



PRO BONO COUNSELING

Your Mental Health Connection

THE CONNECTION | MONTHLY NEWSLETTER | SEPTEMBER 2022

Executive Director Celebrates Five Years with Organization

The month of September marks not only an annual work anniversary for Amy Greensfelder, LMSW, but for this year, a career milestone as well—celebrating five years as Pro Bono Counseling (PBC) Executive Director.

Amy was drawn to PBC for its overall concept: matching people in need of care to professional volunteers, and that it served a need both for people seeking care and mental health professionals who want to give back.

“It was clear to me as an outsider that PBC was meeting the needs of large numbers of Marylanders and was able to reach people across the state and all different backgrounds,” explained Amy. “I was greatly impressed by the organization’s ability to have a large impact with a small budget.”

Amy knew she wanted to work for an organization to make a difference, and at PBC she is able to work with volunteers, board members, and staff who are deeply committed to its mission of ensuring access to mental health care for everyone throughout the state of Maryland.

“From the beginning, Amy began demonstrating her competence as the executive director of PBC,” stated PBC Board President Gil Bliss. “She had to weather an intensive interviewing process, but came out of it with a clear sense of determination and dedication to the

mission of PBC.”

As executive director, Amy has had a significant impact on the organization by increasing its effectiveness and reach. In the past five years, PBC’s volunteer enrollment has increased by more than 200 mental health professionals and overall client services have improved. There also has been quite a bit of change and adaptation. PBC’s staff has grown to 15 members and the organizational budget has greatly increased. PBC modernized its technology and relocated to new office space, and then later with the onset of the pandemic, rapidly shifted staff to remote work and supported volunteers in transitioning to teletherapy to ensure continuation of services.

“I have been working with PBC since 2014, so from a volunteer’s perspective, I have seen many changes,” states PBC volunteer Rebecca Schacht, PhD. “I could tell when Amy started as the executive director, she brought a ton of initiatives. And when PBC got its new database and expanded staffing, I saw the consistency. From a volunteer’s end, I can see all the improvements in the communication.”

Working together with all of PBC’s constituents, there have been a lot of accomplishments in the past five years, and Amy is most proud of centering DEI and anti-racism in the organization’s work, growing the continuing education program to more than 50 CEU’s offered annually, adding a mental health WARMLine, revising clinical protocols to be culturally responsive and trauma informed, and creating a positive and affirming workplace culture that promotes work/life balance with increased staff benefits.

“Amy has brought PBC into a new era of effectiveness for the organization,” stated Gil. “The organization can look forward to years of providing the services that it promises to its worthy stakeholders.”

One of PBC’s core values is on continuously learning and growing. In her position, Amy has seen that opportunities for growth come from every direction, and learned the importance of keeping an open mind and staying curious.

“The future of PBC is bright!” exclaimed Amy. “While we will always work for the day when mental health care is readily available for all, we’ll continue to provide free mental health services to those who otherwise would not have access to care.”



Amy Greensfelder

Continuing Education Workshops

Don’t miss these upcoming continuing education workshops:

Just added! In recognition of Suicide Prevention Month, PBC presents:
September 30 - Assessing and Individual for Risk of Suicide

1.5 CE credits

Presenter:

Pamela E. Marcus, RN, APRN/PMH-BC

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

November 4 - Never Have I Ever Understood Desi Parenting

3 CE Credits

Presenters - Razia F. Kosi, EdD, LCSW-C, and Neha Navsaria, PhD

For more info or to register to attend, visit PBC’s [Events and Workshop](#) page.

Clinical Manager Receives Community Service Award

Pro Bono Counseling Clinical Manager Ana Carrera was selected as the recipient of the Maryland Legislative Latino Caucus’ 2022 Community Service Award. This award is presented to an individual or organization providing meaningful services to the Latino and immigrant communities in the state of Maryland.

Ana was selected for her dedication to providing the growing Latino and immigrant communities in Maryland with access to free mental health care, as well as providing support with other resources including telehealth, language access services, transportation, medication, and health needs for the community members.

Ana was honored on September 21, at the Maryland Legislative Latino Caucus’ 2022 Hispanic History Month Award Ceremony in Annapolis.



Ana Carrera

PBC Resource Corner: IPS Fathers Group

The Intercultural Psychological Services (IPS) Fathers Group provides a virtual place for fathers to learn skills and find support as they navigate the challenges and joys of fatherhood. Group sessions are semi-structured, with psychoeducational elements for each one, as well as opportunity for group discussion.

Topics like parenting styles, emotional availability and nurturance, changing roles and expectations around fatherhood, effective partner communication strategies, and the legacies (and assumptions) inherited from our own fathers will be addressed. In structuring the group, IPS has drawn from other evidence-based programs like Massachusetts’s Nurturing Fathers Program, and USAid’s Facilitator Guide for Father-to-Father support groups. Their goal is to bring flexibility and openness to the sessions, to co-create a comfortable place for fathers to gather and share.

The IPS Fathers Group meets weekly via Zoom on Tuesdays at 8:30 PM for 60 minutes. The next session will be on September 27. The group is **free for all PBC clients**, but will close to new members on October 4. To register, email gregory@elizabethwillems.com.