



# THE QUARTERLY SUPPORTER



**Volume 1, Issue 3**

**Fourth quarter**

**ALLEN-AYUK BEHAVIORAL HEALTH CENTER, INC**

## Welcome To Allen-Ayuk

Allen-Ayuk Behavioral Health Clinic (AABHC) was founded by Allen Elliot, 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 provide psychiatric rehabilitation services to hundreds of families in the Prince George, Anne Arundel, and surrounding counties.



### 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. Coordinators work in collaboration with the individual's therapist identified support system. PRP is often considered to 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 support and guidance from a trained professional. PRP can benefit 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.

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### October 2021



October is breast cancer awareness month, you can support this cause by learning more at CDC website.

The month of October is also Hispanic heritage month which ends on October 15th. A great

way to support, is to support a Latinx/ Hispanic business in the area!

With Fall in the air and leaves falling to the ground, we at AABHC encourage people to spend more time outside.

Allen-Ayuk is facilitating an interactive education group on the 25th for adults and 29th for youth. Come and support!

Halloween is approaching. We encourage everyone to be safe and have a good time!

### November 2021

Did you know that Native American Heritage Day is the day after Thanksgiving?

November is a known as a month to give thanks!

This month, we honor our veterans on the 11th and we celebrate Thanksgiving on the last Thursday of the

month which will be November 25, 2021 this year.

In the month of November there is also Native American Heritage Day, then day after Thanksgiving.

In November 2021 you can also expect a facilitated AABHC educational group.



### December 2021

Happy Holidays! December is here!

The beginning of December marks HIV/AIDS awareness for all! School is out, the temperatures get colder and Christmas

is upon us.

This year Christmas falls on Saturday so we can expect to bring in the new year on a Saturday.

Remember! Stay safe during your New

Years Eve celebration.

In December Kwanza is recognized beginning on December 26th.



## Resources and helpful links

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

**Resources for individuals dealing with PTSD:** <https://www.verywellmind.com/coping-with-ptsd-2797536>

**A creative way to engage in self care techniques:** <https://brandedexpedition.com/instagram-bingo-self-care/>

**A religious sermon about empower women:** <https://www.youtube.com/watch?v=oWlUsnIHCSE>

**Information regarding vaccination efforts in MD:** <https://coronavirus.maryland.gov/pages/vaccine>

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

## 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. Some things to remember:

**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.

**There are things you can do to support yourself.** 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.

## Fitness and COVID-19 pandemic

Studies have proven that sports and regular exercise have positive benefits to individuals with mental illnesses. Studies also prove that sports improve mood, sleep, lowers anxiety and reduces stress. At AABHC, we put this into practice every week by ensuring we all gain at least 30 mins of activity.

Nobody can save you but yourself, and you're worth saving.

*We support. We advocate. We empower. YOU achieve.*

## ALLEN-AYUK BEHAVIORAL HEALTH CENTER LOCATIONS

### PRP Corporate Office

252 Rive Rd, Suite 130

Annapolis, MD

P: 443-221-7866

F: 443-221-7879

### OMHC Office

7404 Executive Place #420

Lanham, MD 20706

P: 240-260-3316

F: 240-260-3309

### PRP Office

7100 Chesapeake Rd, #106

Landover, MD 20784

P: 240-582-7084

F: 240-582-7378



## WONDERFUL NEWS!

Allen-Ayuk Behavioral Health Center is pleased to announce that we are now a fully operational mental health clinic. We officially offer on-site and community based therapy! We are also offering medication management. Additionally, Allen-Ayuk is facilitating educational groups in October and November. Check out our Instagram page for more information! If you would like to made a referral, please contact us at any of our offices mentioned.



## COMMUNITY RESOURCE NUMBERS

### 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:**  
1-800-784-2433

**Rape, Abuse, Incest Network**

**(RAIN):**  
1-800-656-4673

**SAMHSA Disaster distress Helpline:**

1-800-985-5990

or text 'TalkWithUs' to 66746. For Spanish text 'Hablamos' to 66746.

- For deaf/hearing impaired:

1-800-846-8517

1-800-985-5990

### COUNTY SPECIFIC HOTLINES

#### **Anne Arundel County**

Crisis & Homeless: 410-768-5522

Public School Student Safety:

844-676-3336

#### **Charles County**

Crisis & homeless: 301-645-3336

#### **Montgomery county**

Crisis & homeless: 240-777-4000

#### **Prince Georges 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 CONTACT 9  
-1-1 OR A CRISIS HOT-  
LINE FIRST**