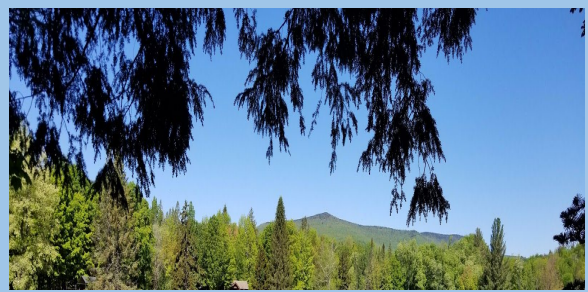




July
2019



Summer is here, with a side of humidity!! We are a licensed outpatient mental health center that provides mental health therapy for individuals, couples, and families. We also provide integrative services for those clients who struggle with alcohol or drug addiction, as well as ongoing group therapy to meet the varied needs of the clients.

PROGRAM UPDATES

June is over and cold weather is a distant memory. Hopefully everyone is settling into the summer routine, which so far seems to have more sun than rain (we'll cross our fingers). MPB Group has had some major changes in the month of June:

- ★ **We have switched to a new Electronic Health System!** It is called Advanced MD. Clinicians and staff have been busy inputting all client information and learning all the new tasks that can be accomplished to better store and access client information.
- ★ **Our site is now CEU approved** and internal trainings, open to the public, will begin in September. Initial topics will be on understanding and treating trauma, accurate diagnosing, and the multiple effects of adoption.
- ★ **We have hired two more part-time clinicians** who are slated to begin in early July. We also expect two past interns, now Licensed Graduate Social Workers, to return to our agency as clinicians in August.

CLINICIANS CORNER

This section will highlight the various tasks, skills, and specialties that the MPB employees provide to assist MPB Group in its mission.

Dr. Traci Ganaway, Program Director, is licensed as an LCSW-C in Maryland, an LICSW-C in Washington, D.C, and she also earned her Psy.D from Adler University. She oversees the Columbia and Laurel offices and has been with MPB Group since November 2016. Her larger focus is on enhancing the lives of Howard County residents and our talented employees.

INTERNS CORNER

Our new interns, Michael Tan, Lily Song, and Leah Forney have begun! Another intern's practicum has sadly ended, so we now have 6 interns working and learning at our agency. Beginning in August/September, 11 more interns will be starting, but 2 more interns will be ending, so we will have **a total of 15 interns!** We are so excited to have them learn, co-lead, and contribute to our clinical team.

CLINICAL TOOLS AND TIPS

Mindfulness has become a commonly used term in the mental health world. It is defined as a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other methods to relax the body and mind and help reduce stress. To practice it, you can start with setting aside ~5-10 minutes/day to sit in a quiet place, focus on your breath, and let your mind wander and sort the events of the day. This is helpful to become more aware of your feelings and relieve the stress that has occurred.

GROUPS

MPB offers both time limited and ongoing groups. Currently, we are offering groups for: 1) Adults with anxiety, 2) Adolescent coping skills group. More groups will begin in September/October 2019, when the new intern year and school year begins.

QUOTE OF THE MONTH



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