

MARYLAND EIP SPRING NEWSLETTER



CONTENT

Welcome to spring from the Maryland EIP

Art and Recovery: An interview

Job Postings

Research Spotlight

Collaborator Updates

WELCOME TO SPRING FROM THE MARYLAND EIP

In this newsletter, we provide updates and information about exciting events around artistic expression, as well as latest research and job postings. The MPRC's First Episode Clinic is hard at work preparing an artistic exposé of works created by service users. In this issue, we are fortunate to hear from some of the people involved in the show about how art and healing are intertwined. We hope that this newsletter serves as an inspiration for new creativity in your work and your life in the spring. That creativity might involve drawing, coloring, fabric crafts, doodling, or even singing in the shower.

Keep Maryland EIP Services in Mind

- **Outreach and Education Services** – To behavioral health providers, schools, primary care settings, and consumer organizations. For more information or to schedule a presentation to your organization, contact Cameron Sheedy: csheedy@som.umaryland.edu
- **Clinical Services** – For 12-30-year-olds who present with clinical high-risk symptoms that may be predictive of future psychosis, who have early signs of psychosis, or are in the initial stages of psychoses. Providers include the [Strive for Wellness Clinic](#), the [MPRC First Episode Clinic \(FEC\)](#), and the Division of Community Psychiatry's [RAISE Connection Program](#). The Maryland Early Intervention Program Network also currently provides services via two Early Intervention Teams: [Johns Hopkins Early Psychosis Intervention Clinic \(EPIC\)](#) & [OnTrack Maryland at Family Services, Inc.](#)
- **Consultation Services** – To providers regarding identification and treatment for individuals that may be experiencing symptoms that may be predictive of future psychosis, who have early signs of psychosis, or are in the initial stages of psychoses.
- **Training and Implementation Support Services** – Early Intervention Teams (EITs) throughout the state create a learning collaborative such that EITs and others providing services to those with early psychosis can collaborate, share resources, and provide support and coordination of service delivery.

Maryland EIP Outreach & Education Team

The Maryland Early Intervention Program: *A collaborative for the early identification and treatment of mental illness with psychosis* (Maryland EIP) offers specialized programs with expertise in the early identification, evaluation, and comprehensive psychiatric treatment of adolescents and young adults with, or at risk for, psychotic disorders. The Maryland EIP uses an integrated approach to address the health and mental health needs of young adults, including providing support for co-occurring substance use disorders, and metabolic and other co-occurring medical conditions.

For more information, contact us:

website: www.MarylandEIP.com

e-mail: info@MarylandEIP.com

phone: 1-877-277-MEIP (6347)

[6-minute video introducing the Maryland EIP](#)

 [@MarylandEIP](https://www.facebook.com/MarylandEIP)  [@MarylandEIP](https://twitter.com/MarylandEIP)



Art and Recovery: An interview

For many years, the faculty, staff, and employees at Maryland Psychiatric Research Center (MPRC) have supported the National Alliance of Mental Illness (NAMI) in raising awareness and funds. In February 2022, the MPRC Creativity Connects Committee was formed by staff and individuals-served to inspire creativity, connection, and sharing of recovery stories. Three members of the current committee, **William Garrett (WG)**, Peer Advocate and Social Media Chair at SeizingPsych, Inc., **Krissa Rouse (KR)**, MA, LCPC Senior Counselor at the First Episode Clinic, and **Jamila Louis (JL)**, service-user at First Episode Clinic/MPRC, member of MPRC's Outpatient Advisory Board, and volunteer for NAMI WalksYourWay, shared their perspectives for this interview.

Can you tell us a little bit about the history and goals of the Art and Creativity Exhibition?

KR: The first Art and Creativity Exhibition in 2022 showcased art and other creative works donated by individuals-served, research participants, staff, and family members. All items were sold via silent auction to benefit NAMI. The event was extraordinary, and in 2023, we have vowed to repeat this energy and drive to improve individuals' lives, those in recovery from a serious mental health condition with psychosis, through creativity and connection while raising more awareness and funds to support NAMI's critical work in Maryland. We are engaging individuals with lived experience in recovery through participation in art workshops, creating videos, and coordinating live performances that tell their stories of mental health recovery and how creativity and connection have aided them in living a more satisfying and productive life. We have planned a 2-day Art & Creativity Exhibition, on May 19-20, 2023, to include live performances and interactive events, and our NAMI WalksYourWay team will leave SGHC's campus at 10:00 a.m. on Saturday, May 20th, to walk through Catonsville raising awareness of NAMI and the important research and clinical work that MPRC is doing to advance treatments, early identification, and understanding of serious mental health conditions with psychosis.

What has been your experience and lessons learned from working with youth with mental health challenges through art?

WG: On the most immediate level, art is catharsis. An expression that allows for the sublimation of energies and acts as a type of therapy where the artist strives to be understood and can be understood through their art. Art is a coping skill in this manner, and a distraction from symptoms, and something to be proud of.

JL: Working with art teaches me to be patient, and it helps me remember that not everything is going to perfect...I must work with what I have.

How have youth reacted differently when you introduce the idea of art?

Can everyone benefit equally?

WG: Some peers take to it as a form of therapy in general. Others are not so warm to it, but we must be sensitive to the fact that everyone has a medium, and we can allow everyone to find their own.

JL: Youth can bring any style of art and feel accomplished when complete. It can be their own version of what they want to portray to the world.

If a provider wanted to include more art in their work with youth, what would you recommend?

WG: What makes sense to me would be generalized art workshop with a number of mediums, as we have done in our Creativity Connects Art Workshops, and perhaps make it a guided experience to explore interests, strengths, symptoms, and the client's situation. We can push latent creativity to this end, educate about art and the practicality of art as a coping skill, and compliment to empower.

UNIVERSITY OF MARYLAND
SCHOOL OF MEDICINE
MARYLAND PSYCHIATRIC RESEARCH CENTER

NAMI WALKS YOUR WAY

#CREATIVITYCONNECTS

2nd Annual MPRC
ART & CREATIVITY
EXHIBITION

Artistic and Creative Projects
by MPRC patients, staff, and community
on exhibit to kickoff our silent auction benefiting
National Alliance on Mental Illness (NAMI)

Rice Auditorium at
Spring Grove Hospital

55 Wade Avenue, Catonsville, MD 21228

For More Information Please Contact:
Matt Glassman / mglassman@som.umaryland.edu

Friday & Saturday | 9 AM TO 5 PM | MAY 19 & 20, 2023



JL: Teach persons served that they must not stop believing in themselves. Everyone has a vision; express whatever comes to mind during an art event. Just go for it and see what happens!

What can you share about the showcase event coming up in May and other activities you have done to encourage art as part of recovery?

WG: This year's Art & Creativity Exhibition will communicate to the community the experience of mental health and importance of early treatment, and will showcase the mental health community in a way that is not always associated with it. We are enrichment!

JL: During the Art & Creativity Exhibition on May 19-20, 2023, I'll again be running an origami table as a way to connect and teach others a new creative skill to master.

The Creativity Connects Committee is currently eliciting creative contributions of all sorts, from paintings to carvings to live or recorded performances. **For additional details on contributing to the art show and silent auction, please contact Matt Glassman:**

mglassman@som.umaryland.edu. To join the MPRC NAMI WalksYourWay team, [please click here](#).

Job Postings

Family and Peer Support Specialists:

- The **Maryland Psychiatric Research Center (MPRC)**, part of University of Maryland, Baltimore, School of Medicine (UMSOM) is seeking a parent of an adolescent or young adult who has experienced psychosis to function as a **Family Peer Support Specialist** in the First Episode Clinic (FEC). A Family Peer Support Specialist will use their own experiences to provide family-to-family support, education, advocacy, coaching, and more, to families seeking assistance.
[Click here to apply](#)

- **EPIC-RAISE**, a collaboration between the State of Maryland, University of Maryland, and Johns Hopkins Bayview Medical Center, is seeking a **Peer Support Specialist**, who will use their own experiences to provide support, education, advocacy, coaching, and more, to service users seeking assistance.

For more details, contact Max Wolcott: mwolcot2@jhmi.edu

Supported Employment and Education Specialists:

- **OnTrack Montgomery and RAISE**. These positions are full-time positions. The **Education and Employment Specialist** assists clients to continue, resume, or adapt their academic or vocational activities successfully using the IPS (individual placement and support) model. This position requires a bachelor's degree in Psychology, or a related field, or equivalent combinations of education and experience from which comparable knowledge and abilities have been acquired, along with working knowledge of a broad range of occupations and jobs and general knowledge in job development/experience is required, and a current, valid, MD state driver's license. No more than two points on the driving record per year are permitted.

For the OnTrack Montgomery position, [click here to apply](#)

For more details about the RAISE position, contact Mike Papa:

mpapa@som.umaryland.edu

Recovery Coaches, Therapists, Team Leads:

- **RAISE** is seeking a **Recovery Coach** to provide full-time clinical care. Candidates must be LCSW-C, licensed certified social workers, or licensed master's social worker grad. RAISE is also seeking an LCSW-C or LCPC to serve as the **Team Lead**. Come join a dynamic and supportive team!

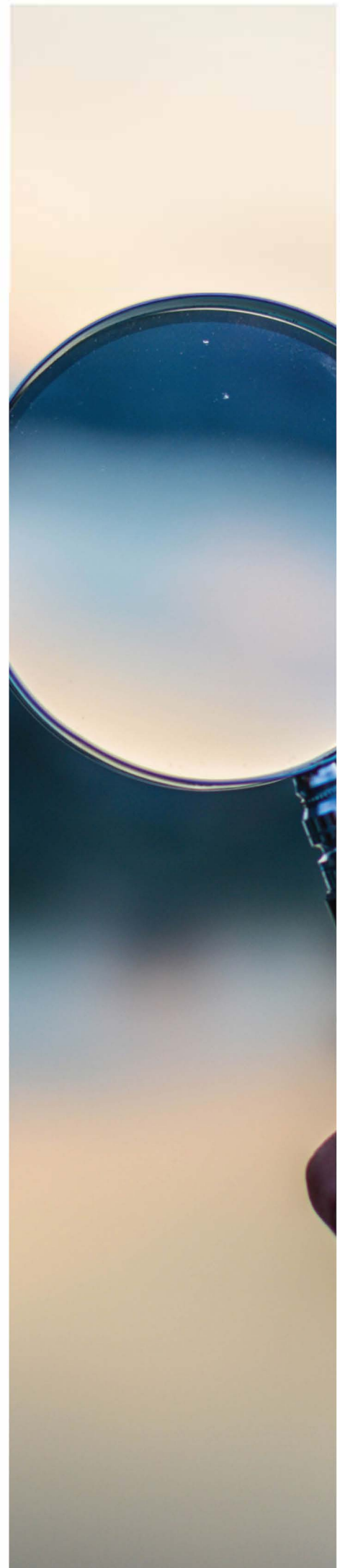
Request more information from Mike Papa: mpapa@som.umaryland.edu

- **Johns Hopkins EPIC** is seeking a **Therapist**.

For more details, contact Max Wolcott: mwolcot2@jhmi.edu

- The **University of Maryland, Baltimore (UMB), Department of Psychiatry, Child and Adolescent Division** has a full-time opening within its **Prince George's School Mental Health Initiative Program** for a **Counselor, Senior Counselor, or Lead Counselor** dependent upon the chosen candidate's qualifications. The University of Maryland, Division of Child and Adolescent Psychiatry, National Center for School Mental Health **Counselor** position would provide a full continuum of mental health services and consultation to youth with severe behavioral and emotional challenges who are enrolled in Prince George's County Public Schools. The individual would provide a broad range of clinical services including: 1) assessments and evaluation, 2) individual, group, and family therapy, 3) crisis intervention, 4) teacher consultations, and 5) school-wide education and training regarding mental health issues.

[Click here to apply](#)



Upcoming Maryland EIP Advisory Council



Our next Advisory Council meeting, in May 2023, will focus on training for culturally responsive care for youth with psychosis. In collaboration with Morgan State University, we will share learnings from training developed as a team, and present best-practice suggestions for collaboration and training initiatives related to psychosis. We're always looking to learn more about these topics! **If you have any resources or research related to best practices in developing trainings for culturally responsive care, please send them to Tovah Cowan: tcowan@som.umaryland.edu.**



Research Spotlight

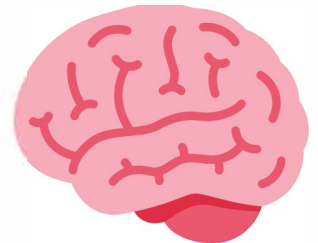
- **[Crabtree & Green \(2016\)](#) examined elements of creative potential and creative achievement among individuals with increased risk for psychosis.** Research suggests that creative achievement is related to greater cognitive flexibility, high motivation, and openness to experience. Psychosis is linked to creative potential via divergent thinking, reduced filtering, and reduced inhibition. The authors explore the adaptive utility of enhancing creative potential in those with emerging first episode psychosis, suggesting the development of individualized, early intervention programs that focus on increasing cognitive flexibility and self-management skills.
- **[Sampedro et al. \(2021\)](#) explore how creativity may positively influence functional outcomes in individuals with schizophrenia.** While much research has focused on factors that underlie functional impairment, most notably neurocognitive deficits and symptom severity, the authors of this study investigate how despite these relative disabilities, creativity can increase problem-solving skills amidst daily, real-world problems. Creativity is thus described as an adaptive ability that has the potential to improve both the physical and psychological health of individuals with schizophrenia.
- **[Ursuliak et al. \(2019\)](#) analyzed the effects of a 13-week Claymation art therapy group intervention for young adults experiencing early psychosis.** Video-creation based art therapy exercises embedded within the program explored themes of personal identity, impact of illness, stressors, coping strategies, sources of resiliency, and hopes for the future. Participants reported that Claymation as a mode of art therapy fostered working with, learning about, and connecting with others and provided opportunities to build new skills. They reported positive outcomes including stress relief, self-discovery, pride in art, confidence, hope, and engagement in other meaningful activities post-intervention.

Research opportunity!

First-degree relatives (brothers, sisters, parents, and children) of people with a diagnosis of Schizophrenia or Schizoaffective Disorder are invited to participate in brain imaging research

- Participants between the ages of 18 and 64
- Cannot have current substance abuse or dependence (including alcohol and cannabis)
- Study involves 3-4 appointments (1 visit for initial consent and screening (via Zoom); 2 MRI scan appointments (in-person); 1 session for assessments (in-person))
- Participants will be paid an hourly rate plus bonuses for their time

The project is conducted under the direction of James A. Waltz, PhD, Assistant Professor, MPRC Outpatient Research Program. **If you or someone you know would like more information about this study, please contact Jacob Nudelman: jnudelman@som.umaryland.edu; 443-840-9087**



Collaborator Updates



Monthly Caregiver Support Group

Do you care for someone living with psychosis or another serious mental illness?

Join us for a **FREE and CONFIDENTIAL** support group* on Zoom the 4th Saturday of the month beginning in **January, 2023**.

For more information, register at:
tinyurl.com/SeizingPsychSupport



SeizingPsych
contact us: SeizingPsych.com

*Meetings are not a substitute for medical care



Maryland Healthy Transitions

Healthy Transitions Provides an Evidence-Based Intervention. Both Maryland Healthy Transition sites will be offering *Evidence-Based Family Psychoeducation Multi-Family Groups* this spring! Research supports that young adults who participate in Family Psychoeducation groups experience fewer relapses and less time in the hospital. Participating families are given tools to understand the difficulties their loved ones face daily, and as a result have reported feeling less stress, confusion, and isolation.

For more information please contact Bette Stewart: bmstewart@som.umaryland.edu.

Arundel Lodge's Healthy Transitions Program promotes awareness of the behavioral health challenges among youth 16-25 years of age; increases early identification of mental health needs; provides coordinated, evidence-based practices and supports to assist youth in a successful transition into adulthood. Arundel Lodge partners with youth in identifying and achieving their goals to become involved in normative activities like employment, continuing education, and contributing to the community.

For more information, visit www.arundellodge.org



Crossroads Community: Supporting Transitional Aged Youth in the Mid-Shore Region!

[Click here for more information about Crossroads Community's Healthy Transitions Program.](#)

For more Maryland Healthy Transitions *Outreach & Education* information, contact Sylvia McCree-Huntley: shuntley@som.umaryland.edu or [click here](#)

Maryland Coalition of Families

The Maryland Coalition of Families (MCF) provides **family peer support** and **navigation services** to families who care for a loved one with mental health, substance use, or problem gambling challenges.

MCF is dedicated to supporting families with behavioral health challenges. MCF's Family Peer Support Specialists all have extensive training and lived experience with behavioral health challenges in their own families. In addition to providing one-to-one family peer support and navigation, they are knowledgeable about both local and state resources.

MCF's support staff are able to provide remote as well as face-to-face family peer support and navigation, depending on a family's preference. The methods they use to stay in communication with families include phone calls and texts, emails, and one-to-one in-person or video support. MCF staff help by listening to concerns, attending meetings, assisting with completing forms, explaining rights, and making connections to appropriate services.

All services are provided free to Maryland families. In addition, MCF offers trainings and support groups.

For more information visit www.mdcoalition.org, call their statewide intake line at **410-703-8267** or email info@mdcoalition.org

NAMI Maryland

Great news - the 2023 NAMIWalks Maryland website is now open at www.namiwalks.org/Maryland! Step forward with NAMIWalks and leave your footprint on the local landscape of mental health.

NAMIWalks is the nation's largest, grassroots event series dedicated to supporting individuals and loved ones coping with mental health conditions, and now is the ideal time to add your individual momentum to this movement. With that in mind, we are thrilled to announce that the 2023 NAMIWalks Maryland is back **in-person!** Together we will show the power of community on Saturday, May 20, 2023, at Rash Field, Inner Harbor in Baltimore.

When you participate in NAMIWalks, you are:

- **Promoting public awareness of mental health** to reduce stigma by reaching millions of people through personal networks;
- **Raising funds for NAMI's free, top-rated mental health programs** and support our mission of recovery-focused support, education, and advocacy for individuals and loved ones affected by mental health conditions;
- **Building community and using NAMIWalks as a positive platform for discussion** around openly talking about mental health conditions, letting people know they are not alone.

There are many ways you can make a difference through NAMIWalks: as a sponsor, team captain or team member, virtual walker, or an individual participant. Plus, **registration for NAMIWalks is 100% free!** However you decide to participate in NAMIWalks Maryland, you'll be joining a national movement of people who care. **We'll see you there!**

