



## Howard County Resource Guide – Mental Health and Suicide Prevention Programs

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 Howard County community members. 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 & OTHER PROGRAMS

Program Name & Link	Dates	Program Description	Location
<b>Youth Mental Health First Aid</b> <a href="http://bit.ly/2LhG9gx">http://bit.ly/2LhG9gx</a>	9/24/19 and 9/25/19 9:00am – 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 <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a>
<b>Mental Health First Aid</b> <a href="http://bit.ly/2ZQI8Nr">http://bit.ly/2ZQI8Nr</a>	09/27/19 8:30am – 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 <a href="mailto:jstanto6@jhmi.edu">jstanto6@jhmi.edu</a>



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<p><b>Mental Health First Aid</b></p> <p><a href="http://bit.ly/2GZxQ54">http://bit.ly/2GZxQ54</a></p>	<p>10/02/19 and 10/03/19 9:00am – 1:00pm</p> <p>*Cost is \$119; full and partial scholarships available</p>	<p>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.</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a></p>
<p><b>Youth Mental Health First Aid</b></p> <p><a href="http://bit.ly/2ktAXcZ">http://bit.ly/2ktAXcZ</a></p>	<p>10/09/19 9:00am – 5:00pm</p> <p>*FREE for all Howard County Residents, Employees &amp; Students (age 18+)</p> <p>**Must be 18 and older to attend.</p>	<p>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.</p>	<p>Hosted by Grassroots at the Non-Profit Collaborative of Howard County 9770 Patuxent Woods Drive Columbia, MD 21046</p> <p><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>
<p><b>Mental Health First Aid</b></p> <p><a href="https://bit.ly/2NB8TjV">https://bit.ly/2NB8TjV</a></p>	<p>10/12/19 9:00am – 5:00pm</p> <p>*Training is FREE but must register and bring a bag lunch."</p>	<p>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.</p>	<p>Hosted by NAMI Howard County at the Wilde Lake Interfaith Center 10431 Twin Rivers Road, Columbia, MD 21044</p> <p>410-772-9300 <a href="mailto:info.namihc@gmail.com">info.namihc@gmail.com</a></p>
<p><b>Youth Mental Health First Aid</b></p> <p><a href="http://bit.ly/2PMiun0">http://bit.ly/2PMiun0</a></p>	<p>10/18/19 8:30am – 5:00pm</p> <p>*Cost for businesses is \$25 for non-Howard County residents and \$10 for Howard County Residents.</p> <p>**For residents of Howard County who are over 18 years</p>	<p>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.</p> <p>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.</p>	<p>Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 <a href="mailto:jstanto6@jhmi.edu">jstanto6@jhmi.edu</a></p>



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<p><b>Mental Health First Aid</b></p> <p><a href="https://bit.ly/2JEBq5V">https://bit.ly/2JEBq5V</a></p>	<p>10/26/19 9:00am – 5:30pm</p> <p>*FREE and lunch will be provided</p>	<p>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.</p>	<p>Dr. Constantine Padussis Conference Center 301 Hospital Drive, 3<sup>rd</sup> Floor Glen Burnie, MD 21061</p> <p>443-591-7274 <a href="mailto:juli@inquiringmindsllc.org">juli@inquiringmindsllc.org</a></p>
<p><b>Mental Health First Aid</b></p> <p><a href="http://bit.ly/2Vj4RC8">http://bit.ly/2Vj4RC8</a></p>	<p>11/15/19 8:30am – 5:00pm</p> <p>*Cost for businesses is \$25 for non-Howard County residents and \$10 for Howard County Residents.</p> <p>**For residents of Howard County who are over 18 years old.</p>	<p>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.</p> <p>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.</p>	<p>Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 <a href="mailto:jstanto6@jhmi.edu">jstanto6@jhmi.edu</a></p>
<p><b>Youth Mental Health First Aid</b></p> <p><a href="http://bit.ly/2DPuWod">http://bit.ly/2DPuWod</a></p>	<p>11/18/19 and 11/19/19 9:00am – 1:00pm</p> <p>*Cost is \$119; full and partial scholarships available.</p> <p>**Must be 18 and older to attend.</p>	<p>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.</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a></p>
<p><b>Mental Health First Aid</b></p> <p><a href="http://bit.ly/2J08Vka">http://bit.ly/2J08Vka</a></p>	<p>12/10/19 and 12/11/19 9:00am – 1:00pm</p> <p>*Cost is \$119; full and partial scholarships available</p>	<p>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.</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a></p>
<p><b>NAMI Basics Education Course</b></p>	<p>Wednesdays October 2<sup>nd</sup> – November 6, 2019 6:30pm – 9:00pm</p>	<p>A 6-week course specifically designed for parents and other primary caregivers of children and adolescents who are living with</p>	<p>NAMI Howard County 9650 Santiago Road, Suite 1 Columbia, MD 21045</p>

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<a href="http://bit.ly/2m9IfTM">http://bit.ly/2m9IfTM</a>	*FREE but registration is required	mental illness. The course follows a structured format and includes practical insights on issues frequently faced by families dealing with mental illness.	410-772-9300 <a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a>
<b>NAMI Family-to-Family Course</b> <a href="http://bit.ly/2keYezk">http://bit.ly/2keYezk</a>	Wednesdays September 4 <sup>th</sup> – November 20, 2019 7:00pm – 9:00pm  *FREE but registration is required	A 12-week course to help families arrive at a better understanding of the severe mental illnesses their relatives face. The illnesses, treatments, medications, problems to expect are covered in depth, as well as coping strategies for family members.	NAMI Howard County 9650 Santiago Road, Suite 1 Columbia, MD 21045  410-772-9300 <a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a>
<b>NAMI Peer-to-Peer Education Course</b> <a href="http://bit.ly/2m9DkCf">http://bit.ly/2m9DkCf</a>	Wednesdays September 11 <sup>th</sup> – October 30, 2019 6:30pm – 8:30pm  *FREE but registration is required	An 8-week course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness.	NAMI Howard County 9650 Santiago Road, Suite 1 Columbia, MD 21045  410-772-9300 <a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a>

## SUICIDE INTERVENTION PROGRAMS

Program Name & Link	Dates	Program Description	Location
<b>10<sup>TH</sup> Annual Suicide Prevention Symposium</b> <a href="https://bit.ly/2Lr84cy">https://bit.ly/2Lr84cy</a>	09/13/2019 10:30am - 4:00pm *Cost is \$30.; includes CEUs for Social Workers and lunch	Topics include: how to best prevent suicide when you're a professional AND a loved one of someone who struggles, building resiliency to prevent suicide, survivor of suicide/attempt survivor panel discussion AND much more!	Hosted by Grassroots at the Non-Profit Collaborative of Howard County 9770 Patuxent Woods Drive, Columbia, MD 21046  <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>
<b>Out of the Darkness Walk Howard County</b> <a href="http://www.afsp.org/howardco">www.afsp.org/howardco</a>	09/28/19 10:00am - 1:00pm  *Registration is required	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	Hosted by the AFSP Maryland Chapter at Lake Elkhorn in Columbia MD 21045  Contact: Hayley Kline 443-812-5773 <a href="mailto:howardcountyoofd@gmail.com">howardcountyoofd@gmail.com</a>

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		involved by forming teams and helping to promote the walk.	Kat Olbrich 202-770-8973 <a href="mailto:kolbrich@afsp.org">kolbrich@afsp.org</a>
<b>Maryland’s 31<sup>st</sup> Annual Suicide Prevention Conference</b>  <a href="http://bit.ly/2k6ud4l">http://bit.ly/2k6ud4l</a>	10/02/2019 8:00am - 4:30pm  *Cost is \$95. **Registration is required	Join the Maryland Department of Health for the Annual Suicide Prevention Conference. Keynote: Adverse Childhood Experiences: Understanding Impacts to Strengthen Support by Lynn Davis, Coordinator of Mental Health Services, Frederick County Public Schools.	Martin’s West 6817 Dogwood Road, Baltimore, MD 21244  <a href="mailto:janel.cubbage@maryland.gov">janel.cubbage@maryland.gov</a>
<b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b>  <a href="http://bit.ly/2kaubbU">http://bit.ly/2kaubbU</a>	10/03/19 5:00pm - 7:00pm  *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  <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>
<b>TALK SAVES LIVES™ An Introduction to Suicide Prevention</b>  <a href="http://bit.ly/2kkcNSI">http://bit.ly/2kkcNSI</a>	10/04/19 12:00pm - 1:00pm  *FREE but registration is required	Lunch & Learn presentation covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Learn what suicide is, who it affects, what we know about it, and what can be done to prevent it.	Howard County Health Department Barton A/B 8930 Stanford Boulevard Columbia, MD 21045  410-313-6240 <a href="mailto:kblasher@howardcountymd.gov">kblasher@howardcountymd.gov</a>
<b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b>  <a href="http://bit.ly/2INfk7A">http://bit.ly/2INfk7A</a>	10/14/19 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  <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>
<b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b>  <a href="http://bit.ly/2lOr3Tn">http://bit.ly/2lOr3Tn</a>	11/11/19 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  <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>

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<p><b>TALK SAVES LIVES™</b>  <b>An Introduction to Suicide Prevention</b></p> <p><a href="http://bit.ly/2IEefio">http://bit.ly/2IEefio</a></p>	<p>11/12/19              8:00am - 9:00am OR              4:30pm - 5:30pm</p> <p>*FREE but registration is required</p>	<p>Presentation covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Learn what suicide is, who it affects, what we know about it, and what can be done to prevent it.</p>	<p>Howard County General Hospital              1C Conference Room              5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601  <a href="mailto:istanto6@jhmi.edu">istanto6@jhmi.edu</a></p>
<p><b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b></p> <p><a href="http://bit.ly/2kavmYZ">http://bit.ly/2kavmYZ</a></p>	<p>11/16/19              10:00am - 12:00pm</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><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>
<p><b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b></p> <p><a href="http://bit.ly/2kuA7wL">http://bit.ly/2kuA7wL</a></p>	<p>12/05/19              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><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>
<p><b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b></p> <p><a href="http://bit.ly/2kdFMHi">http://bit.ly/2kdFMHi</a></p>	<p>12/10/19              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><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>

**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: [hic@howardcountymd.gov](mailto:hic@howardcountymd.gov) or call (410) 313-6204**

