

Howard County Resource Guide – Mental Health and Suicide Prevention Programs

The Howard County Local Health Improvement Coalition (HCLHIC) is working to increase participation in evidence-based mental health and suicide prevention education and stigma reduction programs by 20% to reduce emergency department visits related to mental health conditions and decrease suicide rates in Howard County. Partners including *Howard County General Hospital, Grassroots Crisis Intervention, the American Foundation for Suicide Prevention - Maryland Chapter and the Mental Health Association of Maryland* are collaborating to make these programs accessible to the community. *You can help by sharing these upcoming programs!*

MENTAL HEALTH FIRST AID PROGRAMS

Program Name & Link	Dates	Program Description	Location
Mental Health First Aid https://bit.ly/2WNZsDD	08/26/19 8:00 – 4:30 pm *FREE for Howard County residents and employees	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.	Howard County Health Department Barton Rooms A&B 8930 Stanford Boulevard, Columbia, MD 20145 catherine@columbiarising.com
Youth Mental Health First Aid http://bit.ly/2LhG9gx	9/24/19 and 9/25/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available. **Must be 18 and older to attend.	YMHA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care.	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org
Mental Health First Aid http://bit.ly/2ZQJ8Nr	09/27/19 8:30 – 5:00 pm *Cost for businesses is \$25 for non-Howard County residents and \$10 for Howard County Residents.	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care. This class is a community course and is not recommended for mental health professionals.	Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu

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	** For residents of Howard County who are over 18 years old.	Businesses located in Howard County may reserve up to 10 seats in one class, as available.	
Mental Health First Aid http://bit.ly/2GZxQ54	10/02/19 and 10/03/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org
Youth Mental Health First Aid http://bit.ly/2PMiun0	10/18/19 8:30 – 5:00 pm *Cost for businesses is \$25 for non-Howard County residents and \$10 for Howard County Residents. ** For residents of Howard County who are over 18 years	YMHA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care. This class is a community course and is not recommended for mental health professionals. Businesses located in Howard County may reserve up to 10 seats in one class, as available.	Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu
Mental Health First Aid http://bit.ly/2Vj4RC8	11/15/19 8:30 – 5:00 pm *Cost for businesses is \$25 for non-Howard County residents and \$10 for Howard County Residents. ** For residents of Howard County who are over 18 years old.	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care. This class is a community course and is not recommended for mental health professionals. Businesses located in Howard County may reserve up to 10 seats in one class, as available.	Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu

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Youth Mental Health First Aid http://bit.ly/2DPuWOD	11/18/19 and 11/19/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available. **Must be 18 and older to attend.	YMHFA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care.	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org
Mental Health First Aid http://bit.ly/2J08Vka	12/10/19 and 12/11/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org

SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training http://bit.ly/2W1p8fx	07/01/19 7:00pm- 9:00pm * FREE for Howard County residents but registration is required	QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044 amanda@grassrootscrisis.org
safeTALK http://bit.ly/2WuDTYO	7/10/19 1:00 – 4:00pm * FREE but registration is required	safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training - anyone who wants to make a difference can learn the safeTALK steps.	Vocational Rehabilitation Building 55 Wade Avenue Catonsville, Maryland 21228 janel.cubbage@maryland.gov

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<p>Lunch and Learn: Universal Precautions to Suicide Risk: Because Anyone Could Be at Risk</p> <p>http://bit.ly/2GVH15i</p>	<p>07/18/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss Universal Precautions as a new approach to reduce suicide risk as opposed to the current mind-set of “suicide prevention.”</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>janel.cubbage@maryland.gov</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>http://bit.ly/2HLJq4</p>	<p>07/18/19 5:00pm- 7:00pm</p> <p>* FREE for Howard County residents but registration is required</p>	<p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p>	<p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>http://bit.ly/2VN4RoY</p>	<p>08/03/19 1:30pm- 3:30pm</p> <p>* FREE for Howard County residents but registration is required</p>	<p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p>	<p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p>
<p>Lunch and Learn: There is Life After an Attempt</p> <p>http://bit.ly/2GYgLqG</p>	<p>08/15/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss the voice of a survivor. Through this session participants will gain a better understanding of how to help attempters regain hope and meaning for life and help another not just survive but thrive in life.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>janel.cubbage@maryland.gov</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>http://bit.ly/2JlxRgr</p>	<p>08/19/19 7:00pm- 9:00pm</p> <p>* FREE for Howard County residents but registration is required</p>	<p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p>	<p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p>

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<p>Out of the Darkness Walk Howard County</p> <p>www.afsp.org/howardco</p>	<p>09/28/19 10:00- 1:00pm</p> <p>* Registration is required</p>	<p>The AFSP Maryland Chapter will host the Howard County Out of the Darkness Community Walk on September 28, 2019. Community members are asked to consider walking and fundraising to raise awareness for suicide prevention and mental health. Organizations are also encouraged to get involved by forming teams and helping to promote the walk.</p>	<p>Hosted by the AFSP Maryland Chapter at Lake Elkhorn in Columbia MD 21045</p> <p>Contact: Hayley Kline 443-812-5773 howardcountyoofd@gmail.com</p> <p>Kat Olbrich 202-770-8973 kolbrich@afsp.org</p>
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Are you interested in hosting a Mental Health First Aid or QPR training for your business, faith community, fraternity/sorority or other community group? The HCLHIC can help connect you to trained facilitators and community organizations that can help!
Contact: lhic@howardcountymd.gov or call (410) 313-6204