



February

2021



Happy New Year. The last newsletter said that the February 2021 edition would be “chock full of updates.” And it is! The percentage of new COVID cases is decreasing and the vaccination roll out is in full swing. Some hope is returning as we long for the “normalcy” that we once had.

It is also Black History Month. Please read on for some background on the importance of this celebration.

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 medication management, 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.

We remain available for all offered services, which continue to be provided via telemedicine tools.

PROGRAM UPDATES

Like most mental health agencies, we have changed our service delivery to that of teletherapy so that we can continue to help our clients despite not being able to provide in-person services. As COVID numbers decrease, we are re-designing our office to prepare for clients returning. We have created more space, re-decorated, and enlivened the atmosphere to make those clients that decide to come back in person feel welcome and refreshed. More on that progress in a future newsletter!

INTERNS CORNER

While some interns have just completed their Masters Level internship, four new interns started their internship in January and are already seeing clients and working as part of the clinical team. At the same time we are entering the “rush” season for new interns to start in Summer or Fall 2021. February is when prospective interns are interviewed and determinations are made on who will be accepted. The focus this year is on having a varied population of interns from different universities, cultures, and interests.

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

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

BLACK HISTORY MONTH RECOGNITION

Carter G. Woodson, an author in the 1920's whose parents were slaves, was the second African American to earn a Ph.D. at Harvard University. He recognized that little information was taught in schools about African American history and achievements, so he created an association to record their history. In 1926, he asked schools to celebrate a Black History week to allow all students to learn the topic. He chose the 2nd week of February to commemorate the birthday of Frederick Douglass, an abolitionist who escaped slavery. In 1976, President Ford expanded it to a full month of recognition. The theme of Black History Month 2021 is "The Black Family: Representation, Identity, and Diversity." There are many ways to honor and recognize the achievements of Blacks, as well as evaluate past and current racism. Some ideas are to learn more about Black history, support Black businesses, and contribute to or volunteer at anti-racism organizations.

GROUPS

At this time, all 10 groups are offered via teletherapy. The Love Languages Group, aimed at facilitating communication between partners, and a Substance Abuse Treatment group for adolescents, have started in the last month. 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 us at group@mpbgroupinc.com or call MPB Group to inquire about joining a group.

QUOTE OF THE MONTH

“I would unite with anybody to do right and with nobody to do wrong.”

– Frederick Douglass

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

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

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

www.mpbhealth.com