On Our Own of Maryland held its 24th annual statewide conference on Thursday and Friday, June 9 & 10, 2016 at the beautiful Princess Royale Hotel in Ocean City, MD. This year’s conference was co-hosted by our subsidiary corporation Main Street Housing, Inc.

The theme for this year’s conference was: “Building Blocks of Recovery: Housing, Health and Hope” in which we explored housing models, supports and opportunities; healthy living concepts; along with a special focus on hope and happiness for ourselves as individuals and as collective peer communities. Over 400 people registered and attended our two-day educational event, making this one of our largest conferences. Many thanks to all our staff and volunteers, and to Ken Wireman, Executive Director of Main Street Housing and all his staff for co-hosting the conference.

We had a wonderful opening reception for the attendees at noon on Thursday hosted by the Maryland Association of Core Service Agencies (MACSA). The Princess Royale is located on the white sandy beaches of Ocean City, Maryland. They have spacious suites with fully equipped kitchenettes, some of which overlook the beautiful Atlantic Ocean, and others that overlook the indoor heated swimming pool and four-story glass oceanfront tropical atrium. The conference was sold out with over 240 rooms being occupied by conference attendees. Everyone enjoyed the beautiful weather and the joy of being at the ocean. Many attendees commented that the theme, location, workshops, keynote address, and general session were all favorite highlights of the conference.

OPENING KEYNOTE GENERAL SESSION

Our keynote speaker was Jody Silver, Executive Director of Collaborative Support Programs of New Jersey (CSPNJ), a peer-led not-for-profit organization where more than 60% of the staff at all levels are peers with lived experience with mental health and substance abuse challenges. CSPNJ provides flexible communi-
ty-based services that promote responsibility, recovery and wellness through the provisions of self-help centers, supportive and respite housing, human rights advocacy, and other educational and innovative programs. The agency has 25 peer-operated Community Wellness Centers and is one of the largest providers of supported housing in the State.

Ms. Silver began by sharing with the audience a little about her personal mental health challenges and then went on to describe her advocacy history and the work of CSPNJ. She has worked as a leading mental health advocate for over 30 years, speaking up for change, integration of services and the overall better health of people with mental health and substance use challenges. Jody is a former Director of the Office of Consumer Affairs for the New York City Department of Health & Mental Hygiene [DOHMH], and she became Executive Director of Collaborative Support Programs NJ in September 2013. CSPNJ serves approximately 700 people through housing and housing supports, 7,000 through their peer operated self-help centers and also hosts a nationally recognized Wellness Institute.

CSPNJ also has two peer-run respite programs in New Jersey. Their respite program provides a professional, peer-operated alternative to hospitalization in a warm, supportive environment. They are staffed 24 hours a day, 7 days a week by people trained in supporting others to transform a crisis into an opportunity for enhancing personal wellness and recovery. Using a wellness framework to assist their guests in managing their immediate crisis, their experienced peer staff help guests to develop a self-directed plan for moving forward by working with them to restore balance and achieve personal recovery and wellness.

Jody believes strongly that the voices of behavioral health peers need to be heard loud and clear. In NYC, she took part in major initiatives having to do with crisis diversion, cultural competency, health integration and economic self-sufficiency. Prior to her work at DOHMH, Jody served as the Director of Advocacy and Public Policy for Community Access in New York City. Ms. Silver also serves on the International Advisory Board of the Global Mental Health Program at Columbia University and she related some of her experiences visiting other countries and learning about their mental health systems.

WORKSHOPS

This year’s conference offered eighteen workshops on informative topics including: recovery and work, medication-assisted recovery services, co-occurring issues, peer-run respite programs, peer support and wellness, advocacy tips, housing, older adult behavioral health, mindfulness, story-telling, practical advice for happiness, LGBTQI issues, self-empowerment, and more.

We were delighted to have wonderful special guest presenters including Alison Carter from Berkeley Springs, WV who, along with Steve Stahley of Maryland’s Consumer Quality Team, facilitated a workshop on “Becoming an Empowered and Energy-Wise Human.” This session gave attendees practical “energy basics” like how to build and maintain a strong energy home and how to develop a Spiritual Toolkit to support recovery.

Hearts and Ears, Inc. did a wonderful job sharing insights for serving the lesbian, gay, bisexual, transgender, questioning, intersex (LGBTQI) community and other sexual and gender minority populations who seek peer support services. The workshop focused on the role of environmental factors that impact LGBTQI individuals with mental health and substance use disorders, as well as effective strategies for this community to utilize in order to overcome those situations and move forward in their recovery.

Brandee Izquierdo-Johnson, The Director of the Office of Consumer Affairs at the Maryland Behavioral Health Administration led a workshop describing the key components and functions of this office within
the Public Behavioral Health System.

Dr. Erik Roskes, Director of Forensics for the Maryland Department of Health and Mental Hygiene presented a workshop on “Recovery in the Forensic World.” The workshop helped attendees learn how Maryland’s forensic mental health system works, and how consumers in the forensic system can leverage the system’s supports to move forward in their recovery.

Penny Scrivens, an expert housing and services consultant, led a workshop on how to locate and obtain housing with HUD 811 project-based vouchers and other affordable housing options.

Donna Wells, Executive Director of the Howard County Mental Health Authority and Roe Rodgers-Bonaccorsy, Director of the Howard County Local Addiction Authority facilitated a workshop on the roles and relationships between Core Services Agencies and Local Addiction Authorities.

Denise Camp of On Our Own of Maryland and Patricia O’Toole of On Our Own of Anne Arundel County presented a workshop on WRAP for Clutter which focused on how one can use his/her Wellness Recovery Action Plan to create a nourishing and supportive environment.

Kathy Fritze, a Baltimore-based Energy Therapist, presented a workshop to educate attendees on 9 effective and enjoyable mind/body techniques that one can incorporate into one’s day to help decrease stress and feel more centered and calm even in the middle of chaos. This was one of the most popular workshops with over 70 people in attendance - so many they had to close the doors to prevent more folks from coming into the session!

Dan Martin, Director of Public Policy for the Mental Health Association of Maryland and Virginia Knowlton-Markus, Executive Director of the Maryland Disability Law Center presented a workshop on effective advocacy which featured a viewing of the documentary Lives Worth Living, which showcased the beginnings of the national consumer movement as people with mental health challenges fought for their civil rights.

We wish to thank all our presenters for their participation and making the conference a big success!

**ANNUAL AWARDS DINNER**

On Our Own of Maryland and the Anti-Stigma Project hosted our annual Awards Dinner on the first evening of the conference Thursday, June 9th.

The evening began with the presentation of the 2016 Michele Dear Advocacy Award to Eric Wakefield, the Executive Director of On Our Own of Frederick County. This award is given to a person or organization who has demonstrated a remarkable accomplishment in the advocacy arena on behalf of people with psychiatric and/or substance use disorders. Eric is a relatively new Executive Director, having served previously on On Our Own of Frederick’s Board of Directors. Eric is also the owner and Program Director of Wakefield House, a residential recovery program for women which is guided by spiritual principles and managed by house members and the director. Eric has helped steer On Our Own of Frederick County on a new and produc-
tive path of growth and actualization through his advocacy efforts on both the county and state levels. He has taken a leadership role in advocating for the development of peer-run respite programs in Maryland, taking the initiative to develop a pilot peer-run respite model using Wakefield House and in collaboration with Frederick Memorial Hospital. Eric has been a true advocacy champion in the pursuit of peer-run respite programs in Maryland.

Our newest award, the Gus Retalis Exemplary Service Award was presented to Eugene Smith, a long-time peer advocate with the Office of Consumer Advocates, Inc. and Soul Haven in Hagerstown, MD. Augustus “Gus” Retalis was the Fiscal Manager of On Our Own of Maryland since our inception in 1993. Gus passed away on November 1, 2012 and the On Our Own of Maryland Board of Directors created this award as a tribute to Gus. Gus’s life exemplified service as a dedicated and thoughtful employee and advocate. This award is presented each year to a staff person/ board member/ or volunteer of an On Our Own of Maryland- affiliated Wellness and Recovery Center in recognition of their service, dedication and commitment to the mission, goals and principles of their local organization and the peer movement.

The following is taken from Eugene’s nomination form which was submitted for his consideration for this award. “Eugene has been involved with the peer movement since 1998, when he worked and volunteered and then joined the staff at Soul Haven which is part of the Office of Consumer Advocates. He has worked faithfully to eliminate stigma and advance the recovery of those who come into their center. He is a local fixture on Franklin Street in Hagerstown talking with anyone in the community. He has never met a stranger. Eugene made his way to Maryland by way of Brooklyn, NY, and exemplifies the true meaning of a passionate and caring individual. Eugene has served on the Finan Center Citizen Advisory Board and has also served on the On Our Own of Maryland Board of Directors. He is a passionate advocate, a pretty good dancer, and is very photogenic. After recently spending some time in the hospital and a rehabilitation center, Eugene returned after several months to his position at Soul Haven. He quickly jumped back into the routine and began working to advance the recovery of others. We are honored to have him back in the center working daily with peers to brighten their day. Eugene is a WRAP Facilitator and enjoys presenting the program to others so they can advance their action plan for wellness and recovery. Eugene has devoted his life to helping others.” Eugene Smith is an exemplary employee, advocate and person and truly deserving of the Gus Retalis Exemplary Service Award!

This year’s Lou Ann Townsend Award was given to Jackie Pettis, Manager of Wellness and Recovery for Beacon Health, for her courageous and significant efforts to reduce stigma through advocacy, education, and by example. She is a registered nurse, certified WRAP facilitator, and a staunch advocate for both consumers and families. She has dedicated her career to helping to improve the lives of those touched by behavioral health conditions, and has also been open and courageous about her own lived experience. One of her particular areas of expertise centers around challenges and issues related to culture, diversity, and health disparities, and she’s done a tremendous amount of work in this area nationally, providing input on the development of various educational DVDs and guidebooks, serving on advisory committees, and much more.

The 2016 President’s Award was presented to Sharon MacDougall from Frederick, MD. Sharon has recently left the Board of Directors of On Our Own of Maryland after serving over six years on the board. She recently took a position with the Department of Rehabilitation Services (DORS) in Frederick County. Sharon first started getting involved with the consumer movement when she worked for the Frederick County Mental Health Authority – the Core Service Agency for Frederick County. Sharon was integral in
assisting the first Executive Director of On Our Own of Frederick County, Earlene Duncan, when the organization first started in the late 1990s / early 2000s.

Sharon eventually left the Core Service Agency and became the Co-Director of On Our Own of Frederick County after Earlene retired. Later on, Sharon left On Our Own of Frederick County to pursue other interests.

There came a time around 2010 or so, when On Our Own of Montgomery County had some difficult organizational and grant management issues. Sharon agreed to step in and helped “right the ship,” so to speak, performing grant-writing, membership development, and other essential tasks, eventually becoming their full-time Executive Director. Sharon was instrumental in helping On Our Own of Montgomery County not only survive but to thrive. She left her position with On Our Own of Montgomery County to spend more time with her family and to have more time for volunteer work around peer support issues, training for peer supporters, etc. We honor Sharon’s long-time commitment to the consumer movement in Maryland and her very dedicated interests in helping peers with hearing disabilities by presenting her with the 2016 President’s Award.

On Our Own of Maryland’s 2016 Award of Special Recognition was presented to Kim Burton, Director of Older Adult Programs for the Mental Health Association of Maryland where she oversees education and advocacy activities in support of older adults with behavioral health disorders. Kim has more than 20 years of experience providing geriatric and care-giving education, and she has developed training curricula widely used in Maryland. As the Chair of the Maryland Coalition on Mental Health and Aging, Kim works with state agencies on policy issues related to aging and long term care reform.

Our 2016 Distinguished Service Award was presented to Rick Rock, the Executive Director of the Washington County Mental Health Authority, which is responsible for the administrative, financial, and clinical oversight of publicly financed behavioral health services for the county. Rick has been involved at all levels of mental health services during his 40+ year career in the Washington County Mental Health System. Throughout the course of his career, Rick has been a first-hand witness to the evolution of the mental health system in Maryland. Rick is a past President of the Maryland Association of Core Service Agency Directors and has been a strong supporter of the consumer movement in both Washington County and throughout Maryland.

The 2016 Visionary Award from On Our Own of Maryland and the Anti-Stigma Project was presented to John Winslow. John is the Coordinator of the Maryland chapter of the National Council on Alcoholism and Drug Dependence’s Recovery Leadership Program. His is also the outgoing President of the Maryland Addictions Directors Council (MADC), and until recently served as Director of the Dorchester County Addictions Program and the Dri-Dock Recovery & Wellness Center. He has more than 35 years of experience working in a variety of settings concerning addictions prevention, treatment and recovery. He is a nationally recognized advocate and sought-after trainer and has been a member of the On Our Own of Maryland Anti-Stigma Project since 2013.

On Our Own of Maryland’s 2016 Lifetime Achievement Award was presented to Eileen Hansen. Eileen
serves as the Director of Programs of the Behavioral Health Systems Improvement Collaborative at the University of Maryland School of Medicine, Department of Psychiatry. She is responsible for administering University of Maryland contracts with Maryland’s Behavioral Health Administration to provide training and conferences for state and local mental health administrators, providers, consumers and family members throughout the state. She also oversees the implementation of evidence-based practices, bringing research-based knowledge to Maryland’s public behavioral health system.

EVENING ACTIVITIES
Following dinner on Thursday evening there were several activities including swimming in the indoor pool, attending an AA Friends of Bill meeting and our annual Karaoke dance with a “block party” theme.

FRIDAY GENERAL SESSION
Our Friday morning General Session began with the introduction of and presentation by Dr. Barbara Bazron, the new Executive Director of Maryland’s Behavioral Health Administration (BHA). Dr. Bazron is a nationally recognized behavioral health expert with over 25 years of executive leadership experience within the fields of addictions, mental health and special education. She comes to the BHA from the District of Columbia’s Department of Behavioral Health where she was Acting Director. Prior to this she was the Senior Deputy Director of the District of Columbia’s Department of Behavioral Health since 2007. In this role, she was responsible for overseeing the continuum of recovery-oriented services in the District of Columbia for adults, children and youth, and led the expansion of recovery-oriented child and adult services and supports, with a focus on those with the most complex needs. She is also a former school principal and a former Board member of the National Mental Health Association, now known as Mental Health America.

Dr. Bazron presented on her vision for the future of the Public Behavioral Health System in Maryland and highlighted the importance of peer support services, self-help and the role of the Wellness & Recovery Centers. Dr. Bazron spoke from the basic tenet that “treatment works and recovery is possible for every person.” Her vision is for a Public Behavioral Health System that is family-oriented and that supports wellness and recovery. She stated that resources should not be a barrier, and that the system should focus on family-centered care – that no one should have to navigate recovery alone. Maryland sits at a critical junction where the development of a truly integrated system of care that promotes recovery for all those who have or are at risk of developing a serious behavioral health disorder is within its reach. Dr. Bazron stated that the public behavioral health system currently serves around 232,000 individuals, 32% of whom have a dual diagnosis.

Dr. Bazron discussed how people with lived experience need to be involved with all aspects of the public behavioral health system – “nothing about you, without you!” She also sees a major role in this visionary system for the expansion of peer services, the expansion of recovery houses for women, and the expansion of young adult-specific services. She emphasized that “peer leadership plays a critical role” in a new integrated system.

Following Dr. Bazron’s opening presentation was a panel presentation on “Innovations in Peer Support.” Along with Dr. Bazron, other panelists included Wilmore “Bunky” Sterling, the Executive Director of Lower Shore Friends; Thomas Hicks, Executive Director of Helping Other People Through Empowerment (HOPE); Jim Raley, Executive Director of the Office of Consumer Advocates, Inc.; and Diane McComb, President of the Board of Main Street Housing, Inc.

Lower Shore Friends is based in Salisbury, MD and serves the three counties of the lower shore – Wic-
Bunky described some of the innovative programs they are using at Lower Shore Friends, including peer-facilitated WRAP classes at behavioral health providers in the area, peer outreach to hospitals and medication-assisted recovery support groups.

Thomas Hicks described the various services provided at HOPE, located in Baltimore City. Helping Other People through Empowerment Wellness and Recovery Center has been giving Baltimore’s homeless people experiencing behavioral health challenges a safe place to access the resources they need to get back on their feet, tend to their physical and mental well-being, and socialize with others who understand what they are experiencing. Thomas’ motto is, “I’m Happy to Be Alive” and he exemplifies that sentiment daily with all the members and visitors to HOPE. Both HOPE and Thomas himself embody true innovations in peer support.

Jim Raley described the programs overseen by the Office of Consumer Advocates, Inc. which is based in Hagerstown, MD. The Office of Consumer Advocates, Inc. (OCA) is a peer support organization that serves Washington, Allegany and Garrett counties, assisting adults and families experiencing behavioral health challenges. Their programs include Wellness & Recovery Centers in each county which provide peer support services and advocacy opportunities. In Garrett County, they have Mountain Haven located in Oakland, MD, and in Allegany County, they operate HOPE Station which is based in Cumberland, MD, both local peer-run Wellness & Recovery Centers.

OCA in Washington County also has a Listening Line, a Self-Directed Care recovery program, and a Food Pantry. Their Listening Line offers support and information and referrals Tuesday through Saturday. Their Self-Directed Care program helps adult individuals with behavioral health challenges put together a personal care plan for services outside traditional behavioral health services.

Soul Haven is their Wellness & Recovery Center which operates 7 days per week and provides a safe place for individuals with behavioral health issues to attend support groups, educational classes, use computers and participate in community activities. Their Food Pantry offers food to folks with behavioral health disorders and seniors within government income guidelines.

Diane McComb currently works for the Delmarva Foundation as their Aging and Disabilities Lead, along with serving as the President of the Main Street Housing Board of Directors. Diane was also the Deputy Director of the Maryland Department of Disabilities (MDOD) under Governor Ehrlich. As the Deputy Director of MDOD, Diane worked very closely with On Our Own of Maryland on some innovative projects and programs including convening a Task Force on Self-Directed Care for mental health consumers, which recommended the implementation of a self-directed care service model, now currently operating in Washington County. Self-Directed Care allows for a pool of flexible funds to be used in creative ways to enhance a person’s recovery. For example, funds can be used for a membership to a health club, clothing for a job interview, or a computer to help someone attend or return to college. Diane also spoke about how MDOD helped with the development of the Consumer Satisfaction Team model from Philadelphia which is now replicated in Maryland with the Consumer Quality Team.
2016 Annual Conference Snapshots

Keynote Speaker ~ Jody Silver

Brandee Izquierdo-Johnson

Frank Foxwell
Crystal Brockington & Paula Lafferty
Andrea Braid & Wilma Maye-Eady

Maria Jenkins & Ken Wireman
Rick Rock, Roe Rodgers-Bonaccorsy, and Mike Drummond

Kristen Myers
Eugene Smith & Diane Lane
Jason Keckler & Jody Silver
MANY THANKS!

On Our Own of Maryland wishes to extend a big thank you to Main Street Housing who co-hosted this year’s conference. They did a great job in helping us to coordinate this two-day event by assisting with planning and organizing, running registration, staffing workshops and a variety of other duties. A special thank you goes to Ken Wireman, Katie Rouse, Alina Corrigan, Gloria Bowen, Jamie Middleton and John Allen with Main Street Housing for all their help as co-hosts.

We also wish to express our gratitude to the Maryland Association of Core Service Agencies (MACSA) for sponsoring a wonderful reception for the attendees on Thursday and to Beacon Health for their sponsorship and support.

We are delighted with this year’s event. Thank you to the Conference Planning Committee members: Patrice O’Toole, Ellen Weston, Bunky Sterling, Mike Finkle, Ken Wireman, Jennifer Brown, Kristen Myers, Lauren Grimes, Denise Camp, Jayme Severn and Michelle Livshin for all their hard work in making the conference run smoothly. Thanks to all the hard-working staff of On Our Own of Maryland for making this conference a huge success. All in all, a great, educational, and exciting time was had by everyone in attendance. So make plans to attend next year’s event!

WRAP® Update
by Denise Camp

Happy Summer! This will be a busy time for WRAP®, as it usually is. It started in late spring with the annual On Our Own of Maryland Conference. It was beautiful weather both days of the conference, and on the second day, Patrice O’Toole and I presented “WRAP® for Clutter” to a full room. WRAP® work continued in early summer with a five-day Facilitator Training hosted by the Frederick County Mental Health Authority. Many of the participants were from On Our Own of Frederick, attending in preparation for submission of their CPRS applications, and we were also joined by two staff from Hope Station in Cumberland. In total, 13 people attended the training which makes the total number of facilitators trained by the WRAP® Outreach Project 273!

In July, there was a two-day “Introduction to WRAP®” training held at Baltimore Crisis Response and in August there will be a 5-day Facilitator Training held at the same location. The 2-day class is an alternative for people to the multi-week classes held at the On Our Own of Maryland-affiliated Wellness and Recovery centers. If you are interested in these or any other WRAP® classes, please contact me at the On Our Own of Maryland office.

The project has recently begun using facilitators to offer WRAP® overview presentations out in the community. Thanks to Madge Mosby and Ruth Jackson who have done presentations, and many thanks to all the facilitators who answered the call to present.

WRAP® is pursuing an opportunity to visit Clifton T. Perkins to train facilitators inside its walls, as well as at the Eastern Correctional Facility. Finally, Facilitator Refresher classes will be scheduled for Recovery Month in September. Facilitators, watch out for an email announcing the refreshers!

So, as you can see, we are pretty busy here at the WRAP® Outreach Project. Let’s hope the excitement continues so WRAP® continues to grow as an integral self-directed recovery support throughout the state. Until next time, be well!
On June 15, a group of 12 people from Belarus, along with 2 interpreters, came to visit On Our Own of Maryland. Belarus, officially the Republic of Belarus, is a landlocked country in Eastern Europe bordered by Russia to the northeast, Ukraine to the south, Poland to the west, and Lithuania and Latvia to the northwest. Its capital is Minsk. The group members, all of whom are behavioral health stakeholders, came from many different parts of Belarus to learn about peer support and peer-run programs. Earlier in their visit, they met with folks at Helping Other People through Empowerment (H.O.P.E.) in Baltimore City and also with members of the peer certification board, the Maryland Addictions and Behavioral-health Certification Board (MABPCB). As On Our Own of Maryland is a nationally and internationally recognized leader in peer services, the group was excited to learn how we operate and about our specific projects and initiatives.

The meeting started with the interpreter explaining to us that we had to speak in “chunks” so that she could interpret all that we said. As we introduced ourselves, it was weird hearing our names followed by a slew of words we didn’t understand. Mike Finkle began with a history of the consumer movement in Maryland and how On Our Own of Maryland came to be. Then each of our staff talked about their respective programs. When they translated what Jennifer Brown was saying about the Anti-Stigma Project, I found it interesting that they did not have their own word for “stigma”- they just used the word stigma.

The Belarussians were particularly interested in the What Helps What Harms Maryland and Transitional Age Youth Projects, the Main Street Housing model, how we affect behavioral health legislation, and a little bit on WRAP®. When Jayme Severn talked about MARS Maryland, one of the delegates mentioned the methadone clinic in his city having a doctor and a therapist where the peers get one-on-one counseling. All the groups there are run by clinicians, but the group seemed fascinated with the possibility of building in a peer support component to these programs.

Another asked how we handled the issue of substance use offenses in the court system, especially for first time offenders. The courts and the Belarussian society do not recognize substance use disorders as medical conditions; therefore there is a lot more stigma related to having a substance use disorder. Jayme and I spoke about the drug courts and how they use peer recovery specialists to help support and advocate for substance use peers.

Ken Wireman gave an in depth presentation on the Main Street Housing model and how it was different from residential housing programs. Lauren Grimes spoke about the peer network, the What Helps What Harms Maryland Project, and when asked about legislative relations, she explained our Action Annapolis advocacy event.

I shared with them a description of WRAP® and its components, and explained its scope both nationally and internationally. I referred them to the Copeland Center who could help bring WRAP® to Belarus, and gave them brochures and copies of the red and blue books.

All in all, it was a great experience to have been a part of. They gave us some beautiful gifts from their country and we all enjoyed fresh watermelon, which was a new experience for several of them! After the meeting was over, we took the group picture you see with this article. I will always remember the day that the Belarussians came to town.
Main Street Housing’s 4th Annual SPAGANZA! Pasta Dinner Benefit Event on March 31, 2016 was a bella notte in celebration and support of our thriving operations on Maryland’s Eastern Shore. The sold-out event brought together friends and neighbors for a delicious meal in the charming waterfront dining room of the Elks Lodge #1272 in Cambridge, MD.

“The SPAGANZA! is always a joyful night, and this year was really terrific!” said MSH Executive Director, Ken Wireman. A team of volunteers and MSH staff served up a full four-course meal: fruit and cheese buffet, followed by salad and heaping plates of spaghetti and meatballs swimming in Ken’s special homemade tomato sauce. Cake and ice cream were the perfect dolce finale. In between courses, attendees perused Silent Auction tables filled to the brim with donated items from businesses in Cambridge, Easton, St. Michaels and Centreville.

“We feel really lucky to have such wonderful supporters across the Mid-Shore,” said Gloria Bowen, Eastern Regional Property Manager. “It’s a great feeling to look around the room and see so many friends and colleagues, and to know that your community really cares about people in need. This year, we had several businesses donate for the first time after they heard about our mission.” Please visit www.mainstreethousing.org for a listing of all our Local Business Sponsors and Silent Auction donors.

Mille Grazie to our Event Sponsors: Beacon Health Options (Premier), M&T Bank (Platinum), Freestate & Son Insurance (Gold) and Eddie Mangold of Benson & Mangold Real Estate (Silver), whose tremendously generous support made the event possible. Proceeds from the evening support our operations across the Eastern Shore, where we offer 17 units of quality, affordable, independent housing in the community for individuals and families living with psychiatric disabilities.
It’s been a year and a half since the Anti-Stigma Project’s Distorted Perceptions campaign was launched, and since its creation, the campaign has really taken flight. Distorted Perceptions has reached individuals throughout Maryland, across the United States and has even impacted individuals internationally. Folks from India, the Philippines, Spain, Switzerland and Canada have visited our website. The website has been viewed more than 2800 times and 100 people have taken our pledge to challenge their own perceptions, speak out, share knowledge and become agents of change. With the generous help of the Anti-Stigma Workgroup, the On Our Own network, and community members, we have distributed more than 15,000 of the campaign’s diverse educational materials.

Our campaign continues to change and grow. In fact, in the past few months, we have created two new, fun campaign materials: a microfiber cleaning cloth for eyeglasses and a new set of bright, colorful stickers, both of which include information about the stigma associated with behavioral health conditions.

In addition to our newest campaign materials, our website continues to serve as a helpful resource to enable the public to learn the facts about behavioral health conditions and the role of stigma as a barrier to recovery, with links to some of the most thought-provoking articles and videos on the Internet updated monthly. Our website also provides useful information about the myths and misperceptions related to behavioral health issues, creative memes to share, and tips on how to get involved in the community as an advocate.

Our campaign is beginning to reach a wider and more diverse audience. Just last month we were delighted to have had the opportunity to introduce some of our campaign materials to a number of stakeholders in the Belarussian behavioral health system, who were here to learn more about the services and programs of On Our Own of Maryland.

We have also recently packaged some of our materials into convenient kits for individuals to distribute amongst the community. So far, more than 50 kits have been picked up to be shared at places such as art shows, local eye doctors, churches, coffee shops, universities, libraries, and community centers. Our materials have also been shared at conferences, networking events, retreats, trainings, annual meetings, and panel discussions.

We would not have been able to reach so many diverse communities without your help, so thank you! If you are interested in helping us continue to distribute our campaign materials and spread awareness about the important issue of stigma, please contact michellel@onourownmd.org. We look forward to hearing from you! Also you can visit us at www.distortedperceptions.org.
In The News...

Congratulations to Donna Wells, Executive Director of the Howard County Mental Health Authority on her retirement. Donna was the founding Executive Director of the Mental Health Authority upon its inception in 1997. Previously, Donna worked for the Mental Hygiene Administration with their Adult Services Department and was the Project Director on a joint On Our Own of Maryland and NAMI-MD federal Community Support Program Service System Improvement grant which the Mental Hygiene Administration administered. We wish to thank Donna for all her support of the consumer movement in Maryland and especially her support for On Our Own of Howard County over these past many years. We wish you all the best and a happy retirement and hope you still come to our annual conferences when you can!

On Our Own of Maryland is sad to report the passing of our Fiscal Manager, Stephanie Shapiro on April 10th. Stephanie had been dealing with recurring cancer and took a turn for the worse after returning from a trip to England and France. Ms. Shapiro was a valuable addition to our staff and helped with all our accounting and grant management needs since the passing of our former Fiscal Manager Gus Retalis in 2012. Our condolences to Stephanie’s family and friends. She will be missed!

FREE, educational and interactive workshop!

Stigma...in Our Work, in Our Lives is a 3-hour interactive workshop designed to reduce stigmatizing attitudes, behaviors and practices within the mental health and substance abuse communities. Through a variety of learning approaches, participants will:

• Identify stigmatizing attitudes and behaviors and discuss their impact on the design, delivery and receipt of services
• Examine the impact of stigma on the lives of providers, family members, and consumers/people in recovery
• Formulate a plan to combat stigma
• Talk, listen and learn in a comfortable atmosphere

This workshop is able to be shaped and targeted toward specific issues identified by the agency/program that is requesting it.

For more information or to schedule a workshop, please contact Kristen Myers at 410-540-9020x20 or kmyers@onourownmd.org

Other Consumer Organizations

Silver Spring Wellness & Recovery Center
1400 Spring Street, Suite 100
Silver Spring, MD 20910
301-589-2303 x108 / Fax: 301-585-2965
Contact Person: Ben Aniba
Website: www.silverspringdropincenter.blogspot.com

Marty Log Wellness & Recovery Center
3 Milford Mill Road, Pikesville, MD 21208
410-653-6190
Contact Person: Sarah Burns
E-mail: sarahburns@prologueinc.org

Our Place Wellness & Recovery Center
400 Potomac Street, La Plata, MD 20646
301-932-2737
Contact Person: Stephanie Burch
E-mail: ccll_ourplace@verizon.net

On Our Own of Maryland also wishes to extend our deep sympathies to Alice Hegner on the passing of her husband Richard (Dick) Hegner. Alice formerly worked for the Maryland Mental Hygiene Administration in several roles, including as a liaison with the local Core Service Agencies, before her retirement. Dick Hegner also worked for the Mental Hygiene Administration under their federal Substance Abuse and Mental Health Service Administration Mental Health Transformation grant. Dick was also a former board member of Main Street Housing.
## On Our Own of Maryland Membership Application

By becoming a member of On Our Own of Maryland, you will be supporting our efforts to promote equality in all facets of society for people who receive mental health services and to develop alternative, recovery-based mental health initiatives.

To become a member, complete this form, make your check or money order payable to On Our Own of Maryland, Inc. and mail it to 7310 Esquire Court, Mailbox 14, Elkridge, Maryland 21075.

| Name: ____________________________ | Organization: ____________________________ |
| Address: __________________________ | City: __________________________ State: _______ Zip: __________ |
| Phone Number: (____) ___________ | E-mail Address: ____________________________ |
| Amount enclosed for annual dues: |
| Voting Members (consumers/survivors) | Nonvoting Members (non-consumer friends/family) |
| □ $10 | □ $25 (individual) |
| □ $50 (organization) | □ $2 (those on disability/entitlement income) |

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**On Our Own of Anne Arundel County, Inc.**
- 132 Holiday Court, #210
- Annapolis, MD 21401
- Phone: 410-224-0116 / Fax: 410-224-0991
- Contact Person: Patrice O’Toole
- E-mail: onourownwa@verizon.net

**On Our Own of Calvert County, Inc.**
- P.O. Box 2961; 24 Solomons Island Road
- Prince Frederick, MD 20678
- Phone: 410-535-7576 / Fax: 410-535-0984
- Contact Person: JoAnn Adams
- E-mail: onourownofcalvert@comcast.net
- Website: www.ooocc.org

**On Our Own of Carroll County, Inc.**
- P.O. Box 1174; 265 E. Main Street
- Westminster, MD 21158
- Phone: 410-751-6600 / Fax: 410-751-2644
- Contact Person: Laurie Galloway
- E-mail: ooocarroll@hotmail.com

**On Our Own of Cecil County**
- 103 South Bridge St., Ste. B, Elkton, MD 21921
- Phone: 410-392-4228 / Fax: 443-485-6497
- Contact Person: Lisa Smith
- E-mail: onourown21921@comcast.net

**On Our Own of Frederick County, Inc.**
- 331 West Patrick Street, Frederick, MD 21701
- Phone: 301-620-0555 / Fax: 240-651-5758
- Contact Person: Eric Wakefield
- E-mail: onourownfederaliker@gmail.com

**On Our Own of Howard County, Inc.**
- 6440 Dobbin Rd., Suite B
- Columbia, MD 21045
- Phone: 410-772-7905 / Fax: 410-772-7906
- Contact Person: Bryan Johnson
- E-mail: bjohnsonooohoo@gmail.com

**On Our Own of Montgomery County, Inc.**
- 434 East Diamond Avenue
- Gaithersburg, MD 20877
- Phone: 240-683-5555 / Fax: 240-683-5461
- Contact Person: Daphne Klein
- Website: www.oomcm.org

**On Our Own of Prince George's County, Inc.**
- 10007 Rhode Island Avenue
- College Park, MD 20740
- Phone: 301-699-8939 / Fax: 301-699-5378
- Contact Person: George McElfricth
- Website: www.onourownpg.org

**On Our Own of St. Mary's County, Inc.**
- P.O. Box 1245; 41665 Fenwick Street;
- Leonardtown, MD 20650
- Phone: 301-997-1066 / Fax: 301-997-1065
- Contact Person: Carolyn Cullison
- E-mail: oooinsmc@verizon.net

**On Our Own, Inc. (Baltimore City) & Transitional Age Youth Center Mobile Peer Support Unit**
- 6301 Harford Road: Baltimore, MD 21214
- Phone: 410-444-4500 / Fax: 410-444-0239
- Contact Person: Tony Wright
- E-mail: tonyw21214@aol.com
- Website: www.onourownbaltimore.org

**On Our Own Charles Street Center**
- 2539 St. Paul Street, Baltimore, MD 21218
- Phone: 443-610-5956
- Contact Person: Robert Williams
- E-mail: tonyw21214@aol.com

**On Our Own Dundalk (Baltimore County) & One Voice**
- 6718 Hollabird Avenue
- Baltimore, MD 21222
- Phone: 410-282-1701/410-282-1706
- Hours: call for hours
- Contact Person: Kathy Franks and Kit Bloom

**On Our Own Catonsville Center**
- 7 Bloomsbury Drive
- Catonsville, MD 21228
- Phone: 410-747-4492 Ext. 1203
- Contact Person: Elizabeth Bowers
- E-mail: sheri.ca.dilworth@yahoo.com

**On Our Own - Towson Center**
- Sheppard Pratt - Building D, Room D020
- 6501 N. Charles Street, Baltimore, MD 21204
- Phone: 410-494-4163
- Contact Person: Caroline Warfield

**Helping Other People Through Empowerment**
- 2828 Loch Raven Road
- Baltimore, MD 21218
- Phone: 410-327-5830 / Fax: 410-327-5834
- Contact Person: Thomas Hicks
- E-mail: thicks hope@verizon.net
- Website: www.hopebaltimore.com

**Hearts & Ears, Inc.**
- 611 Park Avenue, Suite A
- Baltimore, MD 21201
- Phone/Fax: 410-523-1694
- Contact Person: Mary Chirico
- E-mail: thickshope@verizon.net

**New Day Wellness & Recovery Center**
- 16 North Philadelphia Boulevard
- Aberdeen, MD 21001
- Phone: 410-273-0400 / Fax: 410-273-0600
- Contact Person: Bill Patten
- E-mail: newdayspinning@gmail.com

**Chesapeake Voyagers**
- 342-C North Aurora Street
- Easton, MD 21601
- Phone: 410-822-1601 / Fax: 410-822-1621
- Contact Person: Diane Lane
- E-mail: dianelane@chesapeakevoyagers.org
- Website: www.chesapeakevoyagers.org

**Peer Wellness and Recovery Services, Inc.**
- 9909 Lorain Avenue, Silver Spring, MD 20901
- Phone: 240-292-9727 (WRAP)
- Contact Person: Miriam L. Yarmolinsky
- E-mail: yarmdeaux@gmail.com
- Website: www.pwrsinc.org

**Lower Shore Friends, Inc.**
- P.O. Box 3508; 207 Maryland Ave., Ste 4 & 5
- Salisbury, MD 21802
- Phone: 410-334-2173 / Fax: 410-334-6361
- Contact Person: Wilmore “Bunky” Sterling
- E-mail: wlmrstrl@aol.com

**Office of Consumer Advocates, Inc. (OCA)**
- 121 East Antietam Street
- Hagerstown, MD 21740
- Phone: 301-790-5054 / Fax: 301-791-3097
- Contact Person: Jim Raley
- E-mail: jimraley.oca@outlook.com

**Soul Haven**
- 119 East Antietam Street
- Hagerstown, MD 21740
- Phone: 301-733-6876
- Contact Person: Kirk Stroup

**HOPE Station**
- (part of OCA, Inc. - Allegany County)
- 632 N. Centre Street
- Cumberland, MD 21502
- Phone: 240-362-7168 / Fax: 240-362-7170
- Contact Person: Dan Snyder
- E-mail: HOPEStation@atlanticbbn.net

**Mountain Haven**
- (part of OCA, Inc. - Garrett County)
- 315 Dawson Avenue
- Oakland, MD 21550
- Phone/Fax: 301-334-1314
- Contact Person: Kathy Schrock
- E-mail: kathy59@mthavenwrc.com

**Transitional Age Youth Center Mobile Peer**
- 132 Holiday Court, Mailbox 14
- Elkridge, Maryland 21075
- Phone: 410-224-0116 / Fax: 410-224-0991
- Contact Person: Patrice O’Toole
- E-mail: onourownwa@verizon.net

**Office of Consumer Advocates, Inc. (OCA)**
- 301-997-1066 / Fax: 301-997-1065
- Contact Person: Miriam L. Yarmolinsky
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- Website: www.pwrsinc.org
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(Main Street Housing is a subsidiary corporation of On Our Own of Maryland, Inc.)

Mission Statement

On Our Own of Maryland, Inc., a statewide mental health consumer education and advocacy network, promotes equality in all facets of society for people who receive mental health services and develops alternative, recovery-based mental health initiatives.

About Consumer Network News

Consumer Network News is published quarterly by On Our Own of Maryland, Inc. and is sent to all members. Views expressed herein are those of the authors, not necessarily of the board members, or funding sources of OOOMD. Newsletter materials may be reproduced without further permission, if credited, except for copyrighted items. If you have articles, letters, poems, or other information you would like us to consider publishing in the next issue, contact:

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