

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
Youth Mental Health First Aid https://bit.ly/2tRRIVr	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 lawilliams@howardcountymd.gov
Youth Mental Health First Aid https://bit.ly/2Hmsjml	8/8/18 and 8/9/18 1:00 – 5:00pm *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
Mental Health First Aid https://bit.ly/2vq059h	9/07/18 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 www.hcgh.org .	Howard County General Hospital Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044 410-740-7601

<p>Mental Health First Aid</p> <p>https://bit.ly/2tLHhgo</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>jmurray@humanim.org</p>
<p>Youth Mental Health First Aid</p> <p>https://bit.ly/2qVhFFf</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 mhfatraining@mhamd.org</p>
<p>Youth Mental Health First Aid</p> <p>https://bit.ly/2FavPid</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 www.hcgh.org .</p>	<p>Howard County General Hospital Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044</p> <p>410-740-7602 jstanton6@jhmi.edu</p>
<p>Mental Health First Aid</p> <p>https://bit.ly/2HTACrp</p>	<p>10/25/18 8:30 – 5:00pm</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>Hosted by Grassroots Crisis Intervention Location TBD</p> <p>410-531-6006 amanda@grassrootscrisis.org</p>
<p>Mental Health First Aid</p> <p>https://bit.ly/2JkRzKy</p>	<p>11/1/18 and 11/2/18 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 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 mhfatraining@mhamd.org</p>

<p>Mental Health First Aid</p> <p>https://bit.ly/2EXYkQa</p>	<p>11/16/18 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 www.hcgh.org.</p>	<p>Howard County General Hospital Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044</p> <p>410-740-7601</p>
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SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
<p>Talk Saves Lives</p> <p>https://bit.ly/2I9ibgS</p>	<p>8/1/18 12:00 - 1:00pm</p> <p>*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</p> <p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p>
<p>(QPR) QUESTION-PERSUADE-REFER</p>	<p>8/2/18 5:00- 7:00 pm</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>Hosted by Grassroots Crisis Intervention Center 6700 Freetown Rd. Columbia, MD 21044</p>
<p>Webinar: Engaging Youth and Young Adults in Suicide Prevention</p> <p>https://bit.ly/2rNXn94</p>	<p>8/9/18 11:00 am</p> <p>*FREE but registration is required</p>	<p>This webinar will explore effective ways to engage youth and young adults in suicide prevention.</p> <p>Please note this is an online event. Once attendees register, they will receive the webinar link in their confirmation email. Register here: https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441</p>	<p>Hosted by Maryland's Suicide Prevention and Early Intervention Network</p>
<p>9th Annual Suicide Prevention Symposium</p> <p>https://bit.ly/2FakbUJ</p>	<p>9/14/18 11:00 – 4:00pm</p> <p>*\$30; will include Social Worker CEU's & 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 amanda@grassrootscrisis.org</p>

<p>(QPR) QUESTION-PERSUADE-REFER</p> <p>https://bit.ly/2J7JuZP</p>	<p>10/02/18 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>30th Annual Suicide Prevention Conference</p> <p>https://bit.ly/2mFpsfP</p>	<p>10/03/2018 8:00 -5:00pm *Cost: \$95 for general public and \$55 for students.</p>	<p>Maryland's 30th Annual Suicide Prevention Conference will feature Chief Warrant Officer 4 Clifford W. Bauman as the Keynote Speaker who will share his story on surviving a suicide attempt, seeking help and support and going on to pursue a successful career in the military</p>	<p>Martin's West 6817 Dogwood Rd Baltimore, MD 21244 janel.cubbage@maryland.gov</p>
<p>Webinar: Suicide Prevention to Support Veterans and Military Connected Families</p> <p>https://bit.ly/2lp2aIk</p>	<p>10/18/18 11:00 am *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. Register here: https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441</p>	<p>Hosted by Maryland's Suicide Prevention and Early Intervention Network</p>
<p>Webinar: Suicide Prevention in the Holiday Season</p> <p>https://bit.ly/2lrydDK</p>	<p>12/13/18 11:00 am *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. Register here: https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441</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 or call (410) 313-6204