



INTERDYNAMICS, INC. | A BEHAVIORAL HEALTH FIRM



Let's wish our Interdynamics, Inc. Team members a very special February birthday. This month, we have 6 birthdays:

2/04 – Trawick Lindsay – Licensed Mental Health Clinician



2/05 – Kaci Sutton – Licensed Mental Health Clinician



2/05 – Kimberly Walker-Jivers – Licensed Mental Health Clinician



2/07 – Tamara Barnes – Psychometrist



2/14 – Donna Henderson – Customer Service Representative



2/19 – Gregory Whitehead – Logistics and Compliance Manager



"February"

Wuyah Gbondo, Licensed Mental Health Clinician - special contributor

The month of February gracefully focuses on celebrating "Black History" and "Love " I am genuinely often very excited each year to celebrate both things. This year, I especially want to focus on the love in my respective friendships that helped develop me into the woman I am today.

I have been blessed with friendships in my different communities, where our bonds have formed long-lasting relationships. I am genuinely thankful for each of them. I have, however, not always made the best decisions in my friendships. For example, I believe in what is known as "toxic loyalty," which has led to some heartbreaking losses in my friendships over the last few years. In addition, I have always prided myself on being a good communicator. Still, lately, I am recognizing that I shy away from having difficult conversations in my relationships, especially when there are obvious signs that things are not healthy.

This month, I will share some tips on maintaining healthy friendships and communication in relationships.

Top Ten Key Qualities I look for in my Friendships:

- Kindness - Being kind to someone can go a long way. For example, people are likely to forget your name but not how kindly you treated them.
- Honesty / Trustworthy - Being honest and trustworthy in your relationships will help you better communicate and break uncomfortable barriers.
- Individuality - It's okay that you admire me, but don't become me. A sense of individuality enhances growth in each of you.
- Playful - Everything doesn't need to be so serious all the time. Make me laugh or smile, and you win my heart.
- Nurturing - I am a nurturer by nature, so it's only fair that I attract someone with a nurturing spirit. It is essential as my friend that you check in on me and make sure I am taking care of my whole self.
- Good Listener - Its good to be silent and allow our friends to fill us with themselves, as they do with us.
- Respectful - I am a believer that respect is earned, not given. Therefore, be intentional in being respectful in all areas of your friendships.
- Authentic / Genuine - I need not be afraid or ashamed to be my authentic self around you. I would only expect you to do the same.
- Supportive - It is important that you support me as my friend. Of course, I do not expect you to cheer me on every time, but showing up at the most precedent times is genuinely very important.
- Accountability - Yes, it is essential that my friends hold me accountable as I do them. Accountability is a vital part of any growing relationship. Having a circle of accountability is simply Empowering.

Continued on page 5





Open Positions:

As Interdynamics, Inc. continues to grow and succeed, we'll continuously need to find qualified candidates to fill open positions. If you refer a candidate who we hire, you will be given a monetary gift.

Currently our open positions are:

- [PSYPACT Licensed Psychologists](#)
- [Psychiatric Nurse Practitioner](#)
- [Maryland Licensed Psychology Associate](#)
- [Maryland Licensed Psychologist](#)
- [Licensed Registered Behavioral Technician](#)
- [Maryland Licensed Mental Health Clinicians \(School Placement\)](#)

*We're still
Hiring.*



Laughter is Good Medicine

Three patients at a psychiatric clinic are up for release. The shrink informs them that they will have to pass a simple test. Asking the first patient:

Q. How much is two plus two?

A: Blue. At which the kind doctor calls in the orderly to escort the patient back to his room. Turning to the second patient, he asks what is six minus three? To which the patient replies: Square. Once again, the orderly is called in to remove the patient. Turning to the third and last patient, he asks, "How much is five plus five?" The patient answers very confidently: Ten. The doctor, amazed then inquires how did you figure it out? The patient: "Easy. Blue multiplied by square equals ten."



"We weren't what I would call a 'touchy-feely' family"



The North American Training Institute has begun notifying Interdynamics employees and contractors that their HIPAA training certification will soon expire. It has been noticed that the majority of staff, working last year, received their HIPAA training certification around March of 2022. Your HIPAA training certification is good for one year. If you haven't received notification, please check your HIPAA training certificate for your expiration date and periodically monitor your email for notification. If you came on board, as a new employee, with HIPAA training certification in hand, please check your certification expiration status and plan your renewal accordingly.

The cost for HIPAA training certification renewal is \$15.00...Interdynamics will cover this cost for both employees and contractors. You may come to HQ to complete your training certification and/or go online to do so using the link below. Once completed, please forward a copy of your certificate to Ms. Baraaca Wilder (HR), Anita Taylor (HR), and me. For cost reimbursement, please submit your receipt or documentation of participation to [Leland Edwards](#). [HIPAA link](#)

Gregory Whitehead -
Logistics and Compliance
Manager

SCHOOL NEWS

Mental Health and STEM at CMIT South MS / HS *Morgan Tutt, Licensed Mental Health Clinician*

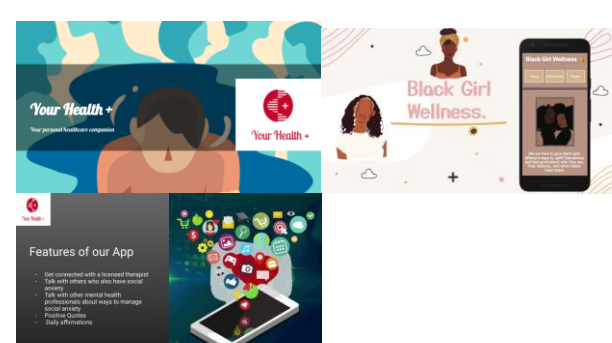
Over the past two years, Ms. Tutt the mental health clinician at Chesapeake Math & IT (CMIT) Academy South MS/HS has been working with different students in different classes through various SEL classroom lessons. Over the last month, she has been working with the 12th-grade College Summit classes on senior year and post-graduation challenges and stressors.

Their final exercise was to bring the lessons full circle in a "Shark Tank of Wellness" Group Competition. This Shark Tank TV show-inspired challenge is for groups to create and bring exciting and innovative ideas to life by creating a mock Mental Health App for High School and/or College age students to use to help provide solutions for common age-related issues designed by their peers.

Shark Tank Innovation was a project-based learning challenge that incorporates the 4 Cs: Critical Thinking, Creativity, Collaboration, and Communication. They demonstrated these skills by developing an innovative project by preparing an app and presentation pitch. The students took this opportunity to learn, share, create, and spread awareness about mental health struggles that impact their peer groups and generation while being able to provide realistic solutions and ideas that can be implemented to not only help themselves but others.

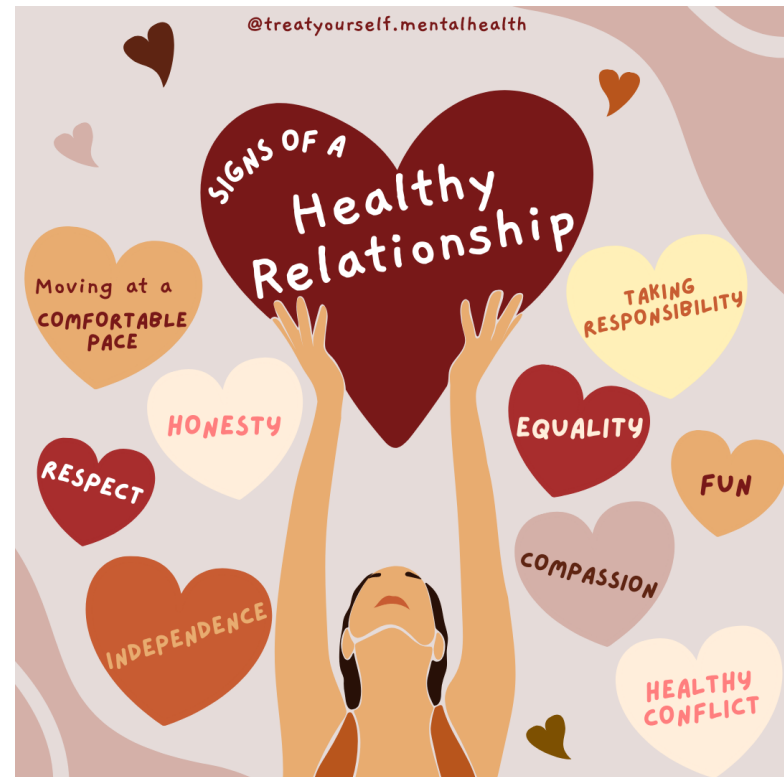
The Shark Panel judges, judged and reviewed their AMAZING presentations. And the group winners from each class will receive a prize of a pizza party lunch.

Please see a few blurbs and screenshots of some of the presentations below!



Healthy Relationships Workshop at Gwynn Park High School *Priya Sharma, Licensed Mental Health Clinician*

I held a healthy relationship workshop with the professional school counselors for Teen Dating Violence and Awareness Month. The workshop focused on healthy and unhealthy signs of a relationship, reasons why individuals stay in unhealthy relationships, how to safely leave an unhealthy relationship, and the impact of social media on relationships. I showed clips of digital abuse to help students practice identifying unhealthy signs and to spark more conversations. The workshop was voluntary so about 30 students attended over three 30-minute sessions during their lunch periods. Several students expressed interest in continuing the conversations, so I am continuing to hold small discussion groups during lunch throughout the month.





BHIPP RESILIENCE BREAK

School Avoidance: Approaches to Evaluation and Management

Presented by Hal Kronsberg, MD

Thursday, February 16th

12:30 - 1:30 PM

*Free CME/CEU Credit



BHIPP RESILIENCE BREAK

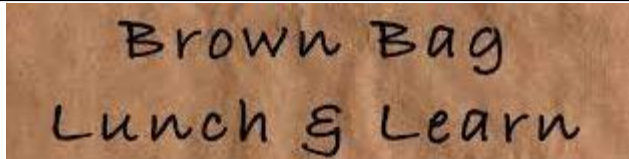
Prescribing Atypical Antipsychotics in Pediatric Primary Care

Presented by Yen Dang, PharmD & Shauna Reinblatt, MD

Wednesday, March 8th

12:30 - 1:30 PM

*Free CME/CEU Credit



The first Wednesday of every month Interdynamics, Inc will be holding a virtual Lunch & Learn Series. Starting Wednesday March 1st, join members of the Interdynamics, Inc. team at noon to learn, share, and discover what's happening in the Behavioral Health world and more!



Prince George's County

PRESENTS

YOUTH MENTAL HEALTH FIRST AID TRAINING

FOR PARENTS, GUARDIANS, TEACHERS, ADMINISTRATORS, AND ANYONE WHO WORKS WITH CHILDREN

SATURDAY, APRIL 15, 2023
9 AM TO 2:30 PM

- Do you know the difference between typical adolescent behavior versus a potential mental health disorder?
- Gain tools to assist children experiencing depression, suicide ideation, substance use challenges, and more.



REGISTER NOW

For questions, please email:
t-kea@t-keablackman.com

Limited to
25 participants!



MOMENTUM



Men Realigning And Reconnecting With Our Community

SATURDAY, MARCH 18, 2023
8:30 AM - 1:30 PM

Featuring Dr. John G. Taylor, PhD, M.Ed., MACC, LPC

Doors open for continental breakfast, registration and networking at 8:30 AM

Conference begins at 9:00 AM



Breakout Session Topics

- Breaking the Cycle of Domestic Violence: A Community Response
- Effective Communication Styles, Tools and Resources
- Youth Led Panel Discussion
- Women's Workshop - Vision Board

Additional Information

- Community Service Hours Available
- Father's Day Pledge Boards
- Resource Tables
- Lunch and Door Prizes

Location:
Martin's Crosswinds
7400 Greenway Center Drive
Greenbelt, MD 20770
Appropriate for Middle School Age and Older

Free registration
<https://PGCMen2023.eventbrite.com>
For more information, call 301-265-8432



THE GOAT EXPO 2023

GREATEST OF ALL TIME YOUTH MENTAL HEALTH EXPO

SAT 29 APRIL 2023

WORKSHOPS
LIVE ENTERTAINMENT
INTERACTIVE ACTIVITIES
OPEN MIC
DANCE CONTEST & MORE

TIME 9:30AM - 3:30PM

The greatest mental health expo for young people, their caregivers and providers, to learn effective ways of managing their mental health & wellness through supports in Prince George's County.

LOCATION: BOWIE STATE UNIVERSITY • BOWIE, MD
14000 Jericho Park Rd, Bowie, MD 20715

THEGOATEXPO.COM



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“February” continued from page 1

A healthy friendship is one in which we know we are loved and supported. Honoring our friendships is vital to our physical and mental health. Do you actively appreciate your friendships? What are some ways you show love to your friends? Below are 7 tips on how I maintain a healthy relationship.

7 Tips to Maintaining A Healthy Friendship:

- **Tell each other the truth**-Real friends will always tell you the truth even if it hurts. Telling someone the truth may be challenging but can be liberating for both. I don't always appreciate hearing the truth, but I will respect you even more for telling me.
- **Cheer each other on**-your real friends will cheer you on every step of the way. They should push you to reach your highest potential even when it feels uncomfortable. We all need an excellent cheerleader in our corner.
- **Laugh Together**-Laughter is so important in friendships, well in any relationship, period. I can't call you a friend if I have to walk on eggshells around you. Laughter brings a particular element to your friendships.
- **Invest Time**: Quality time is an intense love language for me. We all know long-lasting relationships require you to invest your time. Friendships take up a lot of our time, and you have to work on them to get better consistently. It's like having a plant you love and want to see, Bloom. The more you water and nature it, the longer it lasts.
- **Have an Inner and a Wider Circle**-it's great to have a small intimate circle of friends. However, as I bloom, I realize that my circle is becoming smaller. But I am healthier because I have a more comprehensive network of friends outside my inner circle that I can also rely on for support.
- **Trusting**-I cannot have a real relationship with you without trusting you. Therefore, trust is a critical element of any growing relationship.
- **We engage in healthy debates**-I use the term "healthy debate" to replace "arguing." No relationship is perfect, so it's expected that you will argue with your friends at some point. Arguing should not allow you to lose control or say whatever you want; it's an opportunity to understand each other better and move forward in your friendship. It's okay to have disagreements at some point in your friendships.

Red Flags in relationships can be defined as actions from the other person or persons that indicate a lack of respect, abuse, integrity, or interest in the relationship. An indication of a red flag is when everyday life events, conversations, or interactions are constantly manipulative or show power over you. Red flags can lead to a toxic and emotionally depleting relationship.

Green Flags in relationships are viewed as usual and expected. This usually indicates a good deal of listening, communicating, and understanding in the relationship dynamics. You are better able to handle conflict and stressors that may present themselves in the relationship.

I am learning more daily about setting healthy boundaries in my relationships. Sometimes, people may not be as accepting of your boundaries, especially if they are not used to you setting them. It's okay for them to feel that way, but it's even more okay that you stick with the boundaries you set in that relationship. Below are some key things I have learned in developing healthy boundaries in my relationships.

How To Develop Healthy Boundaries In Your Relationships?

- Be self-aware, know what you want.
- Know your limits and name them.
- Don't assume that others know your boundaries.
- Learn to Detach Yourself Sometimes-It is okay!
- Follow through with what you decide and declare.
- Know when it is time to move on.
- Respect the boundaries of others.
- Open up communication, especially when things feel uncomfortable.
- Learn to be independent, not codependent.

Remember, it is vital that you remain AUTHENTICALLY YOU in your respective relationships. Celebrate your friends and show them how much they are appreciated as often as possible. I hope these nuggets help develop your friendships to become even stronger.

