



INTERDYNAMICS, INC. | A BEHAVIORAL HEALTH FIRM



Professional Development Day at the Bowling Alley: Building Stronger Bonds and Fostering Diversity

On March 31st, 2023, many of the School Based Clinicians at Interdynamics, Inc. were invited to try something a little different. Instead of spending the day in Zoom meetings and seminars, we headed to the local bowling alley for an afternoon of fun, training, and learning.

The day started with a game of Diversity Bingo, designed to help staff members get to know each other better. Each bingo square featured a different characteristic or trait, such as "Speaks more than one language" or "Has traveled to five or more countries." Staff members had to find colleagues who matched each square and fill in their bingo card. This icebreaker activity led to some great conversations, helped people learn more about each other's backgrounds and experiences, and two winners went home with a Giant and Starbucks gift card!

After the bingo game, the staff enjoyed a delicious lunch of pizza and chicken wings while breaking up into different groups to bowl. This gave everyone a chance to relax and socialize while enjoying some tasty food.

Next up was the main event: a game of "You Must Bowl Like..." where everyone had to bowl like someone or something different. The game involved assigning each player a unique persona or character and then requiring them to bowl in that person's or thing's style. For example, some staff members bowled like famous actors, while others bowled like former presidents or even a ballerina. This game was a ton of fun and helped staff members break out of their comfort zones while showcasing their creativity and sense of humor.

Overall, the 2.5-hour activity was a tremendous success and tons of fun for all. The day was not only entertaining, but also helped to build stronger bonds and foster diversity among staff members. Omar Edwards even made a retrospect video of the day, which captured all the highlights and moments of laughter and camaraderie, which couldn't have been done without Gregory Whitehead taking all the photos and videos.

The success of the day showed that professional development doesn't have to be a chore or a bore. We incorporated fun and games into our development activities, Interdynamics, Inc. wanted to demonstrate its commitment to creating a positive and supportive workplace culture. The day was a reminder that when people come together, they can accomplish great things and have fun while doing it.

Check out the video [here!](#)

Let's wish our Interdynamics, Inc. Team members a very special March & April birthday.

March:

3/02 – Paris Baker

3/09 – Devon Blackwood

3/10 – Orlando Davis

3/13 – Mark Bickerstaff Jr

3/15 – Iphigenie Leonard

3/23 – Bernadette Leggett

3/25 – Mariah Ruffin

3/29 – Thea Griffith

April:

4/12 – Shasta Taylor

4/14 – Karen Thomas

4/25 – Priya Sharma





Open Positions:

As Interdynamics, Inc. continues to grow and succeed, we'll continuously need to find qualified candidates to fill open positions.

Currently our open positions are:

- Medical Receptionist
- Junior Accountant
- Maryland Licensed Psychologist
- Licensed Registered Behavioral Technician
- Maryland Licensed Mental Health Clinicians (School Placement)

www.interdynamicsinc.com/careers

New Team Members:

- Paris Baker - Registered Behavior Technician
- Monique Barnett - Mental Health Clinician



Laughter is Good Medicine

A doctor of psychology was doing his normal morning rounds when he entered a patient's room. He found Patient #1 sitting on the floor, pretending to saw a piece of wood in half. Patient #2 was hanging from the ceiling, by his feet. The doctor asked patient number 1 what he was doing. The patient replied, "Can't you see I'm sawing this piece of wood in half?" The doctor inquired of Patient #1 what Patient #2 was doing. Patient #1 replied, "Oh. He's my friend, but he's a little crazy. He thinks he's a lightbulb." The doctor looks up and notices Patient #2's face is going all red. The doctor asks Patient #1, "If he's your friend, you should get him down from there before he hurts himself" Patient #1 replies, "What? And work in the dark?"



Growing Our Profession One Clinician at A Time

On March 23, 2023, one of our school-based clinicians, Ms. Tutt, was invited to be a panelist and guest at the Major Keys: Networking and Career Day Luncheon event for 11th-grade students at Washington Leadership Academy (WLA) Public Charter School in Washington, DC. WLA is an institution that focuses on college-prep academics with a computer science emphasis, real-world experience, leadership skills, and promoting change in their communities and the world.

The panel consisted of seven experts from diverse backgrounds such as nursing, media entrepreneurship, higher education, and music. Their aim was to discuss career readiness and emphasize the importance of networking. During the panel, the experts were asked various questions, including where they met the people in their professional network, how they intentionally made connections to build their network, and how to manage one's network if they are neurodivergent, suffer from social anxiety, or going through a mental health crisis. They were also asked how they handled conflicts within their professional networks.

Ms. Tutt was able to network with professionals, students, and build connections. She will continue her work with the WLA Career Series and participate in the six-week mentoring and career readiness program. She looks forward to building community and making an impact on the next generation, continuing to grow our profession, one clinician at a time.



Child Abuse Awareness and Prevention Month



April is Child Abuse Awareness and Prevention Month. This annual observance aims to raise awareness about the impact of child abuse and to promote measures to prevent it. Child abuse remains a significant problem in the United States, and it is our collective responsibility to ensure the safety and well-being of our children.

Child abuse can take many forms, including physical abuse, emotional abuse, sexual abuse, and neglect. According to the National Children's Alliance, in 2019, over 650,000 children were victims of child abuse, with nearly 1,800 children dying as a result. It is crucial to understand the different types of abuse and their impact on children to address the issue effectively.

Physical abuse involves physical harm to a child, such as hitting or burning. Emotional abuse can cause long-lasting emotional damage and includes behaviors such as verbal abuse or neglect. Sexual abuse involves any sexual activity with a child, and neglect occurs when a caregiver fails to provide basic needs such as food, shelter, and medical care.

The effects of child abuse can be devastating and long-lasting. Children who experience abuse may suffer from physical injuries, mental health issues, and developmental delays. They may also struggle to form healthy relationships and reach their full potential in life.

Preventing child abuse requires a collective effort. It is crucial to recognize the signs of abuse and report it to the appropriate authorities immediately. Protective factors such as positive parenting practices, strong social support networks, and access to mental health services can help to prevent child abuse and promote the well-being of children.

In addition, education and awareness campaigns can help to raise public awareness about the issue of child abuse and provide resources and support for those affected. Many organizations are working tirelessly to prevent child abuse and provide support to those affected.

As Child Abuse Awareness and Prevention Month continues, let us take a moment to recognize the importance of protecting our children and preventing child abuse. By working together and supporting one another, we can create a safer and more nurturing environment for our children, one that enables them to thrive and reach their full potential.



Congratulations to Priya Sharma, Gwynn Park High School's very own Mental Health Clinician, for passing her clinical licensure exam last week and receiving her LCSW-C on April 12, 2023! This is a tremendous achievement and one that we are all incredibly proud of.

Ms. Sharma has been an integral part of our mental health team, providing invaluable support and care to her students and staff. She has shown exceptional dedication and commitment to her work, always going above and beyond to ensure that the school community receives the highest level of mental health care possible.

Ms. Sharma's hard work and determination have truly paid off with this latest accomplishment. Her LCSW-C designation is a testament to her expertise and experience in the field of mental health, and it is a great honor to have her as a member of our Interdynamics, Inc. team.

We know that Ms. Sharma will continue to be a valuable asset to the school community, and we are confident that she will use her new licensure to make an even greater impact on the lives of those she serves. We congratulate Ms. Sharma on this significant achievement and wish her continued success in her future endeavors.

Once again, congratulations to Priya Sharma, LCSW-C, on this impressive accomplishment!



UPCOMING EVENTS



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!



Brown Bag
Lunch & Learn



The first Wednesday of every month Interdynamics, Inc will be holding a virtual Lunch & Learn Series. May 3rd, 2023, join members of the Interdynamics, Inc. team at noon to learn, share, and discover what's happening in the Behavioral Health world and more!

COMING FALL 2023



MORGAN STATE UNIVERSITY SCHOOL OF SOCIAL WORK

URBAN FOCUSED ONLINE DSW PROGRAM

Advanced Clinical -
Macro & Systems
Disparities

Leadership and
Management

Healthcare for the
Underserved

Behavioral
Health

Urban Children Youth
Families and Communities

Social Justice
Framework

3 Year Program MSW and
3 Years Post Masters Experienced Required

For additional information, Please scan
the QR Code below:

Accepting Applications:
April 01, 2023 - May 01, 2023



Phone: (443) 885-3922
Email: Linda.Darrell@morgan.edu



1700 E. Cold Spring Lane
Baltimore, Maryland. 21251

THE GOAT. EXPO 2023

GREATEST OF ALL TIME YOUTH MENTAL HEALTH EXPO

SAT
29
APRIL
2023

WORKSHOPS
LIVE ENTERTAINMENT
INTERACTIVE ACTIVITIES
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& 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



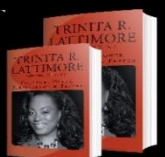
SPONSORSHIP & EXHIBITOR
OPPORTUNITIES AVAILABLE



Join the
OFFICIAL BOOKSIGNING
OFFICIAL BOOKSIGNING

Saturday, May 20th 2 pm- 5 pm EST

JOHN 3:16 CHRISTIAN BOOKSTORE
10498 Campus Way South
Largo, MD 20774





Self-Harm Awareness Month at Gwynn Park High School

Priya Sharma - Licensed Mental Health Clinician

In March, Ms. Sharma, a dedicated Licensed Mental Health Clinician at Gwynn Park High School, embarked on a mission to raise awareness about self-harm among the student body. She spent the entire month diligently informing students about the different aspects of self-harm and the ways to cope with it. Her efforts were geared towards making students aware of the resources and strategies available to them in times of need.

Ms. Sharma made it a point to send out weekly tips to students, staff, and families on ways to handle self-harm thoughts and actions. Her tips were designed to provide practical and useful coping skills that students could use to deal with any negative feelings or emotions they might be experiencing. She encouraged students to open up and seek help from their support system when they felt overwhelmed or distressed.

Additionally, Ms. Sharma also shared information about the different resources available for those struggling with self-harm, including crisis lines and other support services. She urged students to add the crisis line number to their contacts, making it easily accessible to them or a friend in need. By doing so, Ms. Sharma aimed to empower students to take action when they or someone they know is struggling with self-harm.

Overall, Ms. Sharma's dedication and commitment to promoting self-harm awareness at Gwynn Park High School was truly commendable. Her efforts went a long way in creating a supportive and safe environment for all students, ensuring that they were equipped with the necessary skills and resources to handle any challenging situations that may come their way.

Self-Harm Awareness Month Call to Action!

- 1** Add a crisis line number into your phone contacts.
Crisis Textline: 741741
Crisis and Suicide Lifeline: 988
National Suicide Hotline: 1-800-273-8255
- 2** Stop by Ms. Sharma's office and show her the entered crisis number contact.
- 3** Receive a little reward for creating a self-harm support network!

Self-Care Ideas for the Spring

- Go for a walk
- Organize your space
- Sleep in
- Hang out at a park with a friend
- Relax outside with a book

Priya Sharma, LMSW





Interdynamics, Inc. Mental Health Clinician Releases her next book!

Trinita Lattimore, our wonderful Mental Health Clinician based out of Suitland High School, as well as a native Washingtonian, has recently released her new book, which she describes as being inspired by God and her own life experiences. The book aims to help those who are struggling to achieve their goals and dreams, by providing insight into God's vision and expectations for their lives.

Lattimore believes that anyone, regardless of their faith, can benefit from reading her book. It's written in a way that's accessible to everyone and can help people stay positive and focused on achieving their goals.

When asked about her approach to writing the book, Ms. Lattimore explained that it was solely guided by the Holy Spirit. She wanted to share her wisdom and experiences with others, and hopes that readers will take away a sense of clarity and the importance of having goals and a plan.

The book is not just a work of fiction; it's based on real-life events and people that have influenced Lattimore's life. She hopes that readers will connect with these experiences and find inspiration in them.

For those interested in her writing, Ms. Lattimore has also written a thirty-day devotional, "Keeping it Really Real," which will be released next year. It can be used as a companion piece to other reading materials and is intended to help people start their day with a positive and focused mindset.

For those looking to purchase Ms. Lattimore's book, it will be available for sale at John 3:16 Christian Bookstore in Largo, Maryland. Additionally, Ms. Lattimore will be hosting a book signing at the store on May 20th, 2023.

Finally, for aspiring writers, Ms. Lattimore advises trusting in God and being honest in your writing. She believes that writing from a place of authenticity and truth is essential to creating work that will resonate with readers.

