



JULY 2022

4 - 4th of July - **WOT OFFICE CLOSED**  
8 - 9 - **WOT OFFICE CLOSED**

AUGUST 2022

1 - **WOT OFFICE CLOSED**  
5 - 6 - Sudlersville Peach Festival - Godfrey's Farm  
6 - 14 - **WOT OFFICE CLOSED**  
8 - 13 - Queen Anne's COUNTY FAIR - 4-H Park  
29 - First Day of school for QACPS Students in Grades 1-6 & 9  
30 - First Day of school for QACPS Students in Grades 7, 8, 10 & 12  
31 - First Day of school for QACPS Students in PK & K

SEPTEMBER 2022

2 - ALL QACPS SCHOOLS Early Dismissal Day  
5 - Labor Day - **WOT OFFICE CLOSED** & QACPS SCHOOLS CLOSED

OCTOBER 2022

21 - QACPS SCHOOLS CLOSED  
31 - HALLOWEEN - QACPS SCHOOLS CLOSED

NOVEMBER 2022

1,2,3 - QACPS SCHOOLS 1/2 DAYS  
8 - QACPS SCHOOLS CLOSED  
23 - 25 - QACPS SCHOOLS CLOSED

DECEMBER 2022

2 - QACPS SCHOOLS 1/2 DAY, CENTREVILLE CHRISTMAS PARADE  
22 - 30 - QACPS SCHOOLS CLOSED  
24 - JAN 1 - **WOT OFFICE CLOSED**

# W.O.T.'S UP NEWSLETTER

[www.wyeoaktherapeutics.com](http://www.wyeoaktherapeutics.com)

## ***Animals for Mind, Body, and Spirit Health***



*Research has long suggested that human health benefits from time with animals. Posted March 17, 2022*

### KEY POINTS

- Human and animal interactions can contribute to health in many ways.
- Some pets are classified as “emotional support” animals for the benefits that a human-animal bond can create.
- Spending time with animals in traditional farming and herding can also benefit us—something people who do this type of rural work already know.

ARTICLE ON NEXT PAGE

## **HELP WANTED**



Help us spread the word!

We are looking for qualified THERAPIST/COUNSELOR candidates to join our team in Stevensville, MD! Ideal candidates are passionate and reliable; wanting to be a part of a growing program.

<https://www.indeed.com/job/therapistcounselor-stevensville-md-364941b95a23c43b>

## ***Animals for Mind, Body, and Spirit Health...CONT'D***

Pets can offer an unmatched level of support to trauma survivors attempting to cope with the emotional aftermath of a traumatic event. A beloved and trusted pet can act as a lifeline when the person they live with experiences post traumatic stress (PTSD) or is otherwise emotionally distressed. In short, a pet's very presence can often work a particular kind of healing magic.

Pets known to offer support through the roller-coaster journey to heal from emotional trauma may be referred to as emotional support animals. Emotional support animals differ from working service animals in that the latter are trained rigorously for the purpose of helping people with particular, individualized needs. Our pets, on the other hand, do not need to be trained to provide natural healing. By simply playing with or cuddling our pets, we can benefit from the calming, soothing effect of their company. Even without training, our pets can help us cope with symptoms of anxiety and depression, fear, and the handful of other tough emotions likely to follow a traumatic experience.

### **HOW DO PETS HELP PEOPLE COPE?**

Emotional support animals do not require any particular training, but they are still often able to soothe the emotional upsets of owners who have experienced trauma by being present as loving friends and offering support and connection through simple companionship. This offers us a unique way to cope with emotional entanglements and other challenges throughout the process of addressing trauma-related struggles.

One way animals can provide emotional support is by helping increase oxytocin levels. Oxytocin is beneficial because it slows heart rate, lowers blood pressure, and helps prevent stress hormone production. Thus, increased levels of this hormone in the body can help people feel calmer and more at peace. This chemical alone can help us battle the negative emotions and mental health effects often experienced following trauma, and scientific observation supports an increase of the release of this so-called "happiness" chemical as a result of animal interaction.

For the FULL ARTICLE published by GOODTHERAPY.ORG - [CLICK HERE](#)

#### References:

1. [Bauer, A. \(2015, April 23\). Why do pets make us feel better? Retrieved from http://www.cancer.net/blog/2015-04/why-do-pets-make-us-feel-better](http://www.cancer.net/blog/2015-04/why-do-pets-make-us-feel-better)
2. [Cimons, M. \(2016, September 19\). Your dog can make you feel better, and here's why. The Washington Post. Retrieved from https://www.washingtonpost.com/national/health-science/your-dog-can-make-you-feel-better-and-heres-why/2016/09/19/fde4aeec-6a2a-11e6-8225-fbb8a6fc65bc\\_story.html?utm\\_term=.55bca0bc4166](https://www.washingtonpost.com/national/health-science/your-dog-can-make-you-feel-better-and-heres-why/2016/09/19/fde4aeec-6a2a-11e6-8225-fbb8a6fc65bc_story.html?utm_term=.55bca0bc4166)
3. [Mindfulness practices may help treat many mental health conditions. \(2016, June 1\). APA Blog. Retrieved from https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2016/06/mindfulness-practices-may-help-treat-many-mental-health-conditions](https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2016/06/mindfulness-practices-may-help-treat-many-mental-health-conditions)

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## **COMMUNITY RESOURCES**

### **National Alliance on Mental Illness (NAMI)**

Provides advocacy, education, support and public awareness events and activities  
[www.nami.org](http://www.nami.org)

### **Eastern Shore Mobile Crisis Response Services**

If you or someone you know is having a mental health crisis, please call the Eastern Shore Crisis Response Helpline **1.888.407.8018** available 24 hours a day, every day

### **Maryland Coalition of Families**

One to one support for families of youth with mental health issues.  
[www.mdcoalition.org](http://www.mdcoalition.org)

### **Wraparound Maryland**

Provides care coordination services to families with children with severe emotional or behavioral needs.  
[www.wraparoundmd.org](http://www.wraparoundmd.org)

## **QUOTE of the MONTH**

*"Intellectual growth should commence at birth and cease only at death."*

*- Albert Einstein*

## **CONTACTS**

#### OFFICE

139 Log Canoe Circle  
Stevensville, MD 21666  
443-249-3351

#### SCHEDULING

443-249-3351  
[scheduling@wyeoaktherapeutics.com](mailto:scheduling@wyeoaktherapeutics.com)

#### BILLING

443-249-3351