



March 2018



### Healthy Lung

#### Our Mission!

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

[Donate Today](#)

[Amazon Smile](#)



### Lung Cancer

#### Greetings!

Arundel Lodge is moving...toward being a tobacco and smoke free facility, that is! See article below.



## UPDATE

### Smoking Cessation at Arundel Lodge

Arundel Lodge is developing a policy that will promote positive health behaviors and provide a healthier and safer environment for employees, clients, and visitors. We are calling it the *Be Healthy Program!* Through this program we are offering staff and clients resources to help them quit using smoke and tobacco products.

Starting March 1, 2019, the use of smoke or tobacco products or devices will no longer be permitted at our main campus, 2600 Solomons Island Road, Edgewater, or at our satellite office, 1419 Forest Drive, Annapolis. This includes, but is not limited to cigarettes, e-cigarettes, vape pens, JUULs, pipes, and chewing tobacco.



If you have suggestions to improve our process or if you have any questions or concerns, contact [Lillie Hinkelman](#), (443) 433-5913 or [Laura Murnighy](#), (443) 433-5931.

## DID YOU KNOW...

### Tobacco Companies Made a Habit of Targeting People with Mental Illness

According to the World Health Organization, tobacco kills up to half of its users-about 6 million people annually; an additional nearly nine hundred thousand people die from the effects of second-hand smoke; and **more**

**than 40 percent** of the big tobacco market is made up of individuals with mental illness. Coincidence? Not at all!



[Keep Reading](#)

## HIGHLIGHTS

### Save the Date!

#### The Glimpse: A Look Inside Mental Health

Join us for a FREE community event. Arundel Lodge, AACMHA, AAC Partnership for Children, Youth and Families, and SAMHSA are "**Partnering for Health and Hope Following Trauma**," the theme for the 2nd Annual Anne Arundel County Children's Mental Health Awareness Day.

**May 10<sup>th</sup>**  
**Arundel Lodge's main campus**  
**2600 Solomons Island Road, Edgewater, MD**  
**5:30 - 9:00 pm**

First Lady Yumi Hogan will be our honored guest and County Executive Steve Schuh will provide a special welcome. Additional Special Guests will include Anne Arundel County State's Attorney Wes Adams, Anne Arundel County Acting Health Officer Frances B. Phillips, R.N., and Annapolis Mayor Gavin Buckley.

The event will feature a live panel discussion with local experts, resource tables, and interactive wellness activities, including music therapy, massages, food, and therapeutic arts.

Click the flyer to register at [Eventbrite](#)



2nd Annual Anne Arundel County  
 Children's Mental Health  
 Awareness Day 2018

"Partnering for Health and Hope Following Trauma"

**Thursday, May 10th 5:30-9pm**

Location: Arundel Lodge  
 2600 Solomons Island Road, Edgewater, MD 21037

Join Us For A FREE Community Family Event

Featuring:

First Lady Yumi Hogan, County Executive Steve Schuh, State's Attorney Wes Adams, Health Officer Frances B. Phillips, Mayor Gavin Buckley

LIVE & LEARN WITH LACE CAPSULE  
Resource Tables  
Interactive Wellness Activities  
(Music Therapy, Massage, Food, Therapeutic Arts)



Honored Guest, First Lady of Maryland, Toni Hagan

Special Guest in Attendance:  
Gene Laska, Anne Arundel County Executive

Register at [www.Eventbrite.com](http://www.Eventbrite.com)

Search: 2nd Annual Anne Arundel County Children's Mental Health Awareness Day 2018



"The Glimpse: A Look Inside Mental Health" - Arundel Lodge Speaker Series  
Questions or ADA Accommodations: Call AACo Mental Health Agency 410-222-7858. Contact: Anne Odum

### You're Invited to Breakfast



Be our guest at Arundel Lodge on Wednesday, April 25, 2018, 8:30 - 10 am, to learn what Arundel Lodge is doing to save lives, by increasing access to mental health and substance use treatment services for Veterans and their families in Anne Arundel County.

R.S.V.P. by April 18th  
Email [Kristin Lolmaugh](mailto:Kristin.Lolmaugh@aaacounty.org) or call (443) 433-5907

### 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](mailto:info@arundelodge.org)" and we will do our best to answer them. You may even see your question in our next newsletter!

#### Q: How does a community member in need apply to be in the Residential Rehabilitation Program?

**A:** Applicants interested in applying for the Residential Rehabilitation Program will need to have a [Residential Rehabilitation Program \(RRP\) Application](#) completed by a mental health professional who works closely with the applicant. The applicant must sign the [RRP Consent For Release of Information Form](#) and must meet the Medical Necessity Criteria (appropriate diagnosis). The Medical Necessity Criteria must indicate why the applicant cannot function independently in the community with other mental health services.

The application must be sent to the County [Core Service Agency](#) of the applicant's home origin (based upon the applicant's current or last known address in the community prior to inpatient hospitalization, incarceration, residential crisis bed, or current state of homelessness).

RRP providers interview eligible applicants as vacancies occur (as directed by the County Core Service Agency). Questions regarding program vacancies should be directed to the Core Service Agency of your County. For Anne Arundel County, the Core Service Agency is the [Anne Arundel County Mental Health Agency](#). The application can be mailed and/or faxed to your Core Service Agency address or the Core Service Agency fax number. The envelope or fax cover sheet should be addressed: **Attn: Adult Services Coordinator or Residential Specialist**.

Blank forms are available through Arundel Lodge by contacting Lisa Hughes (443) 433-5900 or AA County CSA at (410) 222-7858.

[Read Previous FAQs](#)

### Staff Corner

#### Rogers Belch

By John DiCocco, Asst. Supported Employment Program Manager

I had the pleasure of meeting with Rogers Belch, a therapist who joined the First Step Recovery team in March 2016.

Rogers provides therapy services to clients during the day, while holding addictions counseling group sessions in the evening. "It's an honor to be here," says Rogers, while mentioning that he really likes working with the clients and getting to know his coworkers. Rogers is a third generation Annapolis resident, having grown up and lived most of his life in the area. "I live close enough by to walk to work every day. Definitely a fringe benefit."

Rogers shared that his experience as a veteran affected his decision to become a therapist, and that he was attracted to working with Arundel Lodge due to the upcoming Veteran's initiative that is being implemented. On his experience of being a veteran, Rogers added, "The work at Arundel Lodge makes me appreciate the opportunity to work in the field with people, to get your hands muddy."

Rogers' hobbies include camping, hiking, backpacking, fishing, and spending as much time outdoors as possible. "I could spend the rest of my life in the woods," he said, confirming his passion for spending time among nature. Rogers discussed how there are several veterans programs that provide "eco-therapy," which simulate therapy-like interactions around outdoor activities such as camping and hiking. "Setting up camp together, cooking together, and sitting around the fire." It's a well-known fact that spending time outdoors does wonder for self-care.

I asked Rogers if he had some advice to share with all our staff at Arundel Lodge. "Be patient with yourself, and remember that the most important part of what you're doing is sitting across from you," he responded.

#### 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

## Community Happenings

### Art Show at Asymmetrik

The Open Eye Gallery recently approached [Asymmetrik](#), one of Arundel Lodge's event sponsors, about sharing our artists' work with their employees. Asymmetrik, a software development and data analytics company in Annapolis Junction, MD, had just moved into a new space and was excited about the partnership idea.



On March 13th, an art exhibit opened in their main lobby featuring 32 pieces by Leah, Sheryl, Deontray, Michelle, Colin, Christian, and Bert. Juliana Pignotti, Asymmetrik's PR & Staffing Coordinator says "staff love it!" and one Asymmetrik staff member said it was a "creative and worthwhile endeavor." Thank you Asymmetrik for supporting Arundel Lodge and the artists we serve.



### Upcoming shows include:

#### "Transformations"

49 West Coffeehouse, Wine Bar & Gallery, 49 West Street, Annapolis. There will be an Opening Reception on Sunday, 8 April, from 5:00 - 7:00 pm. The show runs from March 30 to May 2, 2018. The show includes a collection of works in various media by nine Arundel Lodge artists.

#### "Over the Rainbow"

Artists Without Limits will be held at The Arundel Center, 44 Calvert Street, Annapolis. The Opening Reception will be Thursday, April 19, from 5:00 - 6:30 pm. The show runs from April 19 to June 1. This is a juried show and six Open Eye Gallery artists had works selected for inclusion. Come to the reception to meet the artists, enjoy refreshments, and show your support.



*Dee Yellow by Deontray N*



*The Cave by Christian M*



*Glue Period by Margaret K*



*Girl in Field by Colin L*



*The Painter by Colin L*



*Gazing Love by Michelle B*

### Arundel Lodge Toiletries Toolkit and Spa Day



There is just something magnificent about being pampered! On Monday, April 23rd, Arundel Lodge will be hosting its annual Toiletries Toolkit and Spa Day to pamper individuals who participate in our residential and community programs. We will be joined by members of the National Alliance on Mental Illness (NAMI) who will be distributing costume jewelry and ball caps, and members of Temple Beth Shalom who will be giving manicures and hand massages.

If you would like to part of this special day, either as a volunteer or to donate items, please contact [Cindy Garmoe](#), (443) 433-5906. We need donations of bar soap, shampoo, toothpaste, tooth brushes, Q-tips, deodorant, body lotion, and shaving cream.

