



SEPTEMBER

2020



Believe it or not, it's September! Welcome to our monthly 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.

September has arrived, and some may have trepidation. School has begun, marking another milestone for adults and children alike. At the same time, unrelated events, both positive and negative, continue to occur as we push forward to the future. While our agency continues to follow guidelines for safety, we remain available for all offered services. Services continue to be provided via telemedicine tools, but as Howard County lessens its restrictions, more staff is returning to the office.

PROGRAM UPDATES

All interns, administrative, and Executive team staff have returned full-time to the office. Clients and staff have adjusted to the technology and creativity that are necessary to progress. Services are running smoothly! On that note, a client was so appreciative that she sent a letter to our Program Director about one of our Marriage and Family therapists, Jennifer Rhodes, who has been with our agency for 3 years. Using both solution-focused and narrative therapy, she specializes in working with couples, families, and those who have experienced trauma. This client engaged in family therapy and was able, with Ms. Rhodes guidance, to successfully address transitions and role changes within the family to restore harmony.

In other news, the Executive Team is attending monthly trainings aimed at improving Leadership skills, including Strategic Thinking, Unconscious Bias, and Accountability.

INTERNS CORNER

With Fall comes new Interns! Each brings a unique skill that will enhance their service delivery. One intern has experience working with people with Obsessive Compulsive Disorders, another with children with special needs, and yet another brings her artistic skills. We even have an intern that worked with pre-school and early elementary school aged children. Their enthusiasm and commitment to help others is so welcomed!

CLINICAL TOOLS AND TIPS

Here is the burning question of the month - "How can I continue to work yet also ensure that my children are online and focused on school work?" Or perhaps "How long will restrictions continue?" Not having control over events and decisions can be frustrating and uncomfortable.

Here are a few reminders to help you continue to practice self-care and find your own control:

- 1) Share how you feel with others and ask for help if needed
- 2) Continue to plan fun activities
- 3) Make time for yourself to reflect and rejuvenate
- 4) Practice gratitude for the positives in your day
- 5) Begin a new activity or hobby to provide novelty in your life

GROUPS

All groups are offered via teletherapy. In addition to our ongoing groups, we are beginning a 12 week series on topics related to coping with the COVID restrictions. Each week will be a different topic and people are welcome to attend as many as desired. 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 at group@mpbgroupinc.com or call MPB Group to inquire about joining a group.

QUOTE OF THE MONTH

Surround yourself with people who are only going to lift you higher

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