

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
Mental Health First Aid https://bit.ly/2Mp26KV	11/03/2018 9:00 – 5:00 pm *Cost is \$90	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 Howard Community College MHFA is online at: Howard Community College Mental Health First Aid	Howard Community College Health Sciences Building 10901 Little Patuxent Parkway Columbia, MD 21044 443-518-4981 kschultz@howardcc.edu
Mental Health First Aid https://bit.ly/2EXYkQa	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 www.hcgh.org .	Howard County General Hospital Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044 410-740-7601
Youth Mental Health First Aid https://bit.ly/2P6OVzP	12/14/18 10:00 – 6:00pm *FREE for Howard County residents and employees	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: www.grassrootscrisis.org/events/	TBD (410) 531-6006 Amanda@grassrootscrisis.org

<p>Youth Mental Health First Aid</p> <p>https://bit.ly/2w7pAKI</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 jstanto6@jhmi.edu</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 jstanto6@jhmi.edu</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 jstanto6@jhmi.edu</p>

SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
Applied Suicide Intervention Training (ASIST) https://bit.ly/2Oa27SU	11/08/18 – 11/09/18 8:30- 5:00pm *FREE for Howard County residents and employees.	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.	Howard County Non Profit Center 9770 Patuxent Woods Drive Columbia, MD 21046 410-531-6006 Amanda@grassrootscrisis.org
Lunch and Learn: Talk Saves Lives: It's Real: College Students and Mental Health https://bit.ly/2PzOTwS	11/15/18 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will discuss mental health in college students and part of the MD SPIN Lunch and Learn Series.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov
Grassroots 9th Annual Suicide Prevention Symposium https://bit.ly/2lcYLJA	11/16/18 11:00 – 4:00pm *\$30; will include Social Worker CEU's & lunch	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.	Association of Community Services of Howard County 9770 Patuxent Woods Drive Columbia, MD 21046 410-531-6006 amanda@grassrootscrisis.org
Webinar: Suicide Prevention in the Holiday Season https://bit.ly/2lrydDK	12/13/18 11:00 am *FREE but registration is required	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	Hosted by Maryland's Suicide Prevention and Early Intervention Network
Lunch and Learn: Interactive Screening Program https://bit.ly/2PzOTwS	12/20/18 12:00- 1:00pm * FREE but registration is required	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.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov

<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</p> <p>410-767-6500 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</p> <p>410-767-6500 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</p> <p>410-767-6500 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>410-767-6500 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>410-767-6500 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

