



## Howard County Resource Guide – Mental Health and Suicide Prevention Programs

The Howard County Local Health Improvement Coalition (HCLHIC) wants to increase participation in evidence based mental health, suicide prevention education and stigma reduction programs by Howard County community members. Partners including *Howard County General Hospital, Grassroots Crisis Intervention, the American Foundation for Suicide Prevention - Maryland Chapter and the Mental Health Association of Maryland* are collaborating to make these programs accessible to the community. *You can help by sharing these upcoming programs!*

MENTAL HEALTH FIRST AID & OTHER PROGRAMS			
Program Name & Link	Program Description	Dates	Location
<b>Youth Mental Health First Aid</b>  Hosted by Mental Health Association of Maryland  <a href="http://www.mhamd.org">www.mhamd.org</a>	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.  *Cost is \$119; full and partial scholarships available.  **Must be 18 and older to attend	02/24/20 and 02/25/20 8:30am – 1:00pm  Registration Required	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093
		05/06/20 and 05/08/20 8:30am – 1:00pm  Registration Required	443-901-1550 ext. 233 <a href="mailto:jtreger@mhamd.org">jtreger@mhamd.org</a>
<b>Youth Mental Health First Aid</b>  Hosted by Grassroots Crisis Intervention  <a href="https://www.grassrootscrisis.org/events/">https://www.grassrootscrisis.org/events/</a>	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.  *FREE for all Howard County Residents, Employees, Students (age 18+) & members of First Presbyterian	03/13/20 9:30AM – 5:30PM  Registration Required	First Presbyterian of Howard County 9325 Presbyterian Cir, Columbia MD 21045  <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>



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<p><b>Mental Health First Aid</b></p> <p>Hosted by Howard County General Hospital</p> <p><a href="https://events.hcgh.hopkinsmedicine.org/">https://events.hcgh.hopkinsmedicine.org/</a></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>* For residents of Howard County who are over 18 years old.</p> <p>** \$25 for non-Howard County residents</p> <p>*** Businesses located in Howard County may reserve up to 10 seats in one class for their staff (as space is available). Cost for businesses is \$25 per employee.</p>	<p>03/13/2020 8:30am – 5:00pm</p> <p>Registration Required</p> <hr/> <p>05/08/2020 8:30am – 5:00pm</p> <p>Registration Required</p>	<p>Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 <a href="mailto:istanto6@jhmi.edu">istanto6@jhmi.edu</a></p>
<p><b>Mental Health First Aid</b></p> <p>Hosted by Mental Health Association of Maryland</p> <p><a href="http://www.mhamd.org">www.mhamd.org</a></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>*Cost is \$119; full and partial scholarships available.</p> <p>**Must be 18 and older to attend</p>	<p>03/24/20 and 03/25/20 8:30am – 1:00pm</p> <p>Registration Required</p> <hr/> <p>06/02/20 and 06/03/20 8:30am – 1:00pm</p> <p>Registration Required</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 233 <a href="mailto:jtreger@mhamd.org">jtreger@mhamd.org</a></p>
<b>SUICIDE PREVENTION AND INTERVENTION PROGRAMS</b>			
<b>Program Name &amp; Link</b>	<b>Program Description</b>	<b>Dates</b>	<b>Location</b>
<p><b>Suicide to Hope (S2H)</b></p> <p><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>S2H is structured around a three-phase Pathway to Hope model and teaches how to use this model collaboratively with clients. Through the S2H, participants will have an opportunity to reflect upon their qualities as</p>	<p>01/29/20 8:30am – 4:30pm</p> <p>*FREE but registration is required</p>	<p>Spring Grove Hospital Center 55 Wade Ave Dix Building Basement Catonsville, MD 21228</p>

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	helper- the beliefs, values, and attitudes they bring to the relationship. CEUs are available.		<a href="mailto:janel.cubbage@maryland.gov">janel.cubbage@maryland.gov</a>
<b>safe TALK</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>	safe TALK is a 3-hour training that helps participants recognize and respond to a person with thoughts of suicide. The participants will become suicide alert helpers and learn how to connect the person with thoughts of suicide with resources to help them choose to live. CEUs are available.	01/30/20 1:00pm – 4:00pm  *FREE but registration is required	Spring Grove Hospital Center 55 Wade Ave Rice Auditorium, Catonsville, MD 21228  <a href="mailto:janel.cubbage@maryland.gov">janel.cubbage@maryland.gov</a>
<b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b>  Hosted by Grassroots Crisis Intervention  <a href="https://www.grassrootscrisis.org/events/">https://www.grassrootscrisis.org/events/</a>	QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.	02/17/20 7:00pm – 9:00pm  Registration Required	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044
		02/20/20 5:00pm – 7:00pm  Registration Required	Non-Profit Collaborative of Howard County  9770 Patuxent Woods Dr. Columbia, MD 21046
		03/20/20 5:00pm – 7:00pm  Registration Required	<a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>
<b>Applied Suicide Intervention Skills Training (ASIST)</b>  <a href="https://www.eventbrite.com/e/applied-suicide-intervention-skills-training-asist-tickets-69012733945">https://www.eventbrite.com/e/applied-suicide-intervention-skills-training-asist-tickets-69012733945</a>	ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. You don't need any prior training to attend ASIST—just a willingness to make a difference.	02/27/20 and 02/28/20 8:30am – 4:30pm  Registration Required	Spring Grove Hospital Center 55 Wade Ave Rice Auditorium Catonsville, MD 21228  <a href="mailto:janel.cubbage@maryland.gov">janel.cubbage@maryland.gov</a>
<b>Applied Suicide Intervention Skills Training (ASIST)</b>  Hosted by Grassroots Crisis Intervention  <a href="https://www.grassrootscrisis.org/events/">https://www.grassrootscrisis.org/events/</a>	ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. You don't need any prior training to attend ASIST—just a willingness to make a difference.	03/05/20 and 03/06/20 9:00am – 5:00pm  Registration Required	Location TBD  <a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a>

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ON-GOING TRAINING AND SUPPORT PROGRAMS			
Program Name & Link	Program Name & Link	Program Name & Link	Program Name & Link
<p><b>Opioid Overdose Response (Narcan Training) – Drop in Training</b></p> <p><a href="https://www.howardcountymd.gov/gethelp">https://www.howardcountymd.gov/gethelp</a></p>	<p>The Howard County Health Department offers FREE Opioid Overdose Response Program training on a drop-in-basis. Simply show up and learn how to administer Narcan, the opioid reversing medicine and how to save a person’s life from a possible overdoses caused by an opioid.</p> <p>* Dates are subject to change please check website for up-to-date information</p> <p>** FREE but registration is required</p>	<p>First Tuesday and Last Thursday of each month 3:00pm – 6:00pm</p>	<p>Howard County Health Department 8930 Stanford Blvd, Columbia MD 21045</p> <p>410-313-6202 <a href="mailto:orprresponse@howardcountymd.gov">orprresponse@howardcountymd.gov</a></p>
<p><b>NAMI Connection Support Group</b></p> <p><a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a></p>	<p>NAMI Connection is a recovery support group program for people living with mental illness. The trained individuals who are in recovery themselves understand participants’ daily challenges and can offer them encouragement and support.</p> <p>* Dates are subject to change please check website for up-to-date information</p>	<p>Second and Fourth Monday of the month 6:30pm – 8:00pm</p>	<p>Owen Brown Interfaith Center, 7246 Cradlerock Way Room150 Columbia 21045</p> <p>410-772-9300 <a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a></p>
<p><b>NAMI Family Support Group</b></p> <p><a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a></p>	<p>This is a support group program for family and friends of adults with a mental illness and lead by trained family members.</p> <p>* Dates are subject to change please check website for up-to-date information</p>	<p>Second Tuesday of the month 7:30pm – 9:00pm</p>	<p>The Parlor of Harmony Hall Retirement Center, 6336 Cedar Lane, Columbia MD 21044</p> <p>410-772-9300 <a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a></p>
		<p>Third Friday of the month 7:30pm – 9:00pm</p>	<p>Celebration Church, 7101 Riverwood Dr, Columbia, MD 21045</p>

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			410-772-9300 <a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a>
<b>NAMI Transition Age Youth (18-26) Support Group</b>  <a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a>	<p>This is a support group program for family and friends of youth ages 16-26 (transition age) with a mental illness and lead by trained family members.</p> <p>* Dates are subject to change please check website for up-to-date information</p>	<p>Third Thursday of the month 7:30pm – 9:00pm</p>	<p>First Presbyterian Church, 9325 Presbyterian Circle, Room 252, Columbia, MD 21045</p> <p>410-772-9300 <a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a></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**