



ARUNDEL LODGE behavioral health  
*hope re-imagined*

## 2019 SEPTEMBER NEWSLETTER



### Our Mission!

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

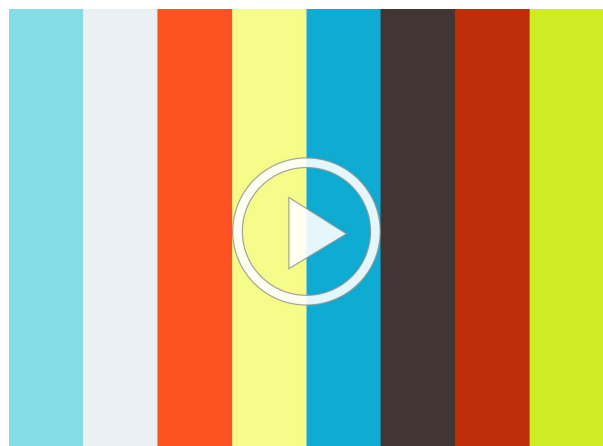
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You shop. Amazon gives.

Donate Today!



### Minute with Mike: National Suicide Awareness Month

Mike Drummond  
Arundel Lodge Executive Director



# ARUNDEL LODGE UPDATE



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

The opioid crisis in America is a growing problem. In Anne Arundel County, the situation does not fare well.

The photo above, taken just outside of the police station in Edgewater on September 13, 2019, shows that in Anne Arundel County alone, 623 community members have overdosed on Heroin in 2019, and 102 of those people died as a result of an overdose. In March 2019, there were 119 members of the community who had overdosed, with 20 of them resulting in death, an increase of almost 20% in only six months.

Unfortunately, community members who experience opioid use disorders typically cannot simply stop using opioids abruptly, and it is not generally advisable to do so. Stopping "cold turkey," has a low incidence of recovery success (fewer than 25% remain in recovery for one year) due to intense cravings and withdrawal symptoms. Quitting abruptly can cause seizures, arrhythmia, hallucinations, and other life-threatening medical conditions. That being said, many individuals do overcome opioid addiction and live healthy, productive lives.

**Thanks to a \$50,000 grant from the Chaney Impact Fund,**

**First Step Recovery Center at Arundel Lodge is expanding their medication assisted treatment (MAT) program.**

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## **DID YOU KNOW...**

### **What is Harm Reduction?**

In the most general terms, harm reduction refers to strategies or practices intended to reduce the potential negative consequences of a host of situations or activities. Seat belts in cars, fences around pools, bicycle helmets, and sunscreen are but a few examples.

Harm reduction gained widespread recognition in health care in the 1980's when syringe exchange programs and other social supports were conceived in response to the threat of the AIDS epidemic and the spread of infectious diseases such as HIV and hepatitis C. With a



Jessie Dunleavy, Guest Contributor

focus on preventing the harm of drug use as opposed to preventing the drug use itself, these strategies faced strong resistance from the federal government. Over time, as research continually substantiated the program's effectiveness, recognition of the benefits began to overshadow the concerns, and today clean needle programs are legal in nearly forty states including Maryland.

As the United States faces an overdose epidemic that is claiming more lives in a year than those lost to HIV/AIDS, car accidents and gun violence combined, harm reduction strategies and the underlying principles are worthy of careful analysis. While there are varying perspectives on multiple fronts, opinions formed without an in-depth understanding can hamstring the collective response needed to tackle this public health crisis defining our time...

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## **HOPE RE-IMAGINED: ALL ABOARD GALA**



- Join us -

for cocktails, dinner, dancing, auctions & live entertainment!

**Saturday, October 19**  
 Crowne Plaza  
 173 Jennifer Road  
 Annapolis, MD 21401  
 6:30-10:30pm



*Sponsorship packages available:*

LUXURY OCEAN LINER.....	\$10,000
OCEAN CRUISER.....	\$5,000
MEGA YACHT.....	\$2,500
EXPLORER.....	\$1,500
LIVE MUSIC.....	SOLD OUT
PROMENADE BAR.....	SOLD OUT
LIVE AUCTION.....	SOLD OUT
CASINO DE VINO GAME.....	SOLD OUT
DOMINOS GAME TABLE.....	SOLD OUT
GOLF CHALLENGE AT SEA.....	SOLD OUT
CREW (business w/ tickets).....	\$500
CAPTAIN (business w/o tickets).....	\$250
PASSENGER.....	\$500

For sponsorships and more information contact  
 Shelby Sharp | ssharp@arundellodge.org | 443-433-5900 ext. 5907



Benefits children, adults, and families impacted by mental health and substance use disorders

**FAQ: Does Arundel Lodge accept donations?**



### **Interested in Volunteering?**

Arundel Lodge needs your time and talents! We cannot fulfill this critical mission alone. If you have a special skill that aligns with Arundel Lodge's programs and services, please consider volunteering! The mission is best served by the active participation of other community members. To learn more about how you can donate your time and talents, contact:

[Deborah Wienhold, Volunteer Liaison](#)

443-433-5900 ext. 5843

See our volunteer opportunities by [clicking here](#) and choose the one that's right for you!

## **Community Happenings**

**Join Arundel Lodge in participating in these upcoming community efforts!**



JOIN THE VOICES FOR RECOVERY:  
**TOGETHER WE ARE STRONGER**

recoverymonth.gov



NATIONAL  
**RECOVERY  
MONTH 2019**  
30th Anniversary

# 8<sup>th</sup> ANNUAL RECOVERY WALK



In Partnership with  
*Street Corner Ministries*

Invite you to join us for an afternoon of Unity, Hope, and Inspiration!

**September 22** (Rain Date, Sept. 29)

**Walk begins: 11:30AM**

Resources/Community Engagement: 10AM

**Whitmore Park**

*43 Calvert Street, Annapolis MD*

**Thank You to our Sponsors and Partners!**



# Walk to Fight Suicide



Annapolis Out of the Darkness Walk  
September 21, 2019 from 10 am to 2 pm  
Navy Stadium, Annapolis

Register at [afsp.org/annapolis](https://afsp.org/annapolis)



American  
Foundation  
for Suicide  
Prevention



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

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