

# Adolescent and Families Services

## Quarterly Newsletter

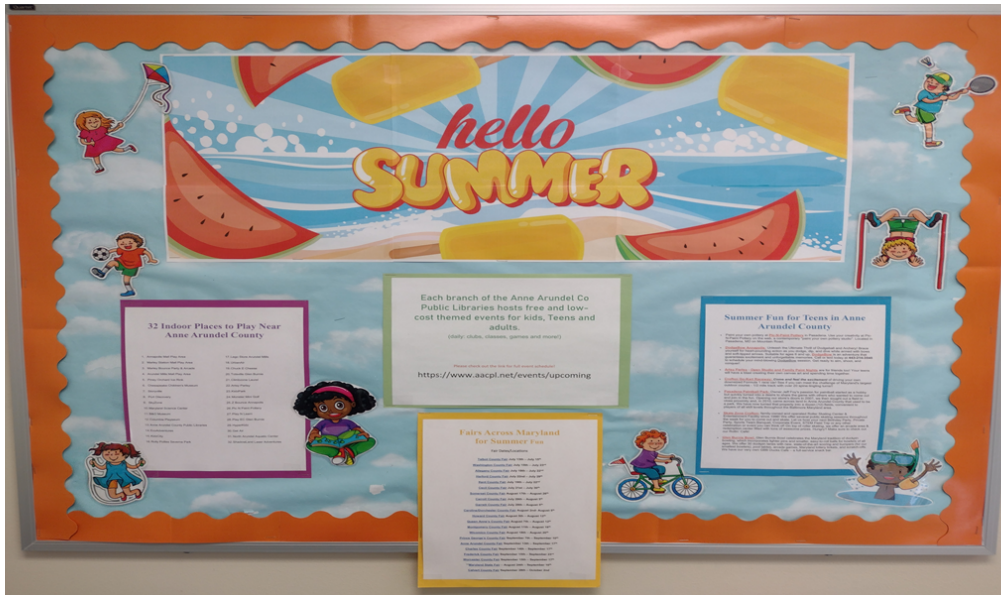
July 2023

### A Summer to Remember

By Darin Ford, LGMFT, Program Manager



We are glad you chose the Anne Arundel County Department of Health Adolescent and Family Services (AFS). It has been our joy to serve you and your children. At AFS, we find joy in giving you and your family the best mental health care the county offers through our collaborative approach using a team of licensed social workers, marriage and family therapists, counselors, nurse practitioners, psychiatrists, and dynamic office staff. We bring this quarterly newsletter with helpful information for you and your family. We hope this summer brings your family great memories and great health. Don't hesitate to contact our office during working hours to learn more about the great opportunities and services at the Department of Health. We are here for you!



### Summer Fun!!

By Melissa Diem, Office Supervisor

Our front office staff has put together a list of summer activities to build fun memories with you and your children. Please take the time to check out the summer board the next time you are in the office. You never know what you might discover!

The Department's mission is to preserve, promote and protect the health and well-being of all people by advancing health equity in Anne Arundel County.



### A Summer Recipe

By Octavia Guilbault, LCPC, Clinical Supervisor

Summer is here and we hope you are enjoying time away from school and the freedom to rest and relax. It's also a great time to pause and boost connectivity with family. What better way to do this than creating something fun and delicious together! Below is a simple ICE CREAM recipe the entire family can make.

- 1 cup** half-and-half
- 2 Tbsp** granulated sugar
- ½ tsp** vanilla extract
- 3 cups** ice
- ½ cup** Kosher salt
- Toppings** (fruit, nuts, sprinkles)
- 1 large** resealable baggie
- 1 small** resealable baggie

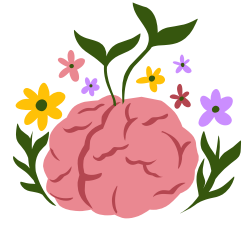
- Combine half-and-half, sugar and vanilla in small baggie. Push out air and seal.
- Combine ice and salt in large baggie. Place small baggie inside large baggie. Shake for 7-10 minutes until ice cream hardens.
- Remove from baggie, add toppings and enjoy!

[Delish.com recipe by Lena Abraham](#)

## Left and Right Brain

By Dr. Manjiri Pansare, MD, Medical Director

How is your child's brain doing? Dr. Pansare writes, "We have to help kids bring their left brain logic and right brain emotions and experiences together."



**How To Help Your Child Work from Both Sides of the Brain.** Dr. Dan Siegel (UCLA) wants children to integrate both sides of their brain. He wants parents to be patient with their children as their brains are not fully developed and often are incapable of controlling their emotions.

**Connect with your child's feelings (which is the right side of the brain)** by staying calm, helping your child calm down by talking to them in a calm tone of voice, by not arguing with them and being aware of your own feelings.

**Ask your child to share their experience (which is the left side of the brain).** Make sure when they are sharing, you are in a good frame of mind (calm and emotionally present). Children are more likely to share and talk about their experiences when calm. By listening to their story, you are helping wire your child's brain. Respect their wishes if they are not ready to share.

When children experience painful or scary moments, their emotions take over as their right side of the brain is activated. When you stay calm and they share their story by talking, writing or drawing, their left brain is activated. We want children's right-side of the brain and left-side of the brain to work in harmony. Once children integrate (combine) both sides of their brain they will be well-balanced.



## Summer Updates

By Jennifer Wiejaczka, LCSW-C, Program Administrator

Keep us updated. We want to make sure we do all that we can to support you on your mental health journey. One of the ways you can help us help you is by informing our office if the following information ever changes.

- Address
- Phone Number
- Email Address
- Your Child's Insurance Information
- Emergency Contacts

You can call 410-222-6785, or stop by our front desk to give us any updates. Keeping your information current helps us to serve you better!



## Medical Assistance Eligibility Reminder

Eligibility for MA is checked monthly. A letter is sent to the families who will no longer be eligible within 30-60 days. Please get in touch with MA to update their paperwork when needed. If you have any questions or concerns, don't hesitate to call 1-800-710-1447.



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