



March
2021



March is finally here! Spring is a few weeks away, as is the changing of our clocks. This means longer days of sunlight! Many changes are happening this month, including children returning to school and adults perhaps returning to or finding new jobs. As the light at the end of the tunnel is shining brighter, let's see how we can support each other to be happier.

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

Some structural changes have occurred in the past month. Tracey Pauls, LCPC, is now the Associate Program Director of the Integrated Services Center, assisting those clients with both a mental health and substance abuse disorder. We welcome her to the Executive Leadership team. We now have 4 Associate Program Directors that oversee 4 distinct branches of our agency. Mika Uematsu, LCSW-C, oversees the Trauma Recovery Center, aimed at training clinicians in this specialization and caring for those clients who have experienced trauma. Mary Blackwood, LCMFT, runs the Couples and Family Institute, specializing in treating couples and families, including those caring for children in the adoption, foster care, or kinship care program. Naomi Weller, LCSW-C, directs the Mental Health Training Institute that trains the emerging and licensed clinicians via supervision, trainings, and professional development.

INTERNS CORNER

Interns will now be highlighted each month so that our community knows the skills and energy that our interns possess. This month, Fatima is being highlighted. She is a 2nd-year Intern from Johns Hopkins University and will be at MPB Group until May, 2021. She enjoys working with children and has been co-leading the weekly Middle School Support Group. An interesting fact about Fatima is that she loves to paint and has a small business where she creates and sells custom art pieces.

CLINICAL TOOLS AND TIPS

Although it's said that March ends "like a lamb", it often comes in "like a lion." The weather is erratic and it may be blustery one day and sunny the next. But let's rally and come up with some ideas to hold us until Spring.

- 1) Even if you don't feel like it, get outside for some sun and fresh air!
- 2) A lessening of some of the COVID restrictions is on the horizon. Make a list of the things that you want to do when each restriction is lifted. For example, when restaurants allow more people, you plan to eat out. Later, when we can congregate in bigger groups, you plan to have a party.
- 3) Hygge - it's a Danish word that means an atmosphere of coziness, wellbeing and happiness. This means setting the mood in your home of candles, cozy blankets, reading, and soothing music.

GROUPS

At this time, all 10 groups are offered via teletherapy. The newest group, aimed at supporting those that are dealing with **grief and loss**, begins this 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.



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