April 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 LHIC Community Health Feedback Survey. Click [here](https://www.hclhic.org/) to complete the survey by **Friday, April 11, 4 pm**.
* 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.
* 2025 GreenFest is Howard County's largest celebration of Earth Day! Click [here](https://www.howardcountymd.gov/GreenFest2025) for more information.
* Howard County Age-Friendly last listening session on April 8, 2025. Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/150282?onlineSiteId=0&from_original_cui=true) to register.
* United for Safety: A Communitywide Conversation on Gun Violence in Howard County. Click [here](https://www.eventbrite.com/e/united-for-safety-a-communitywide-conversation-on-gun-violence-in-hoco-tickets-1300965004349?aff=oddtdtcreator) to register.
* 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.
* 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.

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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:** 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:** 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.

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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/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**: Parents as Peacemakers: Turning Family Challenges into Opportunities

**Description**: Blended families are full of love, complexity and transformation. In this workshop, parents will explore practical tools to create family agreements, practice active listening, and guide restorative conversations. Learn how to transform everyday tensions into moments of growth, trust, and belonging.

**Date and Time**: Thursday, April 3, 2025, 7:00 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/148082?onlineSiteId=0&from_original_cui=true).

**Title**: 2025 Children's Discovery Fair: Wiggle, Learn & Grow

**Description**: Celebrate Howard County’s Month of the Young Child at the 2025 Children's Discovery Fair. Bring your child(ren) ages 3 to 5 on the path to kindergarten readiness to explore the wonders of learning while engaging in free hands-on, education- themed activities, interactive games, crafts, stories and movement exercises together. Admission and parking are free.

**Date and Time**: Saturday, April 5, 2025, 10:00 am - 1:00 pm.

**Location**: East Columbia 50+ Center, 6610 Cradlerock Way Columbia, MD 21045. Register [here](https://www.eventbrite.com/e/2025-childrens-discovery-fair-wiggle-learn-grow-tickets-1152821162129?aff=oddtdtcreator).

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

**Description**: Learn how to decrease the incidence of a child's negative behaviors and what to do when they occur. Parents of children ages two (2) to eight (8) can gain skills and resources to help you feel more confident in your parenting.

**Date and Time**: Tuesday, April 8, 2025, 1:00 pm - 2:00 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/151511?onlineSiteId=0&from_original_cui=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

# HEALTHY LIVING

**Title:** Living Well with Diabetes: In-Person

**Description:** Living Well with Diabetes is an interactive course that offers support, education, and skills to manage your diabetes. For those with Type 2 diabetes, prediabetes and their support persons and family members. Includes a free workbook and other resources.

**Date and Time:** April 3 – May 15, 2025, 5:30 – 8:00 pm.

**Location:** Little Patuxent Specialty Care Center, 11065 Little Patuxent Parkway, Suite 200, Columbia. Click [here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fliving-well-with-diabetes-toolkit-spxgf.events.hcgh.hopkinsmedicine.org%2F&data=05%7C02%7Clhic%40howardcountymd.gov%7Ccb60f773ecbe47554c9208dd68791cdb%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638781591599079542%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=eFOClcjjDxuA0GJ0Vw7x9lgLk7umWXWy78NkHiQU3gg%3D&reserved=0) to register.

**Title:** Living Well with Diabetes: In-Person (Spanish)

**Description:** Offered in Spanish, Living Well with Diabetes is an interactive course that offers support, education, and skills to manage your diabetes. For those with Type 2 diabetes, prediabetes and their support persons and family members. Includes a free workbook and other resources.

**Date and Time:** Tuesdays, April 8 – May 13, 2025, 5:30 – 8:00 pm.

**Location:** Elkridge 50+ Center, 6540 Washington Blvd, Elkridge MD 21075. Click [here](https://tinyurl.com/DSMP-Spanish) to register.

**Title:** Cancer Self-Management Program

**Description**: Johns Hopkins Howard County Medical Center is hosting a free, 6-week program, to share experiences and identify solutions and tools for solving problems and creating a supportive environment. Support people, family members, and caregivers are also welcome to attend.

**Date and Time:** Fridays, March 28 – May 9, 2025, 10 am – 12:30 pm, in-person and virtual. Click [here](https://cancerselfmanagement.events.hcgh.hopkinsmedicine.org/) to register.

**Title:** Interactive Health Fair

**Description:** Take advantage of free health screenings and onsite experts who will highlight resources in our community. Learn something new and take charge of your health! No registration required.

**Date and Time:** Monday, April 7, 2025, 2 – 6 pm.

**Location:** East Columbia 50+ Center, 6610 Cradlerock Way, Columbia, MD 21045

**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 am - 2 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: 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 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 pm, Virtual. Click [here](https://us02web.zoom.us/webinar/register/WN_e3RymeejSqagIKlDLlievg#/registration) to register.

**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.

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# HEALTHY MINDS

**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:** 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:** 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

* Workshop: Exploring Risks of Repeated Head Impacts in Youth and Strategies to Minimize Exposure. [Link](https://events.nationalacademies.org/44347_04-2025_exploring-risks-of-repeated-head-impacts-in-youth-and-strategies-to-minimize-exposure?utm_source=HMD+Email+List&utm_campaign=9c5793c9f9-EMAIL_CAMPAIGN_2024_12_06_09_17_COPY_01&utm_medium=email&utm_term=0_-1b5d11ba89-180878116&mc_cid=9c5793c9f9&mc_eid=c6e469f632).
* 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).
* Webinar: Building a Caring and Connected School Community: Creating a Caring Environment. [Link](https://www.healthiergeneration.org/app/resources/trainings-virtual/33?utm_source=delivra&utm_medium=email&utm_campaign=Learning%20Line-Up_March&utm_id=8589779).
* Webinar: How to Implement Classroom-Based Calming Spaces. [Link](https://www.healthiergeneration.org/app/account/login).
* 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

* 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).
* Webinar: FDA Webinar on the Updated “Healthy” Claim. [Link](https://www.surveymonkey.com/r/3VP9RQL).
* 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).
* Webinar: Talking About Obesity: Strategies for an Empowering Conversation with Your Health Care Team. [Link](https://diabetes.org/form/ask-the-experts-april-8).
* 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).
* Award: Apply for the List of America’s Healthiest Schools in 2025. Apply by **April 15**. [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).
* 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).
* Webinar: Food Research and Action Center (FRAC), Summer Meals: Promotion and Outreach. [Link](https://us02web.zoom.us/webinar/register/WN_vaaPQ0YnQuOlxXpRB3qwUQ?eType=EmailBlastContent&eId=bfb0ca81-94e1-4b36-9cc0-e97d85e9690f#/registration).
* 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

* Workshop: Exploring Risks of Repeated Head Impacts in Youth and Strategies to Minimize Exposure. [Link](https://events.nationalacademies.org/44347_04-2025_exploring-risks-of-repeated-head-impacts-in-youth-and-strategies-to-minimize-exposure?utm_source=HMD+Email+List&utm_campaign=9c5793c9f9-EMAIL_CAMPAIGN_2024_12_06_09_17_COPY_01&utm_medium=email&utm_term=0_-1b5d11ba89-180878116&mc_cid=9c5793c9f9&mc_eid=c6e469f632).
* 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).