

Upcoming Partner Mental Health First Aid Classes & 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% 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!

MENTAL HEALTH FIRST AID PROGRAMS			
Program Name & Link	Dates	Program Description	Location
Youth Mental Health First Aid https://bit.ly/2QmFVIS	1/11/19 8:00 – 4:30pm *FREE for Howard County residents and employees	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: https://hocoymhfa.eventbrite.com	Howard County Health Department Barton Room 8930 Stanford Blvd. Columbia, MD 21045 410-313-6204 lhic@howardcountymd.gov
Youth Mental Health First Aid https://bit.ly/2TXBVv7	1/29/19 and 1/31/19 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
Youth Mental Health First Aid https://bit.ly/2F2vgdO	2/08/19 9:45 – 5:45pm *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.	Hosted by Grassroots Crisis Intervention Howard County Nonprofit Center 9770 Patuxent Woods Drive, Ste. 100 Columbia, MD 21046 410-531-6006 amanda@grassrootscrisis.org

<p>Mental Health First Aid</p> <p>https://bit.ly/2PaMAi5</p>	<p>2/25/19 and 2/27/19 9:00 – 1:00pm</p> <p>*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>https://bit.ly/2w7pAKI</p>	<p>03/30/19 8:30 – 4:30pm</p> <p>*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>Registration for HCGH MHFA is online at www.hcgh.org</p>	<p>St. John Baptist Church 9055 Tamar Drive, Columbia, MD 21045</p> <p>410-740-7601 jstanto6@jhmi.edu</p>
<p>Mental Health First Aid</p> <p>https://bit.ly/2wksfZ</p>	<p>04/19/19 8:30 – 4:30pm</p> <p>*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>Registration for HCGH MHFA is online at www.hcgh.org.</p>	<p>Howard County General Hospital Pavilion 1 Classroom, Patient Pavilion 5755 Cedar Lane Columbia, MD 21044</p> <p>410-740-7601 jstanto6@jhmi.edu</p>
<p>Mental Health First Aid</p> <p>https://bit.ly/2nYeFxy</p>	<p>05/03/19 8:30 – 4:30pm</p> <p>*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>Registration for HCGH MHFA is online at www.hcgh.org .</p>	<p>Howard County General Hospital Pavilion 1 Classroom, Patient Pavilion 5755 Cedar Lane Columbia, MD 21044</p> <p>410-740-7601 jstanto6@jhmi.edu</p>
<p>Youth Mental Health First Aid</p> <p>https://bit.ly/2VpCmyM</p>	<p>5/20/19 and 5/21/19 9:00 – 1:00pm</p> <p>*Cost is \$119; full and partial scholarships available</p> <p>**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>

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
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SUICIDE INTERVENTION PROGRAMS			
Program Name & Link	Dates	Program Description	Location
Safe Space https://bit.ly/2Q8S5hM	01/17/19 9:00- 5:00pm * FREE but registration is required	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. CEUs are available thanks to sponsorship by the Howard County Health Department.	Hosted by Grassroots Crisis Intervention Howard County Nonprofit Center 9770 Patuxent Woods Drive, Ste. 100 Columbia, MD 21046 410-531-6006, ext 1761 info@grassrootscrisis.org
Lunch and Learn: Problem Gambling and Suicide https://bit.ly/2PzOTwS	01/17/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will explore the connection between problem gambling and suicide and part of the MD SPIN Lunch and Learn Series.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov
ASIST Suicide Intervention Workshop https://bit.ly/2SeBGKN	2/18/19 and 2/19/19 8:00 – 4:00pm * 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: Postvention as Prevention- Supporting Suicide –loss Survivors https://bit.ly/2PzOTwS	02/21/19 12:00- 1:00pm * FREE but registration is required	This Lunch and Learn will discuss supporting suicide-loss survivors and part of the MD SPIN Lunch and Learn Series.	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building Catonsville, MD 21228 410-767-6500 janel.cubbage@maryland.gov

<p>safeTALK</p> <p>https://bit.ly/2BPA9Uz</p>	<p>3/07/19 1:00 – 5:00pm</p> <p>* FREE but registration is required</p>	<p>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.</p>	<p>Hosted by Grassroots Crisis Intervention 6700 Freetown Rd Columbia MD 21044</p> <p>410-531-6006 amanda@grassrootscrisis.org</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>Lunch and Learn: More than Sad</p> <p>https://bit.ly/2PzOTwS</p>	<p>04/18/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>This Lunch and Learn will discuss suicide prevention resources 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>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>Lunch and Learn: Universal Precautions to Suicide Risk: Because Anyone Could Be at Risk</p> <p>https://bit.ly/2BOXI5b</p>	<p>07/18/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>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.</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>Lunch and Learn: You Matter: The Relationship of Bullying and Suicide</p> <p>https://bit.ly/2PzOTwS</p>	<p>08/15/19 12:00- 1:00pm</p> <p>* FREE but registration is required</p>	<p>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.</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>
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**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