



INTERDYNAMICS, INC. | A BEHAVIORAL HEALTH FIRM



The start of the Men's and Women's March Madness tournaments is an exciting time for college basketball fans across the country. However, it's important to remember that the intense pressure and expectations of these high-profile competitions can take a toll on the behavioral health of players, coaches, and fans alike.

For players, the pressure to perform at a high level and win can lead to feelings of anxiety, stress, and even depression. Coaches are responsible for managing their team's physical and mental health while navigating the high-stakes environment of the tournament, and fans may experience intense emotions and disappointment if their team doesn't perform as expected.

To support the behavioral health of everyone involved in March Madness, it's important to prioritize self-care and mental health. Players and coaches can benefit from practicing mindfulness and relaxation techniques and seeking support from mental health professionals when needed. Fans can engage in stress-reducing activities like exercise, spending time with loved ones, and taking breaks from social media and other triggers that may exacerbate negative emotions.

By prioritizing behavioral health and self-care, we can help ensure a positive and healthy experience for everyone involved in the Men's and Women's March Madness tournaments.

Women's History & Social Work Month

March is an important month for celebrating and recognizing the contributions of women and social workers. Women's History Month and Social Work Month both offer opportunities to reflect on progress made, and on work that still needs to be done. These two observances intersect significantly, as women and social workers have been fighting for social justice and equality for many years.

Women's History Month was first observed in 1987 in the United States, with the goal of acknowledging and celebrating the contributions of women throughout history. It is a time to highlight the achievements of women in various fields, including politics, science, literature, and art. This month also provides an opportunity to acknowledge and address the systemic discrimination and oppression that women have faced and continue to face. Women's experiences have not been the same, and the contributions of women and of their experiences must be recognized. Oftentimes, women of color, LGBTQ+ women, and women with disabilities are marginalized and excluded from many spaces. Women have been pioneers in advocating for gender and racial equality, and their contributions must be celebrated.

Social Work Month has been observed since 1963, with the goal of recognizing the contributions of social workers to society. Social workers are trained professionals who work to improve the lives of individuals, families, and communities. They help people navigate complex systems and advocate for social justice and equality. This month also provides an opportunity to acknowledge and address the challenges that social workers face, including limited resources, burnout, and stigma. Additionally, social work has not always been inclusive of diverse perspectives and experiences. Social workers have advocated for social work to be more inclusive and culturally competent, addressing the needs of diverse communities.

The intersectionality of women's history and social work is significant. Women are disproportionately affected by social issues such as poverty, violence, and discrimination, and social workers play a crucial role in addressing these issues. Women social workers have been leaders in social movements throughout history, including the women's suffrage movement, civil rights movement, and LGBTQ+ rights movement. Social work has also played a significant role in addressing issues, including domestic violence, sexual assault, and reproductive rights.

Celebrating Women's History Month and Social Work Month provides an opportunity to honor the contributions of women and social workers, to recognize the progress that has been made, and to continue working towards a more equitable and just society. It also serves as a reminder that there is still work to be done to address the systemic injustices that continue to affect women and vulnerable communities.

- Omar Edwards





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
- Psychiatric Nurse Practitioner
- Junior Accountant
- Maryland Licensed Psychologist
- Licensed Registered Behavioral Technician
- Maryland Licensed Mental Health Clinicians (School Placement)

www.interdynamicsinc.com/careers

We're still
Hiring.



Laughter is Good Medicine

A man walked into a therapist's office looking very depressed. "Doc, you've got to help me. I can't go on like this." "What's the problem?" the doctor inquired. "Well, I'm 35 years old and I still have no luck with the ladies. No matter how hard I try, I just seem to scare them away." "My friend, this is not a serious problem. You just need to work on your self-esteem. Each morning, I want you to get up and run to the bathroom mirror. Tell yourself that you are a good person, a fun person, and an attractive person. But say it with real conviction. Within a week you'll have women buzzing all around you." The man seemed content with this advice and walked out of the office a bit excited. Three weeks later he returned with the same downtrodden expression on his face. "Did my advice not work?" asked the doctor. "It worked alright. For the past several weeks I've enjoyed some of the best moments in my life with the most fabulous looking women." "So, What's your problem?" "I don't have a problem," the man replied. "My wife does."



"Under-discussed Mental Illnesses"

Mental illness is a topic that is slowly becoming less taboo in our society, with more people opening up about their struggles and seeking help. However, there are still some mental illnesses that are not talked about enough, leaving many people struggling in silence.

One of these mental illnesses is Borderline Personality Disorder (BPD). BPD is a complex and often misunderstood disorder characterized by intense mood swings, fear of abandonment, and unstable relationships. People with BPD may also experience dissociation, self-harm, and suicidal ideation. Despite affecting up to 5.9% of the population, BPD is still stigmatized and often misdiagnosed or mistreated.

Another under-discussed mental illness is Schizoaffective Disorder, a condition that combines symptoms of schizophrenia and a mood disorder. People with Schizoaffective Disorder may experience delusions, hallucinations, and disorganized thinking, along with mood swings and depression or mania. The combination of symptoms can make it difficult for people with this disorder to function in daily life, and yet it often goes undiagnosed or misdiagnosed.

Eating Disorders are another set of mental illnesses that are often misunderstood and stigmatized. Anorexia nervosa, bulimia nervosa, and binge eating disorder are all serious conditions that can have long-term physical and psychological effects. However, the stereotypes surrounding eating disorders, such as the idea that they only affect thin, young, white women, can prevent people from seeking help.

It's important to remember that mental illness can affect anyone, regardless of age, gender, race, or socioeconomic status. By talking openly about these under-discussed mental illnesses, we can reduce stigma and increase understanding, making it easier for those affected to get the help they need. If you or someone you know is struggling with a mental illness, don't hesitate to seek professional help. There is no shame in asking for help, and treatment can make a significant difference in one's quality of life.

- Omar Edwards



Interdynamics, Inc. in collaboration with NAMI presents:

"NAMI Elderly Outreach"

Interdynamics, Inc. and the National Alliance on Mental Illness (NAMI) have joined forces to create a series of presentations designed specifically for our aging population and the caregivers who support them. These presentations focus on raising awareness about mental health issues that are commonly experienced by older adults, such as depression, anxiety, and cognitive decline. Through this collaboration, Interdynamics and NAMI aim to provide valuable information and resources to seniors, their families, and caregivers, to promote mental wellness and improve the quality of life for older adults.

Below are the final four presentations:

March 20 @ 5:30 pm – presented by Danielle Graham

- ***"Self-Care while Aging"***
- [Click here to register](#)

March 21 @ 5 pm – presented by Sheila Ramsey-Caldwell

- ***"Tools for Interacting with Seniors Experiencing Mental Health Issues"***
- [Click here to register](#)

March 27 @ 6 pm – presented by Dionne Benjamin

- ***"When Caring for the Elderly Becomes Mentally Challenging"***
- [Click here to register](#)

April 3 @ 7 pm – presented by Dionne Benjamin

- ***"Caring for the Elderly with a Terminal Diagnosis"***
- [Click here to register](#)



Schoolwide Impact: Self-Harm and Suicide Awareness and Prevention *Priya Sharma, Licensed Mental Health Clinician*

Ms. Sharma presented information on self-harm and suicide prevention for Self-Harm Awareness Month on March 1st. Ms. Sharma spoke to the 10th grade class at Gwynn Park High School about warning signs and reasons that individuals engage in self-harm as well as strategies to cope with emotional distress to help prevent self-harm. She also provided information on signs of suicidal ideation, risk factors, and strategies to support a friend and oneself when having thoughts of suicide. Ms. Sharma emphasized the differences between self-harm and suicidality to help break down misconceptions of self-harm. Throughout the month of March, Ms. Sharma will continue to send out information and resources to the Gwynn Park High School community to spread awareness on self-harm.



UPCOMING EVENTS

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



SPONSORSHIP & EXHIBITOR
OPPORTUNITIES AVAILABLE



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



CITY OF BOWIE YOUNG ADULT JOB FAIR SATURDAY MARCH 25, 9 A.M. - 1 P.M. AT THE CITY GYMNASIUM



This job fair is to connect local employers with young adults, ages 15 to 25, seeking employment. Bring your resume, dress sharp and be prepared to be hired on the spot.



<https://www.cityofbowie.org/2553/Young-Adult-Job-Fair>

For more information call Rhonda Simon at 301-809-3033 or e-mail jobfair@cityofbowie.org.

Prince George's County Public Schools is not sponsoring, endorsing, or recommending the activities announced in this flyer/material.



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!

