

News For November



November 2017

From the Executive Director



As I sit and write this letter, I couldn't be more proud of the outcome of our new campaign *No Matter What... You Matter!* What started as a bus trip to enlighten our community agencies and nonprofits about suicide prevention, has grown into a very special campaign to educate residents of the Mid Shore about ways we can all help to prevent suicides. Over 200 people joined us at the Bartlett Pear Inn to kick off our campaign and to celebrate Mental Health Awareness Week in early October.

As we get ready to enter the holiday season, I am reminded of what a blessing it is to have community support for what we do at For All Seasons. We have so many community partners who help us carry out our mission. We are grateful for the ways we are able to collaborate with like-minded organizations in our community to deliver the best mental health services available on the Mid Shore.

In the coming weeks, you will be hearing about our 2017 Annual Appeal. We have grown in leaps and bounds this year to meet the ever-growing mental health needs of our community – increased clients, new staff, and expanded programs. Without your support we would not begin to serve the needs of our community. Please take time in the beginning of December to consider your support for For All Seasons. You are changing lives by donating to us. This month's new newsletter tells the story of "how."

In gratitude,

Beth Anne Langrell
Executive Director



For All Seasons Receives Speer Grant



For All Seasons recently received a **\$30,000 grant** from The Speer Trust, an Administrative Commission of the New Castle Presbytery, to support residents on the Mid Shore, including Kent County. The grant will help families to have access to mental health services regardless of their ability to pay and victims of rape and sexual assault to continue to receive a rapid support and advocacy response and have opportunities for ongoing mental health treatment. [READ MORE](#)

For All Seasons Rape Crisis Grows Outreach in the Community



The Rape Crisis Center at For All Seasons provides crisis support for those impacted by trauma, rape, sexual assault, abuse or crime. The staff, which has grown from one person to five over the last 10 years, provides support and guidance through crisis intervention, counseling and education. **According to Ivy Garcia, Director of the Rape Crisis Center, "The numbers have grown dramatically since I started at the Center 10 years ago.** We are now serving an even greater number of people in our community than we ever have." [READ MORE](#)

PARTNERS

Pictured left to right is Councilman Corey Pack presenting a proclamation to Beth Anne Langrell, Executive Director of For All Seasons in recognition of the agency's recent Suicide Prevention Awareness Campaign, *No Matter What... You Matter* and Mental Health Awareness Week (October 7-14, 2017). The NO MATTER WHAT...YOU MATTER Suicide Prevention event, held at the Bartlett Pear Inn, included refreshments and live music provided by the Choptank River Big Band and was part of the First Friday stroll through the local galleries and shops. The following Easton businesses participated by donating a portion of their sales toward For All Seasons Suicide Prevention Campaign during Mental Health Awareness Week:



Bon Mojo, Chef and Shower, Colonial Jewelers of Easton, Easton Bowl, Harrison's Wines and Liquors, Kiln Born Creations, Krave, La De Da, Leivity, Lizzie Dee, Marc | Randall, Nestled Baby & Child, Out of the Fire, Rise Up Coffee, Trade Whim, and Vintage Books and Fine. Additional sponsors included Acme, Ashley Insurance, Bartlett Pear Inn, Choptank River Big Band, Doc's Downtown Grille, Easton Business, Easton Pizzeria, Hair of the Dog, Laser Letters, QATV, Talbot Mentors, Tidewater Inn, Ed & Beth Anne Langrell, Diane Flagler, Mary Wittemann & David Urbani, and Westphal Jewelers.

For All Seasons was recently a sponsor of the Chris Bradley 5K Walk/Run I Oxford, MD. Pictured left to right are Lesa Lee, LCSW-C Clinical Director, Karli Saulsbury, Jeff Saulsbury, Alisha Saulsbury, LCSW-C, TAMAR clinician, Mary Wittemann, For All Seasons Board of Directors, Larry Wise, MD, medical director, and Beth Anne Langrell, For All Seasons Executive Director. Pictured front row, left to right are Tristan Lee and Max Lee.



RESOURCES

**NAMI Family Support Group
FREE**

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FREE**

1st & 3rd Tuesdays, 7 – 8:30 p.m.
For All Seasons
516 Washington Street
Chestertown, MD 21620

1st & 3rd Mondays, 7- 8:30 p.m.
St. Paul's Church
301 S. Liberty Street
Centreville, MD 21617

MODERN WARRIOR *Live*

A soldier's story experienced through words and music
to benefit and support veteran's programs.



SATURDAY, NOVEMBER 18, 8 PM
SUNDAY, NOVEMBER 19, 2 PM

AVALON THEATRE, 40 EAST DOVER ST, EASTON, MD 21601

[Click here for more information or to get tickets.](#)

Board Members

President – Andrea Lange, Ph. D

Vice President – Pamela Ortiz, Esq.

Treasurer – Deborah H. Walsworth

Secretary – Diane Flagler

Phyllis Ballantine

Marie DiDaniels

Stuart "Mickey" Elsberg

Leslie Sea

Emily Sparks

Mary Wittemann

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