



# PRO BONO COUNSELING

Your Mental Health Connection

## THE CONNECTION | MONTHLY NEWSLETTER | JANUARY 2023

### Providing Mental Health Care Resources With Assurance

There are many reasons why people reach out to Pro Bono Counseling (PBC) to request mental health care, from experiencing anxiety, stress, sadness, grief, relationship issues, to dealing with past trauma. And PBC's staff members recognize that one of the most difficult steps to improving your mental health is the act of picking up the phone to seek help. That's why the clinical team strives to ensure that anyone contacting PBC is immediately put at ease by explaining what to expect throughout the entire process.

"When someone reaches out to us, either on the WARMLine or to request counseling, it's vital that they feel heard and fully understand how we will connect them with mental health resources," explains PBC Clinical Director Sherri Bloom. "We want them to feel as comfortable as possible so they can focus on their wellness, and that starts with the very first phone call."

When someone contacts PBC re-

### PBC Volunteer Forum

Mark your calendar—Pro Bono Counseling is hosting an online Volunteer Forum on Wednesday, March 29, from 12:00 to 1:00 PM. During this interactive meeting, Executive Director Amy Greensfelder will provide an overview of the past year, including statistics and the impact volunteers have made throughout the state of Maryland. She will also preview PBC's strategic plans and what's in store for the years ahead.



Volunteers will also have the opportunity to meet in breakout rooms during the Forum to provide feedback on your experience with the organization. Don't miss this opportunity—place a hold on your calendar and watch your inbox for your personal invitation.

questing mental health counseling, we ask that they participate in a confidential phone interview with a licensed professional. During the phone interview, staff members get to know you as an individual. Our questions are personal but not intrusive. The more we understand your background, the better equipped we are to find the right resource match for you.

A woman in her 30's recently contacted PBC because she lost someone with whom she was very close. She requested a therapist who could offer counseling for her grief and to assist with working on her self-image.

During her phone interview, she shared with PBC's staff member, "I really appreciate your kindness, availability, and the patience that you have to hear what I have to say."

Also during the interview, PBC staff members consider your preferences for a counselor's cultural background, expertise, spoken languages, gender, therapy style, and other factors to find you the right fit.

A man in his 40's reached out to PBC recently seeking help in dealing with a separation from his wife. He said that he had never received individual counseling before and didn't think it was a viable option for him. Per his request, he was matched with a Black male mental health clinician.

After he began counseling, we followed up with him and he shared, "My therapist has done a lot to help me out with calibrating things in the right order in my mind, and to not be so down on myself. I have become much more self-reflective."

Based upon his experience, this client has recommended PBC to other people. For more information about PBC or to request counseling for yourself or someone you know, call 410.825.1001. To reach the WARMLine to discuss what you are experiencing, call 410.598.0234.

### Continuing Education Workshops

A recent Pro Bono Counseling workshop participant stated, "This was the most comprehensive and well presented training I have experienced in the last two years." Find out what everyone is raving about. Register today to attend an upcoming continuing education workshop, online unless noted:

February 22 and March 14 -

#### **Providing Counseling Pro Bono: Clinical Applications for Volunteers**

1 CE Credit, Presenters - Amy Greensfelder, LMSW, Sherri Bloom, LCSW-C, and Yolonda Nelson-Swain, MAHS, VASIII

#### **February 23 - Neurodiversity Affirming Clinical Skills for Helping Professionals**

3 CE Credits

Presenter - August Stockwell, PhD

#### **March 3 - Pet Loss and Grief**

2 CE Credits

Presenter - Jessica Kwerel, LCPC

#### **March 22 - Introduction to Play Therapy for Mental Health**

4 CE Credits - *IN-PERSON WORKSHOP*

Presenter - Sabra Starnes, LICW, LCSW-C, LCSW, MEd, RPT-S

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

### Conversations Over Chai

South Asian Marylanders are invited to join Pro Bono Counseling's CHAI program for a new bimonthly series, "Conversations over Chai." Featured facilitator Dr. Harita Raja will moderate a virtual discussion on topics relevant to South Asian Marylander community members. The first session's topic is *Mental Health in our Community*, on February 28, at 6:30 PM. Register to attend [HERE](#).

### Be a Counseling Catalyst

Pro Bono Counseling (PBC) invites you to become a Counseling Catalyst. Join the compassionate community of monthly donors bringing mental health care services and resources to Maryland individuals, couples and families in need.



Monthly giving is the most convenient and effective way to provide consistent help to Marylanders seeking mental health care. Your monthly donation allows PBC to take a planned, long-term approach.

You can be confident knowing that 100% of your donation will go to counseling resources and services, and WARMLine operations, supporting people in need throughout Maryland.

For more information on how you can give monthly to help Marylanders every day, visit PBC's [website](#).

### PBC Resource Corner: Intercultural Counseling Connection

The Intercultural Counseling Connection is a Baltimore City-based organization that was highlighted previously in the June 2022 edition Resource Corner for their work to provide trauma-informed and culturally responsive counseling connections at no cost. They have recently expanded their



program to provide mental health services for adult foreign national/ forced migrant survivors of human trafficking primarily for trafficking survivors living in Baltimore City. Steps to connect with a counselor can be done online. Their

40+ clinician network includes clinicians who specialize in working with youth, families and survivors of human trafficking and sexual violence. Mental health professionals that can offer in person and telehealth counseling sessions at zero cost.

To connect with this program, contact Clinical Director Andrea Rackowski via email at [arackowski.connection@gmail.com](mailto:arackowski.connection@gmail.com) with any questions or Project Coordinator Lauren Goodsmith by phone at 410.235.2465, or via email at [lgoodsmith.connection@gmail.com](mailto:lgoodsmith.connection@gmail.com).