

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/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
Youth Mental Health First Aid https://bit.ly/2P6OVzP	1/11/19 8:00 – 4:30pm *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: https://hocoymhfa.eventbrite.com	Howard County Health Department Barton Room 8930 Stanford Blvd. Columbia, MD 21045 410-313-6204 lhic@howardcountymd.gov
Youth Mental Health First Aid https://bit.ly/2TXBVv7	1/29/19 and 1/31/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available **Must be 18 and	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

	older to attend		
Mental Health First Aid https://bit.ly/2PaMAi5	2/25/19 and 2/27/19 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 mhfatraining@mhamd.org
Youth Mental Health First Aid https://bit.ly/2w7pAKI	03/30/19 8:30 – 4:30pm *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 for HCGH MHFA is online at www.hcgh.org .	St. John Baptist Church 9055 Tamar Drive, Columbia, MD 21045 410-740-7601 jstanto6@jhmi.edu
Mental Health First Aid https://bit.ly/2wkl5FZ	04/19/19 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 jstanto6@jhmi.edu
Mental Health First Aid https://bit.ly/2nYeFxy	05/03/19 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 jstanto6@jhmi.edu
Youth Mental Health First Aid https://bit.ly/2FPvhDX	5/20/19 and 5/21/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available **Must be 18 and	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

	older to attend		
Mental Health First Aid https://bit.ly/2PaMHdv	6/5/19 and 6/6/19 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 mhfatraining@mhamd.org

SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
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
Lunch and Learn: Problem Gambling and Suicide https://bit.ly/2PzOTwS	01/17/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will explore the connection between problem gambling and suicide 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
Lunch and Learn: Postvention as Prevention- Supporting Suicide –loss Survivors https://bit.ly/2PzOTwS	02/21/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will discuss supporting suicide-loss survivors 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
Lunch and Learn: Resources for Caregivers in Service to our Men and Women Who've Served https://bit.ly/2PzOTwS	03/21/19 12:00- 1:00pm * FREE but registration is required	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.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov
Lunch and Learn: More than Sad https://bit.ly/2PzOTwS	04/18/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will discuss suicide prevention resources and part of the MD SPIN Suicide Prevention Lunch and Learn series.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov
Lunch and Learn: You Matter: The Relationship of Bullying and Suicide https://bit.ly/2PzOTwS	05/16/19 12:00- 1:00pm * FREE but registration is required	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.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov

**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**