February 14, 2025

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

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# LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

* Howard County Executive Ball Releases Focus Group Recommendations for County’s First-Ever Public Garden. Click [here](https://www.howardcountymd.gov/News042324) to learn more.
* Howard County 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 Family Support Center (FSC) resources. Click [here](https://www.howardcountymd.gov/family-support-center) for 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:** Advancing Learning Health Care Research in Outpatient Mental Health Treatment Settings

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

these events, please contact the event organizers directly.

## HEALTHY BEGINNINGS

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

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

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

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

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

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

**Date and Time:** Second Monday of each month, at 7:30 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**: HC DrugFree - Free Life Skills Classes

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

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

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

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

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

**Title**: Wellness Workshop: Crisis Communication and Active Listening

**Description**: HCPSS parents/guardians are invited to take part in this free, virtual workshop, being held February 27 from 6-7:00 pm. The event is part of a monthly workshop series that will delve into the challenges of parenthood and offer techniques to help navigate those challenges.

**Date and Time**: February 27, 2025, 6:00 – 7:00 pm, Virtual. Register [here](https://news.hcpss.org/news-posts/2024/09/2024-2025-wellness-workshops-challenges-of-parenthood/).

**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.

# HEALTHY LIVING

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

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

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

**Title:** 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:** 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.

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# HEALTHY MINDS

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

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

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

**Title:** NAMI Connection Support Group

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

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

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

**Description:** The Training Center (TC) represents a collaboration between BHA and the University's Division of Services Research designed to serve the training and service development needs of Maryland's behavioral health delivery system.

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

**Title:** Good Night, Sleep Tight

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

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

# 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).

* Webinar: Cardiometabolic Health for Black Americans: How Does Dairy Fit In? [Link](https://ce.gvpub.com/CVHealthandDairy/#02).
* Webinar: IFIC Decoding Seed Oils: The Science Behind the Buzz. [Link](https://ific-org.zoom.us/webinar/register/WN_qADUG-PyToOCGCrOInMIMw#/registration).
* 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).
* Webinar: Summer Meals: Serving Kid-Friendly, High-Quality Meals. [Link](https://us02web.zoom.us/webinar/register/WN_GysaVhVrQ2-elCJopLFRpQ?eType=EmailBlastContent&eId=c4e99238-fc64-468c-b4ab-297568ab9327#/registration).
* 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).
* Webinar: Cultivating Community Hubs for Social Connection. [Link](https://us02web.zoom.us/webinar/register/WN_fMFkoRLwRSigo9jEiBVTTw#/registration).
* National Academies of Science, Math, Engineering, and Medicine (NASEM) Workshop: 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).
* NASEM Workshop: 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=d6d5bddc03-EMAIL_CAMPAIGN_2025_01_08_08_25&utm_medium=email&utm_term=0_-d6d5bddc03-180878116&mc_cid=d6d5bddc03&mc_eid=c6e469f632).
* 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).

## 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).
* 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).
* Webinar: National Association of County and City Health Officials (NACCHO) Behavioral Health 360 State of the Union. [Link](https://naccho.zoom.us/webinar/register/WN_7md0CDT4QLWj-ISzqd4vNA?amp_device_id=19ad389e-bd4d-4ad9-a041-ec2d2ab293d5%23%2Fregistration#/registration).
* 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/).
* 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).