



PRO BONO
COUNSELING
PROJECT

DECEMBER

2020

Happy Holidays From the PBCP Team

The Pro Bono Counseling Project is sincerely grateful to YOU -- our volunteer clinicians, donors, funders, clients, and all who believe in our mission to promote mental healthcare in Maryland. THANK YOU for your support and generosity! Best wishes for a safe holiday season filled with peace, hope and joy!

Pro Bono Counseling Assists Volunteers with Remote Services

Working with the United Way of Central Maryland, Pro Bono Counseling provided selected volunteers with HIPAA compliant teletherapy platforms and headsets to enable remote counseling services. Volunteers were chosen based upon a capacity assessment survey of teletherapy needs.

"Assisting our volunteer clinicians with the ability to provide teletherapy services has been our highest priority during the current pandemic," stated PBCP Executive Director Amy Greensfelder. "We are grateful that in partnership with the United Way of Central Maryland, the Maryland Community Health Resources Commission provided funding for these efforts."

Over 60 volunteers were issued noise-cancelling headsets that will help

improve sound quality and increase privacy during client telehealth visits. One volunteer recipient said, "I use the headphones on a daily basis so that my clients can hear me, and I can hear them clearly. The gift of being heard is a great one, a gift so rare but so necessary for a good life."

PBCP also provided one-year licenses for HIPAA compliant Zoom platform to 50 volunteers. According to one clinician recipient, "The HIPAA-compliant Zoom monthly fee would have been too costly for me. Thank you for the generous gift."



PBCP Volunteer
Mark Smiley, LCPC

New PBCP Mental Health WARMLine Hours Available

With COVID case rates on the rise, and the continued need to stay physically distant during the holidays, more people are feeling overwhelmed by stress and anxiety than ever before. PBCP's WARMLine is now available weekdays from 10:00 AM to 6:00 PM to help those in need.

PBCP's WARMLine supports Marylanders who are experiencing mental health impacts related to the current COVID-19 pandemic.



Elizabeth Stoner,
LCSW-C

To access the WARMLine, dial 211 and ask for the WARMLine or dial direct 443.608.9182 from any cell phone or landline. You will be connected with WARMLine Specialist Elizabeth Stoner, a licensed social worker. She will take your call, listen to your concerns, and refer you to any additional resources you may need.

PBCP received a grant from the United Way of Central Maryland to establish the WARMLine.

PBCP Volunteer Bharati Devkota Receives MCA Diversity Award



Bharati Devkota,
LCPC, CCH

Longtime PBCP volunteer Prem Bharati Devkota, LCPC, CCH, was recently awarded the Diversity Achievement Award by the Maryland Counseling Association (MCA) during their annual conference. According to MCA Member-

At-Large Glenda Dickonson, Bharati was selected for this award for her efforts "to raise mental health awareness and facilitate stress management programs with the Nepalese community and is actively involved with members of the Bhutanese Nepalese communities." Bharati's

work has included instructing other Maryland counselors in caring for South Asian populations, facilitating care and training for victims of human trafficking, and for those who support them.

"Bharati has been a volunteer for PBCP since 2013, providing free mental health counseling to clients in need. Her warm and giving spirit inspires us all," stated PBCP Executive Director Amy Greensfelder. "We are very excited that she has been recognized by the MCA for her important work within the Nepalese community."

Bharati is a licensed clinical professional counselor (LCPC) in the state of Maryland with more than ten years of experience in integrating homeopathy and various psychotherapy techniques into her practice.

Upcoming PBCP Continuing Education Workshops

Pro Bono Counseling's educational workshops will continue to be offered via an online format in to 2021. We are committed to providing educational opportunities for our volunteers during the current pandemic.

The first workshop of the new year is scheduled for Tuesday, January 12, on the topic of social isolation and older adults. Thomas Cudjoe, MD, MPH, will provide an overview of the impact of social connections on health, with an emphasis placed on older adults and the context of COVID-19. This workshop is sponsored by AARP Maryland.



Additional workshop topics planned for 2021 include Working with Interpreters, Millennial Therapists, Black Youth and Suicide, Depression: Out of the Darkness and Into the Light, and Spirituality in the African American Community.

For more information on workshops, or to register, visit ProBonoCounseling.org.

New Office Manager

Keisha Walker has joined the Pro Bono Counseling Project as the new office manager. Keisha has a clinical background in healthcare and earned her master's degree in health leadership from the University of Pennsylvania. She plans to apply the skills she learned working many years in healthcare to her role with Pro Bono Counseling.



Keisha Walker

"I am looking forward to supporting the diverse needs of the entire Pro Bono Counseling team," stated Keisha. "My goal is to provide quality service to all of its constituents and to contribute to its mission of ensuring that all Marylanders have access to mental health care."

Originally from Rhode Island, Keisha and her partner moved to Maryland in 2018. In her spare time, Keisha enjoys doing volunteer work, reading, observing nature, listening to music, watching movies, and is committed to advocating for human rights.