March 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.

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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 Office of Children and Families has established The CARE Line. Click [here](https://www.howardcountymd.gov/children-families/care-line) to learn more.
* The latest episode from Howard County Health Department HoCo Podcast is now available. Click [here](https://hocohealth.podbean.com/) to listen.
* Howard County Family Support Center (FSC) resources. Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.
* Age-Friendly Howard County Initiative. Click [here](https://www.youtube.com/watch?v=6cQe8fWZT8Y) to learn more.
* Maryland Poison Center. Click [here](https://www.mdpoison.com/) to learn more.
* Center for Children provides 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.
* 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:** 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:** 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 5 pm.** Click [here](https://www.aarp.org/livable-communities/community-challenge/info-2025/2025-challenge.html) to learn more.

**Title:** Byrne State Crisis Intervention Program (Byrne SCIP/BSCI)

**Description:** Provides states with funding to implement firearm violence reduction strategies at the intersections of behavioral health and domestic violence including but not limited to state crisis intervention court proceedings and extreme risk protection orders (ERPO).

**Rolling applications**: **March 28, 2025.** Click [here](https://gocpp.maryland.gov/grants/programs/bsci/) to learn more.

**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 opportunity 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:** 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:** 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/event/online-parent-support-group-2-2-2-2-2/2025-01-13/).

**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. Register [here](https://docs.google.com/forms/d/1JmjrLXU2LFRHZrbOt3WCHMzBs-dfdF3jV-Mun6atKfQ/viewform?edit_requested=true).

**Location**: Some meetings via Zoom, some meetings in-person: 10475 Little Patuxent Pkwy, Columbia, MD 21044.

**Title:** Making Sense of Screens

Description: 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 am 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 - 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**: 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:** Alcohol Use in Pregnancy and Fetal Alcohol Spectrum Disorder (FASD)

**Description**: Define fetal alcohol spectrum disorder (FASD), incidence/prevalence of FASDs and their societal impact. Discuss patterns of alcohol consumption amoung pregnant people. Identify effective screening and breif intervention methods. Discuss the impact of stigma and trauma on the management of pregnant people who use alcohol.

**Date and Time:** March 18, 2025 12:00 pm. Register [here](https://macs.oasis-lms.com/Public/Catalog/Details.aspx?id=g5hMtS8Gzk9gNRBRnxxxUQ%3d%3d).

**Title:** The Latina Birth Workers Panel: Voices in Maternal Health

**Description**: A dynamic panel of Latina birth workers - nurses, doctors, doulas, and community health workers - discussing challenges, advocacy, and culturally responsive maternal care.

**Date and Time:** April 1, 2025 6:00 pm. Register [here](https://us06web.zoom.us/meeting/register/pbxwOorcSjK0OKUzSRPRJQ#/registration).

**Title**: Diaper Giveaway

**Description**: The Howard County Health Department Perinatal Equity and Care for Everyone (P.E.A.C.E.) Project continues hosting Diaper Giveaway Days. Walk-ins only. No registration required. First come, first served!

**Date and Time**: April 1, 2025, 10:30 am - 12:30 pm

**Location**: 9411 Whiskey Bottom Rd., Laurel, MD 20723

# HEALTHY LIVING

**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:** Age-Friendly Community Listening Sessions

**Description:** Join Age-Friendly and Office at the Howard County Office on Aging and Independence staff at a community listening session to share your thoughts, concerns, ideas and experiences to shape a more Age-Friendly Howard County! All are welcome; registration is recommended but not required.

**Date and Time**: Multiple sessions and dates available.Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&activity_select_param=2&date_after=2025-01-09&activity_keyword=listening%20session&viewMode=list) to learn more.

**Title:** 2025 Bike and Roll to School Day

**Description:** Bike and Roll to School Day invites participants to celebrate the joys of active commuting while promoting a sense of community and school spirit.

**Date:** Registration opens March 4, 2025. National event will be held on May 7, 2025. Click [here](https://www.walkbiketoschool.org/) to learn more.

**Title:** Diabetes: A Healthier You

**Description:** Discuss the importance of nutrition and physical fitness and how they help you live healthier with diabetes. Learn basic meal planning, how to count carbs and how to aim for a healthy weight.

**Date and Time**: March 5, 2025, 1:00 to 2:00 pm. Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/diabetes-a-healthier-you/) to register.

**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:** Blood, Are You Pressuring Me?

**Description:** Learn the warning signs of uncontrolled blood pressure and its effects on your health. Learn ways to manage your blood pressure by eating healthy, lowering sodium intake and being physically active.

**Date and Time**: March 12, 12:00 pm.Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/blood-are-you-pressuring-me-2/) to register.

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# HEALTHY MINDS

**Title:** Stress Less for your Workday

**Description**: Are you feeling stressed from work? This class will give you the tools and resources to take charge of your time and feel less stressed during the workday. You’ll learn strategies to reduce work stress, tips for organizing and prioritizing, and strategies for better work-life integration.

**Date and Time:** Wednesday, March 19, 2025. 11:30 am – 12:00 pm. Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/stress-less-for-your-workday/) to register.

**Title:** Light the Night: 5k for Suicide Prevention

**Description:** The 4th Annual Light the Night 5K is an event that raises awareness for suicide and suicide prevention resources in our community. With your participation the Light the Night 5K will be more than just a race, it will serve as a county-wide acknowledgment that we support and care for those impacted by suicide.

**Date and Time:** Friday, April 4, 2025, 7 – 8:30 pm at Oakland Mills High School, 9410 Kilimanjaro Road, Columbia, MD 21045. Click [here](https://www.bullseyerunning.com/event/4th-annual-light-the-night-5k-for-suicide-prevention/) to learn more.

**Title:** Caregiving Basics: Dementia and More

**Description**: This workshop provides the essential skills and knowledge needed for caregivers to effectively care for those facing health challenges. You will learn how to perform personal care tasks with dignity and cope with emotional concerns, practice effective communication and ensure safety, understand medical conditions and recognize early warning sign, access local resources and respond to an emergency, maintain self-care for the caregiver’s health and well-being.

**Date and Time:** Wednesday, April 9, 2025. 12:30 pm – 1:00 pm. Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/caregiving-basics-dementia-and-more/) 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.

# OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

## Healthy Beginnings

* 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).
* Article: Responsible research in health disparities using the Adolescent Brain Cognitive DevelopmentSM (ABCD) study. [Link](https://pubmed.ncbi.nlm.nih.gov/39724816/).
* 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).
* Resource: Every child is born with his own individual way of approaching the world — a temperament. [Link](https://www.zerotothree.org/resource/tips-on-temperament/).
* 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: New Youth Preparedness Toolkit. [Link](https://www.hclhic.org/home/meeting/2024?cateId=366).
* 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).

## Healthy Living

* 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/).
* Webinar: Transforming Care to Advance Health Equity. [Link](https://uchicago.zoom.us/meeting/register/tJIscOuuqzIjHNeHdVfi0-cBJaaHe73407FA?utm_source=CHCS+Email+Updates&utm_campaign=cb3303fc0d-CHCS+Monthly+Update+February_2%2F27%2F2025&utm_medium=email&utm_term=0_-cb3303fc0d-493510513#/registration).
* 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).
* Award: Apply for the List of America’s Healthiest Schools in 2025. [Link](https://www.healthiergeneration.org/take-action/schools/awards/how-to-apply?utm_source=delivra&utm_medium=email&utm_campaign=AHS_2025_PEPA_Dedicated_&utm_id=8554980).
* Webinar: National Academies of Sciences, Engineering, and Medicine Standing Committee on Primary Care. [Link](https://www.nationalacademies.org/event/44493_03-2025_standing-committee-on-primary-care-march-open-meeting?utm_source=HMD+Email+List&utm_campaign=2bc28669ca-EMAIL_CAMPAIGN_2025_02_13_11_55&utm_medium=email&utm_term=0_-2bc28669ca-180878116&mc_cid=2bc28669ca&mc_eid=c6e469f632).
* Webinar: Caffeinated Beverage Intakes in the US: Sources, Health Effects, and Consumption Patterns Across Age Groups. [Link](https://iafns.org/event/caffeinated-beverages-in-the-us-sources-health-effects-and-consumption-patterns-across-age-groups/).
* Webinar: A Deep Dive into the Community Eligibility Provision. [Link](https://us02web.zoom.us/webinar/register/WN_3CbJxRVcQlG2Can0Zp1Q6w?eType=EmailBlastContent&eId=9b5493aa-5f33-4859-b482-d6b194e70edf#/registration).
* Resource: Healthy for Good™ eModule: Six Core Elements of a Healthy Dietary Pattern. [Link](https://education.heart.org/productdetails/healthy-for-good).
* Resource: International Food Information Council Dietary Fats Toolkit. [Link](https://foodinsight.org/dietary-fats-toolkit/).
* Webinar: Nutrition Policies at Food Pantries: Learnings from Washington State. [Link](https://zoom.us/webinar/register/WN_lf7x_gQkTrykDhSIA_Zr1Q#/registration).
* 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).
* Workshop: National Academies of Science, Math, Engineering, and Medicine (NASEM), Addressing the Impact of Tobacco and Alcohol Use on Cancer-Related Health Outcomes. [Link](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).
* Webinar: US Food and Drug Administration (FDA) Updated “Healthy” Claim. [Link](https://www.fda.gov/food/hfp-constituent-updates/fda-hold-webinar-updated-healthy-claim?utm_medium=email&utm_source=govdelivery).
* 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).
* Webinar: Transforming Care to Advance Health Equity. [Link](https://uchicago.zoom.us/meeting/register/tJIscOuuqzIjHNeHdVfi0-cBJaaHe73407FA?utm_source=CHCS+Email+Updates&utm_campaign=cb3303fc0d-CHCS+Monthly+Update+February_2%2F27%2F2025&utm_medium=email&utm_term=0_-cb3303fc0d-493510513#/registration).

## Healthy Minds

* Event: 2025 Weitzman Virtual Symposium Registration Open. [Link](https://chc1.iad1.qualtrics.com/jfe/form/SV_1Hz9ly0xSxuh30O?mc_cid=ea05c30dfa&mc_eid=e292b42519).
* Webinar: Examining Traumatic Brain Injury as a Chronic Condition. [Link](https://events.nationalacademies.org/44302_03-2025_examining-traumatic-brain-injury-as-a-chronic-condition-a-workshop?utm_source=HMD+Email+List&utm_campaign=59bd9112b2-EMAIL_CAMPAIGN_2025_01_08_08_25_COPY_01&utm_medium=email&utm_term=0_-d6d5bddc03-180878116&mc_cid=59bd9112b2&mc_eid=c6e469f632).
* Webinar: Science of Sweetness: A Review of Current Evidence and Common Misconceptions. [Link](https://us02web.zoom.us/webinar/register/4417399010375/WN_d-QMiXUNSg6IbfqNHQtnVg?utm_source=PepsiCo+Professional+Network&utm_campaign=10be31c256-EMAIL_CAMPAIGN_2025_02_20_25&utm_medium=email&utm_term=0_-8c929ded0e-103570570#/registration).
* 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).
* Webinar: Cultivating Community Hubs for Social Connection. [Link](https://us02web.zoom.us/webinar/register/WN_fMFkoRLwRSigo9jEiBVTTw#/registration).
* 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/).
* Article: 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).
* 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).