The Community Book Connection

The Community Book Connection is a CCBC faculty-initiated program designed and organized by people who believe that classroom learning is linked to real-life social issues and concerns. We strive to demonstrate—through our reading choices, lesson plans, extracurricular programs, and relationships with students and community—the vital connections between literacy, education, and social awareness. We believe that we are all learners, and that education is a critical factor in creating a just society in which human creative potential is fully realized. We believe that critical, engaged reading continues to play a central role in the educational process.

We invite you to share your talent and ideas and to become involved in the program. Contact anyone on this list below to ask questions or get more information on the Community Book Connection.

CONTACT INFORMATION

Chair of the Community Book Connection:
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Campus Coordinators:
CCBC Essex Coordinator:
Carr Kizzier
443-840-1530 or ckizzier@ccbcmd.edu

CCBC Catonsville Coordinator:
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Visit our website: www.ccbcmd.edu/cbc
A Long Way Gone

While the story presented in Ishmael Beah’s *A Long Way Gone: Memoirs of a Boy Soldier* depicts human suffering overseas, many people here in Baltimore also experience violence, trauma, addictions, and stress. If you or someone you know is experiencing physical and/or emotional problems and does not know where to turn for relief, information, and support, please consider contacting one of the FREE resources listed in this pamphlet.*

Resilience Fact Sheet

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

Being resilient does not mean that a person doesn’t experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

However, many people experience positive transformations in their lives as a result of their struggle with trauma. This positive growth occurs along with the setbacks that may happen as someone adapts to a highly stressful situation. Changes go beyond resilience and involve not only the ability to bounce back, but to also grow further.

Positive growth from challenging life events has been found in people of all ages. It can occur within the person, in relationships with others and in a person’s view of the world. It may be exhibited through a greater sense of inner strength, even while feeling vulnerable; forming new relationships or improving existing ones; seeing new possibilities in new ways; spiritual development; and a heightened appreciation for the value of life.

Here are ten ways to build resilience:

Make connections; avoid seeing crises as insurmountable problems; accept that change is a part of living; move toward your goals; take decisive actions; look for opportunities for self-discovery; nurture a positive view of yourself; keep things in perspective; maintain a hopeful outlook; and take care of yourself.

Resources compiled by Heather Foss, assistant professor of ESOL, in conjunction with the CCBC Community Book Connection

www.ccbcmd.edu/cbc

*Members of the CCBC Community Book Connection have not used these services and therefore cannot make specific endorsements of any organization, web site, or hotline. This compilation is merely provided as a starting point for those in our community who seek emotional and psychological support.
#1 NATIONAL BESTSELLER

a long way gone

Memoirs of a Boy Soldier

ishmael beah

“Everyone in the world should read this book... We should read it to learn about the world and about what it means to be human.” — Carolyn See, The Washington Post

RESOURCES

JOIN THE DISCUSSION. EXPLORE THE ISSUES. GET INVOLVED.
COUNSELING SERVICES

National Suicide Prevention
1(800) 273-TALK       TTY: 1(800)799-4TTY(4889)

CCBC Clinical Counseling Webpage
www.ccbcmd.edu/counseling

Catonsville campus K building-room 200
Licensed Clinical Professional Counselor:
Dr. Karen Wallace, 443-840-4382
kwallace@ccbcmd.edu

Licensed Psychologist:
Dr. Larry Messier, 443-840-4724
lmessier@ccbcmd.edu

Dundalk campus A building-room 100
Licensed Clinical Professional Counselor:
Heather Griner, 443-840-3774
hgriner@ccbcmd.edu

Essex campus A building-room 237
Licensed Clinical Professional Counselor:
Sina Reid, 443-840-1038
sreid@ccbcmd.edu
*Call: 443-840-4087 to schedule an appointment

Northwest Hospital
Care-giving issues related to being responsible for a dependent family member
For more information or to register
Call: 410-601-9355

National Alliance for the Mentally Ill
(NAMI) Offers Information, referrals, education, training and support groups.
Call: 410-863-0470
Visit www.md.nami.org/index.htm
or email: namimd@nami.org

OTHER PSYCHOLOGICAL CONCERNS

Visit the following websites:
www.anxietyandstress.com
www.advancedpsychologicalservices.com
www.sidran.org
www.movingforwardcounseling.com
POST-TRAUMATIC STRESS DISORDER (PTSD)

Visit the following websites:
www.giftfromwithin.org
www.ptsd.va.gov

VICTIMS OF CRIMES AND VIOLENCE

Counseling Services for Victims of Crime
Contact: 1-800-394-2255 or TTY: 1-800-211-7996

The National Network for Victims of Rape, Abuse, or Incest:
Contact: 1-800-656-4673

The House of Ruth/Maryland
Provides victims of domestic violence with services necessary to rebuild their lives: free legal representation; counseling for children and adults; safe shelter.
24-hour hotline: 410-889-RUTH (410-889-7884)
Linea en Espanol: 410-554-8480
Maryland Relay: 711
Website: www.hruth.org

Community Mediation
Community Mediation provides free mediation services, teaches conflict resolution skills, mobilizes volunteer community mediators and educates the public in order to reduce violence and improve communication in Baltimore.
Visit: www.communitymediation.org

FAMILY CRISIS SERVICES

Grassroots Crisis Intervention Center
Provides free crisis intervention, counseling and referrals, family shelter program and transitional support (homeless families and single women), and the Randy Sands Men’s Shelter Project (men’s shelter and transitional support). Serves people of all ages and NOT just Howard county residents.
Office: 410-531-6006
24-hour crisis hotline: 410-531-6677

Family Crisis Center of Baltimore
Provides help to people from all over Maryland, not just Baltimore residents.
Contact: 410-285-4357
Shelter: 410-285-7496
Crisis hotline: 410-828-6390

Baltimore County Crisis Response
Provides free conflict mediation and crisis intervention in situations in which someone is a danger to self or others.
Hotline/office: 410-931-2214 (For Baltimore residents only)
Grief Counseling

Gilchrist Hospice Care of GBMC Towson
Ask about their grief support groups  
Contact: 443-849-8251  
Visit: www.gilchristhospice.org

Franklin Square Hospital in Essex
Contact: Diane Kretzschmar at 443-777-7931  
or the grief specific support group at 443-777-7657

Northwest Hospital in Randallstown
Grief Support Group  
Contact: 410-601-9355

Johns Hopkins Bayview Medical Center: Seeds of Hope Bereavement  
Contact: 410-550-0291

Loss of a Newborn or of a Pregnancy

The Women’s Pavilion of Franklin Square Hospital  
Contact: 443-777-7839

GBMC Towson  
Contact: 443-849-2079

Illness and Health-Related Issues

Northwest Hospital  
Post-pregnancy issues  
Contact: Lisa Kelly at 410-601-9057

Infertility support group at GBMC Towson  
Contact: 443-849-3301

Cancer support groups at GBMC Towson  
Information about all cancer support groups  
Contact: Dorothy Gold at 443-849-2087  
Email: dgold@gbmc.org

GBMC Head & Neck Cancer Support Groups  
Support for both patients and family  
Contact: 443-849-2087

GBMC Women with Cancer Support Groups  
Support for both patients and family  
Contact: 443-849-2037
The Serenity Center
Meeting place for many support groups of all types.
For complete schedule of support groups
Call: 410-884-6088
or visit: www.serenitycenter.homestead.com

Alcoholics Anonymous
Support for those suffering from alcohol abuse/dependence
Call: 410-663-1922 or visit: www.aa.org

Sexaholics Anonymous
Pornography or sexual addictions
Visit: www.sa.org
Email: saico@sa.org
Phone: (615) 370-6062 Toll-free: (866) 424-8777

Food Addiction
For overeaters or sufferers of eating disorders
Call: 888-549-3757
or visit the following websites:
www.SmartRecovery.org
www.foodaddicts.org

Compulsive Gambling
To get information or to locate a support group
Contact the Baltimore Hotline: (410) 377-3889
Visit: www.gamblersanonymous.org

AL-Anon
For those affected by another person's alcoholism.
Contact: 410-766-1984
Visit: www.al-anon.alateen.org

S-Anon
For those affected by another person's pornography or sexual addiction.
Contact: 1-800-210-8141 or 1-615-833-3152
Email: sanon@sanon.org or visit: www.sanon.org

Gam-Anon
Gam-Anon is a 12-Step, self-help program for the family members, friends, and loved ones of compulsive gamblers.
Contact: 718-352-1671 or visit: www.gam-anon.org