



Wish List for NBC Program Needs

CD Player for Children's Programs
Clock with date, time and day
DVDs for DVD Library
Computer Printer
Hair Combs, Hairbrushes
Spiral Notebooks
Starter Set of dishes, silverware, pots & pans, dish towels, cleaning supplies, kitchen utensils or bath towels
Socks, New, for Men or Women
Toiletries
Water Bottle with Strap
Wristwatch with Alarm

Contact:
443-573-1024 or
info@northbaltimorecenter.org
to make a tax-deductible donation

SAVE THE DATE!!!
Join us For
A NIGHT IN PARADISE
Friday, May 21st
Featuring the Music of
HERO!



Enjoy the Food & Music of the Islands!
Dinner, Dance, Open Bar & Silent Auction
At Columbus Gardens
443-573-1024 or
info@northbaltimorecenter.org

Holidays for Clients



Staff member Sara Leven and client volunteer Clarence help distribute holiday gifts to our Community Rehabilitation Program participants. Thanks to the generosity of our community members and staff, adults and children received much-needed warm socks, hats, gloves, household items and toiletries.

Sen. Mikulski and Others Fund Supported Employment for Clients

Continued from p. 1

Jeff Richardson, Executive Director of Mosaic, noted that Sen. Mikulski began her career in social work before going into politics 30 years ago.

Jim Smith said the senator is "our country's most senior female senator, and one of its most dedicated and productive public servants."

SEP is a national, public-private, demonstration project with research assistance from Dartmouth College, Dr. Sharfstein explained. "This investment

will lead to savings by participants becoming productive members of society," said Secretary Colmers. Donn Weinberg of the Weinberg Foundation noted, "When you have a job you have a reason to get up every day. It also becomes the central coordinating force of your life. Self-esteem goes way up. This is a pilot project—it hasn't been done on this scope. We want to see this program replicated throughout the United States, because this is going to work!"

Lora Andrews, Manager/Owner of Gypsy's Team Room, emphasized how much her business has benefited from having staff who are people with mental illness. "They're always early and eager to start their day," she said.

"We've got to eradicate the stigma of mental illness as we create programs," Sen. Mikulski noted after hearing a comment from a client. "Thank you for inspiring me to go back and fight hard."

Programs

NBC assists over 23,500 adults, children and families in Baltimore each year, addressing behavioral health issues through the following programs:

- Adult Psych Rehabilitation Case Management
- Chesapeake Connections
- Housing & Employment
- Mobile Treatment
- In-School Therapy
- Mediation & Education Programs
- Off-Site Counseling Services
- Outpatient Mental Health Clinic
- Partners in Recovery
 - Substance Abuse Treatment
 - Screening
 - Assessment of Mothers with Drug-Exposed Newborns
- Residential Rehabilitation

NBC Management Board

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NBC is an affiliate of Sheppard Pratt and is a separate organization in both finances and operations.

NBC & Community Bring Happy Holidays!



Offsite Counseling Services clients Camron, Kyle and Aaliyah receive winter jackets and new holiday presents, instead of second-hand toys, for the first time in their lives thanks to the generosity of our donors. "You gave me just what I wanted, without even knowing me," one young client wrote in her thank you card.

More than 75 at-risk children and youth and 125 adults who receive services from the North Baltimore Center were given holiday presents this season, thanks to the generosity of the community, our Leadership Council and NBC staff. Sheppard Pratt, Baltimore Hebrew Congregation, LifeBridge Health/Sinai Hospital Community Initiatives and several individuals provided clothing, winter apparel and toys or the funds to purchase them.

"I actually felt guided as I went through the store looking for gifts for the kids," Executive Assistant Cindy Cannizzaro said, "and my husband Greg picked out presents for the boys."

Staff and community contributors made it possible for our clients to receive holiday gifts to choose from at our "Gift Shop." Hats, gloves, scarves, socks, toiletries, watches and household items were greatly appreciated by adult clients and their children.

Young people in our Offsite Counseling Services were also grateful, and for some these presents were the only ones they received this year.

Public-Private Partnership Funds Supported Employment

Senator Barbara Mikulski was honored in January for her role in obtaining \$725,000 in federal matching funds for a Supported Employment Program (SEP) for unemployed people with mental illness in eight locations throughout Maryland, including the North Baltimore Center. The match completes the Weinberg Foundation requirement for its \$1.7 million in funds, in partnership with \$6.4 million from the State of Maryland.

Dr. Steven Sharfstein of Sheppard Pratt Health System (SPHS), who requested assistance from Sen. Mikulski a year ago on behalf of the SPHS mental health agency affiliates, said SEP has four important components: supported employment, customized employment, employment benefits counseling and self-employment opportunities. NBC, Mosaic, Way Station and the Family Services Agency make up the affiliates that benefit from this

program, assisting 600 people annually to prepare for and find employment during the five-year grant period.

"The people who need this service really want this service," Sen. Mikulski said. "I'm for smart government—that invests in people."

Continued on Page 4



Donn Weinberg of the Weinberg Foundation, Secretary John Colmers of the Maryland Dept. of Health and Mental Hygiene, Sen. Barbara Mikulski and Jeff Richardson of Mosaic Community Services announce U.S. matching funds for Supported Employment.

From the Executive Director



Timothy L. Allen

We wish to extend our gratitude to the NBC Leadership Council, staff and community, including Sheppard Pratt, Baltimore Hebrew Congregation and LifeBridge Health/Sinai Hospital Community Initiatives for the outpouring of support for our clients during the holiday season! At-risk children, families and adults all benefited from their generosity.

We are also grateful that our clients are having an opportunity to give back to the community and that our staff are expanding our outreach through Open Houses and other activities. Our programs are benefiting from the help of two, second year social work students from the University of Maryland who are seeing clients and co-facilitating support groups, and from Prince George's Community College nursing students on rotation at NBC.

Our Supported Employment Program is expanding the number of clients served and its efforts to find new employers for job placements.

We are looking forward to a new year of expanding programs and a focus on improving human services in Baltimore City!

Timothy L. Allen, M.A.

Nursing Students Enhance NBC Services to Clients



Leroy talks with Tonya Thoms, a nursing student from Prince George's Community College.

Nursing students from Prince George's Community College are assisting NBC clients and gaining useful work experience with people with psychiatric illnesses. Serving in six-week rotations, a group of ten students is assisting in several program areas: Chesapeake Connections, the Community Rehabilitation Program, Mobile Treatment, the Outpatient Mental Health Clinic and Partners in Recovery.

Under the instruction of Paul Vince, the students are helping us expand our focus on somatic health while also supporting our psychiatric treatment efforts.

"It's very interesting and great to be working out in the community," says student Cleon Charles, LPN.

"Having nursing students is a great experience, especially in a mental health setting, as it affords the agency, staff and clients the opportunity to teach what we know and the students the opportunity to learn skills that translate across the entire spectrum of health care, notes Barbara Harris, R.N., NBC Nursing Supervisor.



At left, client Anastasia looks proudly at her recognition award for completing a Psychiatric Rehabilitation Program series.

At right, Chesapeake Connections staff members Ian Staley and psychiatrists Effie Geocadin and Elizabeth Tomar join in the fun at the Fashion Show presented by members and staff at nearby Lovely Lane Church.



MLK Day Volunteers Featured on Channel 11

The North Baltimore Center was featured on WBAL Channel 11 on Martin Luther King, Jr. Day for our Volunteer Event. Community volunteers helped serve lunch and completed special clean-up projects. They also spoke to our clients about what MLK Day means to them.

Jennifer Franciotti of WBAL interviewed staff and volunteers, and spoke with clients during her morning visit. This event was coordinated by Joe Lott, Facilities Supervisor. Clients expressed their appreciation for the help and volunteers' comments about MLK Day.



Jennifer Franciotti of WBAL Channel 11 and client Valerie in front of NBC on MLK, Jr. Day.



Volunteers Tiffany from the African-American Organization in Owings Mills, Nikki Reeves, Naomi Garcia and Charonda Woods serve lunch to NBC's Psychiatric Rehabilitation Program clients on MLK Day. The Channel 11 segment is at: <http://www.wbal.com/video/22272424/index.html>



NBC Clients and Staff Give Back to the Community



Chesapeake Connections members sort clothes and coats donated by staff for My Sister's Place, a homeless shelter for women and children in Baltimore, and the Franciscan Center.

NBC clients have started giving back to the community by gathering food and clothing donations for others in need.

Chesapeake Connections (CC) members cleaned and sorted coats and clothing and donated these much-needed items to My Sister's Place and the Franciscan Center. Currently, they are collecting canned goods for the Maryland Food Bank and the Franciscan Center.

The first floor Administrative staff and Team 3 at CC each supported a family with food and presents for the holidays. CC's Team 2 volunteered at a soup kitchen, and the Make It Great Club collected and donated funds to Loving Arms for gifts for foster children. Three additional families in need—one each from Psychiatric Rehabilitation, the Outpatient Clinic and Case Management—were provided with supplies for a full holiday dinner.

CC members and staff also made cookies and delivered them in NBC and to nearby businesses.

