable is to create a connection between consumers and providers so that consumers know what services are available and service providers know what consumers needs are. Check out the People's Roundtable flyer below with a link to the next meeting!

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 for More Information](#)



THE PEOPLE'S ROUNDTABLE



Vision Statement:

To create a connection between consumers and service providers so consumers know what services are available and service providers know what the consumers' needs are.

JANUARY 12TH 3PM-4PM

Temporary Location:

<https://bit.ly/ThePeoplesRoundtable>

Dial In:

1 (301) 715-8592

Meeting ID: 854 6024 6082 Passcode: 058484



[Join Here](#)



Community Bulletin Board

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



COVERED



Please help us keep children warm this winter. Donate a NEW blanket, comforter, or throw.

Drop off Locations

HHYFW
204 Cedar St, Ste 102
Cambridge, MD 21613
M/W/F
9-12

Dorchester Chamber of Commerce
528 Popular St
Cambridge, MD
M-F
9-12

Drop-off by December 18, 2020

Contact: info@harvestinghopeinc.org

[Click to Contact](#)

Online Silent Auction

An Eastern Shore Holiday

Local gifts to warm your heart and home!

Starting: Nov 26, 7:00 pm

Closing: Dec 6, 9:00 pm

<https://ShoreHoliday.givesmart.com>

Proceeds to benefit For All Seasons Mental Health Services and Rape Crisis Center



[Click Here to Bid](#)



In collaboration with MIEMSS and LEAP, join NAMI Maryland for the first in a series of webinars to support first responders.

FINDING MUSIC WITHIN THE NOISE: A Plan to Thrive During Troubling Times

Presented by Marc "Junk" Junkerman, Faculty Member, International Critical Incident Stress Foundation (ICISF)
Monday, December 7th, 2020 | 12:00 pm - 1:00 pm

**CEUs Available for Police, Corrections, and
Emergency Medical Services!**

CEUs now available for *Finding Music Within the Noise: A Plan to Thrive During Troubling Times!*

[Register Now](#)

Kaiser Permanente and BMHA, Inc. presents
MIND HEALTH: SHOP TALK™

KAISER PERMANENTE
**GOOD HEALTH
& GREAT HAIR**

"Move, Feel, Heal: Moving through Emotions"

Have you ever noticed how you feel emotionally after taking a walk on a nice day? Or how about dancing to your favorite song? There's a science behind that! In this interactive workshop, participants will receive psychoeducation on the mind-body and how to strengthen it for enhanced mental and emotional well-being. Join us as we add more tools to our coping toolbox through the exploration of the therapeutic benefits of movement including dance, yoga, and more!

December 8, 2020
6 PM EST | FREE EVENT

FREE Registration:
shoptalkdec8.eventbrite.com

Color Me Closer



Are you looking for ways to reduce stress and reconnect with a special young person in your life? Join For All Seasons Art Therapist, Jane Gordon, for an exciting workshop on the therapeutic practice of coloring in pairs.

**Thursday, December 10,
12:00 pm - 1:00 pm**

\$45 per Ticket - Includes a Copy of the Book & Shipping
(register by Dec 3rd at https://color_me_closer.eventbrite.com)

*1 CEU available for qualifying professionals
through MD Board of Social Workers*



For All Seasons Behavioral Health and Rape Crisis Center provides the highest level of mental health and victim services to children and adults across the Mid-Shore.

Presented by Recovery In Motion



COLICCHIE

HOPE FOR THE HOLIDAY'S

LIVE VIRTUAL RECOVERY EVENT
EXPERIENCE | STRENGTH | HOPE

600
-730PM

11th DEC
2020

* FREE EVENT *
FREE MERCH
GIVEAWAY



FOR INFORMATION ON LIVESTREAMING CONTACT US : 443-282-4611

Midshore Transgender Support Group

2nd and 4th Tuesdays @ 6PM

ESPS Total Wellness, Easton

This is a support group for individuals who identify anywhere along the trans and non-conforming spectrum. Our goal is to create a safe supportive space where we can discuss day to day topics that are important to each of us.

- **Share experiences in a safe place**
- **Socialize and make new friends**

**29520 Canvasback Dr
Easton MD**

MID-SHORE PRO BONO

We are available by phone, email and online!



We are currently accepting clients and placing cases during the COVID-19 emergency.

TO SCHEDULE A FREE LEGAL CONSULTATION
(Hablamos Español)

Easton 410-690-8128
Chestertown 443-298-9425
Salisbury 410-829-0394

ONLINE INTAKES

www.midshoreprobono.org
E-mail us at info@midshoreprobono.org

COURTS INFORMATION Although courts are closed to the public, they continue to accept documents filed electronically and at DROP BOXES at the Courthouses! Certain emergency matters will be heard including, but not limited to, domestic violence petitions, peace order petitions, family law emergencies, extreme risk protective orders, bail reviews, juvenile detention hearings, and search warrants. For up to date information visit <https://mdcourts.gov/coronavirusinformationforpublic>

Mid-Shore Pro Bono staff are here to help work with you to achieve clarity and confidence in challenging times. For Family Law Matters call 443-496-5011. For Elder Law matters call 410-200-5027.

If you or anyone you know is in need of legal services, contact us today: info@midshoreprobono.org
To speak to someone directly, call 410.690.8128 M-F 10am-2pm

LEGAL SERVICES IN:

- Family Law
- Elder Law
- Immigration Law
- Consumer Debt
- Housing
- Bankruptcy
- Foreclosure
- Record Expungement
- Small Claims
- Child Custody and Visitation
- Legal Separation
- Guardianship
- Divorce
- Advance Medical Directive
- Wills
- Landlord-Tenant
- Power of Attorney



MID-SHORE PRO BONO

Estamos disponible vía teléfono, correo electrónico y online!



Estamos aceptando clientes y estamos colocando casos durante la emergencia del COVID-19.

PARA HACER UNA CONSULTA LEGAL GRATUITA

Easton 410-690-8128
Chestertown 443-298-9425
Salisbury 410-829-0394

QUESTIONARIO ONLINE

www.MIDSHOREPROBONO.ORG
Mándanos un correo electrónico a: info@midshoreprobono.org

INFORMACIÓN DE LA CORTE: Aunque las cortes están cerradas al público, aún están aceptando documentos electrónicos y determinados casos de emergencia están siendo escuchados como peticiones de violencia doméstica, órdenes de paz, peticiones de emergencias familiares, órdenes de protecciones de alto riesgo, revisiones de fianzas, audiencias de menores y órdenes de cateo. <https://mdcourts.gov/coronavirusinformationforpublic>

Los empleados de Mid-Shore Pro Bono están aquí para ayudarte en estos tiempos difíciles. Para derecho de familia llame al 410-200-5027.

Si usted o alguien que conoce necesita servicios legales, contáctenos hoy a: info@midshoreprobono.org

SERVICIOS LEGALES EN:

- Familia
- Tercera Edad
- Inmigración
- Deuda del consumidor
- Vivienda
- Bancarrotas
- Ejecución de Hipoteca
- Cancelación de antecedentes
- Reclamos pequeños
- Custodia y visitas
- Separación legal
- Tutela
- Divorcios
- Directiva médica anticipada



Child Advocacy & Kinship Care Project

Mid-Shore Pro Bono PowerPoint Presentation Eastern Shore's Legal Network

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



Talbot County Department of Social Services



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



Condado de Talbot Departamento de Servicios Sociales



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 - 1:30 PM

MONDAY, DECEMBER 21ST - CLOSED

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 1:30 PM

LUNES DICIEMBRE 21 - CERRADO

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

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



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





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**

- **** December is National Stress-Free Family Holidays Month, and is also recognized as [Universal Human Rights Month](#)**
- **** Now thru Sunday, December 6, until 9 p.m. [An Eastern Shore Holiday](#)**
- **** Monday, December 7, 12:00 p.m. [Marc "Junk" Junkerman](#)**
- **Monday, December 7, Noon - 1:00 p.m. [NAMI Maryland presents Finding Music Within the Noise: A Plan to Thrive During Troubling Times](#)**
- **** Monday, December 7, 6 p.m. [Trauma-Informed Suicide Prevention: Leading School District, County, and State Systems- Part 2: Workforce Development](#)**
- **** Tuesday, December 8, 1 p.m. [Black Children Losing Hope](#)**
- **Tuesday, December 8, 9:00 a.m. - 2:30 p.m. [Mental Health First Aid](#)**

- Tuesday, December 8, 12 pm - 1 pm [Prescribing Buprenorphine for Chronic Pain](#)
 - ** Tuesday, December 8, 6 p.m. [Mind Health: Shop Talk- Move, Feel, Heal: Moving through Emotions](#)
 - 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, 6:00 p.m. - 7:30 p.m. Colicchie Hope for the Holiday's. [Contact 443-282-4611](#)
 - Friday, December 11, 11:00 a.m. - 5:00 p.m. [Burnout or Blossom](#)
 - ** Wednesday, December 11, 12:00 p.m. [An Introduction to Stress First Aid](#)
 - 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, 12:00 p.m. [Lunch & Learn: Treating Suicidal Patients on Telehealth](#)
 - 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, 12:00 p.m. [A Compassionate Path of Recovery for Gamblers: Mindfulness Theory, Research and Treatment](#)
 - Friday, December 18, 12:30 - 1:30 pm [BHIPP Resiliency Break: Treatment of Opioid Use Disorder in Youth](#)
 - ** Thursday, January 7, 12:00 p.m. [Racism & Mental Health Series: Becoming a Cultural Ally](#)
 - January 11 - 12, [4th Annual Conference- MARYLAND CHILD TRAFFICKING VIRTUAL CONFERENCE](#)
 - ** Tuesday, January 12, 3 p.m. - 4 p.m. [The People's Roundtable](#)
 - Thursday, January 14, 5:00 - 6:00 p.m. [BHA/MedChi Behavioral Health Webinar Series: The Approach to Impaired Clinicians](#)
 - ** Thursday, January 21, 12:00 p.m. [Lunch & Learn: Mental Health and Social Media during the COVID-19 Pandemic](#)
 - 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](#)
-
- ** Crossroads Community, Inc.'s Healthy Transition Young Adults Program is seeking referrals. [Click here to submit a referral](#)
 - ** [MLN CONNECTS Official CMS News from the Medicare Learning Network](#)
 - ** [Preventing Law Enforcement Suicide Toolkit](#)

- **** [Mental Health Supports During the COVID-19 Crisis](#)**
- **** [FAQs about Mental Health, Stress and Anxiety](#)**
- **** [Coping with Holiday Stress](#)**
- **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](#)**
- **** Every Second and Fourth Tuesday, 6:00 p.m. [Mid-Shore Transgender Support Group](#)**
- **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](#)

Volunteer Opportunities

Haven Ministry Food Service Pantry is looking for volunteers. Please contact [Chris Perkins christine@haven-ministries.com](mailto:Chris.Perkins.christine@haven-ministries.com), 443-988-1183.

Job & Position Postings

- Mid Shore Behavioral Health, Inc. has an opening for a [Finance Manager](#)
- **** Choptank Community Health, [Lead Licensed Certified Social Worker/Clinical \(LCSW-C\)](#), Denton, MD *Experience: Child, Adolescent, and Adult Therapy**
- 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.

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.



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

Connect with us

