

Adolescent and Family Services

Quarterly Newsletter

April - June 2024



A Season to Remember

By Darin Ford, LGMFT,
Program Manager

The Anne Arundel County Department of Health - Adolescent and Family Services (AFS) enjoys offering you and your families mental health services year-round. Our highly trained staff continues to work as a team to provide you with the latest mental health practices and resources to help you and your child heal, connect and thrive.

Springtime is upon us, and summer will follow shortly after. It is a time for getting outdoors and enjoying nature, but it can also be a time for allergies and learning how to live with seasonal insects. Let us help you experience an enjoyable spring and summer. Come check out our educational bulletin boards and learn about mental health tools and all the summer activities happening for families across the county. We are here for you and believe that you and your family can have a positive spring and summer. We are better together!



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.

Parents Celebrating Their Children

By Octavia Guilbault, LCPC,
Clinical Supervisor

We often come to our kids with complaints, corrections and critiques concerning things we want them to improve. Kids will respond better to us as parents and be more willing to cooperate when we build a healthier and more harmonious relationship with them. All humans, parents and kids included, want to feel seen by those closest to them, so when I saw these five prompts, I thought they were a great way to let our kids know, I see you and your uniqueness is special to me and our family.

Five Prompts for Parents to Celebrate Kids' Personhood Over Performance

- I'm really thankful for these specific characteristics in you...
- Our family would not be the same without you because...
- I really enjoy this particular thing about you...
- I look forward to time with you because...
- Being with you feels like...

By: Nicole Zasowski, LMFT
and Author





Nature Looks Good On You

By Jennifer Wiejaczka, LCSW-C,
Program Administrator

Spring is here! Go outside and boost your mental health!

Spending time in nature has been shown to reduce stress and improve mental well-being. Reducing screen time and increasing time spent outdoors can have a positive impact.



Read More

heart.org/en/healthy-living/healthy-lifestyle/stress-management/spend-time-in-nature-to-reduce-stress-and-anxiety



Kids and teens also benefit from REAL interactions, not just ones over text. Summer camp offers the opportunity for kids and teens to socialize, have fun, and explore.

Explore Anne Arundel County's Summer Camps and Activities

aarecparks.org/summercampguide



Scan Me



AFS CALENDER

May

5/1 - Children's Mental Health Bags
(Available at public libraries)

5/7 - AFS Children's Mental Health Event

5:30 p.m. - 7:30 p.m.
122 N Langley Road, Glen Burnie

June

Summer Camp - Camp Mayo
(Ask Your Therapist)



Mayo Beach Day Camp

One free week, including transportation.

Ask your therapist or front office staff to get registered.

Sign up is first come first serve.



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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