



PRO BONO COUNSELING

Your Mental Health Connection

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Donor Commemorates Mental Health Awareness Month

While looking for a creative way to share the importance of mental health care and raise money for a worthy cause, Shelby Robinson with Down the Line Softball (DTL) came up with the idea to design and sell custom softball jerseys, with a portion of all jersey sales to go directly to benefit Pro Bono Counseling.

“Some very close pals of mine helped open the doors for me to explore mental health counseling and how it can completely transform your life, and for that I am forever grateful,” explained Shelby. “When I was looking for an organization to fund raise for, my therapist suggested Pro Bono Counseling and after learning more about the organization and mission, I thought it was a great idea.”

Shelby kicked off the jersey sales in May to coincide with Mental Health Awareness month. She created several different jerseys with both long- and short-sleeved options with the tagline “IT’S OK NOT TO BE OK – Mental Health Awareness.”

Shelby recently stopped by PBC’s office to present Executive Director Amy Greensfelder with a \$500 donation check and a custom jersey from the awareness fundraiser campaign.

“We are grateful to Shelby for choosing Pro Bono Counseling as the beneficiary of the fundraiser,” said Amy. “We admire her for sharing her personal story of the importance of mental health care and for



Shelby Robinson presents fundraiser check to PBC’s Executive Director.

all of her efforts to fight the stigma of mental illness.”

“I appreciate everyone’s help in making this mental health awareness campaign such a success and having a positive impact,” stated Shelby. “I encourage anyone who has struggled with their own mental health to share their story, as your story could open the door for someone else.”

Shelby plans to continue the awareness fundraiser campaign and sell more jerseys to support PBC. She also has plans in the future to organize charity softball tournaments to benefit mental health awareness.

If you’d like to purchase a custom jersey, visit the DTL website at Downtheline-softball.com or send an email to downthelinesoftball@gmail.com.

Upcoming Continuing Education Workshops

Don’t miss these upcoming online continuing education workshops. Mark your calendar and register to attend today!

September 7 - *Introduction to Pro Bono Counseling: Clinical Applications for Volunteers*

One (1) CE credit
Presenters: Amy Greensfelder, LMSW; Sherri Bloom, LCSW-C; Alexa Biddle

September 9 - *Language Access and Inclusion for Deaf and Hard-of-Hearing Individuals*

Two (2) CE Credits
Presenter - Staci M. Rensch, PhD

September 14 - *TMS Fundamentals: What Every Therapist Needs to Know*

One (1) CE Credit
Presenter - Hanita Chhabra, MD

October 14 - *Effectively Supporting Children’s Mental Health*

1.5 CE Credits
Presenter - Phyllis Fagell, LCPC
Presented with generous support from the **Matt Golczewski Memorial Fund**.

October 26 - *Supporting LGBTQIA+ Survivors of Intimate Partner Violence*

1.5 CE Credits
Presenter - Jocelyn Broadwick

For more information on PBC’s continuing education workshops or to register to attend, please visit the [Events and Workshop](#) page on our website.

PBC Resource Corner: TOGETHER

The University of Maryland offers a free online program for couples called the TOGETHER program.



Through this 6-week workshop series, the program offers relationship and financial education, connection to community resources, and access to employment services. As long as the individuals in the relationship are over 18 years of age and are interested in investing in their relationship, they can get started by reaching out to the program through this [web form](#).

The University of Maryland has offered this ongoing program for more than seven years and reports great success for the changes partners report about their relationships. Over 95% of couples who participate in the program report an improvement in conflict management with their partner and an increased knowledge of shared finance management.

To learn more about the online program and weekly meeting times, visit Togetherprogram.org.

Summer Interns Fulfill Valuable Role with PBC

Throughout the year, Pro Bono Counseling (PBC) is joined by both graduate and undergraduate students who fulfill fundamental roles with the organization as interns. Most recently, PBC was joined by three undergraduate students for a summer internship program with the clinical team:

- Nathaniel Drexler, a Psychology and Philosophy double major at Northwestern University;
- Fairuaz Mukarama, a Psychology major at University of Maryland, Baltimore County;
- and Joi Robinson, a Psychology major and Family Studies minor at Towson University.

The interns’ responsibilities included contacting volunteers about possible referrals, calling clients to inquire about their experiences with PBC and with their clinicians, and researching and identifying additional resources to share with clients.

“All three students showed a deep appreciation for the mission of PBC,” stated Clinical Data Manager Roshelle Kades. “The work they did was instrumental in getting clients connected with therapists.”

Thank you interns for all of your efforts!