



# PRO BONO COUNSELING

Your Mental Health Connection

## THE CONNECTION | MONTHLY NEWSLETTER | MARCH 2023

### Mental Health Counseling Tailored to Your Needs

When someone contacts Pro Bono Counseling (PBC) seeking therapy services, staff members, who are trained mental health professionals, conduct a confidential phone interview so you can share what you are experiencing and discuss how you can be helped. The interview is generally less than 45 minutes and is important because it allows staff members to get to know you as an individual.

The questions are personal, but not intrusive, and often include inquiries like:

- How would you like to be addressed?
- Would you share your pronouns?
- Why are you seeking help now?
- Are there any past experiences you'd like to share with us?
- What type of therapist would be most helpful?

The more we understand your background, the better chance we have of finding the right match for you. And this includes determining the applicable volunteer clinician specialty.

"Our licensed mental health volunteers are very diverse in their skills, experience, and specialties," explains PBC Clinical Director Sherri Bloom. "While our most common volunteer specialties are anxiety, depression, trauma, grief, and parenting, we also have clinician volunteers who specialize in many other areas of counseling expertise, such as gender identity, postpartum depression, career counseling, and relationship counseling, just to name a few."

Recently a woman in her 50's reached out to PBC seeking therapy to process a distressful experience that was still deeply impacting her. Based upon her phone interview, PBC matched her with a specialized trauma therapist. After seeing the clinician for several sessions, the client shared during one of PBC's follow

up check in calls that her therapist "was outstanding."

"The therapist has helped me in a major way dealing with my trauma," she explained. "Even when I have felt like I'm falling short on managing my anxiety, she helped me overcome it."

When asked to rate her experience with PBC's services on a scale of 1 to 5, she stated, "I would give you guys a 10 out of 5! I have nothing but good things to say about my experience."

PBC's priority is to provide the mental health support that suits you best. If you or someone you know is experiencing an issue that can be addressed through therapy, call PBC today at 410.825.1001.



### 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.

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.

### Networking Opportunities

One of the many benefits of volunteering with Pro Bono Counseling (PBC) is the opportunity for professional connections and networking. To facilitate these relationships, PBC offers peer consultations groups for its volunteers. PBC currently has four active groups that meet virtually at least once per month:

•General Consultation and Peer Support- Meets bimonthly on the first and third Mondays from 4:00 – 5:00 PM. Led by Anne Devaughn, LCSW-C, who has been a volunteer with PBC since 2009.

•Working with Interpreters in Therapy - This group is led by Donna Batkis, LCSW-C, a PBC volunteer since 2011 and who has more than 40 years of experience advocating for the empowerment of marginalized peoples and communities. The group meets at 12PM on the fourth Thursday of each month.

•Trauma Consultation - Led by Bethan McGarry, LCSW-C, who enrolled as a volunteer last year, this group meets virtually on the third Thursday of each month from 7:00 – 8:00 PM. Bethan feels strongly that trauma-informed and person-centered connection is a vital path to healing at both an individual and a structural level.

•Supervisor Support Consultation Group - Led by Harriet Mauer, LCSW, this consultation group meets on the first Friday of each month from 11:00 AM – 12:00 PM.

In addition to these consultation groups, there are also opportunities to provide formal clinical supervision on a volunteer basis, with the graduate level counselors who intern at PBC.

If you'd like to be connected to any of these active peer consultation groups, share interest in creating a new group, or are interested in providing clinical supervision to PBC interns, email PBC's Outreach Coordinator at [YSwain@ProBonoCounseling.org](mailto:YSwain@ProBonoCounseling.org).

### PBC Resource Corner: Heart to Hand, Inc.

Heart to Hand, Inc. is a non-profit agency dedicated to providing supportive services to those living with HIV/AIDS and other sexually transmitted infections (STIs).

Founded more than 20 years ago by health professionals Dedra Spears Johnson and Sally Joseph, who witnessed the HIV crisis worsen for African American women in the Prince George's County and Washington, DC region, Heart to Hand offers testing and treatment for STIs, Rapid HIV testing, and education in sexual health and wellness.

Heart to Hand's mission is "to pro-

vide support, education and resources that promote healthy lifestyles, decrease disparities and increase access to quality health care." Heart to Hand is



**Heart To Hand, Inc.**  
"A heart that cares with hands to help."

the leading provider in the DMV for free and low-cost sexual health services and promote themselves as a welcoming, diverse, and inclusive, safe space for everyone.

To connect with Heart to Hand, visit their website at [HearttoHandinc.org](http://HearttoHandinc.org), call 301.772.0103, or email [info@hearttohandinc.org](mailto:info@hearttohandinc.org). The organization's office is located at 9701 Apollo Drive, Suite 400, in Largo, MD 20774.



*Terapias Program Manager Ana Carrera and Outreach Coordinator Yolonda Nelson-Swain are shown above at a recent PBC continuing education workshop.*

For more info and to register for an upcoming virtual or in-person continuing education workshop, [CLICK HERE](#).