December 16, 2024

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

* The Next Full HCLHIC meeting will be January 16 at 9 am. Register [here](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator).
* Howard County LHIC FY26 - 28 Strategic Plan Survey. Please click [here](https://www.surveymonkey.com/r/HCLHIC_CHIP25) to share your feedback on the mission, vision, values, priorities and communications by 4:00 pm on Friday, January 10, 2025.
* Howard County Office on Aging & Independence extends 50+ Center hours. **Monday-Thursday 8:30 am-7:30 pm, Friday 8:30 am-4:30 pm, and Saturday 8:30 am-12 pm**.
* Howard County Executive Calvin Ball will be hosting a virtual community chat to discuss the Elkridge Community center and 50+ Center. Click [here](https://www.howardcountymd.gov/recreation-parks/new-elkridge-community-and-50-center) to learn more.
* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* Beginning in January 2025, the Howard County Health Department will no longer give out at-home COVID-19 test kits. Click [here](https://www.howardcountymd.gov/health/covid-19-testing) to learn more.
* Safe Kids offers free car seat checkups. Click here to schedule an appointment.
* 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.
* Howard County Fire and Rescue offers free CPR courses to the community. Click [here](https://www.howardcountymd.gov/fire-and-rescue-services/cpr-training) to register.
* Maryland Adolescent Health Survey - The Maryland Department of Health's Adolescent Health Program within the Office of Family and Community Health Services and Maternal Child Health Bureau is seeking input from health professionals serving youth and adolescents in Maryland. Click [here](https://conta.cc/3Dse81g) to learn more.

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# FUNDING OPPORTUNITIES

**Title:** Notice of Special Interest (NOSI): Administrative Supplements for Assessing Capacity to Address Obesity for Cancer Prevention and Control

**Description:** The Division of Cancer Control and Population Sciences (DCCPS) at the National Cancer Institute (NCI) announces this Notice of Special Interest (NOSI) to encourage NCI-funded investigators to apply for administrative supplement funds to support research addressing obesity for cancer prevention and control.

**Applications Deadline: January 31, 2025**. Click [here](https://grants.nih.gov/grants/guide/notice-files/NOT-CA-25-004.html) to learn more.

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

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

**Applications Deadline: February 4, 2025**. Click [here](https://howardcountymd.sharepoint.com/sites/HealthDepartment-PCA-CommunityEngagement/Shared%20Documents/LHIC%20Files/LHIC%20WORKGROUPS/HCLHIC%20Workgroup%20Email/2024/December%2016%2C%202024/Member%20Resources%2012.16.24.docx) to learn more.

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

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

**Applications Deadline: February 28, 2025**. Click [here](https://urlisolation.com/browser?clickId=2BFF5A28-7ADA-4D21-876E-E613EB1A83B6&traceToken=1734030968%3Bcarefirstofmarylandinc_hosted%3Bhttps%3A%2F%2Ffundersnetwork.us3.list-&url=https%3A%2F%2Fwww.fundersnetwork.org%2Fpartners-for-places%2F) to learn more.

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

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

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

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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 Association of County and City Health Officials(NACCHO) Virtual Learning Collaborative for the Inclusion of Maternal and Child Health (MCH) Populations in Emergency Preparedness and Response

**Description**: NACCHO is currently recruiting members for a Virtual Learning Collaborative (VLC) comprised of MCH and EPR staff that aims to increase the capacity of LHDs to prioritize MCH populations in emergency preparedness, response, recovery, and mitigation efforts at the local level through interactive training modules.  The Virtual Learning Collaborative will begin in January 2025 and go through July 2025. Please find a full description of time commitment, membership expectations, and application instructions [here](https://www.naccho.org/blog/articles/new-recruiting-for-nacchos-virtual-learning-collaborative-for-the-inclusion-of-mch-populations-in-emergency-preparedness-and-response).

**Deadline to Apply:** December 16, 2024, at 11:59 pm PST. Application instructions [here](https://www.naccho.org/blog/articles/new-recruiting-for-nacchos-virtual-learning-collaborative-for-the-inclusion-of-mch-populations-in-emergency-preparedness-and-response?x-craft-preview=A8dhnkLpoK&token=LnhYgneh2sy36_5nh1xi3yOu-jWYrhTm).

**Title:** Adventure Day at KidSpace

**Description**: When schools are out, join CA for a day of games, arts and crafts, swimming, roller skating (SSC only), and hours of fun active play! You don't have to be a CA or KidSpace member to join!Pizza lunch is also included.

**Date and Time:** December 23, 2024, at 9 am EST. Register [here](https://columbiaassociation.org/community-program/kids/adventure-day/).

**Title:** New Moms Group

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

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

**Title:** The Parents’ Place of Maryland (PPMD) Second Virtual Winter Art Show

**Description**: December 25th through December 31st, PPMD will showcase children’s drawings across their social media pages to inspire giving this holiday season. Print out their winter coloring pages or have your child create their own drawing.

**Date and Time:** Deadline to submit is December 18, 2024. Submit here.

# HEALTHY LIVING

**Title:** Health Seminar - Mythbusters: Exercise and Nutrition

**Description:** “MythBusters – Breaking down Barriers and Myths of Exercise and Nutrition” – Join MythBusters, Certified Personal Trainer and Occupational Therapist - Roxanne Hartman and Certified Nutrition Coach and Fitness Coordinator - Sherri Lively, as they break down the misconceptions that you have about fitness and nutrition.

**Date and Time:** December 17, 2024, 12:00 pm – 1:00 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143013?onlineSiteId=0&from_original_cui=true).

**Title:** Workshop – NIH-FDA Nutrition Regulatory Science Workshop

**Description:** The goal of this joint NIH-FDA workshop is to highlight how nutrition science can generate evidence and data to inform food-related policy and regulatory decision making. This workshop is supported by the NIH Office of Nutrition Research in collaboration with the Food and Drug Administration.

**Date and Time:** December 17, 2024, 10:00 am – 4:45 pm and December 18, 2024, 10:00 am – 1:00 pm. Register [here](https://www.scgcorp.com/jointnih-fdanrsw2024/Registration).

**Title:** Dealing with Holiday Emotional Eating

**Description:** This time of year, the combination of holiday stress and the availability of holiday treats may increase emotional eating. Join this webinar to learn strategies to help manage holiday emotional eating.

**Date and Time:** December 18, 2024, 11:00 am - 11:45 am. For more information and to register, click [here](https://register.gotowebinar.com/rt/8338307399549002325).

**Title:** Healthy Holidays

**Description:** Join Priority Partners for their Healthy Holidays webinar!

* Learn how to make healthier meal choices during the holiday season.
* Identify foods to avoid and foods to enjoy!
* Learn how to bake healthy holiday treats using smart substitutions.
* Get tips for staying active during the holiday season.

**Date and Time:** December 18, 2024, 12:00 pm - 1:00 pm. For more information and to register, click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/healthy-holidays/).

**Title:** Let's Get Physical

**Description:** Join Priority Partners for their Let's Get Physical webinar!

* Could you use some encouragement to help you increase physical activity and incorporate it into your daily life?
* Learn the benefits of physical activity, how to overcome barriers to being more active and how proper nutrition fuels physical activity.
* Learn how to develop a well-rounded exercise plan.

**Date and Time:** December 19, 2024, 12:00 pm - 1:00 pm. For more information and to register, click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/lets-get-physical/).

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

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

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

**Title:** Walking Group

**Description:** Join Debbie Goldstein, a retired physical therapist, 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/Time:** Multiple sessions and dates available.Click [here](https://www.signupgenius.com/go/9040C4CABA929A3FF2-53437309-december#/) to learn more.

**Title:** Oncology Yoga

**Description:** Oncology Yoga matches breath and movement to stimulate the immune system, improve flexibility and strength, reduce anxiety and boost overall well-being. All equipment provided. Led by Jill Krause, yoga teacher, 200 E-RYT, y4c.

**Date/Time**: Mondays, 10-11 am or Thursdays, 11 am until noon.Click [here](https://www.signupgenius.com/go/9040C4CABA929A3FF2-53437309-december#/) to register.

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# HEALTHY MINDS

**Title:** Sleep and Your Heart with Heart Centered Gratitude Meditation

**Description:** This checklist will provide you with the opportunity to identify your holiday stressors, learn easy-to-incorporate holiday stress relievers, and invite more joy into your life during the holidays and beyond.

**Date and Time:** December 16, 2024, 11:00 pm - 11:30 pm. Register [here](https://register.gotowebinar.com/rt/9168377105868587870).

**Title: Youth Suicidal Behaviors: Where Do We Go from Here**

**Description:** Join Acting National Institute of Mental Health Director, Dr. Avenevoli, and researcher, Dr. Sheftall, as they explore current trends, risk factors, and protective strategies in youth mental health.

**Date and Time:** December 16, 2024, 2:00 pm - 3:30 pm. Register [here](https://www.zoomgov.com/webinar/register/WN_--YfhbgwQZiv06U61mYunw#/registration).

**Title:** Taking Care of Your Gratitude

**Description:** When you practice gratitude, you increase your happiness and positive emotions, improve your physical and mental health, and improve your relationships with others. It's a gift you and others will enjoy every day of the year!

**Date and Time:** December 19, 2024, 11:00 am - 11:45 am. Register [here](https://event.on24.com/wcc/r/4651824/E7FF11FDA574E8F6FDE75576E6B4CE37).

**Title:** Substance Use System Transformation and Integration Network Learning Collaborative

**Description:** The Center for Health Care Strategies (CHCS) is launching the Substance Use System Transformation and Integration Network (SUSTAIN) Learning Collaborative to support state and U.S. territory teams that are planning, developing, or refining SUD-related policies for adults that promote equitable prevention, treatment, or recovery supports. CHCS welcomes applications from all states and U.S. territories to participate in this 12-month collaborative beginning in February 2025**.**

**Application Deadline:** December 20, 2024. Register [here](https://www.chcs.org/project/substance-use-system-transformation-and-integration-network-learning-collaborative/?utm_source=CHCS+Email+Updates&utm_campaign=ed52600b61-CHCS-Monthly-News_Nov24_11%2F26%2F24&utm_medium=email&utm_term=0_-ed52600b61-157228966).

# OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

## Healthy Beginnings

* Cystic Fibrosis (CF) Parents See Barriers to Daily Physical Activity in Schools. [Link](https://cysticfibrosisnewstoday.com/news/cf-parents-see-barriers-daily-physical-activity-schools/).
* Howard County Public School System (HCPSS) is offering “What Your Child Will Learn” Guides. [Link](https://www.hcpss.org/academics/what-your-child-will-learn-guides/)**.**
* Supporting Maternal and Child Health Across All Stages of Life. [Link](https://www.astho.org/advocacy/state-health-policy/legislative-prospectus-series/maternal-child-health/?utm_source=PHW&utm_medium=newsletter&utm_campaign=Resource_Card&utm_content=Legislative_Prospectus_Series&utm_term=Maternal_Child_Health).
* 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).
* Antibiotic Stewardship Helps Protect Newborns in Neonatal Intensive Care Units. [Link](https://pubmed.ncbi.nlm.nih.gov/38835250/).
* U.S. Report Card on Physical Activity for Children and Youth Reveals Continued Low Levels of Physical Activity. [Link](https://paamovewithus.org/wp-content/uploads/2024/11/2024-U.S.-Report-Card-on-Physical-Activity-for-Children-and-Youth_FINAL-11.2024.pdf).
* New Youth Preparedness Toolkit. [Link](https://www.hclhic.org/home/meeting/2024?cateId=366).

## Healthy Living

* Prevention and Control of Seasonal Influenza with Vaccines Recommendations. [Link](https://www.medscape.org/viewarticle/1001639?deliveryName=USCDC_921-DM141611&ACSTrackingID=USCDC_921-DM141611&ACSTrackingLabel=Weekly%20%2348%20--%20This%20Week%20in%20MMWR%3A%20Vol.%2073%2C%20December%205%2C%202024).
* Factsheet Regulation on Adult-Use Advertising in Maryland released. [Link](https://files.constantcontact.com/a3ba91f1401/381457ad-cb05-4c97-a12a-f412998c0c9f.pdf).
* Maryland MVA Highway Safety Office December Social media toolkit. [Link](file:///C%3A%5CUsers%5Cajordan%5CDownloads%5CZeroDeathsMD.gov%5Cdigital-resources%5C).
* Exploring Modern Global Public Health Diplomacy and Workforce Readiness. [Link](https://aspph.org/event/aspph-presents-global-public-health-diplomacy-opportunities-for-effective-practice-and-collaboration/).
* Protection from Seasonal Viruses: Flu, Covid-19 and RSV. [Link](https://www.vaccines.gov/en/).
* Likely Public Health Legislative Trends for 2025. [Link](https://www.astho.org/communications/blog/likely-public-health-legislative-trends-for-2025/?utm_source=PHW&utm_medium=newsletter&utm_campaign=Policy/PHIG&utm_content=Health_Policy_Update&utm_term=Legislative_Prospectus_Series).
* ‘Tis the Season to Get Vaccinated! [Link](https://www.cdc.gov/cancer/features/cancer-flu-and-you.html?ACSTrackingID=USCDC_9_13-DM141798&ACSTrackingLabel=Cancer%20Prevention%20Works%3A%20%20December%202024&deliveryName=USCDC_9_13-DM141798).
* Simply Good: A Cookbook for Stroke Survivors and Families. [Link](https://www.stroke.org/en/life-after-stroke/recovery/simply-good-cookbook?utm_campaign=llnewsletter&utm_source=email&utm_medium=dec24).
* Medications That Interfere with the Flu Shot. [Link](https://www.aarp.org/health/drugs-supplements/info-2024/flu-shot-medication-interaction.html?cmp=EMC-DSM-NLC-OTH-DLY-247401-320001-8805452-NA-11182024-TheDailyDeployments-MS1-NA-NA-CLKBT-Health&encparam=8W1TgBrqn8mwcb1tXDruLEdPzBhj6U%2fwrZ%2fY5wHHu8E%3d).
* When Sitting Around Becomes a Health Crisis. [Link](https://dcjournal.com/when-sitting-around-becomes-a-health-crisis/).
* Free COVID-19 Tests Available to Households. [Link](https://covidtests.gov/).
* Nurturing Co-generational Social Connections Resource Guide. [Link](https://healthyplacesbydesign.org/essential-resources-for-socially-connected-communities/?utm_source=Healthy+Places+by+Design+Subscribers&utm_campaign=6f1076d0c5-EMAIL_CAMPAIGN_2018_04_25_COPY_01&utm_medium=email&utm_term=0_0027e739ba-6f1076d0c5-528703099).

## Healthy Minds

* FREE Narcan Training. [Link](https://www.howardcountymd.gov/health/opioid-overdose-response-program).
* Highlights From the 2023-2024 Adolescents Brain Cognitive Development (ABCD) Study Webinars. [Link](https://abcdstudy.org/infographics/).
* The Healthy Families and Parents as Teachers Home Visiting programs. [Link](https://www.howardcountymd.gov/children-families/home-visiting).
* Addressing Workforce Challenges Across the Behavioral Health Continuum of Care. [Link](https://nap.nationalacademies.org/catalog/28583/addressing-workforce-challenges-across-the-behavioral-health-continuum-of-care?utm_source=HMD+Email+List&utm_campaign=621cb72040-EMAIL_CAMPAIGN_2024_11_14_09_37&utm_medium=email&utm_term=0_-621cb72040-180878116&mc_cid=621cb72040&mc_eid=c6e469f632).
* Department of Housing and Urban Development (HUD)-VASH resource guide on veteran housing. [Link](https://hudhousingnetwork.com/articles/hud-housing-programs/combating-the-homelessness-epidemic-for-veterans-the-ultimate-guide-to-hudvash#google_vignette).
* Essential Resources for Socially Connected Communities. [Link](https://healthyplacesbydesign.org/essential-resources-for-socially-connected-communities/?utm_source=Healthy+Places+by+Design+Subscribers&utm_campaign=6f1076d0c5-EMAIL_CAMPAIGN_2018_04_25_COPY_01&utm_medium=email&utm_term=0_0027e739ba-6f1076d0c5-528701775).
* Diverse Mental Health Resources Hub. [Link](https://dosomething.org/article/mental-health-resources).
* New Report on Mass Violence in the U.S. [Link](https://www.thenationalcouncil.org/news/report-rise-mass-violence-efforts-stop/?mkt_tok=NzczLU1KRi0zNzkAAAGXW88UHZmIVFzMk6imhu-pyqNGvlp9s8LSyd6tUhjr-DUZsQeHfBSbK-1VNHuZoJPGcJQhzhwj4Jv6Yrry6ZSUmiwnJvxJkCTcEgonzzZMstO5).