

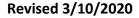
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#### **Howard County Resource Guide – Mental Health and Suicide Prevention Programs**

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
Youth Mental Health First Aid  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 9:30 am – 5:30 pm Registration Required	First Presbyterian of Howard County 9325 Presbyterian Cir, Columbia MD 21045  amanda@grassrootscrisis.org
Youth Mental Health First Aid  Hosted by Mental Health Association of Maryland  www.mhamd.org	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.	05/06/20 and 05/08/20 8:30 am – 1:00 pm Registration Required	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 233 jtreger@mhamd.org
	**Must be 18 and older to attend		





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Youth Mental Health First Aid  Hosted by Howard County General Hospital <a href="https://events.hcgh.hopkinsmedicine.org/">https://events.hcgh.hopkinsmedicine.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  * For residents of Howard County who are over 18 years old.  *** \$25 for non-Howard County residents  *** Businesses located in Howard County may reserve up to 10 seats in one class for their staff (as space is available). Cost for	06/05/20 8:30 am – 5:00 pm Registration Required	Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu
Mental Health First Aid  Hosted by Howard County General Hospital <a href="https://events.hcgh.hopkinsmedicine.org/">https://events.hcgh.hopkinsmedicine.org/</a>	businesses is \$25 per employee.  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.  * For residents of Howard County who are over 18 years old.  *** \$25 for non-Howard County residents  *** 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.	03/13/20 8:30 am – 5:00 pm Registration Required 05/08/20 8:30 am – 5:00 pm Registration Required	Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu

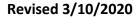




Mental Health First Aid  Hosted by Mental Health Association of Maryland  www.mhamd.org	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.  *Cost is \$119; full and partial scholarships available.  **Must be 18 and older to attend	03/24/20 and 03/25/20 8:30 am – 1:00 pm Registration Required 06/02/20 and 06/03/20 8:30 am – 1:00 pm Registration Required	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 233 itreger@mhamd.org
	SUICIDE PREVENTION AND NTERVENTIO	N PROGRAMS	
Program Name & Link	Program Description	Dates	Location
Applied Suicide Intervention Skills Training (ASIST)  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 9:00 am – 5:00 pm Registration Required	Location TBD  amanda@grassrootscrisis.org
Lunch and Learn: The Relationship between Gambling and Behavioral Health <a href="http://bit.ly/2TGfAmj">http://bit.ly/2TGfAmj</a>	This Lunch and Learn provides an overview of the services offered at the Center and examine that the relationship between gambling and behavioral health and discusses the lack of Maryland-specific research on this topic.	03/19/20 12:00 pm – 1:00 pm Registration Required	Spring Grove Hospital Center Vocational Rehabilitation Building 55 Wade Avenue Catonsville, MD 21228  janel.cubbage@maryland.gov
safe TALK  Hosted by Mental Health Association of Maryland <a href="http://bit.ly/38sOJ2i">http://bit.ly/38sOJ2i</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.	03/26/20 9:00 pm – 12:00 pm *FREE but registration is required	Spring Grove Hospital Center Dix Building Basement 55 Wade Ave Catonsville, MD 21228  janel.cubbage@maryland.gov







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More than Sad: Suicide Prevention Education for Parents, Teachers & Youth Workers  Hosted by Toyin Fasosin in partnership with American Foundation for Suicide Prevention https://toyinfasosin.com/	Parents will learn how to recognize signs of depression and other mental health problems, initiate a conversation with their child, and get him or her help.	03/29/20 11:00 am – 12:00 pm	Jesus Tabernacle  10176 Baltimore National Pike #117 Ellicott City, MD 21042  toyin@toyinfasosin.com
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training  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.	03/20/20 5:00 pm – 7:00 pm Registration Required 04/06/20 5:00 pm – 7:00 pm Registration Required 05/11/20 5:00 pm – 7:00 pm Registration Required	Non-Profit Collaborative of Howard County  9770 Patuxent Woods Dr. Columbia, MD 21046  amanda@grassrootscrisis.org  Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044
Lunch and Learn: Engaging in Suicide Prevention for the LGBTQ+ Community  Hosted by Mental Health Association of	This Lunch and Learn provides discusses risk and protective factors for this community, the importance of language as a method to shift society form tolerance to acceptance, and	04/16/20 12:00 pm – 1:00 pm	Spring Grove Hospital Center Vocational Rehab. Building 55 Wade Ave Catonsville, MD 21228
Maryland <a href="http://bit.ly/38u6Zby">http://bit.ly/38u6Zby</a>	ways to engage in conversation with LGBTG+ folks to convey support and discuss suicidality.	Registration Required	janel.cubbage@maryland.gov
	ON-GOING TRAINING AND SUPPORT		
Program Name & Link	Program Name & Link	Program Name & Link	Program Name & Link
Opioid Overdose Response (Narcan Training) – Drop in Training <a href="https://www.howardcountymd.gov/gethelp">https://www.howardcountymd.gov/gethelp</a>	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 overdoes caused by an opioid.  * Dates are subject to change please check website for up-to-date information	First Tuesday and Last Thursday of each month 3:00 pm – 6:00 pm	Howard County Health Department 8930 Stanford Blvd, Columbia MD 21045 410-313-6202 orpresponse@howardcountymd.gov

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NAMI Connection Support Group <a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a>	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.  * Dates are subject to change please check website for up-to-date information	Second and Fourth Monday of the month 6:30 pm – 8:00 pm	Owen Brown Interfaith Center, 7246 Cradlerock Way Room150 Columbia 21045 410-772-9300 Yblackston.namihc@gmail.com
NAMI Family Support Group  https://namihowardcounty.org/	This is a support group program for family and friends of adults with a mental illness and lead by trained family members.  * Dates are subject to change please check website for up-to-date information	Second Tuesday of the month 7:30 pm – 9:00 pm  Third Friday of the month	The Parlor of Harmony Hall Retirement Center, 6336 Cedar Lane, Columbia MD 21044  410-772-9300  Yblackston.namihc@gmail.com  Celebration Church, 7101 Riverwood Dr, Columbia, MD 21045 410-772-9300
NAMI Transition Age Youth (18-26) Support Group <a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a>	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.  * Dates are subject to change please check website for up-to-date information	7:30 pm – 9:00 pm  Third Thursday of the month 7:30 pm – 9:00 pm	Yblackston.namihc@gmail.com  First Presbyterian Church, 9325 Presbyterian Circle, Room 252, Columbia, MD 21045  410-772-9300 Yblackston.namihc@gmail.com

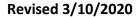
Are you interested in hosting a Mental Health First Aid or QPR training for your business, faith community, fraternity/sorority or other community group?

The HCLHIC can help connect you to trained facilitators and community organizations that can help!

Contact: <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a> or call (410) 313-6204







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