



PRO BONO COUNSELING

Your Mental Health Connection

THE CONNECTION | MONTHLY NEWSLETTER | OCTOBER 2022

PBC Meets Counseling Needs

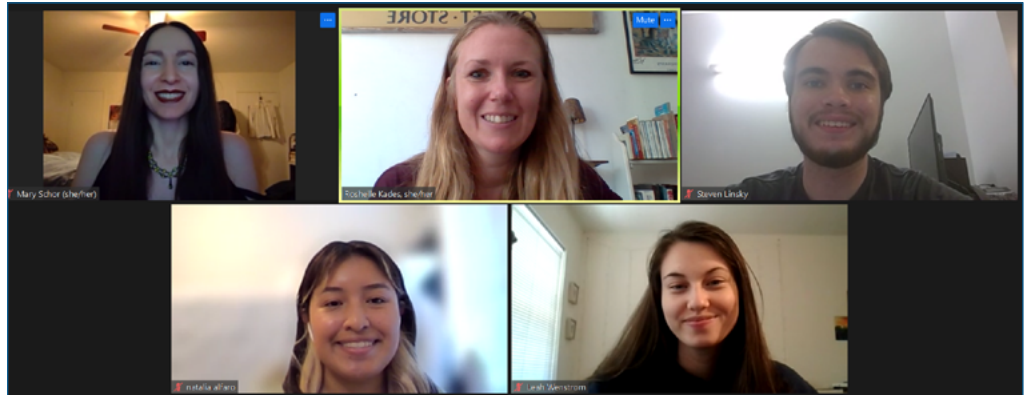
Since it was established in 1991, Pro Bono Counseling (PBC) has connected more than 37,500 individuals and families across Maryland with licensed mental health professionals who donate their counseling services. There are no limits to the amount of counseling sessions a person may receive, just as there are no limits to the number of times a person can request counseling. PBC is available to meet mental health needs as they arise.

One such example is a caller, who identified herself as a Black woman in her 40's and had utilized PBC's services in the past, who was reaching out again seeking counseling. She contacted PBC most recently due to the stress that she was experiencing with her current relationship, as well as the passing of her mother.

"I just really appreciate that you guys are here," she said during her phone interview. "I just found out about the WARM-Line, which is such a great addition to the services you offer. Over the years off and on I have used your services at pivotal points in my life and I am grateful that Pro Bono Counseling exists."

Staffed by trained mental health professionals, PBC's mental health WARMLine was created in 2020 during the pandemic, and is available for free to Maryland residents who now find themselves in need of advice or someone to listen. The WARM-Line is not a substitute for crisis services or ongoing therapy but is a means of support for anyone who is not in an immediate mental health crisis. It can serve as an intermediate step to connecting individuals for therapy as necessary and can connect callers to crisis services. Its staff also follow up with callers by calling back to check in with them.

PBC's WARMLine is available weekdays from 10AM to 8PM, and on weekends from 10AM to 6PM, by calling 410.598.0234. To request counseling services, call PBC at 410.825.1001 weekdays between 8AM - 4PM, to schedule a confidential phone interview.



PBC Clinical Data Manager Roshelle Kades meets with PBC's clinical interns online.

Special Welcome to Pro Bono Counseling's New Interns

As the 2022-2023 academic year is underway, Pro Bono Counseling (PBC) is now joined by both graduate and undergraduate students who will fulfill fundamental roles with the organization as interns for two semesters. The following students have joined the staff as clinical interns as they work to complete their degrees. Please join us in welcoming them!

- Natalia Alfaro, an undergraduate at University of Maryland, Baltimore County, majoring in Public Health, who will graduate in May 2024;
- Steven Linsky, a Clinical Psychology undergraduate student at Towson University, who will graduate in May 2023;
- Mary Schor, a graduate student at Virginia Commonwealth University, pursuing an M.S. in Rehabilitation and Mental Health Counseling, and anticipates completing in August 2023;
- and Leah Wenstrom, a Towson University undergraduate student majoring in Clinical Psychology, who plans to graduate in May 2023.

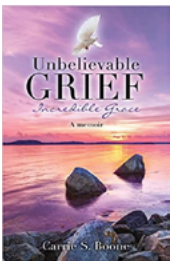
Undergraduate intern responsibilities include contacting volunteers about possible referrals, calling clients to inquire about their experiences with PBC and with their clinicians, and researching and identifying additional resources to share with clients. Graduate interns gain experience in conducting intake interviews and documenting services, and under the supervision of

a board-approved clinician, provide therapy to clients in a private practice setting.

New this year PBC is also joined by a WARMLine intern who will assist with taking calls. Claudia Downey is a PsyD doctoral student at George Washington University, who has experience working in an eating disorder treatment center and inpatient treatment, and has an interest in working with LBGTQIA+ youth.

Volunteer Publishes First Book

Pro Bono Counseling volunteer Carrie S. Boone, LCSW-C, recently self-published her first book about grief entitled, Unbelievable Grief Incredible Grace: A memoir.



According to Carrie, she thought her early childhood experiences with grief would prepare her for future losses, but she was wrong. A pivotal loss in adulthood changed the trajectory of her grief journey moving forward. The book is available on [Amazon](#) or her [website](#).

Continuing Education Workshops

Don't miss these upcoming continuing education workshops:

October 26 - Supporting LBGTQIA+ 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

December 2 - How to Identify and Support Human Trafficking Victims
3 CE Credits

Presenters - Alexandra VanDress and Sgt. Debbie Flory

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

PBC Resource Corner: Affordable Counseling Program

Chesapeake Mental Health Collaborative offers a low fee [Affordable Counseling Program \(ACP\)](#), which provides sliding scale counseling to underinsured or uninsured clients. They also provide counseling at low fees to clients with unmet deductibles. They can adjust fees to as low as \$30 per session. Services are available in-person in Baltimore County or through telehealth. The graduate-level clinicians who provide counseling



through the ACP have a variety of mental health experiences: there are providers who have experience with anxiety, depression, trauma, interpersonal issues, career direction, toxic relationships, grief, LGBTQ issues, and other concerns. Multiple providers have experience providing nature-based therapy. Clients who may be a good fit for this program can complete this HIPAA-compliant [intake questionnaire](#) online to get started.