February 3, 2025

LHIC Coalition and Work Group Members - Please see below for upcoming webinars and resources. We encourage you to consider participating and to share these opportunities within your network and others in the community. If you have programs or opportunities that you would like to submit, please send them via email to [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov).

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# LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

* Howard County Executive Ball Releases Focus Group Recommendations for County’s First-Ever Public Garden. Click [here](https://www.howardcountymd.gov/News042324) to learn more.
* Howard County Seeks Nominees for “Business Recycling and Waste Reduction” and “Green Community Leadership” Awards. Click [here](https://www.howardcountymd.gov/bureau-environmental-services/recycling/business-recycling) to learn more.
* Howard County Family Support Center (FSC). Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.
* Grassroots adds 40% more emergency shelter beds! Click [here](https://mailchi.mp/grassrootscrisis/grassroots-newsletter-jan2025?e=d4d4215bed) to learn more.
* Find a Mental Health First Aid course or Instructor near you using the search tool below. [Link](https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/).
* The Health Department's 2024 Annual Report is now available. Click [here](https://www.howardcountymd.gov/sites/default/files/2025-01/2024%20Annual%20Report%201.6.2025%20FINAL.pdf) to view.
* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* Maternal and Child Health Survey Guide for Community Member. Click [here](https://redcap-phpa.health.maryland.gov/surveys/?s=3NY9T983C977LKEA) to learn more.
* Maryland Department of Health has launched myMDThink, an easy-to-use Benefits Screener. Click [here](https://mymdthink.maryland.gov/home/#/) to learn more.
* The Howard County Health Department (HCHD) offers free virtual training on the use of Narcan. Click [here](https://www.howardcountymd.gov/health/opioid-overdose-response-program) to learn more.
* Free RSV and Tdap vaccines available for pregnant women. Click [here](https://www.howardcountymd.gov/peace-project) to here to learn more or call 410-313-7540.

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# FUNDING OPPORTUNITIES

**Title:** The Maryland Community Health Resources Commission (CHRC) Request for Applications (RFA)

**Description:** The Maryland Community Health Resources Commission (CHRC) released the next round of grant funding for the Consortium on Coordinated Community Supports.  This funding opportunity will make available up to $120 million in new grant funding made available by the Maryland General Assembly to support current and expanded behavioral health services for students, pre-kindergarten through high school, statewide.

**Applications Deadline: February 4, 2025**. Click [here](https://howardcountymd.sharepoint.com/sites/HealthDepartment-PCA-CommunityEngagement/Shared%20Documents/LHIC%20Files/LHIC%20WORKGROUPS/HCLHIC%20Workgroup%20Email/2024/December%2016,%202024/Member%20Resources%2012.16.24.docx) to learn more.

**Title:** Risk and Protective Factors of Family Health and Family Level Interventions

**Description:** The purpose of this initiative is to advance the science of minority health and health disparities by supporting research on family health and well-being and resilience. Funding provided through the National Institutes of Health.

**Applications Deadline: February 5, 2025**. Click [here](https://www.grants.gov/search-results-detail/357713?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery) to learn more.

**Title:** Understanding the School Food Workforce (USFW) Sub-grant

**Description:** Understanding the School Food Workforce (USFW) subgrants support research projects that (1) increase understanding of the current state of the school food workforce in the United States and/or (2) explore strategies to create a stable and respected workforce that can provide nutritious meals to students while supporting resilient local and regional food systems.

**Applications Deadline: February 14, 2025**. Click [here](https://www.thelunchbox.org/apply-for-a-grant/understanding-the-school-food-workforce-subgrants/?eType=EmailBlastContent&eId=77cda502-4d12-41b5-a7f8-085967ff185f) to learn more.

**Title:** Advancing Learning Health Care Research in Outpatient Mental Health Treatment Settings

**Description:** Grant from the NIHto pilot effectiveness, implementation, data science, and services research studies that will advance data-driven learning health care in behavioral health treatment settings, leading to better knowledge and tools for implementing, sustaining, and optimizing evidence-based, high quality, and equitable mental health services in community settings.

**Applications Deadline: February 16, 2025**. Click [here](https://grants.gov/search-results-detail/352269?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery) to learn more.

**Title:** Agency for Healthcare Research and Quality(AHRQ) Small Health Services Research Grant Program

**Description:** A grant from AHRQfor health services research focused on AHRQ research priorities, including improving healthcare quality and patient safety, improving healthcare delivery and practice improvement, and enhancing whole-person healthcare delivery.   
**Applications Deadline: February 16, 2025**. Click [here](https://www.grants.gov/search-results-detail/352221?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery) to learn more.

**Title:** The Partners for Places Matching Grant Program

**Description:** This grant supports equitable sustainability projects and helps build partnerships between local government leaders, frontline community groups and place-based funders in the U.S. and Canada.

**Applications Deadline: February 28, 2025**. Click [here](https://www.fundersnetwork.org/partners-for-places/#opportunities) to learn more.

**Title:** Evidence for Action: Innovative Research to Advance Racial Equity

**Description:** Evidence for Action (E4A) prioritizes research to evaluate specific interventions (e.g., policies, programs, practices) that have the potential to counteract the harms of structural and systemic racism and improve health, well-being, and equity outcomes.

**Rolling applications**: Click [here](https://www.nccor.org/funding-opportunity/evidence-for-action-innovative-research-to-advance-racial-equity/) to learn more.

**Title:** Certified Local Farm and Fish Food Aggregation Grant Fund Programs - Maryland Agricultural and Resource-Based Industry Development Corporation (MARBIDCO)

**Description:** The Certified Local Farm and Fish Food Aggregation Grant Program aims to demonstrate how the investment of funds can help grow and strengthen Maryland’s local food system and create opportunities for small farmers to sell products to wholesale and institutional markets. MARBIDCO offers two levels of grant funding for food aggregation projects.

**Applications Deadline: February 28, 2025**. Click [here](https://www.marbidco.org/certified-local-farm-fish-food-aggregation-grant) for more information.

**Title:** Quit and Thrive Challenge: Community Derived Solutions to Reduce Menthol Cigarette Smoking

**Description:** The National Institute of Health’s Office of Disease Prevention (ODP) and the Centers for Disease Control and Prevention (CDC) are sponsoring the Quit & Thrive Challenge: Community-Derived Solutions to Reduce Menthol Cigarette Smoking to enhance the evidence base of interventions to help individuals from populations experiencing health disparities quit smoking, with a specific emphasis on menthol cigarettes. This Challenge encourages submissions from local and state organizations and agencies to highlight promising community-led solutions to address menthol cigarette smoking.

**Applications Deadline: February 28, 2025, at 11:59 pm**. Click [here](https://prevention.nih.gov/funding/odp-challenges-and-prize-competitions/quit-thrive-challenge-community-derived-solutions-reduce-menthol-cigarette-smoking#topic-prizes) for more information.

**Title:** Maryland’s Office of Overdose Response (MOOR) Competitive Grant Program

**Description:** Eligible applicants include state and local government entities and private and not-for-profit community-based organizations. Programs funded through our Competitive Grant Program are evaluated using a uniform set of criteria that assess potential impact and alignment with our five policy focus areas of Prevention, Harm Reduction, Treatment, Recovery, and Public Safety.

**Applications Deadline: February 28, 2025, at 5 pm**. Click [here](https://stopoverdose.maryland.gov/grants/) for more information.

**Title:** 2025 American Association of Retired Persons (AARP) Community Challenge

**Description:** AARP invites you to submit applications for tangible improvement projects that can help YOUR community become more livable for all residents, especially those 50 and older. Apply now for grants to improve public places; housing; transportation; digital connections; and community resilience across three funding opportunities – Flagship Grants, Demonstration Grants and Capacity-Building Microgrants.

**Applications Deadline**: **Wednesday**, **March 5, 2025, at 5pm.** Click [here](https://www.aarp.org/livable-communities/community-challenge/info-2025/2025-challenge.html) to learn more.

**Title:** Local Food for Schools and Child Care Cooperative Agreement Program

**Description:** The Agricultural Marketing Service (AMS) will enter into cooperative agreements with state governments for the purpose of purchasing local, unprocessed or minimally processed domestic foods from local producers, targeting historically underserved farmers/producers/fishers and small businesses including processors, aggregators, and distributors.

**Rolling applications**: **April 30, 2025.** Click [here](https://grants.gov/search-results-detail/357532?eType=EmailBlastContent&eId=77cda502-4d12-41b5-a7f8-085967ff185f) to learn more.

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# EVENTS, TRAININGS, WEBINARS, SELF-PACED COURSES, AND SUPPORT PROGRAMS

Events below may not be hosted or provided by HCLHIC. If you have any questions about

these events, please contact the event organizers directly.

## HEALTHY BEGINNINGS

**Title:** Intergenerational Focus: Grand Connection Series

**Description**: Make the most of your time with your grandchild! Join OCF's free seven-week Grand Connection Series to connect with other grandparents, share tips and explore the unique bond between grandparents and grandchildren.

**Date and Time:** Saturdays, February 1 - March 22 (no program February 15), 2025, 10:00 - 11:30 am.

**Location:** Elkridge 50+ Center, 6540 Washington Boulevard, Elkridge 21075

**Title:** National Alliance on Mental Illness (NAMI) Parent Support Group

**Description**: This is a group for parents and caregivers of children and teens with mental health concerns ages 5-18 years old. The Transition Age Youth (TAY) support group is for parents and caregivers of transition age youth with mental health concerns with a fluid age range of 16-26 years old. Free and held virtual via Zoom.

**Date and Time:** Second Monday of each month, at 7:30 am. Register [here](https://namihowardcountymd.org/event/online-parent-support-group-2-2-2-2-2/2025-01-13/).

**Title:** New Moms Group

**Description**: Join other new mothers and babies up to 5 months old to share your new mother experience. The group includes resources, guest speakers, discussion of parenting topics and the opportunity to meet and connect with other new moms. Free and held virtual via Zoom.

**Date and Time:** January 14 – February 18, 2025, at 10:00 – 11:30 am. Register [here](https://new-moms-group-2025-vee9f.events.hcgh.hopkinsmedicine.org/).

**Title**: Health Literacy Principles and Toolkits for Early Childhood Programs

**Description**: The Horowitz Center for Health Literacy and Head Start’s National Center on Health, Behavioral Health, and Safety (NCHBHS) are working together on health literacy guiding principles and toolkits to help Head Start, a vital program for families with young children, put health literacy into practice.

**Date and Time**: February 3, 2025, 10:00 am. Register [here](https://umd.zoom.us/meeting/register/tJUtfuusrT4iE9wJz2iVnu8c7YdlxFKM-jlt#/registration).

**Title**: The Howard County Office of Aging and Independence (OAI) Winter Wellness Fitness Challenge!

**Description**: This free program will help keep you motivated, active and thriving during the cold winter months. Your mission is to complete 16 workouts by the end of the challenge! Along the way, stay inspired with our weekly newsletter featuring tips, recipes and fun ideas to enhance your well-being. Plus, you’ll have a chance to win prizes!

**Date and Time**: February 3 - March 28, 2025. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/146056?onlineSiteId=0&from_original_cui=true).

**Title**: Howard County Public School System (HCPSS) Learn Together Series: Let’s Communicate

**Description**: This workshop focuses on the four skills children need to communicate - attention skills, back and forth interaction, receptive language skills, and imitation skills.  Geared toward families of children from birth to age five with a developmental delay or disability (who have an IEP or IFSP).

**Date and Time**: February 4, 2025, 12:00 pm. Register [here](https://docs.google.com/forms/d/e/1FAIpQLSfX7ulisVj5ByUJMBSDiYc01cg5qtx1Z9Kj7aWsRb-DNLUpXw/viewform?pli=1).

**Title**: Setting the Foundation for Better Sleep, Newborn to 15 Months

**Description**: Explore safe sleep practices, discuss common misconceptions about sleep training and practical tips to help your child develop healthy sleep habits.

**Date and Time**: February 6, 2025, 1:00 pm, Virtual. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/148088?onlineSiteId=0&from_original_cui=true).

**Title:** Parent’s Guide to Challenging Behaviors

Description: Parents of children ages two to eight can learn how to address their child's negative behaviors and get resources to feel more confident in parenting.

**Date and Time**: February 8, 2025, 10:00 to 11:00 a.m. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/148039?onlineSiteId=0&from_original_cui=true) to learn more.

**Title:** Sleep Solutions for Toddlers and Preschoolers

**Description:** A certified postpartum doula/pediatric sleep consultant will discuss sleep education tips for children 15 months and older. Explore safe sleep practices to childproof your little one’s space, navigate toddler sleep transitions, and more

**Date and Time:** February 12, 2025, 6:30 to 7:30 pm, Virtual. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/148089?onlineSiteId=0&from_original_cui=true) to learn more.

**Title**: Parenting from the Heart

**Description**: Marriage & Parenting Wisdom (MAPWisdom) will host this free webinar focusing on building connections with your kids to foster lifelong love and success.

**Date and Time**: February 12, 2025, 7:00 – 8:30 pm. Register [here](https://www.mapwisdom.com/book-online).

**Title**: Children’s Mental Health Webinar Series with Children’s National Hospital and CareFirst BlueCross BlueShield

**Description**: This three-part webinar series is being presented by Children’s National Hospital and CareFirst BlueCross BlueShield. Each session will feature experts that will provide valuable background and information to parents and caregivers with strategies and resources to support their mental well-being. The first webinar focuses on social media and youth mental health and will discuss the risks of social media and tools to encourage a safe online presence and support youth mental health.

**Date and Time**: February 12, April 30, and June 11, 2025, 12:00 – 1:00 pm. Register [here](https://childrensnational.zoom.us/webinar/register/WN_vvkNMdapQriWg5uOxQAexw#/registration).

**Title**: HC DrugFree - Free Life Skills Classes

**Description**: HC DrugFree will provide another series of *FUN*and interactive skills-based classes designed to promote positive health and personal development. This curriculum was designed for students in grades 6 to 9, but for slightly younger or older students, we will consider each request. We encourage siblings and friends to take these classes together.

**Date and Time**: February 24, March 3, 10, 17, 24, April 7, 28 and May 5, 2025, 5:00 – 6:30 pm via Zoom. Register [here](https://www.surveymonkey.com/r/Spring2025LifeSkills).

**Title**: Eat, Learn, Grow for Families – Focus on Early Learning Literacy and STEM

**Description**: Through STEM (Science, Technology, Engineering and Math) exploration, children begin to investigate their environment. Explore STEM-focused children’s literature and ways to incorporate creative and fun STEM activities into everyday life.

**Date and Time**: February 26, 2025, 6:30 – 7:30 pm, Virtual. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/148040?onlineSiteId=0&from_original_cui=true).

**Title:** Making Sense of Screens

Description: In today’s digital world, managing screen time is more important than ever. This workshop dives into strategies for creating healthy boundaries around technology, understanding the effects of screen use on children’s development, and fostering a balanced relationship with digital devices. Gain practical tips to help your family make informed, mindful choices about technology in everyday life.

**Date and Time:** March 1, 2025, 10:00, to 11:30 am. No registration needed. Walk-ins.

**Location:** Elkridge 50+ Center, 6540 Washington Blvd, Elkridge, MD 21075, Patapsco Valley Room.

**Title**: HC DrugFree - Spring 2025 Guiding Good Choices® classes for parents, guardians and grandparents

**Description:** Guiding Good Choices® is an evidence-based, interactive prevention program that helps you build a stronger bond with your child, while also providing skills proven to reduce the risk of children engaging in substance use or other risky behaviors.

**Date and Time**: March 18, 21, 25, 28 and April 1 and May 5, 2025, 12:00 – 1:30 pm via Zoom. Register [here](https://www.surveymonkey.com/r/Spring2025GGC).

**Title:** Learning Through Play: Making the Most of Everyday Routines

Description: Discover how to turn daily routines into fun, educational moments. This workshop explores playful strategies to support your child’s learning and development in everyday activities.

**Date and Time:** March 22, 2025, 10:00 to 11:30 a.m. No registration needed. Walk-ins.

**Location:** Elkridge 50+ Center, 6540 Washington Blvd, Elkridge, MD 21075, Patapsco Valley Room.

# HEALTHY LIVING

**Title:** Living Well Chronic Disease Self-Management Program (CDSMP)

**Description:** This free six-week CDSMP can help you manage chronic health conditions like high blood pressure, diabetes, obesity and more. Small groups focus on nutrition, exercise, communication with family members and health care providers, feelings of frustration and more.

**Date and Time:** January 16 – February 20, 2025, 5:30 – 8:00 pm.Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/140063?onlineSiteId=0&from_original_cui=true) to learn more.

**Title:** Diabetes Self-Management Workshop

**Description:** This free six-week Diabetes Self-Management Workshop can help you lower your risk of diabetes health problems and live life to the fullest. This workshop is recommended for adults with type 2 diabetes or prediabetes.

**Date and Time:** Every TuesdayJanuary 7 – February 11, 6:00 pm – 8:30 pm; Every Thursday January 9 – February 13, 2025, 6:00 – 8:30 pm**.** Click [here](https://lp.constantcontactpages.com/cu/dr6p0QD/JAN2025?source_id=132e3a7f-b356-4eb6-813b-fd71012eb302&source_type=em&c=bMJI3MP-L37BHxAFDyzZgDMgoITCrAIRWbQdhMy8ux8z99uqGZ9xCw==) to learn more.

**Title:** Strategic Highway Safety Plan (SHSP) Regional Meetings

**Description:** The public is cordially invited to attend a traffic safety meeting for the State of Maryland. We invite you to ask questions, share concerns and provide input for the development of the 2026-2030 MD Strategic Highway Safety Plan (SHSP).

**Date and Time:** February 5th, 12th, 19th, and 26th, 2025.Click [here](https://zerodeathsmd.gov/highway-safety-office/strategic-highway-safety-plan/) to learn more.

**Title:** Prioritizing Possibilities to Promote Flourishing Amid Adversity by Scaling Positive Childhood Experiences

**Description:** The Bureau for Humanitarian Assistance (BHA) Resilience Committee is hosting a virtual Lunch & Learn event to understand the importance and definition of flourishing as a key public health goal. Learn about the science linking nurturing relationships, resilience, community belonging, and mattering to flourishing and trauma healing, consider ways to apply the science of flourishing and positive childhood experiences in practice.

**Date and Time:** February 4, 2025, 1:00 pm, Virtual via Zoom.Click [here](https://umaryland.zoom.us/meeting/register/tJIvd-6orz0pEtXVL9BF09lhTITwDyn-MoPE#/registration) to learn more.

**Title:** National Alliance on Mental Illness (NAMI) Maryland Advocacy Day

**Description:** Don't miss the opportunity to join NAMI advocates in Maryland to meet virtually with Maryland state legislators and advocate for policies that improve the lives of those with mental illness.

**Date and Time:** February 6, 2025, 9:00 am – 5:00 pm, Virtual via Zoom.Click [here](https://events.zoom.us/ev/AsN8bfW01TSRs3hOj30dogF91lo1lwY0VDypEus4PcDuXRAMj9lL~AmRu44o-jnhthpzYrMY0F6-wHZJf1rya7WWMU1OchyC_qW-N-dxywnPdCA) to learn more.

**Title:** Powerful Tools for Caregiver Class

**Description:** In the six 90-minute classes, caregivers learn to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare service providers, communicate more effectively in challenging situations, recognize the messages in their emotions and deal with difficult feelings, and make tough caregiving decisions (re: placement, driving issues, or finances).

**Date and Time:** February 6 - March 13, 2025, 6:00 – 8:30 pm.Click [here](https://lp.constantcontactpages.com/ev/reg/an6etd6?source_id=4a9add66-38b8-4cb5-a68a-ec57a88463ec&source_type=em&c=ADq8KvDklXxJVBuDB_vonKdWfuLZ8oL2VHtjICFcrIX74wM5Yf3b4A==) to learn more.

**Title:** Communicating with Cultural Competence: Guidance for Heart Health Month

**Description:** Heart disease impacts millions of Americans each year – with rates highest among Black and Hispanic populations. This webinar will address best practices for counseling your patients and clients to support heart health with cultural competency.

**Date and Time:** February 6, 2025, 1:00 – 2:00 pm EST.Click [here](https://pork.zoom.us/webinar/register/WN_OKs5lU5xQWSut5xb1UlSCw#/registration?fbclid=PAZXh0bgNhZW0CMTEAAaZ85WepMGNcJoZ7eJmJuu4vM_AfrhmqFh2SSAzQw7Sq4WewDhT7SaR0mzU_aem_DMFqkEDJDJPxkCV3sna4fQ) to learn more.

**Title:** Clean Starts Here: Responding to Norovirus

**Description:** Join us for this free webinar to hear from members of the Association of Food and Drug Officials (AFDO) Healthy People 2030 Norovirus team on the basics of environmental contamination, how cleanup response plans are developed, and national goals for reducing Norovirus outbreaks.

**Date and Time:** February 12, 2025, 11:00 am.Click [here](https://fightbac.org/events/) for more information and how to register.

**Title:** Community & Agriculture Resilience Audit Tool (CARAT) Cohort Application for 2025

**Description:** The North American Food Systems Network will host a new CARAT Cohort of representative organizations from 12 communities from throughout the US in 2025.  This cohort is organized based on best practices & lessons learned from our CARAT Cohort of 2024.

**Applications Due Date:** February 14, 2025. Click [here](https://docs.google.com/forms/d/e/1FAIpQLScG4WQXkZPZrO-Zu7hyXMJ5CcLYn2n6TtxtCjaV6RZ2C-RtaQ/viewform) to learn more.

**Title:** Decoding Seed Oils: The Science Behind the Buzz

**Description:** This free, 60-minute webinar examining the science and perceptions of seed oils, as well as addressing the culinary and foodservice applications of omega-3 and omega-6 fatty acid-rich oils.

**Date and Time:** February 20, 2025, 2:00 – 3:00 pm.Click [here](https://ific-org.zoom.us/webinar/register/WN_qADUG-PyToOCGCrOInMIMw#/registration) to learn more.

**Title:** Walking Group

**Description:** Join Debbie Goldstein in a walking group to promote improved activity level and a sense of well-being. For cancer patients/survivors and their caregivers. Meet at the bear statue in front of Whole Foods in Columbia.

**Date and Time:** Multiple sessions and dates available.Click [here](https://www.signupgenius.com/go/9040C4CABA929A3FF2-53437309-december#/) to learn more.

**Title:** Cardiometabolic Health for Black Americans: How Does Dairy Fit In?

**Description:**  This complimentary webinar that will discuss the state of cardiometabolic health among Black Americans, culturally relevant strategies to promote healthy eating patterns - including the role of dairy nutrition - and the importance of interprofessional collaboration in addressing health inequities to reduce health disparities.

**Date and Time:** February 26, 2025, 2:00 – 3:30 pm. Click [here](https://ce.gvpub.com/CVHealthandDairy) to learn more.

**Title:** National Coalition for Week Without Driving 2025

**Description:** Join the monthly Week Without Driving Coalition Meetings.

**Date and Time:** February 26, 2025, 2:00 pm. Click [here](https://us06web.zoom.us/meeting/register/4OJi2PyBRLS26ynSWvddsA?utm_source=America+Walks&utm_campaign=0dce404a48-January+Newsletter+2025&utm_medium=email&utm_term=0_f2013291e9-0dce404a48-746201454#/registration) to learn more.

**Title:** Making the Most of Mealtimes

**Description:** This workshop offers tips for planning enjoyable, stress-free meals while fostering healthy eating habits and meaningful family interactions.

**Date and Time**: March 10, 2025, 10:00 to 11:30 am. No registration needed. Walk ins.

**Location:** Elkridge 50+ Center, 6540 Washington Blvd, Elkridge, MD 21075, Patapsco Valley Room**.**

**Title:** Addressing the Impact of Tobacco and Alcohol Use on Cancer-Related Health Outcomes

**Description:** This workshop will examine the current state of the science and explore strategies to reduce tobacco and alcohol use to lower cancer risk and improve health outcomes.

**Date and Time:** March 17, 2025, 8:30 am – 5:30 pm; March 18, 2025, 8:30 - 11:30 am.Click [here](https://www.nationalacademies.org/event/43170_03-2025_addressing-the-impact-of-tobacco-and-alcohol-use-on-cancer-related-health-outcomes-a-workshop?utm_source=HMD+Email+List&utm_campaign=f9471f9320-EMAIL_CAMPAIGN_2024_11_20_03_28&utm_medium=email&utm_term=0_-f9471f9320-180878116&mc_cid=f9471f9320&mc_eid=c6e469f632) to learn more.

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# HEALTHY MINDS

**Title:** Veteran Connection Support Group

**Description:** A free, drop in, peer-led support group for Veterans looking for a safe and confidential space to come together and build the camaraderie and friendship we once had while serving.

**Date and Time**: First Monday of each month, 6:00 pm. Click [here](https://namihowardcountymd.org/event/online-veteran-connections-support-group-2-2/2025-01-06/) to register.

**Title:** National Alliance on Mental Illness (NAMI) Family Support Group

**Description**: NAMI Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges by utilizing their collective lived experiences and learning group wisdom. Groups meet weekly, every other week or monthly, depending on location. Free and held virtual via Zoom.

**Date and Time:** (**In-person:** Owen Brown Interfaith Center, Room 180)Second Tuesday of each month, at 7:30 pm. Register [here](https://namihowardcountymd.org/event/new-in-person-family-support-group-2-2-2/2025-01-14/). **(Virtual)** Third Friday of each month at 7:30 pm. Register [here](https://namihowardcountymd.org/event/family-support-group-3rd-fridays-online/2025-01-17/).

**Title:** NAMI Connection Support Group

**Description:** Apeer-led group for any adult (18+ years old) who has experienced symptoms of mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

**Date and Time**: Second and Fourth Monday of each month, 6:30 pm Click [here](https://namihowardcountymd.org/event/online-connection-support-group-2nd-mondays-2-2/2025-01-13/) to register.

**Title:** Grandparents: The Cornerstone of Early Child Care

**Description:** Discover the vital role grandparents play in shaping a child’s early years. This workshop explores effective caregiving strategies, fosters stronger intergenerational bonds, and provides tools to support your grandchildren’s growth and development with love and wisdom. **Date and Time:** February 1, 2025, 10:00 to 11:30 am. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/146479?onlineSiteId=0&from_original_cui=true) to learn more.

**Title:** Thriving Together: Survivor Mental Health Awareness & Wellbeing Group

**Description:** During Thriving Together, survivors of sexual and intimate partner violence explore ways to live well, be informed self-advocates, & address stigma and the health disparities that can challenge our wellbeing. All meetings will be held virtually, using Zoom, unless noted otherwise!

**Date and Time**: February 2, 2025, 3:00 – 5:00 pm. Click [here](https://www.eventbrite.com/e/thriving-together-tickets-938678611997?aff=oddtdtcreator) to register.

**Title:** Powerful Tools for Caregivers in Maryland

**Description:** This evidence-based education program offers caregivers self-care tools to reduce stress, manage emotions, and increase confidence in coping with caregiving demands. Originally developed for caregivers of adults with chronic conditions, the program has expanded to include parents of children with special needs.

**Date and Time:** February 6 thru March 13, 2025, 6:00 to 8:30 pm. Click [here](https://lp.constantcontactpages.com/ev/reg/an6etd6?source_id=4a9add66-38b8-4cb5-a68a-ec57a88463ec&source_type=em&c=ADq8KvDklXxJVBuDB_vonKdWfuLZ8oL2VHtjICFcrIX74wM5Yf3b4A==) to learn more.

**Title:** Sharing the Care with Adult Children and Other Caregivers

**Description:** Discover the vital role grandparents play in shaping a child’s early years. This workshop explores effective caregiving strategies, fosters stronger intergenerational bonds, and provides tools to support your grandchildren’s growth and development with love and wisdom. **Date and Time:** February 8, 2025, 10:00 to 11:30 am. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/146480?onlineSiteId=0&from_original_cui=true) to learn more.

**Title:** National Association of County and City Health Officials(NACCHO) Behavioral Health 360 State of the Union

**Description:** This dynamic session will help you learn about a data-driven system you can use in your community to better understand the mental health needs, and how to make evidence-based positive improvement.

**Date and Time**: February 19, 2025, 2:00 pm. Click [here](https://naccho.zoom.us/webinar/register/WN_7md0CDT4QLWj-ISzqd4vNA?amp_device_id=19ad389e-bd4d-4ad9-a041-ec2d2ab293d5%23%2Fregistration#/registration) to register.

**Title:** Championing Diversity, Equity and Inclusion in Meeting the Behavioral Health Needs of Minority Veterans

**Description:** The Training Center (TC) represents a collaboration between BHA and the University's Division of Services Research designed to serve the training and service development needs of Maryland's behavioral health delivery system. Reflecting BHA's commitment to education and training, the Training Center ensures that the University's emphasis on research and implementing evidence-based treatment is closely interwoven with the needs and growth of the public behavioral health system.

**Date and Time**: February 20, 2025, 1:00 – 3:00 pm. Click [here](https://www.edgereg.net/er/Registration/StepRegInfo.jsp?ActivityID=43253&StepNumber=1&v=ZDNjYjcwNWQtODA1MS00ZWEzLWI2OWEtNWY4YjQxNzQ1MzM4) to register.

**Title:** Good Night, Sleep Tight

**Description:** Sleep is essential for health and well-being, but achieving restful nights can be a challenge for caregivers and their loved ones. This workshop explores practical tips and proven techniques to improve sleep quality, manage sleep disruptions, and create a soothing bedtime routine for you and those in your care.

**Date/Time**: February 22, 2025, 10:00 to 11:30 am. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/146481?onlineSiteId=0&from_original_cui=true) to register.

**Title:** Transformative Self-Care and Nurturing Our Local Community: Strategies in Resilience

**Description:** The workshop aims to highlight the interconnectedness of individual and collective action, urging participants to harness their personal strengths and local resources to foster resilience and liberation. Snacks will be served.

**Date and Time**: Thursday, March 6, 2025, 5:30 - 7:30 pm, FREE In Person workshop.

**Location:** Bain 50+ Center, 5470 Ruth Keeton Way, Columbia, MD 21044. Click [here](https://www.signupgenius.com/go/20F054AACAF2FA4FB6-54114572-transformative#/) to register.

**Title:** Managing Challenging Behavior: Closing the Expectations Gap

**Description:** Bridge the gap between expectations and reality with effective strategies for understanding and managing challenging behavior. This workshop provides tools to foster patience, improve communication, and create a more harmonious environment.

**Date and Time**: March 15,2025, 10:00 to 11:30 am.

**Location:** Elkridge 50+ Center, 6540 Washington Blvd, Elkridge, MD 21075, Patapsco Valley Room**.**

**Title:** Trauma, Resilience, and Supporting Kids’ Mental Health

**Description:** Trauma, Resilience, and Supporting Kids’ Mental Health Through transformative learning experiences, this workshop aims to empower individuals who guide and nurture children by equipping them with practical and powerful skills to shape resilient minds and unlock their full potential. Lunch and snacks will be served.

**Date and Time**: Thursday, March 20, 2025, 9:00 am – 4:00 pm, FREE In Person workshop

**Location:** Bain 50+ Center, 5470 Ruth Keeton Way, Columbia, MD 21044**.** Click [here](https://www.signupgenius.com/go/20F054AACAF2FA4FB6-54116395-trauma#/) to register.

# OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

## Healthy Beginnings

* Maryland Department of Heath Maternal and Child Health Survey for Community Member. [Link](https://redcap-phpa.health.maryland.gov/surveys/?s=3NY9T983C977LKEA).
* Responsible research in health disparities using the Adolescent Brain Cognitive DevelopmentSM (ABCD) study. [Link](https://pubmed.ncbi.nlm.nih.gov/39724816/).
* Support physical, social, and emotional well-being for kids and adults by incorporating each of these areas into your daily routine. [Link](https://www.healthiergeneration.org/app/resources/245?utm_source=delivra&utm_medium=email&utm_campaign=FamilyNewsletter_Jan2025&utm_id=8362935).
* Center for Disease Control (CDC) – Nicotine Pouches were the second most commonly used tobacco product among youth. [Link](https://www.cdc.gov/tobacco/nicotine-pouches/index.html).
* Strengthen relationships and support cooperation with kids and teens with this simple guide. [Link](https://www.healthiergeneration.org/app/resources/712).
* Check out this 10-minute microlearning for quick and simple ways for your family to prioritize play and physical activity year-round. [Link](https://www.healthiergeneration.org/app/resources/microlearnings/3?utm_source=delivra&utm_medium=email&utm_campaign=FamilyNewsletter_Jan2025&utm_id=8362935).
* Every child is born with his own individual way of approaching the world — a temperament. [Link](https://www.zerotothree.org/resource/tips-on-temperament/).
* Agency for Healthcare Research and Quality (AHRQ) Stats: Trends in Severe Maternal Morbidity. [Link](https://hcup-us.ahrq.gov/reports/statbriefs/HCUP-SB312-508.pdf).
* New Youth Preparedness Toolkit. [Link](https://www.hclhic.org/home/meeting/2024?cateId=366).
* Review free text messages on activities to help boost your child’s learning and brain development. [Link](bit.ly/HoCo-BasicsInsights).

## Healthy Living

* Unveiling inequalities: Racial, ethnic, and socioeconomic disparities in diabetes: Findings from the 2007-2020 National Health and Nutrition Examination Survey

(NHANES) data among U.S. adults. [Link](https://www.sciencedirect.com/science/article/pii/S2211335524003723?utm_medium=email&utm_source=govdelivery#s0005).

* Medicaid Health-Related Social Needs Resource Center. [Link](https://www.chcs.org/resource-center/meeting-health-related-social-needs-through-medicaid/?utm_source=CHCS+Email+Updates&utm_campaign=35a8994a79-KP+HRSN+Resource+Library_01%2F14%2F25&utm_medium=email&utm_term=0_-35a8994a79-493510513).
* US Food and Drug Administration (FDA) to Hold Webinar on the Updated “Healthy” Claim. [Link](https://www.fda.gov/food/hfp-constituent-updates/fda-hold-webinar-updated-healthy-claim?utm_medium=email&utm_source=govdelivery).
* Save time and money while planning healthy meals at home. [Link](https://www.healthiergeneration.org/app/resources/372).
* Improve your family's nightly rest and wake up feeling energized by creating an environment that promotes healthy sleep quality. [Link](https://www.healthiergeneration.org/app/resources/539).
* Now learn what researchers are finding about how exercise may also improve our brain health. [Link](https://newsinhealth.nih.gov/2025/01/working-out-stay-sharp).
* Eliminating Tobacco-Related Disease and Death: Addressing Disparities – A Report of the Surgeon General. [Link](https://www.hhs.gov/sites/default/files/2024-sgr-tobacco-related-health-disparities-full-report.pdf).
* Learn about the Loan Closet of Howard County. [Link](https://www.howardcountymd.gov/disability-services).
* Explore services at the National Veterans Financial Resource Center (FINVET). [Link](https://veteransbenefitsbanking.org/financial-counseling/).
* Find out about the health benefits of the DASH eating plan and how the guidance can help limit calories and sodium in your daily life. Link.
* Health Literacy Criteria for Media Campaigns [Cover Sheet](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fumd.us17.list-manage.com%2Ftrack%2Fclick%3Fu%3D7b003e7a5e19ec9b30a95638a%26id%3D4a3d6ed528%26e%3D0245e9b3e1&data=05%7C02%7Cajordan%40howardcountymd.gov%7C2d4d9267d4014c99940308dd1e04f7f1%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638699728871218798%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=mMzo635gDMVEkxl3NH0X6zcGsag6TU01beI21WQ3Ojg%3D&reserved=0) and [Worksheet](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fumd.us17.list-manage.com%2Ftrack%2Fclick%3Fu%3D7b003e7a5e19ec9b30a95638a%26id%3D213a828e34%26e%3D0245e9b3e1&data=05%7C02%7Cajordan%40howardcountymd.gov%7C2d4d9267d4014c99940308dd1e04f7f1%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638699728871236670%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=aWWuhTQksceRLEvWCdDNjIlIuNcTr1UjcsoyYo4D6Vg%3D&reserved=0)
* Public Comments to the Departments on the Scientific Report of the 2025 Dietary Guidelines Advisory Committee. [Link](https://mregs.nih.gov/oash/12ec-ap45508).
* Sources of Foodborne Illness by the Interagency Food Safety Analytics Collaboration. [Link](https://www.cdc.gov/ifsac/php/data-research/annual-report-2022.html?utm_medium=email&utm_source=govdelivery).
* Food Insight, Food Portion Size Toolkit. [Link](https://foodinsight.org/portion-size-toolkit/).

## Healthy Minds

* Mental illness stigma in Black, Latina/o, and Asian Americans. [Link](https://pubmed.ncbi.nlm.nih.gov/39695056/).
* Advising People on Using 988 Versus 911: Practical Approaches for Healthcare Providers. [Link](https://www.samhsa.gov/resource/ebp/advising-people-using-988-versus-911-practical-approaches-healthcare-providers?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery).
* New Central Maryland Regional Veterans Treatment Court launches to expand services to veterans. [Link](https://www.mdcourts.gov/media/news/2024/pr20241112).
* Primary Care Can Play Key Role in Suicide Prevention. [Link](https://www.nimh.nih.gov/news/science-news/2024/primary-care-can-play-key-role-in-suicide-prevention).
* Centering Lived Experience in Developing Behavioral Health Quality Measures. Link.
* FREE Narcan Training. [Link](https://www.howardcountymd.gov/health/opioid-overdose-response-program).
* Preventing and Treating Dementia: Research Priorities to Accelerate Progress. [Link](https://www.nationalacademies.org/our-work/research-priorities-for-preventing-and-treating-alzheimers-disease-and-related-dementias?utm_source=HMD+Email+List&utm_campaign=11e6862975-EMAIL_CAMPAIGN_2024_12_16_07_30&utm_medium=email&utm_term=0_-11e6862975-180878116&mc_cid=11e6862975&mc_eid=c6e469f632#sl-three-columns-ce213930-7b22-4cef-8be2-64ddec07ef4e).
* Understanding and addressing mental health challenges of families admitted to the neonatal intensive care unit. [Link](https://pubmed.ncbi.nlm.nih.gov/39643695/).
* Perceived neighborhood social environment and adolescent depressive symptoms: Insights from the Add Health. [Link](https://www.liebertpub.com/doi/10.1089/heq.2024.0100?utm_medium=email&utm_source=govdelivery).
* Promotion of Digital Access and Literacy Among People Who Use Substances Webinar. [Link](https://www.nnlm.gov/training/class/promotion-digital-access-literacy-among-people-who-use-substances?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery).
* Suicide Prevention and Understanding Grief. [Link](https://vimeo.com/880700760?share=copy).
* Care Talks at 50+ Centers. [Link](https://anc.apm.activecommunities.com/howardcounty/activity/search?activity_select_param=2&date_after=2024-11-19&activity_keyword=care%20talk&viewMode=list).