

PROVIDER NEWS



SOURCES OF STRENGTH



Promote. Preserve. Protect.

Sources of Strength Program

HCHD Youth Suicide Prevention Plan

Student Peer Leaders Wanted

Howard County students in grades 9-12
during the 2019-2020 school year

- Create positive social change through an interactive peer leadership program
- Use your voice, and social influence to prevent suicide
- Volunteer to participate or be recruited by someone in the community (a teacher, coach, or youth group leader)
- Recruitment period: September 4 - October 30, 2019

Visit the [TeenHealthMatters](#) website for detailed information.



For more information, contact Kayla Blasher at kblasher@howardcountymd.gov or 410-313-6240

Crossroads Psychological Associates

Happy Hour Meet & Greet

Friday, October 11th

4:30 pm – 7pm

The Turn House

1130 Willow Bottom Dr.

Columbia, MD 21044

We hope you join us at the Turnhouse at
Hobbit's Glen Golf Course for appetizers,
wine, beer and casual conversation
between colleagues



Youth Mental Health First Aid Training

Friday, Oct. 18 | 8:30 a.m-5 p.m.
HCGH IC Conference Room | FREE

Sometimes first aid isn't a bandage or CPR. Sometimes, first aid is **YOU**. A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

You must be age 18 and older to attend.

Training is highly recommended for those who regularly have contact with young people between the ages of 12 -18, including:

- Teachers
- Coaches
- Social workers
- Faith Leaders and
- Other caring citizens

Take the training. Save a life.
Strengthen your community.



Register today at hcg.org/events | 410-720-7601

SEMINARS, EXHIBITORS, RESOURCES and ENTERTAINMENT
especially geared to the
50+ COMMUNITY!

Master Aging

Engage ♦ Educate ♦ Inspire

SATURDAY, OCTOBER 19
10 AM TO 3 PM

HOSTED ON-SITE AT

Howard Community College
10901 Little Patuxent Parkway
Columbia 21044

FOR MORE INFORMATION

PHONE 410-313-6410 (VOICE/RELAY)
EMAIL aging@howardcountymd.gov
WEB howardcountymd.gov/masteraging
FIND US [Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)
#HoCoMasterAging

PROGRAM HIGHLIGHTS AND DETAILS

11 AM — KEYNOTE PRESENTATION
Kerry Hannon, Author
Never Too Old to Get Rich
Followed by Conversations with Kerry



- Capitol Steps at 2 PM (\$5/person)
- Engaging and Educational Seminars
- Free and Accessible On-Site Parking
- Breakfast and Lunch Available On-Site
- 62 Vendor and Sponsor Booths
- Only \$1 Admission

PRESENTED BY

 Howard County Office on
Aging and Independence
Department of Community Resources and Services



Calvin Ball
Howard County Executive

If you need this information in an alternate format or accommodations to participate, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay) two weeks prior to the event.



Guiding Good Choices®

Sessions:

How to Prevent Drug Use in Your Family

How to Develop Healthy Beliefs and Clear Standards

Avoiding Trouble: How to Say No to Drugs

Managing Conflict: How to Control and Express Your Anger Constructively

Involving Everyone: How to Strengthen Family Bonds

This 4 week program is FREE, but you must register.

This program is offered by the Howard County State's Attorney's Office and HC DrugFree in partnership with the Howard County Health Department.

Guiding Good Choices® is an evidence-based, interactive prevention program that provides the families of children age 9-14 with the skills and knowledge to reduce the risk that their children will use drugs.

The program is for parents. Children age 9-14 are invited to attend the third session with their parents.

After completing the program, families will be able to:

Influence their children to help prevent drug use and other risky behaviors.

Develop clear family guidelines and expectations about drug use.

Teach children how to stay out of trouble, keep their friends and still have a good time.

Dates: Tuesdays, October 22, 29 and November 5, 12, 2019

Time: 5:30 p.m. – 8:00 p.m.

Location: Wilde Lake Middle School, 10481 Cross Fox Lane, Columbia 21044

To register, click link below

<https://www.surveymonkey.com/r/GGCOct2019>

For more information, contact Joan Webb Scornaienchi, Executive Director, HC DrugFree at 443-325-0040 or Admin@hcdrugfree.org.

HCDrugFree
Empowering the Community

PLEASE JOIN US

Behavioral Health Administration
University of Maryland School of Medicine, Training Center
10/17/19



Clinical Intervention and Treatment Strategies:
Coordinating Care for Individuals
Accessing Opioid and Residential Services

8:30 am-4:00 pm
Temple Oheb Shalom
7310 Park Heights Avenue
Baltimore, MD

\$33 Continental Breakfast and Lunch
CEU's

To register go to: <https://accessingopioid.eventbrite.com>

If paying by check notify Vera Carter at Vera.Carter@som.umaryland.edu

Mail checks to: Vera Carter
1501 S. Edgewood Street, Suite L
Baltimore, MD 21227.

Check should be made payable to BHSB.



**Three out of four
people using heroin
began with the use
of prescription
medication**

Drug Take Back Day

in Howard County

Saturday, October 26

10 a.m.–2 p.m.

**Dispose of unwanted or expired medications &
sharps (needles, syringes & EpiPens) at
HC DrugFree's convenient drive-thru collection**

Wilde Lake Village Center parking lot
5305 Village Center Drive, Columbia, near The UPS Store

For details, go to www.HCDrugFree.org

To volunteer, email Admin@hcdrugfree.org or call 443-325-0040

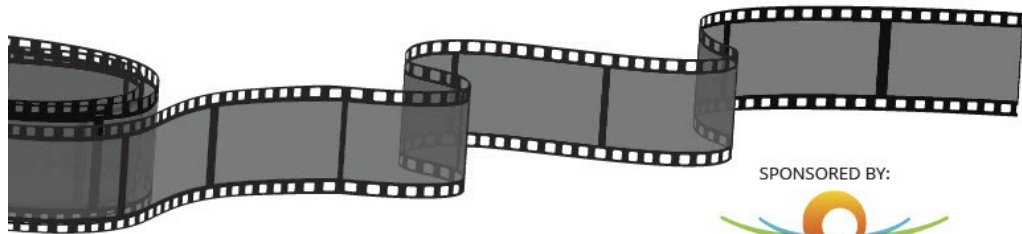
HCDrugFree
Empowering the Community



Message provided by HC DrugFree, Howard County Health Department
& Howard County Police with funding from MDH & SAMHSA

2019 MENTAL HEALTH FILM FESTIVAL

Wednesday, Oct. 23, 2019
6-9 p.m.
Regal UA Snowden Square Theater
9161 Commerce Center Dr., Columbia, MD 21046



SPONSORED BY:

HORIZON FOUNDATION

One evening.
Four films.
Hundreds of community members who care about
mental health.

Join the Horizon Foundation for the 2019 Mental Health Film Festival, an event to build awareness and compassion for members of our community living with mental health challenges.

Attend one of four film screenings, each followed by a time for attendees to reflect, ask questions and connect with others. Hear from local experts including psychiatrists, crisis counselors, social workers, youth, school system staff and people sharing their own experiences and journeys with mental health.

This event is FREE. Registration is required.

LEARN MORE & REGISTER FOR YOUR FREE TICKET: <http://bit.ly/2019MHFF>

Please register for only ONE film to ensure all have a chance to attend.

2019 Mental Health Film Festival Selections

Each film will be followed by a time for reflection, questions and discussion with local experts such as psychiatrists, crisis counselors, social workers, youth, school system staff and people sharing their own experiences and journeys with mental health.

BOY INTERRUPTED

Dana and Hart Perry share the intensely personal story of their son Evan, who from a young age had intense mood swings and often talked about ending his life. Step into the shoes of this family as they share their experience with Evan's bipolar disorder and eventual suicide with home videos and interviews with relatives, friends, doctors and teachers. As professional filmmakers, the Perrys made extensive personal films and videos of the family, but never suspected that their footage of Evan — taken from the moment of his birth throughout childhood and adolescence — would end up becoming the primary source material for this moving account of living with a serious mental illness.



DARK SIDE OF THE FULL MOON

Having a baby is supposed to be the happiest time of your life. But what if it's not? Each year, 1.3 million women in the U.S. struggle to find support and treatment for post-partum depression and other perinatal mood disorders. Two women, Jennifer Silliman and Maureen Fura, both with firsthand knowledge of this challenge, came together to give a face and a voice to the countless women who suffer in silence. With the help of Dr. Shoshana Bennett, they produced a documentary film, uncovering disconnects within the medical community to effectively screen, refer and treat these women.



NOT ALONE

Driven by a desire to understand why her best friend died by suicide at 16, Jacqueline Monetta asks teens to share their struggles with mental illness and suicide attempts. Through her intimate teen-to-teen conversations, Jacqueline and the audience learn about depression, anxiety, self-harm, suicide attempts, getting help and treating mental illness. Each teen paints a vivid picture of the depths of despair he/she suffered and how talking about it saved them. They assure the audience that mental illnesses, like physical illnesses, can and should be treated.



WE ARE NOT DONE YET

This film tells the story of 10 U.S. veterans who come together in hopes of battling their traumatic military pasts through the art of written word. Grappling with PTSD, the "warrior poets" share fears, vulnerabilities and victories that eventually culminate in a live performance of a collaborative poem under the direction of actor Jeffrey Wright. In the process of creating their poetry and rehearsing for the performance, these individuals build a new-found tribe in one another, allowing them to share hidden truths about their intimacy with war, death and trauma. *Note: this screening will be followed by a short workshop with participants in the Community Building Art Works program featured in the film.*



Note: Films can include strong language and discussions of intense themes (substance use, abuse, war, suicide, etc.). These films reflect real life experiences, and so viewers are advised to review the film content, watch the movie trailers and use their discretion in making ticket choices.

LEARN MORE & REGISTER FOR YOUR FREE TICKET: <http://bit.ly/2019MHFF>

Please register for only ONE film to ensure all have a chance to attend.

Registration

"5-Day WRAP® Facilitator Training"

Monday - Friday
Oct. 28—Nov. 1, 2019
8:30 am - 5:00 pm

COST \$789

Space is limited. Please register early.

My check is enclosed. Please register me.

• Make check payable to On Our Own of Maryland.

• Be sure to complete the separate FACILITATOR APPLICATION

(PLEASE TYPE OR PRINT CLEARLY)

Name _____

Organization _____

Address _____

City _____ Zip Code _____

Phone _____

E-mail _____

Other accommodations, i.e. hearing interpreter
(10 day notice is required)

Please mail or fax back registration by

WEDNESDAY OCT. 23, 2019
TO:

The WRAP Outreach Project
7310 Esquire Court Box 14
Elkridge, MD 21075
Phone: 410-540-9020
Fax: 410-540-9024
denisec@onourownmd.org

LOCATION

On Our Own of Maryland, Inc.

7310 Esquire Ct
3rd Floor
Elkridge, MD
21075

410-540-9020

PARKING

Please park in the
**GREEN spaces or along
Elkridge Crossing Way.**
See the On Our Own
receptionist for a
parking sign for your
car.

Wellness Recovery Action Plan

WRAP

5-Day WRAP®
Facilitator Training

with
Denise Camp
Laurie Galloway and
Carolyn Cullison
Advanced Level WRAP® Facilitators

Monday - Friday
Oct. 28—Nov. 1, 2019
8:30 am - 5:00 pm

On Our Own of Maryland
7310 Esquire Court 3rd Floor
Elkridge, MD 21075



GENERAL INFORMATION

The On Our Own of Maryland WRAP® Outreach Project is pleased to offer the 5-day "WRAP® Facilitator Training" from Monday October 28 through Friday November 1 at the On Our Own of Maryland offices in Elkridge. You will spend five days with Copeland Center trained staff learning to become an effective WRAP® Group facilitator and presenter.

ABOUT THE TRAINING

At this training, you will gain a deeper understanding of the recovery process, how to support people in their recovery process, and learn to:

- work with groups to help them uncover their personal strengths and discover how they can use these strengths to support their recovery and wellness
- effectively share the Copeland 5 Key Concepts of recovery
- work with individuals, groups, and organizations to develop their individual WRAP®
- facilitate discussions about wellness tools and strategies
- empower and motivate people to work toward recovery – feeling the way they want to feel, making their lives the way they want them to be, and moving toward meeting their life goals
- use interaction, presentation styles and strategies that enhance recovery

Thousands of people across the United States and around the world have been trained as WRAP® Facilitators. This course models the behavior of a facilitator in a WRAP® class and stresses authenticity and unconditional high regard, as well as the use of Values and Ethics of WRAP® that will guide your work. The WRAP® Facilitator Training is an intense, experiential learning course that is based on mutuality. Participants in this course will be expected to engage in interactive learning activities, demonstrate their knowledge and personal experience with WRAP®, and complete the training's five practice elements.

WHO MAY ATTEND?

This training is appropriate for anyone who would like to lead WRAP® groups, work with others to develop their own WRAP® and give presentations to groups or organizations. Attendees are expected to have a solid working knowledge of WRAP® and share their experiential knowledge of how WRAP® can work and has worked for them. Before attending this training, it is expected that you have knowledge with all the parts of WRAP® through completion of one of the following prerequisites:

- 2 or 3 day Level 1 "Intro to WRAP®" training.
- 4, 8, 12 or 16 week WRAP® class
- NOTE: Persons completing a one-on-one or an on-line WRAP® will be considered on an individual basis.

Additionally, you should also have and use your own WRAP®. A prerequisite course must have been conducted by a WRAP® Facilitator and completion of the course is required to become a Facilitator. Applicants must also complete the separate Facilitator Application.

YOUR TRAINERS

Your facilitators for this training will be Denise Camp, Carolyn Cullison and Laurie Galloway. All are Advanced Level WRAP® Facilitators, trained and certified by the Copeland Center. Ms. Camp is the WRAP® Outreach Project Coordinator for On Our Own of Maryland. Ms. Cullison and Galloway are the executive directors of On Our Own of St. Mary's County and On Our Own of Carroll County, respectively.

COST

The cost of the training is \$789 per person. There is a strict limit on class size and slots are based on a first-to-pay basis with a completed application and registration.

The fee includes:

- The WRAP® Facilitator Training Manual
- The Copeland text and workbooks
- DVD and PowerPoints on CD
- All other training materials
- On-going support from The WRAP® Outreach Project
- Breakfast and Lunch each day

PLEASE NOTE: If overnight lodging is needed, there are motels for lodging within a mile of the On Our Own offices.

INFORMATION COVERED IN THE TRAINING INCLUDES...

- Creating a Safe Learning environment
- Copeland Center Value and Ethics of WRAP®
- The Power and Importance of Language
- Co-Facilitation Structure
- Debriefing
- Accommodating Individual Needs
- Responding to Questions
- Respecting Diverse Perspectives
- Presentation and Facilitation Skills
- Small Group Exercises
- Co-Facilitation Practice Elements
- Creating a WRAP® Group
- Individual Participant Feedback

REFUND/CANCELATION POLICY

Participants may cancel and receive a full refund if canceled by October 21, 2019. After this date, no refunds are available. For last minute cancellations due to illness, the fee will be applied to a future training.



Benefits & Wellness Fairs!

**Open Enrollment:
October 28 – November 11, 2019**

Date	Location	Time
Monday, October 21	George Howard 3430 Court House Drive Ellicott City, MD 21043 <i>Lobby and Ellicott/ Columbia rooms</i>	10:00 a.m. – 2:00 p.m.
Tuesday, October 22	Community Resources Campus 9830 Patuxent Woods Dr. Columbia, MD 21046 <i>Rooms 337, 338, and 346</i>	10:00 a.m. – 2:00 p.m.

No formal benefits presentations

Enjoy free wellness services!



Employees of Howard County Government should be allowed to attend the Benefits & Wellness Fair with supervisors' approval. No RSVP needed.

Why Should You Attend?

- Talk with health and financial plan reps
- Learn more about your benefits for 2020
- Ask questions, compare plans, and make informed choices
- Enjoy FREE wellness services:
 - Chair massage
 - Foot reflexology
 - Ear acupuncture
 - Screenings
 - Healthy food samples
 - Ask the Dietitian
- Tour the fitness room and learn how to properly use equipment
- Gather wellness resources and give-aways!



CAPITAL REGION OPIOID FORUM

REGROUNDING OUR RESPONSE

REGISTER
TODAY!

*There is no cost
to attend.
Space is limited.*

OCTOBER 24, 2019

ABOUT THE PROGRAM

The Regrounding our Response forum will bring together professionals in public health, education, community-based organizations, and mental and behavioral health service providers to discuss how the social determinants of health affect the systems of care for people with substance use disorder in Maryland's capital region.

DATE AND TIME

October 24, 2019
9:00 a.m. - 5:00 p.m.

LOCATION

Crowne Plaza Greenbelt
6400 Ivy Lane
Greenbelt, MD 20770

Hotel rooms may be reserved by calling the Crowne Plaza at (301) 441-3700. Rates are \$159 per night + tax. Let them know you are with the forum to get the discounted rate. Rooms are available on first-come, first-served basis.

PROGRAM HIGHLIGHTS

- Discuss public health and harm reduction approaches to the opioid epidemic.
- Learn about programs that support people affected by the opioid crisis.
- Discuss harm reduction practices unique to the Capital Region of Maryland.
- Revisit public health concepts critical to reducing stigma.
- Meet and problem-solve with regional and national experts.

Morning refreshments and lunch will be served.

Click here to register online today!



MARYLAND
Department of Health

Contact Leslie Evans at 410-767-4541 or email Leslie.Evans@maryland.gov for details.

Note: Funding for this conference was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Howard County Conference on

HUMAN TRAFFICKING Awareness and Prevention

Taking the Next Steps

Friday, November 8, 2019 • 8:30 am to 4:00 pm

Howard Community College

10901 Little Patuxent Parkway, Columbia 21044

*\$35 Registration Fee (includes breakfast and lunch) • **ONLINE REGISTRATION NOW OPEN!**

Limited Seating. Register Today at htaphoward2019.eventbrite.com

For additional information, contact
LISA BRUSIO COSTER
lcoster@howardcountymd.gov
410-313-6410 (VOICE/RELAY)



Howard County Office of
Human Trafficking Prevention
Department of Community Resources and Services
www.howardcountymd.gov/ohftp



Calvin Ball
Howard County Executive

If you need a sign language interpreter, or other accommodations to participate, or need this information in an alternate format, contact the Howard County Office of Human Trafficking Prevention at 410-313-6410 (voice/relay).

The Howard County Office of Human Trafficking Prevention invites you to the 2019 Howard County Conference on Human Trafficking Awareness and Prevention, "Taking the Next Steps." Tickets are \$35/person. Join us to learn how you can make a difference in efforts to eliminate human trafficking in our region and advocate for the victims. Register today at <https://htaphoward2019.eventbrite.com>.

TALK SAVES LIVES™

A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.

Date

November 12, 2019

Time

8 am - 9 am or 4:30 pm - 5:30 pm

Location

Howard County General Hospital
1C Conference Room

RSVP

To register, visit hcgh.org

Or call the Health Promotion Team
at 410-740-7601

Brought to you by funds raised by
Howard County General Hospital



End the Shame, End the Blame

*Embracing Families Struggling with Addiction
and Other Mental Health Issues*

A program to encourage open, honest conversations about the often stigmatized topic of addiction in our families.

November 13, 2019
7:00 - 8:30 pm
Temple Isaiah

12200 Scaggsville Road, Fulton, MD 20759

WELCOME REMARKS

Calvin Ball
Howard County Executive

KEYNOTE

Lisa Hillman
Author of
Secret No More: A True Story of Hope for Parents of an Addicted Child

FOLLOWED BY

Panel Discussion with Local Experts

This event is co-sponsored by



To request disability accommodations, please contact us at 410-466-9200 or info@jcsbaltimore.org at least 2 weeks prior to the event. In all situations, a good faith effort will be made to provide accommodations.

Howard County Health Department
Grassroots Crisis Intervention Center
Moms Demand Action for Gun Sense in America
present:

Ethical Considerations & Extreme Risk Protective Orders (ERPO)

FREE Training

November 15, 2019

8:30am – 12:00pm

(3 CEUs for Social Workers)

Presenters: **PFC Meghann Holloway**
Howard Co. Police Dept.
Amy Miller, MSW, LCSW-C
Grassroots Crisis Intervention
Eileen Zeller, MPH
Moms Demand Action for Gun Sense in America

Location: Howard County
Health Department
8930 Stanford Blvd
Columbia MD 21045
Barton Rooms

For additional information contact Heather Moore at
410-313-7509 or hmoore@howardcountymd.gov

Visit hchealth.org or call 410.313.6300 for more information.



8/2019

WRITING EFFECTIVE PROGRESS NOTES TRAINING

**Wednesday,
December 4, 2019
8:00 a.m. – 4:30 p.m.**

Through case examples, videos, and small group work, counselors will learn how to write high quality progress notes. Participants will leave with tools and skills that they can put to use immediately to make this important task easier and more useful to their clinical work.

In this hands-on training counselors will learn:

- How to write effective progress notes using **SOAP** or **DAP** format
- Why progress notes consist of more than what the client said
- How to include **interventions** and the client's response in notes
- Ways to craft professionally written and meaningful **assessments**
- Tips for enhancing the **plan** section of progress notes to help counselors prepare for the next session
- The **legal and ethical aspects** of writing progress notes

Meg Stoltzfus, LCPC has over 20 years of experience in counseling, clinical supervision, teaching, and program development. She enjoys helping counselors improve their documentation skills so that they can focus more on the counseling aspects of their work.

She received her M.S. in Counseling from the University of North Carolina at Greensboro. Meg is an Approved LCPC supervisor and an Approved Alcohol and Drug supervisor in Maryland.

WHO

Counselors & Clinical Supervisors treating substance use disorders

WHERE

Junior League of Baltimore
5902 York Road
(enter on side—Rosebank Ave)
Baltimore, MD 21212

Free parking in the Staples lot.

REGISTER

www.megstoltzfuslcpc.com/training

Please register by November 13

CEUS

This CE program has been approved by the Maryland Board of Professional Counselors and Therapists for 6.5 Category A units.

COST

\$105 single registrant

\$95 two or more from the same agency at the same time

Payment by credit card through Eventbrite

SPONSOR

Meg Stoltzfus, LCPC
meg_a.stoltzfus@gmail.com
410.530.6629

Please feel free to contact sponsor with any questions.