



Newsletter

October 2022

ARUNDEL LODGE behavioral health

hope re-imagined



Where to Find Us

Online



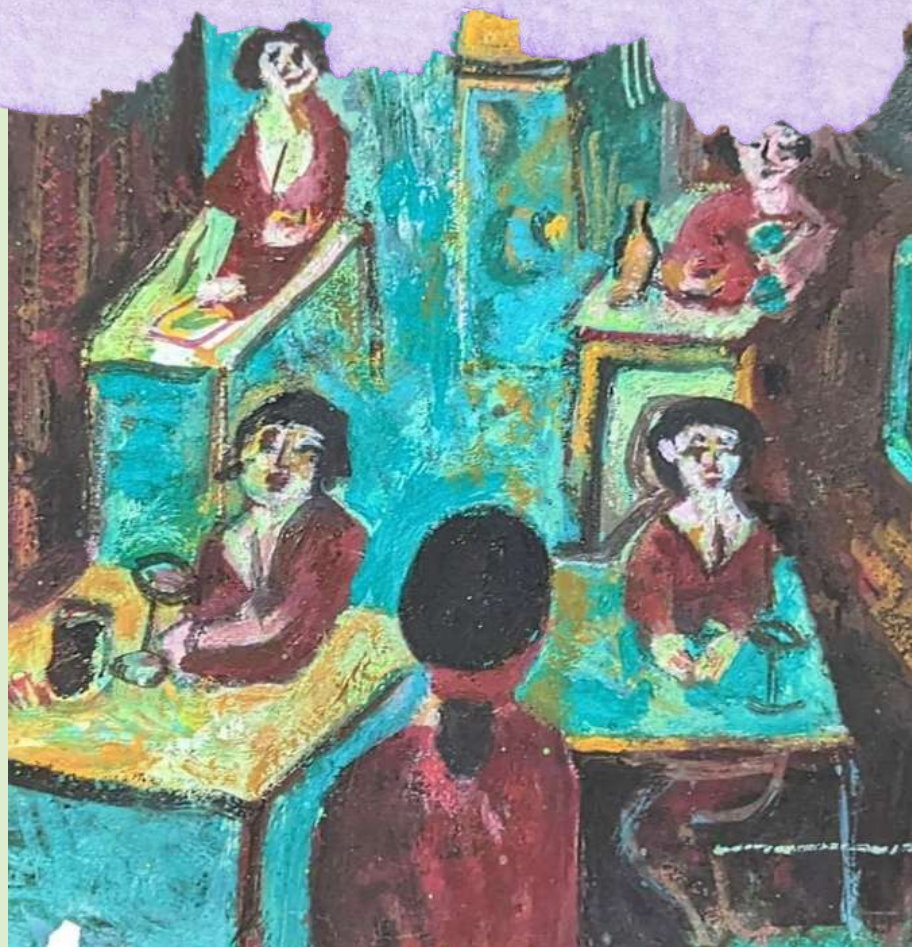
ArundelLodge.org



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Contact Info

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(443) 433-5900

Behavioral Health Urgent Care Center

2002 Medical Parkway, Suite 460
Annapolis, Maryland 21401
(443) 590-3224

First Step Recovery Center

1819 Bay Ridge Avenue, Suite 220
Annapolis, Maryland 21403
(410) 280-2333

Open Eye Gallery

Metamorphosis Art Show Opening Reception

On September 10th, the Arundel Lodge Open Eye Gallery celebrated the opening reception of the Metamorphosis art show. Thirteen different Arundel Lodge artists sold a combined 25 pieces of art. Artwork sold through the show and Open Eye Gallery directly benefits artists by offering an income opportunity and plentiful art materials. With all sold works, artists keep 80% of the proceeds to supplement their income, while 20% goes back into the program to replenish supplies.



For those who were unable to attend the opening reception, the art show is still running and private tours can be arranged by contacting the Gallery Director, Anita Hagan, at ahagan@arundellodge.org.



Featured Department

Marcus Youth and Family Center



The Marcus Youth and Family center serves children and adolescents ages 4-18. MYF families struggle with depression, anxiety, Oppositional Defiant Disorder, Adjustment Disorders, PTSD, family discord, OCD, ADHD, ADD, trauma, grief, and learning disabilities. We employ a wide range of interventions, including, but not limited to Child Centered Play Therapy, Directed Play Therapy, Trauma Focused Cognitive Behavior Therapy, Cognitive Behavior Therapy, EMDR, Sand tray, Behavior Modification, Creative Interventions, and Dialectic Behavior (Informed) Therapy. Clients and their families attend sessions anywhere from weekly to as-needed sessions. Our therapists meet with clients in the office or in the playroom at the main campus, and in the community, and work with their parents, their teachers, guidance counselors and other supportive adults in their lives so that we can give them the best service possible and impact their school performance, relationships, and future.

Our goal is to create an environment where kids are engaged, cared for, and having fun so that healing can take place! In addition to services provided at the main Arundel Lodge Campus, our therapists also work in partnership with DSS at the family support center to provide groups for young parents and their small children. We are also working with staff at the Eastport Community Center, the Stanton Center, and at the Resource Center at Robinwood to provide support to both English and Spanish speaking families, and we are working in partnership with Charting Careers which provides mentorship to Middle and High School students.



Rakeeda Commodore and Michelle Lyon, MYF Therapists



News and Updates

Volunteers

ALI is excited to start the process of welcoming volunteers back in to the building for the first time since the start of the Covid-19 pandemic in March of 2020. With this will come new opportunities and changes to the volunteer process. For more information about volunteering, reach out to Carter Heim, Marketing and Outreach Coordinator, at heim@arundellodge.org. Both one time and recurring opportunities are available.

Out of the Darkness

September was Suicide Prevention Awareness Month. On September 17th, ALI participated in the American Foundation for Suicide Prevention Out of the Darkness Walk in Annapolis at the Navy Stadium. ALI handed out materials about the new Urgent Care Center and also had staff who participated in the walk.



Holiday Happenings

We will soon begin to accept donated items for the holiday season for our clients. Stay tuned for more details!

SAMSHA Visit

In September, members of SAMSHA's GPO (Grant Program Officer) team visited ALI to show newer GPO's the standard for a CCBHC (Certified Community Behavioral Health Center). The visit went very well and it was expressed that ALI doing a great job with both federal and CCBHC standards. ALI will be used as a site for new GPO's to visit as they learn to assess standards.

Staff and Board Updates

As of October 1st, Claire Fitzpatrick has stepped down as the Development Committee Chair, but will be staying involved with ALI as a Governance Committee member. With this change, Development Committee member Barb Isaacs Alvarez has been appointed the new Chair.

Aimee Wiggs is now the full time Residential Program director and Lisa Hughes has transitioned to the full time IT Director.

Jennifer Messics has been promoted to Urgent Care Director.

News and Updates

Employee Wellness

On September 27th and 28th, ALI, with the help of INCITE Consulting Solutions, hosted an employee wellness event. INCITE is a unique organization that helps behavioral health organizations build happier and more effective teams. Workshop topics included sleep, goal setting, exercise, goal setting, relationships and social connections, identifying strengths and more. The management team attended a separate training session specifically focusing on management skills, team building, and creating clarity.



Recent Events

Client Sailing Excursion

Last month, clients from our Day Program had the opportunity to participate in a sailing excursion with CRAB (Chesapeake Region Accessible Boating), a local non-profit who strives to provide thrill, freedom, and the therapeutic value of sailing to anyone with a disability, recovering veterans, and youth from underserved communities. Our clients had a beautiful day out on the water!

