

# THE QUARTERLY SUPPORTER

Allen-Ayuk Behavioral Health Center, INC

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April 2021

## Inside this issue:

OMHC 2

April Awareness 2

May/June Awareness 3

July Awareness 3

COVID Resources 4

Community Resources 4

Contact Information 4

## How To Connect

Annapolis office:  
(ph) 443-221-7866  
(fax) 443-221-7879

Landover office  
(ph) 240-582-7084  
(fax) 240-582-7378

Lanham office  
(ph) 240-260-3316  
(fax) 240-260-3309

## 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.

## What is OMHC?

The Out-Patient Mental Health Clinic (OMHC) provides comprehensive Out Patient mental health services to children, adolescents, and adults with mental and/or behavioral health needs that impact their ability to function in their community. Through Psychotherapy, and medication management our program strives to promote an effective course of treatment that leaves the client in control of their success while we provide support along the way.

<https://coronavirus.maryland.gov/pages/vaccine>

**You can't always control what goes on outside, but you can always control what goes on inside.**

**Nobody can save you but yourself, and you're worth saving. It's a war not easily won, but if anything is worth winning then this is it.**

## April 2021

Taking care of yourself is very important. April is national stress awareness month. Stress is a physical, mental, or emotional strain or tension on an individual.

Some ways to limit stress are getting a good night rest, staying active, practice deep breathing, and stay hydrated.

Share the following links containing videos of techniques for relieving stress with your clients:

<https://www.youtube.com/watch?v=F28MGLlpP90>

<https://www.youtube.com/watch?v=1Dv-lDGLnIY>

<https://www.youtube.com/watch?v=vkJGa0eaktE>

## May 2021

May is national mental health awareness month. A mental illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that make it difficult to cope with the ordinary demands of life. Research is starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease. Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year.

Psychiatric Rehabilitation Programs work to assist individuals living with Mental Illness to learn to manage the symptoms of their diagnosis. Working with clients to learn coping strategies such as journaling, art, music, and many more can help to improve that persons quality of life. Educate, Encourage, and Practice coping strategies appropriate for your clients needs. For more information on Mental Health symptoms and Coping Strategies, please visit:

<https://www.nami.org/Blogs/NAMI-Blog/January-2019/Self-Help-Techniques-for-Coping-with-Mental-Illness>

## June 2021

June is national PTSD awareness month. PTSD is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, or rape or who have been threatened with death, sexual violence or serious injury. There are currently about 8 million people in the United States with PTSD. Some ways to cope with PTSD are spending time with others, mindfulness, journaling, counseling, exercise, and lifestyle changes.

# July 2021

## Coping With Covid-19

The outbreak of corona virus 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

### **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

## Fitness and Covid-19

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., yoga, or guided exercise.

The following links are for that competitive basketball player who is looking to better his/her 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=SJ6f2TnHZBc>

<https://www.youtube.com/watch?v=2pLT-olgUJs>

## Helpful Links

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>

<https://www.verywellmind.com/coping-with-ptsd-2797536>

<https://brandedexpedition.com/instagram-bingo-self-care/>

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

<https://coronavirus.maryland.gov/pages/vaccine>

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



“Whatever you fear most has no power– it is your fear that has the power ” - Oprah

**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  
"Hablamos" 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**

If you would like to make a referral, please contact us at any of our offices.