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Mid Shore Behavioral Health, Inc. hosts the 14th Annual Across the Lifespan Conference

Easton, MD (April 25th, 2025) – Mid Shore Behavioral Health, Inc. (MSBH) successfully hosted its 14th Annual Across the Lifespan Conference (ATL), held at the Miles River Yacht Club in Saint Michaels, MD on Friday, April 25th, 2025. This year's conference, themed 'Wellness Promotion and Preventative Measures: A Proactive Approach to Fostering Open Dialogue and Harm Reduction Model', brought together professionals and experts to explore strategies for suicide prevention and substance use disorder, emphasizing the importance of early intervention, open communication, and wellness across all stages of life.

The conference convened a diverse audience of attendees including clinicians, social workers, peer support specialists, nonprofit leaders, and other behavioral health professionals from across Maryland. The day-long event featured a robust lineup of expert speakers and interactive tabletop discussions aimed at generating actionable strategies promoting wellness using a trauma-informed and prevention-focused approach.

Cara Calloway, LCSW-C, of Caroline County Public Schools, and Sarah Lepore, LCSW-C provided an engaging presentation on "The Road to a Brighter Future: An Emerging Youth Treatment Model," highlighting the importance of early intervention and integrated behavioral health supports in schools. Jeffrey Shultz, Certified Peer Recovery Specialist, and a longtime advocate, delivered "Suicide Risk for Teens: How Big a Problem Is It and What Can We Do About It?" drawing from both personal experience and community work to underscore the need for awareness and prevention strategies.

Rebecca Redmer, Certified Peer Recovery Specialist with the Eastern Shore Crisis Response Team, presented "A Proactive Approach to Fostering Open Dialogue," sharing practical tools to help providers respond compassionately and effectively in crisis situations. Allison Baldwin, associate level alcohol and drug counselor with Project Chesapeake, echoed this theme with a focus on substance use disorder in her presentation "A Proactive Approach to Fostering Open Dialogue (SUD and Suicide Prevention)," advocating for integrated care models and supportive treatment environments.

Dr. Maggie Black, a licensed psychologist and founder of Shore Neurocognitive & Behavioral Health, closed the session with "Older Adults: Substance Use, Quality of Life, and Suicidality," emphasizing the often-overlooked mental health needs of aging populations and the importance of cognitive screening and caregiver support.

After the presentations, MSBH team members facilitated small group tabletop discussions allowing discussion on strategies that could be applied within their own professional settings. Participants left with practical tools and new perspectives.

Ashley Strazza, CPRS, RPS, Recovery, Crisis, and Services Supervisor at Mid Shore Behavioral Health, Inc., reflected on the significance of the conference and its core theme, stating:

“Harm reduction in behavioral health centers on promoting individual autonomy, strengthening community connections, increasing protective factors, minimizing harm and mortality, and offering nonjudgmental support. Strategies such as naloxone distribution, therapeutic interventions, peer support, lethal means safety education, and infectious disease testing play a critical role in helping individuals improve their quality of life. This approach is highly personal and grounded in trust, empathy, and genuine connection. We were honored to host a meaningful day of learning with presenters who brought valuable insight into the practice and local application of harm reduction.”

Mid Shore Behavioral Health, Inc. (MSBH) is the region’s Core Service Agency charged with continually improving 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 and its work in the mid-shore, visit www.midshorebehavioralhealth.org or call 410-770-4801.



Attendees of the 14th Annual Across the Lifespan Conference at the Miles River Yacht Club



The Mid shore Behavioral Health, Inc. team poses for a group photo at the completion of the Conference.



The speakers of the 14th Annual Across the Lifespan Conference pose for a photo. Pictured from left to right: Sarah Lepore, LCSW-C, Cara Calloway, LCSW-C, Jeffrey Shultz, Maggie Black, PsyD, Allison Baldwin CSC-AD, Rebecca Redmer, CPRS