

Howard County Behavioral Health – Training Guide

The Howard County Local Health Improvement Coalition (HCLHIC) wants to increase participation in evidence-based mental health, suicide prevention education and stigma reduction programs by 20%.

Some trainings may require a fee.

Training Offered

In crisis?
 Grassroots Crisis Hotline:
 410-531-6677
 Maryland Crisis Line:
 2-1-1 (press 1)
 Crisis Text Line
 text HOME to 741741

Organization	Substance Use Disorders				Mental Health				Suicide Prevention							
	Chronic Pain Self-Mgmt	Guiding Good Choices	Overdose Response (ORP)	Stigma/ Support	MHFA	Older Adult MHFA	Veterans MHFA	Youth MHFA	Stigma/ Support	ASIST	Kognito	QPR	SafeSpace	safeTALK	Talk Saves Lives	Stigma/ Support
American Foundation for Suicide Prevention 202-770-8973												✓	✓	✓	✓	✓
Beacon Health Options 800-888-1965					✓			✓								
Department of Community Resources and Services 410-313-6400	✓	✓		✓	✓	✓	✓	✓	✓							
Grassroots Crisis Intervention Center 410-531-6006					✓	✓	✓	✓		✓		✓	✓	✓	✓	
Howard County Dept of Fire and Rescue Services 410-313-6000			✓													
HC DrugFree 443-325-0040		✓														
Howard County General Hospital 410-740-7601	✓				✓			✓								
Howard County Health Dept Behavioral Health 410-313-6202	✓	✓	✓		✓			✓				✓	✓	✓	✓	
Howard County Public School System 410-313-6600											✓					
Humanim 410-381-7171				✓	✓			✓								
Maryland Coalition of Families 410-730-8267			✓	✓												
Maryland Dept of Health Behavioral Health 410-767-6500			✓													
Maryland Dept of Health Suicide Prevention 410-402-8662										✓	✓					
Mental Health Association of Maryland 443-901-1550 x233					✓	✓	✓	✓								
NAMI Howard County 410-772-9300				✓					✓							
On Our Own of Maryland 410-540-9020)				✓					✓							

✓ - Trainings offered by Organizations; subject to change

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Training Description

Substance Use Disorders	
Chronic Pain Self-Management	Interactive six-week workshop to help gain confidence in managing pain.
Guiding Good Choices	Interactive four-week prevention program providing families of children ages 9-14 with the skills and knowledge to reduce the risk of drug use.
Overdose Response Program (ORP)	Training covers types of opioids, how to recognize, respond, and prevent an opioid overdose, and the resources available.
Mental Health / MENTAL HEALTH FIRST AID (MHFA)	
MHFA (Older Adult MHFA, Veterans MHFA)	Teaches adults (18+) how to identify, understand and respond to signs of mental illnesses and substance use disorders. Specialty modules cover Older Adult and Veterans MHFA.
Youth MHFA	Teaches adults (18+) how to help adolescents (age 12-18) who are experiencing a mental health or addictions challenge or is in crisis. It follows a five-step plan to offer initial help and connect youth with appropriate care.
Suicide Prevention	
ASIST	Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid for those 16 years and older. It teaches how to intervene and save a life from suicide.
Kognito	Offers research-proven training simulations designed to (1) recognize when someone is exhibiting signs of psychological distress or underlying trauma and (2) manage a conversation with the goal of connecting them with the appropriate support.
QPR	Question Persuade Refer (QPR) is a one to two-hour training that teaches (like CPR) 3 simple steps to save a life from suicide by recognizing the warning signs of a suicide crisis and how to <i>Question, Persuade, and Refer</i> someone to help.
SafeSpace	This 8-hour suicide prevention model focuses on the LGBTQ+ population and their increased risk for suicide. The training program combines cultural competence with prevention and intervention strategies to reduce stigma, reduce suicidality, and ultimately save lives.
SafeTALK	This half-day training teaches participants (15+) to recognize and engage persons who might be having thoughts of suicide and connecting them with life-saving intervention resources.
Talk Saves Lives	This 60-90-minute introduction to suicide prevention covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Learn the risk and warning signs of suicide, and how to prevent it.

You can help by sharing these partner programs!

Visit www.hclhic.org for the electronic version of this resource and others.