

HEART BEAT

~ An eNewsletter from Carroll County Youth Service Bureau ~

S P R I N G — 2 0 2 2



Dear Friends:

Hello Spring, so glad you are here!

We all experience personal, community, and worldwide changes in our daily lives. Our historians tell us that the world has been changing at an accelerated rate over the last couple of years. Unfortunately, we see documentation of changes in real-time on every gadget we own, many times a day, and may often experience a strong emotional response to far too many of life's tragedies. The need to constantly adapt to changing situations is difficult for us. It could lead to feelings of helplessness, great sadness, uncertainty, and insecurity. So many of life's instabilities are out of our control but finding ways to cope and help ourselves and others may provide some respite.



Lynn Davis
CCYSB Executive Director

Through these challenging times, we need to find "pockets of peace" we can rely on which may offer a bit of sanctuary. Re-engage with people or places who make us feel joyful, give of yourself to others, seek help when needed, take a walk outside in a favorite spot, have coffee with a friend, attend a place of worship, volunteer for a personal cause, and finally, enjoy the wonders of Spring. In short, nurture yourself.

Here's hoping that the emerging blooms, new life, longer days, and Spring warmth will usher in a beacon of hope for a less challenging road ahead or new



OUR NEW CLINICAL DIRECTOR...

Introducing Mallory Sutphin, LCPC

Carroll County Youth Service Bureau (CCYSB) proudly announces that it has appointed Mallory Sutphin, LCPC as its Clinical Director of Behavioral Health Services! Prior to her appointment as Clinical Director, Ms. Sutphin served as CCYSB's Director of the Family Preservation Program, and as a certified Brief Strategic Family Therapy (BSFT) clinician.

Mallory Sutphin has been with CCYSB since 2006, beginning her tenure as a Case Manager in our Family Preservation Program. She completed her graduate Internship with CCYSB through McDaniel College from 2010 through 2011. Ms. Sutphin has served as Intern Training Program Director, is a valued therapist, and helped to develop and implement CCYSB's Electronic Health Record.



To read more about our new Clinical Director of Behavioral Health Services, please click [HERE](#).



OUR 2nd 'NON-EVENT', EVENT...

Once again, instead of hosting our annual, live, fabulous, formal fundraising event, Carroll County Youth Service Bureau raised funds through a non-event, event.



The 2022 "Flannel and Flakes" themed Chocolate Ball was the fanciest ball nobody attended, and ALL donations raised through our non-event directly support our mission, a cause so extremely important during these stressful times.

Non-event sponsors received our now-famous "experience basket" filled with decadence!

THANK YOU to everyone who so graciously



*supported this year's event...
we are so very grateful!*

[CLICK HERE](#) if you still wish to support our annual fund through this non-event. Thank you!



HEALING HEARTS & MINDS...

Please read and share the latest edition of Carroll County Youth Service Bureau's Suicide Prevention Team's Newsletter for the month of March! This edition features information about and how to prevent self-injury, how to create a "calm-down box", and also includes crisis resources.

Click **[HERE](#)** to read the publication.



MAKE A GIFT... Support our mission.

CCYSB depends on community support in order to maintain its level and quality of service to the children and families in Carroll County. Donations are used to support our continuum of treatment programs, provide financial assistance for counseling services and parent education classes, and meet the basic needs of the families we serve.



Please select the 'make a gift' button above to support our agency.

***CCYSB... providing
opportunity for
hope and healing
since 1972!***



PROVIDING OPPORTUNITY FOR HOPE AND HEALING.

Please stay tuned for more information about our 50th anniversary celebration and very special announcements!



Be safe, take good care, and stay well...

CARROLL COUNTY YOUTH SERVICE BUREAU

59 Kate Wagner Road - Westminster, MD 21157

www.CCYSB.org

Our mission is to provide a full continuum of community-based mental health and substance use services for children, adults and families in Carroll County. We use a multi-disciplinary approach to deliver prevention, intervention and treatment services in the least-restrictive and most cost-effective manner. In the true spirit of the helping profession, we are dedicated to excellence in service, innovation in programming, and responsiveness to our community.



Stay Connected.

