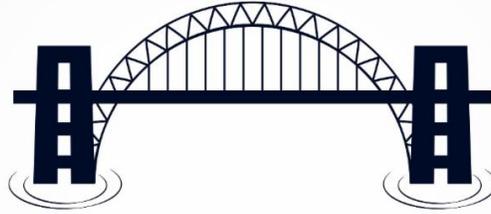


## Southern Maryland BRIDGE



Building a System of Care



# Southern Maryland BRIDGE Newsletter

November 2018



*Call the BRIDGE  
Warm Line Today!*

**443-546-0617**

## The Work of BRIDGE

### **SAMHSA Federal Site Visit, October 17th-19th**

- Over 20 key partners of the BRIDGE project participated in the Federal Site Visit last month
- Partners presented information regarding their work to date and future plans
- Caregivers receiving services through BRIDGE also joined and provided feedback on their experiences with the System of Care project
- The site visit evaluation team shared their input and recommendations at the conclusion of the visit

### **Upcoming Trainings:**

- **DC 0-5 Training**, College of Southern Maryland, November 29th and 30th (*rescheduled*)

- Email Paola at [paola.andujar@ssw.umaryland.edu](mailto:paola.andujar@ssw.umaryland.edu) to inquire about remaining slots.

- **Early Childhood Service Intensity Instrument (ECSII) Training**, December 3rd
  - Email Paola at [paola.andujar@ssw.umaryland.edu](mailto:paola.andujar@ssw.umaryland.edu) for registration link.

## *A Look Into Charles County Family Recovery Court*

**Interview with  
Judge Helen Harrington,**  
*Senior Judge, Circuit Court for Charles County, Maryland*

**Question #1: What in your career drew you to working in the Family Recovery Court?**

**Judge Harrington:** I was watching people struggle to overcome addiction, and the Court did not have good tools for helping them. I was trying to find another way to approach it.

**Question #2: How would you describe Family Recovery Court to someone who is unfamiliar with the model?**

**Judge Harrington:** It is an alternative court program which does not run like a standard court hearing at all. It's very hands-on as far as providing encouragement and support. It's based on a national model where we have a court hearing every other week and in between those we're monitoring people very closely and referring them to other services.

Substance use treatment is the primary focus. Everyone goes through a full assessment to determine the level of care they need, and then we monitor their progress. Referrals are also made to mental health treatment and medically-assisted treatment (i.e.: methadone, vivitrol, etc.) to help with cravings and to stabilize the person and allow them time to get well. Medically-assisted treatment is crucial to their recovery.

The first thing is getting our participants stabilized and on a routine, teaching how to maintain sobriety, and dealing with trauma and mental health, especially for survivors of abuse and those dealing with depression and anxiety. Unless they take care of these issues progress is slow. We look at life skills: education, job skills, and training courses to qualify them to get jobs and get on their feet. We're talking about rebuilding lives inside-out.

We also provide the NOVO parenting program in which trainers work one-on-one with the parent and child over a period of several weeks doing coaching and giving suggestions. We get pretty good results with this program. The parenting program serves families with children of any age, including teenagers, and it covers just about everything. A lot of times children – especially teenagers -- don't want their parents back in their lives after abandonment, so this is something the program can support them through.

**Question #3: What trends are you seeing in terms of parenting needs within your role in the court?**

**Judge Harrington:** I'm not sure you would call it a trend, but there is a need for basic parenting techniques like how to get their infant to sleep through the night and how to entertain their child when all they're getting is an hour of visitation time. A possible reason for this lack of skill could be that they didn't have very good parenting themselves and really

need coping skills and help with taking care of a child.

One of the things we try to do is provide pro-social activities like bowling, crafts, and picnics to have a chance to see the parent and child interacting. Medical care and dental care are crucial; they're encouraged to take care of serious health problems first. It's typical for there to be serious dental health issues in our population, and this year the Family Recovery Court was able to help 4 people with getting full sets of dentures with extra funds that were available.

**Question #4: What is missing within your options for community supports for these families?**

**Judge Harrington:** We still don't have enough medically-assisted treatment readily available, psychiatric services, or good options for trauma-based therapy. Long waiting lists are hard to deal with. One of the biggest issues I keep hearing is that doctors get paid more in PG County compared to Charles County so it's hard to attract qualified doctors and therapists. A lot of the mental health agencies have newly-trained clinicians who move on to the next opportunity shortly after.

**Question #5: What is their greatest need?**

**Judge Harrington:** It's almost universal, but affordable housing is hard to find in this area, and safe housing for families, not around high drug areas, can be scarce. There also isn't a very good public transportation system available, and finding jobs when you've been out of the workforce and living in the streets... you're rebuilding from the bottom up.

That's where Family Recovery Court can be really useful to people. We can provide transportation to help people get to their appointments, to treatment and to self-help meetings. One of the things that's especially difficult for people is going to night AA and NA meetings because some parts of the county public transportation are not served after 6 p.m.

**Question #6: What are their greatest strengths?**

**Judge Harrington:** These parents really do love their children and want to do the best that they can for their children. They try very very hard to get on a straight path and if you can encourage them, support them long enough— 18 months to 2 years sometimes – they have a good chance of going on to provide stable and safe parenting for their children. It takes a long time to heal your brain from the addiction and begin to make good choices. They really do work hard at it. One of the hardest things is giving up a circle of friends who don't support your recovery and finding a new group of support.

**Question #7: What do you wish you had in your legal training to prepare you for this work?**

**Judge Harrington:** Oh boy! A lot more psychology training. The training that you get in the drug courts is pretty good, and the national conference is really excellent, with all kinds of workshops for about a 4-day period every year. Legal training does not prepare you to deal one-on-one with people in crisis.

It's a program that works for people. It's not for everyone, but the ones that can stick with it and keep trying do pretty well. Even the people who have participated that don't actually graduate are doing better off than they were before. I wish we could spread it out and do it for more people.

## TED Talk: Rethinking Challenging Kids



### Rethinking Challenging Kids-Where There's a Skill...

Note: In this video, Dr. Stuart Ablon, Director of the Think:Kids program in the Department of Psychiatry at MGH, describes the general tenets of a model of care called Collaborative Problem Solving, which was originated by Dr. Ross Greene in his ...

**Read more**  
[www.youtube.com](http://www.youtube.com)

## What a Four-Year-Old Should Know



### **Here's what a four-year-old should know**

Hint: It has nothing to do with counting or writing their name! I was on a parenting forum recently and read a post by a mother who was worried that her four and-a-half-year-old did not know enough. "What should a four-year-old know?" she asked.

**Read more**

**[www.kidspot.com.au](http://www.kidspot.com.au)**

## Teaching "Belly Breathing"



### Teaching "Belly Breathing" | Sesame Street in Communities

The Big Idea: Practice belly breathing anytime, and use it as a calming strategy before, during, or after tantrums. Teaching Belly Breathing Video: <https://www.youtube.com/watch?v=oFlKuSCw7ag> The reasons behind tantrums can seem like small...

**Read more**  
[sesamestreetincommunities.org](https://www.sesamestreetincommunities.org)

## Supporting Continuous Quality Improvement in Programs and Services for Young Children



## Supporting continuous quality improvement in programs...

In the home visiting (HV) and early care and education (ECE) fields, there is a growing shift toward the use of an ongoing, cyclical process of improvement as a key part of high-quality programs and services. The term continuous quality...

**Read more**

**[www.childtrends.org](http://www.childtrends.org)**

## Webinar: Facilitated Leadership and Family Engagement



### Webinar: Facilitated Leadership and Family Engagement -...

This webinar will explore why engaging families in their children's education through facilitated leadership is critical to the success of each child and the program as well as practical tips for how to welcome and involve all families.

**Read more**

**[marylandfamiliesengage.org](http://marylandfamiliesengage.org)**

## Local Announcements

- Calvert County Public Schools Head Start Program has available spots to enroll 3 and 4 year olds. For more information contact the Head Start Office at 443-550-8062.

## Parent Cafés

Families already have the most important thing they need – love. Through Strengthening Families Maryland Parent Cafés, parents can build other key factors that can help their families thrive. As part of the BRIDGE System of Care, Maryland Family Network builds local capacity for organizations in Southern Maryland to provide Parent Cafés, which are appropriate for all parents of children birth through age five.

An effective family engagement tool, Parent Cafés bring together parents of children birth through age five for structured, meaningful conversations related to the five research-

informed Strengthening Families Protective Factors which have been shown to help keep families strong.

To find out when Parent Cafés are being offered in your community, please contact Virginia McDaniel at Maryland Family Network at 443-873-5847 or by email at [vmcdaniel@marylandfamilynetwork.org](mailto:vmcdaniel@marylandfamilynetwork.org).

## Follow Us on Social Media!



[www.SOMDBRIDGE.org](http://www.SOMDBRIDGE.org)



Southern Maryland BRIDGE

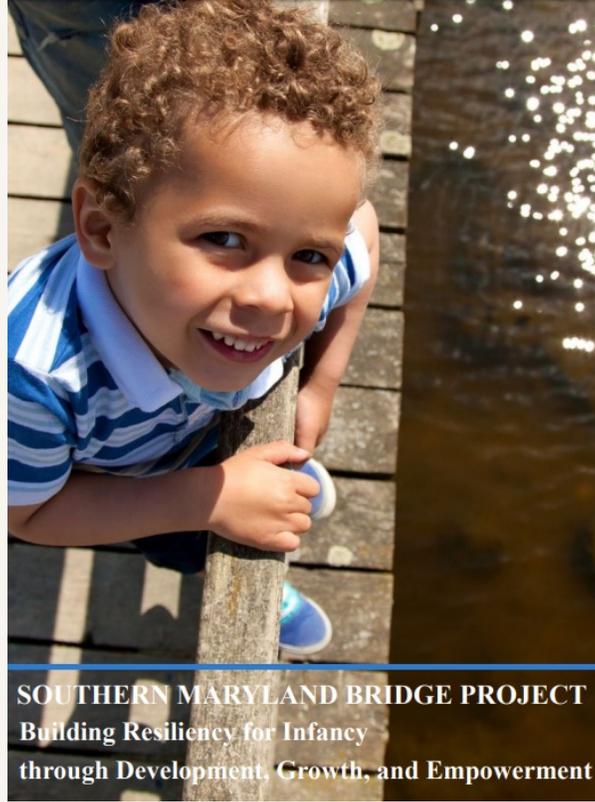


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Southern Maryland BRIDGE  
Project

## BRIDGE Project Brochure



**SOUTHERN MARYLAND BRIDGE PROJECT**  
Building Resiliency for Infancy  
through Development, Growth, and Empowerment

[Download BRIDGE Brochure](#)

Share your ideas or questions!



[Click here to reach us](#)

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