

MARYLAND HEALTHY TRANSITIONS



SOCIAL MEDIAS

FACEBOOK: HEALTHY TRANSITIONS 2019

INSTAGRAM: @MDTRANSITIONS2019

TWITTER: @MARYLAND_HT

NOVEMBER 2022:

Healthy Transitions's social media accounts are getting a makeover! In the upcoming weeks, we are adding weekly calendar events of what is happening, social media spotlights, and new resources. Arundel Lodge and Community Crossroads will be featured along with new research!

CROSSROAD COMMUNITY

Claire Pfaeffle, Loyola University Intern

Crossroad Communities is a nonprofit that is dedicated to helping the residents of the five mid-shore counties in Maryland access to behavioral health rehabilitation. They were created in 1983 and have been providing help ever since. They wish to teach and give resources to individuals who have behavioral health needs. They provide forms to acquire referrals for Psychiatric rehabilitation, supported employment (Vocational), Mental Health Case Management, and Respite Services. They also have their own services for both youth groups and adults groups, as well as substance abuse programs.

A new addition to their programs is starting on November 8th at Chesapeake College from 3pm-4pm. This is a 6 month series and will run all the way through April. This program will feature Mike Nelson and his goal is to motivate current and future students. For more information you can contact Deanna at millerd@ccinonline.com and visit Mike's Website To learn more about him - Mikenelsonspeaks.com.



Pictured: Mike Nelson, minister, author speaker, and trainer

USING SOCIAL MEDIA FOR HEALTHY TRANSITIONS

Kirstie Tomassetti, Loyola University Intern

Forums, online chats, and surveys are popular ways to reach out and gain more knowledge about how and why someone may feel a certain way. Young adults are more probable to search for online resources to help self-cope with their mental health (Kruzan et al., 2022). Throughout their research, Kruzan et. al., (2022) found that many used the online screenings to feel validation in understanding why they felt a specific way, including some instances where they felt like they were unable to get validation from their families. The online-seeking surveys provided a great start for many young adult individuals, but the websites did not provide options or information for future actions the individual could take. Kruzan et. al., (2022) recommends that online-seeking surveys can be improved by adjusting the surveys to help make resources more accessible and more easy to understand for young adults.

Kruzan, K. P., Meyerhoff, J., Nguyen, T., Reddy, M., Mohr, DC., & Kornfield, R (2022). "I wanted to see how bad it was": Online self-screening as a critical transition point among young adults with common mental health conditions. *CHI Conference on Human Factors in Computing Systems*. <https://doi.org/10.1145/3491102.3501976>

ARUNDEL LODGE

Claire Pfaeffle, Loyola University Intern

Arundel Lodge is a nonprofit organization that is committed to helping those with behavioral health disorders achieve their most meaningful life in the community. They hope to provide care and support for all individuals. They have adult programs that range from Substance abuse help to a supportive living program to deaf and hard of hearing programs. They also have Psychiatric rehabilitation programs and programs specifically for veterans that They also have separate programs for youth and young adults, these include the Marcus Youth and Family Center and Health Transitions.



For more information, contact
Sylvia McCree-Huntley: shuntley@som.umaryland.edu
Kirstie Tomassetti: kirstie.tomassetti@som.umaryland.edu
Claire Pfaeffle: claire.pfaeffle@som.umaryland.edu