

Adolescent and Family Services

Quarterly Newsletter

February 2024



Love and Protect Your Children

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. One of the ways we strive to help is by providing trauma-informed, reductive mental health skills for the entire family. Knowing the risk and protective factors related to your child's mental health is the foundation for supporting your children as they move through the therapeutic process. For families, protective factors include:

- Provide structure, boundaries, rules, tracking and predictability.
- Supportive relationships
- Clear expectations for behavior and values.



Scan me

Learn more about protective factors for mental health:

positivepsychology.com/what-are-protective-factors/#protective-factors

If you have
The Ability
To Love,
Love
Yourself first

- Charles Bukowski



Love Yourself!

By Melissa Diem, Office Supervisor

Sometimes we forget how important it is to take time for ourselves and do something that brings us joy or inspiration.



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.

Social Media and Family Togetherness

By Octavia Guilbault, LCPC, Clinical Supervisor and Elizabeth Hoover, LCPC.

Parents:

Below are three Instagram pages that assist parents with creating a better parent-child relationship. Many of our clinicians follow them for helpful tips and you may be interested in doing so too!

Instagram Pages:

@attachmentnerd
Eli Hardwood, LPC

@mrchazz
Mr. Chazz
Parent Coach, Teacher Coach

@projectparentcoach
Jenny Hwang, Psychologist





Improving Your Child's Behavior

By Jennifer Wiejaczka, LCSW-C,
Program Administrator

Did you know the most effective way to improve your child's behavior is to spend more quality time with them? Playing with your child and engaging with them in child-centered activities not only improves their social and emotional development but also builds a stronger relationship with your child, promoting their ability to trust and respond to you in a more positive way.

Read the article below for more information:

familyman.movember.com/en-us/articles/quality-time-and-play

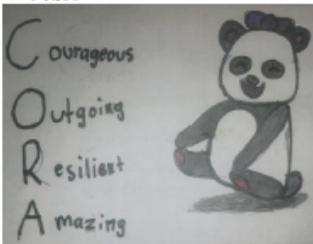
Craft Ideas:

- artycraftykids.com/craft/easy-spring-crafts-for-kids
- easypeasyandfun.com/spring-crafts-for-kids

WINNING AFS MASCOT OF 2024

Ages 4 - 11

1st Place



2nd Place



Ages 12 and up

1st Place



2nd Place



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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MARYLAND
DEPARTMENT OF HEALTH

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