



March

2020



CLINICAL TOOLS AND TIPS

Spring is often associated with cleaning our house and getting rid of items. The same tasks can be done with our mental health. Our mind can become cluttered with stress, relationships, perceived failures, and negativity. Now can be the time to assess our daily life and see what can be “thrown away.” Are there relationships that are not beneficial to you? Is there a habit that is draining your mental or physical health? Are you expecting too much of yourself? Perhaps you can learn more effective coping skills for stress, such as refocusing on things that make you grateful or adding a self-care routine. Maybe you can cultivate relationships with people that support and encourage you. Spring can be a time to re-evaluate your choices so you can lessen your weariness and feel renewed and refreshed.

GROUPS

We currently have six psycho-educational groups successfully running at our agency. At the Columbia location, this includes the Single Parent; Adults with Anxiety; Foster, Adoption, and Kinship Care; Childrens’ Social Skills groups (running concurrently with parent groups); Adolescent Support; and Substance Abuse Treatment group. At the Laurel location, there is the Adult LGBTQ group. Please refer to the MPB website, under the heading “Services” to find the “Groups” tab with more information on meeting days and times.

QUOTE OF THE MONTH



Happy Spring! With recent warmer weather, Spring may come sooner than expected. This season is a time for shedding the “old” habits and considering new beginnings. 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, Tina Maczis, LGPC, ATR-P** who will begin this month. She will be providing art therapy services to clients. We also hired **Renee Clark, LGFT**, our former Marriage and Family Therapy intern, to return as a full time clinician. We welcome both of them!

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. Atina Covington, DNP, PMHNP-BC, has been providing psychiatric assessments and medication management services at our agency for ~one year. She has quickly and eagerly become a team member and regularly consults with clinicians and/or interns. Recently, she decided to increase her hours at our agency. Our hope is that she’ll be able to offer more collaboration on clients with our clinicians, as well as see more clients in a timely manner.

INTERNS CORNER

We currently have 16 interns at our agency that are working on their graduate license in counseling, social work, or marriage and family therapy. One more will be joining our team in April, and 7 will be ending their internship in May! They work 9 months to one year, but they consist of rookie and veteran interns, the perfect mix for learning from and supporting each other.

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