



July
2021

June was such a beautiful month and the days passed so quickly that it was over before this newsletter got written! So now it's July.....

ALL restrictions due to COVID have been lifted. People are congregating again and attending events. This is a good time to try new things, recognize others' kindness, and appreciate your current status.

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, trauma services, 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

Each month, we headline an important staff member. Lindsey Aumick has been with MPB for 2 years. She is both a licensed counselor and a licensed art therapist, specializing in anxiety and trauma with people of all ages. Additionally, she loves to dye her hair in rainbow colors every chance she gets!

Our staff and services continue to grow to meet the needs of our clients. We re-opened our Laurel office and staff is ready for both in person and teletherapy clients! In the month of June, we hired a Psychiatric Nurse Practitioner, Veronica Garcia, two of our clinicians began working full-time, and two interns returned to work as clinicians!

At this time, both offices are open to in-person sessions for **all** services. Those who prefer to remain doing teletherapy have that option.

INTERNS CORNER

Interns are highlighted each month so that our community knows the skills and energy that our interns possess. This month, we present Mallory Marra, a 2nd-year intern from Loyola University who will be at MPB until December 2021. She enjoys working with teenagers and adults, and she brings an interest in anxiety disorders as well as grief and loss. Some interesting facts about her include that she practices transcendental meditation and is learning how to play golf.

One of the skills that interns learn is to co-lead groups with clinicians. Almost every intern is either planning or leading a group at this moment. Progress is made when you push past your comfort zone!



CLINICAL TOOLS AND TIPS

Mental Health month was in May. Gay Pride and Juneteenth month was June. And July is American Heritage month! We celebrate the United States becoming its own nation, with its own rules separate from England. Is there anything you would like to do independently, such as individuate from your friends, or start a new job or hobby? Or is it something like forming a positive habit or changing your mindset? As some barriers melt away, this just may be the month that you re-evaluate your choices and routine and try something new.

GROUPS

Some of the group offerings have changed. The newer groups, such as the Grief and Loss Group, the Trauma Recovery Group, and the Empowering Youth Affected by Parental Substance Use Group, are in full swing but could always benefit from more members. Group members may attend in person, but they also have the option to remain attending via group teletherapy. Please refer to the MPB website, under the heading "Services" to find the "Groups" tab with more information on meeting days, times, and how to join. You can email us at group@mpbgroupinc.com or call MPB Group with any questions.



Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future. The past is closed and limited; the future is open and free.

– Deepak Chopra

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