



January

2020



Happy New Year! I know it's cliché, but what a fast year! I hope 2019 was kind to you and brought you happy memories along with the inevitable sad ones. 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

MPB Group had a few changes in the past two months:

- ★ **We have hired another full-time clinician, Alicia Kelch, LGSW**, who will begin in January 2020. We are still looking to hire one more part-time or full-time therapist, plus we hired 2 of our former Marriage and Family Therapy interns, contingent upon passing their licensing exam.

CLINICIANS CORNER

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

Joshua Tassler, LMSW, is a loyal part-time employee who has worked at MPB Group, Inc. for 5 years. He has one of the highest rates of client attendance in the agency. He specializes in working with male clients and adolescents and is culturally sensitive to all.

INTERNS CORNER

We currently have 13 interns at our agency - two left after their internship ended. Beginning in January, however, 5 more interns will be joining our team. Four of them are Marriage and Family Therapy interns, so will help do the family/couples assessments and clinical treatment. The fifth intern is a Clinical Counseling intern with FBI experience. Also, 5 Psychiatric interns have begun their short-term practicum, which will end in February. They are under the tutelage of our Medical Director, Dr. Padder. All interns are eager to learn and are gaining significant clinical knowledge and experience.

CLINICAL TOOLS AND TIPS

According to statistics, anxiety disorders are the most common mental health disorder in the United States. For adults ages 18 and above, 18.1% have some form of anxiety, yet only ~35% of those people seek treatment. As the Holiday season is winding down and you are trying to recover from the stress and anxiety, below are a few suggestions to use regularly or in times of increased anxiety:

1. Say "No" to 1 request per week.
2. Delegate 1-2 tasks per week.
3. Spend 10 minutes a day making a gratitude list or documenting "happy" moments.
4. Exercise.
5. Listen to music, smell a scent that soothes, or read positive affirmations.
6. In your mind, revisit a memory of a peaceful or happy place.

GROUPS

As the year closes out, we have a few groups running. This includes the LGBTQ teen support group, the adult anxiety support group, and the group for guardians of adopted or foster children. In the new year, we will be starting an adult substance abuse treatment group, a psycho-educational group for those charged with a DUI, an adolescent support group, and a children's social skills group. Most will be held at the Columbia branch, some at the Laurel branch. Interested persons should call the office at (410) 730-2385 to obtain details.

QUOTE OF THE MONTH

(please refer to picture at top of page)

*When you think you are alone, look around you.
There is support in the distance.*

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