

**HOWARD COUNTY
BEHAVIORAL HEALTH PROVIDER
COVID-19 RESOURCE &
RESPONSE CALL #10**

Howard County COVID-19 and
Vulnerable Populations: **May 20, 2020**
Veterans and Caregivers

 HOWARD COUNTY
HEALTH DEPARTMENT
Promote. Preserve. Protect.

Howard County LHC
Local Health Improvement Coalition

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HOUSEKEEPING

Participants will be muted upon entry.
Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
 - Please mute yourself during discussion/questions if not speaking

Use the "chat" feature to ask questions during the presentation.

- View Participant list on computer— opens a pop-out screen that includes a "Chat" icon that you may use to submit questions
- Question/ comment can also be added to the chat box throughout the meeting

This meeting will be recorded...presenters may have cameras on.

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Q & A

**Please use the Chat Box to
submit questions!**

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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WELCOME & OPENING REMARKS

Roe Rodgers-Bonaccorsy

Director, Bureau of Behavioral Health
Howard County Health Department

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PURPOSE

GOAL:
Learn how behavioral health providers are serving vulnerable populations (veterans and caregivers) and what resources are available to them during the COVID-19 outbreak.

OBJECTIVES:

1. Welcome & Opening Remarks
2. Serving Together Connecting Veterans
3. Maryland Department of Health
4. Steve A. Cohen Military Family Clinic
5. Howard County Office of Veterans and Military Families
6. Q&A and Closing Remarks

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SERVING TOGETHER CONNECTING VETERANS

Melissa Barber

Program Manager
Serving Together Connecting Veterans

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ServingTogether.
Connecting Veterans.
A program of EveryMind.
Affiliated with AmericaServes

ServingTogether Overview

Melissa Barber
Program Manager,
ServingTogether, a program of EveryMind

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ServingTogether was created to simplify access to the wealth of resources in the National Capital Region

- Program of **EveryMind**, a nonprofit with over 60 years of service in Montgomery County
- Affiliated with **Institute for Veterans and Military Families (IVMF)** as one of the 17 AmericaServes coordination centers creating access to resources in the United States
- **One-Stop Shop** of resources and connection for all military, veterans and their families and caregivers in the National Capital Region

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Community of Care

- Coordinated network of public, private and non-profit organizations
- Representing over 95 in-network organizations in NCR
- Simplify navigation
- Increase awareness of many available services
- Create streamlined process for intake
- Reduced frustration in accessing services

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COVID-19 Needs

53% of clients requests are related to COVID-19.

Top Concerns Related to the National Emergency:

- Income Support
- Employment
- Mental Health
- Food
- Housing

April 28: Navy Veteran called the ServingTogether Peer Navigation line looking for assistance. During the intake, the Peer Navigator had a discussion with the client and learned that he currently receives mental health services from the VA but was open to receiving teletherapy during this National Emergency.

The veteran was connected to three providers in the ServingTogether network, including the Steven A. Cohen Military Family Clinic, Project Horse Empowerment Center, and the Lone Survivor Foundation.

The client also expressed interest in receiving a service dog due to loneliness and depression and a home aide. Warrior Canine Connection accepted the referral and contacted the client. Contact information for home-based care was provided to the client.

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Employment, Apprenticeships & Skills Development

DOG TAG Bakery

HIRE HEROES USA

USO Pathfinder
USO TRANSITIONS

EMPLOY PRINCE GEORGES

VCP
VETERANS CREATION PROGRAM

nvtc
VETERANS EMPLOYMENT INITIATIVE

WARRIORS ETHOS

easterseals
Veteran Staffing Network

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Health & Wellness

Bridle Paths

LONE SURVIVOR FOUNDATION

MARYLAND Department of Health
Maryland's Commitment to Veterans

Melwood
VETERANS SERVICES

PROJECT HORSE EMPOWERMENT CENTER

WILLING WARRIORS

The Steven A. Cohen
Military Family Clinic
at Easterseals

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Education

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Legal

Benefits Eligibility

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Social Enrichment

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Money Management



Financial Empowerment Center
of Loudoun County

BRIDGE BUILT BY THE BROADWAY FOUNDATION



WORLD FINANCIAL GROUP

And so much more!

- Financial Assistance
- Housing
- Clothing & Household Goods
- Entrepreneurship
- Food Assistance
- Health
- Mental Health
- Spiritual Enrichment
- Utilities
- Sports & Recreation
- Transportation
- Substance Use

www.EveryMind.org
www.ServingTogetherProject.org

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ServingTogether Communications

- Weekly e-Newsletter highlighting:
 - Events
 - Job Fairs
 - Resources
 - Military and Veteran specific news and updates
 - Specifically for the National Capital Region (Northern Virginia, DC, Maryland)
- Social Media
 - Facebook: facebook.com/ServingTogetherProject
 - Twitter: @servingtogether
 - LinkedIn: linkedin.com/in/serving-together-991a4688



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ServingTogether Collaboratives

- Networking meetings for organizations supporting military and veterans:
 - Fort Belvoir Community Collaborative
 - Fairfax County Veterans Collaborative
 - Loudoun County Community Veterans Engagement Board
 - Washington DC Military & Veteran Action Network
 - Montgomery County Veterans Collaborative
 - Frederick Veteran Support Network
 - Prince George's County Veterans Collaborative
 - Southern Maryland Veterans Collaborative



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ServingTogether Education & Training

- Free Educational Training Opportunities for Organizations in the Mid-Atlantic
 - Previously Recorded Events:
 - Recognizing the Effects of Secondary Traumatic Stress & Burnout
 - Military Culture and Moral Injury in Veterans
 - Serving the Unique Needs of Minority Veterans and Sub-Populations
 - More upcoming trainings this year!
- Mental Health First Aid: Military/Veterans Module

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Questions?

For more information, visit:
servingtogetherproject.org

Melissa Barber
mbarber@every-mind.org

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MARYLAND DEPARTMENT OF HEALTH

Angel Powell

Southern Regional Resource Coordinator
Service Access and Practice Innovation,
Behavioral Health Administration,
Maryland Department of Health

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Maryland's Commitment to Veterans
Angel Powell
Contact Us at:
 410.777.7649
ha.maryland.gov



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Our Team

- ❖ **Joy Ashcraft, LMSW**
Director, Maryland's Commitment to Veterans
- ❖ **Angel Powell**
Southern Regional Resource Coordinator; Social Media and Communications Lead
Serving: St. Mary's, Calvert, Prince George's and Charles Counties
- ❖ **David Galloway**
Western Regional Resource Coordinator; Education and Outreach Lead
Serving: Garrett, Allegany, Frederick, Carroll, Montgomery, and Washington Counties
- ❖ **Dina Karpf**
Eastern Regional Resource Coordinator; Intensive Case Management Lead
Serving: Kent, Queen Anne's, Caroline, Cecil, Talbot, Dorchester, Wicomico, Worcester and Somerset Counties
- ❖ **Richard Reed**
Central Regional Resource Coordinator; Communications and Data Analyst Lead
Serving: Baltimore City, Baltimore, Harford, Howard, and Anne Arundel Counties



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What We Do

- ❖ Referral Services
- ❖ Case Management
- ❖ Outreach & Education
- ❖ Trainings
 - Military Culture
 - Peer Support
 - ROR: Social Determinants of Health
 - ROR: Adverse Childhood Experiences
 - Suicide Prevention:
 - safeTALK
 - Applied Suicide Intervention Skills Training



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Eligibility

Who is eligible?

Approximately 450,000 Maryland veterans are currently eligible to utilize services provided by Maryland's Commitment to Veterans.

How does it work?

Maryland's Commitment to Veterans' mission is to help veterans transition into healthy civilian life. We are available to answer questions, address concerns, or help with any obstacle a veteran and family might face and serve as the connection to wellness services they need. We are committed to providing veterans the assistance they require while transitioning to healthy civilian life – 24/7.

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Where are we?

Regional Resource Coordinators cover the entire state of Maryland; providing services to every jurisdiction in the state. They assist in coordinating comprehensive wellness services, including mental health and substance use disorder services.

For further information, please visit our website:
<https://veterans.health.maryland.gov>

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Crisis Funding

Maryland's Commitment to Veterans currently has crisis funds available for veterans who require assistance with behavioral health or behavioral health supportive services. Veterans must meet program requirements to receive a one-time grant of up to \$500.

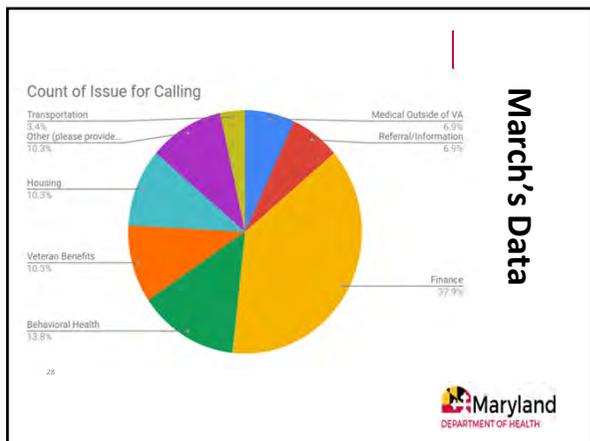
Veterans are required to complete the Crisis Referral Intake form and provide the additional documents listed here:

- ❖ Copy of your DD214
- ❖ Copy of your delinquent utility bill, eviction notice, doctor invoice
- ❖ Copy of referral letter from additional organizations you are working with to correct this situation
- ❖ Contact information to their behavioral health provider

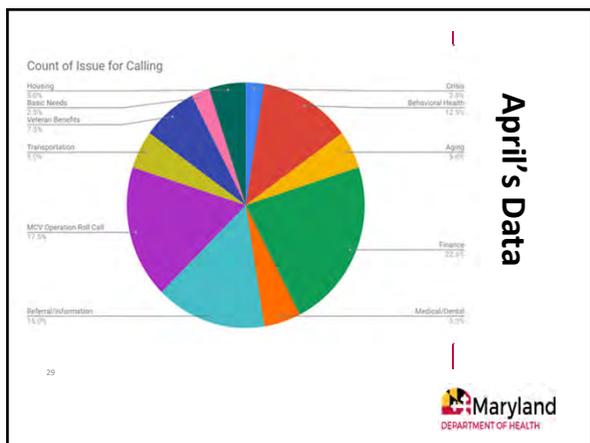
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Operation Roll Call

During these uncertain times.....

Maryland's Commitment to Veterans is here to help.

Military Veterans and/or Veteran's family members residing in Maryland can sign up for the free MCV Operation Roll Call program to register for a once a week or bi-weekly call with a Regional Resource Coordinator.

If you would like to register
 Call the MCV 24/7 Hotline
 1(877) 770 4801

Maryland DEPARTMENT OF HEALTH

Maryland DEPARTMENT OF HEALTH

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Contact Us

1(877)770-4801
bha.mcv@maryland.gov

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Questions???

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STEVE A. COHEN MILITARY FAMILY CLINIC

Mallory T. Lass

USAF Ret Outreach Manager,
Steven A. Cohen Military Family Clinic at Easterseals

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The Steven A. Cohen
Military Family Clinic
at Easterseals



**Services at Cohen Clinic
Mallory Lass (Ret, USAF)
Outreach Manager**

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WHO WE ARE

- An independent 501 (c) 3 non-profit organization
- The Cohen Veterans Network in partnership locally with Easterseals since 2017.
- CARF accredited Clinic



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WHAT WE DO

- The Steven A. Cohen Military Family Clinic at Easterseals provides high-quality and accessible mental health care to the **ENTIRE MILITARY FAMILY** to include active duty, all veterans, Guard and Reserves, their families and caregivers.
- Services are provided regardless of military discharge and/or ability to pay. *if served one day, eligible for services*
- Family includes parents, siblings, spouses or partners, dating couples, children of any age and caregivers.



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SERVICES

<p>TYPES OF APPOINTMENTS:</p> <ul style="list-style-type: none"> • Counseling for individuals, couples, children/adolescents and families • Case Management • Telehealth • Medication Management • Skill-Building Workshops/Groups 	<p>EVIDENCE-BASED THERAPIES:</p> <ul style="list-style-type: none"> • Cognitive Behavioral Therapy • Cognitive Processing Therapy • Motivational Interviewing • Problem Solving Therapy • Couples Therapy (Gottman Model) • Prolonged Exposure Therapy • EMDR
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The Steven A. Cohen Military Family Clinic at Eisenhower  37

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WHAT WE TREAT



- Depression
- Stress and Anxiety
- Post-Traumatic Stress
- Sleep Difficulties
- Anger
- Grief and Loss
- Transitional Challenges
- Relationship and Family Difficulties
- Parenting Issues
- And more...

The Steven A. Cohen Military Family Clinic at Eisenhower  38

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COVID-19 RESPONSE

- Opened to Active Duty to assist with growing demand for Mental Health Services on DOD Installations
- 100% Telehealth Services as of March
- Telehealth care Increased by 65%
- Increased requests for couples counseling by 17%
- Opened wellness activities to general public
- Increased incidents of stress and anxiety as related to COVID-19

The Steven A. Cohen Military Family Clinic at Eisenhower  39

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HOW TO GET STARTED WITH CARE

- **No Referral Needed!!!**
- Phones answered 24/7
- Call Clinic at **(240) 847-7500** to complete intake over the phone.
 - The Intake is a brief screening of client needs
 - Each client must have a completed intake and each adult must complete their own intake for care
 - Appointments will be scheduled following completed intake



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TELEHEALTH

- Face-to-face video therapy delivered online through HIPAA compliant Zoom platform
- Telehealth is shown to be equally as effective as in-person therapy
- Available to anyone in Maryland, DC or Virginia
- What you need for telehealth
 - Device with audio + video capabilities
 - Stable Internet Connection
 - Private and secure space



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WELLNESS WORKSHOPS AND EVENTS



- Virtual Mindfulness and Gentle Yoga
 - Wed, May 27, June 10 & 24 @ 5pm
- Virtual Shakespeare at Cohen with The Chesapeake Shakespeare Company
 - Wed, May 27 – Jul 29 @ 6 pm
- Financial, legal, educational, health and wellness workshops

** We are interested in collaborating with community partners to offer more programs!



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ECOSYSTEM OF SERVICES

- **Veteran Staffing Network & Homeless Veteran Reintegration Program**
 - Career Coaching
 - Job Placement & Recruiting
- **Respite Care**
- **Inclusive Child Development Centers**
 - Provide physical, occupational, and speech therapy in the natural environment
 - Little Warriors Program
- **Adult Day Services**



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HOURS OF OPERATION

Monday:	8am-6pm
Tuesday:	8am-6pm
Wednesday:	8am-8pm
Thursday:	8am-6pm
Friday:	8am-3pm
Saturday:	9am-1pm*

* (2nd and 4th Saturdays)



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CONTACT US

The Steven A. Cohen Military Family Clinic at Easterseals
1420 Spring Street, Suite 300
Silver Spring, MD 20910

Call: (240) 847-7500
Email: info.mfc@eseal.org
Visit: www.mfc.eseal.org

Mallary Lass
mlass@eseal.org

Connect:
[facebook.com/CohenClinicESDC](https://www.facebook.com/CohenClinicESDC)
[@CohenClinicESDC](https://twitter.com/CohenClinicESDC)



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LEARN MORE ABOUT US



Take a virtual tour:
<https://www.facebook.com/CohenClinicESDC/videos/457938048074002/>

Sign up for our newsletter:
<http://bit.ly/CohenClinicNewsletter>



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Questions? Mally Lass – mlass@eseal.org



OLDEN VETERANS NETWORK

SERVING MILITARY FAMILIES

We are here to help the entire family with the challenges that come from service.



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OFFICE OF VETERANS AND MILITARY FAMILIES

Lisa B. Terry

Manager of Office of Veterans and Military Families,
 Howard County Department of Community Resources
 and Services

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"We are going to need to depend on each other, to look out for each other, and to take care of each other, because we are all in this together."
- Governor Hogan

A photograph of a sign posted on a black metal fence at a day care facility. The sign is white with red and blue text and graphics. It says "We are in this TOGETHER!" with a small graphic of people holding hands. The sign is attached to a fence in front of a building with a blue awning.

A sign outside a day care facility in Forest Hill says: "We are in this together." (Elizabeth Janney/Patch File)

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