



MID SHORE BEHAVIORAL HEALTH

RESOURCES, GUIDANCE, WHOLENESS, & HOPE

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Mid Shore Behavioral Health Team Strengthens Bonds During Annual Volunteer Day

Easton, MD – On May 30th, 2024, the Mid Shore Behavioral Health, Inc. (MSBH) team participated in their annual volunteer day. This year's volunteer day was hosted by Positive Strides Therapeutic Riding Center in Preston, MD, a nonprofit organization committed to empowering individuals through equine-assisted activities and therapies.

Positive Strides Therapeutic Riding Center's mission is to "...strive to build confidence, self-esteem, and a sense of accomplishment for individuals with physical, cognitive, and emotional needs..." Since 1981, they have provided transformative equine-assisted services that foster personal growth and rehabilitation.

The MSBH team engaged in a range of activities during the volunteer day. They assisted with grooming the horses, maintaining, and cleaning the property, and supporting riders as side-walkers during therapeutic horse-riding sessions. These efforts were particularly meaningful as they helped prepare for the annual Jaime Lee Hutchison Memorial Spring Horse Show & Festival, showcasing the remarkable progress, skill, and achievements of the riders.

"The MSBH team was proud to contribute to such a worthy cause," said Jon Qvarnstrom, Administration and Communications Manager of Mid Shore Behavioral Health, Inc. "Our team not only strengthened their bonds but also supported an organization that profoundly impacts our community. This experience underscored the importance of community service and the positive effects it has on both the recipients and the volunteers."

Positive Strides CEO Kimberly Thomas added, "Our riders were thrilled to have new faces to showcase their improved riding skills. We were so grateful for this amazing group that came in with great energy and a willingness to tackle any task that was asked of them. The farm was so pretty for the show and our riders brought their best for the show, and we have Mid Shore Behavioral Health to thank for that."

For more information about Positive Strides Therapeutic Riding Center and ways to get involved, please visit their website at www.positivestridescenter.org.

As the Core Service Agency for the mid-shore region, 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. For more information about MSBH, call 410-770-4801 or visit www.midshorebehavioralhealth.org



MSBH Staff Members America McKinney and Deborah Becker assist a rider practicing for the Jamie Lee Hutchison Memorial Spring Horse Show & Festival.



MSBH Staff Members Greg Gibson, Jacqueline Salb, and MSBH CEO Kathryn Dilley pose with a horse.



MSBH staff member Lisa Short grooms a horse to get it ready for its rider.



The MSBH staff and Positive Strides staff pose together after a day of fun, team building, and giving back to the community.