

# CHANGES...

MARCH 1, 2017

BEHAVIORAL HEALTH SERVICES NETWORK

VOLUME 6 ISSUE 3

## Youth REACH — Reach out, Engage, Assist, & Count to end Homelessness — project count to meet needs

Mid Shore Behavioral Health is gearing up for its first Youth REACH MD count of unaccompanied homeless youth and young adults in an effort to better identify this underserved population and its needs.

At present, MSBH is hiring three youth ambassadors who will be tasked with finding youth and young adults aged 16 to 24 who reside in the mid shore counties of Caroline, Dorchester, Kent, Talbot and Queen Anne's, according to Jeanine Beasley, MSBH Continuum of Care Manager who is overseeing the effort. The count on the mid shore begins March 20 and ends April 2. The effort stems from analyzation of the Point-in-Time count — an annual one-night count of homeless individuals nationwide — in which officials determined

the 16- to 24-year-old homeless population who were not in the physical care of a parent or legal guardian appeared to be underrepresented, Beasley said.

Youth REACH MD was established by the Maryland General Assembly as part of the 2014 legislative session under Chapter 425 (House Bill 794). In spring of 2015, Maryland conducted its first eight-county

Youth REACH count and survey

to identify the population. These often are youth who couch surf—staying at one place or another with no place in particular, They are on their own and do not have a fixed, stable, permanent place to call home.

The 2015 count identified 834 unaccompanied youth and young adults experiencing homelessness living in the participating counties. This was significantly more than had been identified previously. Results were published in the [Youth REACH Phase II Report](#).

Project goals are to engage youth, young adults, community members, and federal and local constituencies to prevent and end youth homelessness via effective ongoing youth counts. These counts will enable federal, state and local entities to track data that will guide efforts to incorporate housing and homeless services that meet the need of unaccompanied homeless youth.

“This is a time in life when youth already are facing enormous challenges, growing from teenagers into young adults,” Beasley said. “It’s difficult enough when you have stable housing and good family support, but when you’re on your own, the decisions can put these youth at risk and inhibit future success in life.”

The count comprises four components of youth linked to shelters and services; those attending magnet events and street counts; and an administrative data count. Beasley said this group can be difficult to identify because they often don’t consider themselves homeless. Rather, they may view their situation as life as they know it. Beasley and colleague Katie Dille, MSBH Deputy Director who is assisting with strategic planning for the project, identify this project as one that is necessary to further implement prevention and intervention programs that will help this population successfully navigate young adulthood.

“These youth are at risk because while they are in charge of their lives, they often lack adequate skills to make good decisions,” Dille said.

Those interested in learning more about Youth REACH MD or participating in the count may contact Jeanine Beasley at [jbeasley@midshorebehavioralhealth.org](mailto:jbeasley@midshorebehavioralhealth.org). View more information online at <http://www.youthreachmd.com>.





**MSBH Continuum of Care Manager Jeanine Beasley with daughter Ruby (left) and Deputy Director Katie Dilley with daughter Emma enjoying a Friday evening volunteering for Haven Ministries Food Pantry.**

## Extra help at area food pantry

Mid Shore Behavioral Helps, a volunteer effort of Mid Shore Behavioral Health, recently assisted with food distribution on a recent Friday evening at Haven Ministries Food Pantry at Safe Harbor Presbyterian Church in Stevensville.

The pantry is open to Queen Anne's County residents 5:30 to 7 p.m. on the third Friday of each month.

Seventy-five families were served; that represents 218 people total — 67 children, 128 adults and 23 seniors.

The food pantry clients received chicken, breads, desserts, assorted canned vegetables, fruit cups, assorted donated items and baking items.

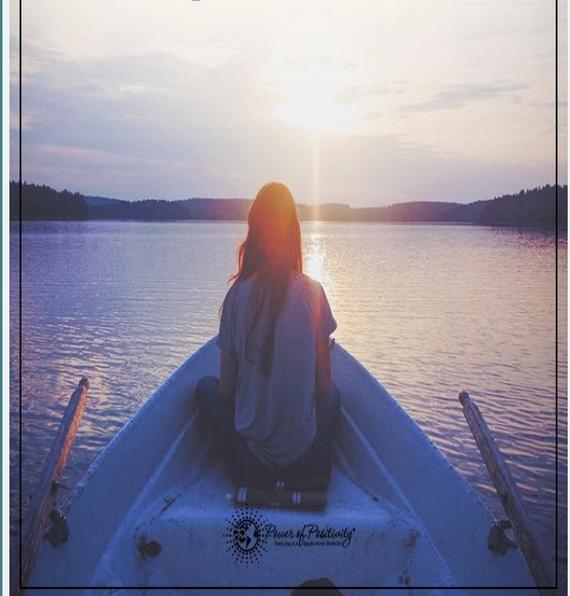
Those interested in volunteering or donating items may contact Krista Pettit at [kristapettit@gmail.com](mailto:kristapettit@gmail.com) for information. The next Haven Ministries Food Pantry is Friday, March 17 from 5:30 to 7 p.m. at Safe Harbor Presbyterian Church in Stevensville. Queen Anne's County residents must provide a photo ID.

Please forward volunteer opportunities in the five-county region of the mid shore to Administrative Director Marshall Hallock at [mhallock@midshorebehavioralhealth.org](mailto:mhallock@midshorebehavioralhealth.org).

**Our Mission** To continually improve the provision of behavioral health services for residents of Caroline, Dorchester, Kent, Queen Anne's and Talbot counties through effective coordination of care in collaboration with consumers, their natural support systems, providers, and the community at large.

**Our Vision** A rural behavioral healthcare delivery system that is clinically and culturally competent. This system will ensure access, have a community focus, be cost-effective, and be integrated to serve the community as a whole.

Everything you need  
will come to you at the  
perfect time.





## Adulting School teaches young adults grown-up skills



Co-founder Rachel Weinstein got the idea for the Adulting School from her work as a psychotherapist. She noticed that a lot of her clients struggled with the transition to adulthood, like paying bills on time and choosing a career

a career were difficult for them.

"You know, when you see 10 people feeling like they're the only one, and they're all struggling with the same thing, you think, let's get these people together so they can learn this stuff and not feel so isolated and ashamed," Weinstein said.

Managing money is a common source of stress for the school's attendees.

They tend to be millennials and women. Lindsay Rowe Scala, 32, said she is trying to figure out how to save for the future and pay off school debt.

"In job interviews, they're always asking 'Where do you want to see yourself in five years?' " she said. "And I never know how to answer that because I'm always thinking on how to survive today and next week and what's coming up."

Holly Swyers, an associate professor of anthropology at Lake Forest College who has researched adulthood, said this stress goes back generations. She said part of the problem is that classes that teach life skills, like home economics, aren't emphasized and there is no dedicated place to learn adult skills.

"We go through this age-graded system, and it tells us just do this and you'll be fine," Swyers says. "And then you graduate from high school or from college, and suddenly, there's no more rules about, if you just do this step, that's what comes next."

The Adulting School has drawn criticism for its perceived coddling. But Swyers said the school deserves kudos for addressing a real problem.

As adults navigate from dependence to independence, Swyers said she would like to see more proactive approaches in helping them accomplish their transition. Learn more at: <http://theadultingschool.com/>

*Courtesy Delmarva Public Radio*

By Patty Wight

Transitioning to adulthood isn't new, but there is a more modern way to describe it: adulting.

Get your car's oil changed? That's adulting. Cook dinner instead of order takeout? That's adulting. And now a new school in Maine, called the [Adulting School](#), is dedicated to teaching skills like these to fledgling adults so they can become successful grown-ups.

The school offers private social media groups and live events at local bars and restaurants. At these events, attendees can learn skills like how to network as a pro or how to fold a fitted sheet.

Carly Bouchard, 29, sat among a couple of dozen young adults sipping drinks at a Portland restaurant and hoping to uncover their true financial self.

"I'm a financial cripple," Bouchard said.

Although she went to business school, Bouchard said, she now needs the Adulting School.

Co-founder Rachel Weinstein got the idea from her work as a psychotherapist. She noticed many of her clients struggled with the transition to adulthood. Things like paying bills on time and choosing



## Older Americans' use of multiple psychotropic drugs increases

By Benedict Carey  
The New York Times

The number of retirement-age Americans taking at least three psychiatric drugs more than doubled between 2004 and 2013, even though almost half of them had no [mental health](#) diagnosis on record, researchers reported on Monday.

The new analysis, based on data from doctors' office visits, suggests that inappropriate prescribing to older people is more common than previously thought. Office visits are a close, if not exact, estimate of underlying patient numbers. The paper appears in the journal *JAMA Internal Medicine*.

Geriatric medical organizations have long warned against overprescribing to older people, who are more susceptible to common side effects of psychotropic drugs, such as [dizziness](#) and confusion. For more than 20 years, the American Geriatrics Society has published the so-called [Beers Criteria](#) for potentially inappropriate use, listing dozens of drugs and their mutual interactions.

In that time, prescription rates of drugs like [antidepressants](#), sleeping pills and painkillers nonetheless generally increased in older people, previous studies have found. The new report captures one important dimension, the rise in so-called polypharmacy — three drugs or more — in primary care, where most of the prescribing happens. Earlier research has found that elderly people are more likely to be on at least one psychiatric drug long term than younger adults, even though the incidence of most mental disorders declines later in life.

"I was stunned to see this, that despite all the talk about how polypharmacy is bad for older people, this rate has doubled," said Dr. Dilip Jeste, a professor of psychiatry and neurosciences at the University of California, San Diego, who was not involved in the new work.

The research team, led by Dr. Donovan T. Maust of the University of Michigan and Dr. Mark Olfson of Columbia University, analyzed data from annual government surveys of office-based doctors. The team focused on office visits by people 65 or older that resulted in the prescribing of at least three of a list of psychiatric, sleep and [pain medications](#) like Valium, [Prozac](#), OxyContin and Ambien. It found that the overall number of such visits increased to 3.68 million in 2013 from 1.5 million in 2004 — nearly a 150 percent increase, partly because the population is aging but mostly because of an increased percentage of prescribing multiple medications.

"The biggest jump was in rural areas," Dr. Olfson said, "which suggests to me that the increases partly reflect doctors and patients falling back on medications when they have little access to other options," like talk therapy, massage or relaxation techniques.

Federal health officials recently issued a strong warning to consumers about the risks of combining sedating drugs, like Xanax or Valium, with pain medications like opiates. But the analysis found that people taking opiates were about as likely to be on at least two other drugs as those not taking the strong painkillers.

Nearly 46 percent of people with at least three prescriptions had no diagnosis of a mood, chronic pain or sleep problem, the study found.

"This is a particularly worrisome pattern and suggests some inappropriate prescribing," Dr. Olfson said. One possible solution, he added, would be to give patients and doctors greater access to alternatives, like psychotherapy and [stress management](#). Only about 10 percent of the visits in the analysis included one of these options.





## March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 BHSN C & A 3-4	10	11
12	13 CIT Advisory 1:30 @ MSBH	14 Roundtable on Homelessness 1:30 Consumer Council 3-4 @ CVI	15	16	17 BHSN Forensic 9-11	18
19	20 Youth REACH count begins	21 BHSN Aging w/ Disabilities 11-12	22	23	24	25
26	27	28	29	30	31	Youth REACH count ends April 2

"Educating the mind without educating the heart is no education at all."

Aristotle



Mid Shore Behavioral Health is located at 28578 Mary's Court, Easton, MD 21601. You are invited to join us in our work to improve services on the Eastern Shore by joining the BHSN workgroups, Email [kstevens@midshorebehavioralhealth.org](mailto:kstevens@midshorebehavioralhealth.org) for information.