



PRO BONO COUNSELING

Your Mental Health Connection

THE CONNECTION | MONTHLY NEWSLETTER | FEBRUARY 2023

Show Your LOVE for the Mental Health WARMLine

Pro Bono Counseling (PBC) launched a fundraising campaign this month to support the mental health WARMLine. The goal of the fundraiser, entitled “Show Your LOVE for the WARMLine,” is to raise \$25,000 to support this service.

“Last year, more than 1,600 calls were made to Pro Bono Counseling’s mental health WARMLine from individuals all over the state of Maryland,” explained Executive Director Amy Greensfelder. “Our goal is to raise enough funds to ensure that this vital service continues to be a resource for all Marylanders in need.”



Pro Bono Counseling’s WARMLine was established in 2020 to support Maryland residents who were experiencing mental health impacts related to the COVID-19 pandemic. The WARMLine has since evolved and grown both in need and demand. It is not a substitute for crisis services or ongoing therapy, but it is a means of assistance for anyone who needs a supportive, listening ear. The WARMLine, staffed by trained mental health professionals, is an intermediate step to connecting Marylanders for therapy as necessary and can connect callers to crisis services. There is no commitment required, and callers may give as little or as much information as they feel comfortable sharing.

“Most of our callers are Marylanders who are sad, stressed, or just overwhelmed,” stated WARMLine Manager Elizabeth Stoner, LCSW-C. Whether the caller needs a short-term intervention, is interested in taking a first step towards therapy, or simply just needs someone to talk to, the WARMLine can be an invaluable resource.

“Last year, we assisted callers ranging in age from 14 to 94, and we can respond to a true variety of issues,” said Elizabeth. Additionally, those under the age of 18 are not restricted from calling and do not need

parental permission. “Anyone can call the WARMLine and receive resources,” she added.

As one WARMLine caller stated, “I find the WARMLine support an invaluable necessity. The therapist on the line listens well, is empathetic, is knowledgeable, as well as humane. Most importantly, I come away feeling heard and seen.”

To make a gift to support Pro Bono Counseling’s WARMLine, please visit [CLICK HERE](#).

To reach the WARMLine, call 410.598.0234.

Support that Suits You Best

Recently, a 19-year-old man reached out to Pro Bono Counseling (PBC) seeking help for his symptoms of depression and anxiety. He shared that he has been in therapy before, but only stayed for a few sessions because of how scary it felt, so he was apprehensive when contacting PBC for assistance.

During his phone interview, PBC staff members worked to put him at ease and asked questions to fully understand his background and previous experience to ensure they could find the right counselor that would meet his needs.

Once he was matched with the clinician PBC provided, he reported that he has been seeing them regularly and feels as though “it’s really becoming a second nature thing [and] talking about this stuff has gotten easier and easier.”

When asked about his experience with the organization so far, he explained, “I’ve never felt forgotten [with PBC] ...[PBC] kept coming back and made sure you actually found someone for me.”

“PBC has done more for me than any other organization I’ve reached out to,” he said.

PBC is here to help you. If you’re experiencing stress, anxiety, grief, or a life transition, call us at 410.825.1001.

Continuing Education Workshops

Last year, Pro Bono Counseling workshop schedule offered a total of 57 continuing education credits. Our workshop topics are educational, timely, and relevant to a clinician’s practice and are presented by experts in their respected fields.

Register today to attend an upcoming workshop, online unless noted:

March 3 - Pet Loss and Grief
2 CE Credits

Presenter - Jessica Kwerel, LCPC

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

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.



Upcoming Volunteer Event

Pro Bono Counseling (PBC) 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 to let us know how we can further support the great work you do--[CLICK HERE](#) to register today.

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](#).

PBC Resource Corner: T.E.A.M.

Together Everyone Achieves More (T.E.A.M) is a non-profit behavioral health provider serving Baltimore, Upper Marlboro and Hagerstown, Maryland.

Established in 2009, T.E.A.M. works with communities to alleviate poverty through education, mental and physical wellness services.

T.E.A.M provides psychiatric rehabilitation for adolescents and adults, case management, community support groups, counseling services, medica-

tion management and substance abuse treatment to the communities they serve. All of these services are offered virtually through telehealth.

Additionally, T.E.A.M created a scholarship and endowment program to help underrepresented children afford college.

For more information or to access T.E.A.M. services, visit their website at teamforall.org, email aadams.teamforall@gmail.com or call 410-645-8666.

