

## 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			
Program Name & Link	Dates	Program Description	Location
<b>Mental Health First Aid</b> <a href="https://bit.ly/2vEf3Zb">https://bit.ly/2vEf3Zb</a>	7/18/18 and 7/19/18 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 <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a>
<b>Mental Health First Aid</b> <a href="https://bit.ly/2IEOhYW">https://bit.ly/2IEOhYW</a>	7/25/18 8:30 – 4:30pm	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 Family and Children’s Services  Howard County 50+ Center  410-313-0227 <a href="mailto:amasood@fcsmd.org">amasood@fcsmd.org</a>
<b>Youth Mental Health First Aid</b> <a href="https://bit.ly/2tRRIVr">https://bit.ly/2tRRIVr</a>	7/27/18 8:30 – 5:00pm  *FREE for Howard County residents and employees  **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.	Hosted by Grassroots and the Howard County Local Health Improvement Coalition  8930 Stanford Boulevard Columbia, MD 21045  410-313-6573 <a href="mailto:lawilliams@howardcountymd.gov">lawilliams@howardcountymd.gov</a>

<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 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 1301 York Road, Suite 505 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 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 Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044</p> <p>410-740-7601</p>
<p><b>Mental Health First Aid</b></p> <p><a href="https://bit.ly/2tLHhgo">https://bit.ly/2tLHhgo</a></p>	<p>9/8/18 8:30 -5:00pm</p> <p>*FREE for Howard County residents</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 Humanim 6355 Woodside Court Columbia, MD 21046</p> <p><a href="mailto:jmurray@humanim.org">jmurray@humanim.org</a></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 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 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="https://bit.ly/2FavPid">https://bit.ly/2FavPid</a></p>	<p>10/5/18 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 Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044</p> <p>410-740-7602 <a href="mailto:jstanton6@jhmi.edu">jstanton6@jhmi.edu</a></p>

<b>Mental Health First Aid</b> <a href="https://bit.ly/2HTACrp">https://bit.ly/2HTACrp</a>	10/25/18 8:30 – 5:00pm  *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  410-531-6006 <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>
<b>Mental Health First Aid</b> <a href="https://bit.ly/2JkRzKy">https://bit.ly/2JkRzKy</a>	11/1/18 and 11/2/18 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 <a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a>
<b>Mental Health First Aid</b> <a href="https://bit.ly/2EXYkQa">https://bit.ly/2EXYkQa</a>	11/16/18 8:30 – 4:30pm  *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.  Registration for HCGH MHFA is online at <a href="http://www.hcgh.org">www.hcgh.org</a> .	Howard County General Hospital Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044  410-740-7601

SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
<b>Safe Space Training by Grassroots</b> <a href="https://bit.ly/2JDLdqq">https://bit.ly/2JDLdqq</a>	7/13/18 9:00- 5:00 pm  *FREE for Howard County residents and employees. CEUs are available.	The Safe Space training has been designed by Grassroots as a suicide prevention and intervention model that focuses on the LGBTQ+ population and their increased risk for suicide.	Nonprofit Center 9770 Patuxent Woods Drive Columbia, MD 21046
<b>Webinar: What Drives Teen Risk Taking on Social Media</b> <a href="https://bit.ly/2Kx3OYR">https://bit.ly/2Kx3OYR</a>	7/23/18 12:00 – 1:00pm	This webinar will explore strategies for decreasing risky behaviors in teens when using social media.	Hosted by Partnership for Safer Maryland, The Nationwide Children’s Hospital Center for Suicide Prevention and Research and Loyola University Chicago's School of Social Work

<p><b>Suicide Prevention is Everyone's Business: The Role that We Play as Providers</b>  <a href="https://bit.ly/2JeV6Om">https://bit.ly/2JeV6Om</a></p>	<p>7/24/18  9:00 - 12:15pm  *Cost: \$45</p>	<p>This suicide intervention workshop will provide an overview of suicide in public health and discuss the role providers and educators play in prevention.</p>	<p>Maryland Center for Developmental Disabilities at Kennedy Krieger Institute  7000 Tudsbury Road  MCDD Training Room  Baltimore, MD 21244</p>
<p><b>Talk Saves Lives</b>  <a href="https://bit.ly/2I9ibgS">https://bit.ly/2I9ibgS</a></p>	<p>8/1/18  12:00 - 1:00pm  *FREE</p>	<p>This suicide intervention workshop will provide a brief introduction to suicide prevention. Participants will learn the warning signs and risk factors for suicide, and how we can help prevent it together.</p>	<p>Hosted by American Foundation for Suicide Prevention Maryland Chapter   Spring Grove Hospital Center  55 Wade Avenue  Vocational Rehabilitation Building  Catonsville, MD 21228</p>
<p><b>(QPR) QUESTION-PERSUADE-REFER</b></p>	<p>8/2/18  5:00- 7:00 pm  *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>Hosted by Grassroots Crisis Intervention Center  6700 Freetown Rd.  Columbia, MD 21044</p>
<p><b>Webinar: Engaging Youth and Young Adults in Suicide Prevention</b>  <a href="https://bit.ly/2rNXn94">https://bit.ly/2rNXn94</a></p>	<p>8/9/18  11:00 am  *FREE but registration is required</p>	<p>This webinar will explore effective ways to engage youth and young adults in suicide prevention.   Please note this is an online event. Once attendees register, they will receive the webinar link in their confirmation email.  <b>Register here:</b> <a href="https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441">https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441</a></p>	<p>Hosted by Maryland's Suicide Prevention and Early Intervention Network</p>
<p><b>9<sup>th</sup> Annual Suicide Prevention Symposium</b>  <a href="https://bit.ly/2FakbUJ">https://bit.ly/2FakbUJ</a></p>	<p>9/14/18  11:00 – 4:00pm  *\$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  9770 Patuxent Woods Drive  Columbia, MD 21046   410-531-6006  <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>
<p><b>(QPR) QUESTION-PERSUADE-REFER</b>  <a href="https://bit.ly/2J7JuZP">https://bit.ly/2J7JuZP</a></p>	<p>10/2/18  6:30 – 8:30pm  *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 Wellness Center Medical Pavilion  10710 Charter Drive, Suite 100  Columbia, MD 21044  410-740-7601</p>

<p><b>Webinar: Suicide Prevention to Support Veterans and Military Connected Families</b></p> <p><a href="https://bit.ly/2Ip2aIK">https://bit.ly/2Ip2aIK</a></p>	<p>10/18/18 11:00 am</p> <p>*FREE but registration is required</p>	<p>This webinar will explore strategies for suicide prevention to support veterans and military connected families.</p> <p>Please note this is an online event. Once attendees register, they will receive the webinar link in their confirmation email.</p> <p><b>Register here:</b> <a href="https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441">https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441</a></p>	<p>Hosted by Maryland's Suicide Prevention and Early Intervention Network</p>
<p><b>Webinar: Suicide Prevention in the Holiday Season</b></p> <p><a href="https://bit.ly/2lrydDK">https://bit.ly/2lrydDK</a></p>	<p>12/13/18 11:00 am</p> <p>*FREE but registration is required</p>	<p>This webinar will explore suicide prevention in the holiday season.</p> <p>Please note this is an online event. Once attendees register, they will receive the webinar link in their confirmation email.</p> <p><b>Register here:</b> <a href="https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441">https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441</a></p>	<p>Hosted by Maryland's Suicide Prevention and Early Intervention Network</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**