

# THE QUARTERLY SUPPORTER

Allen-Ayuk Behavioral Health Center, Inc.

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## 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

## 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 received a 3-year national accreditation through CARF.

At AABHC our mission is to support individuals and families to navigate the recovery process. We support growth and create an understanding through an individualized approach which focuses on empowerment, self-advocacy, and strengthening of supports.

## 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.

“Every year, 1 in 4 deaths are caused by heart disease.”

“It is okay to talk about depression.”

## American Heart Month

**Heart disease** is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together in order to create opportunities for people to make healthier choices.

It is important to understand that term "heart disease" does not refer to just one specific condition, rather it refers to several types of heart conditions. The most common type of heart disease in the U.S. is coronary artery disease which affects blood flow to the heart; decreased blood flow can cause a heart attack.

To learn more about prevention and care for various heart diseases, heart attack, and related conditions we encourage you to visit:

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



## Discussing Depression

Black History Month encourages time for remembrance and recognition. It can bring about time for everyone to reflect upon themselves and their impact on the community. Time should be to take to enhance awareness and understanding; to expand our views and perceptions; and to have healthy discussions about some tough and often difficult issues.

It is with that same spirit of openness, togetherness, and desire for understanding that we delve into a subject which is impacting communities all over: Depression and the avoidance of seeking help.

Mental illness is not a choice—it is blind to our looks and features, it doesn't pay attention to where we were born and raised, and couldn't care less about our bank account. Yet it is reserved for whispers, talks behind closed doors and back rooms. The word "depression", along with other mental illnesses are not spoken, instead those individuals are often referred to as "crazy," "not quite right,"

or is "just like that."

What stops people from openly discussing mental health? There are a few factors which cause the hidden nature of mental health—stigma, cultural mistrust, lack of available resources and access to them, as well as the fear of being perceived as weak. Historically and presently there remains a mistrust of the medical field. The impact from the abuse of specific races, cultures, and individuals (as when seen with the Tuskegee Experiment) cannot be understated and come with devastating and lasting consequences. As a result many individuals developed a distrust for physicians, psychiatrists, and other in the health field. Studies have shown that a black person is less likely to use mental health services than white person.

As a community how are we able to help those who are suffering quietly? How do we provide support and communicate that support?

You can do your part to help reduce the stigma by educating yourself, your friends and family. You can begin by listening to those around you—depression can be described as stress, physical pain, or not feeling well; they no longer seem to enjoy activities they once did or will isolate themselves. Your friends or family members may be telling you that they are depressed without saying the word.

If you are concerned that a friend, family member or you may be depressed let someone know. It is okay to talk about depression, so encourage them to talk to a spiritual leader, doctor, or trusted friend. Starting the discussion is half the battle.

If you are concerned that someone may harm themselves or others, call 911; they are professionals and know how to help. For more information, or to find help, please see our **Community Resource Section on page 4.**

*Information obtained from: [www.psychiatry.org](http://www.psychiatry.org)*

# AABHC Upcoming Groups

Group sessions are a great way to connect with others who may be experiencing similar challenges. Groups will be facilitated by experienced staff and are designed to be both fun and interactive.

## ANNAPOLIS

### Adults (18yrs and older)

**Tuesday February 20, 2018**

4:00pm –6:00pm

Financial workshop

Topics include: Budgeting & Goal Setting

**Tuesday March 12, 2018**

1:00pm—3:00pm

Women’s Empowerment Lunch  
\*Female Minors are Welcomed

### Minors (Under 18yrs)

**Thursday February 22, 2018**

3:30pm—5:30pm

Black History Movie & activities  
ages 5-14

**Thursday March 22, 2018**

3:30– 5:30pm

Women’s History Month  
Trivia Game

### Additional Details

Location: 2525 Riva Rd. # 139  
Annapolis, MD. 21401

\*Transportation may be arranged with your PRP Coordinator

\*Light Refreshments will be provided

Please RSVP with your PRP Coordinator

## LANDOVER

### Adults (18yrs and older)

**Thursday February 15, 2018**

2:00pm—4:00pm

Financial workshop

Topics include: Budgeting & Goal Setting

**Wednesday March 28, 2018**

1:00pm—3:00pm

Women’s Empowerment Lunch

### Minors (Under 18yrs)

**Tuesday February 20, 2018**

4:30pm –6:30pm

Showing My friend Martin & activities  
(ages 6 - 14)

**Wednesday March 14, 2017**

4:30pm– 6:30pm

Women’s History Month  
Trivia Game

### Additional Details

Location: 7100 Chesapeake Rd. #106  
Landover, MD. 20784

\*Transportation may be arranged with your PRP Coordinator

\*Light Refreshments will be Provided

Please RSVP with your PRP Coordinator

## AABHC All-Star Staff Member (Take this section out)

Each quarter AABHC identifies a staff member who has been consistent and gone above and beyond for the agency and his/her client.



**Jeremy Davis’** hard-work and dedication has been evident in his work with clients, interactions with his co-workers, and documentation.

He is consistently going

above and beyond for his clients. Jeremy is always willing to extend a helping hand to other staff members and clients.

For those who’ve had the opportunity to interact with Jeremy can attest to his genuine and honest approach.

We thank Jeremy for his continued efforts and congratulate him on being this quarter’s “AABHC All-Star”.

**If there is a staff member whom you would like to nominate, please contact our office at either:**

**443-221-7866**

**or**

**240-582-7084.**

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



At AABHC our mission is to promote growth and create understanding through an individualized approach with a focus on self-advocacy, empowerment, and strengthening supports. We strive to help families grow, develop, and stabilize through education and wellness.

**Allen-Ayuk Behavioral Health Center, Inc.**

**Locations**

**2525 Riva Rd, Suite 130  
Annapolis, MD**

**Phone: 443.221.7866  
Fax: 443.221.7879**

**7404 Executive Place #420  
Lanham, MD 20706**

**Phone: 240.260.3316  
Fax: 240.260.3309**

**7100 Chesapeake Rd, #106  
Landover, MD 20784**

**Phone: 240.582.7084  
Fax: 240.582.7378**

## Community Resources

**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**