

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

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% to reduce emergency department visits related to mental health conditions and decrease suicide rates in Howard County. Partners including *Howard County General Hospital, Grassroots Crisis Intervention, the American Foundation for Suicide Prevention - Maryland Chapter and the Mental Health Association of Maryland* are collaborating to make these programs accessible to the community. *You can help by sharing these upcoming programs!*

MENTAL HEALTH FIRST AID PROGRAMS			
Program Name & Link	Dates	Program Description	Location
NAMI (National Alliance on Mental Illness) Walk http://bit.ly/2GSVgYn	6/1/19 9:00am	The NAMI Maryland mental health walk raises funds and awareness to help change perceptions about mental illness.	Rash Field Inner Harbor Baltimore, MD Danielle Fletcher 410-884-8691 connection@namimd.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.	Howard County General Hospital Pavilion 1 Classroom, Patient Pavilion 5755 Cedar Lane Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

<p>Youth Mental Health First Aid</p> <p>http://bit.ly/2LhG9gx</p>	<p>9/24/19 and 9/25/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available. **Must be 18 and older to attend.</p>	<p>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.</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 mhfatraining@mhamd.org</p>
<p>Mental Health First Aid</p> <p>http://bit.ly/2ZQI8Nr</p>	<p>09/27/19 8:30 – 5:00 pm *FREE for Howard County residents and employees</p>	<p>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.</p>	<p>Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 jstanto6@jhmi.edu</p>
<p>Mental Health First Aid</p> <p>http://bit.ly/2GZxQ54</p>	<p>10/02/19 and 10/03/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available</p>	<p>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.</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093</p> <p>443-901-1550 ext. 229 mhfatraining@mhamd.org</p>
<p>Youth Mental Health First Aid</p> <p>http://bit.ly/2PMiun0</p>	<p>10/18/19 8:30 – 5:00 pm *FREE for Howard County residents and employees</p>	<p>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.</p>	<p>Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601 jstanto6@jhmi.edu</p>

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

<p>Mental Health First Aid http://bit.ly/2Vj4RC8</p>	<p>11/15/19 8:30 – 5:00 pm *FREE for Howard County residents and employees</p>	<p>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.</p>	<p>Howard County General Hospital 1C Conference Room 5755 Cedar Lane, Columbia, MD 21044 410-740-7601 jstanto6@jhmi.edu</p>
<p>Youth Mental Health First Aid http://bit.ly/2DPuW0d</p>	<p>11/18/19 and 11/19/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available. **Must be 18 and older to attend.</p>	<p>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.</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org</p>
<p>Mental Health First Aid http://bit.ly/2J08Vka</p>	<p>12/10/19 and 12/11/19 9:00 – 1:00pm *Cost is \$119; full and partial scholarships available</p>	<p>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.</p>	<p>Mental Health Association of Maryland 1301 York Road, Suite 505 Lutherville, MD 21093 443-901-1550 ext. 229 mhfatraining@mhamd.org</p>

SUICIDE INTERVENTION PROGRAMS

Program Name & Link	Dates	Program Description	Location
<p>The Brain-Gut-Immune Interactome: Understanding the Biology of Suicide http://bit.ly/2IWGEuz</p>	<p>06/20/19 12:00- 1:00pm * FREE but registration is required</p>	<p>This Lunch and Learn will discuss The Brain-Gut-Immune Interactome: Understanding the Biology of Suicide. Sponsored by Maryland Behavioral Health Administration's Office of Workforce Development and Training.</p>	<p>Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500</p>

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

		CEUs are only available for in-person attendance.	janel.cubbage@maryland.gov
ASIST Suicide Intervention Workshop http://bit.ly/2PJaPpH	6/26/19 and 6/27/19 8:30 – 4:30pm * FREE but registration is required	ASIST is a two-day workshop that teaches how to intervene and save a life from suicide. You don't need any prior training to attend ASIST—just a willingness to make a difference.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov
Lunch and Learn: Universal Precautions to Suicide Risk: Because Anyone Could Be at Risk http://bit.ly/2GVH15i	07/18/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will discuss Universal Precautions as a new approach to reduce suicide risk as opposed to the current mind-set of “suicide prevention.”	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov
Lunch and Learn: There is Life After an Attempt http://bit.ly/2GYgLqG	08/15/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will discuss the voice of a survivor. 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

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

<p>Out of the Darkness Walk Howard County</p>	<p>09/28/19 10:00- 1:00pm * Registration is required</p>	<p>The AFSP Maryland Chapter will host the Howard County Out of the Darkness Community Walk on September 28, 2019. Community members are asked to consider walking and fundraising to raise awareness for suicide prevention and mental health. Organizations are also encouraged to get involved by forming teams and helping to promote the walk.</p>	<p>Hosted by the AFSP Maryland Chapter at Lake Elkhorn in Columbia MD 21045</p> <p>Contact: Hayley Kline 443-812-5773 howardcountyyootd@gmail.com</p> <p>Kat Olbrich 202-770-8973 kolbrich@afsp.org</p>
--	---	---	---

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