



April
2021



The first quarter of 2021 is completed! The saying is that April showers bring May flowers, but I hope it's mostly sunny with a (high) chance of tree blossoms! With the warmer weather, places are re-opening and more people are venturing outdoors. Let us dust off our rusty social skills and (figuratively) embrace a new season.

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.

PROGRAM UPDATES

Our agency is busy and dedicated to helping provide quality clinical services to all clients. We are beginning to plan for both clients and staff who are interested in returning to in-person services. Stay tuned! This month, we are headlining two important staff members. Taylor Bracalante has worked at this agency for 3 years. Her consistent devotion and dedication to the growth of our team has led to her most recent promotion to Senior Administrative Assistant. She learns fast, has a bright smile, and works well under pressure. Our other staff is Mikaela Kim. She once interned here and now has been a clinician at MPB for 5 months. She works with adolescents and specializes in depression and anxiety. An interesting fact about her is that she plays the cello.

INTERNS CORNER

Interns are highlighted each month so that our community knows the skills and energy that our interns possess. This month, we present Kelsey Rood. She is a Masters student at Johns Hopkins University and will be at the agency until May. She enjoys working with clients diagnosed with anxiety disorders and is co-leading the Grief and Loss support group. An interesting fact about her is that she has spoken at two conferences on mental health.

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CLINICAL TOOLS AND TIPS

As people get closer to interacting more face to face, many are realizing that they are feeling anxious at the idea. They have grown used to talking via Zoom, dressing down, and having the option to not show their face. Past anxieties of saying the wrong thing, or feeling self-conscious about physical attributes, are returning. We may be out of touch with friends, or lost the ability for sustained conversations outside of work. The good news is that our "social muscle" will return with practice. Avoiding social interactions is not the answer, as your anxiety will only grow. Start out slow, rehearse conversation starters ahead of time, and voice your worries. You may want to practice with family members with whom you are also reacquainting. Many people just like you will be struggling with feeling awkward and will appreciate knowing that they are not alone.

GROUPS

At this time, all 10 groups are offered 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 us at group@mpbgroupinc.com or call MPB Group to inquire about joining a group

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