April 16, 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.

|  |  |
| --- | --- |
|

|  |
| --- |
|  |

 |

# LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

* The next Full LHIC Meeting is scheduled for Thursday, April 17th, in-person and via Zoom. Click [here](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator) to register.
* Howard County Massive 46,800 Tree Planting. Click [here](https://www.howardcountymd.gov/News100324b) for more information.
* Sign up for the Savage Mill Community Blood Drive. Click [here](https://www.savagemill.com/event/savage-mill-community-blood-drive-4/2025-06-19/) for more information.
* Howard County Family Support Center Spring Family Open House is scheduled for Tuesday, April 24. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/151550?onlineSiteId=0&from_original_cui=true) for more information.
* Howard County Office of Children and Families has established The CARE Line. Click [here](https://www.howardcountymd.gov/children-families/care-line) to learn more.
* Howard County Good Vibes Event on June 5. Click [here](https://www.howardcountymd.gov/goodvibes) to learn more and to register.
* The latest episode from Howard County Health Department HoCo Podcast is now available. Click [here](https://hocohealth.podbean.com/) to listen.
* Maryland Poison Center. Click [here](https://www.mdpoison.com/) to learn more.
* Resources for young people with mental health support needs. [Link](https://www.center-for-children.org/).
* 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.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FUNDING OPPORTUNITIES**

**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:** Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program: Base and Matching Grant Awards

**Description:** The MIECHV Program improves maternal and child health, early childhood development, and family well-being, with a focus on pregnant women and parents with children up to kindergarten entry, especially those living in communities identified as at risk for poor maternal and child health outcomes. HRSA strongly encourages awardees to expand home visiting services to new communities and/or additional families in currently served communities through this funding opportunity.

**Applications Deadline: April 21, 2025**. Click [here](https://www.hrsa.gov/grants/find-funding/HRSA-25-031) for more information.

**Title:** Local Food Purchase Assistance Cooperative Agreement Program

**Description:** The purpose of this program is to maintain and improve food and agricultural supply chain resiliency. The cooperative agreements allow the states, tribes and territories to procure and distribute local and regional foods and beverages that are healthy, nutritious, unique to their geographic areas and that meet the needs of the population. In addition to increasing local food consumption, the funds will help build and expand economic opportunities for local and underserved producers.

**Applications Deadline: April 30, 2025, at 5 pm**. Click [here](https://www.ams.usda.gov/selling-food-to-usda/lfpacap) for more information.

**Title:** 2025 Huddle Up For Health Community Health Equity Grant

**Description:** The “Huddle Up for Health” program is a community wellness initiative led by the Baltimore Ravens and CareFirst BlueCross BlueShield, now in its third year. Focused on addressing health disparities and mental health challenges across Maryland, the program supports organizations working to improve social, economic, and environmental factors that impact health. In 2025, one Maryland nonprofit will be selected to receive up to $50,000 in grant funding to enhance or create mental health support initiatives.

**Applications Deadline**: **May 5, 2025**. Click [here](https://www.baltimoreravens.com/community/huddle-up-for-health/index?_debug=y&token=9d1a52a2e69f0f76ce812dcdac81a6a56b2e8a1461bf5ac113d56a816c328cf7) to learn more.

**Title:** Early Career Research Grant

**Description:** The Obesity Society offers a grant to early-career investigators and post-doctoral fellows to support innovative research in obesity. Applicants must have a PhD, DSc, DVM, MD, or DO, and hold a full-time, entry-level position at an academic or research institution. The grant provides up to $25,000 with no indirect costs. All applicants must be TOS members in good standing. The grant is for one year, with funding starting the following calendar year. Full proposals will be invited approximately one month after initial notification.

**Applications Deadline**: **May 5, 2025**. Click [here](https://www.obesity.org/grants/) to learn more.

**Title:** Systems for Action: Community-Led Systems Research to Address Systemic Racism

**Description:** This 2025 call for proposals (CFP) will provide funding for a new cohort of community-led pilot studies to produce new, actionable evidence about how to help medical, social, and public health systems work together to address forms of systemic racism. This CFP focuses specifically on systems alignment (SA) interventions that have the potential to dismantle or disrupt the health effects of systemic racism and to positively affect the health and wellbeing of communities that experience systemic racism.

**Applications Deadline: June 4, 2025, at 3 pm**. Click [here](https://www.rwjf.org/en/grants/active-funding-opportunities/2025/systems-for-action-community-led-systems-research-to-address-systemic-racism.html) for more information.

**Title:** Exploring Equitable Futures

**Description:** The purpose of this Exploring Equitable Futures Call for Proposals (CFP) is to support projects that seed new and unconventional ideas that could radically advance health equity for generations to come.

**Applications Deadline: October 15, 2025, at 3 pm**. Click [here](https://www.rwjf.org/en/grants/active-funding-opportunities/2025/exploring-equitable-futures.html) for more information.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# 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:** 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 pm. Register [here](https://namihowardcountymd.org/series/online-connection-support-group-2nd-mondays/).

**Title**: Merriweather Teen Council

**Description**: Are you a Howard County teen, aged 13-19, eager to make a positive impact on your community? Join our Teen Council and help make a fun and safe space for your peers at Merriweather Post Pavilion!

**Date and Time**: First and Third Tuesday of each month, 4:30 – 6:00 pm via Zoom.

**Location**: Some meetings via Zoom, some meetings in-person at 10475 Little Patuxent Pkwy, Columbia, MD 21044. Register [here](https://docs.google.com/forms/d/1JmjrLXU2LFRHZrbOt3WCHMzBs-dfdF3jV-Mun6atKfQ/viewform?edit_requested=true).

**Title**: Mastering the 5 S’s of Soothing a Baby

**Description**: Bring your little one (prenatal to six months) and join us for a hands-on workshop designed to help parents and caregivers master the 5 S’s of Soothing - Swaddle, Side/Stomach Position, Shush, Swing, and Suck. These proven techniques can help calm fussy babies, reduce crying and promote better sleep.

**Date and Time**: Wednesday, April 16, 2025, 6:00 pm - 7:15 pm.

**Location:** 9830 Patuxent Woods Dr. Columbia MD, 21046. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/151532?onlineSiteId=0&from_original_cui=true).

**Title**: Talking to Children About Disabilities

**Description**: Learn age-appropriate ways to talk to your children about disabilities. Gain strategies to start the discussion using sample scripts to respond to difficult questions. Help your children learn to view all people with dignity and respect.

**Date and Time**: Wednesday, April 23, 2025, 6:00 pm - 7:00 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/151513?onlineSiteId=0&from_original_cui=true).

**Title**: Reducing Stigma Associated with Fetal Alcohol Spectrum Disorders (FASDs)

**Description**: This important training will empower you with knowledge and tools to understand the stigma surrounding FASDs and steps you can take to reduce stigma when promoting substance-free pregnancies and addressing FASDs.

**Date and Time**: Thursday, April 24, 2025, 1:00 pm - 3:00 pm. Register [here](https://montana.webex.com/webappng/sites/montana/meeting/register/bb239ab9b33640b78e0df4e0575ed763?ticket=4832534b00000007e01efaabcfc612e6903332db461a6238db6381a7a36268d0292d6f5f59cf0c8e&timestamp=1743524945653&RGID=r0e9157edab7fb9323a82d94e7d460811&isAutoPopRegisterForm=false).

**Title**: 2025 Black Maternal Health Week Event – Honoring Black Motherhood: Healing, Advocacy, and Unity for Change

**Description:** Join this powerful conversation and learn how you can be involved in advocacy. You also will have the chance to participate in raffle prizes, giveaways, and lunch (registration required for lunch). Breakout Sessions will focus on Advocacy Support for Fathers and Advocacy Support for Spanish Speakers. Bring your village: Partners and support people welcome! Registration is strongly encouraged!

**Date and Time**: Saturday, April 26, 2025, 11:00 am - 2:30 pm.

**Location**: Miller Branch Library, 9421 Frederick Road Ellicott City, MD 21042. Register [here](https://www.eventbrite.com/e/honoring-black-motherhood-healing-advocacy-and-unity-for-change-tickets-1262476413939?aff=oddtdtcreator).

**Title**: Healthy Kids Day®

**Description:** Healthy Kids Day® is the Y’s national initiative to improve the health and well-being of kids and families. For over 30 years, YMCAs and their communities hosted free community events aimed to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond.

**Date and Time**: Saturday, April 26, 2025, 10 am – 1 pm.

**Location**: The Dancel Family Center, 4331 Montgomery Rd, Ellicott City, MD 21042, 410-465-4334. Click [here](https://ymaryland.org/events/y-healthy-kids-day-1) for more information.

# HEALTHY LIVING

**Title:** Your Healthcare Rights as A Person with a Disability Under the ADA

**Description:** This webinar, the first of four free "lunch and learn" sessions hosted by Public Health Institute’s (PHI’s) Pacific Americans with Disabilities Act (ADA) Center, will focus on understanding your rights as a person with a disability in healthcare settings. The webinar will cover topics including accessibility of hospitals and doctors' offices, medical equipment accessibility, transfer assistance, effective communication, and telehealth visit accessibility.

**Date and Time:** Wednesday, April 16, 2025, 3:00 – 4:00 pm.

Click [here](https://us02web.zoom.us/webinar/register/WN_mq4IE167Q3SH-wnY9OLx0g?utm_source=PHI+Newsletter&utm_campaign=848b1e984a-external-news-april-2025-one&utm_medium=email&utm_term=0_14767b3be6-848b1e984a-48935737&mc_cid=848b1e984a&mc_eid=7bab52d433#/registration) to register.

**Title:** Accessible Electronic Communication in Healthcare Settings

**Description:** Join PHI’s Pacific ADA Center for insights into how to make online communication more accessible and easier to understand. Designed for medical providers, this session will highlight common barriers people with disabilities face when accessing important health information. Speakers will discuss ADA requirements for effective communication and introduce practical tools to help create more inclusive and accessible content.

**Date and Time:** Thursday, April 17, 2025, 2:30 – 4:00 pm.

Click [here](https://us02web.zoom.us/webinar/register/WN_1ZKQs2EgQcWqYp0-aAjUNQ?utm_source=PHI+Newsletter&utm_campaign=848b1e984a-external-news-april-2025-one&utm_medium=email&utm_term=0_14767b3be6-848b1e984a-48935737&mc_cid=848b1e984a&mc_eid=7bab52d433#/registration) to register.

**Title:** 2025 Health Expo

**Description**: The African American Community Roundtable and the Howard County Executive's Office invites you to the 2025 Health Expo at the North Laurel Community Center. Join us for a fun-filled day of health and wellness activities for the entire family including interactive workshops, panels, health screenings, food trucks, line dancing, local vendors with products for purchase, and activities for the kids.

**Date and Time:** Saturday, April 26, 2025, 10 am – 2:00 pm

**Location:** North Laurel Community Center, 9411 Whiskey Bottom Road Laurel, MD 20723. Click [here](https://www.eventbrite.com/e/2025-health-expo-tickets-1242614586679?fbclid=IwY2xjawJrMgtleHRuA2FlbQIxMAABHoP6ZkNX0R9piNtqa_CJ7kTRAVzMrcGVUjmX8fcr_Axs0mE9Jd9ggcOPubNE_aem_rxSwwhaoYGkG3OMi2VuRTQ) to register.

**Title:** CareFirst Community Resource Fair

**Description**: CareFirst is excited to invite you to participate as a vendor at our upcoming Community Resource Fair! This event is a fantastic opportunity for local businesses and organizations to connect with the community and showcase their services and products.

**Date and Time:** Thursday, April 17, 2025, 10 am – 2:00 pm.

**Location:** 10400 Cross Fox Ln, Columbia, MD 21044

**Title:** America Walks– Rural Communities, Walkability and Quality of Life

**Description**: Join us and Main Street America for a discussion on the connection of walkability, economic development, and community quality of life in rural towns. Shane Hampton of Main Street America will share national perspectives on initiative from around the nation.

**Date and Time:** Thursday, April 17, 2025, 2 pm, virtual. Click [here](https://us06web.zoom.us/webinar/register/WN_BOzhbMpqQUGhdhJI7U92Pg#/registration) to register.

**Title:** Veterans Claims Clinic and VA Healthcare Information Fair

**Description:** When you register for this free event, you can choose to book an appointment to receive help filing a claim, get information on applying for VA health care, or both! And everyone in attendance can visit the resource tables for a variety of information. Space is limited and appointments are required.

**Date and Time:** Tuesday, April 22, 2025, 9:00 am – 2:00 pm.

**Location:** East Columbia 50+ Center, 6610 Cradlerock Way, Columbia, MD 21045. Click [here](https://pactactcolumbia.rsvpify.com/?securityToken=QJJUs873thCPUG0T5cTbPUxs8hiDwxwO) to learn more and to register.

**Title:** Living Well with Diabetes: Toolkit

**Description:** Living Well with Diabetes offers support, self-management skills and education for those living with diabetes and their caregivers and partners. Includes virtual classes and free materials including a workbook and other resources to help you manage your health.

**Date and Time:** Tuesdays, April 29 – June 10, 2025, 6:30 – 7:00 pm.

**Location:** Virtual. Click [here](https://events.hcgh.hopkinsmedicine.org/) to register.

**Title:** Living Well: Diabetes Self-Management (Korean)

**Description:** Offered in Korean, this FREE six-week diabetes disease self-management program is designed for people living with type 2 diabetes and/or their caregivers. Weekly sessions cover topics like glucose monitoring, skin and foot care, exercise, nutrition, healthy eating and balancing blood sugars.

**Date and Time:** Tuesdays, May 6 – June 10, 2025, 9:30 am – 12:00 pm.

**Location:** First Korean Presbyterian Church, 8430 Glenmar Rd, Ellicott City 21043. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/144051?onlineSiteId=0&from_original_cui=true) to register.

**Title:** Bridging and Belonging to Strengthen Social Connections

**Description**: Join Healthy Places by Design to learn about the status of disconnection in our country and communities, as well as evidence-based strategies and community examples to foster bridging and belonging while honoring diversity.

**Date and Time:** Wednesday, May 28, 2025, 3:00 pm, Virtual. Click [here](https://us02web.zoom.us/webinar/register/WN_e3RymeejSqagIKlDLlievg#/registration) to register.

**Title:** Savage Fest

**Description**: The Savage Community Association's 36th annual Savage Fest on Baldwin Common promises a day of fun for all ages and a chance to meet friends old and new. Vendor applications are now being accepted!

**Date and Time:** Saturday, June 7, 2025, 10 am – 5:00 pm

**Location:** Baldwin Common and Carroll Baldwin Hall, Corner of Foundry & Baltimore streets, 9035 Baltimore Street, Savage, MD. Click [here](https://www.savagecommunityassociation.com/savage-fest-2025) to register.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# HEALTHY MINDS

**Title:** Mental Health First Aid Training Request

**Description**: Coaching Salud Holística, offers FREE Mental Health First Aid (MHFA) training in Spanish to support Latino and immigrant communities from May to September 2025. Our goal is to equip community members, educators, parents, and staff with tools to recognize and respond to mental health challenges. Training will be available in Montgomery, Prince George’s, Frederick, Howard, Anne Arundel, Baltimore City, and Baltimore County. Organizations can request in-person or virtual sessions, either as a full 8-hour day or two 4-hour sessions. Lunch is not provided, but light refreshments may be offered.

**Date and Time:** Submit request by Friday, April 18 at 6:00 PM. Click [here](https://docs.google.com/forms/d/e/1FAIpQLSfYGFWoYDlzqoeIrtdYoQykEsfShzTgcPRX3gzO54XDKY7JIA/viewform) to register.

**Title:** Older Adult Mental Health Forum

**Description**: This session provides an overview of key entitlements available to older adults, such as Social Security, Medicare, Medicaid, Supplemental Security Income (SSI), as well as employment options for aging adults with mental health disorders, including services, access strategies, and insights on the transition from disability benefits to retirement benefits.

**Date and Time:** Tuesday, April 22 at 11:00 PM. Click [here](https://howardcountymd.webex.com/webappng/sites/howardcountymd/meeting/register/85778ef27ec8453a84891bf31fba8460?ticket=4832534b00000007297a60970940ffb61ee02f2b238962baa8312b36a308326f2e12454a21253cc1&timestamp=1744140476949&RGID=r5bb1f60b5a66e2e9be94fd1e159a7924&isAutoPopRegisterForm=false) to register.

**Title:** ReIMAGINE the Rainbow Event

**Description**: All students, staff, parents, and community members are invited to join us for an evening of advocacy. Headlining the evening will be Ellen Oh ([author](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ellenoh.com%2F&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C2c51e45745df4506d63f08dd5c06c23f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638767906272997670%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=2VhCBtOp1QwpOHZP179MyNV7G8jZ0GAM9CM8CAX1HRs%3D&reserved=0) and founder of [We Need Diverse Books](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdiversebooks.org%2F&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C2c51e45745df4506d63f08dd5c06c23f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638767906273011407%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bWcaVxvThMrIt7GC1KSAREcJ2xHchC%2FX6mFjYqC5UKE%3D&reserved=0)) and Phil Bilder ([author](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fphilbildner.com%2F&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C2c51e45745df4506d63f08dd5c06c23f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638767906273023427%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=glmyCE1Ryr2SMe8CXt49GHcSsw65fJj%2B2WzfPYSvNIo%3D&reserved=0)). Following the keynote session, participants will have the opportunity to select from 14 different sessions to attend in two consecutive time blocks. Sessions are informational, interactive, and in some cases, hands-on. Childcare will be provided for students in grades K-5. While this event is FREE, all participants must register.

**Date and Time:** Friday, April 25 from 5:00 pm - 9:15 pm. Click [here](https://docs.google.com/forms/d/e/1FAIpQLScT4Ughd7IdoM-hcjj1tpVL-F5MM54tMPgFenpQ0MIZ0Mxjxw/viewform) to register.

**Title:** HC DrugFree Medications and Sharps Disposal Drive-thru Event

At this event, they accept prescription and over-the-counter medication, vitamins, veterinary medication, vape devices (with batteries removed), sharps (needles, syringes, EpiPens), and more. When delivering, SHARPS must be separate from other medication/items and in designated sharps containers so no one can be pricked. Pills may remain in bottles. No need to remove labels.

**Date and Time:** Saturday, April 26, 2025, 10:00 am – 2:00 pm.

**Location:** Wilde Lake Village Center Parking Lot, 5305 Village Center Drive, Columbia, MD 21044

**Title:** Breaking the Cycle: Understanding and Responding to Interpersonal Violence

Join HopeWorks of Howard County and Moms Demand Action for a recap of the Annapolis legislative session and a discussion with HopeWorks, Howard County’s Domestic Violence Center, about its programs and the impact of intimate partner violence!

**Date and Time:** Saturday, April 29, 2025, 7:00 pm – 8:30 pm.

**Location:** HopeWorks of Howard County, 9770 Patuxent Woods Dr Ste 100, Columbia, MD 21046

**Title:** Youth Mental Health First Aid Training

**Description**: Connecting the Dots, LLC is hosting a Youth Mental Health First Aid Training. Recognize signs of mental health or substance use challenges. Respond to crises like panic attacks, suicidal thoughts, or trauma. Support youth and connect them with professional help.

**Date and Time:** Saturday, May 10, 2025. 10:00 am – 4:00 pm. Click [here](https://forms.gle/UrCiC8YnsL4mL3VZ8) 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/series/in-person-family-support-group/).

**(Virtual)** Third Friday of each month at 7:30 pm. Register [here](https://namihowardcountymd.org/series/online-family-support-group/).

**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/series/online-connection-support-group-2nd-mondays/) to register.

# OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

## Healthy Beginnings

* Resource: PBS Kids – Helping Kids Cope with Crisis. [Link](https://ppmd.app.box.com/s/d7viivefbh8a09kr10caatnwipx6h2cl).
* Webinar: Weitzman ECHO Childhood Trauma for Integrated Primary Care 2025. [Link](https://education.weitzmaninstitute.org/content/weitzman-echo-childhood-trauma-integrated-primary-care-2025?mc_cid=d50c5890a5&mc_eid=e292b42519#group-tabs-node-course-default5).
* Resource: New Toolkit Empowers Healthcare Providers with Evidence-Based Strategies for Childhood Obesity Prevention and Treatment. [Link](https://www.nccor.org/nccor_enewsletters/march-2025/#pub3).
* Training: How to Implement Classroom-Based Calming Spaces. [Link](https://static.healthiergeneration.org/programs2/microlearnings/classroom_based_calming_spaces/index.html#/).
* Survey: Maryland Department of Heath Maternal and Child Health Survey for Community Member. [Link](https://redcap-phpa.health.maryland.gov/surveys/?s=3NY9T983C977LKEA).
* Webinar: Children’s Mental Health Webinar Series with Children’s National Hospital and CareFirst BlueCross BlueShield. [Link](https://childrensnational.zoom.us/webinar/register/WN_vvkNMdapQriWg5uOxQAexw#/registration).
* Resource: 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).
* Article: 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).
* Resource: Strengthen relationships and support cooperation with kids and teens with this simple guide. [Link](https://www.healthiergeneration.org/app/resources/712).
* Training: 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).
* Article: 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).
* Resource: Review free text messages on activities to help boost your child’s learning and brain development. [Link](https://partners.mybliss.ai/basics-insights/HCOOCAF1692).
* Resources: Howard County Family Support Center (FSC). Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.

## Healthy Living

* Article: IFIC Spotlight Survey: Americans’ Perceptions of Food Allergens, Intolerances & Sensitivities. [Link](https://foodinsight.org/americans-perceptions-of-food-allergens-intolerances-sensitivities/).
* Training: Food is Medicine 101: Translating Evidence to Action. [Link](https://universitycollege.tufts.edu/courses/browse/food-medicine-101-translating-evidence-action).
* Event: Nutrition 2025 registration available. [Link](https://nutrition.org/meeting/).
* Article: Growing US consumption of ultra-processed foods raises concerns about health harms. [Link](https://www.thenationshealth.org/content/55/2/1.3).
* Resource: Improving Health Through Nutrition Interventions. [Link](https://bettercareplaybook.org/collections/improving-health-through-nutrition-interventions?utm_source=CHCS+Email+Updates&utm_campaign=17060b3664-Nutrition+Collection+CHCS_3%2F31%2F2025&utm_medium=email&utm_term=0_-17060b3664-493510513).
* Resource: Physical Activity Alliance - Physical Activity Fast Facts. [Link](https://paamovewithus.org/wp-content/uploads/2025/02/Physical-Activity-Fast-Facts-2025.pdf).
* Webinar: Bridging and Belonging to Strengthen Social Connections. [Link](https://us02web.zoom.us/webinar/register/WN_e3RymeejSqagIKlDLlievg#/registration).
* Article: Cardiovascular Autonomic Neuropathy Associated with Mortality in Women. [Link](https://www.thecardiologyadvisor.com/news/cardiovascular-autonomic-neuropathy-associated-with-mortality-in-women/).
* Webinar. Early Detection Saves Lives: Implementing Type 1 Diabetes Screening in Pediatric and Primary Care. [Link](https://zoom.us/webinar/register/WN_GHrM8Z5oSkyTQdRziAtNAw#/registration).
* Resource: American Diabetes Association (ADA) Diabetes Food Hub. [Link](https://diabetesfoodhub.org/?lid=aqe5le4l95iw&utm_source=drip_campaign&utm_medium=email&utm_campaign=250318_DirectResponse_ECR-1521_v1_non-donor&utm_term=non-donors).
* Article: Governor Moore Announces Expanded Access to More Affordable Prescription Drugs Through Innovative Partnership with SIRUM and Good Pill Pharmacy. [Link](https://governor.maryland.gov/news/press/pages/governor-moore-announces-expanded-access-to-more-affordable-prescription-drugs-through-innovative-partnership-with-sirum-an.aspx).
* Article: Food is Medicine 101: Translating Evidence to Action. [Link](https://universitycollege.tufts.edu/courses/browse/food-medicine-101-translating-evidence-action).
* Resource: Maryland State Department of Disabilities 3D Printing: AT Fabrication Program. [Link](https://mdod.maryland.gov/mdtap/Pages/3D-Printing.aspx).
* Article: 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).

* Resource: State-by-state fact sheets on proposed cuts to SNAP. [Link](https://frac.org/research/resource-library/snap-state-fact-sheets?eType=EmailBlastContent&eId=eef4d130-bb35-404a-9b7c-7e7000fff254).
* Resource: FDA OKs Tandem Diabetes’ Control-IQ+ Algorithm for Type 2 Diabetes. [Link](https://www.mpo-mag.com/breaking-news/fda-oks-tandem-diabetes-control-iq-algorithm-for-type-2-diabetes/).
* Resource: The Walking Classroom - an evidence-based, award-winning program that gets kids up and walk while listening to fun, standard-aligned educational podcasts. [Link](https://www.thewalkingclassroom.org/our-program/?utm_source=delivra&utm_medium=email&utm_campaign=AHS_2025_PEPA_Dedicated_&utm_id=8554980).
* Resource: International Food Information Council Dietary Fats Toolkit. [Link](https://foodinsight.org/dietary-fats-toolkit/).
* Resource: World Cancer Research Fund International New Policy Blueprint for Cancer Prevention. [Link](https://us8.forward-to-friend.com/forward/show?u=61881cc07a526eec912bffa9f&id=4ae897e67a).
* Webinar: National Coalition for Week Without Driving 2025 Meetings. [Link](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).
* Resource: Save time and money while planning healthy meals at home. [Link](https://www.healthiergeneration.org/app/resources/372).
* Resource: American Heart Association, Healthy Food and Beverage Toolkit. [Link](https://www.heart.org/en/about-us/-/media/Healthy-Living-Files/Foodscape/Healthy_Workplace_Food_and_Beverage_Toolkit.pdf).
* Article: NIH: Midlife Eating Patterns Tied to Health Decades Later. [Link](https://www.nih.gov/news-events/nih-research-matters/midlife-eating-patterns-tied-health-decades-later).
* Article: The Policy Imperative to Modify the Mediocre “Use in the Home” Policy. [Link](https://www.chcs.org/health-affairs-blog-the-policy-imperative-to-modify-the-medicare-use-in-the-home-policy/?utm_source=CHCS+Email+Updates&utm_campaign=af31d71062-HA+Use+In+The+Home+Blog+Post_4%2F1%2F2025&utm_medium=email&utm_term=0_-af31d71062-493510513).
* Toolkit: Motor Vehicle Administration’s Zero Deaths Maryland April Social Media Toolkit. Click [here](https://zerodeathsmd.gov/digital-resources/) for more information.

## Healthy Minds

* Resource: Meaningfully Engaging People with Lived Experience in Behavioral Health Reform: A Guide for States. [Link](https://www.chcs.org/resource/meaningfully-engaging-people-with-lived-experience-in-behavioral-health-reform-a-guide-for-states/?utm_source=CHCS+Email+Updates&utm_campaign=10d375368c-FCP+Engagement+Guide_3%2F25%2F2025&utm_medium=email&utm_term=0_-10d375368c-493510513).
* Resource: Maryland Center of Excellence on Problem Gambling Awareness Toolkit for Community Health Organizations, Providers, and Preventionists. Click [here](https://files.constantcontact.com/0101ff14301/5dcccc36-4f48-498c-9adf-a966c83aa117.pdf?rdr=true) to download.
* Study: Vaping Does Not Help U.S. Tobacco Smokers Quit. [Link](https://today.ucsd.edu/story/study-vaping-does-not-help-u.s-tobacco-smokers-quit).
* Event: 2025 Weitzman Virtual Symposium Registration Open. [Link](https://chc1.iad1.qualtrics.com/jfe/form/SV_1Hz9ly0xSxuh30O?mc_cid=ea05c30dfa&mc_eid=e292b42519).
* Article: Mental illness stigma in Black, Latina/o, and Asian Americans. [Link](https://pubmed.ncbi.nlm.nih.gov/39695056/).
* Resource: 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).
* Article: New Central Maryland Regional Veterans Treatment Court launches to expand services to veterans. [Link](https://www.mdcourts.gov/media/news/2024/pr20241112).
* Article: 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).
* Article: Centering Lived Experience in Developing Behavioral Health Quality Measures. [Link](https://www.chcs.org/resource/what-we-measure-matters-centering-lived-experience-in-developing-behavioral-health-quality-measures/#:~:text=Partnering%20with%20people%20with%20lived,program%20design%2C%20and%20quality%20measures.).
* Training: FREE Narcan Training. [Link](https://www.howardcountymd.gov/health/opioid-overdose-response-program).
* Article: 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).
* Article: Understanding and addressing mental health challenges of families admitted to the neonatal intensive care unit. [Link](https://pubmed.ncbi.nlm.nih.gov/39643695/).
* Video: Suicide Prevention and Understanding Grief. [Link](https://vimeo.com/880700760?share=copy).
* Resource: Make an appointment in one of the 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).
* Resource: 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).
* Article: Governor Moore Announces Dramatic Decrease in Fatal Overdoses in Maryland in 2024. [Link](https://governor.maryland.gov/news/press/pages/governor-moore-announces-dramatic-decrease-in-fatal-overdoses-in-maryland-in-2024.aspx).
* Webinar: The Invisible Backpack: Trauma-Informed Approaches for Educators. [Link](https://www.healthiergeneration.org/app/account/login).