

May 1, 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.

LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

- Howard County Government Coronavirus Disease 2019 (COVID-19) Information 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
- 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. For questions, please email projectaccess@howardcc.edu. Applications deadline **extended to Monday, May 31, 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>
- Vaccine Equity and Access Program: Request for Proposals. Applications due at **12:00pm on May 5, 2021**. Please visit: <https://www.communitycatalyst.org/initiatives-and-issues/initiatives/vaccine-equity-and-access-program/vaccine-access-request-for-proposals>

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: 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

2. **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/>

3. **Title: Difficult Conversations Series Information**

(Registration is required)

Description: This 3-part virtual series is a response to the civil unrest of the past year and beyond. Our presenter will offer guidance and structure around conversations addressing racial injustice and confusion, as well as cultural competency, a critical topic that has emerged as more important than ever during the COVID-19 pandemic. We hope you'll join us as we explore how to have these conversations; how to include children in these conversations; and how to practice cultural competency and humility.

○ Friday, May 21, 2021; 12:00 pm – 1:00 pm

○ Friday, June 18, 2021; 12:00 pm – 1:00 pm

Link: <https://bit.ly/32zjlih>

4. 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>

5. Title: Addressing the "C" in ACEs: Combatting the Nation's Silent Crisis

(Registration is required)

Description: This roundtable webinar on Adverse Childhood Experiences (ACEs), will include subject matter experts who will share knowledge and best practices on preventing and responding to ACEs through a resilient and equitable framework.

Date/Time: Monday, May 3, 2021; 1:00 pm – 5:00 pm

Link: <https://bit.ly/3xzfEHw>

6. Title: Family Therapy: A Culturally Sensitive Modality When Working with Immigrant Latino Families

(Registration is required)

Description: This 90-minute online session discusses concepts and skills related to family therapy as well as the cultural values that may be incorporated into therapy with Latino children and adolescents.

Date/Time: Monday, May 3, 2021; 1:00 pm – 2:30 pm

Link: <https://bit.ly/330EMZV>

7. Title: Addressing the Triple Threat of Stimulants, Opioids and COVID-19

(Registration is required)

Description: This webinar is designed to help participants rethink how to deliver assess, support and deliver treatment to those with Substance Use Disorder (SUD). Participants will be able to describe the 3 Waves of the opioid epidemic and explore special vulnerabilities to COVID-19 for those with SUD.

Date/Time: Tuesday, May 4, 2021; 12:00 pm – 1:00 pm

Link: <https://bit.ly/2Qn5bxT>

8. Title: Strategies to Increase Community Participation of Unaccompanied Minors

(Registration is required)

Description: The presentation will cover barriers and facilitators to community participation and making referrals that lead to positive engagement for UC and their families.

Date/Time: Wednesday, May 5, 2021; 1:00 pm – 2:00 pm

Link: <https://bit.ly/3e3tjz4>

9. Title: The Maryland Department of Health's Behavioral Health Administration Annual Conference

(Registration is required)

Description: This conference will be virtual and feature topics on Health Disparities, Racial Equity and Stigma in Behavioral Healthcare.

Date/Time: Wednesday, May 5, 2021; 9:00 am – 3:30 pm

Link: <https://bit.ly/3sZxiAY>

10. 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)

11. 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

12. 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/3wrvwcy>

13. Title: Preventing Adverse Childhood Experiences (ACE) Impact Training Series

(Registration is required)

Description: This five week series will help provide skills to integrate core principles of trauma-informed care into topics related to safety and resiliency.

Date/Time: Thursday, May 6, 2021; 10:00 am – 12:15 pm - **Session 1: Adverse Childhood Experiences (ACE) Interface**

Date/Time: Thursday, May 13, 2021; 10:00 am – 12:15 pm - **Session 2: Introduction to Trauma-Informed Care**

Date/Time: Monday, May 17, 2021 from 1:00 pm – 3:15 pm - **Session 3: Connection as Prevention: The Role of Relationships**

Date/Time: Thursday, May 27, 2021 from 10:00 am – 12:15 pm - **Session 4: Strengthening Parenting Skills**

Date/Time: Tuesday, June 3, 2021 from 10:00 am – 12:15 pm - **Session 5: Supporting Healthy Relationships**

Link: <https://bit.ly/3gLn7Z>

14. **Title: Swing Sway and Sooth Playgroup Class**

(Registration is required)

Description: These six week classes are for parents, caregivers, and children birth-5 years of age. Children and adults will participate in a wide range of singing and movement experiences. The goal is to promote language development, stimulate balance and promote tactile systems and enhance bonding. Children will learn songs for one-on-one or family singing, as well as songs for daily routines, and household items will serve as rhythm instruments. A stuffed animal friend will also be blended into the experiences. Classes are from 10:00 am – 10:30 am.

- Thursday, May 6, 2021
- Thursday, May 13, 2021
- Thursday, May 20, 2021
- Thursday, May 27, 2021
- Thursday, June 3, 2021
- Thursday, June 10, 2021

To receive a link, please email Janine_bacquie@hcpss.org.

15. **Title: “The limits of our language are the limits of our world” Language, Identity and Culture in Mental Health**

(Registration is required)

Description: This presentation will describe the importance of linguistic responsiveness while providing multilingual behavioral health services. It will provide information around the interaction between language, identity and culture as well as resources and recommendations while working with Spanish speaking clients.

Date/Time: Thursday, May 6, 2021; 1:00 pm – 2:30 pm

Link: <https://bit.ly/3e6oPYz>

16. 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 for a spot.

17. Title: Guns and Suicide: The Clinician's Role

(Registration is required)

Description: This training will enhance participants' ability to: identify people who could benefit from lethal means counseling, work with individuals and their families to reduce access to lethal means and utilize Maryland's Extreme Risk Protective Order (ERPO) law.

Date/Time: Thursday, May 6, 2021; 12:00 pm – 2:00 pm

Link: <https://forms.jcsmd.org/view.php?id=373148>

18. Title: Hesitancy, Equity, and Transparency: Rolling out the COVID-19 Vaccine

(Registration is required)

Description: This webinar will address issues related to building trust and trustworthiness between communities and those bringing vaccinations to the communities; successful strategies for reaching vaccine-hesitant communities; how data can be used to ensure an equitable vaccine response; how vaccine distribution strategies have evolved as supply increases; and what we have learned about how to build stronger and lasting relationships between communities and public health in preparation for the next pandemic or natural disaster.

Date/Time: Thursday, May 6, 2021; 2:00 pm – 3:00 pm

Link: <https://bit.ly/3tXy1UA>

19. Title: "It's Real: College Students and Mental Health" Film Screening & Facilitated Discussion

(Registration is required)

Description: This film will help you to learn how to balance your life in college from other students who have been there, learn how to spot and help friends who may be struggling, and have an honest conversation about mental health and well-being. This screening is for ages 14 and up.

Please visit www.itsreal-mount-heborn.attendase.com. Zoom links will be emailed the day before the event. If you have any questions, please contact Ana Nunez at mentalhealthconnect@mthebrontsa.com.

Date/Time: Friday, May 7, 2021 at 7:00 pm

20. 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, May 12, 2021; 11:00 am – 12:00 pm – **Occupant Protection/Buckle Up**

Link: <https://bit.ly/3t6vaI9>

21. 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/3mkqBaI>

22. Title: 5th 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

23. 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: Thursday, May 13, 2021; 7:00 pm – 8:30 pm

Link: <https://bit.ly/3e4yH4M>

For questions regarding the training, please contact Amanda@grassrootscrisis.org

24. 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, May 13, 2021; 5:00 pm – 6:00 pm - *Strategies to Improve Sleep*

Link: 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

25. 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>

26. 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>

27. 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>

28. Title: 24th Annual Bike to Work Week Maryland

(Registration is required)

Description: Bike to Work Week celebrates bicycling as a healthy commuting option, while promoting public awareness of its safety and environmental benefits. Bike to Work Week helps raise awareness of the rules of the road for drivers, pedestrians and cyclists, and highlights the need to improve bicycle facilities to improve safety.

Date: May 17 -23, 2021

Link: <https://biketoworkmd.com/>

29. Title: Using Population Identification Strategies to Tailor Care for Individuals with Complex Needs

(Registration is required)

Description: This webinar will feature promising strategies from health systems and payers — including Kaiser Permanente, New York City Health + Hospitals, and CareOregon for effectively identifying people with complex health and social needs to inform tailored health care interventions for targeted subpopulations.

Date/Time: Monday, May 17, 2021; 12:30 pm - 2:00 pm

Link: https://chcs.zoom.us/webinar/register/WN_QNNH2GE7T6yun0NaVGPlzw

30. Title: Re-thinking Mental Health: Workplace Equity for Communities of Color

(Registration is required)

Description: In this webinar, an expert panel will discuss mental health challenges facing communities of color and how they impact today's workforce, the impact of racism and trauma on mental health and how employers can create a workplace that supports mental health and well-being.

Date/Time: Tuesday, May 18, 2021; 12:00 pm - 1:30 pm

Link: <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E346230&id=15>

31. Title: Declaring Racism as Public Health Crisis

(Registration is required)

Description: In this webinar, an expert panel will help participants explore questions such as, what does declaring racism as a Public Health Crisis mean; how are it helpful in advancing racial equity; and how ready is the discipline/field of Public Health to actively respond to such declarations?

Date/Time: Tuesday, May 18, 2021; 3:00 pm - 4:00 pm

Link: <https://bit.ly/3vorqCK>

32. Title: Tobacco Awareness Program for Teens (TAPFT)

(Registration is required)

Description: Vaping among teens has rapidly increased and grown in popularity in the last few years, but how much do you know about vaping? Learn why public health experts have declared vaping a youth epidemic by enrolling in or requesting a session of our FREE, virtual Tobacco Awareness Program for Teens (TAPFT) to protect your health and the health of

others. From this class, youth will gain positive youth development skills to motivate participants to **NOT** start vaping; learn skills to motivate decrease/quit their tobacco/nicotine use with free supportive vaping cessation resources provided; learn the health effects nicotine use has upon the body and youth brain development; discuss the role of peer pressure and social norms; and discuss healthier alternatives to cope with stressors that may reduce risk of substance use.

Date/Time: Wednesday, May 19, 2021; 1:30 pm – 3:00 pm

Link: To register, complete an enrollment form (a Google Meets invitation link will be sent once enrollment form completed):

- [TAPFT Enrollment Form \(English\)](#)
- [TAPFT Enrollment Form \(Spanish\)](#)

33. Title: Lunch & Learn: Individual, Family, and Community Resilience

(Registration is required)

Description: The Maryland Behavioral Health Administration's Office of Workforce Development and Technology Transfer is offering this presentation to help look at what resilience is, how one can help build resilience skills and how one can foster resilience within their family systems. Participants will learn about the core concepts of resilience, how neuroplasticity can aid in building resilience in clients and how to help clients build resilience in the face of challenges, providing them with skills inside and outside the therapy room.

Date/Time: Thursday, May 20, 2021; 12:00 pm - 1:00 pm

Link: <https://bit.ly/3vqQMij>

34. Title: Mental Health and Autism: A Panel Discussion

(Registration is required)

Description: This webinar will feature a panel discussion by and for parents, professionals and self-advocates to build awareness of the prevalence of mental health challenges in individuals with autism across the lifespan.

Date/Time: Thursday, May 20, 2021; 7:00 pm - 8:30 pm

Link: For more information or to register, please visit <https://bit.ly/3eN6kHM>.

For questions, please email projectaccess@howardcc.edu.

35. Title: 2nd Annual Racism and Mental Health Symposium

(Registration is required)

Description: The Maryland Suicide Prevention Office is seeking presentation proposals for their second annual Racism and Mental Health Symposium to be held virtually on December 8, 2021. The deadline to submit a presentation proposal is **May 21, 2021**.

Proposal Application: <https://forms.gle/Augxip33pEXGotRYA>

Proposal evaluation criteria can be found here: <https://bit.ly/2QDbaiF>.

For any questions, please email mdh.mdmindhealth@maryland.gov.

36. 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.

- 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

37. **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, 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/>

38. **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>

39. **Title: Virtual Recognizing and Responding to Suicide Risk (RRSR) Training Application**

(Registration is required)

Description: The Maryland Office of Suicide Prevention will be holding a Recognizing and Responding to Suicide Risk for Clinicians (RRSR) Training. This training will be held virtually. They're seeking interested individuals who are interested in an opportunity to receive in-depth suicide prevention training, to be used in clinical mental health and/or therapeutic settings. The training is being offered at no cost to selected candidates.

Please submit your application by May 7, 2021.

The Maryland Office of Suicide Prevention will notify all applicants of decisions by May 14, 2021. Applying does not guarantee a seat, as seats are limited for this training.

Please email mdh.suicideprevention@maryland.gov with any additional questions.

Date: June 8-11, 2021; 11:00 am – 2:15 pm

Link: <https://bit.ly/3aP1eJD>

40. Title: Increasing Resiliency Training Series

(Registration is required)

Description: This five week series will help provide skills to integrate core principles of trauma-informed care into topics related to safety and resiliency.

Date/Time: Friday, June 18, 2021; 9:00 am – 11:15 am - **Session 1: Compassion Fatigue, Vicarious Trauma, and Stress Management: Before, During, and After Covid-19**

Date/Time: Monday, June 21, 2021; 10:00 am – 12:15 pm - **Session 2: Embracing Imperfection**

Date/Time: Wednesday, June 30, 2021; 11:00 am – 1:15 pm - **Session 3: Work/Life Balance and Enhancing Stress Management Skills**

Date/Time: Wednesday, July 7, 2021; 9:00 am – 11:15 pm - **Session 4: Focused Empathy, Compassion, and Connectivity**

Date/Time: Wednesday, July 14, 2021; 11:00 am – 1:15 pm - **Session 5: Posttraumatic Growth and Strengths- Based Approaches**

Link: <https://bit.ly/3vwnPmk>

41. 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

SELF-PACED COURSES AND ON-GOING SUPPORT PROGRAMS

42. 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; 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 for more information.

43. Title: Covid-19 Vaccine Clinic

(Registration is required)

Description: There are spots available for the COVID-19 Moderna Vaccine (18+) for people with disabilities/chronic health conditions, their caregivers and household members in Howard County. To pre-register, please visit <https://bit.ly/3aT6wnr>.

ARI staff will contact you to schedule an appointment. For more information, contact the COVID-19 Response Coordinator at 443 713-3915 or covidsupplies@arinow.org.

Clinics will run through May and are sponsored by ARI, the Howard County Health

Department, the Maryland Department of Disabilities and the Maryland Department of Health.

44. **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/>

45. **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, 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/tJ0scOCqgz0vH9ZFpWR92X2cFhyZIV2SJ4bD>

46. **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 if interested.

47. **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 or 410-772-9300

48. Title: Mental Health Action Day

Description: This is a coalition of nonprofits, brands and influential leaders coming together to launch the first-ever Mental Health Action Day. The goal is to drive the culture from awareness to action. To provide the tangible tools that will help everyone to take an action for themselves, for their loved ones, and for their community.

If you have concerns about your or someone else's mental health, please contact a medical professional or call 1-800-273-TALK(8255) for a free, confidential conversation.

Date/Time: Thursday, May 20, 2021

Link: <https://www.mentalhealthactionday.org/>

49. 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 with questions.

50. 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, or contact us by phone (410) 402-6412.

51. 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>

52. 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.marylanddddsummit.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.

53. 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.

54. 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

55. 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>

56. 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

OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

Health Access, Equity and Disparity

- MMWR: Update: COVID-19 Pandemic–Associated Changes in Emergency Department Visits — United States, December 2020–January 2021 <https://bit.ly/2QtEUhi>
- MMWR: Trends in Racial and Ethnic Disparities in COVID-19 Hospitalizations, by Region — United States, March–December 2020 <https://bit.ly/3uUm55X>
- MMWR: Emergency Department Visits for COVID-19 by Race and Ethnicity — 13 States, October–December 2020 <https://bit.ly/3tnBn2Q>
- MMWR: COVID-19 Stats: COVID-19 and Influenza Discharge Diagnoses as a Percentage of Emergency Department (ED) Visits, by Year — United States, June 2018 – March 2021 <https://bit.ly/2Qn971D>
- MMWR: Quick Stats: Age-Adjusted Percentage of Adults Aged 25–64 Years Who Are Very Worried About Their Ability to Pay Medical Bills if They Get Sick or Have an Accident, by Sex and Veteran Status — National Health Interview Survey, United States, 2019 <https://bit.ly/2Q61htw>
- AHRQ Brief: Trends in user-initiated health information exchange in the inpatient, outpatient, and emergency settings <https://pubmed.ncbi.nlm.nih.gov/33067617/>
- The impact of power on health care team performance and patient safety: a review of the literature <https://bit.ly/3tXwCNC>
- Improving the Utility of Evidence Synthesis for Decision Makers in the Face of Insufficient Evidence <https://bit.ly/3xFg934>
- MMWR: Health Status and Health Care Use Among Adolescents Identified With and Without Autism in Early Childhood — Four U.S. Sites, 2018–2020 <https://bit.ly/3t9iL5v>
- AHRQ: A national survey of telemedicine use by US emergency departments <https://pubmed.ncbi.nlm.nih.gov/30558518/>
- AHRQ: Effect of Retail Clinic Use on Continuity of Care Among Medicare Beneficiaries <https://pubmed.ncbi.nlm.nih.gov/31300573/>
- AHRQ: Neighborhood Disadvantage Is Associated with Depressive Symptoms but Not Depression Diagnosis in Older Adults <https://pubmed.ncbi.nlm.nih.gov/32784478/>

- AHRQ: Comparative Access to and Use of Digital Breast Tomosynthesis Screening by Women's Race/Ethnicity and Socioeconomic Status <https://bit.ly/3t639zZ>
- American Journal of Public Health (AJPH): Contact Tracing Could Exacerbate COVID-19 Health Disparities: The Role of Economic Precarity and Stigma <https://bit.ly/3vopTwu>
- American Journal of Public Health (AJPH): The Impact of COVID-19 on American Indian and Alaska Native Communities: A Call for Better Relational Models <https://ajph.aphapublications.org/doi/10.2105/AJPH.2021.306219>
- CDC Article: Working Together to Reduce Black Maternal Mortality <https://bit.ly/2QMaCqL>
- Medical expenditures for hypertensive disorders during pregnancy that resulted in a live birth among privately insured women <https://pubmed.ncbi.nlm.nih.gov/33418425/>
- New Pregnancy Risk Assessment Monitoring System (PRAMS) Data Available for Request <https://bit.ly/3e5T1D3>
- MMWR: *QuickStats*: Age-Adjusted Death Rates for Alzheimer Disease Among Adults Aged ≥65 Years, by Sex — National Vital Statistics System, United States, 1999–2019 <https://bit.ly/3aR8yES>
- MMWR: *QuickStats*: Age-Adjusted Percentage of Adults Aged ≥18 Years Who Had an Influenza Vaccination in the Past 12 Months, by Sex and Race/Ethnicity — National Health Interview Survey, United States, 2019 <https://bit.ly/3e7iRqo>
- MMWR: Safety Monitoring of the Janssen (Johnson & Johnson) COVID-19 Vaccine — United States, March–April 2021 <https://bit.ly/3vzwtR8>
- Anxiety-Related Adverse Event Clusters After Janssen COVID-19 Vaccination — Five U.S. Mass Vaccination Sites, April 2021 <https://bit.ly/334cZrm>

Chronic Disease

- Committee Meets to Develop Medical-Dental Integration Framework <https://bit.ly/3xrZEak>

Behavioral Health

- MMWR: State-Level Economic Costs of Opioid Use Disorder and Fatal Opioid Overdose — United States, 2017 <https://bit.ly/32krrLq>
- AHRQ Brief: Maternal, Fetal, and Child Outcomes of Mental Health Treatments in Women: A Systematic Review of Perinatal Pharmacologic Interventions <https://effectivehealthcare.ahrq.gov/products/mental-health-pregnancy/research>
- Leveraging Medicaid to Support Early Childhood and Parental Mental Health Amid the COVID-19 Pandemic and Beyond <https://bit.ly/3gjUiI9>

- Increasing naloxone prescribing in the emergency department through education and electronic medical record work-aids <https://bit.ly/3vqMcSo>
- Refugee Mental Health—An Urgent Call for Research and Action <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2777501?resultClick=1>
- A Pilot Study Using Frequent Inpatient Assessments of Suicidal Thinking to Predict Short-Term post discharge Suicidal Behavior <https://bit.ly/32YUdlm>
- AHRQ: Maternal, Fetal, and Child Outcomes of Mental Health Treatments in Women: A Systematic Review of Perinatal Pharmacologic Interventions <https://bit.ly/3vzwNPN>
- JAMA Article: Mental Health and Psychosocial Risk and Protective Factors Among Black and Latinx Transgender Youth Compared With Peers <https://bit.ly/3gMLMl1>
- JAMA Article: Family-Centered Prevention Effects on the Association Between Racial Discrimination and Mental Health in Black Adolescents <https://bit.ly/330ihE1>
- Social disadvantage and its effect on maternal and newborn health <https://pubmed.ncbi.nlm.nih.gov/33896599/>
- Opioid prescription claims among women aged 15-44 years-United States, 2013-2017 <https://pubmed.ncbi.nlm.nih.gov/33890276/>
- JWH Article: Change in Health-Related Socioeconomic Risk Factors and Mental Health During the Early Phase of the COVID-19 Pandemic: A National Survey of U.S. Women <https://bit.ly/3xvVGxz>
- JAMA Article: Temporal Trends and Disparities in Suicidal Behaviors by Sex and Sexual Identity Among Asian American Adolescents <https://bit.ly/3eHBZtT>
- JAMA Article: Racial/Ethnic Disparities in the Performance of Prediction Models for Death by Suicide After Mental Health Visits <https://bit.ly/3ucObte>
- JAMA Article: Psychiatry and Deaths of Despair <https://bit.ly/2Sc6pNf>

Nutrition and Physical Activity

- CDC new study about children and food literacy <https://bit.ly/3geyMo7>
- American Journal of Public Health (AJPH): An Overburdened Charitable Food System: Making the Case for Increased Government Support During the COVID-19 Crisis <https://ajph.aphapublications.org/doi/10.2105/AJPH.2021.306222>