

The Howard County Local Health Improvement Coalition (HCLHIC) is working to increase participation in evidence-based mental health and suicide prevention education and stigma reduction programs by 20% in order to reduce emergency department visits related to mental health conditions and decrease suicide rates in Howard County. HCLHIC partner organizations including: *Howard County General Hospital, Grassroots Crisis Intervention, Humanim and the Mental Health Association of Maryland* are collaborating to make these programs accessible to the community. *You can help by sharing these upcoming partner programs!*

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

MENTAL HEALTH FIRST AID PROGRAMS			
Program Name & Link	Dates	Program Description	Location
Mental Health First Aid https://bit.ly/2Mp26KV	3/16/2019 9:00 – 5:00 pm *Cost is \$90	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care. Registration for Howard Community College MHFA is online at: Howard Community College Mental Health First Aid	Howard Community College Hickory Ridge Building 10650 Hickory Ridge Road Columbia, MD 21044 443-518-4981 kschultz@howardcc.edu
Youth Mental Health First Aid https://bit.ly/2w7pAKI	03/30/19 8:30 – 4:30pm *FREE for Howard County residents and employees **Must be 18 and older to attend	YMHFA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care. Registration for HCGH MHFA is online at www.hcgh.org	St. John Baptist Church 9055 Tamar Drive, Columbia, MD 21045 410-740-7601 jstanto6@jhmi.edu
Mental Health First Aid https://bit.ly/2wkl5FZ	04/19/19 8:30 – 5:00 pm *FREE for Howard County residents and employees	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care. Registration for HCGH MHFA is online at www.hcgh.org .	HCGH Wellness Center Medical Pavilion 10710 Charter Drive, Suite 100 Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu

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Youth Mental Health First Aid https://bit.ly/2VpCmyM	5/20/19 and 5/21/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available **Must be 18 and older to attend	YMHFA provides training for adults that work with youth ages 12-18 on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect youth ages 12-18 with the appropriate care.	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org
Mental Health First Aid https://bit.ly/2PaMHdv	6/5/19 and 6/6/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care.	Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org
Mental Health First Aid https://bit.ly/2nYeFxy	06/07/19 8:30 – 5:00 pm *FREE for Howard County residents and employees	MHFA provides training on a five-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and tools on how to connect them with the appropriate care. Registration for HCGH MHFA is online at www.hcgh.org .	Howard County General Hospital Pavilion 1 Classroom, Patient Pavilion 5755 Cedar Lane Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu

SUICIDE INTERVENTION PROGRAMS

Program Name & Link	Dates	Program Description	Location
safeTALK https://bit.ly/2BPA9Uz	3/07/19 1:00 – 5:00pm * FREE but registration is required	safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training - anyone who wants to make a difference can learn the safeTALK steps.	Hosted by Grassroots Crisis Intervention 6700 Freetown Rd Columbia MD 21044 410-531-6006 amanda@grassrootscrisis.org

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<p>TALK SAVES LIVES™ An Introduction to Suicide Prevention</p> <p>Register at: http://tinyurl.com/y4r2m334</p>	<p>3/08/19 12:00-1:00pm</p> <p>* FREE but registration is required</p>	<p>Lunch & Learn presentation covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Learn what suicide is, who it affects, what we know about it, and what can be done to prevent it.</p>	<p>Howard County Health Department Barton Room A/B 8930 Stanford Boulevard Columbia, MD 21045</p> <p>410-313-6240 kblasher@howardcountymd.gov</p>
<p>TALK SAVES LIVES™ An Introduction to Suicide Prevention</p> <p>Register at: http://tinyurl.com/y49nmnvh</p>	<p>3/20/19 6:00-7:30pm</p> <p>* FREE but registration is required</p>	<p>This presentation covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Learn what suicide is, who it affects, what we know about it, and what can be done to prevent it.</p>	<p>Howard County Health Department Barton Room A/B 8930 Stanford Boulevard Columbia, MD 21045</p> <p>410-313-6240 kblasher@howardcountymd.gov</p>
<p>Safe Space Training</p> <p>https://bit.ly/2BoURej</p>	<p>3/15/19 9:00am – 5:00pm</p> <p>* FREE for Howard County residents and those who work in the county, but registration is required</p>	<p>The Safe Space training has been designed by Grassroots as a suicide prevention and intervention model that focuses on the LGBTQ+ population and their increased risk for suicide.</p>	<p>NonProfit Collaborative of Howard County 9770 Patuxent Woods Drive, Ste. 100 Columbia, MD 21046</p> <p>410-531-6006, ext. 1761</p>
<p>Lunch and Learn: Resources for Caregivers in Service to our Men and Women Who've Served</p> <p>https://bit.ly/2PzOTwS</p>	<p>03/21/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will identify resources for caregivers of individuals who have served in the armed forces and part of the MD SPIN Suicide Prevention Lunch and Learn series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>410-767-6500 janel.cubbage@maryland.gov</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>https://bit.ly/2Sc40Bm</p>	<p>03/21/19 5:00-7:00pm</p> <p>* FREE for all Howard County Residents & Employees but</p>	<p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p>	<p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p>

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	registration is required		
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training https://grassrootscrisis.org/events/	04/01/19 7:00-9:00pm * FREE for all Howard County Residents & Employees but registration is required	QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.	Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044 amanda@grassrootscrisis.org
Screening for Suicide Risk & An Update on the Neurobiology of Suicide https://bit.ly/2DZ77nB	04/04/19 8:00am- 12:00pm * FREE but registration is required	Join experts from the National Institute of Mental Health (NIMH) for a workshop on screening for suicide risk and an update on the neurobiology of suicide. This event is a collaboration between the Mental Health Association of Maryland and NIMH.	Oakland Mills Interfaith Center 5885 Robert Oliver Place Columbia, Maryland 21045
Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training https://bit.ly/2GsWfAb	04/13/19 11:00am- 1:00pm * FREE for all Howard County Residents & Employees but registration is required	QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.	Location TBD - Within Howard County MD amanda@grassrootscrisis.org
Lunch and Learn: More than Sad https://bit.ly/2PzOTwS	04/18/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will discuss suicide prevention resources and part of the MD SPIN Suicide Prevention Lunch and Learn series.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov

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<p>Attachment-Based Family Therapy Workshop</p> <p>Register at: afsp.org/CatonsvilleABFT</p>	<p>4/23/19 8:00-5:00pm</p> <p>\$75 General Admission \$50 Student</p>	<p>Attachment-Based Family Therapy (ABFT) is an empirically supported, trust-based, emotion-focused psychotherapy model designed to improve family and individual processes associated with adolescent suicide and depression.</p>	<p>Spring Grove Hospital Center Rice Auditorium 55 Wade Ave, Catonsville, MD 21228</p> <p>202-770-8973 kolbrich@afsp.org</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>https://grassrootscrisis.org/events/</p>	<p>05/01/19 7:00-9:00pm</p> <p>* FREE for all Howard County Residents & Employees but registration is required</p>	<p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p>	<p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p>
<p>Lunch and Learn: You Matter: The Relationship of Bullying and Suicide</p> <p>https://bit.ly/2PzOTwS</p>	<p>05/16/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss the relationship of bullying and suicide of individuals who have served in the armed forces and part of the MD SPIN Suicide Prevention Lunch and Learn series.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228</p> <p>410-767-6500 janel.cubbage@maryland.gov</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>https://bit.ly/2Sw3MEE</p>	<p>05/16/19 5:00-7:00pm</p> <p>* FREE for all Howard County Residents & Employees but registration is required</p>	<p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p>	<p>Grassroots Crisis Intervention Center 6700 Freetown Rd Columbia, MD 21044</p> <p>amanda@grassrootscrisis.org</p>
<p>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</p> <p>https://bit.ly/2BpHkDp</p>	<p>05/17/19 12:00- 2:00pm</p> <p>* FREE for all Howard County Residents & Employees but</p>	<p>QPR stands for Question Persuade Refer and teaches someone how to recognize the warning signs of a suicide crisis, how to question, persuade, and refer someone to help.</p>	<p>Non-Profit Center 9770 Patuxent Woods Dr. Columbia, MD 21046</p> <p>amanda@grassrootscrisis.org</p>

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Lunch and Learn: Universal Precautions to Suicide Risk: Because Anyone Could Be at Risk https://bit.ly/2BOXI5b	07/18/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will make a case in favor of Universal Precautions as a new approach to reduce suicide risk as opposed to the current mind-set of “suicide prevention.” The evolution of Universal Precautions as an approach to reduce the risk of disease transmission when dealing with bodily fluids will be used to launch the discussion about an analogous approach to suicide risk reduction.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov
Lunch and Learn: You Matter: The Relationship of Bullying and Suicide https://bit.ly/2PzOTwS	08/15/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will highlight the voice of a survivor. Attempting to die by suicide is one thing many don’t understand. Living after an attempt is something an attempt survivor struggles with. Through this session participants will gain a better understanding of how to help attempters regain hope and meaning for life and help another not just survive but thrive in life.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov

Are you interested in hosting a Mental Health First Aid or QPR training for your business, faith community, fraternity/sorority or other community group?
The HCLHIC can help connect you to trained facilitators and community organizations that can help!
Contact: lhic@howardcountymd.gov or call (410) 313-6204