

PSM NEWSLETTER



Partnership for a Safer Maryland

Educate • Advocate • Connect

PSM Newsletter December 2022

Our Mission:

Advocate for injury and violence prevention and promote education and surveillance in Maryland through statewide partnerships.



A Message from Board President Tom Manion

Greetings PSM Membership,

To say that 2022 has been a year of change and evolution for the Partnership for a Safer Maryland (PSM) would be a huge understatement! This year, in addition to our usual training opportunities and other educational offerings, we've been working diligently behind the scenes to revamp our website. With an updated look and more user-friendly interface, PSM Members can now create an account on the site to access exclusive content including recordings of previous trainings, access to conference scholarship opportunities, access to view and post job listings and much more. We are working on rolling out this new content over the next few months, but in the meantime, I hope you'll visit www.safermaryland.org and sign up for your free membership account.

The Board of Directors is also hard at work preparing for our annual membership meeting in the Spring of 2023. This will give us an opportunity to engage directly with all of you to discuss offerings from the Partnership, where we're going next, how you can be involved, and what content and programming you'd like to see in the coming year. We're still zeroing in on a date, but please look forward to receiving more information soon. Please also keep an eye on your inbox for upcoming conference scholarship opportunities and PSM-sponsored training opportunities, many of which include free CEUs.

On behalf of the entire PSM Team, I wish you and your loved ones a happy and safe holiday season. See you in 2023!

-Tom

Tom Manion, President
Board of Directors
Partnership for a Safer Maryland



If you are receiving this PSM Newsletter, you are a member of our organization. You can log on to PSM's Website and connect with upcoming trainings and other member only information.

[Go to PSM Website to Log In](#)

PSM Updates



Brain Injury Association of Maryland

We bring health, hope, and healing to thousands of Marylanders living with brain injury, their families, and the professionals who serve them.

1.800.221.6443

SAVE THE DATE:
March 23 — 24, 2023
BIAMD Annual Conference
"A Bridge to Hope:
Celebrating 40 years of Hope"

[More information for the BIAMD Conference click here](#)

**Upcoming PSM & Partner
Webinars**

PSM Annual Meeting - TBA (Early Spring)
MD VIP Forum - TBA (Early Summer)

Anyone interested in providing training please contact PSM at
lbates@safermaryland.org



National Center for Injury Prevention and Control
**Adverse Childhood Experiences
Prevention Strategy**

[CDC ACE's Prevention Full Report](#)

First Aid for Poisoning

The information sheet below provies important facts about what to do if exposed to poison:

[Maryland Poison Center Facts](#)



1-800-222-1222

Calling the poison center is...

- Fast
- Free
- Confidential
- Available 24/7
- More accurate than searching the internet

When calling the poison center be ready to provide:

- Symptoms
- Name and phone number
- Age and weight of the person
- Name of product and ingredients
- Amount of product involved
- Time of incident
- Any first aid measures already performed

Text "POISON" to 797979 to save and share the Poison Center contact card.

Stay Connected

www.mdpoison.com



Revised 10/2021

What you need to know about First Aid for Poisoning

If a person is unconscious, having seizures, or having difficulty breathing, call 911 right away.

Call the Maryland Poison Center at 1-800-222-1222 after performing the following first aid.

Swallowed Poison:

- Gently wipe out the mouth and give a small amount of water.
- Do not make the person vomit by putting a finger in their throat or giving them a home remedy.



Poison on the Skin:

- Remove contaminated clothing and jewelry.
- Rinse the skin with lukewarm (not hot) water for 10 minutes.



Poison in the Eye:

- Flush the eye with lukewarm (not hot) water poured from a large glass two or three inches from the eye, or from the faucet or shower.
- Continue flushing the eye for 15 minutes.
- Have the person blink as much as possible while flushing the eye.
- Do not force the eyelid open.



Inhaled Poison:

- Immediately get the person to fresh air.
- Open doors and windows or turn on a fan in the area.



Pharmacists and nurses with specialized training in toxicology are available 24/7.

Poison Experts just a phone call away! Saving Lives...Saving Dollars

American Foundation for Suicide Prevention

With local programs and events in all 50 states, American Foundation for Suicide Prevention chapters are at the forefront of suicide prevention. They create a culture that's smart about mental health through education and community programs, research and advocacy,

**TEXT
MDMINDHEALTH
TO 898-211**



Sign up to receive support, information, and resources for staying connected.

and support for those affected by suicide. Find a local chapter in your community.

[Find a local AFSP Chapter in Maryland](#)

The Maryland Suicide Prevention Program is not a crisis or emergency care center. If you or someone you know is in crisis, contact Maryland's crisis hotline by calling 2-1-1 and pressing option 1 or texting 898-211. In the case of a life-threatening emergency, call 911.

[Maryland Suicide Prevention Page](#)

**ENVÍE TEXTO
MDSALUDMENTAL
A 898-211**



Regístrese y reciba apoyo, información y recursos para mantenerse conectado.



Focus Area Awareness Months 2023

March:

- Poison, March 19-25, 2023
- Traumatic Brain Injury,

March 4, 2023 TBI Day

April:

- Motor Vehicle Safety
- Child Abuse & Neglect

September:

- Falls, Elderly Falls Prevention Awareness Day September 22, 2023
- Suicide, September 1st thru 30th, 2023

October:

- Teen Driver Safety Week October 15-22, 2023
- Intimate Partner Violence October 1st thru 30th, 2023



Our Board Members

Tom Manion, President
Dr. Rich Lichenstein, Vice President
Kathy Hensler, Treasurer
Jessica Dayal, Chair, Education & Training Committee
Nicole Sealton, Chair, Outreach & Communications Committee
Melanie Shapiro, Chair, Legislative Committee

Donna Bilz
Bella Chant
Lauren Dougherty
Kathy McKnight
Joyce Williams

Are you interested in becoming a PSM Board Member?

[Click here for Board Membership Information](#)

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