



# MARYLAND HEALTHY TRANSITIONS



## ENGAGING YOUR COMMUNITY IN THE MENTAL HEALTH CONVERSATION

Talik Monroe experienced several traumas as a child, such as sexual and physical abuse and growing up with parents who battled drug addiction. As a result of the stigma surrounding mental health and the shame of sexual abuse, Monroe grew very isolated from his community. This led to his involvement in NAMI Bucks County, leading a group called Black Minds Matter. His work there inspired him to start a podcast called "Mental Health Check In With Talik," where he shares his experiences and is a voice for other males. Monroe offers five helpful tips to engage your community on mental health:

- 1) Find Support In Your Community
  - Find people who can support and stand with you as you work through your mental health challenges.
- 2) Be Vulnerable
  - We cannot expect others to be vulnerable and open about their mental health if we aren't willing to do the same.
- 3) Expect Roadblocks
  - Discussions often hit roadblocks. Be knowledgeable of these issues and find a way to combat them.
- 4) Reach Out
  - Intentional communication is a key part of community involvement. Sending a text can go a long way.
- 5) Write Down Your Thoughts
  - It can be difficult to articulate the struggles of mental health. Writing things down instead can be freeing.

To read more, go to: <https://nami.org/Blogs/NAMI-Blog/March-2023/Engaging-Your-Community-in-the-Mental-Health-Conversation>

## UPCOMING EVENTS

### ON OUR OWN OF MARYLAND

- MAY 31-JUNE 1: ANNUAL CONFERENCE

### CROSSROADS COMMUNITY

- APRIL 15: CROSSROADS COMMUNITY 5K

### MIDSHORE BEHAVIORAL HEALTH

- APRIL 3: YOUTH TOWN HALL

## ARUNDEL LODGE

Arundel Lodge is a nonprofit organization that offers services to help children and young adults affected by mental health and substance abuse disorders. There are a plethora of services offered for transitional aged youth including helping find employment, family psychoeducation, and support with their home life and education. For more information, go to <https://arundellodge.org>.

## SUPPORT FOR TRANSITIONAL AGED YOUTH FAMILIES

NAMI is offering support groups for parents of transitional aged youth. Every third Thursday, NAMI Howard County hosts their support group. NAMI Prince George County offers their parent support group the second Thursday of each month. Additionally, NAMI Prince George County offers a Family to Family education program every Friday until April 14th. This course hopes to help educate family members on different mental health conditions and advocacy skills.

## ON OUR OWN OF MARYLAND

On Our Own of Maryland is hosting TAY Leadership Academy: Peer Advocacy workshop that educates individuals 18-29 years old on how to effectively advocate and influence changes to make system-level changes. For more information or to sign up, go to [www.onourownmd.org](http://www.onourownmd.org).

## CROSSROADS COMMUNITY

Last month, the team at Crossroads Community started their training with Frank Kros, and during March, they finished their training. There was great conversations about animal rescue, sound healing, LGBTQIA+, and more! Check out the amazing pictures!



FOR MORE MARYLAND HEALTHY TRANSITIONS INFORMATION, CONTACT SYLVIA MCCREE-HUNTLEY: [SHUNTLEY@SOM.UMARYLAND.EDU](mailto:SHUNTLEY@SOM.UMARYLAND.EDU) KIRSTIE TOMASSETTI: [KIRSTIE.TOMASSETTI@SOM.UMARYLAND.EDU](mailto:KIRSTIE.TOMASSETTI@SOM.UMARYLAND.EDU) ELIZABETH KELLY: [ELIZABETH.KELLY1@SOM.UMARYLAND.EDU](mailto:ELIZABETH.KELLY1@SOM.UMARYLAND.EDU)