

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

The Howard County Local Health Improvement Coalition (HCLHIC) wants to connect Howard County community members with evidence-based mental health, suicide prevention education and stigma reduction programs. 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			
Program Name & Link	Program Description	Dates	Location
<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>The YMHFA course is designed for adults who work with youth, ages 12-18. The youth program teaches signs and symptoms of emerging mental health problems and how to differentiate potential problems from typical adolescent development. The course is available in both English and Spanish.</p> <p>*Must be 18 and older to attend</p>	<p>01/20/21                      9:00 am – 2:30 pm</p> <p>Registration Required</p>	<p>Virtual Training via Zoom                      * link emailed 24 hours before training</p> <p><a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a></p>
<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 builds skills to help adults ages 18 and older who may be experiencing a mental health problem or crisis. The core program teaches the signs and symptoms a person may experience with mental health problems such as depression, anxiety, psychosis and substance use as well as how to use the 5-step ALGEE action plan to help. The core program is available in both English and Spanish..</p> <p>*Must be 18 and older to attend</p>	<p>02/03/21                      9:00 am – 3:30 pm</p> <p>Registration Required</p>	<p>Virtual Training via Zoom                      * link emailed 24 hours before training</p> <p><a href="mailto:mhfatraining@mhamd.org">mhfatraining@mhamd.org</a></p>

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<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 offers a new way to connect. Learn to assist someone experiencing a mental health or substance use crisis virtually. In this new, updated format, community members will complete a 2-hour, self-paced online course before participating in a 4.5-hour, instructor-led class. Half an hour is allowed for a lunch break. This course is recommended for residents of Maryland</p> <p>* \$30 Fee includes a digital manual</p>	<p>03/12/21 8:30 am – 3:00 pm</p> <p>Registration Required</p>	<p>Virtual Training via Zoom * link emailed before training</p> <p>410-740-7601 <a href="mailto:istanto6@jhmi.edu">istanto6@jhmi.edu</a></p>
<b>SUICIDE PREVENTION AND INTERVENTION PROGRAMS</b>			
Program Name & Link	Program Description	Dates	Location
<p><b>Best Practices in Reviewing Suicides</b></p> <p>Hosted by National CFRP (Center for Fatality Review &amp; Prevention)</p> <p><a href="https://bit.ly/33d94sN">https://bit.ly/33d94sN</a></p>	<p>This webinar will focus on best practices in reviewing youth suicides to include a discussion on conducting reviews, success stories from the field, and prevention partners. A new National Center guidance on suicide reviews will be featured and released during this webinar.</p>	<p>12/01/20 Starting at 2:00 pm</p> <p>Registration Required</p>	<p>Virtual Training via Zoom * link emailed before training</p>
<p><b>Opioid Overdose Response (Narcan Training)</b></p> <p><a href="https://bit.ly/3dBslrO">https://bit.ly/3dBslrO</a></p>	<p>The Howard County Health Department offers FREE Opioid Overdose Response Program training. 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.</p>	<p>12/01/20 3:00 pm – 4:00 pm Registration Required</p> <p>12/17/20 3:00 pm – 4:00 pm Registration Required</p>	<p>Virtual Training via WebEx * link emailed after registration</p> <p>410-313-6202 <a href="mailto:orpresponse@howardcountymd.gov">orpresponse@howardcountymd.gov</a></p>
<p><b>Virtual Teen Support After a Suicide Loss – Tuesdays in December</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>This is a closed non-clinical based support group that will meet 4 times during the month of December. Registration and a family intake must be completed to attend the group. The group is intended for youth who have been impacted by a suicide loss whether it a family member, friends or someone they were exposed to within</p>	<p>12/01/2020 7:00 pm – 8:00 pm Registration Required</p> <p>12/08/2020 7:00 pm – 8:00 pm Registration Required</p> <p>12/15/2020</p>	<p>Virtual Training via Zoom * link emailed 24 hours before training</p> <p><a href="mailto:amanda@grassrootscrisis.org">amanda@grassrootscrisis.org</a></p>

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	the community.	7:00 pm – 8:00 pm Registration Required 12/22/2020 7:00 pm – 8:00 pm Registration Required	
<b>Safe Space Training</b>  Hosted by Grassroots Crisis Intervention  <a href="https://www.grassrootscrisis.org/events/">https://www.grassrootscrisis.org/events/</a>	Safe Space provides a comprehensive training program for attendees on how to provide a safe, supportive environment, become more culturally competent, and feel more confident dealing with issues specific to LGBTQ+ population.	12/09/20 9:30 am – 2:00 pm Registration Required	Virtual Training via Zoom * link emailed 24 hours before training  <a href="mailto:tina@grassrootscrisis.org">tina@grassrootscrisis.org</a>
<b>Question Persuade Refer (QPR) Suicide Prevention Gatekeeper Training</b>  Hosted by Maryland Department of Health  <a href="https://bit.ly/36Zlqgz">https://bit.ly/36Zlqgz</a>	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.	12/15/20 12:00 pm – 1:00 pm Registration Required	Virtual Training via Zoom * link emailed 24 hours before training
<b>Lunch &amp; Lunch Treating Suicidal Patients on Telehealth</b>  Hosted by Maryland Department of Health  <a href="https://bit.ly/2lZtoGS">https://bit.ly/2lZtoGS</a>	This workshop offers the opportunity to review current practices related to protecting suicidal patients and apply those practices to telehealth work. Treating and protecting patients in traditional treatment looks a little different than it does via telehealth. However, telehealth can safely offer treatment while protecting patients, and this workshop will teach valuable skills for effectively aiding patients who present with suicidal ideation or behaviors.	12/17/20 12:00 pm – 1:30 Pm Registration Required	Virtual Training via Zoom * link emailed 24 hours before training
<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>

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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 6:30 pm – 8:00 pm</p>	<p>Virtual Training via Zoom * link emailed after registration</p> <p>410-772-9300 <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>Third Friday of the month 7:30 pm – 9:00 pm</p>	<p>Virtual Training via Zoom * link emailed after registration</p> <p>410-772-9300 <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 7:30 pm – 9:00 pm</p>	<p>Virtual Training via Zoom * link emailed after registration</p> <p>410-772-9300 <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**