

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 Ihic@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

	2/25/40 12/27/40		Mandal Harlth Association of Nove Inch
	2/25/19 and 2/27/19	NAUTA prevides training on a five step estion plants affect	Mental Health Association of Maryland
Mental Health First Aid	9:00 – 1:00pm	MHFA provides training on a five-step action plan to offer	1301 York Road, Suite 505
	*0	initial help to people with the signs and symptoms of a mental	Lutherville, MD 21093
https://bit.ly/2PaMAi5	*Cost is \$119; full and	illness or in a crisis, and tools on how to connect them with	442 004 4550 p. ± 220
	partial scholarships	the appropriate care.	443-901-1550 ext. 229
	available		mhfatraining@mhamd.org
	03/30/19	YMHFA provides training for adults that work with youth	
	8:30 – 4:30pm	ages 12-18 on a five-step action plan to offer initial help to	St. John Baptist Church
Youth Mental Health First Aid		people with the signs and symptoms of a mental illness or in	9055 Tamar Drive,
	*FREE for Howard	a crisis, and tools on how to connect youth ages 12-18 with	Columbia, MD 21045
https://bit.ly/2w7pAKl	County residents and	the appropriate care.	
	employees		410-740-7601
		Registration for HCGH MHFA is online at www.hcgh.org	<u>jstanto6@jhmi.edu</u>
	04/19/19	MHFA provides training on a five-step action plan to offer	Howard County General Hospital
Mental Health First Aid	8:30 – 4:30pm	initial help to people with the signs and symptoms of a mental	Pavilion 1 Classroom, Patient Pavilion
Wichtai Ficaltii Fiist Ald		illness or in a crisis, and tools on how to connect them with	5755 Cedar Lane
https://bit.ly/2wklsFZ	*FREE for Howard	the appropriate care.	Columbia, MD 21044
IIILIPS.// DIL.IY/ ZWKISI Z	County residents and		
	employees	Registration for HCGH MHFA is online at <u>www.hcgh.org</u> .	410-740-7601
			jstanto6@jhmi.edu
	05/03/19	MHFA provides training on a five-step action plan to offer	Howard County General Hospital
Mental Health First Aid	8:30 – 4:30pm	initial help to people with the signs and symptoms of a mental	Pavilion 1 Classroom, Patient Pavilion
Wental Health First Ala		illness or in a crisis, and tools on how to connect them with	5755 Cedar Lane
https://bit.ly/2nYeFxY	*FREE for Howard	the appropriate care.	Columbia, MD 21044
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	employees	Registration for HCGH MHFA is online at <u>www.hcgh.org</u> .	410-740-7601
			jstanto6@jhmi.edu
	5/20/19 and 5/21/19		
	9:00 – 1:00pm		Mental Health Association of Maryland
Youth Mental Health First Aid		YMHFA provides training for adults that work with youth	1301 York Road, Suite 505
Touth Mental Health First Alu	*Cost is \$119; full and	ages 12-18 on a five-step action plan to offer initial help to	Lutherville, MD 21093
https://bit.ly/2VpCmyM	partial scholarships	people with the signs and symptoms of a mental illness or in	Lactici vine, ivid 21000
ittps.//bit.iy/2vpciiiyivi	available	a crisis, and tools on how to connect youth ages 12-18 with	443-901-1550 ext. 229
		the appropriate care.	mhfatraining@mhamd.org
	**Must be 18 and		minacianing@minama.org
	older to attend		

	6/5/19 and 6/6/19		Mental Health Association of Maryland
Mental Health First Aid	9:00 – 1:00pm	MHFA provides training on a five-step action plan to offer	1301 York Road, Suite 505
		initial help to people with the signs and symptoms of a mental	Lutherville, MD 21093
https://bit.ly/2PaMHdv	*Cost is \$119; full and	illness or in a crisis, and tools on how to connect them with	
	partial scholarships	the appropriate care.	443-901-1550 ext. 229
	available		mhfatraining@mhamd.org

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

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	3/07/19	safeTALK is a half-day training in suicide alertness. It helps	Hosted by Grassroots Crisis Intervention 6700 Freetown Rd
safeTALK	1:00 – 5:00pm	participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to	Columbia MD 21044
		, ,	Columbia MD 21044
https://bit.ly/2BPA9Uz	* FREE but registration is	live. Participants don't need any formal preparation to attend the training - anyone who wants to make a difference can learn	410-531-6006
	required	the safeTALK steps.	
Lunch and Learn: Resources		ווב שוב ואבת שנבףש.	<u>amanda@grassrootscrisis.org</u> Spring Grove Hospital Center
for Caregivers in Service to	03/21/19		55 Wade Avenue
our Men and Women Who've	12:00- 1:00pm	This Lunch and Learn will identify resources for caregivers of	Vocational Rehabilitation Building
Served		individuals who have served in the armed forces and part of the	Catonsville, MD 21228
Serveu	* FREE but registration is	MD SPIN Suicide Prevention Lunch and Learn series.	Catorisville, IVID 21220
https://bit.ly/2PzOTwS	required		410-767-6500
110000000000000000000000000000000000000			janel.cubbage@maryland.gov
			Spring Grove Hospital Center
Lunch and Learn: More than	04/18/19	This Lunch and Learn will discuss suicide prevention resources	55 Wade Avenue
Sad	12:00- 1:00pm		Vocational Rehabilitation Building
	# 	and part of the MD SPIN Suicide Prevention Lunch and Learn	Catonsville, MD 21228
https://bit.ly/2PzOTwS	* FREE but registration is	series.	·
	required		410-767-6500
			janel.cubbage@maryland.gov
Lunch and Learn: You Matter:	05/16/19		Spring Grove Hospital Center
The Relationship of Bullying	12:00- 1:00pm	This Lunch and Learn will discuss the relationship of bullying	55 Wade Avenue
and Suicide	12.00- 1.00μπ	and suicide of individuals who have served in the armed forces	Vocational Rehabilitation Building
	* FREE but registration is	and part of the MD SPIN Suicide Prevention Lunch and Learn	Catonsville, MD 21228
https://bit.ly/2PzOTwS	required	series.	
neepsiff bienty 21 201 Wo	. oqa oa		410-767-6500
			janel.cubbage@maryland.gov
	07/40/40	This Lunch and Learn will make a case in favor of Universal	Spring Grove Hospital Center
Lunch and Learn: Universal	07/18/19	Precautions as a new approach to reduce suicide risk as opposed	55 Wade Avenue
Precautions to Suicide Risk:	12:00- 1:00pm	to the current mind-set of "suicide prevention." The evolution of	Vocational Rehabilitation Building
Because Anyone Could Be at		Universal Precautions as an approach to reduce the risk of	Catonsville, MD 21228
Risk	* FREE but registration is	disease transmission when dealing with bodily fluids will be used	410-767-6500
https://bit.ly/2BOXI5b	required	to launch the discussion about an analogous approach to suicide risk reduction.	janel.cubbage@maryland.gov
		risk reduction.	Janen.cuppage@marylanu.gov

Lunch and Learn: You Matter: The Relationship of Bullying	08/15/19 12:00- 1:00pm	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	Spring Grove Hospital Center 55 Wade Avenue Vocational Rehabilitation Building
and Suicide https://bit.ly/2PzOTwS	* FREE but registration is required	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.	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