



# 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 on several new events, upcoming learning opportunities, trainings, job postings, and more.

### Highlights:

- **New Psychiatric Rehabilitation Program** : There is a new PRP serving the mid-shore located at 9 South Harrison Street in Easton. *Every Voice Counts Rehabilitation Services* serves individuals from ages five through sixty-two. For more information, contact Michelle Moaney at 410-924-7912 or email: [michelle@everyvoicecounts.business](mailto:michelle@everyvoicecounts.business).
- **Save the date:** 7th Annual Sequential Intercept Model conference is February 26th 2021 - See flyer below.
- **Reminder:** we are currently updating our Behavioral Health Resource Guide for 2021. Contact Sherize Urquhart at: [surquhart@midshorebehavioralhealth.org](mailto:surquhart@midshorebehavioralhealth.org) to have your listing updated. If you would like to add a listing, kindly email the **Provider Survey - New Addition** form. **All updates/additions need to be received by December 23, 2020**
- **Residential Crisis Beds RFP** See flyer below for more information.

The Steering Wheel is part of Mid Shore Behavioral Health's dedication to sharing helpful links to connect you with resources, guidance, wholeness, and hope.

2020 Behavioral Health Resource  
Guide

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



***REQUEST FOR PROPOSALS***

**Residential Crisis Beds**

**Issued: 12/09/2020**

**Due: 1/20/2021**

Prospective applicants who have received this document from a source other than the Issuing Officer should immediately contact the Issuing Officer and provide their name and mailing address in order that addenda to the RFP or other communications can be sent to them. Any prospective applicant who fails to notify the Issuing Officer with this information assumes the complete responsibility in the event they do not receive communications from the Issuing Officer prior to the RFP closing date.

ISSUING OFFICER:  
Kathryn G. Dilley  
Executive Director

# 7th Annual SIMS Conference

**SAVE  
THE  
DATE**

**2/26/21**

**Veterans and the Criminal Justice System  
Intercepts & Disparities**

*FREE VIRTUAL EVENT  
(4) SOCIAL WORK CEUS*

PROUDLY SPONSORED BY  
MID SHORE BEHAVIORAL HEALTH, INC.



**Community Bulletin Board**

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

presents

## The Holiday Blues:

*Recognizing Triggers, Coping with Stress, and  
Fighting Isolation*

*A conversation for you and your loved ones, with special speakers*



*Director of  
Pharmacy Dr. Lisa  
Lowery Deal*



*Director of  
Clinical Services  
Caitlin Grant*

A Facebook Live Event • December 22, 5:30 to 6:30 p.m.

It's easy to participate! Visit SUN Delaware's Facebook page on Dec. 22 at 5:30pm to participate in this online discussion. Email your questions to [info@sundelaware.com](mailto:info@sundelaware.com) or send them through the Facebook chat during the session. Follow SUN Delaware on Facebook for more events like these.

## A Unified Vision for Transforming Mental Health and Substance Use Care

To improve the lives of people with mental health and substance use disorders through a transformed system of care.

[View the Vision Statement here](#)



**American Society of Addiction Medicine (ASAM)  
Virtual Course  
ASAM-II Criteria Skill Building Course**

The American Society of Addiction Medicine (ASAM) Criteria course, **ASAM-II** is designed to help health care professionals develop a holistic understanding of the ASAM criteria and explore their role in constructing a full range of services for the treatment of individuals with substance use disorders (SUD). The **ASAM-II** training is a follow up from ASAM training that took place in late 2019 and early 2020. The course builds upon foundational concepts of the historical ASAM criteria that will offer practical guidelines to drive objective decision making and ensure fidelity to the ASAM criteria. Using a practical and case-based approach, **ASAM-II** participants will explore important considerations in developing individualized treatment plans (ITPs), evaluating progress versus nonprogress in treatment, and determining when it is appropriate to initiate transfer or discharge a patient from treatment. Further, the **ASAM-II** training will provide tools and resources to equip healthcare providers to work effectively in managed care settings and explore how case shaping can drive patients' overall quality of care.

While it is not a requirement that you took the initial ASAM training, the **ASAM-II** training is meant for those with an intermediate to advanced level of understanding of the ASAM criteria.

**Virtual ASAM-II Criteria Skill Building Course**

**Training Dates:**

Wednesday, January 27, 2021 & Thursday, January 28, 2021

Wednesday, February 24, 2021 & Thursday, February 25, 2021

Wednesday, March 24, 2021 & Thursday, March 25, 2021

This is a **FREE** course and **CEUs** will be offered.

Registration information will be available soon!



# HOLIDAY MEALS

For anyone in Talbot County that needs a meal this holiday



## BAY HUNDRED AREA

St. Michaels Community Center, 103 Railroad Avenue, will be providing pick-up and delivery on 12/23/20 from 11am-3pm. Call 410-745-6073 for delivery. No need to reserve a meal if picking up.

## GREATER EASTON AREA

Elks Lodge, 502 Dutchman's Lane, Easton, will be providing pick-up and delivery on 12/24/20 from 9-10am and 3-4pm. Deliveries will be made between 9:30-11am. Call 410-822-2869 to reserve a meal for pick-up or delivery. Reservation is required.

# HAVEN MINISTRIES FOOD PANTRY TRUCK!



at Faith Bible Church parking lot  
407 Dudley Corner Rd, Sudlersville, MD

**Tuesdays: 12pm-7pm & Fridays: 9am-7pm**  
**Tentative Starting Date December 18th!**

Food Pantry Truck will offer a selection of non-cooked food items for those in need of emergency food. Available to NORTHERN QAC residents with photo I.D

**MUST Call For Appointment**  
**(410)-827-7194**



# CAMIÓN DE DESPENSA DE ALIMENTOS DE HAVEN MINISTRIES!



en el estacionamiento de Faith Bible Church  
407 Dudley Corner Rd, Sudlersville, MD

**Martes: de 12:00 a 19:00 y viernes: de 9:00 a 19:00**  
**¡Fecha tentativa de inicio 18 de Diciembre!**

Ofreciendo una selección de alimentos no cocinados para quienes necesitan alimentos de emergencia. Disponible para residentes de NORTHERN QAC con identificación con foto

**DEBE llamar para una cita**  
**(410) -827-7194**



If you're feeling anxious, depressed, or just need someone to talk to,

**CALL 211**  
or dial 443-608-9182

2-1-1 United Way of Central Maryland  
Get Connected. Get Help.

Connect with someone who can help.

Call the **211 Maryland United Way Helpline** and ask to be connected to the WARMLine. You'll talk with someone who will listen to your concerns and refer you to additional resources.

*Mental health professionals are available weekdays from 10:00 a.m. to 6:00 p.m.*

**Follow these easy steps:**

1. Dial 211 (or 443-608-9182) from any cell phone or landline.
2. Ask to be connected to the WARMLine.
3. Speak with a caring call specialist who will listen to your needs.
4. You will be referred to any additional resources you may need.

United Way of Central Maryland has provided a grant to Pro Bono Counseling to support Marylanders who are experiencing mental health issues related to the COVID-19 pandemic and other reasons.

For more information, visit [ProBonoCounseling.org](http://ProBonoCounseling.org).

PRO BONO  
COUNSELING  
PROJECT

Si te sientes ansioso, deprimido, o simplemente necesitas hablar con alguien,

**Llama al 211**  
o llama al 443-608-9182

2-1-1 United Way of Central Maryland  
Get Connected. Get Help.

Conéctate con alguien que te pueda ayudar.

Llama a la **Línea de ayuda Maryland United Way al 211** y pide que te conecten con la WARMLine. Hablarás con alguien que escuchará tus preocupaciones y te remitirá a recursos adicionales.

*Los profesionales de salud mental están disponibles de 10:00 AM a 6:00 PM entre semana.*

**Sigue estos pasos sencillos:**

1. Llama al 211 (o 443-608-9182) desde cualquier celular o teléfono fijo.
2. Pide que te conecten a la WARMLine.
3. Habla con un especialista atento que escuchará tus necesidades.
4. Se te hará una remisión a cualquier recurso adicional que puedas necesitar.

United Way del centro de Maryland le ha otorgado una beca a Pro Bono Counseling para apoyar a los habitantes de Maryland con problemas de salud mental asociados a la pandemia de la COVID-19, y por otros motivos.

Para más información, visite [ProBonoCounseling.org](http://ProBonoCounseling.org).

PRO BONO  
COUNSELING  
PROJECT

[Click to See Full English Flyer](#)

[Click to See Full Spanish Flyer](#)

# 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](#)
- **\*\*Tuesday, December 22, 5:30p.m. - 6:00 p.m. [The Holiday Blues: Recognizing Triggers, Coping with Stress, and Fighting Isolation](#)**
- **\*\* Tuesday, December 29, 12:00 p.m. - 1:00 p.m. [A Zoom Conversation: Anxious & Stressed Kids During COVID Times](#)**
- **\*\* Monday, January 11, 12:00 p.m. [Resiliency and Mental Wellness for First Responders](#)**
- **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](#)**
- **\*\* Tuesday, January 19, 12:00 p.m. [Treating Mental Health: Myth vs Reality](#)**
- **Thursday, January 21, 12:00 p.m. [Lunch & Learn: Mental Health and Social Media during the COVID-19 Pandemic](#)**
- **Tuesday, January 26, 9:30 a.m. [Assessing and Managing Suicide Risk \(AMSR\) for Substance Use Disorder Treatment Professionals](#)**
- **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](#)**
- **Friday, January 29, 12:00 p.m. [QPR: Question, Persuade, Refer](#)**
- **\*\* February 26, 2021, 9 a.m. - 1 p.m. [Save the Date: 7th Annual SIMS - Veterans and the Criminal Justice System: Intercepts & Disparities - FREE Virtual Event](#)**
- **2021 Course Schedule and Enrollment: [Witness to Whiteness: A Journey of Transformation](#)**

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- **Crossroads Community, Inc.'s Healthy Transition Young Adults Program is seeking referrals. [Click here to submit a referral](#)**
  - **\*\* [Holiday Celebrations and Small Gatherings](#)**
  - **\*\* RECORDING: [Finding Your Way Through the Dark: Living with Depression](#)**
  - **\*\* RECORDING: [Strategic Financial Shift](#)**

**\*\* NAMI and NAMI Maryland Resources:**



- [Coping with the Holidays When There is Mental Illness](#)
- [Avoiding Holiday Stressors: Tips for a Stress Free Season](#)
- [Managing Your Mental Health During the Holidays](#)
- Soul Force Politics is excited to announce open enrollment for their 2021 course offerings for Unlearning Racism as well as the release of a powerful new essay called, "Whiteness is a Thing" and a podcast series entitled, "Witness to Whiteness: A Journey of Transformation." [Connect with all of these tools on their new website section devoted to unlearning racism.](#)
- Resources for Talbot County - Call 410-770-4848 or visit [talbotcovid19.org](http://talbotcovid19.org) to learn more [Click here to download the application](#)
- Mid Shore Pro Bono is accepting clients. Click here for the [Child Advocacy & Kinship Care Project](#) and here for the [Mid-Shore Pro Bono PowerPoint Presentation Eastern Shore's Legal Network](#)
- [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-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](#)
- 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](#)
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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](#)

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## 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.

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## Job & Position Postings

- Mid Shore Behavioral Health, Inc. has an opening for a [Finance Manager](#)
- Kent County Economic Development Office has the following openings: [Service Coordinator \(Family Navigator for Kent Family Center\)](#)
- 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](mailto:jinkim@umd.edu).

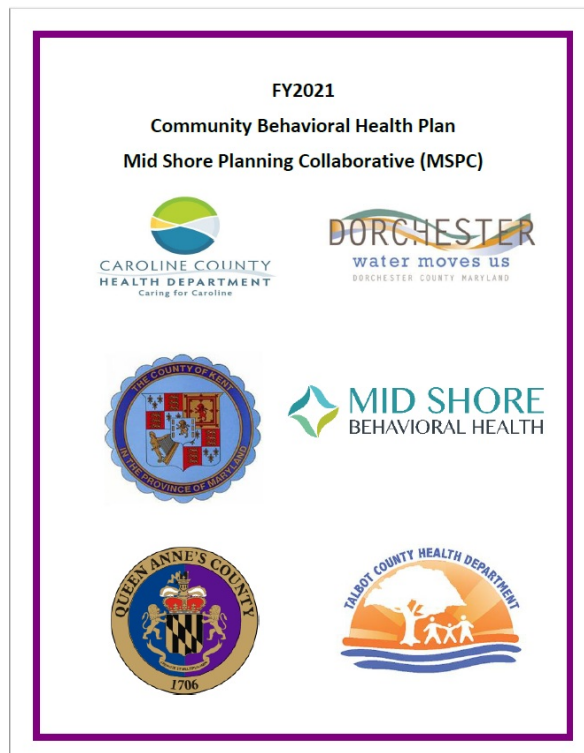
- **Channel Marker** currently has **numerous job openings** posted at [channelmarker.org/employment](http://channelmarker.org/employment).
- The **State of Maryland** has openings for a **Certified Peer Recovery Specialist I & II**. To learn more and apply, go to [bit.ly/recoveryspecialist1](http://bit.ly/recoveryspecialist1) or [bit.ly/recoveryspecialist2](http://bit.ly/recoveryspecialist2).
- **Talbot Family Network** is seeking an **Executive Director**. Learn more and apply at [talbotcountymd.gov/index.php?page=Job\\_Openings](http://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](mailto:janel.cabbage@maryland.gov).

To submit a job posting, kindly email:  
[surquhart@midshorebehavioralhealth.org](mailto: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



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

