



PRO BONO COUNSELING®

Your Mental Health Connection

THE CONNECTION | MONTHLY NEWSLETTER | DECEMBER 2023

Mental Health Support Without Limitations

Often when people reach out to Pro Bono Counseling (PBC), they want to know what restrictions they'll face in order to receive mental health resources, such as a limit on the amount of counseling sessions, length of time for services, or even the number of clinicians someone may be matched with. The fact is, PBC's policy is that there are no restrictions or limitations placed upon the mental health services they receive.

"Each client and what they are experiencing is unique, so we truly would be doing a disservice if we set limits on the number of sessions someone is eligible to receive," explained PBC Clinical Director Sherri Bloom. "Our highest priority is ensuring that clients are connected with the right resources and receive the assistance they need for their well-being, whether that is accomplished in a few counseling sessions or requires a more continual approach."

In September 2022, a woman in her 60s initially called PBC seeking counseling in an effort to improve relationships with her family members. She was connected with a therapist and after seeing them for several sessions, she reported seeing improvements in those relationships.

This year, the same woman contacted PBC interested in connecting with a clinician to focus on her own personal development. She was matched with a new clinician and after she had been meeting with them for some time, a PBC clinical team member reached out to evaluate her progress.

"She's definitely helping me," the client stated. "My clinician is a good listener, she's

not pushy, she doesn't make me feel that I have to do this or that. We talk through it."

The client expressed her gratitude for PBC and the services provided to her for the challenges she was experiencing.

"It's just so much appreciated; I feel like someone is there and listening. It's a wonderful service that's provided and I feel fortunate to be included."



PBC Volunteer Forum

Mark your calendar—Pro Bono Counseling is hosting an online Volunteer Forum on Wednesday, March 6, 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.

Welcome PBC Volunteers

Please join us in welcoming the following mental health clinicians who joined our team as PBC volunteers last month:

- Queenesha Herbert
- Stephanie Trisi

Have you considered volunteering with PBC? If you're a licensed counselor, social worker, psychologist, or therapist, please join us! Click [HERE](#) for more info.



Happy Holidays From the Pro Bono Counseling Team

The Pro Bono Counseling team is sincerely grateful to YOU - - our clients, volunteer clinicians, donors, funders, and all who believe in our goal to ensure access to mental health care in Maryland. THANK YOU for your support and generosity!

Best wishes for a safe holiday season filled with peace, hope and joy!

Upcoming CEU Workshops

Register today to attend an upcoming online continuing education workshop:

January 9

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

January 26

Introduction to Internal Family Systems 3 CE Credits, Presenter - Julie Warren, LCSW-C, Certified IFS Therapist, IFSI Approved Clinical Consultant

February 16

Eating Disorders, Body Image, and Self-Harm - 1.5 CE Credits, Presenter - Stefanie Gilbert, PhD

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



Make Your Year-End Gift Today

Now more than ever, mental health needs and the demand for counseling are at an all-time high. We receive thousands of calls each year from people all around the state, and the calls have increased in both number and in intensity. Your generous gift to PBC will help provide quality mental health care for all those in need throughout Maryland.

Your year-end gift will provide a Marylander with mental health counseling. Make a mental health connection -- click [HERE](#) to give today.

PBC Resource Corner: Baltimore City Health Department

In observance of December as HIV/AIDS Awareness month, PBC is spotlighting the Baltimore City Health Department, which is the oldest continuously operating health department in the United States. They collaborate with city agencies, health care providers, community organizers, and funders to improve the health and knowledge of Baltimoreans.



The Baltimore City Health Department has sexual health clinics that provide a wide range of services that include free and confidential STI testing and treatment,

HIV testing, HIV primary care, specialty services, and confidential partner notification services for syphilis and HIV. Many of these services are free and individuals are encouraged to call the clinic for more details and to book an appointment.

The Druid Sexual Health Clinic is located at 1515 W. North Ave, Baltimore, 21217 or call 410-396-0176. The Eastern Sexual Health Clinic is located at 1200 E. Fayette St., Baltimore 21202 or call 410-396-9410. More information can be found at <https://health.baltimorecity.gov>.