



# ACIDD NEWS

Volume 2, Issue 3

March 2015

ACIDD MARYLAND

## ACIDD Counseling centers in Howard and PG

We are excited to announce that ACIDD Counseling centers are now offering both in-home and in-office therapy services throughout Howard County, Laurel and Bowie in PG County to children, adolescents, and adults in individual, family, and group settings. Our qualified therapists have background in substance abuse, family counseling, couples counseling and developmental disabilities. They are your great next step to recovery journey.

Studies have shown that speaking with someone and getting your thoughts and feelings out can have a significant effect on both your brain and body in general. A research team at the University of California found that problems seem less scary or severe when shared with someone, and can have positive health benefits as well! As one of the main focuses of our mission at ACIDD is for individuals to maintain a sense of wellness

(by learning new ways to take care of yourself physically, mentally, emotionally,...), we feel therapy can be an important part of a person's healthcare routine. When working with a licensed therapist, you will have an ally to help you problem-solve issues as they come up and focus on both your long-term and short-term goals. Individuals in therapy often feel better able to understand their thoughts, moods, and behaviors, and can develop new strategies for staying calm and coping during stressful situations, which they can then put into practice on a daily basis.

We have no waiting list for our therapy services. You do not need to be a member of any of our other programs to receive therapy. Call our offices today to schedule your appointment. For Bowie center, 301-627-0568; For Laurel center, 301-377-0537; For



Columbia center, 443-319-5010.  
E-Mail us: [counseling@acidd.us](mailto:counseling@acidd.us)  
Visit [www.aciddcounseling.com](http://www.aciddcounseling.com) for details.

Remember: Everyone needs help from time to time, so never be afraid to ask for help you need to lead the life you want!

If you have any questions about our services or are interested in learning more, please reach out to us at [info@aciddmaryland.com](mailto:info@aciddmaryland.com)

### Inside this issue:

Counseling expansion news	1
Thoughts on relieving stress	2
Job news - we're hiring!	2
From the Director's Desk	2

### Contact us!

- Address: 8980 Old Annapolis Road, Columbia MD 21045
- Phone: 443-319-5010
- Fax: 443-319-5265
- Email: [info@aciddmaryland.com](mailto:info@aciddmaryland.com)
- Website: [www.aciddmaryland.com](http://www.aciddmaryland.com)
- Twitter: ACIDD\_MD
- LinkedIn: [www.linkedin.com/company/acidd-Maryland](http://www.linkedin.com/company/acidd-Maryland)

## Healthy Ways to Handle Stress

According to the National Institute of Mental Health, 26 out of every 100 employees need mental health care. This is a large percentage of our workforce at any given time, and it's important to remember that it's not your fault! Mental health issues can impact people of any age, race, religion, or socioeconomic status at any point in their life. Ignoring a problem does not make it go away and can lead to worsening symptoms physically and emotionally. In response to daily stress, your body automatically increases your blood pressure, heart rate, and blood flow. When you are constantly reacting to

ongoing stress without making adjustments to counter the effects, the stress can threaten your health and well-being. So what should we do when we feel our levels of stress rising?

First, remember that everyone handles stress differently and each person will have a different tolerance for stress. A situation that you are able to handle may cause another person to lose sleep at night. Additionally, some stressors may be short-term and end soon, while others may linger. It is important to recognize what kind of stress you are experiencing and what the cause of that anxiety is so you can decide the best

way to counteract the feelings.

Secondly, we must all resist the superman or superwoman urge - no one is perfect, so we certainly should not expect perfection from ourselves. Instead of expecting yourself to complete every task on your list with no mistakes, ask yourself 'What truly needs to be done today? What is the worst that can happen, if this is not complete?' By putting things into perspective and allowing yourself the time to tackle things, when you are ready, you will set yourself up for long-term success, health, and general well-being.

For more information about our job openings, please check out our website or contact our office today!

ACIDD Maryland is currently hiring enthusiastic individuals for both our Psychiatric Rehabilitation Program (PRP) and our Vocational Program (MHVP) for Howard and PG counties. Staff work as part of a team to provide direct support services and coordinate

## We're Hiring!

care for adults with severe and persistent mental health issues, as well as individuals with a developmental disability and mental illness. We currently have openings for Direct Support Staff to work with consumers in Laurel, and other areas in PG County, as well as in the Howard /Baltimore County

area. There are openings for Employment Specialists at our Columbia center.

If you or someone you know has a passion for working with people and is looking to join a dynamic and growing team, please reach out and let us know - we'd love to chat with you!

## From the Director of Programs...



I am excited to share that ACIDD Maryland has been consistently growing and expanding!

First, I would like to welcome two new staff members— Kevin and CC! Kevin joins us as an employment specialist and has many

years of experience in the vocational field. CC is utilizing her background in mental health and crisis intervention to provide excellent PRP services to our consumers.

Second, our counseling services are now up and running and our excellent clinical staff is ready to

provide counseling services to anyone interested in their mental wellness.

At ACIDD Maryland, we believe wellness is very important and we will continue to expand and develop our programs in order to best meet the needs of our community.