

## Upcoming Partner Mental Health First Aid Classes & Suicide Intervention 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% in order to reduce emergency department visits related to mental health conditions and decrease suicide rates in Howard County. HCLHIC partner organizations including: *Howard County General Hospital, Grassroots Crisis Intervention, Humanim and the Mental Health Association of Maryland* are collaborating to make these programs accessible to the community.

*You can help by sharing these upcoming partner programs!*

| MENTAL HEALTH FIRST AID PROGRAMS  |   |   |  |
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| Program Name & Link   | Dates   | Program Description   | Location   |
| <b>Youth Mental Health First Aid</b><br><a href="https://bit.ly/2qAr394">https://bit.ly/2qAr394</a> | 5/12/18<br>8:30 – 5:00pm<br><br>*FREE for Howard County residents and employees<br><br>**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.   | Humanim<br>6355 Woodside Court<br>Columbia, MD 21046<br><br>410-381-1500 ext. 2244<br><a href="mailto:jmurray@humanim.org">jmurray@humanim.org</a>   |
| <b>Youth Mental Health First Aid</b><br><a href="https://bit.ly/2qShFy2">https://bit.ly/2qShFy2</a> | 5/29/18 and 5/31/18<br>1:00 – 5:00pm<br><br>*Cost is \$119; full and partial scholarships available<br><br>**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<br>1301 York Road, Suite 505<br>Lutherville, MD 21093<br><br>443-901-1550 ext. 229<br><a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a>               |
| <b>Mental Health First Aid</b><br><a href="https://bit.ly/2vyxbUg">https://bit.ly/2vyxbUg</a>       | 6/12/18<br>8:30 – 5:00pm<br><br>*FREE for Howard County Clergy  | 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. <b><u>This training will be open to clergy members only.</u></b><br><br>Contact <a href="mailto:jstanton6@jhmi.edu">jstanton6@jhmi.edu</a> to register. | Howard County General Hospital<br>Wellness Center Medical Pavilion<br>10710 Charter Drive, Suite 100<br>Columbia, MD 21044<br><br>410-740-7601<br><a href="mailto:jstanton6@jhmi.edu">jstanton6@jhmi.edu</a> |

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| <p><b>Mental Health First Aid</b></p> <p><a href="https://bit.ly/2vEf3Zb">https://bit.ly/2vEf3Zb</a></p>       | <p>7/18/18 and 7/19/18<br/>9:00 – 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<br/>1301 York Road, Suite 505<br/>Lutherville, MD 21093</p> <p>443-901-1550 ext. 229<br/><a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a></p>                |
| <p><b>Youth Mental Health First Aid</b></p> <p><a href="https://bit.ly/2Hmsjml">https://bit.ly/2Hmsjml</a></p> | <p>8/8/18 and 8/9/18<br/>1:00 – 5:00pm</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<br/>1301 York Road, Suite 505<br/>Lutherville, MD 21093</p> <p>443-901-1550 ext. 229</p>   |
| <p><b>Mental Health First Aid</b></p> <p><a href="https://bit.ly/2vq059h">https://bit.ly/2vq059h</a></p>       | <p>9/07/18<br/>8:30 – 4:30pm</p> <p>*FREE for Howard County residents and employees</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>Registration for HCGH MHFA is online at <a href="http://www.hcgh.org">www.hcgh.org</a> .</p>   | <p>Howard County General Hospital<br/>Wellness Center Medical Pavilion<br/>10710 Charter Drive, Suite 100<br/>Columbia, MD 21044</p> <p>410-740-7601</p>  |
| <p><b>Youth Mental Health First Aid</b></p> <p><a href="https://bit.ly/2qVhFfF">https://bit.ly/2qVhFfF</a></p> | <p>10/4/18 and 10/5/18<br/>1:00 – 5:00pm</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<br/>1301 York Road, Suite 505<br/>Lutherville, MD 21093</p> <p>443-901-1550 ext. 229<br/><a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a></p>                |
| <p><b>Youth Mental Health First Aid</b></p> <p><a href="https://bit.ly/2FavPid">https://bit.ly/2FavPid</a></p> | <p>10/5/18<br/>8:30 – 5:00pm</p> <p>*FREE for Howard County residents and employees</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>Registration for HCGH MHFA is online at <a href="http://www.hcgh.org">www.hcgh.org</a> .</p> | <p>Howard County General Hospital<br/>Wellness Center Medical Pavilion<br/>10710 Charter Drive, Suite 100<br/>Columbia, MD 21044</p> <p>410-740-7602<br/><a href="mailto:jstanton6@jhmi.edu">jstanton6@jhmi.edu</a></p> |

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| <b>Mental Health First Aid</b><br><a href="https://bit.ly/2HTACrp">https://bit.ly/2HTACrp</a> | 10/11/18<br>8:30 – 5:00pm<br><br>*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.   | Hosted by Grassroots Crisis Intervention Location TBD<br><br>410-531-6006<br><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>                                      |
| <b>Mental Health First Aid</b><br><a href="https://bit.ly/2JkRzKy">https://bit.ly/2JkRzKy</a> | 11/1/18 and 11/2/18<br>9:00 – 1:00pm<br><br>*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<br>1301 York Road, Suite 505<br>Lutherville, MD 21093<br><br>443-901-1550 ext. 229<br><a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a> |
| <b>Mental Health First Aid</b><br><a href="https://bit.ly/2EXYkQa">https://bit.ly/2EXYkQa</a> | 11/16/18<br>8:30 – 4:30pm<br><br>*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.<br><br>Registration for HCGH MHFA is online at <a href="http://www.hcgh.org">www.hcgh.org</a> . | Howard County General Hospital<br>Wellness Center Medical Pavilion<br>10710 Charter Drive, Suite 100<br>Columbia, MD 21044<br><br>410-740-7601   |

| SUICIDE INTERVENTION PROGRAMS   |   |  |   |
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| Program Name & Link   | Dates   | Program Description  | Location  |
| <b>(QPR)<br/>QUESTION-PERSUADE-REFER</b><br><a href="https://bit.ly/2vf8ITU">https://bit.ly/2vf8ITU</a> | 5/9/18<br>3:30 – 4:45pm<br><br>*FREE for Howard County residents and employees            | QPR is a basic suicide prevention gatekeeper training designed for individuals who do not have training/experience in suicide intervention.  | Humanim<br>6355 Woodside Court<br>Columbia, MD 21046<br><br>410-381-1500 ext. 2244<br><a href="mailto:jmurray@humanim.org">jmurray@humanim.org</a>  |
| <b>safeTALK</b><br><a href="https://bit.ly/2lu3uFs">https://bit.ly/2lu3uFs</a>                          | 5/21/18<br>8:30 – 11:30am<br><br>*FREE but space is limited<br><br>**3 CEU hours for \$15 | 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.<br><br>To register: <a href="https://www.eventbrite.com/e/safetalk-tickets-45028754216">https://www.eventbrite.com/e/safetalk-tickets-45028754216</a> | Hosted by Maryland's Suicide Prevention and Early Intervention Network<br>Spring Grove Hospital Center<br>Vocational Rehabilitation Building<br>55 Wade Avenue<br>Catonsville, MD 21228<br><br>410-402-8576<br><a href="mailto:Janel.cubbage@maryland.gov">Janel.cubbage@maryland.gov</a> |

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| <p><b>(QPR)<br/>QUESTION-PERSUADE-REFER</b></p> <p><a href="https://bit.ly/2qVUguy">https://bit.ly/2qVUguy</a></p>                  | <p>6/5/18<br/>6:00 – 9:00pm</p> <p>*training will take place following the “Looking for Luke” session at the Horizon Foundation’s Mental Health Film Festival</p> | <p>QPR is a basic suicide prevention gatekeeper training designed for individuals who do not have training/experience in suicide intervention.</p> <p>This session will be held as a part of the Horizon Foundation’s second ever Mental Health Film Festival. For one evening, the event will feature four concurrently running films, each followed by a panel discussion. <b>This event is FREE, but registration is required.</b> <a href="http://bit.ly/MHFF2018tix">http://bit.ly/MHFF2018tix</a></p> | <p>Hosted by Horizon Foundation<br/>UA Snowden Square Stadium<br/>9161 Commerce Center Dr.<br/>Columbia, MD 21046</p> <p>410-531-6006<br/><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p> |
| <p><b>ASIST Suicide Intervention Workshop</b></p> <p><a href="https://bit.ly/2HcDe6n">https://bit.ly/2HcDe6n</a></p>                | <p>6/7/18 and 6/8/18<br/>8:30 – 5:30pm</p> <p>*FREE for Howard County residents and employees (\$125 for all others)</p>  | <p>ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. You don’t need any prior training to attend ASIST—just a willingness to make a difference.</p>   | <p>Hosted by Grassroots Crisis Intervention Location TBD</p> <p>410-531-6006<br/><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>  |
| <p><b>9<sup>th</sup> Annual Suicide Prevention Symposium</b></p> <p><a href="https://bit.ly/2FakbUJ">https://bit.ly/2FakbUJ</a></p> | <p>9/14/18<br/>11:00 – 4:00pm</p> <p>*\$30; will include Social Worker CEU’s &amp; lunch</p>  | <p>This annual conference offers professional education on suicide, the 2nd leading cause of death for young people, by increasing awareness of suicide as a public health issue, sharing new knowledge in the field of suicide prevention, and offering networking opportunities with mental health practitioners in attendance.</p>   | <p>Association of Community Services of Howard County<br/>9770 Patuxent Woods Drive<br/>Columbia, MD 21046</p> <p>410-531-6006<br/><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>        |
| <p><b>(QPR)<br/>QUESTION-PERSUADE-REFER</b></p> <p><a href="https://bit.ly/2J7JuZP">https://bit.ly/2J7JuZP</a></p>                  | <p>10/2/18<br/>6:30 – 8:30pm</p> <p>*FREE for Howard County residents and employees</p>   | <p>QPR is a basic suicide prevention gatekeeper training designed for individuals who do not have training/experience in suicide intervention</p>   | <p>Howard County General Hospital<br/>Wellness Center Medical Pavilion<br/>10710 Charter Drive, Suite 100<br/>Columbia, MD 21044</p> <p>410-740-7601</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: [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov) or call (410) 313-6204**