



APRIL

2020



therapy. A Loyola intern will be joining our team the first week of April. We may be going through changes, but the show must go on! We will continue to train and enable interns to hone their clinical skills as they prepare for licensure.

Hello fellow Marylanders! This is a special edition to address the Coronavirus pandemic's effects on all of us. This is a rare time where an event is affecting every single one of us in Maryland, and world-wide. The good news is that there are more of us to support each other, because we are familiar with the struggle. We want to make sure that everyone knows that we are still open for business to provide professional and quality services to all our current clients, as well as any new clients that desire services.

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 has made many programmatic changes in a mere 4-6 weeks to best keep up with the safety and well being of our clients and our employees. Both of our offices are currently closed to "walk-in" clients - all services are now via teletherapy or telepsychiatry. We still have administrative staff available to answer phone calls.

**SHOUT OUT TO ALL EMPLOYEES/INTERNS** for the amazing teamwork and brainpower to ensure that all services run smoothly and everyone feels supported!

### **CLINICIANS CORNER**

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

K. Hummel is a full-time Senior Coordinator for the Administrative team. She is a part of the Masters of Social Work program with the University of Southern California in hopes to gain her LCSW. She is all about patient care and understands the importance of Customer support for each Service Recipient. Especially during this time of transition, Ms. Hummel is everywhere and doing ALL things to get the MPB Group staff organized and running efficiently as an organization.

### **INTERNS CORNER**

We currently have 15 interns at our agency that are working on their graduate license in counseling, social work, or marriage and family

### **CLINICAL TOOLS AND TIPS**

The constant barrage of Coronavirus updates, isolation, and lack of routine can be overwhelming and cause or increase anxiety in anyone. Here are some tips to cope with this unique time:

**Set a routine.** If you are spending more time at home it is important to continue with a regular routine. Maintain a regular time for waking up and going to bed, eating at regular times, and getting ready and dressed each morning.

**Stay mentally and physically active.** You could catch up on a hobby or learn a new language. It's also important to keep physically active. There are many online videos to do exercise in your own home.

**Practice gratitude.** At times of uncertainty, developing a gratitude practice can help you to connect with the positive aspects of your life.

**Notice and limit worry triggers.** As the health situation develops, we are tempted to constantly follow the news or check social media for updates. Limit the time that you are exposed to worry triggers each day. Allow yourself time to do enjoyable activities or watch funny movies.

### **GROUPS**

We continue to provide groups via teletherapy. Please refer to the MPB website, under the heading "Services" to find the "Groups" tab with more information on meeting days and times. You can email MPB Group to inquire about joining a group.

### **QUOTE OF THE MONTH**



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