



JULY

2020



Welcome to our July newsletter! 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.

June has been a very busy month at our agency, and July looks to be even busier. And we are proud about that, because keeping busy means we are providing therapeutic services to many clients and working hard to provide them the best care possible.

While we are abiding by the guidelines for safety during the Coronavirus epidemic, we continue to be available for all offered services. All services continue to be provided via telemedicine tools, but some other changes are occurring. Please read on.....

### **PROGRAM UPDATES**

We have begun the transition for clinicians/interns to return to the office. While services to clients will continue to be provided via teletherapy, approximately one half of the staff will be physically in the office. All safety precautions will be followed, and this change will allow easier collaboration and support between the staff.

Our agency invested in new technology that allows webinar training and advanced video systems. Management staff are utilizing this investment for their own development of leadership skills and for training clinician staff on topics such as suicide assessment, mental status examination, and adoption competency. We will be offering these same training to external mental health professionals.

Finally, we are partnering with **Unite Us**, a network that allows MPB group and other organizations to directly refer clients to needed services.

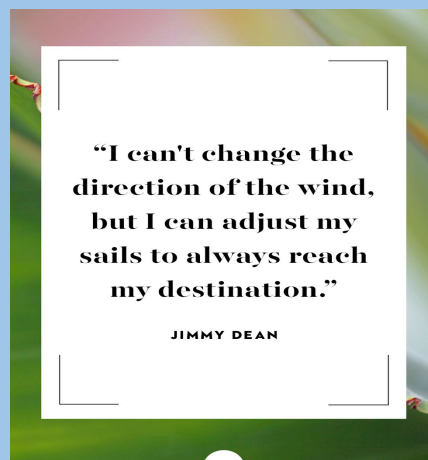
### **INTERNS CORNER**

The summer interns have arrived! They are eager to learn and hone their clinical skills. Interns are performing initial assessments and therapy sessions with clients and are quite resourceful in finding therapeutic activities and ways to engage their clients via telemedicine. Some of the more popular clinical activities are sharing their screen to show videos on coping skills, or adapting card games to include questions about anxiety and depression.

### **GROUPS**

We continue to provide groups via teletherapy. We currently provide groups for anxiety support, adolescent support, substance abuse cessation, and LGBTQ support. More groups are being developed. 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 or call MPB Group to inquire about joining a group.

### **QUOTE OF THE MONTH**



Columbia Office  
6440 Dobbin Rd Ste D  
Columbia, MD 21045 (410) 730-2385

Laurel Office:  
14205 Park Center Drive Ste 201  
Laurel, MD 20706; (301) 317-5800