



ARUNDEL LODGE behavioral health
hope re-imagined

January 2018



Our Mission!

Improving the lives of children, adults, and families impacted by mental health and substance use disorders.

[Donate Today](#)

[Sign up for Amazon Smile](#)

Greetings!

Happy New Year!

Start the year off right. Join Arundel Lodge and NAMI for the next speaker series presentation of *The Glimpse: A Look Inside Mental Health*, featuring therapist and winner of Miss International 2015, Elise Banks, M.S., LCP. See details below in Highlights.



Making Their Way Toward Adulthood

In January 2018, the Supported Employment Transition Age Youth Program (SEP-TAY) at Arundel Lodge celebrates one year of operation.

Youth served have been making great strides as they've worked toward high school graduation, enrolling and completing college, and finding their career of choice. These young adults are learning that their diagnosis does not define them nor dictate their ability to pursue their dreams and be successful.



Read the compelling stories of two SEP-TAY clients.

GO GRRRLS!

Arundel Lodge is providing a spring Go GRRRLS group session for middle school girls, ages 11 to 14. The group will meet for 10 weeks on Thursdays, from March 1 - May 3, 4:00 - 5:30 p.m., at Arundel Lodge.

GO GRRRLS!

Middle school can sometimes be too much!

- Too many rules
- Too much homework
- Friends arguing
- Dating questions
- People telling you to,
"Be more responsible!"



Get Connected! Get Empowered!

Join other girls who want to de-stress, take control,
and just be themselves.



10 sessions

Go Grrrls will meet on Thursdays
from March 1 until May 3,
4:00-5:30pm at Arundel Lodge.



To Sign Up Call:
Kate Mercurio, LGSW
443-433-5891



The Go GRRRLS program focuses on empowerment, resilience training, and positive peer support and will explore a variety of topics relevant to adolescent girls, including friendship, communication, self-esteem, assertiveness, bullying, setting goals, safe decision making, problem solving, seeking help, and more.

Here's what one of the girls in our last group had to say when asked what she liked most about participating in the group:

"[I liked] being able to talk about stuff without being scared of getting in trouble or of other people finding out."

Another said,

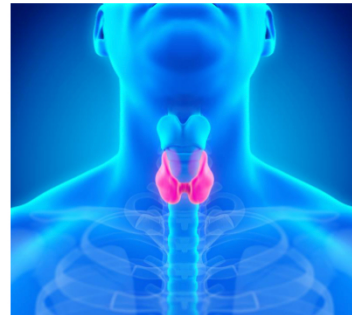
"I liked Session 5 because it showed me how to know who a real friend is."

For more information or to enroll your child, contact [Kate Mercurio](#) .

Did You Know ...

Thyroid Dysfunction Can Be Mistaken For Mental Illness

The thyroid is a butterfly-shaped gland at the front of the neck. Its job is to produce hormones which regulate our metabolism, that is, the speed at which energy is used by our bodies. Thyroid hormones are secreted into the bloodstream then carried to every tissue and organ in our bodies and help the body keep the brain, heart, muscles, and other organs working as they should. Too much or too little thyroid hormone can affect brain function. If the thyroid is under-active (hypothyroidism) or over-active (hyperthyroidism), the emotional symptoms that one experiences can be similar to the symptoms associated with various mental health disorders.



Keep Reading

Highlights

The Glimpse: A Look Inside Mental Health ...

"Healthy Mind - Successful Life!"

Join us for Arundel Lodge's second speaker series



Join us for Arundel Lodge's second speaker series presentation as we partner with NAMI, Anne Arundel County Chapter. Together, we bring you Elise Banks, M.S., LPC, licensed counselor and winner of Miss International 2015. Ms. Banks advocates internationally for mental health and serves as a National Ambassador for the National Alliance for Mental Illness (NAMI). She is also an Executive Board member for NAMI Texas and for Menninger Clinic, a leading psychiatric hospital in Houston, TX. "Healthy Mind-Successful Life" will touch on:



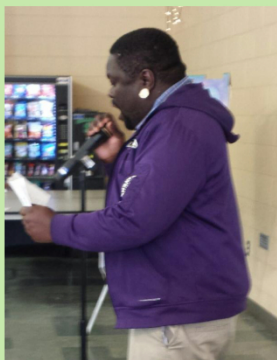
- Pre-empting Crises through Self-care
- Her experience with Mental Health and the African American Community
- Combating Mental Health Stigma

Register at [EventBrite](#) .

Your \$10 donation includes light refreshments and a T-shirt (you must attend the event to collect your T-shirt; available while supplies last).

Talent Show

The theme for Arundel Lodge's 2017 Talent Show was "Like a Snowflake, We Are All Different in Our Own Beautiful Way." Clients played well practiced pieces on the violin, guitar, and piano; sang their favorite songs; reported on the weather, danced for the crowd, and read original poems. Each act highlighted the beauty and uniqueness of the people we serve and touched audience's hearts.



Tumani - "Frozen" by Madonna



Lois - "The Old Rugged Cross" by Kenny Chesney



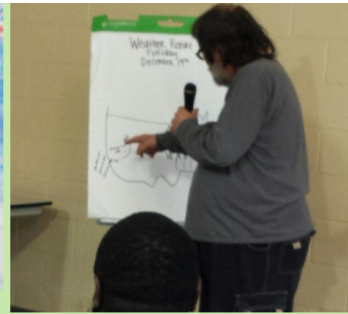
Joanie - "When the Sun Goes Down" by Alan Jackson



George - "Keep It Together" by Madonna



Andy - "Cold as Ice" by Foreigner



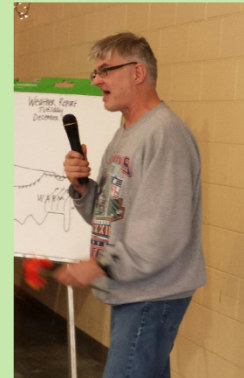
Larry - the weather report

Joey, a client and much loved fellow staff member, sums up his feelings about Arundel Lodge in an original poem:

"The flower looks nice like the people I see everyday at the Lodge. They make my day, every day and they make me feel nice, just like the flower, every day.

When I get up in the morning, I am so happy to come to the Lodge to see my friends and staff because they make me feel good.

I love coming to the Lodge with the people I love and who love me."



Arundel Lodge FAQ



Arundel Lodge receives many recurring questions from community members wanting to know more about what we do, those we serve, and the programs and services we offer. We are pleased to provide the community with answers in this section. If you have any questions, email them to "[I Have a Question](#)" and we will do our best to answer them. You may even see your question in our next newsletter!

Q: Can I use private insurance at Arundel Lodge?

A: Yes. And many people do. Arundel Lodge accepts several private insurance carriers in its Outpatient Mental Health Clinic. Many therapists in the community do not take insurance because of the complicated matter of collecting reimbursements for services rendered. But Arundel Lodge sees it as part of its mission to help as many people in need as we are able. To find out if we accept your insurance, please call 443-433-5900.

[Read Previous FAQs](#)

Meet the Team - Visual Arts Programs

The visual arts programs at Arundel Lodge are our most popular. Clients report that producing art and expressing themselves creatively helps them cope with trauma and aids in recovery. The program is comprised of art classes provided through our Day Program, and activities coordinated through the Open Eye Gallery and Studio Program, which helps artists exhibit their works in galleries across the region, as well as in Arundel Lodge's own Open Eye Gallery. Meet Corinna Woodard and Mark Rollamas, the dynamic duo who run the visual arts programs.



Corinna Woodard, Director, Open Eye Gallery and Studio, received her Master's Degree in Art Education from Advanced Computing Center for the Arts and Design (ACCAD), and her Bachelor's Degree in Art Education from Ohio State University. Corinna has completed additional course work at the Columbus College of Art and Design and CPIT, Christchurch, New Zealand.

We asked Corinna what brought her to Arundel Lodge: "I drove by one day and noticed the Open Eye Gallery sign out front and stopped in to find out more. Katerina Evans (former Open Eye Art Gallery Director) kindly gave me a tour. I met Katerina once again at the Muddy Creek Artists Guild, of which we are both members, and she invited me to consider volunteering at Arundel Lodge. I took her up on the offer. I knew that for me this was the place to be! When the Gallery Director position became available, I jumped at the chance to apply. I'm so glad I did and it's great to be here!"

Corinna Woodard is focusing on increasing awareness about the promotion of health and wellness through participation in the visual arts. She would also like to expand the volunteer program by hosting visiting artists and offering volunteers opportunities to work in the art room framing and hanging art work for exhibits, assisting persons served in creating art, acting as docents, and helping to maintain the Open Eye Gallery and Art Studio spaces.

To volunteer for the Open Eye Gallery & Studio, contact [Corinna Woodard](#), 443-433-5914.

Mark Rollamas, Day Program Art Teacher, is currently attending Anne Arundel Community College for a degree in Visual Arts and Graphic Design. He originally joined Arundel Lodge to broaden his teaching experience in the art field. Mark says, "I found myself becoming more focused on serving others – it was no longer just about my experience as an artist, but rather about helping others where art is used as a mediator. I gradually began to understand the healing effects creating art can provide."

Last fall, Mark took a brief hiatus and traveled to Thailand to pursue his passion for kickboxing. Aside from participating in kickboxing competitions, Mark took care of elephants, visited temples, and learned about the culture of the Thai people. He has returned to Arundel Lodge to continue working with the clients because, "working in the art room was a highlight of my days here. The atmosphere was always cheerful and it was always a rewarding feeling helping others progress in art or just helping them get through their day."

Volunteer Opportunities





I interested in volunteering at Arundel Lodge? See our volunteer opportunities and choose the one that's right for you! [Read more](#) .

Be part of the Arundel Lodge volunteer team!

Contact [Cindy Garmoe](#) or call (443) 433-5906

We Hit the Crock-Pot!

Staff in the Senior Residential Rehabilitation Program, who help clients learn to cook healthy meals, wrestle for a crock-pot donated by Bronwyn Belling! Thank you Bronwyn!



[Visit Arundel Lodge's Amazon Wishlist](#)

Community Happenings

Anne Arundel County Free Year-Round Prescription Medication Disposal Program

ANNE ARUNDEL COUNTY FREE YEAR-ROUND PRESCRIPTION MEDICATION DISPOSAL PROGRAM

Drop Off Your Expired, Unwanted and Unused Medication Safely at These Locations 24 Hours Daily, 7 Days a Week:

Anne Arundel County Police Department	
Norham District 519 Hammonds Lane Beltsville, MD 21053 410.222.6155	Seabrook District 35 Seabrook Lane Edgewater, MD 21037 410.222.1981
Eastern District 20474 Deltone Road Poolesville, MD 21774 410.222.6155	Western District 32777 The Woodford Road Columbia, MD 21046 410.222.6155
Maryland State Police	
4800 Annapolis Boulevard Dorsey Springs, MD 21041 410.766.0100	

Anne Arundel County offers a free year-round [Prescription Medication Disposal Program](#) where you can drop off your expired or unused medications safely 24 hours daily, 7 days a week.

Misuse of prescription opioids can lead to addiction and can cause unintentional overdose or death. Opioids include prescription drugs such as hydrocodone (Vicodin®) and oxycodone (OxyContin®, Percocet®).

[Website](#) [About](#) [Programs & Services](#) [Resources](#) [Contact Us](#)

Arundel Lodge, Inc.
2600 Solomons Island Rd
Edgewater, MD 21037
Phone: (443) 433-5900