

April 15, 2021

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 with your stakeholders 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).

### LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

- Howard County Government Coronavirus Disease 2019 (COVID-19) Information [StayCOVIDSafe.howardcountymd.gov](http://StayCOVIDSafe.howardcountymd.gov)
- Howard County Health Department Coronavirus Disease 2019 (COVID-19) Information <https://www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls>
- Howard County Government Virtual Assistance Portal [https://services.howardcountymd.gov/hcportal?%20%20category\\_id=273d4345db209450bcfffce9af961947](https://services.howardcountymd.gov/hcportal?%20%20category_id=273d4345db209450bcfffce9af961947)
- Howard County Community College (Project Access Summer Institute)  
Project Access is a college preparatory program focused on supporting students with a diagnosed disability as they transition from high school to college. For information about Project Access or to find the application, please visit [www.howardcc.edu/projectaccess](http://www.howardcc.edu/projectaccess). For questions, please email [projectaccess@howardcc.edu](mailto:projectaccess@howardcc.edu). Applications Due on Saturday, May 15, 2021.
- CDC Interim Public Health Recommendations for Fully Vaccinated People <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- Customizable COVID-19 Vaccination Content for Health Departments and Other Public Health Partners <https://bit.ly/3mLE77C>

### UPCOMING VIRTUAL EVENTS, WEBINARS, AND TRAINING

***Events below may not be hosted or provided by HCLHIC. If you have any questions about these events, please contact the event organizers directly.***

**1. Title: Diabetes Support Group (Virtual via Zoom)**

(Registration is required)

**Description:** This support group will provide you with social and emotional support, as well as educational resources to help you with managing your diabetes.

**Date/Time:** Third Thursday of Every Month starting April 15, 2021; 10:00 am - 11:30 am and 6:00 pm - 7:30 pm

**Link:** <https://events.hcgh.hopkinsmedicine.org/event/journey-to-better-health/diabetes-support-group>

Please email Kristine Batty, NP at [kbatty2@jhmi.edu](mailto:kbatty2@jhmi.edu) for more information.

**2. Title: Virtual Youth Mental Health First Aid**

(Registration is required)

**Description:** Learn to assist a young person, from 12 to 18 years, who may be experiencing a mental health or substance use crisis. In this updated and virtual format, participants will complete a 2-hour, self-paced online course before participating in a 4-hour, instructor-led class using Zoom. Youth Mental Health First Aid is recommended for adults who interact with youth including teachers, coaches, faith leaders, parents, school staff, and caring citizens.

**Date/Time:** Friday, April 16, 2021; 8:30 am – 1:00 pm

**Link:** <https://bit.ly/37S8pOV>

**3. Title: Black Mamas Matter Black Maternal Health Conference (BMHC)**

(Registration is required)

**Description:** This 2-day virtual conference by Black Mamas Matter will offer a national space for learning, rich discussions, and mobilization to transform Black maternal health, rights, and justice. The BMCH will provide a much needed space and opportunity for Black Mamas to have meaningful dialogue about health equity and reproductive justice within the Black Community.

**Date/Time:** April 16-17, 2021; 9:00 am – 5:00 pm

**Link:** <http://bit.ly/2MULZpY>

**4. Title: QPR (Question. Persuade. Refer.) ADULT Suicide Prevention Training – Online**

(Registration is required)

**Description:** In this training, participants will learn how to Question, Persuade and Refer someone who could be suicidal; How to get help for yourself or learn more about preventing suicide; The common causes of suicidal behavior; The warning signs of suicide; and How to get help for someone in crisis

**Date/Time:** Saturday, April 17, 2021; 10:00 am – 11:30 am

**Link:** <https://bit.ly/3wVrV8Q>

**Date/Time:** Monday, April 26, 2021; 6:00 pm – 7:30 pm

**Link:** <https://bit.ly/3uLBmWG>

**Date/Time:** Friday, April 30, 2021; 7:00 pm – 8:30 pm

**Link:** <https://bit.ly/3mKTbBR>

For questions regarding the training, please contact [Amanda@grassrootscrisis.org](mailto:Amanda@grassrootscrisis.org)

**5. Title: Growth Mindset and Mindfulness in First Responders**

(Registration is required)

**Description:** In this webinar, Sgt. Shane Blalock will explore methods to help first responders combat cumulative post-traumatic stress disorder as well as provide wellness strategies to proactively promote better mental health.

**Date/Time:** Monday, April 19, 2021; 12:00 pm – 1:00 pm

**Link:** <https://register.gotowebinar.com/register/5863403453032853264>

**6. Title: Your Child's Just Been Diagnosed with Autism. Now What?**

(Registration is required)

**Description:** This annual parent-led panel targeted for newly diagnosed families and families with young children on the spectrum. Learn from other parents of children at various stages in the autism journey - from elementary aged to adults in their 30's - what they wish they knew then, what helped them get through the challenging early days, and their message of hope and understanding for you. You may submit questions for our panelists as you register or ask during the session.

**Date/Time:** Monday, April 19, 2021; 7:00 pm - 9:00 pm

Registration is required, please visit <https://app.donorview.com/QjLmW>

Sponsored by the Howard County Autism Society.

**7. Title: Plan to Plan: A Community Health Improvement Planning Series**

(Registration is required)

**Description:** Through a series of three one-hour webinars, participants will be introduced to the process of writing a Community Health Improvement Plan (CHIP). Each session will build upon the others to provide participants with the knowledge, tools, and resources needed to prepare for community health improvement planning within their communities.

**Date/Time:** Tuesday, April 20, 2021 from 11:00 am – 12:00 pm - **Session 3: Writing your Community Health Improvement Plan (CHIP)**

**Link:** [Enroll in Session 3](#)

**8. Title: Early Childhood and Medicaid Innovations Amid COVID-19 Webinar Series**

(Registration is required)

**Description:** This webinar series will spotlight state efforts to align or innovate early childhood and Medicaid programs to help families with young children find resiliency in the face of ongoing COVID-19 pandemic disruptions and beyond.

**Date/Time:** Tuesday, April 20, 2021; 2:00 pm – 3:00 pm – **Opportunities for Early Childhood Programs to Support the Well-Being of Families During COVID-19 and Beyond**

**Link:** [https://chcs.zoom.us/webinar/register/WN\\_I5IYbxsJRC2MIJAI5pYWQ](https://chcs.zoom.us/webinar/register/WN_I5IYbxsJRC2MIJAI5pYWQ)

**Date/Time:** Tuesday, April 27, 2021; 2:00 pm – 3:00 pm – **Supporting Early Development and Learning Amid the COVID-19 Pandemic: Early Childhood and Medicaid Panel Discussion**

**Link:** [https://chcs.zoom.us/webinar/register/WN\\_aCW8R7jIRFiKISO2mtwJZw](https://chcs.zoom.us/webinar/register/WN_aCW8R7jIRFiKISO2mtwJZw)

**9. Title: What We Bring to the Room: Reflecting on the Impact of Bias in Care**

(Registration is required)

**Description:** This webinar will offer essential information on bias-related concepts, how

bias affects care and patient outcomes, and practical strategies for reforming their methods of delivering care.

**Date/Time:** Tuesday, April 20, 2021; 11:00 am – 12:00 pm

**Link:** <https://bit.ly/3mkB4TE>

**10. Title: Healer, Heal Thyself: Tools for Wellness and Self-Care during the COVID-19 Pandemic**

(Registration is required)

**Description:** This webinar will focus on helping public health professionals develop tools needed to enhance their self-care and overall wellness. The objective is to increase the investment in their personal wellness and self-care while becoming an example for those they serve. This webinar will also teach participants how to relieve the stresses they face in healthy ways and help them identify mental health resources and natural supports.

**Date/Time:** Tuesday, April 20, 2021; 12:00 pm – 1:30 pm

**Link:** <https://bit.ly/3shsjLq>

**11. Title: Technology as a Social Determinant of Health**

(Registration is required)

**Description:** Public health and the digital divide: reflections on technology as a social determinant of health in the time of COVID.

**Date/Time:** Tuesday, April 20, 2021; 1:30 pm – 2:30 pm

**Link:** [https://franklincountyohio.zoom.us/webinar/register/WN\\_7QY2k4VDSNCv06hLwXJ0pg](https://franklincountyohio.zoom.us/webinar/register/WN_7QY2k4VDSNCv06hLwXJ0pg)

**12. Title: Maryland Highway Safety Office Webinar Series: Be the Drive who Saves Lives**

(Registration is required)

**Description:** Maryland's Highway Safety Office is proud to partner with the Howard County Health Department and the Local Health Improvement Coalition to bring you a series of webinars that focus on safe driving behaviors as we work toward our goal of reaching zero deaths. Join each of these sessions for revealing discussions about how drivers and pedestrians can make decisions that save lives on Howard County's roadways.

**Date/Time:** Wednesday, April 21, 2021; 11:00 am – 12:00 pm – **Speeding/Aggressive Driving**

**Date/Time:** Wednesday, May 12, 2021; 11:00 am – 12:00 pm – **Occupant Protection/Buckle Up**

**Link:** <https://bit.ly/3t6val9>

**13. Title: Prioritizing Equity in Public Health Leadership Summit**

(Registration is required)

**Description:** This half-day virtual meeting will provide a forum for state and territorial health practitioners to learn about emergent public health issues and apply evidence-based and promising practices to reduce racial and ethnic disparities.

**Date/Time:** Wednesday, April 21, 2021; 11:30 am – 6:30 pm

**Link:** <https://bit.ly/31kdgpi>

**14. Title: Howard County Behavioral Health Summit**

(Registration is required)

**Description:** Aetna is proud to partner with the Howard County Health Department to bring you this 5-part series of webinars that will help you learn ways to stay healthy and take control in 2020 and beyond.

**Date/Time:** Wednesday, April 21, 2021; 12:00 pm – 1:00 pm – **Dealing with Unrest, Part 2: Helping Families and Children**

**Link:** <https://bit.ly/3owAwe0>

**15. Title: ASK THE EXPERTS Digital Reset: A Primer for Transitioning Out of the Pandemic**

(Registration is required)

**Description:** This webinar will help to start a conversation about how to approach a digital and socioemotional reset as we begin to transition out of our pandemic-era habits and circumstances. A distinguished panel of researchers, clinicians, educators, and parenting experts will discuss how to navigate the many ways life will change in the months to come. The panelists will also provide mitigation strategies for the anxiety, stress, and trauma of the pandemic, as well as share advice for combatting unhealthy habits formed during lockdown, both on- and off-screen.

**Date/Time:** Wednesday, April 21, 2021; 12:00 pm – 1:00 pm

**Link:** <https://bit.ly/3abAOS7>

**16. Title: All In: Data for Community Health Webinar Spotlight: Capacity Building through Shared Community Power**

(Registration is required)

**Description:** In this webinar, two organizations who are working to combat infant and maternal mortality through multi-sector data sharing and exploring how they're building capacity through shared community power while fighting racial health disparities will be spotlighted.

**Date/Time:** Wednesday, April 21, 2021; 1:30 pm – 2:30 pm

**Link:** [https://zoom.us/webinar/register/WN\\_Dv2HJZbBRQWJzT5Dh3wY0A](https://zoom.us/webinar/register/WN_Dv2HJZbBRQWJzT5Dh3wY0A)

**17. Title: Help your Children with the Transition Back to School**

(Registration is required)

**Description:** In this webinar, Dr. Ball will offer strategies parents/guardians can easily put in place. If you have questions prior to the event, please email [parentconnections@calvertnet.k12.md.us](mailto:parentconnections@calvertnet.k12.md.us).

**Date/Time:** Wednesday, April 21, 2021; 6:00 pm – 7:30 pm

To register and receive the Microsoft Teams Link, please email

[parentconnections@calvertnet.k12.md.us](mailto:parentconnections@calvertnet.k12.md.us). Sponsored by Calvert County Public Schools

**18. Title: Community Sharing Session: What Helps Me**

(Registration is required)

**Description:** In this webinar, the Howard County Sources of Strength Peer Leaders are facilitating a community sharing session to hear the unique challenges faced by teens and adults over the last year. We will be sharing stories of strength and coping with the aim of reducing stigma and opening a dialogue about mental health in our community.

**Date/Time:** Wednesday, April 21, 2021; 7:00 pm – 8:15 pm

**Link:** <https://bit.ly/3fyUHWI>

**19. Title: Where's the Money? Funding Your Active Transportation Project**

(Registration is required)

**Description:** In this webinar, participants will learn about frequently used sources of funding for active transportation projects in the US, how to find out what funding is available for your community, and tips for navigating the funding process.

**Date/Time:** Thursday, April 22, 2021; 1:00 pm – 2:00 pm

**Link:** <https://bit.ly/3cSr9Sd>

**20. Title: Promoting Disability-Competent Care During COVID-19**

(Registration is required)

**Description:** This webinar will begin with an overview of Resources for Integrated Care's Disability Competent Care model, followed by two health plans sharing promising practices and innovative strategies for addressing the unique needs of dually eligible individuals with disability during the COVID-19 public health emergency. Finally, a participant will share firsthand experiences and recommendations on providing care to individuals with disability during COVID-19.

**Date/Time:** Thursday, April 22, 2021; 1:30 pm – 3:00 pm

**Link:** <https://event.on24.com/wcc/r/3089827/7D4199D160D40027D5400CE9730A04AE>

**21. Title: 9<sup>th</sup> Annual LGBTQ Health Workforce Conference**

(Registration is required)

**Description:** This 2-day virtual conference will provide an overview of up-to-date practices (climate, educational, research, and clinical) in preparing the health care workforce to address the health concerns and disparities of lesbian, gay, bisexual, and transgender (LGBT) communities.

**Date/Time:** April 22-24, 2021; 9:00 am – 5:00 pm

**Link:** <http://bit.ly/30jkfOF>

**22. Title: BHA/MedChi Behavioral Health Webinar Series: Helping the Helpers and Those They Serve**

(Registration is required)

**Description:** This is a webinar series between the Maryland Department of Health (MDH) Behavioral Health Administration (BHA) and MedChi. These webinars are designed to enhance both health care worker self-care and resultantly the care they provide, as health care workers combat numerous stressors including the COVID-19 pandemic, social justice issues, and other stressors that can potentially impact delivered care.

**Date/Time:** Thursday, April 22, 2021; 5:00 pm – 6:00 pm - *Enhancing Self-Care and Leadership Skills for Health Care Managers*

**Link:** [https://us02web.zoom.us/webinar/register/WN\\_ziqfjif2R8Cj-UcebVYv5A](https://us02web.zoom.us/webinar/register/WN_ziqfjif2R8Cj-UcebVYv5A)

**Date/Time:** Thursday, May 13, 2021; 5:00 pm – 6:00 pm - *Strategies to Improve Sleep*

**Link:** [https://us02web.zoom.us/webinar/register/WN\\_TM5q6GOnTdC2MBrXA2g28A](https://us02web.zoom.us/webinar/register/WN_TM5q6GOnTdC2MBrXA2g28A)

**Date/Time:** Thursday, May 27, 2021; 5:00 pm – 6:00 pm - *Spirituality and Self-Care for Health Care Workers*

**Link:** [https://us02web.zoom.us/webinar/register/WN\\_BV2k64FHTZaGt26sROW5Kg](https://us02web.zoom.us/webinar/register/WN_BV2k64FHTZaGt26sROW5Kg)

**23. Title: Maryland Pedestrian and Bicycle Committee (MBPAC) Meeting (Virtual)**

**Description:** The Committee advises State government agencies on issues directly related to bicycling and pedestrian activity including funding, public awareness, safety and education (Code Transportation Article, sec. 2-606).

**Date/Time:** Friday, April 23, 2021; 9:00 am – 11:00 am

**Link:** <https://register.gotowebinar.com/register/2680337082686325775>

Feel free to register using the link above or join by phone at 562-247-8422

Access Code: 764-096-421

**24. Title: Cherish the Child Virtual Symposium 2021**

**Description:** This webinar will focus on celebrating each and every one us, no matter your color, size, age, socioeconomic status, religion, or sexual orientation. This year, we are committed to providing you practical tools that will help you to embrace diversity in everything that you do.

**Date/Time:** Friday, April 23, 2021; 8:30 am – 12:30 pm

**Link:** <http://www.cherishthechildsymposium.com/>

**25. Title: Youth and Nicotine Use/Dependence**

(Registration is required)

**Description:** This webinar will focus on assessing nicotine use and dependence in youth and how to help those who use e-cigarettes quit.

**Date/Time:** Friday, April 23, 2021; 1:00 pm – 2:00 pm

**Link:** <https://bit.ly/3g9VTQG>

**26. Title: Howard County Drug Take Back Day**

**Description:** Come to Wilde Lake Village parking lot to dispose of your unwanted or expired medications.

**Date/Time:** Saturday, April 24, 2021; 10:00 am – 2:00 pm

For more information, please click on <https://hcdrugfree.org/>

**27. Title: Tomando Control de su Salud (Take Control of Your Health Toolkit)**

(Registration is required)

**Description:** This free 6-week self-management program is recommended for those who have, or are at risk of developing a chronic illness, such as heart disease, diabetes, chronic pain, or other health problems. This invitation is also valid for people who care for patients. The Living Well Toolkit will be mailed to you and includes the necessary materials and activities to help you move forward at your own pace. Each week, you will meet with your instructor in a small group, via a 30-minute conference call, in which the progress of your self-management skills will be discussed.

**Class Three:** Every Saturday, April 24 - May 20, 2021; 10:00 am - 10:30 am

**Class Four:** Every Saturday, May 1 - June 5, 2021; 11:00 am - 11:30 am

**Link:** <https://events.hcgh.hopkinsmedicine.org/event/journey-to-better-health/tomando-control-de-su-salud-la-caja-de-herramientas->

For more information, please contact Lucy Reyna at 240-459-8074 or email her at: [reynalucia10@gmail.com](mailto:reynalucia10@gmail.com)

**28. Title: The Role of Community Health Centers as Public Health Emergency First Responders: One Year Into the COVID-19 Pandemic**

(Registration is required)

**Description:** This webinar will address how the COVID-19 emergency has affected community health centers and explore the crucial role played by health centers in achieving the goal of health equity in emergency response – a role so central, that the Biden Administration immediately identified community health centers as essential to its sweeping American Rescue Plan (ARP). Presenters will discuss what the data tell us about the impact of the pandemic on community health center operations, staffing and finances, and the indispensable role of community health centers in the hardest-hit and most at-risk communities in providing COVID-19 testing, treatment, and vaccinations.

**Date/Time:** Tuesday, April 27, 2021; 12:30 pm – 2:00 pm

**Link:** [https://us02web.zoom.us/webinar/register/WN\\_r1cq3VZHTg2BK4HfRRhHJg](https://us02web.zoom.us/webinar/register/WN_r1cq3VZHTg2BK4HfRRhHJg)

**29. Title: Living Well Chronic Disease Class (Virtual)**

(Registration is required)

**Description:** This free 6-week workshop for people who live with or are at risk of having a chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and any other health concerns. During this workshop, you will learn techniques to cope with feelings of frustration, fatigue, pain and isolation; skills to communicate more effectively with family, friends and health professionals; exercises to maintain and improve strength, flexibility and endurance; and improve nutrition and develop healthy eating habits. Each session within builds upon the last, fostering skills that build confidence in managing one's own health.

**Class One:** Every Tuesday, April 27 – June 1, 2021; 6:00 pm - 8:30 pm

**Class Two:** Every Wednesday, May 22 – June 26, 2021; 10:00 am - 12:30 pm

**Link:** <https://events.hcgh.hopkinsmedicine.org/>

**30. Title: African American Community Forum**

(Registration is required)

**Description:** In this webinar, participants will learn about Alzheimer's, dementia and memory loss in this brief community-focused listening session. Speakers will also review



the basics of these conditions, services of the Alzheimer's Association and how participants/organizations can expand the reach of local programs and services.

**Date/Time:** Tuesday, April 27, 2021; 5:00 pm – 6:30 pm

**Link:** <https://bit.ly/39CYFtL>

### 31. **Title: Integrating Behavioral Health with Primary Care Series**

(Registration is required)

**Description:** Through a partnership with IPRO QIN-QIO and Qlarant, this series will feature experts discussing how to integrate behavioral health (BH) services into everyday practice and the importance of delivery of reliable, high-quality, coordinated, and patient-centered care.

**Date/Time:** Wednesday, April 28, 2021 from 12:00 pm – 1:00 pm - **Coding for Behavioral Health Services**

**Date/Time:** Wednesday, May 26, 2021 from 12:00 pm – 1:00 pm - **Readiness assessment results**

**Link:** <https://qi.ipro.org/2021/01/06/sweep-integrating-bh-primary-care/>

### 32. **Title: Workshop for Survivors of Suicide Loss - NJ & MD (Virtual)**

(Registration is required)

**Description:** This interactive workshop will include topics such as Suicide “101”: Facts & figures, framing the topic, risk factors; How Is Grief After Suicide Different?: prominent themes for survivors, family impact, post-traumatic growth; Myths of grief recovery; How Can I Survive?: Self-care, when to seek professional help, and types of support for survivors. This workshop will draw on the presenter’s years of experience as a grief counselor specializing in work with suicide loss survivors to describe the remarkable pathways of healing that survivors can travel.

**Date/Time:** Tuesday, April 27, 2021; 7:00 pm - 9:00 pm

For more information, please email Kathrin Olbrich - AFSP Maryland at [KOlbrich@afsp.org](mailto:KOlbrich@afsp.org)

### 33. **Title: What if my Assistive Technology (AT) doesn't transition with me?**

(Registration is required)

**Description:** This two-part series will assist current public health practitioners in navigating misinformation campaigns and will also provide students soon to enter the workforce with best practices from a panel of professionals who began working during the pandemic.

**Date/Time:** Thursday, April 29, 2021; 1:00 pm – 2:00 pm

**Link:** [https://zoom.us/webinar/register/WN\\_vyKnXy6xSfSQQyWyu2GRfA](https://zoom.us/webinar/register/WN_vyKnXy6xSfSQQyWyu2GRfA)

If you need additional accommodations, please contact Lori Markland at [lori.markland@maryland.gov](mailto:lori.markland@maryland.gov)

**34. Title: The Impact of Covid-19 on the Public Health Workforce Series**

(Registration is required)

**Description:** This two-part a series will assist current public health practitioners in navigating misinformation campaigns and will also provide students soon to enter the workforce with best practices from a panel of professionals who began working during the pandemic.

**Date/Time:** Tuesday, April 29, 2021 from 11:00 am – 12:00 pm - **Session 1: Navigating Misinformation Campaigns for Public Health Practitioners**

**Link:** [Enroll in Part 1](#)

**Date/Time:** Tuesday, May 6, 2021 from 11:00 am – 12:00 pm - **Session 2: Entering the Public Health Workforce During a Pandemic**

**Link:** [Save the date - registration opens soon!](#)

**35. Title: Stop the Bleed Classes (Virtual)**

(Registration is required)

**Description:** In this training, participants will learn how to take simple steps to keep the injured person alive until appropriate medical care is available. It starts with knowing what to do.

- Thursday, April 29, 2021; 12:00 pm – 1:00 pm  
[Registration link](#)
- Friday, May 21, 2021; 4:00 pm – 5:00 pm  
[Registration link](#)
- Tuesday, June 29, 2021; 12:00 pm – 1:00 pm  
[Registration link](#)

For more information, please contact [outreach@hcdfrs.org](mailto:outreach@hcdfrs.org)

**36. Title: COVID-19 Communications: Real-World Insights to Promote Vaccine Acceptance**  
(Registration is required)

**Description:** Join the National Foundation for Infectious Diseases (NFID), the American College Health Association, the National Medical Association, and the Business Group on Health, for a panel discussion with experts sharing practical strategies and real-world insights to reach key audiences, including communities of color, employees, and college students.

**Date/Time:** Thursday, April 29, 2021; 12:00 pm – 1:00 pm

**Link:** <https://register.gotowebinar.com/register/2422023319349053199>

**37. Title: Caring for Those Who Care: Meeting the Needs of Asian American and Pacific Islander Family Caregivers**

(Registration is required)

**Description:** This one-hour training will help providers further their understanding of the experiences of Asian American and Pacific Islander (AAPI) caregivers and improve their multicultural capacities to meet caregiver's needs.

**Date/Time:** Thursday, April 29, 2021; 2:00 pm – 3:30 pm

**Link:** <https://bit.ly/3uzkRx0>

### 38. **Title: What Is Problem Gambling and How Does It Relate to Mental Health?**

(Registration is required)

**Description:** NAMI Maryland is committed to collaborating with The Maryland Center of Excellence on Problem Gambling (The Center) to raise awareness of problem gambling and the resources available for help among those affected by mental illness and behavioral health providers. This webinar will provide an overview of problem gambling in Maryland and the services provided by the Center. Safe gambling tips, problem gambling resources, and suggestions for starting the conversation and asking questions about gambling behaviors will be discussed.

**Date/Time:** Monday, May 3, 2021; 12:00 pm – 1:00 pm

**Link:** <https://register.gotowebinar.com/register/3673434677654596875>

### 39. **Title: The Prevent Cancer Dialogue Webcast Series**

(Registration is required)

**Description:** This webcast series will explore the themes of innovation and health equity in cancer screening and prevention.

**Date/Time:** Wednesday, May 5, 2021 from 12:25 pm – 4:15 pm - **Innovations in Early Detection of Cancer**

**Date/Time:** Wednesday, June 2, 2021 from 12:25 pm – 4:30 pm – **Progress and Challenges in Cancer Screening**

**Link:** <https://2021preventcancerdialogue.vc.commpartners.com/>

Click on the picture to register individually for each event.

### 40. **Title: Stepping on Leaders Training**

(Registration is required)

**Description:** A seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance. Health and community-service professionals provide expertise on balance-related issues.

- Thursday, May 6, 2021; 9:00 am – 4:00 pm
- Friday, May 7, 2021; 9:00 am – 4:00 pm
- Monday, May 10, 2021; 9:00 am – 4:00 pm

For more information, please contact Wendy Farthing at 443-668-6984 or email her at [wfarthing@mdlivingwell.org](mailto:wfarthing@mdlivingwell.org)

### 41. **Title: 4th Annual Older Adult Mental Health Awareness Day Symposium**

(Registration is required)

**Description:** This symposium will include a full day of sessions on how to best meet the mental health needs of older adults.

**Date/Time:** Thursday, May 6, 2021; 10:00 am – 4:00 pm

**Link:** <https://bit.ly/3wrvvcwy>

**42. Title: Hands Only CPR and Adult, Child, Infant CPR Training (Virtual)**

(Registration is required)

**Description:** In this training, participants will learn how to save the life of someone in cardiac arrest.

- Hands-Only CPR: Thursday, May 6, 2021; 12:00 pm – 1:00 pm  
[Registration Link](#)
- Adult, Child, Infant CPR: Tuesday, May 11, 2021; 12:00 pm - 1:30 pm  
[Registration Link](#)
- Adult, Child, Infant CPR: Thursday, June 3, 2021; 3:00 pm - 4:30 pm  
[Registration Link](#)
- Hands-Only CPR: Friday, June 18, 2021; 4:00 pm – 5:00 pm  
[Registration Link](#)

For the CPR classes, please [sign-up here](#) or email [handsonlycpr@hcdfrs.org](mailto:handsonlycpr@hcdfrs.org) for a spot.

**43. Title: Leadership Summit for Healthy Communities + Youth Edition**

(Registration is required)

**Description:** This conference focuses on historical and cultural influences that impact perceptions on healthy eating, active living, and health. This annual event will also focus on the importance of cross-collaboration between community coalitions and youth advocates. Youth may just be the key to unlocking local initiatives.

**Date:** May 12 -13, 2021; 12:00 pm – 4:30pm

**Link:** <https://bit.ly/3mkgBaI>

**44. Title: 5<sup>th</sup> Annual Maryland Tobacco Control Conference**

(Registration is required)

**Description:** At this conference, presenters and attendees will discuss best practices and policies to reduce tobacco use and health disparities, covering a wide range of topics, including: tobacco prevention and cessation, law and policy, enforcement, and the latest research trends.

**Date:** May 12 -13, 2021; 1:00 pm – 4:15 pm both days

**Link:** <https://bit.ly/3dpSiuM>

For more information, please contact Megan Griest at [mgriest@law.umaryland.edu](mailto:mgriest@law.umaryland.edu)

**45. Title: Virtual Mental Health First Aid**

(Registration is required)

**Description:** Just as CPR teaches you to assist someone having a heart attack, Mental Health First Aid helps you assist an experiencing a mental health or substance use-related challenge. Using a new, updated curriculum and virtual format, participants will complete a 2-hour, self-paced online course before participating in an instructor-led class using Zoom. Registration will be accepted until 14 days before class.

**Date/Time:** Friday, May 14, 2021; 8:00 am – 3:00 pm

**Link:** <https://bit.ly/3pp2Kb3>

**46. Title: HCGH Journey to Better Health Free Drive Thru Health Risk Assessment and Screening**

(Registration is required)

**Description:** The Journey to Better Health (J2BH) Program is offering a Drive Thru Community Health Risk Assessment and Education event at St John Baptist Church on Saturday, May 15, 12 noon to 4 p.m. This free event includes diabetes/prediabetes risk assessment, blood pressure, BMI measurement, and stroke risk assessment. We will also provide education on healthy lifestyle choices and information about classes that address health risks.

**Date/Time:** Saturday, May 15, 2021; 12:00 pm – 4:00 pm

**Link:** <https://bit.ly/3wjOROX>

#### 47. **Title: Bike Around Downtown Columbia**

(Registration is required)

**Description:** Hop on your bike and enjoy the trails and pathways in Downtown Columbia and Oakland Mills.

**Date:** May 15 -16, 2021

**Link:** <http://bit.ly/2NHzyEL>

#### 48. **Title: Public Health Improvement Training (PHIT)**

(Registration is required)

**Description:** PHIT attendees will have the opportunity to select from a variety of interactive learning and skill-building sessions designed for all experience levels. At PHIT, participants gain practical tools, templates, resources, and contacts to support you to take action in public health performance improvement.

**Date:** June 7-9, 2021

**Link:** <https://bit.ly/3skdybL>

#### 49. **Title: Chronic Pain Self-Management Cross Training**

(Registration is required)

**Description:** Chronic Pain Self-Management Leaders will be trained to facilitate the SMRC 6-week program for adults with Chronic Pain. The workshop are held virtually and meets for two and one half hours, once a week, for six consecutive weeks. Lay leaders must have been trained in another SMRC Program (Chronic Disease, Diabetes, Cancer).

**Date:** June 21, 2021 - July 7, 2021

For more information, email Sue Lachenmayr at [bslach@earthlink.net](mailto:bslach@earthlink.net)

### SELF-PACED COURSES AND ON-GOING SUPPORT PROGRAMS

#### 50. **Title: Disability Rights Maryland (DRM) Virtual Q&A Sessions**

(Registration is required)

**Description:** Disability Rights Maryland's Education Team is hosting a weekly Facebook Live Q&A session to answer parents' most pressing questions about distance learning for students with disabilities as a response to the coronavirus pandemic. There's one Q&A live session held each month for Spanish-speaking parents. Captioning is provided in real time and past videos are available on the DRM Facebook page with full captioning at

<https://www.facebook.com/pg/DisabilityRightsMD/videos/>

**Date/Time:** Every Wednesday from 6:30 pm – 7:30 pm

**Link:** <https://bit.ly/3mQPTfX>

More information about Disability Rights Maryland can be found at

<https://disabilityrightsmd.org/>

#### **51. Title: National Center on Disability in Public Health**

(Registration is required)

**Description:** This Prepared4ALL Affiliate group aims to mobilize disability organizations and their networks to foster connections with emergency and public health professionals to build trust, create sustainable relationships, and get a seat at the emergency planning table. Monthly Townhalls are held on the third Wednesday of every month.

- Wednesday, April 21, 2021 at 1:00 pm
- Wednesday, May 19, 2021 at 1:00 pm
- Wednesday, June 16, 2021 at 1:00 pm
- Wednesday, July 21, 2021 at 1:00 pm

**Link:** <https://zoom.us/meeting/register/tJ0scOCqz0vH9ZFpWR92X2cFhyZJV2SJ4bD>

#### **52. Title: The Maryland Department of Disabilities**

**Description:** The Maryland Department of Disabilities will soon be releasing a request for applications for community-based disability organizations to establish (or expand current capacity of) health promotion programming to improve the health outcomes of the people they serve. More information will be shared soon, and you may contact Jennifer Eastman at [Jennifer.eastman@maryland.gov](mailto:Jennifer.eastman@maryland.gov) if interested.

#### **53. Title: National Alliance on Mental Illness (NAMI)**

NAMI support groups for parents/caregivers of children and adolescents with behavioral health challenges. No diagnosis is necessary.

**Parent/Caregiver Support Group for School-Aged Students** - Second Monday of each Month.

**Parent/Caregiver Support Group for TAY (Transition Age Youth)** - Third Thursday of each Month.

Register for either group at <https://bit.ly/3rKwUp4>

#### **Title: NAMI Basics on Demand**

This six-session online education program is for parents/caregivers of youth aged 22 or younger who are experiencing behavioral health challenges. No specific diagnosis is necessary.

Sign up at: <https://publiccourseapi.nami.org/Learner/Login?ReturnUrl=%2F>

Sponsored by National Alliance on Mental Illness (NAMI) Howard County,

<https://namihowardcounty.org/>.

For more information about any of this online program or NAMI, please visit

[info.namihc@gmail.com](mailto:info.namihc@gmail.com) or 410-772-9300

**54. Title: Howard County Commission for Veterans and Military Families**

**Description:** The commission meets monthly on the 1st Thursday of the month. Its purpose is to assure that Veterans and military family's issues are addressed effectively and efficiently. For more information, email [veterans@howardcountymd.gov](mailto:veterans@howardcountymd.gov) with questions.

**55. Title: University of Maryland Study Seeking Veterans**

**Description:** Have you experienced a traumatic event in your life? Do thoughts about this experience affect you now? Do you use alcohol to get relief? We are conducting a research study of a medication that may help people who have experienced a traumatic event feel better and drink less. Traumatic events are things like physical or sexual assault, war zone exposure, serious accidents, and natural disasters. To learn more, go to:

<http://www.rethinkyourdrinking.org/>, email us at

[rethinkyourdrinking@som.umaryland.edu](mailto:rethinkyourdrinking@som.umaryland.edu), or contact us by phone (410) 402-6412.

**56. Title: Howard County Seniors Together Virtual Group Offering**

(Registration is required)

**Description:** Seniors Together groups offer older adults the opportunity to join in weekly virtual discussions on a variety of topics. Stay connected while staying home!

**Group 1: Think Positive Group** Every Monday from 1:00 pm – 2:00 pm

**Group 2: Caregiver Support Group** Every Monday from 7:00 pm – 8:30 pm

**Group 3: Men's Roundtable** Every Tuesday from 10:00 am – 12:00 pm

**Group 4: Low Vision Support Group** Every Tuesday from 1:00 pm – 2:15 pm

**Group 5: Newstalk** Every Thursday from 10:00 am – 11:30 am

**Group 6: Brainteasers** Every Thursday from 12:30 pm - 1:30 pm

**Group 7: Open Mind Group** Every Friday from 10:00 am – 12:00 pm

**Group 8: Trenders** Every Friday from 1:00 pm – 2:30 pm

**Link:** <https://bit.ly/2HQ7qGe>

**57. Title: Maryland Distracted Driving Virtual Summit**

(Registration is required)

**Description:** This virtual Summit is comprised of a series of 18 webinars in the month of April and each will require a separate registration. Speakers from across the country will be sharing their expertise in four different education tracks (law enforcement, research/data, corporate/community strategies, and focused populations).

Sessions will occur throughout the month of April 2021.

Click on <http://www.marylandddsummit.org/> to view the entire list of all 18 webinars. You will need to click on the yellow registration button to sign up for each webinar.

**58. Title: The Suicide Prevention Resource Center**

(Registration is required)

**Description:** The Suicide Prevention Resource Center is offering a free online course [Locating and Understanding Data for Suicide Prevention](#). The course explores a variety of commonly used data sources for information on suicide deaths and attempts, suicidal ideation, and related factors—as well as new frontiers in suicide surveillance, such as interactive dashboards and real-time data collection.

**59. Title: Maryland Cancer Collaborative (MCC)**

**Description:** MCC is recruiting members to new workgroups (Tobacco Cessation Support, HPV, Vaccination Awareness, Cancer Risk Factors, High Risk Population Community, Outreach, and Cancer Survivorship Education) to create action plans to implement their Priorities.

**Link:** <https://www.surveymonkey.com/r/MCCworkgroups>

If you have questions, please contact Brian Mattingly at [brian.mattingly@maryland.gov](mailto:brian.mattingly@maryland.gov)

**60. Title: An Ace Up Our Sleeves: The COVID-19 Vaccine Rollout Revealed Our Strengths and Our Neglected Public Health Infrastructure**

**Description:** This editorial in the *Journal of Public Health Management & Practice* explores how a segmented and uncoordinated approach to COVID-19 vaccine rollout led to inequitable and inaccessible distribution. Heather H. Pierce, JD, MPH, AAMC senior director for science policy, is the author.

**Link:** <https://bit.ly/3e6nWOa>

**61. Title: Become a Cancer Self-Management Program Lay Leader**

**Description:** There are up to two spots available for leaders already trained in CDSMP and want to be trained in the Cancer Self-Management course. Training to become a lay leader is free of charge. If you are interested in becoming a trained facilitator for the Cancer Self-Management Program (CSMP) or if you have additional questions, please email Tehani Mundy at [TMundy1@jhmi.edu](mailto:TMundy1@jhmi.edu) by April 20th

**62. Title: The University at Albany School of Public Health**

(Registration is required)

**Description:** The University at Albany School of Public Health has selected some of their most popular activities to engage you in learning more about "Building Bridges to Better Health". One course is called Addressing Health Equity: A Public Health Essential <https://phtc-online.org/learning/?courseId=41&status=all&sort=group> and the other course is called Raising Community Voices to Reduce Maternal Mortality [https://www.albany.edu/cphce/phl\\_032819.shtml](https://www.albany.edu/cphce/phl_032819.shtml)



## OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

### Health Access, Equity and Disparity

- Johns Hopkins Bloomberg School of Health and the de Beaumont Foundation released report: Seven Ways Business Can Align with Public Health for Bold Action and Innovation <https://bit.ly/2NARkml>
- MMWR: Provisional Mortality Data — United States, 2020 <https://bit.ly/3rWhkgC>
- MMWR: Willingness to Receive a COVID-19 Vaccination Among Incarcerated or Detained Persons in Correctional and Detention Facilities — Four States, September–December 2020 <https://bit.ly/2QYG6cP>
- MMWR: Use of Selected Recommended Clinical Preventive Services — Behavioral Risk Factor Surveillance System, United States, 2018 <https://bit.ly/3uCMvcv>
- MMWR: Counties with High COVID-19 Incidence and Relatively Large Racial and Ethnic Minority Populations — United States, April 1–December 22, 2020 <https://bit.ly/3wtMglB>
- MMWR: Symptoms of Anxiety or Depressive Disorder and Use of Mental Health Care Among Adults During the COVID-19 Pandemic — United States, August 2020 – February 2021 <https://bit.ly/3mo0vna>
- MMWR: Interim Estimates of Vaccine Effectiveness of BNT162b2 and mRNA-1273 COVID-19 Vaccines in Preventing SARS-CoV-2 Infection Among Health Care Personnel, First Responders, and Other Essential and Frontline Workers — Eight U.S. Locations, December 2020–March 2021 <https://bit.ly/3rPWks4>
- MMWR: Trends in Racial and Ethnic Disparities in COVID-19 Hospitalizations, by Region — United States, March–December 2020 <https://bit.ly/3mKxT87>
- MMWR: Emergency Department Visits for COVID-19 by Race and Ethnicity — 13 States, October–December 2020 <https://bit.ly/3uU0BpF>
- CDC Brief: How to build healthcare personnel’s confidence in COVID-19 vaccines <https://bit.ly/3rRRlvc>
- National Assessment Aims to Assist Needs of Women Veterans [https://content.govdelivery.com/attachments/MDVA/2021/04/05/file\\_attachments/1744155/UA%20Press%20Release%204.2.21.pdf](https://content.govdelivery.com/attachments/MDVA/2021/04/05/file_attachments/1744155/UA%20Press%20Release%204.2.21.pdf)
- VICTORS (Visual Impairment Center to Optimize Remaining Sight) - Caring for Veterans with significant visual impairment <https://bit.ly/2QepMUT>
- Disabled Veterans, active duty can get adaptive equipment for automobiles <https://bit.ly/39XQet4>
- CDC Resources for Sharing Real-Time Vaccine Information <https://bit.ly/2RvAmrj>

- Social Risks Among Primary Care Patients in a Large Urban Health System <https://pubmed.ncbi.nlm.nih.gov/32199514/>
- Executive Order on Advancing Racial Equity and Support for Underserved Communities Through the Federal Government <https://bit.ly/3ddVjzr>
- Post-acute care use patterns among Hospital Service Areas by older adults in the United States: a cross-sectional study <https://pubmed.ncbi.nlm.nih.gov/33632202/>
- Care-Partner Support and Hospitalization in Assisted Living During Transitional Home Health Care <https://pubmed.ncbi.nlm.nih.gov/33394506/>
- Learning from safety incidents in high reliability organizations: a systematic review of learning tools that could be adapted and used in healthcare <https://bit.ly/3e8ri3w>
- Has the COVID pandemic strengthened or weakened health care teams? A field guide to healthy workforce best practices <https://bit.ly/3uN3Ore>
- SAFER Care: improving caregiver comprehension of discharge instructions <https://bit.ly/3uUT0aF>
- Crisis checklists in emergency medicine: another step forward for cognitive aids <https://bit.ly/3e0WYri>
- Understanding how health systems facilitate primary care redesign <https://pubmed.ncbi.nlm.nih.gov/33284524/>
- Healthcare Cost and Utilization Project (HCUP) Summary Trend Tables <https://www.hcup-us.ahrq.gov/reports/trendtables/summarytrendtables.jsp>
- Social Determinants Matter For Hospital Readmission Policy: Insights From New York City <https://bit.ly/3mQWBDF>
- Health-Related Social Needs and Increased Readmission Rates: Findings from the Nationwide Readmissions Database <https://bit.ly/3dg4yiw>

### **Chronic Disease**

- How Medicare helps diabetics <https://bit.ly/3cUR6k6>
- American Cancer Society: Cancer Facts & Figures 2021 scientific paper <https://bit.ly/3g4TRkV>
- CDC's Office on Smoking and Health (OSH) launches a national communication initiative: "Protect Young People from E-Cigarettes" <https://bit.ly/2PSeA0H>
- Preventing Chronic Disease (PCD) seeks papers on COVID-19 and chronic diseases to appear in a special collection entitled COVID-19 & Chronic Diseases: Burden, Access to Care, Community Engagement, and Partnerships. For more information, all interested authors should click on this link <https://bit.ly/3ab9HGL>
- Cancer and COVID-19: Resources for Comprehensive Cancer Control Coalitions <https://www.ccnationalpartners.org/cancer-covid-19-resources>
- Untold Stories in User-Centered Design of Mobile Health: Practical Challenges and Strategies Learned From the Design and Evaluation of an App for Older Adults With Heart Failure <https://pubmed.ncbi.nlm.nih.gov/32706745/>

## Behavioral Health

- Eliminating Stigma Toolbox highlights resources, trainings, assessments, and research on ways to eliminate stigma <https://qi.ipro.org/health-equity/stigma-toolbox/>
- JAMA article: Prospective Validation of an Electronic Health Record–Based, Real-Time Suicide Risk Model <https://bit.ly/2Ozobj6>
- JAMA article: Machine Learning Assessment of Early Life Factors Predicting Suicide Attempt in Adolescence or Young Adulthood <https://bit.ly/3t0kvyp>
- JAMA article: Receipt of Behavioral Health Services Among US Children and Youth With Adverse Childhood Experiences or Mental Health Symptoms <https://bit.ly/39Qs2bT>
- Center for Vision and Population Health -- A.S.P.E.C.T. Program <https://bit.ly/2OLZEAB>
- Improving Pain Management in the Context of America's Opioid and Substance Use Disorders Crisis <https://bit.ly/3mLMJLq>
- AHRQ Brief: Comparison of Antidepressant and Antipsychotic Utilization and Expenditures in the U.S. Civilian Noninstitutionalized Population, 2013 and 2018 [https://meps.ahrq.gov/data\\_files/publications/st534/stat534.shtml](https://meps.ahrq.gov/data_files/publications/st534/stat534.shtml)

## Nutrition and Physical Activity

- How You can help Older Adults access food <https://bit.ly/3dDLIXa>
- How School Meals Help Families Impacted by the Pandemic <https://rwjf.ws/3t5nzda>
- New American Council on Exercise Campaign Seeks to Take Physical Activity Outside <https://bit.ly/2QnEbOV>
- U.S. Department of Health and Human Services releases Physical Activity Guidelines for Americans 2nd edition <https://bit.ly/3tijGBN>
- Maryland Department of Disabilities Assistive Technology Program (MDTAP) creates guide assist with health and wellness <https://bit.ly/3e2b3F2>
- Meditation for Autism: Body Mind Relaxation <https://www.youtube.com/watch?v=d1cbGCHuUe0>
- CPSTF-Recommended Strategies to Increase Physical Activity <https://journals.humankinetics.com/view/journals/jpah/18/4/article-p352.xml>