

THE QUARTERLY SUPPORTER

Allen-Ayuk Behavioral Health Center, INC

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How To Connect

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(fax) 443-221-7879

Landover office

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(fax) 240-582-7378

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Welcome To Our First Issue

The new year is here and with it comes the promise of great growth and change. As part of our own expansion and growth, we're excited to launch our Quarterly Supporter Newsletter, which is specifically designed to keep you engaged and in the AABHC loop! The newsletter will inform you on a quarterly basis about resources, somatic and mental health. Our hope is that you will find great value in its content and that it will aid you in your own goals to grow and thrive.

About AABHC

AABHC was founded by Allen Elliott, LCSW-C, George Ayuk, MSW, and Dr. Robert Frasier, all with a mental health background and a common goal to provide support to individuals struggling with their mental health. We began providing support to Maryland communities in 2014. Since our offices opened, we have provided psychiatric rehabilitation services to hundreds of families in the Prince George's, Anne Arundel, and surrounding counties. We have recently added an Outpatient Mental Health Clinic (OMHC) to our program. Our outpatient mental health clinic will provide therapy, medication management and linkage to PRP services.

The therapist in our outpatient clinic will provide services that help clients learn to cope with stressors and manage their mental health. With the added benefit of a linkage of services with our PRP program these two program will work together with the client to improve their quality of life.

What is a PRP?

A Psychiatric Rehabilitation Program (PRP) works to assist its participants with accessing and coordinating services and resources within their communities.

PRP Coordinators work to ensure each individual has access to the best possible treatment and care. They will work in collaboration with the individual's therapist and identified support system. PRP is often considered to be a therapy enhancement, which provides the individual an opportunity to take the learned skills and coping strategies and practice them in a community setting with the support and guidance of a trained professional.

PRP can be a benefit for anyone who is suffering from a mental health issue that is hindering any aspects of life.

Covid-19 Resources

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Avoid touching your eyes, nose, and mouth with unwashed hands.

In light of recent pandemic situation of the coronavirus, our children's life has been impacted in so many ways; they've had to resolve to a different way of education, socializing and communication with people.

This can also be overwhelming or add to stressors with children dealing with mental health issues.

Our mission is to improve the health and well-being of all children through the articles we publish, and we are pleased to accord you the following resources that can help bring some sense of relief for our young ones:

CHILDCARE—https://m.facebook.com/story.php?story_fbid=2828230330623640&id=100003101023300?sfnsn=mo

FOOD— PG County is offering meals for kids to help alleviate hunger.

Website: <http://www.pgcfec.org/multimedia/latest-news/item/66-food-assistance-resources-for-residents-impacted-by-covid-19.html>

WIFI—Comcast is offering \$10 WIFI for low-income families. Click the link for additional details on where to seek assistance and eligibility information.

Website: <https://www.internetessentials.com/covid19>

POWER— Pepco has several programs to assist customers with managing their bill. In response to COVID-19 to help kids keep up with warmth and school work.

Website: <https://www.pepco.com/News/Pages/PepcoTakingStepstoSupportCustomersDuringCoronavirusPandemic.aspx?sf231471936=1>

List of education companies offering free subscriptions due to school closings.

Website: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR14GuTfmmcaFPZcJapOw-515gC6CTFb42sOz6RAESNkflvHnwj0KDziCFg>

50 Plus easy indoor activities for kids.

Website: <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>

There's nothing like experiencing the National Aquarium firsthand—but our live cams are the next best thing! Tune into our *Blacktip Reef*, *Jellies Invasion* and *Pacific Coral Reef* live streams and enjoy a piece of the Aquarium from home.

Website: <https://www.aqua.org/Experience/live>

The SAG-AFTRA Foundation's award-winning children's literacy website, Storyline Online, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations.

Website: <https://www.storylineonline.net/>

Virtual field trips for children: adventure in family hood. Virtual field trips are a great way to expose kids to new places all from the comfort of home. In this age of technology, so many museums, zoos and aquariums have set up virtual tours and webcams of their facilities.

Website: <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

Day by day projects to keep kids reading, thinking and growing.

Website: <https://classroommagazines.scholastic.com/support/learnathome.html>

Coping With Covid-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. **Stress during an infectious disease outbreak can include**

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating

- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your

concerns and how you are feeling. **Things you can do to support yourself**

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- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Cdc.gov

Fitness and Covid-19

Studies have proven that sports and regular exercise have positive benefits to individuals with mental illnesses. Studies state sports improve mood, sleep, lowers anxiety and reduces stress. At Allen-Ayuk behavioral Health Center, we put this practice in action every Wednesday evening. We bring staff and clients together to engage in the team sport of basketball. As a group, we practice social skills and conflict resolution through teamwork. We also utilize this time to role play positive and motivational social interactions amongst staff and clients. As a result our client's develop useful skills and increase their social community. At the end of every evening, client's always show their gratitude for the experience and the exercise.

Due to the COVID-19 pandemic, we have discontinued the weekly activity. Client's have stated they can tell the difference in their mood having not played basketball in a few weeks. Client's have asked if there are things they can do at home to help them like playing basketball. Below are some links of exercise routines and activities individuals have posted the to the COVID-19 pandemic.

The following links are for that competitive basketball player who is looking to better his game during the pandemic.

<https://www.youtube.com/watch?v=1K0rlzOXOZY>

<https://www.youtube.com/watch?v=qoR7adqGW6w>

The following links are for anyone that wants some workouts that they can do at home.

<https://www.youtube.com/watch?v=-MRNjTr6xrE>

https://www.youtube.com/watch?v=N0Hd6_QrjLY

**We Support.
We Advocate.
We Empower.
YOU ACHIEVE**



Great News!!!!!!

ABHC is pleased to announce that we are now a fully operational mental health clinic. We will now offer, on-site and community based therapy, & medication management! If you would like to make a referral, please

Allen-Ayuk Behavioral Health Center, INC

Locations

PRP Corporate Office

2525 Riva Rd, Suite 130
Annapolis, MD

Phone: 443.221.7866

Fax: 443.221.7879

Out Patient Mental Health Clinic

7404 Executive Place #420
Lanham, MD 20706

Phone: 240.260.3316

Fax: 240.260.3309

PRP Office

7100 Chesapeake Rd, #106
Landover, MD 20784

Phone: 240.582.7084

Fax: 240.582.7378

Community Resources

EMERGENCY

Emergency-Ambulance, Fire, Police:
9-1-1

Maryland Youth Crisis Hotline:
1-800-422-0009

National Domestic Violence Hotline:
1-800-799-SAFE (7233)

National Suicide Prevention Hotline
1-800-SUICIDE (784-2433)
1-800-273-TALK (8255)

Rape, Abuse, Incest Network (RAIN):
1-800-656-HOPE (4673)

SAMHSA Disaster Distress Helpline:
1-800-985-5990 or
text "TalkWithUs" to 66746

for Spanish text
"Hablanos" to 66746 (Spanish)

for Deaf/Hearing Impaired:
1-800-846-8517
1-800-985-5990 TTY

COUNTY SPECIFIC HOTLINES

Anne Arundel County
Crisis & Homeless: 410-768-5522
Public School Student Safety: 877-676-9854

Charles County
Crisis & Homeless: 301-645-3336

Montgomery County
Crisis & Homeless: 240-777-4000

Prince George's County
Crisis: 301-429-2185
Homeless: 301-864-7095 or 888-731-0999
Substance Use Referrals: 301-298-2628 x3100

St. Mary's County
Crisis & Homeless: 301-863-6661

If it is a medical emergency or deemed to be a dangerous situation, you should contact 9-1-1 or one of the listed crisis hotlines prior to contacting the ABHC Emergency Number listed below.

**ABHC EMERGENCY
AFTER-HOURS
NUMBER**

240-437-9588