

## Howard County Resource Guide – Mental Health and Suicide Prevention Programs

The Howard County Local Health Improvement Coalition (HCLHIC) wants to increase participation in evidence based mental health, suicide prevention education and stigma reduction programs by Howard County community members. 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 & OTHER PROGRAMS   |  |   |  |
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| Program Name & Link  | Program Description  | Dates   | Location   |
| <p><b>Youth Mental Health First Aid</b></p> <p>Hosted by Grassroots Crisis Intervention</p> <p><a href="https://www.grassrootscrisis.org/events/">https://www.grassrootscrisis.org/events/</a></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>*FREE for all Howard County Residents, Employees, Students (age 18+) &amp; members of First Presbyterian</p> | <p>03/13/20<br/>9:30 am – 5:30 pm</p> <p>Registration Required</p>              | <p>First Presbyterian of Howard County<br/>9325 Presbyterian Cir,<br/>Columbia MD 21045</p> <p><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>                |
| <p><b>Youth Mental Health First Aid</b></p> <p>Hosted by Mental Health Association of Maryland</p> <p><a href="http://www.mhamd.org">www.mhamd.org</a></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>*Cost is \$119; full and partial scholarships available.</p> <p>**Must be 18 and older to attend</p>         | <p>05/06/20 and 05/08/20<br/>8:30 am – 1:00 pm</p> <p>Registration Required</p> | <p>Mental Health Association of Maryland<br/>1301 York Road, Suite 505<br/>Lutherville, MD 21093</p> <p>443-901-1550 ext. 233<br/><a href="mailto:jtreger@mhamd.org">jtreger@mhamd.org</a></p> |

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| <p><b>Youth Mental Health First Aid</b></p> <p>Hosted by Howard County General Hospital</p> <p><a href="https://events.hcgh.hopkinsmedicine.org/">https://events.hcgh.hopkinsmedicine.org/</a></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>* For residents of Howard County who are over 18 years old.</p> <p>** \$25 for non-Howard County residents</p> <p>*** Businesses located in Howard County may reserve up to 10 seats in one class for their staff (as space is available). Cost for businesses is \$25 per employee.</p> | <p>06/05/20<br/>8:30 am – 5:00 pm</p> <p>Registration Required</p> | <p>Howard County General Hospital<br/>1C Conference Room<br/>5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601<br/><a href="mailto:jstanto6@jhmi.edu">jstanto6@jhmi.edu</a></p> |
| <p><b>Mental Health First Aid</b></p> <p>Hosted by Howard County General Hospital</p> <p><a href="https://events.hcgh.hopkinsmedicine.org/">https://events.hcgh.hopkinsmedicine.org/</a></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>* For residents of Howard County who are over 18 years old.</p> <p>** \$25 for non-Howard County residents</p> <p>*** Businesses located in Howard County may reserve up to 10 seats in one class for their staff (as space is available). Cost for businesses is \$25 per employee.</p>  | <p>03/13/20<br/>8:30 am – 5:00 pm</p> <p>Registration Required</p> | <p>Howard County General Hospital<br/>1C Conference Room<br/>5755 Cedar Lane, Columbia, MD 21044</p> <p>410-740-7601<br/><a href="mailto:jstanto6@jhmi.edu">jstanto6@jhmi.edu</a></p> |
|  |   | <p>05/08/20<br/>8:30 am – 5:00 pm</p> <p>Registration Required</p> |   |

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| <p><b>Mental Health First Aid</b></p> <p>Hosted by Mental Health Association of Maryland</p> <p><a href="http://www.mhamd.org">www.mhamd.org</a></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>*Cost is \$119; full and partial scholarships available.</p> <p>**Must be 18 and older to attend</p> | <p>03/24/20 and 03/25/20<br/>8:30 am – 1:00 pm</p> <p>Registration Required</p> <hr/> <p>06/02/20 and 06/03/20<br/>8:30 am – 1:00 pm</p> <p>Registration Required</p> | <p>Mental Health Association of Maryland<br/>1301 York Road, Suite 505<br/>Lutherville, MD 21093</p> <p>443-901-1550 ext. 233<br/><a href="mailto:jtreger@mhamd.org">jtreger@mhamd.org</a></p>            |
|---|--|---|---|
| SUICIDE PREVENTION AND INTERVENTION PROGRAMS  |  |   |   |
| Program Name & Link   | Program Description  | Dates   | Location  |
| <p><b>Applied Suicide Intervention Skills Training (ASIST)</b></p> <p>Hosted by Grassroots Crisis Intervention</p> <p><a href="https://www.grassrootscrisis.org/events/">https://www.grassrootscrisis.org/events/</a></p> | <p>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.</p>  | <p>03/05/20 and 03/06/20<br/>9:00 am – 5:00 pm</p> <p>Registration Required</p>   | <p>Location TBD</p> <p><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>   |
| <p><b>Lunch and Learn: The Relationship between Gambling and Behavioral Health</b></p> <p><a href="http://bit.ly/2TGfAmj">http://bit.ly/2TGfAmj</a></p>   | <p>This Lunch and Learn provides an overview of the services offered at the Center and examine that the relationship between gambling and behavioral health and discusses the lack of Maryland-specific research on this topic.</p>  | <p>03/19/20<br/>12:00 pm – 1:00 pm</p> <p>Registration Required</p>   | <p>Spring Grove Hospital Center<br/>Vocational Rehabilitation Building<br/>55 Wade Avenue<br/>Catonsville, MD 21228</p> <p><a href="mailto:janel.cubbage@maryland.gov">janel.cubbage@maryland.gov</a></p> |
| <p><b>safe TALK</b></p> <p>Hosted by Mental Health Association of Maryland</p> <p><a href="http://bit.ly/38sOJ2i">http://bit.ly/38sOJ2i</a></p>   | <p>safe TALK is a 3-hour training that helps participants recognize and respond to a person with thoughts of suicide. The participants will become suicide alert helpers and learn how to connect the person with thoughts of suicide with resources to help them choose to live. CEUs are available.</p>                    | <p>03/26/20<br/>9:00 pm – 12:00 pm</p> <p>*FREE but registration is required</p>  | <p>Spring Grove Hospital Center<br/>Dix Building Basement<br/>55 Wade Ave<br/>Catonsville, MD 21228</p> <p><a href="mailto:janel.cubbage@maryland.gov">janel.cubbage@maryland.gov</a></p>                 |

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| <p><b>More than Sad: Suicide Prevention Education for Parents, Teachers &amp; Youth Workers</b></p> <p>Hosted by Toyin Fasosin in partnership with American Foundation for Suicide Prevention<br/> <a href="https://toyinfasosin.com/">https://toyinfasosin.com/</a></p> | <p>Parents will learn how to recognize signs of depression and other mental health problems, initiate a conversation with their child, and get him or her help.</p>  | <p>03/29/20<br/>11:00 am – 12:00 pm</p>   | <p>Jesus Tabernacle<br/>10176 Baltimore National Pike #117<br/>Ellicott City, MD 21042<br/><br/><a href="mailto:toyin@toyinfasosin.com">toyin@toyinfasosin.com</a></p>  |
| <p><b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b></p> <p>Hosted by Grassroots Crisis Intervention<br/> <a href="https://www.grassrootscrisis.org/events/">https://www.grassrootscrisis.org/events/</a></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>03/20/20<br/>5:00 pm – 7:00 pm<br/>Registration Required<br/>04/06/20<br/>5:00 pm – 7:00 pm<br/>Registration Required<br/>05/11/20<br/>5:00 pm – 7:00 pm<br/>Registration Required</p> | <p>Non-Profit Collaborative of Howard County<br/>9770 Patuxent Woods Dr.<br/>Columbia, MD 21046<br/><br/><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a><br/>Grassroots Crisis Intervention Center<br/>6700 Freetown Rd<br/>Columbia, MD 21044</p> |
| <p><b>Lunch and Learn: Engaging in Suicide Prevention for the LGBTQ+ Community</b></p> <p>Hosted by Mental Health Association of Maryland<br/> <a href="http://bit.ly/38u6Zby">http://bit.ly/38u6Zby</a></p>   | <p>This Lunch and Learn provides discusses risk and protective factors for this community, the importance of language as a method to shift society from tolerance to acceptance, and ways to engage in conversation with LGBTQ+ folks to convey support and discuss suicidality.</p>   | <p>04/16/20<br/>12:00 pm – 1:00 pm<br/><br/>Registration Required</p>   | <p>Spring Grove Hospital Center<br/>Vocational Rehab. Building<br/>55 Wade Ave<br/>Catonsville, MD 21228<br/><br/><a href="mailto:janel.cubbage@maryland.gov">janel.cubbage@maryland.gov</a></p>  |
| <b>ON-GOING TRAINING AND SUPPORT PROGRAMS</b>  |  |   |   |
| <b>Program Name &amp; Link</b>   | <b>Program Name &amp; Link</b>   | <b>Program Name &amp; Link</b>  | <b>Program Name &amp; Link</b>  |
| <p><b>Opioid Overdose Response (Narcan Training) – Drop in Training</b></p> <p><a href="https://www.howardcountymd.gov/gethelp">https://www.howardcountymd.gov/gethelp</a></p>   | <p>The Howard County Health Department offers FREE Opioid Overdose Response Program training on a drop-in-basis. Simply show up and learn how to administer Narcan, the opioid reversing medicine and how to save a person’s life from a possible overdoses caused by an opioid.<br/>* Dates are subject to change please check website for up-to-date information</p> | <p>First Tuesday and Last Thursday of each month<br/>3:00 pm – 6:00 pm</p>  | <p>Howard County Health Department<br/>8930 Stanford Blvd,<br/>Columbia MD 21045<br/><br/>410-313-6202<br/><a href="mailto:orpreponse@howardcountymd.gov">orpreponse@howardcountymd.gov</a></p>   |

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| <p><b>NAMI Connection Support Group</b></p> <p><a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a></p>                   | <p>NAMI Connection is a recovery support group program for people living with mental illness. The trained individuals who are in recovery themselves understand participants' daily challenges and can offer them encouragement and support.</p> <p>* Dates are subject to change please check website for up-to-date information</p> | <p>Second and Fourth Monday of the month<br/>6:30 pm – 8:00 pm</p> | <p>Owen Brown Interfaith Center,<br/>7246 Cradlerock Way Room150<br/>Columbia 21045</p> <p>410-772-9300<br/><a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a></p>          |
| <p><b>NAMI Family Support Group</b></p> <p><a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a></p>                       | <p>This is a support group program for family and friends of adults with a mental illness and lead by trained family members.</p> <p>* Dates are subject to change please check website for up-to-date information</p>  | <p>Second Tuesday of the month<br/>7:30 pm – 9:00 pm</p>           | <p>The Parlor of Harmony Hall Retirement Center,<br/>6336 Cedar Lane, Columbia MD 21044</p> <p>410-772-9300<br/><a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a></p>      |
|  |   | <p>Third Friday of the month<br/>7:30 pm – 9:00 pm</p>             | <p>Celebration Church,<br/>7101 Riverwood Dr, Columbia, MD 21045</p> <p>410-772-9300<br/><a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a></p>                             |
| <p><b>NAMI Transition Age Youth (18-26) Support Group</b></p> <p><a href="https://namihowardcounty.org/">https://namihowardcounty.org/</a></p> | <p>This is a support group program for family and friends of youth ages 16-26 (transition age) with a mental illness and lead by trained family members.</p> <p>* Dates are subject to change please check website for up-to-date information</p>   | <p>Third Thursday of the month<br/>7:30 pm – 9:00 pm</p>           | <p>First Presbyterian Church,<br/>9325 Presbyterian Circle, Room 252,<br/>Columbia, MD 21045</p> <p>410-772-9300<br/><a href="mailto:Yblackston.namihc@gmail.com">Yblackston.namihc@gmail.com</a></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](mailto:lhic@howardcountymd.gov) or call (410) 313-6204**