



ARUNDEL LODGE behavioral health
hope re-imagined

SPRING
IS HERE!



MARCH 2019 NEWSLETTER

OUR MISSION

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

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Greetings!



UPDATE

Our campus is now
SMOKE FREE



No butts about it...

As of March 1, our campus is SMOKE FREE! That's right, no cigarettes, e-cigarettes, vape pens, JUULs, pipes or chewing tobacco. This includes our main campus, 2600 Solomons Island Road in Edgewater and our satellite office at 1419 Forest Drive in Annapolis.

[READ MORE](#)

DID YOU KNOW...



Lack of Sleep: The Effects On Your Mind & Body

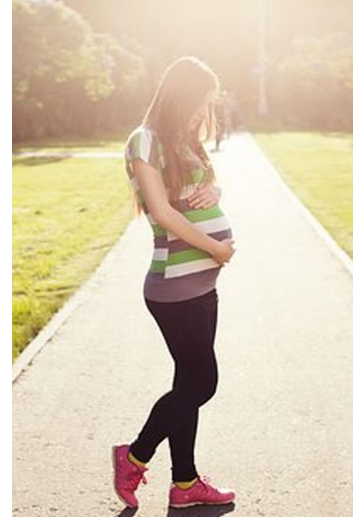
We all know that getting a good night's sleep can improve the way you feel the next day. But let's be honest, not all of us get the recommended 8 hours of sleep a night. While one or two nights of little sleep may not make a huge difference, an ongoing lack of sleep can actually put your mental health at risk.

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Pregnancy Blues: Depression DURING Pregnancy

From a positive pregnancy test to the first sonogram and hearing the baby's heartbeat, one would think a new mother-to-be might be feeling joyful.

But the American College of Obstetricians and Gynecologists says roughly 15 to 25 percent of expectant mothers actually find themselves depressed and anxious BEFORE the baby arrives. It's called **perinatal** or **antenatal depression**. And it's not often talked about...



Keep Reading

SAVE THE DATE!

John W. Brick
Memorial Fitness Center
Ribbon Cutting Ceremony

THURSDAY, APRIL 25
11am - 1pm

Meet Victor & Lynne Brick and find out why they were so "pumped up" to create this amazing space for Arundel Lodge!

Join us for this exciting event, Thursday, April 25, here at Arundel Lodge. Starting at 11am, we'll have a ribbon cutting ceremony and serve light refreshments! You'll also get to meet **Victor and Lynne Brick** who have made this fitness center possible. More details [here](#).

NEW PROGRAM

Arundel Lodge Receives \$50,000 Grant for Medication Assisted Treatment

The photo below was taken just outside Edgewater earlier this month. It shows that in Anne Arundel County alone, 119 community

members have overdosed on Heroin, and 20 people have died already this year.

These numbers are alarming and thanks to the Chaney Impact Fund, starting April 1st, Arundel Lodge will offer a new program to help community members overcome opioid use disorders.



[Read More](#)

VOLUNTEER OPPORTUNITIES



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 [Deborah Wienhold](#) or call (443) 433-5943

WHAT'S HAPPENING?

Maryland Day is March 25!

Maryland Day commemorates the day settlers disembarked from two small sailing ships – the Ark and the Dove – onto Maryland soil.

There are several events happening March 29-31. Check it out [here](#):



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