



Quarterly Newsletter

Vol. 3 | April 2021 | Local Behavioral Health Authority

Announcement

Attention! There is a current funding opportunity for Mental Health Targeted Case Management Services for Adults. All RFPs must be submitted by April 9, 2021. Please see this link for more details:

<https://www.calverthealth.org/personalhealth/mentalhealth/temp/rfp20213.pdf>.

The LBHA is happy to announce several events coming up this spring season organized by the Calvert County Behavioral Health Clinic. On April 24, 2021, there will be a Shatter the Stigma 5k walk/run (virtual) for Addiction. Please see the Calvert Behavioral Health Recovery Support Facebook page for more details and registration:

<https://www.facebook.com/events/426834175037633/>.

There will also be the Calvert County Prescription Medication "Take Back Day" on April 24, 2021. There will be 5 locations that you are able to drop off any unused or expired medications to prevent any prescriptions from being abused. The hours will be from 10am-2pm and education resources will also be made available.

There will be a virtual HOPE art exhibit held on August 1, 2021. Anyone interested in submitting 2d art, including drawings, paintings, printmaking, photography, and/or digital art for display will need to turn their submissions in by June 1, 2021. Art can be submitted to calvert.harmreduction@maryland.gov.

Please see attachments for flyers to these events.

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Inside this issue you will find information on the new Adolescent Clubhouse in Lusby, MD, information on 2 new support groups being offered in Calvert County, and a special thank you to our First Responders in the Spotlight section.

Highlight Story

The LBHA has partnered with East-John Youth Center to develop and implement a grant funded Adolescent Clubhouse in Lusby, MD. An Adolescent Clubhouse is designed to serve youth ages 12-17 (<18 and still in high school) and their families who need recovery support services. The Adolescent Clubhouse is a non-clinical program focused on providing appropriate evidence-based programming related to drug and alcohol-free lifestyle to its adolescent participants. Under the SOR grant, primary focus will be placed on participants at risk of, or diagnosed with, opioid use disorder (OUD).

The Adolescent Clubhouse will tentatively begin operating on May 1, 2021, following strict COVID-19 guidelines, combining both in-person and virtual services. The recovery-oriented services for the Adolescent Clubhouse participants and their families include, but are not limited to:

- Evidence-based screening
- Substance use groups
- Recovery goal planning
- Educational and vocational support
- Recreational events
- Youth and family driven activities
- Evidence-based group sessions for families

In conjunction with East John Youth Center, the Maryland Coalition of Families has employed a Family Peer Support Specialist that will provide services to the families of the Adolescent Clubhouse members. Barstow Acres Children Center will be offering webinars and virtual trainings to children, families, and behavioral health professionals in Calvert County.

For more information, please contact Tia Myers, the director of the East John Youth Center, at eastjohnyouthcenter@comcast.net or (410) 326-1150.



First Responders Spotlight

“FOR ALL THAT YOU DO” The Calvert County Health Department Behavioral Health Division is dedicated to giving a special thanks to all of our First Responders! The job of a first responder isn't easy. Every day, police officers, firefighters, and emergency medical personnel put their own wellbeing at risk to attend any and all crisis that may occur. They are often called away from their families, meals, and even recreation to serve us in our most desperate times. This year has proven to be the extra challenging and demanding, catering to the needs of residents throughout the pandemic. There were no days off; no working from home. First Responders were expected to continue to put their lives at risk to help those in desperate need.

As a token of appreciation, the Calvert County Health Department Behavioral Health Division is honoring First Responders at a Recognition Dinner held on June 10, 2021. Thank you for all that you do and for always putting the lives of Calvert County residents as the number one priority!

Resource Highlight

The LBHA has developed 2 new support groups for Calvert County residents. One of the LBHA FY2021 goals was to increase awareness of the importance of effective treatment for behavioral health disorders within Calvert County. Our strategies included developing a support group for populations that have a lack of support within our county.

The LBHA collaborated with the Calvert Rainbow Alliance to develop a support group for the LGBTQ+ community. This support group named “I AM” is offered virtually for the time being, due to COVID-19 restrictions. The “I AM” group meets every 4th Tuesday of the month at 6:30pm and is offered to any adult Calvert County resident that identifies as LGBTQ+ or is an advocate for supporting this community.

The LBHA has also worked with high-school aged volunteers to develop a mental health support group for youth. This group “AWWA-Accepting Who We Are” meets virtually every 4th Friday of the month at 5:00pm. AWWA is offered to any high-school aged individual that is looking for support on issues related to mental health. There are 2 adult volunteers that will attend each meeting to offer support. One of the adults is a licensed clinical professional and the other adult will act as a peer support for the group.

Once the COVID-19 restrictions are lifted and it is deemed safe to return to in-person services, both groups have physical locations to host these meetings. Updates regarding the transition to in-person meetings and the potential to offer these meetings more than once a month will be posted by the LBHA. For more information on either of these new support groups, please contact Katie Wandishin, LBHA Coordinator, at 443-295-8584 x 105 or katie.wandishin@maryland.gov.

Key Dates

Upcoming Events:

April 7, 2021- LBHA Advisory Council Meeting from 12:00pm-2:00pm

April 14, 2021- Understanding the Opioid Epidemic: Providers' Role in the Treatment of OUD from 12:00pm-1:00pm

April 22, 2021- SBIRT for Adolescents Training from 9:00am-2:00pm

May 4, 2021- Beyond Cutting: An In-Depth Look at Self-injury and Suicide Training from 9:00am-1:15pm

May 18, 2021- Half and Half Waiver Training to obtain your Data 2000 Waiver from 8:30am-12:45pm

May 20, 2021- LBHA Provider Meeting from 10:00am-11:00am

June 7, 2021- Treatment Planning Training from 8:30am-4:00pm

June 9, 2021- LBHA Advisory Council Meeting from 12:00pm-2:00pm