



The Jesse Klump Memorial Fund, Inc.

March, 2020

This 5th edition of the *Resource Guide To Mental Health Providers On the Lower Delmarva Eastern Shore* is the most comprehensive guide available for mental health therapies, both traditional and alternative. In this age of rapidly-changing technology and understanding, as we learn more about caregivers and treatments we strive to include those groundbreaking approaches to mental health care.

Everything has been updated. The section devoted to mental health and suicide prevention in farm families is expanded. A new section, "A Primer on Suicide Prevention" introduces everyone—healthcare professional and layperson alike—to the easy steps to keep someone safe from suicide until trained help can step in. Bound in the middle of this booklet are four wallet-sized hotline and emergency phone number cards. Please tear them out, fold them and give them to anyone you know who may need to have those important numbers readily at hand. Keep one for yourself.

None of these resources can serve its purpose without the person's actively seeking the care. *If you do not pick up the phone, visit the website, or go to the health care facility when you or someone close needs mental health care, all the resources listed in this booklet are just listings. There is no shame in admitting that you need help.* If you broke your arm, you would go to the doctor. If you are depressed, for example, you should seek professional help too.

The first step is knowing whom to call, where to go. We hope that this guide provides that first step.

Sincerely,

Kim A. Klump, President

P.O. Box 1786 • Berlin MD 21811
443-982-2716 • weremember@jessespaddle.org

**The Jesse Klump Memorial Fund, Inc.’s
5th Edition (2020) Resource Guide To
Mental Health Providers
On the Lower Delmarva Eastern Shore**

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DEFINITIONS

Attention-Deficit/Hyperactivity Disorder (ADHD) — A brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. Symptoms include wandering off task, difficulty of sustaining focus, and impulsive actions.

Advanced Practice Psychiatric Nurses (A.P.R.N./P.M.H.) – A registered nurse certified by the Maryland State Board of Nursing, who is able to independently engage in the following activities: An A.P.R.N. is able to diagnose individuals with mental health diagnoses.

Nurse Psychotherapist – A registered nurse, who practices psychotherapy in a structured relationship with the client.

“Psychiatric Nurse Practitioner” – A registered nurse who possesses advanced training in the area of diagnosing and treating illness. Nurse practitioners can prescribe medication. Psychiatric nurse practitioners specialize in providing psychiatric care to individuals.

Case Management – A process which plans, coordinates and implements services required to meet an individual's needs.

Certified Alcohol and Drug Counselor (C.A.D.C.) – A certified individual that provides alcohol and drug counseling

Clinical Social Worker (A.C.S.W., L.C.S.W., L.C.S.W.-C.) – Clinical Social Workers hold a Masters Degree in social work and specialize in clinical practice. Clinical social workers are licensed by the State of Maryland.

Cognitive Behavioral Therapy (CBT) — A form of psychotherapy that treats problems and boosts happiness by modifying dysfunctional emotions, behaviors, and thoughts. CBT focuses on solutions, encouraging patients to challenge distorted cognitions and change destructive patterns of behavior.

Co-Occurring— Mental conditions that occur simultaneously, formerly called dual diagnosis

Dual Diagnosis Treatment – Treatment for an individual with substance abuse issues as well as a mental health diagnosis (co-occurring conditions).

Electroconvulsive Therapy (ECT) - a procedure, done under general anesthesia, in which small electric currents are passed through the brain, intentionally triggering a brief seizure. **ECT** seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental illnesses.

Evidence Based Practice (EBP) – preferential use of mental and behavioral health interventions for which systematic empirical research has provided evidence of statistically significant effectiveness as treatments for specific problems.

Eye Movement Desensitization and Reprocessing (EMDR) - A multi-phase trauma treatment designed to ease stress and improve coping skills.

Family Psychoeducation – providing education to individuals living with mental illness and their families to assisting the individual and their family to understand and deal with his/her present illness, avoid relapse and contribute to their own health and wellness on a long-term basis.

Hyperbaric Oxygen Therapy - A treatment that involves breathing pure oxygen in a pressurized tube, HBOT is routinely used to treat physical injuries as well as traumatic brain injuries.

Individual Educational Program Therapy (IEP) — A school-based therapy employing speech language pathologists, occupational therapists, physical therapists, school psychologists, and other professionals.

IOP (Intensive Outpatient Program) – The highest level of outpatient treatment .

Licensed Clinical Professional Counselor (L.C.P.C.) – Possesses a Master's degree in professional counseling. L.C.P.C.'s must be certified by the State Board of Examiners.

Life Coach Therapist—addresses issues in the client's personal life, relationships or profession by examining what is going on now, discovering obstacles or challenges, and choosing a course of action to make your life be what you want it to be.

DEFINITIONS, Continued

Medication Evaluation – A psychiatrist or nurse practitioner monitors and evaluates a client's medications to ensure that the client is on the proper regimen. Medication evaluations are done at various intervals.

Neuropsychiatrist - A Psychiatrist that specializes in understanding the biology, chemistry, and physics of the brain to help diagnose and treat mental disorders.

Outpatient – Treatment that is given in the community and not in a hospitalized setting.

Paraprofessionals – Paraprofessionals work under a trained professional in clinical settings, i.e.: Licensed Social Work Associates (Bachelor level social workers).

Peer Support – Individuals or family members of those living with Mental Illness coming together to provide a self directed, grassroots association that works to enhance the mental health of other local consumers. Peer support members meet as equals to give each other support on a reciprocal basis.

PHP (Partial Hospitalization Program) – A short-term day program that offers psychiatric services. PHP is less intrusive and traumatic than inpatient care. Clients are able to return to their homes at the end of the day, while still remaining under the care of mental health professionals on a daily basis.

PRP (Psychiatric Rehabilitation Program) – A program that provides support and rehabilitation to the mentally ill. PRP focuses on daily living skills through the use of the community environment

Psychiatric Evaluation – An evaluation performed by a psychiatrist or nurse practitioner. A psychiatric evaluation includes the history of the present illness, current symptoms the individual is experiencing, past history of illness, family history, a review of medications, mental status examinations and a physical examination.

Psychiatrist (M.D.) – A medical doctor who possesses specialized training in the field of psychiatry. Psychiatrists must be licensed physicians in the state in which they practice and must also be certified by the American Board of Psychiatry.

DEFINITIONS, Continued

Psychologist (Ph.D.) – A psychologist possesses a doctoral degree in psychology. One must be licensed by the Maryland State Board of Examiners of Psychologists. A psychologist can be a clinical or a counseling psychologist.

Psychological Testing – Tests which are given to individuals to assess and evaluate information. Psychological tests are administered and interpreted by a psychologist.

Reiki — A Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

Respite – Temporary shelter for a person in need of short term relief from a crisis they are experiencing or to provide relief to a caregiver.

RRP (Residential Rehabilitation Program) – RRP housing is for individuals with a chronic mental health diagnosis, who are unable to live independently in the community.

Sliding Scale – Fees are set according to the client's ability to pay (i.e., if the client has no income, the fee would be \$0)

Social Service Organization – A community organization that assists individuals with such needs as locating housing, financial assistance and locating resources.

Supported Employment – system of support for individuals living with disabilities regarding ongoing employment in integrated settings.

Telemedicine – medical information transferred through interactive audiovisual media for the purpose of consultation or the delivery of clinical care.

Transcranial Magnetic Stimulation (TMS) - is a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. TMS is typically used when other depression treatments haven't been effective.

Uninsured – An individual is uninsured if they do not have private insurance, Medicaid or Medicare.

YOU ARE NOT ALONE...

- *Approximately 1 in 5 adults in the U.S.—50 million of your friends, family members and co-workers—experiences mental illness in a given year.*
- *Approximately 1 in 25 adults in the U.S. experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.*
- *Approximately 1 in 5 youth aged 13–18 experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.*
- *1.1% of adults in the U.S. live with schizophrenia.*
- *2.6% of adults in the U.S. live with bipolar disorder.*
- *6.9% of adults in the U.S.—18 million—had at least one major depressive episode in the past year.*
- *18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.*
- *Among the 20.7 million adults in the U.S. who experienced a substance use disorder, 40.7% had a co-occurring mental illness.*

**For more facts and information
Visit the National Alliance on Mental Illness at
<https://www.nami.org>**

LOCAL MENTAL HEALTH RESOURCES

ACCESSIBLE WELLNESS ENTERPRISES

Andrea Travis-Ward, LCSWC Clinical Social Worker, Therapist
100 Camden Avenue — Fruitland MD 21826
Phone: 443-783-6568

Website: www.accessiblewellnessenterprises.com

Services: Counseling and therapy for battered women, Life coaching, Anxiety and fears, Relationship problems, Parenting, Garden centered, Stress management, Pain, Holistic approach, Strengths-based, Anger management, and Independent living skills.

KATHRYN ADKINS, ED.M, LCPC

31490 Shavox Road — Salisbury MD 21804
Phone: 410-341-6181

Services: Counseling for individuals, adolescents, workshops on mental health issues. Cognitive Behavioral Therapy, Counseling

ADVANCED BEHAVIORAL COUNSELING SERVICES, LLC

Marsha E. Beckett, LCPC, LCADC. NCC, MAC

110 W. Church Street, Suite D—Salisbury MD 21801

Phone: 443-305-6428 Fax: 410-543-1901 Email: psypod@aol.com

Payment types: Medicare, Tricare, private insurance, self-pay

Services: Individual therapy ages 16+, Group therapy, Family therapy, Dual diagnosis, Addictions, Anger management and Trauma groups

EVA K. ANDERSON, Ph.D

540 Riverside Drive, Suite 3—Salisbury MD 21801

Phone: 410-548-7883 Fax: 410-548-2831

Payment types: Medicare supplement, private insurance

Services: Individual therapy—all ages, Psychological testing

ATLANTIC HEALTH CENTER, DR. KENNETH WIDRA, M.D.

9714 Healthway Drive—Berlin MD 21811

Phone: 410-641-3340 (ask for a mental health scheduler)

Fax: 410-641-3341 Website/Email: www.atlanticgeneral.org

Payment types: Medicare, Medicaid, private insurance, self-pay

Services: Mood and anxiety disorders, thought and Personality disorders, alcohol and substance abuse, child and adolescent issues including ADHD, and mental health complications of medical illnesses.

Individual therapy ages 3+, Group and family therapy, Dual diagnosis, Psychiatric evaluations, addictions services, couples counseling

ATLANTIC CHILD AND FAMILY PSYCHOLOGICAL PRACTICE

106 Milford Street, #104—Salisbury MD 21804

Phone: 410-543-8291 Fax: 410-341-6275

Website/Email: www.atlanticpsychological.com

Payment types: private insurance, self-pay, sliding scale

Services: Individual therapy ages 4+, family therapy, couples therapy, Family therapy, diagnostic evaluations

Specialties: Attention Deficit/Hyperactivity Disorder (ADHD), parenting, anxiety, depression, personality disorders, women's issues, adjustment issues, Cognitive-behavioral therapy, blended families, grief counseling and faith-based counseling

MARSHA E. BECKETT, LCPC, LCADC, NCC, MAC

31491 Eden Allen Road—Eden MD 21822

Phone: 443-305-6428

Services: Licensed professional counselor, cognitive behavioral therapy

B.N.J. HEALTH SERVICES

204 Newton St.—Salisbury MD 21801

Phone: 443-978-7919 Fax: 443-978-7930

Payment types: Medicaid, Medicare, self-pay

Services: Family and individual therapy, cognitive behavioral therapy, eating disorders, sexual abuse, physical abuse, PTSD

BALANCED LIFE COUNSELING SERVICES, LLC

560 Riverside Dr. Suite B101—Salisbury MD 21801

Phone: 443-978-8688

Services: Addiction inpatient, addiction outpatient, detox, group and individual therapy, medicine management, methadone treatment

CATHERINE MARY BEERS, LCSW-C

540 Riverside Drive, Suite 15—Salisbury MD 21801

Phone: 410-219-0072

cheers649@comcast.net

Services: Trauma, PTSD, depression and family conflict counseling. Specializing in working with individuals and children with anxiety disorders, Post-Traumatic Stress Disorder, child physical/sexual abuse and neglect, anger management, depression, and juvenile sex offenders. and with families that are seeking reunification services through the legal system.

JEANETTE BEILER, LCPC, NCC, MCRSP

116 W. Main Street, Suite 204—Salisbury MD 21801

Phone: 443-991-7264

Payment types: Insurance, sliding scale

Services: Grief counseling, depression and anxiety

DIANE S. BRISSEY, LCSW

124 N. Main Street — Berlin MD 21811

Phone: 410-641-4598

Services: Holistic practice for children, adolescents and adults.

Treats depression, anxiety, stress, trauma, family crises like family separation or divorce.

CENTER FOR A CLEAN START(C4CS)

926 Snow Hill Rd., Cottage 200—Salisbury Md 21804

Phone: 410-742-3460 Fax: 410-742-5810

www.worcesterhealth.org

Language services: Interpreters available upon request

Payment types: Medicaid, Medicare, private insurance, self-pay, sliding scale

Services: Group therapy, dual diagnosis, psychiatric evaluations, referral to detox and long-term treatment, psychiatric and medical management through Johns Hopkins University telemedicine. Specializing in alcohol and substance abuse services for service members and their families. Outpatient adult ages 18+, Mental health services, outpatient adult intensive services ages 18+, halfway house adult

CHESAPEAKE MUSIC THERAPY

NIKKI RUNGE, MCAT, MT-BC

212 E. Main St. Suite 211—Salisbury MD 21801

Phone: 443-523-4976

Payment type: Self-pay, sliding scale

Services: Individual, family and group therapy

CHESAPEAKE TREATMENT SERVICES

1322 Belmont Ave.—Salisbury MD 21801

Phone: 410-831-3904

12417 Ocean Gateway Suite 7—Ocean City MD 21842

Phone: 410-651-2204

402 Marvel Ct.—Easton MD 21601

Phone: 410-822-7150

Services: Addiction therapy, methadone and suboxone treatment

CHILDREN'S CHOICE

230 Florida Ave.—Salisbury MD 21801

Phone: 410-860-0484 Fax: 410-860-6626

Website/Email: www.childrenschoice.org / ccrespites@aol.com

Payment types: Medicaid recipients only

Services: Respite, RRP; adoption, foster care, and kinship care

COASTAL PSYCHOLOGICAL AND EDUCATION ASSOCIATES**DONNA IGLEZI-FERRARO, Ph.D**

10031 Old Ocean City Road, Suite 206C—Berlin MD 21811

Phone: 410-208-4784 Fax: 410-208-4786

Website/Email: www.coastalpsychology.org / ferraro55@msn.com

Payment types: Medicaid, private insurance

Services: Individual therapy ages 12+, family therapy; anxiety, depression, relationship and life stress issues, clinical hypnotherapy, psychological evaluations

J. DAVID COLLINS AND ASSOCIATES, LLC

540 Riverside Drive, Suite 8—Salisbury MD 21801

Phone: 410-548-3333 Fax: 410-548-3341

828 Airpax Rd. Suite B — Cambridge MD 21613

30256 Mt. Vernon Rd. Unit A — Princess Anne MD 21853

Website/Email: www.jdavidcollins.com / david@jdavidcollins.com

Payment types: Medicaid, Medicare, private insurance, self-pay

Services: Individual therapy ages 10+, Group therapy, Family therapy, Dual diagnosis, Psychiatric evaluations, Specializing in couples counseling, addiction services, mood disorders.

.CHESAPEAKE HEALTH CARE

305 Tenth St. Suite 104—Pocomoke City MD 21851

Phone: 410-957-1852

12145 Elm St.—Princess Anne MD 21853

Phone: 410-651-1000

1665 Woodbrooke Dr.—Salisbury MD 21804

410-546-6650

Website: www.chesapeakehc.org

Services: Adult and pediatric, Psychiatric Evaluations, Medication Management, Individual, Group, Couples, and Family Therapy, and School-Based Treatments.

**COMMUNITY BEHAVIORAL HEALTH, FORMERLY DELMARVA
FAMILY RESOURCES**

JANI N. NIRANJAN, M.D.

809 Eastern Shore Drive —Salisbury MD 21804

30519 Prince William St., 1st flr— Princess Anne MD 21853

426 Dorchester Ave. — Cambridge MD 21613

300 Sheeler Rd. — Chestertown MD 21620

Phone: 410-228-3929 Salisbury ext. 12 Cambridge ext. 13

Fax: 888-509-0010

Website/Email: www.communitybehavioralhealth.net

Payment types: Medicaid, private insurance, self-pay, uninsured

Services: Co-occurring disorders, Individual Therapy ages adolescent+, PRP, PHP, Psychiatric evaluations. Partial hospitalization, addictions outpatient services. Both neurologists and psychologists

COUNSELING ASSOCIATES

109 High Street — Salisbury MD

Phone: 410-546-1692 Website: www.catherapy.com

Services: Individual counseling for children, adolescents, and families. Group parenting sessions. " Gateway Behavioral Health An addictions treatment program that offers Intensive Outpatient, Traditional Outpatient, and DWI counseling.

DELMARVA COUNSELING CENTER

28 E. State Street—Delmar MD 21875

Phone: 410-896-3995 Fax: 410-896-2825

bhhamilton@comcast.net

Payment types: Medicaid, some private insurance, self-pay

Services: Individual therapy adolescent and up, Group therapy, Family therapy, Dual diagnosis, Psychiatric evaluations, addictions

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

No local address

Phone: 410-880-3052 410-341-3420

Website/Email for the national organization: www.dbsalliance.org

Services: DBSA support groups can help you connect with others who have been there.

DR. LESLIE H. DONNELLY

212 W, Main Street —Salisbury MD 21801

118 W. Main Street Plaza, Gateway Ldg. #200—Salisbury MD 21801

Phone: 410-742-7160 — info@lesliedonnelly.org

Services: Specializing in women's issues, anxiety, stress management and panic. Providing EMDR for trauma and loss.

JEAN T. DORMER, RN, MS, CS-P

1410 S. Salisbury Blvd.—Salisbury MD 21801

Phone: 410-749-2553 Email: dormer@shore.intercom.net

Services: Child (ages 6 and over) and adolescent psychiatry

EASTERN SHORE PSYCHOLOGICAL SERVICES

1113 Healthway Dr.—Salisbury MD 21804

11120 Somerset Ave.—Princess Anne MD 21863

29520 Canvasback Drive — Eason MD 21601

315 High St. Suite 201 — Chestertown MD 21620

Phone (Sal.): 410-334-6961 Phone (Princess A.): 410-651-4200

Phone (Easton): 410-822-5007 Phone (Chestertown): 443-282-0102

Fax (Salisbury): 410-334-6960 Fax (Princess Anne): 410-651-4290

Fax (Easton): 410-822-5569 Fax (Chestertown): 443-282-0121

Payment: Medicaid, Medicare, insurance, sliding scale, uninsured

Services: Individual therapy, Group and family therapy, PRP, Psychiatric evaluations. Specializing in child behavioral problems.

**EASTERN SHORE SOCIAL SERVICES, CATHOLIC CHARITIES,
SEATON CENTER**

30632 Hampden Ave., P.O. Box 40—Princess Anne MD 21853

Phone: 410-651-9608 Fax: 410-651-1437

Payment types: Medicaid, Medicare, private insurance, sliding scale

Services: Individual therapy ages 10+, Dual diagnosis, Family therapy, Psychiatric evaluations

LISA ELAM-SCHIFF, M.ED., NCC/LCPP COUNSELING SVCS.

935 Stephen Decatur Hwy. — Ocean City MD 21842

Phone: 410-213-1314 — <https://wellness.com>

Services: Outpatient mental health, individual family, child, adolescent, school-based (IEPs). Specializes in alcohol/drug abuse, ADHD, anxiety/panic disorder, bipolar disorder, conduct disorder, depression, eating disorders, co-dependency, personality disorders, child abuse, gay/lesbian issues, rape, sexual abuse, victims of trauma, violence.

"To anyone out there who's hurting, it's not a sign of weakness to ask for help. It's a sign of strength."

-Barack Obama

FOCUS POINT BEHAVIORAL HEALTH

11672 Somerset Avenue—Princess Anne MD 21853

Phone: 410-621-5858

803 North Salisbury Blvd. Suite 2200—Salisbury, MD 21801

Phone: 443-978-7838

Website: www.focuspointbh.com

Payment types: Medicaid, private insurance, self-pay

Services: Medication Assisted Treatment (Suboxone/Vivitrol), Mental Health Services, DUI/DWI Education, Outpatient Substance Use Treatment, Intensive Outpatient Substance Use Treatment, PRP (Case Management), Supportive Employment Services

FRIENDSHIP NETWORK (GO-GETTERS)

406 Trinity Drive—Salisbury MD 21801

Phone: 410-546-3619 Fax: 410-546-5387

Website/Email: www.gogettersinc.org

Payment types: Medicaid, Medicare, uninsured

Services: Provides mental health/rehabilitation services to adults age 55 and older, PRP, RRP, adult daycare, respite services, case mgt.

DORIS GARNER, Ph.D

8420 Follow Ditch Rd.—Westover MD 21871

Phone: 410-957-3105 Fax: 410-957-3148

Payment types: Medicare, private insurance

Services: Individual therapy ages 2+, Family therapy, Group therapy, Psychiatric evaluations, Addictions services. Counseling for individuals, family, and group; ages 3-100; Specializes in eating disorders, testing for ADD/ADHD, alcohol, drug abuse, anxiety/panic disorder, bipolar disorder, conduct disorder, depression, schizophrenia, child abuse, co-dependency, deafness, developmental disabilities, grief reaction, gay/lesbian issues, mental retardation, parenting, personality disorders, rape, sexual abuse, victims of trauma and violence.

GO-GETTERS, INC.

431 E. Main St. — Salisbury MD 21804

11559 Somerset Ave. — Princess Anne MD 21863

7033 Worcester Hwy. — Newark MD 21841

Phone: Salisbury: 410-546-0381 Princess Anne: 410-651-1547

Newark: 410-632-3737

Fax: Salisbury: 410-742-8883 Princess Anne: 410-651-4872

Newark: 410-632-1283 Website: www.gogettersinc.org

Languages: Spanish, Creole

Payment types: Medicare, Medicaid, uninsured

Services: Individual therapy, Family therapy, Respite, Addictions services, PRP, RRP, Psychiatric evaluations

JETHALAL HATRKHANI, M.D.

1300 S. Division St. Suite A — Salisbury MD 21801

Phone: 410-219-3488 Fax: 410-219-5900

Payment types: Medicaid, Medicare, private insurance, self-pay

Services: Individual therapy, Family therapy, Psychiatric evaluations, Neuropsychiatry, Medication management, Inpatient services

HOMELESS ADDICTS NEVER DENIED SERVICE (HANDS)

11872 Ocean Gateway — Ocean City MD 21842

Phone: 410-213-0202 Fax: 410-213-1408

Email: worcesterhealth@maryland.gov

Language services: Language Line

Payment types: Medicaid, PAC, insurance, sliding scale, grant-funded

Services: Outpatient adult, Intensive outpatient adult. Specializing in assisting in detox, inpatient, halfway house and long term care, AA/NA meetings are available in the Atlantic Club at this address.

HUDSON HEALTH SERVICES

P.O. Box 1096 — Salisbury MD 21802

Phone: 410-219-9000 Fax: 410-742-7048

Website/Email: www.hudson-health.org

Payment types: Medicaid, private insurance, self-pay

Services: Partial hospitalization ages 18+, Halfway house adult, detox, individual, family and group therapy, peer support, psychiatric evaluations, transitional housing, PHP, residential treatment, Specializing in the recovery of persons whose lives are influenced by alcohol and other drug dependencies.

**INT'L ASSN. OF FIREFIGHTERS BEHAVIORAL HEALTH
TREATMENT AND RECOVERY**

13400 Edgemoade Rd. — Upper Marlboro MD 20722

Phone: 410-957-4200 Fax: 410-957-6842

Website: www.iaffrecovery.com

Services: Fulltime firefighters and emergency medical providers only. Co-occurring disorders, medical detox, drug and alcohol rehab, pharmaceutical therapy, cognitive behavioral therapy

"If someone listens, or stretches out a hand, or whispers a word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen."

-Loretta Girzartis, author of the blog Food for the Soul

ISLAND CARE MENTAL HEALTH

11022 Nicholas Lane, Unit 2 Suite 1—Berlin MD 21811

Phone: 410-641-5190

Payment types: Medicare, Medicaid, self-pay

Services: Ages 5 and up. Individual and family therapy, medication management, anger management, dual diagnoses, play therapy, geriatric therapy, LGBTQ counseling, PTSD

KIM A. KLUMP

13329 Hatchery Rd.—Bishopville MD 21813

410-726-3090

Email: kak2522@yahoo.com

Services: Certified grief counseling, suicide survivors support group, suicide prevention education

LIFE CRISIS CENTER

Phone: 800-422-0009 or 410-749-8111. In Salisbury LCC can be reached by dialing 211 Website/Email: www.lifecrisiscenter.org

Languages: Spanish onsite

Services: Individual therapy all ages, Group therapy, Peer support. Comprehensive support services to victims and child victims of domestic violence, rape, and sexual assault, crisis counseling, safety planning, and other critical victim services, local suicide hotline, hurricane hotline, online crisis chat center and the region's 2-1-1 provider for resources of everyday needs.

LIFEMARK, INC.

28672 Old Quantico Rd.—Salisbury MD 21801

Phone: 443-859-8584 Fax: 443-859-8496

Website: www.lifemark.org

Services: Addiction outpatient therapy, individual, family and group therapy, couples therapy, anger management, art therapy, specializing in depression and anxiety

LIFE SOLUTIONS OF DELMARVA, LLC

110 W. Church St.—Suite C - Salisbury MD 21801

Phone: 443-736-4751 Fax: 443-736-4751

Website: www.lifesolutionsofdelmarva.com

Payment types: Medicaid, Medicare, private insurance, self-pay

Services: Psychiatric evaluations, Individual therapy ages 2+, Group therapy, Peer support, Family therapy, Parenting, Anger mgt.

LIGHTHOUSE COUNSELING AND COUNSELING SERVICES

1504 Market Street — Pocomoke City MD 21851

Phone: 410-957-4200 Website: www.wellness.com

Payment types: Medical assistance, Tri-Care, sliding scale

Referrals by phone, walk-ins, Primary care physicians, Court referrals

Services: Individual family, group and couples counseling, cognitive-based therapy for depression, anxiety, trauma, sex offense therapy

LOWER SHORE CLINIC, INC.

505 E. Main Street — Salisbury MD 21804

Phone: 410-341-3420 Fax: 410-341-3397

Website: www.lowershoreclinic.org

Payment types: Medicare, Medicaid, sliding scale, uninsured

Services: Individual therapy age 18+, Group therapy, Family therapy, Dual diagnosis, Psychiatric evaluations. Specializing in serious mental illness, substance abuse, crisis intervention

LOWER SHORE FRIENDS

209 Maryland Ave., - Salisbury MD 21801

Phone: 410-334-2173 Fax: 410-334-6361 Email: wlmrstrl@aol.com

Services: Peer support, Assistance to persons just released from prison, jail or the homeless population who have mental health issues

MAPLE SHADE YOUTH AND FAMILY SERVICES

23704 Ocean Gateway—Mardela Springs MD 21837

382 W. Main Street—Crisfield MD 21817 (mail here)

11793 Somerset Ave.—Princess Anne MD 21853

Phone: 410-742-7400 or 410-202-2750 Fax: 410-742-6456

Website/Email: www.maples-shade.org / info@mapleshade.org

Language services: All languages available through interpreters

Payment types: Medicaid

Services: Individual therapy ages 4-18, Group therapy, Respite, Family therapy, Dual diagnosis, PRP, Psychiatric evaluations, Peer Support, Therapeutic foster care, group home, Transitional age, Young adult program, Mental health vocational program, Therapeutic behavioral aid services. Individual, couples and family counseling, relationship issues, Grief and loss, Anxiety and fears, Depression, Personal growth, Parenting support, Stress management.

LEIGH O. MAYERS, LMFT

116-118 W. Main St., Suite 300—Salisbury MD 21801

Phone: 410-696-5774

Payment types: Accepts insurance, sliding scale

Services: Marriage and family counseling, Christian counseling

McCREADY HEALTH ADDICTIONS

201 Hall Highway —Crisfield MD 21817

Phone: 410-968-1801 Fax: 410-968-9380

Website: www.mccreadyheath.org

Payment type: Private insurance, self-pay, sliding scale

Services: Addiction therapy, family and group therapy

PEACE OF MIND MENTAL HEATH SERVICES

8614 Ocean Gateway Suite 4 — Easton MD 21601

Phone: 410-690-8181 Fax: 410-690-8185

Website: www.peaceofmindmhs.com

Services: Individual and group therapy all ages, family therapy, PRP, evaluations, addiction services

PEER CONNECTIONS/GO-GETTERS

108 W. Lehigh Ave.—Salisbury MD 21801

Phone: 410-546-1822 Fax: 410-546-7682

Website/Email: Link available at www.gogettersinc.org

Payment types: Medicaid, Medicare, uninsured

Services: Dual diagnosis, PRP, Peer support, Addictions services (RRP and PRP adults only). A rehabilitation program for people with co-occurring disorders. Members are taught to recognize self-defeating patterns that lead to instability and relapse.

PENINSULA CONSULTING SERVICES, LLC

104 Williamsport Circle, Suite C — Salisbury MD 21804

Phone: 443-859-8699 Fax: 443-859-8747

Website: www.peninsulaconsultingservices.com

Payment types: Medicaid, Medicare, private insurance

Services: Individual therapy ages 12+, Group therapy, Family therapy, Dual diagnosis. Alternative holistic and integrative therapies to treat mental health disorders. We specialize in treating anxiety, depression, sleep disorders, and addiction in adolescents and adults.

PENINSULA MENTAL HEALTH AND ADDICTIONS SERVICES

102 Market St. — Salisbury MD 21801

Phone: 410-860-2673 Fax: 410-860-0645 Website: pennmhs.org

Payment types: Medicaid, private insurance, self-pay

Services: Mental health services, outpatient adults, partial hospitalization, transportation for adolescents, referrals to inpatient programs

PENINSULA WOUND AND HYPERBARIC CENTER

100 East Carroll Street—Salisbury MD 21801

410-546-6400

Hyperbaric Oxygen Therapy

(see Peninsula Regional Medical Center for further information)

THE PERSONAL WELLNESS CENTER—VERONICA CORREA

106 Milford St., Suite 701—Salisbury MD 21801

Phone: 410-742-6016 Cell: 443-366-4893

Language services: Spanish

Payment: Medicare, Medicaid, insurance, sliding scale, self-pay

Services: Adult counseling and therapy, Family counseling, Reiki, Aquamassage, Far-Infrared therapy for deep relaxation, Pain management, Bach Flowers remedy products

SEASIDE COUNSELING AND WELLNESS CENTER

10776 Gray's Corner Road, Unit 2—Berlin MD 21811

Phone: 410-213-7875 Fax: 410-213-7877

Website/Email: www.seasidecounselingandwellness.com /
seasdecounseling@gmail.com

Payment types: Private insurance, sliding scale

Services: Individual and group counseling, Stress management, Budgeting, Yoga and meditation, Parenting, Self-esteem issues, Grief, Anger management, Career counseling, effective parenting, wellness classes. Alcoholics Anonymous meets here.

SOMERSET COUNTY HEALTH DEPARTMENT BEHAVIORAL HEALTH

8928 Sign Post Rd., Suite 2—Westover MD 21871

Phone: 443-523-1790 Fax: 410-651-3189

Website/Email: www.somersethd.org

Language services: Spanish

Payment types: Medicaid, private insurance, sliding scale

Services: Addictions services, Outpatient ages 12+, Transitional housing adult, Intensive outpatient ages 18+, Suboxone, Dual diagnosis, telepsychiatry, Homelessness, Case management

SHORE WOUND CARE/SHORE HEALTH SYSTEM

505A Dutchman's Lane—Easton MD 21601

410-820-6500

Hyperbaric Oxygen Therapy

CHRISTOPHER WEST TABB, MAPC, LCPC

Sonrise Church, 10959 Worcester Hwy.—Berlin MD 21811

Phone: 410-877-6989

Payment types: Accepts insurance, sliding scale

Services: Adolescent, marriage counseling couples counseling, Christian counseling

THREE LOWER COUNTIES COMMUNITY SERVICES

1104 Healthway Drive (2nd floor) — Salisbury MD 21804
12145 Elm Street (2nd floor) - Princess Anne MD 21853
Phone: Salisbury 410-219-5483 Princess Anne 410-651-2204
Fax: Salisbury 410-219-54863 Princess Anne 410-651-0790
Website/Email: www.tlccs.org
Language services: Spanish
Services: Individual therapy ages 3+, Group therapy, Psychiatric evaluations, Family /couples therapy, Play therapy, Parenting group

TIFFANY L. TRAVERS, LCSW-C

116 W. Main St., Suite 204—Salisbury MD 21801
Phone: 410-832-6773
Payment types: Accepts insurance, sliding scale
Services: Child and adolescent counseling, behavioral issues

GEORGE (“TOBY”) WEAVER III, Ph.D

116 W. Main St., Suite 300—Salisbury MD 21801
Phone: 410-983-6823
Payment types: Accepts insurance
Services: Psychology, depression, marital and premarital counseling

WHITE FLINT RECOVERY

104 W. Chestnut St.—Salisbury MD 21801
6500B Coastal Hwy.—Ocean City MD 21842
Phone: Salisbury 410-749-6411 Ocean City 410-524-0902
Fax: Salisbury 410-749-7861 Ocean City 410-524-0903
Website/Email: whiteflintrec2@aol.com
Language services: Spanish
Payment types: Medicaid, private insurance, sliding scale, self-pay
Services: Addictions, Outpatients all ages, Intensive outpatient all ages, Mental health services

WICOMICO COUNTY HEALTH DEPARTMENT MENTAL HEALTH AND ADDICTIONS

108 E. Main St.—Salisbury MD 21801
Phone: Addictions 410-742-3784 Behavioral health 410-334-3497
Fax: Addictions 410-543-6680 Behavioral health 410-543-6680
Website/Email: www.wicomicohealth.org
Language services: All languages by interpreter or Language Line
Payment types: Medicaid, Medicare, insurance, sliding scale
Services: Individual therapy ages 3+, Group therapy, Addictions services, Dual diagnosis, PRP. Other behavioral services for youths under 21, and/or parents of a child receiving mental health care. Targeted case management, Minority youth outreach. Addictions services: IOP ages 13+, Group counseling, Methadone clinic

WORCESTER ADDICTIONS COOPERATIVE SERVICES (WACS)

11827 Ocean Gateway—Ocean City MD 21842

Phone: 410-213-0202 Fax: 410-213-1408

Website/Email: www.worcesterhealth.org

Language services: Language Line

Payment types: Medicaid, PAC, insurance, sliding scale, self-pay

Services: Addictions outpatient ages 18+, Intensive outpatient ages 18+, AA/NA meetings.

WORCESTER COUNTY HEALTH DEPARTMENT

400A Walnut St.—Pocomoke City MD 21851

9730 Healthway Dr.—Berlin MD 21811

6040 Public Landing Rd.—Snow Hill MD 21863

Phone: Pocomoke 410-957-2005 Berlin 410-629-0164

Snow Hill 410-632-1100

Fax: Pocomoke City 410-957-2417 Berlin 410-629-0185

Snow Hill 410-632-0906

Website/Email: www.worcesterhealth.org

Language service: Language Line

Payment types: Medicaid, Medicare, PAC, Private insurance, sliding scale, self-pay

Services: Individual therapy ages 2+, Group therapy, Family therapy, Dual diagnosis, PRP, Psychiatric evaluations, Addictions services

WORCESTER YOUTH AND FAMILY COUNSELING SERVICES

124 N. Main S.—Berlin MD 21811

Phone: 410-641-4598 Fax: 410-641-4696

Website/Email: www.gowoyo.org

Payment types: Medicaid, Medicare, private insurance, sliding scale

Services: Individual therapy ages 3+, Group therapy, Family therapy,

Marital therapy, Family Connections Resource Center, Court-

Appointed Special Advisors (CASA), Strengthening Adolescent Girls with Education and Support (SAGES)

“Listen to the people who love you. Believe that they are worth living for even when you don't believe it. Seek out the memories depression takes away and project them into the future. Be brave; be strong; take your pills. Exercise because it's good for you even if every step weighs a thousand pounds. Eat when food itself disgusts you. Reason with yourself when you have lost your reason.”

*-Andrew Solomon
from The Noonday Demon*

“Being flippanant about mental illness is so insensitive. Stop saying the word love & live it. Love is an action.” -Nikki Menaj

A SUICIDE PREVENTION PRIMER

You do not have to be a psychologist, a doctor or a therapist to learn suicide prevention first aid. The role of a suicide prevention first-aider isn't to solve someone's problems or to put their lives back on track. Like CPR, suicide prevention first aid is the ability to keep someone safe until a professional can step in. If you know someone who is struggling with any life issues or mental health challenges, you need to know suicide prevention first aid, just like you need to know CPR in case someone close to you has heart disease. Start by learning the

RISK FACTORS ...

- A suicide attempt can be caused by a major life crisis—divorce, job loss, breakup, financial reverse, unexpected death of a loved one, or a serious physical health diagnosis.
- Those who have experienced the suicide of someone close are at increased risk of making an attempt on their own lives.
- A history of mental health challenges, like depression, anxiety, bipolar disorder or PTSD can lead someone to a suicide attempt.
- Substance abuse is often a precursor to suicide.
- Access to lethal means (firearms, drugs) is a serious risk factor.
- Stress from discrimination, especially bullying, can lead to suicide.

...AND THE WARNING SIGNS

- Giving away valuable possessions
- Talking about death (“Everyone would be better off if I were dead.”)
- Changes in substance use
- Feelings of purposelessness (“I’ll always be a loser.”)
- Loss of interest in things that once gave someone pleasure
- Writing a will, talking about writing a suicide note
- Random outbursts of anger (“No one listens to me!”)
- Expressions of being trapped (“There’s no way out but suicide.”)
- Trouble sleeping, or sleeping too much
- Self-isolation (not hanging out with friends, avoiding social situations, not attending church or community events)

**IF THIS SOUNDS LIKE SOMEONE YOU KNOW, OR IF IT REMINDS
YOU OF YOURSELF, KEEP THIS NUMBER AT REACH:
1-800-273-TALK (8255) for 24/7/365 HELP AND CARING**

**DON’T BE AFRAID TO ASK:
“ARE YOU OK? ARE YOU THINKING ABOUT SUICIDE?”**

WHAT TO DO IF YOU THINK SOMEONE IS SUICIDAL

ASK: “I can see you’re hurting. Are you thinking about suicide?” Don’t be afraid to ask the question, and use the Suicide word. It has been proven by many studies of those who have survived suicide attempts that using the word does not put the idea in someone’s head. Instead it makes that person think “Finally, someone understands.” Don’t be judgmental. Don’t say “That’s the stupidest thing I’ve ever heard...You can’t be serious...Snap out of it...Get over it.” Just saying you care may make all the difference. *Take it seriously.*

STAY WITH: Don’t leave someone alone who is seriously thinking about suicide. Isolation is already a problem. Suicide prevention advocate Kevin Hines said “All I wanted was for one person to see my pain and say something kind...Focus on the things that are right in front of us—human-to-human connection and bond.” If you’re feeling suicidal, find someone to keep by your side. The only exception to this is if you, as the suicide prevention first-aider, feel personally in danger (if, for example, there is a firearm present). Then call 911.

CONNECT: Your job is not to be a psychiatrist; it’s to help someone, or yourself, find the care they need. You wouldn’t attempt open heart surgery if someone was having a heart attack; don’t try to be an amateur therapist. Ask “Have you talked to anyone else about this?” Maybe there’s a parent, a teacher, a pastor, or a doctor who can get involved. Offer to help the person access professional help. Drive them to the doctor, make a phone call, be sure that they have the National Suicide Prevention Hotline number with them at all times (800-273-8255). Follow up, with texts, phone calls, visits after they take that first step toward healing. Just a note, “I’m thinking about you. Hope you’re doing OK” is often enough.



LIFE COACHES, HOLISTIC AND ALTERNATIVE/COMPLEMENTARY PRACTITIONERS

Alternative therapies can act complementary to traditional treatment, or may stand alone if effective for the practitioner. Yoga and other stress reduction techniques appear to modulate stress response systems and reduce depression, anxiety and PTSD.

Massage has evolved into an additional treatment for mental health by reducing cortisol and adrenaline, and increasing serotonin and dopamine to reduce anxiety and depression.

DIANE ARMSTRONG, THE SERENTITY SHOPPE

Healing Arts Center of the Lower Eastern Shore

617 Franklin Avenue — Berlin MD 21811

Phone: 410-251-7701

Services: Reiki, life coaching, spiritual life coaching

ATLANTIC GENERAL HOSPITAL INTEGRATIVE HEALTH SVCS.

9733 Healthway Drive — Berlin MD 21811

Phone: 410-641-1100

Services: Massage, reflexology, reiki, meditation, tai-chi, animal-assisted therapy, aroma therapy, essential oils, acupuncture, nutrition counseling, osteopathic manipulation

MELINDA BRETT, LCPC, RD - RE-CONNECTIONS

31413 Winterplace Parkway ,Unit 102—Salisbury MD 21804

Phone: 410-305-9797

Website: www.myreconnections.com

Services: Traditional and supplemental holistic techniques. Individual therapy, group therapy, family counseling, art therapy, nutritional counseling guided meditation, massage, chakra balancing, reiki.

CHESAPEAKE MASSAGE AND BODYWORK

547A Riverside Dr.—Salisbury MD 21801

Phone: 443-880-3477

Services: Swedish and deep tissue massage, reflexology

COASTAL WELLNESS CENTER

12507 Sunset Avenue—Ocean City MD 21842

Phone: 410-213-7046

Website: www.coastalwellnesscenter.com

Services: Massage, reflexology, holistic pain management, energy spa

**VERONICA CORREA, LICENSED SOCIAL WORKER
THE PERSONALWELLNESS CENTER**

106 Milford Street, Suite 701—Salisbury MD 21804

Website: www.thepersonalwellnesscenter.com

Phone: 410-742-6016

Services: Traditional counseling, therapy, Reiki, aquamassage, hypnosis, EFT, TAT, REWOT, Far-infrared therapy or deep relaxation, pain management, massage therapy, reiki, acupuncture, and Bach Flower remedies.

KELLEY LYNN CROSBY MASSAGE, NCMT, LMT

9928 Old Ocean City Blvd., Unit 7, Box 8—Berlin MD 21811

Phone: 410-430-4979

NANCY DALESIO YOGA

Ocean City MD

Website: www.nancydalesio.com

Services: Hatha Yoga, Urban Zen Integrative Therapist (UZIT), Yoga for Cancer (y4c), Stress Management Specialist

JESSICA HAGY RESTORATIVE YOGA

10776 Grays Corner Rd., #1—Berlin MD 21811

Phone: 443-397-9733

Website: www.hagyrestorativeyoga.com

Services: Yoga Nidra and meditation

HEALING ARTS CENTER OF THE LOWER EASTERN SHORE

617 Franklin Ave. - Berlin MD 21811

Website: www.eshealingartscenter.com

Email: eshealingartscenter@gmail.com

Services: Family yoga, art, music and wellness programs; sound therapy, Zyto scan, nutritional counseling, acupuncture, physical therapy (mother and baby), women's health, birth and postpartum counseling, chiropractic. Studio rentals available workshops and classes. For services guide visit www.eshealingartscenter.com/businesses. For events www.eshealingartscenter.com/directory.

"Alternative health options in conjunction with traditional therapies have been known to speed recovery by treating the whole person in body, mind and spirit. I did this and it helped me tremendously, so I recommend it to anyone willing to open your heart and mind."

-Kim A. Klump, President, The Jesse Klump Memorial Fund

MASSAGE ENVY

2657 N. Salisbury Blvd., Suite 105—Salisbury MD 21801
Phone: 410-677-3689 Website: www.messageenvy.com
Services: Swedish massage, deep pressure massage, trigger point therapy, reflexology, cranial sacral therapy and aromatherapy.

MASSAGE FOR WELLNESS

729 Ferndale Rd. - Salisbury MD 21801
Phone: 410-543-8108

OCEAN CITY YOGA

9200 Coastal Hwy.—Ocean City MD 21842
Phone: 443-504-5135
Website/Email: www.oceancityyoga.com
info@oceancityyoga.com
ervices: Reiki, Yoga Therapy, Chakra Cleanse, Kundalini Yoga

OCEAN ELEMENTS SALT SPA AND FLOAT CENTER

11934 Ocean Gateway — Ocean City MD 21842
Phone: 443-664-2265
Services: Floatation therapy is an escape from the stress of life's daily pressures and a natural way to heal the body and mind.

PEACE OF HEAVEN REIKI

12417 Ocean Gateway — Ocean City MD 21842
Phone: 410-726-7468 Website: www.peaceofheavenreiki.com
Services: Reiki universal energy, distant reiki energy, mind release, guided meditation, chakra cleansing

SIVAN PERDUE, LCPAT, ATR-BC, ART THERAPY

111 W, Main St., Suite E —Salisbury MD 21801
Phone: 443-736-4114 Fax: 443-736-7982
Website: www.perduearttherapy.com
Services: Counseling for anxiety, eating disorders, coping skills and work with clients with a history of trauma and depression

KRISTIN QUINN, OCEAN CITY YOGA

Various locations, Ocean City MD
Website/Email: www.oceancityyago.com / kquinn@ecypog.com

SYMMETRY MASSAGE

11022 Nicholas Lane, #2—Berlin MD 21811 Phone: 410-430-3866

SOUL YOGA STUDIO

213 North Boulevard—Salisbury MD 21801

Phone: 410-845-2017

Website: www.soulyogastudiosalisbury.com

Services: Asana and Pranayama yoga, meditation

YOGA TO YOU WELLNESS CENTER

941 Mt. Hermon Road—Salisbury MD 21801

Phone: 443-735-8930

Website: www.yogatoyousby.com

Services: Svaroopha Yoga – The first therapeutic, gentle, healing yoga intended to heal the body of trauma and stress. Private sessions, small cases, pain management and certified yoga trauma therapy.

KAITLIN MARTA WALDRIP, LCSW-C

Salisbury MD

Phone: 443-687-9486

Services: “I have extensive professional experience working with individuals and groups in the public mental health field as well in my private practice. I believe that symptoms of distress that bring people into treatment are signs of health. Old ways of coping are no longer working and new ways of dealing with life are needed. I help clients connect with the resources they need to create the lives they long for.

YOGAVIBEZ

12216 Ocean Gateway, Suite 300—Ocean City MD 21842

Phone: 443-735-7595

Website: www.yogavibez.com

ZENNA WELLNESS STUDIO

See Healing Arts Center of the Lower Eastern Shore

Phone: 443-373-7069

Website: www.zennawellnessyoga.com

“Women in particular need to keep an eye on their physical and mental health, because if we're scurrying to and from appointments and errands, we don't have a lot of time to take care of ourselves. We need to do a better job of putting ourselves higher on our own 'to do' list.”

-Michelle Obama

PSYCHIATRISTS

Anis Ahmed, M.D.

308 E. Stein Hwy. — Seaford DE 19973

Phone: 302-628-7781

Services: General psychiatry, including addictive disorders, suicidality, obsessive-compulsive disorder, psychoses, phobias, bi-polar disorder and schizophrenia

Dia L. Arpon, M.D.

Worcester County Health Dept.

6040 Public Landing Road—Snow Hill MD 21863

Phone: 410-632-1100

Wicomico County Health Dept.

100 E. Carroll St.—Salisbury MD 21801

Phone: 410-543-7119

Services: General psychiatry and neurology

Bryce E. Blanton, M.D.

Atlantic General Behavioral Health

9714 Healthway Dr.—Berlin MD 21811

Phone: 410-641-3340

Services: Comprehensive bio/physical/social general psychiatry, psychopharmacology, cognitive-behavioral therapy, supportive therapy, motivational interviewing

Community Behavioral Health**Formerly Delmarva Family Resources**

828 Airpax Rd.—#B306 — Cambridge MD 21613

Phone: 410-228-3929 Website: www.communitybehavioralhealth.net

Services: Adult, child, youth, family and geriatric therapies. Co-occurring conditions, telemedicine for the deaf community.

Evangeline M. Garcia, M.D.

805 N. Salisbury Blvd.—Salisbury MD 21801

Phone: 410-334-6700

Payment types: Accepts some private insurance

Services: General psychiatry, specializes in child psychiatry

Venkatesh D. Handratta, M.D.

12145 Elm St., Suite A—Princess Anne MD 21853

Phone: 410-651-9852

Services: General psychiatry and neurology

Jethalal S. Harkhani, M.D.

1300 S. Division St., Suite A—Salisbury MD 21804

Phone: 410-219-3488

Services: ECT, family and group psychotherapy

Kimberly Hogan Pesaniello, M.D.

105 N. Washington Street—Snow Hill MD 21863

Phone: 757-894-3118

Services: General psychiatry, biofeedback. Neurofeedback, relaxation training, dream work, medication management

John P. Snead IV, M.D.

108 E. Main St.—Salisbury MD 21801

Phone: 410-334-3497

19056 Greenbush Rd.—Parksley VA 23421

Phone: 757-665-1260

Services: General psychiatry, pediatric and adolescent psychiatry

Shashika K. Venkatachalapathy, M.D.

100 E. Carroll St.—Salisbury MD 21801

Phone: 410-543-7119

33188 Coastal Hwy., Suite 4—Bethany Beach DE 19930

Phone: 302-537-1100

Services: General psychiatry

Mark D. Walsh, M.D.

106 Milford St., Suite 306—Salisbury MD 21804

Phone: 410-677-6500

Services: General geriatric, pediatric and adolescent psychiatry

Kenneth Widra, M.D.

6040 Public Landing Rd.—Snow Hill MD 21863

Phone: 410-632-1100

Services: General psychiatry

Jeannette Zaines, M.D.

1 Sussex Ave. — Milford DE 19963

Phone: 302-228-5757

Services: General psychiatry and psychotherapy

NEUROPSYCHIATRISTS

Neuropsychiatry is a branch of medicine that deals with mental disorders attributable to diseases of the nervous system. This is a field of study that is growing as we learn more about how the brain functions and all of the physiological factors that sometimes become unbalanced causing mental illness to occur. Neuropsychiatry involves the interface area of psychiatry and neurology. This is a specialist medical discipline involving the *behavioral or psychological difficulties* associated with known or suspected *neurological* conditions such as epilepsy, head injury, attention deficit disorder, dementia, tardive dyskinesia, atypical spells, irritability and any organic mental disorder. There are currently none of these doctors on the lower Eastern Shore, but here is a list of nearby practitioners.

AAMG Multi-Specialty Group

2000 Medical Pkwy Suite #510—Annapolis, MD 21401
Phone: 443-481-6700

Richard Burgess, M.D.

10 Center Drive—Bethesda MD 20814
Phone: 301-435-9321

Thomas James Degraba, M.D.

8901 Rockville Pike — Bethesda MD 20889
Phone: 301-295-4000

David Ethan Kahn, M.D.

4755 Ogletown Stanton Rd.—Newark DE 19718
Phone: 302-733-5625

John Kylan Lynch, DOMPH

10 Center Dr., Bldg 10—Bethesda MD 20892
Phone: 301-451-7968

Zurab Nadareishvili, M.D.

2150 Pennsylvania Ave.—Washington DC 20037
Phone: 202-741-2700

Carsten Hartwig Ritter M.D.

5051 Greenspring Ave , Suite 300—Baltimore, MD 21209
Phone: (410) 601-0959

MENTAL HEALTH AND SUPPORT SERVICES FOR FARMERS AND FARM FAMILIES

“...AT THIS MOMENT IN TIME; WHEN IT COMES TO FARMING I FEEL LIKE I AM DIGGING MY OWN GRAVE TO FOLLOW MY DREAMS.” –A YOUNG CANADIAN FARMER



In 2016, the Centers for Disease Control reported that farmers are 3.4 times more likely to die by suicide than other American workers. Across the United States, suicide rates are higher in areas characterized by open space, tight knit communities and farmland. Within a state like Maryland, rates tend to be high in counties like Wicomico and Worcester on the Eastern Shore, and Washington and Alle-

gany on the western. Why? Residents tend to be fiercely independent, resistant to the notion that anyone might suffer from a mental illness and often reluctant to seek treatment. For those who are open to counseling and therapy, logistics can be a barrier as these communities are typically underserved by mental health professionals. Finally, the rate of firearm ownership is high.

Agriculture is a keystone in the economy of the three counties of the lower Eastern Shore. Drill down through overall regional suicide rates, and the data reveal that suicides are most common among white males aged 45 to 64, 62% higher than the overall rate (Worcester County Health Department). This age group includes those in agriculture most likely to be feeling the stress that could lead to mental health challenges and suicide.

NATIONAL RESOURCES FOR FARMERS AND THEIR FAMILIES

A good place to start is **Farm Aid**. “We have more than 30 years of experience working with farmers – whether you’re looking to expand your farm or you’re in need of emergency resources. When you contact Farm Aid, our goal is to connect you with helpful services, resources and opportunities specific to your individual needs.” Go to www.farmaid.org and there is a resource guide that covers everything from financial to psychological challenges. Want to talk to someone in person? “If you need to talk to someone directly, we are here to listen. You can call our farmer hotline at **1-800-FARM-AID (1-800-327-6243)**. Farm Aid staff answer the hotline Monday through Friday from 9:00 a.m. to 5:00 p.m. Eastern time.”

The **Farm Crisis Center** (www.farmcrisis.nfu.org) offers assistance to farmers including legal aid, risk management, disaster recovery and conflict mediation.

AgrAbility is a nationwide resource with a mission that directly serves the agriculture community. “The vision of AgrAbility is to enhance quality of life for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America. For this target audience, ‘success’ may be defined by many parameters, including: gainful employment in production agriculture or a related occupation; access to appropriate assistive technology needed for work and daily living activities; evidence-based information related to the treatment and rehabilitation of disabling conditions; and targeted support for family caregivers of AgrAbility customers.” Visit www.agrability.org to learn more.

Agriwellness promotes accessible behavioral health services for underserved and at-risk populations affected by rural crises in America. “Agricultural work is very stressful, unpredictable, and dangerous for the entire farm family. Agricultural workers, including farmers, ranchers, migrant/seasonal workers, fishers, foresters, their families and communities dependent upon agriculture, often find it difficult to obtain the behavioral health care they need as a result of these perils. Behavioral health treatments such as addictions treatment, mental health therapy, and marital and family counseling are often scarce in rural areas. To learn more, visit www.agriwellness.org or call 732-235-6100.

Working age men account for the largest number of suicide deaths in the United States. These men are the least likely to seek, or receive, mental health care. They're the victims of problematic thinking that says mental health care is for weaklings. **Man Therapy®** gives men the resources they desperately need to face the perils life puts in front of them, and it does it in a way that will appeal to men. Dr. Rich Mahogany, the website host, is sometimes indelicate, always funny, an affable, mustachioed, middle-aged man whose personality might be described as Dr. Phil meets Archie Bunker. The website includes videos covering manly ways to address everything from addictions to anxiety to suicide. There are live chat and phone crisis lines where men listen to men.

To learn more about Man Therapy®, visit www.mantherapy.org.

HELP ON THE EASTERN SHORE FOR FARMERS AND FARM FAMILIES

Life Crisis Center in Salisbury provides a 24 hour crisis hotline. They also answer calls for the National Suicide Lifeline and 2-1-1 Maryland, which is information & referral for human and health services. Services: Counseling for victims of domestic violence or sexual assault, suicide prevention, support groups, emergency safe home, shelter and medical care referral, and assistance. 24 Hour Hotline: 410-749-4357 Phone: 410-749-0632 / 410-749-0771 Fax: 410-548-9496 Website: www.lifecrisiscenter.org

The combined resource guide for the health departments in Wicomico, Worcester and Somerset Counties is available at <https://www.wicomicohealth.org/file/2/61/Resource%20Guide%202016%20-%20FINAL.pdf>.

The University of Maryland has a comprehensive program to “help Maryland farmers improve their business management skills, to improve management productivity, increase profitability, and fulfill their long-term goals.” <https://www.arec.umd.edu/extension/ume-programs/farm-and-financial-management>

Tri-Community Mediation is a service that helps solve conflicts without the necessity of a court appearance and costly legal fees. For farmers, this might mean a less stressful and more economical way to address problems like commercial transaction disputes, personal injury, labor or community relations, employment or any other matters which do not involve complex procedural or evidentiary issues. Mediators are non-judgmental and trained in patience, persistence and common sense.

231 West Main St. — Salisbury MD 21801
Phone (410) 548-7174 - www.tricommunitymediation.org

A **Farm Stress Management website** was launched in 2018 by the University of Maryland Extension Service. The website has information to help farmers and farm families deal with hard economic times and to teach stress management techniques. The website includes links to national centers of mental health, financial, technical and personal expertise. Topics include

- Increasing farm productivity while managing stress,
- Decision making during challenging times,
- Men seeking help,
- Limiting your farm's financial liability, and
- Farm legal issues

<https://extension.umd.edu/farmstressmanagement/managing-farm-related-stress>

The **Maryland Network of Care** offers access for consumers to find health services and human services by county. This website is a resource for individuals and families concerned with behavioral health. It includes information about behavioral health services, laws and up-to-date behavioral health news. The Network of Care helps find services in rural areas for those who need them, insuring that there is "no wrong door" to care.

www.networkofcare/splash.aspx?state=Maryland

The **Pro-Bono Counseling Project** offers free counseling to those who are sad, grieving or stressed. Volunteer, licensed and certified mental health professionals serve individuals and families with limited resources or access to care. The Project brings capable mental healthcare to underserved rural areas.

www.probonocounseling.org

The **Opioid Overdose Prevention Outreach Program** reduces opioid overuse and overdose deaths on Maryland's Eastern Shore. The outreach program teaches healthcare professionals and laypeople the risk of opioids, prevention and treatment options and Narcan training. Contact: Scott LeRoy, Health Officer—Caroline County Health Department— 410-479-8030—ruralhealthinfo.org/project-examples/1027.

The **University of Maryland Shore Regional Health** pioneered the use of tele-medicine to address mental health issues. Tele-psychiatry allows rural residents to access emergency mental health and psychiatric services without traveling to urban hospitals and practitioners. Counseling with professionals at Sheppard-Pratt Health System and Johns Hopkins Hospital, for example, is available. Check your county Health Department for information.

Rural jurisdictions share common characteristics that set them apart from their suburban and urban counterparts, such as geographic isolation, lack of transportation, and lack of access to and availability of health care. The state definition of rural includes 18 of the 24 jurisdictions in Maryland. Each is represented on the **Rural Maryland Council**. The Tri-County Council for the Lower Eastern Shore of Maryland works to facilitate regional planning and development in Somerset, Wicomico and Worcester counties. Challenges addressed by the RMC include workplace development and workers (including farm workers and farm human resource issues), local transportation and healthcare. To learn more about the RMC, visit <https://rural.maryland.gov>

The Telamon Corporation is a nonprofit that serves farm families in 11 states, with a focus on those of Hispanic heritage. Telamon offers parenting assistance, migrant and seasonal Head Start, financial coaching, jobs programs, youth and veterans' programs, and transitional and supportive housing. To reach Telamon in Maryland and Delaware, call 410-546-4604. Website: <https://www.telamon.org/where-we-work/maryland>

ON-SHORE INPATIENT PROVIDERS

ADVENTIST BEHAVIORAL HEALTH, EASTERN SHORE

821 Fieldcrest Rd.—Cambridge MD 21613

Phone: 410-221-0228 Fax: 410-228-9588

Website/Email: www.adventisthealthcare.com

Language services: Spanish

Payment types: Medical assistance, case-by-case agreement

Services: Psychiatric evaluations, Acute inpatient hospitalization, Dual diagnosis, Therapy children ages 5-17.5, Group therapy (acute RTC, RHP) and RTC for boys ages 12-19

UNIVERSITY OF MARYLAND SHORE MEDICAL CTR.

300 Byrn St.—Cambridge MD 21613

Phone: 410-228-5511 Fax: 410-476-5105

Language services: TTY, Spanish, Creole

Payment types: Medicaid, Medicare, private insurance, uninsured

Services: Psychiatric evaluations, Acute inpatient hospitalization Adult, Dual diagnosis, voluntary and involuntary placement (requires referral and referral source must notify hospital in advance)

EASTERN SHORE HOSPITAL CENTER

5262 Woods Rd., P.O. Box 800—Cambridge MD 21613

Phone: 410-221-2300 Fax: 410-221-2534

Website: www.eshconline.org

Language services: Interpreters available upon request

Payment types: Priority given to forensic population

Services: Psychiatric evaluations, Dual diagnosis. Individuals must meet Public Mental Health System medical necessity criteria and be referred by a designated E.R. Inpatient unit, court detention

GO-GETTERS, INC./BEACON PLACE

716 N. Division Street - Salisbury MD 21801

801 Johnson ST. — Salisbury MD 21801

Phone: 410-749-2578 FAX: 410-334-3710

Adult crisis beds

See Local Mental Health Resources for additional information.

“It is an odd paradox, that a society, which can now speak openly and unabashedly about topics that were once unspeakable, still remains largely silent when it comes to mental illness.”

-Glenn Close

PENINSULA REGIONAL MEDICAL CENTER/SHEPPARD PRATT

100 E. Carroll ST.—Salisbury MD 21801

Phone: 410-546-6400 Fax 410-543-7165

Website/Email: www.peninsula.org

Language services: Interpreters available

Payment types: Medicaid, Medicare, private insurance, uninsured

Services: Psychiatric evaluations all ages, Dual diagnosis, Acute inpatient hospitalization. 24-hour hotline 410-543-7160

SUN BEHAVIORAL HEALTH

21655 Biden Ave. — Georgetown DE 19947

Phone: 302-604-5600 Website: www.SUNdelaware.com

Services: 90-bed psychiatric hospital provides a full continuum of specialized care, including inpatient and day hospital services for those suffering from mental health illness and substance use disorders. SUN Delaware offers specialized programs for children, adolescents, adults and seniors

WARWICK MANOR BEHAVIORAL HEALTH

3680 Warwick Rd.—East New Market MD 21631

Phone: 410-943-8108 Fax: 410-943-3976

Website/Email: www.warwickmanor.org

Payment types: Medicaid, private insurance, self-pay

Services: Dual diagnosis, Detox, Group therapy, Family therapy, Anger management, Relapse prevention, Pain management, Psychiatric

“Robin Williams himself sadly said in happier times: ‘Suicide is a permanent solution to a temporary problem.’ But it’s hard to think like that when your mind is full of dread and anxiousness, yet with no root cause. You can’t fix your problems because you don’t know what your problems are.

If you feel alone and down, anxious and low...but cannot find a root cause, if people tell you to ‘snap out of it’ or ‘it can only get better,’ or ‘what doesn’t kill you can only make you stronger’, know that it simply isn’t always true...Please seek help. No one will think you’re being melodramatic or wasting their time. If the genie from Aladdin can suffer from depression, anyone can...The world needs you, even if you don’t think it does.”

-Comedian Jason Manford, commenting on the death of Robin Williams

ACUPUNCTURISTS

Many patients report an enhanced sense of well-being and a deep feeling of relaxation after an acupuncture treatment. These modalities alleviate stress and depression symptoms by releasing endorphins, the body's own natural painkillers, and improving the circulation of blood and lymphatic fluids which bring fresh oxygen to body tissues. This increased oxygen flow eliminates waste products from inside the body and enhances recovery from diseases. Acupuncture and massage also decrease the stress hormone cortisol, lower blood pressure, reduce the heart rate, and relax muscle tissue.

ACUPUNCTURE BY PAM

124 E. Market St. — Salisbury MD 21801
Phone: 443-880-0030 Website: acupuncturebypam.com
Services: acupuncture

ACUPUNCTURE CLINIC OF SALISBURY

228 N. Division St. —Salisbury MD 21801
Phone: 410-207-4689
Services: acupuncture

ACUPUNCTURE ENHANCING WELLNESS

29 Broad Street - Belin MD 21811
Phone: 410-641-9888
Services: Acupuncture and acupressure

ATLANTIC ACUPUNCTURE LLC

11033 Cathell Road - Berlin MD 21811
Phone: 410-641-7000 Website: <https://atlanticacuthera.py.com/>
Services: Depression therapy, anxiety and stress reduction treatment, wellness programs, botanical day spa

BERLIN ACUPUNCTURE, MARK STOEHR

29 Broad Street—Berlin MD 21811
Phone: 410-641-9888 Website: <http://marksacu.com/drstoehr>
Services: acupuncture, Chinese herbal medicine

BUXTON, CYNTHIA P.

25 Broad Street —Berlin MD 21811
Phone: 206-852-9022
Services: Naturopathic medicine, lifestyle guidance, herbal medicines, functional medical testing

ISLAND ACUPUNCTURE

36282 Lankford Hwy. #13E—Belle Haven VA 23306

6295 Teal Lane —Chincoteague VA 23336

Phone: 215-290-6888 Website: <http://www.island-acupuncture.com/contact-us.html>

Services: Acupuncture for cosmetics, mental health, anxiety and depression, sports, women's issues

LEINER, ALISON

29 Broad Street, #206 — Berlin MD 21811

Phone: 443-844-7650

Services: acupuncture

LIGHT TOUCH ACUPUNCTURE

229 W. Main St. — Salisbury MD 21801

Phone: 410-713-0782

Services: acupuncture, Jin Shin Jyutsu®, massage therapy, hypnotherapy

SALLY MONAGHAN ACUPUNCTURE

111 Baptist Street —Salisbury MD 21801

Phone: 410-340-3993 Website: <https://www.sallymonaghanacupuncture.com/>

Services: Acupuncture, herbology, drug and alcohol detox, reproduction services

ORIENTAL MEDICINE—COMPASSIONATE ACUPUNCTURE

106 Circle Ce. #101 — Salisbury MD 21801

Phone: 410-334-6172

Services: Acupuncture, herbal medicine, exercise programs

LYNNE E. SCHWABE

29 Broad St. Suite 201B — Berlin MD 21811

Phone: 703-999-6700

Services: Acupuncture, pain and stress relief, headaches treatment, sleep disorders, relief from addictive disorders

A growing base of scientific evidence supports the use of acupuncture as a complementary treatment for depression and anxiety. Alongside prescribed medications, acupuncture has been shown to improve symptoms and reduce patient suffering.

-World Health Organization

CRISIS INFORMATION and 24-HOUR HOTLINES

***ARE YOU OR SOMEONE CLOSE TO YOU SUICID-
AL? CALL 800-273-8255***

CIRIS TEXT LINE: TEXT HOME TO 741-741

MARYLAND CRISIS HOTLINE 800-422-0009

***FOR CRISES REQUIRING IMMEDIATE
AMBULANCE OR POLICE RESPONSE, CALL 911***

***FOR ACCESS TO LOCAL SUPPORT SERVICES
THAT ARE NOT IMMEDIATE
EMERGENCIES CALL 211***

BEACON PLACE

Phone: 410-749-2924

Provides short-term residential crisis services in a community-based setting.

EASTERN SHORE OPERATIONS CENTER (ESOC)

Phone: 410-749-4357 or 888-407-8010

The behavioral health information and referral call center for all nine counties of the Eastern Shore. The ESOC is available 24 hours/day, 7 days/week to assess and respond to calls from consumers, family members, community members, businesses and community service agencies. ESOC staff provides linkage to community resources through referrals to all appropriate and existing behavioral health and human services.

LIFE CRISIS CENTER HOTLINE

Phone: 410-749-HELP (4357) or 800-422-0009

Suicide hotline: 410-749-9424

Maryland crisis hotline: 800-422-0009

Life Crisis provides counseling for victims of domestic violence or sexual assault, suicide prevention, support groups, emergency shelter, shelter referral and medical care.

MOBILE CRISIS TEAMS (MCT) - AFFILIATED WITH SANTE

Phone: 800-407-8018

Servicing Caroline, Cecil, Dorchester, Kent, Queen Anne's, Somerset, Talbot and Wicomico Counties. For Worcester County, call ESOC (above) at 410-749-4357

MCT members intervene when callers referred from ESOC who are experiencing behavioral health emergencies, assist law enforcement and emergency responders by providing behavioral health crisis consultation and intervention to stabilize the individual in the least restrictive environment through a range of services including assessment, crisis intervention, supportive counseling, information and referrals to appropriate community-based behavioral health services for ongoing treatment and follow-up.

URGENT CARE CLINICS—LOWER SHORE CLINIC

Phone: 410-341-3420 (after hours call ESOC at 888-407-8018)

LSC provides mental health assessment and consultation within 48 business hours to prevent the individual's condition from worsening. If psychiatric care is identified, an evaluation will be scheduled with a psychiatrist within 30 days.

"Sometimes, there's people who are calling about a specific situation, something like a breakup or getting fired or an argument with somebody... They're in crisis, and they need to talk to somebody. There's other people who have ongoing illness or ongoing depression or some kind of pain. That's a different kind of conversation. They can each be difficult — you want to make sure that person is able to express how they're feeling. They may be in a heightened state of emotion and a wide range of emotion. They may feel really isolated. We're trying to alleviate that isolation.

"I always think of it as helping them get through that moment. It could be difficult — someone might be talking about their recent loss, someone who died, [and] maybe someone had died [recently in my life]. It might trigger something for me. Or it could be a young person [who called]. It can be hard to hear that some young person is suffering so much."

-Danielle, a Crisis Hotline worker in New York

SUPPORT GROUPS, RESOURCES, EDUCATION AND ADVOCACY

ALCOHOLICS ANONYMOUS (AA)

Phone: 410-543-2266

Services: For local AA meetings, call or visit www.isiaa.org

AUTISTIC CHILDREN'S SUPPORT GROUP OF WORCESTER COUNTY, MARY JOCK

P.O. Box 1322 — Ocean Pines MD 21811

Phone: 410-352-5011 Website: <https://acsgwc.org>

The Autistic Children's Support Group of Worcester County, Inc. is dedicated to providing parent-to-parent support for families living with Autism and related developmental disabilities.

ATLANTIC GENERAL HOSPITAL

Bereavement and Family Support Services

9733 Healthway Drive—Berlin MD 21811

410-641-1100

Support group meets 4th Wednesday of every month, 7:00—8:00 p.m.

COASTAL HOSPICE

P.O. Box 1733—Salisbury MD 21802

410-742-8732

Grief support groups

Regular meetings in Worcester, Wicomico, Somerset and Dorchester Counties

DEPRESSION and BIPOLAR SUPPORT ALLIANCE

Phone: 443-880-3052 or 410-341-3420

Website/Email: www.dbsalliance.org

Services: Depression and Bipolar support group

A support group is: "A safe place, a place where one is free from attack, a place where one experiences secure relationships and affirmation. It's a place where people share and understand each other. The people in it do not need to be perfect; instead, they need to be honest, loving, supportive, recognizing a common humanity that makes all of us vulnerable."
— Gladys M. Hunt

JESSE KLUMP MEMORIAL FUND, INC.

Phone: 443-982-2716

For Suicide Grievers' Support Group call 410-726-3090

Website: www.jessespaddle.org

Email: weremember@jessespaddle.org

Services: Offers free suicide awareness and prevention workshops, and mental health first aid workshops. Distributes free suicide prevention information. Provides speakers. Hosts monthly support group meetings in Berlin MD for those left behind after a suicide. Group meets 3rd Wed. every month at 9730 Healthway Drive, Berlin MD.

LIFE CRISIS CENTER (SALISBURY)

Phone: 800-422-0009 or 410-749-HELP (4357)

Services: Crisis intervention and referrals. Suicide Attempt Survivor Support Group (an 8-week program, a safe place to talk about an unsuccessful suicide attempt with others who have survived suicidality).

LOWER SHORE EARLY CHILDHOOD INTERVENTION PROGRAM

Phone: 410-677-6590 (*warm* line)

Website/Email: www.lowershoreccrc.org

Services: Early childhood assessments, interventions, referrals

MENTAL HEALTH SUPPORT GROUP

St. Peter's Lutheran Church

10301 Coastal Hwy. — Ocean City MD 21842

Phone: 410-524-7474

Website/Email: tgknepp@gmail.com

Services: Support group for families affected by mental health issues.

MARYLAND COALITION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH

314 Civic Ave. — Salisbury MD 21804

Phone: 443-896-6792

Services: Education, awareness, lobbying, workshops, counseling

MENTAL HEALTH ASSOCIATION OF THE LOWER SHORE

P.O. Box 2774 — Salisbury MD 21802

Phone: 410-651-1547

Services: Education, Lobbying, Workshops, Legislative meetings, Counseling resources

NATIONAL ALLIANCE ON MENTAL ILLNES (NAMI) - MD LOWER SHORE ALLIANCE FOR THE MENTALLY ILL

Phone: 443-229-2744

Website/Email: www.namimdls.org / lssfsg@verizon.net

Services: Family-to-family support, consumer and family education

**NATIONAL ALLIANCE ON MENTAL ILLNESS
LOWER SHORE SUPPORT GROUP**

Meets 2nd Tuesday of every month at Atlantic General Hospital
9733 Healthway DR. — Berlin MD 21811
Phone: 410-641-9725 Email: gmansell@atlanticgeneral.org
Services: Problem solving for families of those with mental illness

NARCOTICS ANONYMOUS (NA)

Phone: 800-317-3222
Website/Email: www.ogona.org
For Maryland meeting, visit <http://fsrna.org> or call 800-317-3222
Services: NA meetings, call or visit website for locations and times

NATIONAL YOUTH CRISIS HOTLINE

Phone: 800-448-4663
Services: Information and referrals for at-risk teens

NEW TRANSITIONS

314 Civic Ave.—Salisbury MD 21804
Phone: 410-219-5070
Services: Serving children and teens ages 6—21 and their families
with mental health issues

RAINBOWS

1401 Camden Ave.—Salisbury MD 21801
Phone: 410-749-2131
Services: Support groups for grieving children and teens

SUSSEX COUNTY BRIDGE CLINIC

Thurman Adams State Service Center
546 S. Bedford St. —Georgetown De
Phone: 302-515-3310
Services: Mental health and substance abuse counseling, care net-
work navigation, services without regard for means to pay

WOMEN'S SUPPORT GROUP

110 W. Church St., Suite C—Salisbury MD 21801
Phone: 443-305-6428
Services: Focus on women's issues related to abuse, unhealthy re-
lationships and losses. These losses may have impacted their self-
esteem and inability to move forward in a more productive and posi-
tive manner. Group members will be able to freely discuss numer-
ous issues and be empowered through the therapeutic alliance
gained through the therapeutic process and group support.

HELPFUL WEBSITES

Advancing Suicide Prevention www.advancingsp.org

Alliance For Hope For Suicide Survivors
www.allianceforhope.org

American Association of Suicidology www.suicidology.org

American Foundation For Suicide Prevention www.afsp.org

Befrienders International www.befrienders.org

Centre For Suicide Prevention www.suicideinfo.ca

European Network for Suicidology
www.uke.uni-hamburg.de/extern/ens

Feeling Blue Suicide Prevention Council www.feelingblue.org

Friends For Survival www.friendsfor survival.org

The Good Behavior Game
www.prevention.mt.gov/suicideprevention

International Association for Suicide Prevention
www.med.uio.no/iasp

Jesse Klump Suicide Awareness & Prevention Program
www.choosetolivemaryland.org

Joshua Rivedal, author, speaker, activist
<http://www.joshuarivedal.com>

Living Works Network –Safe Talk & ASIST training
www.livingworks.net

Maine Suicide Prevention Program www.maine.gov/suicide

Mental Health “Signs of Suicide”
www.mentalhealthscreening.org

Parents of Suicide
www.parentsofsuicide.com & www.pos-ffos.com

Society for the Prevention of Teen Suicide Training Manuals
www.sptsusa.org

Star Center for Teens at Risk
www.starcenter.pitt.edu & www.hazelden.org

Stop A Suicide Today www.stopasuicide.org

Suicide Awareness Voices of Education www.save.org

Suicide & Mental Health Assoc. Int'l.
www.suicideandmentalhealthassociationinternational.org

Suicide Prevention Resource Center www.sprc.org

Suicide Prevention Action Network www.spanusa.org

Surviving Suicide www.survivingsuicide.org

Teen Prevention Researcher Magazine www.tpronline.com

The Trevor Project (LGBTQ) www.thetrevorproject.org

Yellow Ribbon International Suicide Prevention Program
www.yellowribbon.org

MYTHS ABOUT MENTAL ILLNESS

- *Mental illness is uncommon. One in five Americans experience it in their lifetimes.*
- *“He’s just faking it.” For anyone living with a mental health condition, their specific symptoms may not always be visible to an untrained observer. It can be challenging to relate to what people with mental health conditions are going through, but that doesn’t mean that their condition isn’t real.*
- *Mental illness is caused by personal weakness. Just like any major illness, mental illness is not the fault of the person who has a mental health condition. It is caused by environmental and*
- *biological factors, not a result of personal weakness.*
- *People with mental conditions are violent and dangerous. Living with a mental health condition makes you more likely to be a victim of violence than a perpetrator. 1 in 4 individuals living with a mental health condition will experience some form of violence in any given year, 5 times the national rate.*
- *People with mental illness cannot work or go to school. People with mental health conditions have jobs, go to school, and are active and productive members of their communities.*

SUICIDE PREVENTION AND MENTAL HEALTH APPS

Apps and social media tools address three goals: 1) Provide keep-safe tools to keep someone safe during a crisis, 2) Present quick and easy links to caregivers, and 3) Teach the risk factors and warning signs of mental illness and suicidality. *An App is never a substitute for a professional mental healthcare provider and should not be considered as a clinical or therapeutic option. An app is a stopgap measure, not a psychiatrist-in-the-cloud.*

Ask & Prevent Suicide

**<https://itunes.apple.com/us/app/ask-prevent-suicide>
(Android, IOS)**

The ASK About Suicide to Save a Life app provides useful information to use as an educational resource as well as a crisis intervention resource for suicide prevention. Used in over 80 countries, this app is based on the ASK suicide prevention training program.

BellyBio

<http://www.bellybio.com> (Android, IOS)

BellyBio is a free app that teaches a deep breathing technique useful in fighting anxiety and stress. A simple interface uses biofeedback to monitor your breathing. Sounds cascade with the movements of your belly, in rhythms reminiscent of waves on a beach. Charts let you know how you're doing. A great tool when you need to slow down.

Breathe2Relax

<http://t2health.dcoe.mil/apps/breathe2relax> (Android IOS)

Breathe2Relax is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

Code Blue

<http://codeblue.io> (Android, IOS)

Code Blue is designed to provide teenagers struggling from depression or bullying with support. Users can choose several contacts to be part of their support group. With just a few taps, the app will alert the support group that the user needs immediate help. Members of the support group can text or call the user. The app can share the user's location with the support group, and members can indicate that they are on their way to see the user in person.

Suicide Safe

<http://store.samhsa.gov/apps/suicidesafe> (Android, IOS)

Suicide Safe, the Substance Abuse and Mental Health Service Administration's suicide prevention app for mobile devices and optimized for tablets, helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.

Finding Optimism

<http://www.findingoptimism.com> (Android, IOS)

Finding Optimism provides self-tracking applications to increase understanding of all the things that affect mental health. The apps act as a springboard to detect patterns in your health and develop strategies to proactively manage many mental health conditions.

Jason Foundation: A Friend Asks

<http://jasonfoundation.com/get-involved/student/a-friend-asks-app> (Android, IOS)

"A Friend Asks" is a free smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

MY3

<http://www.my3app.org> (Android, IOS)

With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. Remember: there is hope and a life to look forward to, even in your darkest moments.

Suicide Prevention on facebook

<https://www.facebook.com/help/594991777257121>

Not exactly an app, this facebook tool helps connect friends to suicide prevention resources. Encouraging connecting with a mental health expert at the National Suicide Prevention Lifeline, suggesting reaching out to a friend, and provide tips on how they can work through suicidal feelings.

"We have come a long way in the understanding and treatment of mental disorders since I chaired the President's Commission on Mental Health in 1979. But we still have a long way to go, and every effort is important. After all the policy discussions, legislation, and advocacy, it comes down to one person at a time starting down the path of evaluation, treatment, and recovery. Helping someone get a proper assessment by meeting with a mental health professional is vital, even blessed work."

-Rosalynn Carter, former First Lady of the United States

A Special Online Resource for our Youngest Friends

IRIS THE DRAGON: **A FREE MENTAL HEALTH EBOOK SERIES FOR KIDS**

Children with mental illness suffer greatly because they lack the grown-up capacity to understand what has happened to their feelings, their thoughts, and their behavior. *Iris the Dragon* is a free ebook series that facilitates the conversation between parents, teachers, and children about mental health and wellness. The series is targeted towards children ages 8 to 12 and helps make children more comfortable with different mental health issues and share their thoughts and feelings.

The *Iris the Dragon* series includes six books which address topics like ADHD, autism, anxiety and even the challenges of being a military family. These ebooks are completely free to download and use at home or in a classroom. They address these complicated topics in a fairytale format kids will love. The charming, beautifully illustrated books, speak to children in language they can understand. They capture children's fears, worries and the longing for the comfort of a wise and caring friend .

About "Catch a Falling Star," an *Iris the Dragon* book: A young boy named Fish begins to experience feelings of anxiety and confusion. It feels like his brain is very busy and noisy. Fish feels scared when this happens and it gets worse when he goes to school. Fish meets Iris the Dragon and learns techniques to help him relax and under-

Catch A Falling Star

a tale from the Iris the Dragon Series



stand that his parents and doctors can help. This is a story about a boy who has a variety of symptoms that could be considered "red flags" in a child's emotional and social development.

Iris the Dragon books are available free on Kindle from Amazon, or you can access *Iris the Dragon* ebooks at:
[https://
www.irisithedragon.com/
bookstore.html](https://www.irisithedragon.com/bookstore.html).

COMMUNITY EDUCATION AND PROFESSIONAL TRAINING

Partners in the Suicide Prevention Coalition Serving the Lower Eastern Shore provide a variety of training and education programs that address mental health challenges and suicide prevention. Classes, presentations and workshops are appropriate for both laypeople with an interest in using their skills to improve public mental health, and to professional healthcare providers and educators. Some classes provide Continuing Education Units. Classes can be arranged whenever a minimum class size is met and are usually offered free of charge.

The **Jesse Klump Suicide Awareness & Prevention Program** welcomes the invitation to do a 45 to 60 minute video presentation, custom tailored to the audience, to teach suicide prevention first aid. The program visits churches, schools, community and civic organizations. To explore having a guest speaker, send an email to weremember@jessespaddle.org, or call 443-982-2716.

safeTALK® is a 3-hour class that teaches the recognition of the risk factors that may contribute to suicidal thoughts, and the warning signs that might indicate a suicidal crisis is present. The scenario-based video is suitable for anyone ages 17+. Minimum class size is 12. To learn more about safeTALK®, visit <https://www.livingworks.net/programs/safetalk>. To explore hosting a group for a safeTALK® class, send an email to weremember@jessespaddle.org or call 443-982-2716.

Applied Suicide Intervention Skills Training (ASIST) is a 2-day workshop addressing suicide prevention, mental health and post-suicide grief. Geared for educators and healthcare professionals, it is open to anyone who has an interest in improving their community's mental health and preventing suicide. Minimum class size is 20 and participants must commit to attending both days. To learn more about ASIST, visit <https://www.livingworks.net/programs/asist>. To schedule an ASIST workshop for your group, or to learn about upcoming workshops, call the Worcester County Health Department at 410-632-1100.

ALL WORKSHOPS AND CLASSES SCHEDULED IN WORCESTER, WICOMICO AND SOMERSET COUNTIES ARE PROMOTED IN E-NEWSLETTERS FROM THE JESSE KLUMP MEMORIAL FUND. GRANT SUPPORT MAY BE AVAILABLE FOR THOSE WORKSHOPS THAT HAVE AN ASSOCIATED COST AND FOR WHICH THE APPLICANT HAS NO OTHER FUNDING. TO ADD YOUR EMAIL ADDRESS TO THE LIST, PLEASE SEND IT TO weremember@jessespaddle.org.

YOUTH MENTAL HEALTH FIRST AID (YMHFA) is a one-day workshop teaching anyone to recognize the warning signs of depression, post-traumatic stress disorder and other mental challenges, to find help for a young person before stressors lead to a suicide attempt. The video and simulation exercises are appropriate for anyone over the age of 17. Minimum class size is 12 and CEUs are available. To learn more about YMHFA, visit www.mentalhealthfirstaid.org. To schedule a workshop for your group or learn of upcoming workshops, call the Worcester County Health Department at 410-632-1100.

MENTAL HEALTH FIRST AID (MHFA) also a one-day workshop, is similar to YMHFA but geared to adults at risk and appropriate for an adult audience. Minimum class size is 12 and CEUs are available. To learn more about MHFA, visit www.mentalhealthfirstaid.org. To schedule a workshop for your group or learn of upcoming workshops, call the Worcester County Health Department at 410-632-1100.

PROJECT 22 is a feature-length film made by veterans for veterans that finds help for veterans suffering suicidal thoughts. A cross-country motorcycle odyssey visits both traditional and complementary healthcare providers who have been successful in helping veterans beyond their suicidal impulses. The language may not be appropriate for young viewers. Project 22 is available on the Public Broadcasting System for free (<https://www.pbs.org/video/soptv-stories-service-project-22/>) or the Jesse Klump Memorial Fund (weremember@jessesaddle.org) can bring it to your group.

SUICIDE: THE RIPPLE EFFECT is a 100-minute film by Kevin Hines, a survivor of a suicide attempt from the Golden Gate Bridge. In it, Kevin talks about his struggles with mental illness, his attempt, his rescue, and the aftermath. Kevin is the foremost private individual in the United States whose life mission is preventing others from making the same decision he made. To learn more, visit www.suicidetherippleeffect.com. To schedule a screening for your group, contact the Jesse Klump Memorial Fund at weremember@jessesaddle.org or by calling 443-982-2716.

NOTES
