



Help in Stormy Times

Garrett County Lighthouse, Inc.

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A Message From Our Executive Director

Spring has sprung into Summer and we are enjoying the warm weather. Summer gives us the opportunity to get outside and enjoy the grill and games. This summer we have also ventured into gardening and enjoyed having Julie's Greenhouse and the Extension Office here to help us plant some tomatoes. Clients and staff all enjoyed "getting dirty" and experimenting with growing our own food.

We continue to accept new referrals and our Adult and Adolescent PRP Programs are growing in numbers. We are happy to report that the adolescent program has been licensed and has adolescents enrolled. We also continue to reach out and make new connections with partners in Garrett and Allegany County. Recently we partnered with Archway Station in Allegany County, in the form of a MOU and are proud to announce that Archway is now the Vendor for the Assertive Community Treatment Program. This will bring great change, support, and much needed resources to Garrett County. We are also excited to have met and possibly work with the new Vendor for the Mobile Crisis Program, which is also a great addition to Western Maryland.

Summer is also a great time to think about self-care. With longer days and warmer weather there is more opportunity to switch up your routine and enjoy the season. Here are some ideas for taking care of yourself this summer:

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| Ditch the couch and relax outdoors | Go for a stroll |
| Explore the local farmers' market | Start your own garden |
| Play summer tunes | Have a picnic |
| Do an at home spa day | Go exploring |



Psychiatric Rehabilitation Program (PRP)

During the week beginning Monday, May 8th, Garrett County Lighthouse, Inc. resumed full on-site PRP services for clients in all parts of the county.

Since May is Mental Health Awareness Month, on-site PRP participants created posters, decorated rocks, and created jewelry which expressed their personal notions about recovery and mental health. The posters and rocks were publicly displayed along the walking trail in front of the GCLH campus, while the clients distributed their jewelry as they saw fit.

Garrett County Lighthouse, Inc. Adult PRP staff were grateful for the opportunity to attend the Trauma-Informed Care training on June 26th at Garrett College. This training was sponsored by the Garrett County Health Department with funding made possible by the Garrett County Local Management Board through the Governor's Office of Crime, Prevention, Youth, and Victim Services, MDH, and SAMHSA.

Garrett County Lighthouse, Inc. held a summer celebration for PRP clients on June 27th. Despite the rainy weather, clients were treated to BBQ, games, and social activities.

Client accomplishments:

- One client was able to access benefits after navigating protracted legal cases.
- One client successfully completed a rehabilitation program.
- One client successfully found employment.
- One client volunteered with Special Olympics.
- One client has completed six months in recovery without relapse for their very first time.

Three new clients began PRP services, one each in the months of April, May, and June.

Client of the Quarter



Congratulations to Bonnie R. for receiving the Garrett County Lighthouse, Inc. Client of the Quarter Award! Bonnie was unanimously nominated by staff for always offering words of encouragement to her peers. She always greets others with a smile and puts everyone's needs first. Bonnie always tells the staff how much she appreciates all we do — Bonnie we appreciate you!

Thank you, Bonnie, for going above and beyond at Garrett County Lighthouse, Inc.!

Treasure Chest

Thanks to all who visited us on Tuesday, July 11th, for our annual Christmas in July Sale. We had so much fun and everyone really enjoyed the “Free” table showcasing holiday items.

Our next monthly craft is planned for Tuesday, August 8th, 2023. We have really enjoyed selecting the crafts and making one ourselves. We are so pleased with everyone’s creativity when a “personal touch” is put into the craft. We look forward to seeing you there on the 8th.

On Tuesday, September 5th, we will be remembering Loretta Bailie who would have celebrated another birthday the first week of September. Loretta devoted so many years to the Treasure Chest and her birthday is not only the right time to remember her but a time to name our jewelry table in her name – “Loretta’s Boutique.” Since her passing, her family has given us many items of her personal jewelry. They have also given a monetary donation that we are using to give our Treasure Chest a much-needed facelift. We will have some cookies and punch that day to remember her and that our shop is 21-years old. We will run some sales that day too.

Karen, Lisa and I look forward to seeing you every Tuesday and spending time with you.

Warmest Regards to All,

The Treasure Chest Volunteers,

Karen, Lisa and Melissa



Residential Rehabilitation Program (RRP) and Crisis Services

The Residential Rehabilitation Program (RRP) staff are still finding new ways of engaging the clients. Recently, a client expressed interest in gardening. With the wonderful donations and help from Rigidply Rafters, Julie’s Greenhouse, Sam’s Agway and staff, two raised gardens were constructed for the client. Those gardens are full of fruits and vegetables that were planted by the client with the assistance of Master Gardener Ashley from the University of Maryland Extension Office.

Safe Harbor continues to be an asset to our community. All four beds within the facility have been full with clients for several months now. Staff continue to work with each client every day to help those clients progress with their independent living needs/goals.

Youghiogheny Youth Club/ Adolescent Program

The Youghiogheny Youth Club (YYC) at GCLH is having a great time working with our new adolescents and participating in community events. After gaining all our necessary certifications in May, we began registering teen clients for the program. We love our teenagers. On Friday, July 17, 2023, YYC will be having an afternoon of sun, fun, swimming, and kayaking at a local lake. We can't wait!

June 24, 2023, the YYC staff participated in the Kindness for Kiera Suicide Awareness Walk-a-thon. We met many community members and were grateful for the opportunity to tell folks about our teen services. It was a rainy day that was fun for all!

June 26, 2023, our YYC staff attended "Essential First Steps in Trauma Informed Care" conducted by The Ferentz Institute and held at Garrett College. This very informative program focused on applying trauma informed concepts and creative treatment strategies to our everyday work with our teens. Everyone who attended earned 6 Continuing Education Credits.

On July 28, 2023, our staff will be attending an interactive Zoom call sponsored by The Maryland Philanthropy Network entitled "Funder Panel: A Conversation for Grantseekers". Representatives from several Family and Corporate Foundations will be leading the discussion. It is our hope to learn some good tips and make some good connections with the generous people who have a passion for funding services that benefit our society.

On August 18, 2023, YYC will participate in "Stuff the Bus" sponsored by the Garrett County United Way. We are excited and hope that anyone who can, will join us or contribute to supplying our local school children with back-to-school needs. We have a donation box here at GCLH for someone who would like to drop off school supplies.

Non-Emergency Medical Transport (NEMT)

The NEMT program offered by the Garrett County Lighthouse, Inc continues to be a success. We recently renewed our contract with the Garrett County Health Department in ambulatory transports as the second vendor. However, we were able to add to our fleet with two new wheelchair accessible vans. Thus, allowing us to bid on wheelchair transports with the Garrett County Health Department as well. We were fortunate enough to win the bid and become the first vendor for wheelchair accessible transports. There are other opportunities for expanding this program currently in the works.

Meet our Staff



Congratulations to Amy Jones, Executive Director for receiving the Garrett County Lighthouse, Inc. Employee of the Quarter award.

Amy was nominated for going above and beyond and showing everyday compassion towards the clients, while helping to integrate a better place so clients may continue to be goal oriented. Amy has also turned the agency around and opened up new avenues to better serve our clients, GCLH staff and the community.

Thank you, Amy for your hard work and dedication to Garrett County Lighthouse, Inc.!

Work Anniversaries

Michele Gregory	Secretary of Behavioral Health	August 6, 2014 (9 years)
Angela Hinebaugh	Rehabilitation Coordinator	August 16, 2021 (2 years)
Cody Kroll	Director of Residential Rehabilitation & Crisis	August 23, 2022 (1 year)

Archway Station, Inc.

Garrett County Lighthouse is happy to partner with Archway Station, Inc., located in Cumberland, Maryland. Archway has been awarded a contract to provide Assertive Community Treatment (ACT) services in Allegany and Garrett Counties. The ACT team will provide mental health services to those who present serious mental health disorders.

The ACT team will share responsibility to carry out the activities designed to assure the ACT mission success both on and offsite, in groups and one-to-one contacts. The ACT team will share responsibility for the caseloads, schedules, coverage, preparation and implementation of all activities.

We are very excited to welcome this much needed resource to Garrett County.