

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/2qVhFFf	10/04/18 and 10/5/18 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 mhfatraining@mhamd.org
Youth Mental Health First Aid https://bit.ly/2FavPid	10/05/18 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. 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 410-740-7602 jstanton6@jhmi.edu
Mental Health First Aid https://bit.ly/2HTACrp	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 amanda@grassrootscrisis.org

<p>Mental Health First Aid</p> <p>https://bit.ly/2JkRzKy</p>	<p>11/01/18 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/2Mp26KV</p>	<p>11/03/2018 9:00 – 5:00 pm</p> <p>*Cost is \$90</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 Howard Community College MHFA is online at: Howard Community College Mental Health First Aid</p>	<p>Howard Community College Health Sciences Building 10901 Little Patuxent Parkway Columbia, MD 21044</p> <p>443-518-4981 kschultz@howardcc.edu</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>
<p>Youth Mental Health First Aid</p> <p>https://bit.ly/2w7pAKl</p>	<p>03/30/19 8:30 – 4:30pm</p> <p>*FREE for Howard County residents and employees</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>St. John Baptist Church 9055 Tamar Drive, Columbia, MD 21045</p> <p>410-740-7601</p>
<p>Mental Health First Aid</p> <p>https://bit.ly/2wklSFZ</p>	<p>04/19/19 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>
<p>Mental Health First Aid</p> <p>https://bit.ly/2nYeFxy</p>	<p>05/03/19 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>

SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
(QPR) QUESTION-PERSUADE-REFER https://bit.ly/2J7JuZP	10/02/18 6:30 – 8:30pm *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.	Howard County General Hospital Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044 410-740-7601
30th Annual Suicide Prevention Conference https://bit.ly/2mFpsfP	10/03/18 8:00 -5:00pm *Cost: \$95 for general public and \$55 for students.	Maryland's 30 th Annual Suicide Prevention Conference will feature Chief Warrant Office 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.	Martin's West 6817 Dogwood Rd Baltimore, MD 21244 410-402-8576 janel.cubbage@maryland.gov
Webinar: Suicide Prevention to Support Veterans and Military Connected Families https://bit.ly/2lp2aIK	10/18/18 11:00 am *FREE but registration is required	This webinar will explore strategies for suicide prevention to support veterans and military connected families. Register here: https://www.eventbrite.com/o/marylands-suicide-prevention-and-early-intervention-network-17075762441	Hosted by Maryland's Suicide Prevention and Early Intervention Network
Lunch and Learn: Talk Saves Lives: An Introduction to Suicide Prevention https://bit.ly/2PzOTwS	10/18/18 12:00- 1:00pm * FREE but registration is required.	This Lunch and Learn will provide a brief introduction to suicide prevention and part of the MD SPIN Lunch and Learn Series. Register here: https://www.eventbrite.com/e/talk-saves-lives-an-introduction-to-suicide-prevention-tickets-48609063016	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-402-8576 janel.cubbage@maryland.gov
Safe Space Training by Grassroots https://bit.ly/2I9mYQR	10/24/18 8:00- 4:00 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.	McGill Training Center Classroom 2 8452 Zimborski Avenue Fort Meade, MD 20755 maggiem@grassrootscrisis.org

<p>Maryland's Extreme Risk Protective Order: A New Tool for Preventing Suicide</p>	<p>10/24/18 1:00- 2:00pm</p> <p>*FREE but registration is required</p>	<p>This workshop will discuss the details of this law, the experiences of other states with similar laws, and the implications for suicide prevention in Maryland.</p> <p>Register here: https://www.eventbrite.com/e/marylands-extreme-risk-protective-order-a-new-tool-for-preventing-suicide-tickets-49217203982</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>janel.cubbage@maryland.gov</p>
<p>Applied Suicide Intervention Training (ASIST)</p>	<p>10/26/18 - 10/27/18 9:00- 5:00pm</p> <p>*FREE but registration is required</p>	<p>ASIST is a two-day interactive workshop in suicide first-aid and teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.</p> <p>Register here: https://afsp.org/event/applied-suicide-intervention-skills-asist-training/</p>	<p>St. Mary's Health Department 21580 Peabody Street Leonardtown, Maryland 20650</p> <p>202- 770-8973 kolbrich@afsp.org</p>
<p>Applied Suicide Intervention Training (ASIST)</p> <p>https://bit.ly/2Oa27SU</p>	<p>11/08/18 – 11/09/18 8:30- 5:00pm</p> <p>*FREE for Howard County residents and employees.</p>	<p>ASIST is a two-day interactive workshop in suicide first-aid and teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.</p>	<p>Howard County Non Profit Center 9770 Patuxent Woods Drive Columbia, MD 21046 Amanda@grassrootscrisis.org</p>
<p>Lunch and Learn: Talk Saves Lives: It's Real: College Students and Mental Health</p> <p>https://bit.ly/2PzOTwS</p>	<p>11/15/18 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss mental health in college students and part of the MD SPIN Lunch and Learn Series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>janel.cubbage@maryland.gov</p>

<p>Grassroots 9th Annual Suicide Prevention Symposium</p> <p>https://bit.ly/2lcYLJA</p>	<p>11/16/18 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>Webinar: Suicide Prevention in the Holiday Season</p> <p>https://bit.ly/2lrydDK</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. 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>Lunch and Learn: Interactive Screening Program</p> <p>https://bit.ly/2PzOTwS</p>	<p>12/20/18 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss the interactive screening program to access mental health services and part of the MD SPIN Lunch and Learn Series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 janel.cubbage@maryland.gov</p>
<p>Lunch and Learn: Problem Gambling and Suicide</p> <p>https://bit.ly/2PzOTwS</p>	<p>01/17/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will explore the connection between problem gambling and suicide and part of the MD SPIN Lunch and Learn Series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 janel.cubbage@maryland.gov</p>
<p>Lunch and Learn: Postvention as Prevention- Supporting Suicide –loss Survivors</p> <p>https://bit.ly/2PzOTwS</p>	<p>02/21/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss supporting suicide-loss survivors and part of the MD SPIN Lunch and Learn Series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 janel.cubbage@maryland.gov</p>
<p>Lunch and Learn: Resources for Caregivers in Service to our Men and Women Who've Served</p> <p>https://bit.ly/2PzOTwS</p>	<p>03/21/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will identify resources for caregivers of individuals who have served in the armed forces and part of the MD SPIN Suicide Prevention Lunch and Learn series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 janel.cubbage@maryland.gov</p>

<p>Lunch and Learn: More than Sad</p> <p>https://bit.ly/2PzOTwS</p>	<p>04/18/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss suicide prevention resources and part of the MD SPIN Suicide Prevention Lunch and Learn series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>janel.cubbage@maryland.gov</p>
<p>Lunch and Learn: You Matter: The Relationship of Bullying and Suicide</p> <p>https://bit.ly/2PzOTwS</p>	<p>05/16/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss The Relationship of Bullying and Suicide of individuals who have served in the armed forces and part of the MD SPIN Suicide Prevention Lunch and Learn series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>janel.cubbage@maryland.gov</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