



PRO BONO COUNSELING

Your Mental Health Connection

THE CONNECTION | MONTHLY NEWSLETTER | AUGUST 2023

Matching Clients to Therapists Critical to Success

At Pro Bono Counseling (PBC), our priority is to provide the mental health support that suits you best. The more we understand about a person's background and history, the better chance we have of finding the right match and a successful counseling connection.

"As part of our interview process, we explore client preferences and past experiences to ensure the best opportunity for a positive counseling relationship," explained Clinical Director Sherri Bloom. "Our questions are personal, but not intrusive, and help explore relevant information to aid in the matching process."

A man in his 40's called PBC recently seeking teletherapy for anxiety. During his interview, he indicated that he had apprehension stemming from negative past experiences when interacting with medical professionals. PBC staff members took those concerns into consideration when matching

him with a mental health clinician. After six weeks of sessions, the client shared that his therapist had been extremely helpful in dealing with personal issues.

"The therapist has helped me to gain clarity of issues that have arisen in my life," he explained. "She has helped me to get past several of those issues and helped with getting me through a lot of complicated things."

The client went on to share how much counseling has assisted him, equating it with a life-saving tool.

"I don't know that I could have gotten through the past month and a half without talking to my therapist on a weekly basis," he stated. "There's been a spark that has come back into my life."

Pro Bono Counseling is your mental health connection. If you or someone you know is experiencing an issue that can be addressed through therapy, call PBC today at 410.825.1001.

Upcoming Continuing Education Workshops

Register today to attend an upcoming online continuing education workshop:

September 12

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

September 15

Supporting People at the End-of-Life

2 CE Credits, Presenter - Anna Maria Izquierdo-Porrera, MD, PhD

September 22

Mental Health, Social Media, and Empowerment

2 CE Credits, Presenter - Yim Register

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

Welcome New Board Members

Pro Bono Counseling (PBC) announces the appointment of two new members to its Board of Directors: Timothy C. Donovan, LCSW-C, and Rachna Raisinghani, MD, FAPA, FACLP.

"It is a pleasure to welcome these members to the PBC board," stated Executive Director Amy Greensfelder. "Their combined dedication and mental health care experience will contribute greatly to advancing our overall mission as well as meeting our strategic goals."

Timothy C. Donovan, LCSW-C, graduated from the University of Maryland



Timothy Donovan, LCSW-C

Baltimore School of Social Work in 1992, clinical concentration, and he has completed post-graduate training in cognitive therapy, couples therapy and family therapy. He is certified in cognitive therapy from the Academy of Academy of Cognitive Therapy and couples therapy from the Gottman Institute. Previously, Mr. Donovan was an adjunct clinical instructor at the University of Maryland Baltimore School of Social Work, where he taught addictive behaviors, psychopathology, and family therapy as well as providing clinical services with the Family Wellness Program at Ashley Addiction Treatment in Havre de Grace, MD.

Prior to working in private practice, he worked at The Kennedy Krieger Family Center, Magellan Behavioral Health and he is the former director for the Baltimore County Crisis Response System. He is

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Pro Bono Counseling (PBC) relies on your generous contributions to help provide Marylanders of all ages with the mental health care services and resources

also a former president of the Maryland Society for Clinical Social Work.

Dr. Rachna Raisinghani is the Medical Director of the Division of Consultation Liaison Psychiatry at Sheppard Pratt. She also serves as a department chair of the Department of Psychiatry at GBMC. She completed her residency in general psychiatry and her fellowship in psychosomatic medicine at the University of Virginia Health System. Dr. Raisinghani earned her MD at Topiwal National Medical College. She is double board certified in general psychiatry and consultation-liaison psychiatry.



Rachna Raisinghani, MD, FAPA, FACLP

they need. Did you know that many companies have matching gift programs that can double or even triple your donations, allowing you to make an even greater difference in the causes you care about?

Here's how it works: When you donate to PBC, you can first check to determine if your employer offers a matching gift program. With a few additional steps, you can unlock new sources of funds that will directly benefit PBC.

For example, your \$100 gift can produce over \$200 worth of value, thanks to your employer's workplace giving initiative. This additional funding allows us to reach more individuals in need of mental health care and resources, recruit more mental health volunteers, continue to operate the mental health WARMLine, and work to decrease mental health stigma in communities all across Maryland.

We encourage you to explore the matching gift opportunities available to you. Together, we can remove barriers and provide relief by connecting Marylanders to mental health support.

PBC Resource Corner: Black Physicians & Healthcare Network

According to U. S. News & World Report, Montgomery County is the second healthiest community in the state of Maryland. However, Black communities in the county still experience health disparities.

The Black Physicians & Healthcare Network (BPHN) is working to eliminate these disparities with its network of providers who have committed themselves to meeting the healthcare needs of

Montgomery County residents in a manner that is both culturally relevant and sensitive. This includes residents who are insured, underinsured, and uninsured.



The BPHN providers offer Primary and Specialty Care, Dental, and Mental Health Care services. In-home medical care and telehealth visits are also offered.

To learn more or to request a doctor, go to www.bphnetwork.org.