

My Mental Health Newsletter

March 2018

IN THIS ISSUE: WHO'S READY FOR STRESS REDUCTION? · MINDFULNESS BASED STRESS REDUCTION WORKSHOP STARTING IN APRIL · WELCOME LONNY!

COMPASSIONATE CARE BACKED BY SCIENCE

MMH FOLLOWS EVIDENCE BASED PRACTICES, WHICH MEANS WE USE TREATMENTS AND INTERVENTIONS THAT HAVE BEEN THOROUGHLY TESTED AND RESEARCHED. THIS ENSURES THAT WE PROVIDE TREATMENTS THAT BEST HELP OUR CLIENTS REACH THEIR GOALS.

HOW WE HELP YOU

PHYSICIAN ASSISTANTS ARE TRAINED IN MEDICINE AND WORK UNDER THE SUPERVISION OF A PHYSICIAN. THEY PERFORM EVALUATIONS AND ASSESSMENTS, PRESCRIBE MEDICINE, ORDER PSYCHOLOGICAL TESTS AND REFERRALS AS NEEDED, AND ESTABLISH AND MANAGE TREATMENT PLANS.

LICENSED CLINICAL SOCIAL WORKERS ARE SOCIAL WORKERS WHO ARE TRAINED IN COUNSELING. THEY HELP INDIVIDUALS DEAL WITH A VARIETY OF MENTAL HEALTH AND DAILY LIVING PROBLEMS TO IMPROVE OVERALL FUNCTIONING AND WELL-BEING.

LICENSED CLINICAL PSYCHOLOGISTS ARE MENTAL HEALTH PROFESSIONALS TRAINED IN DIAGNOSING AND TREATING MENTAL, BEHAVIORAL, AND EMOTIONAL ILLNESSES. THEY USE PSYCHOLOGICAL METHODS AND RESEARCH IN THEIR THERAPY. THEY CAN ALSO PERFORM PSYCHOLOGICAL TESTS TO CLARIFY THEIR PATIENTS ISSUES AND IMPROVE TREATMENT.

INSURANCE

MMH PARTICIPATES WITH CAREFIRST BLUE CROSS BLUE SHIELD, MAGELLAN, CIGNA, MEDICARE AND TRICARE.



Joining the MMH Family: Lonny Samuels, LCSW-C Glen Burnie Office

Mr. Lonny Samuels, LCSW-C has been a Licensed Clinical Social Worker in the State of Maryland since 2001 and an Approved Supervisor for the Maryland Board of Social Work Examiners since 2004. Lonny has years of experience working as a child, adult, family and substance abuse therapist, as well as educating providers on providing clinically appropriate services in the midst of the current opioid epidemic. He also has extensive experience as a case manager and developing care programs. Lonny's therapeutic style starts with Humanism, which means working to understand the client as a whole person. Humanism overlies all the other techniques he uses to help the client achieve their goals. These techniques include Solution Focused Therapy, Cognitive techniques, Behaviorism, Motivational Interviewing, and the Changes of Stage model. Lonny will be joining MMH's Glen Burnie office full time starting this March!

Mindfulness & Meditation

Who's Ready for Some Stress Reduction?

By Sharon Light, LCSW-C

Stress. We all experience it, right? It comes in various forms, triggered by various things. Some keep it inside, some wear it on their sleeves. However, no matter whether you're a master compartmentalizer or an open book, stress can surely take its toll.

With prolonged stress comes imbalance and even illness, both of mind and body; a stressed mind becomes so overcome with worry that hiding under the covers might seem the best option; a stressed body can experience pain, discomfort, blocked energy or disease so bewildering it might

not even be evident that stress is the culprit.

Often, we take on stress as something that's unavoidable or just a fact of life. Thoughts and statements of "I'm stressed" or "I've been dealing with a lot of stress lately" become our go-to explanations for how we're feeling.

However, what if that perspective was challenged? What if these feelings of stress could be broken down to the point that they became manageable, understandable and less paralyzing? The kicker here is that they *can*, and we don't have to look any further than our own mind to make it happen.

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Mindfulness Based Stress Reduction (MBSR) is an evidence-based treatment modality created by Dr. Jon Kabat-Zinn in 1979. Since then, mindfulness meditation has grown in popularity as a means of integrating stress reduction into everyday life. It has been proven to alleviate symptoms of anxiety, depression, eating disorders, pain and grief, among many other ailments.

MBSR focuses on cultivating mindfulness – the practice of awareness – as a means of challenging stress rather than simply reacting to it. It teaches strategies for quieting the mind and increasing focus to promote overall calm, clarity and relaxation, not to mention significant stress

reduction. Regular practice can change the trajectory of stress and pave the way for peace and healing of mind and body.

MMH is excited to be offering an 8-week Mindfulness & Meditation workshop based on the concepts of MBSR, beginning in April, 2018, from 5-6 pm on Wednesday evenings. This workshop will consist of a combination of instruction and meditation practice. Attendees can expect to learn strategies to reduce stress in their day to day lives, as well as how to create and continue their own mindfulness and meditation practices at home. The workshop will incorporate meditation, awareness of the present moment, and some

easy/ gentle yoga and breathing exercises to help with anxiety, pain, and general stress – and to promote overall calm, clarity and relaxation. Additionally, the workshop will include hands-on mindfulness-based activities such as painting and mindful eating.

Please contact MMH for more information or to reserve your spot. We look forward to providing you with the tools to enhance your journey of self-awareness, peace and healing!

Looking for Feedback!

Would you be interested in us adding hours for care on Saturdays? Let us know! Clients who respond yes or no will be entered into a raffle for a free Reiki or Massage session!



Mind Full, or Mindful?

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