

# Howard County Behavioral Health – Program Guide



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 community members.

**Some trainings/programs may require a fee.**

## Program/Training

Organization	Substance Use Disorders				Mental Health				Suicide Prevention							
	Chronic Pain Self-Mgmt.	Guiding Good Choices	Overdose Response (ORP)	Peer and Family Support	MHFA	Older Adult MHFA	Veterans MHFA	Youth MHFA	Peer and Family Support	ASIST	Signs of Suicide SOS Program	QPR	SafeSpace	safeTALK	Talk Saves Lives	Peer and Family Support
American Foundation for Suicide Prevention 202-770-8973															✓	
Department of Community Resources and Services 410-313-6400	✓			✓					✓							
Grassroots Crisis Intervention Center 410-531-6006				✓					✓	✓		✓	✓	✓	✓	✓
Howard County Dept of Fire and Rescue Services 410-313-6000			✓													
HC DrugFree 443-325-0040		✓														
Howard County General Hospital 410-740-7601	✓				✓		✓									
Howard County Health Dept Behavioral Health 410-313-6202			✓	✓					✓							✓
Howard County Public School System 410-313-6600											✓					
Humanim 410-381-7171				✓												
Maryland Coalition of Families 410-730-8267			✓	✓												
Maryland Dept of Health Behavioral Health 410-767-6500			✓													
Mental Health Association of Maryland 443-901-1550 x233					✓		✓									
NAMI Howard County 410-772-9300				✓					✓							✓
On Our Own of Maryland 410-540-9020				✓					✓							

✓ - Trainings offered by organizations are subject to change



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## Program Description

Substance Use	
Chronic Pain Self-Management	Interactive six-week workshop to help gain confidence in managing pain. This workshop is recommended for adults who are experiencing chronic pain.
Guiding Good Choices	Interactive four-week prevention program providing families of children ages 9-14 with the skills and knowledge to reduce the risk of drug use.
Overdose Response Program (ORP)	Training covers types of opioids, how to recognize, respond, and prevent an opioid overdose, and the resources available.
Mental Health	
MHFA (Older Adult MHFA, Veterans MHFA)	Teaches adults (18+) how to identify, understand and respond to signs of mental illnesses and substance use disorders. Specialty modules cover Older Adult and Veterans MHFA.
Youth MHFA	Teaches adults (18+) how to help adolescents (age 12-18) who are experiencing a mental health or addictions challenge or are in crisis. It follows a five-step plan to offer initial help and connect youth with appropriate care.
NAMI Basics	Designed for parents and other primary caregivers of children and adolescents who are living with mental illness. Includes practical insights on issues frequently faced by families dealing with mental illness and is taught by trained parents who have lived similar experiences with their own children.
NAMI Family-to-Family	Helps families arrive at a better understanding of the severe mental illnesses their relatives face. The illnesses, treatments, medications, and problems to expect are covered in depth, as well as coping strategies for family members.
NAMI Peer-to-Peer	Focuses on the topic of recovery for any person with a serious mental illness who is interested in establishing and maintaining wellness. The classes are taught by a team of two trained mentors who are themselves experienced at living well with mental illness.
Suicide Prevention	
ASIST	Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid for those 16 years and older.
QPR	Question Persuade Refer (QPR) is a one to two-hour training that teaches (like CPR) 3 simple steps to save a life from suicide by recognizing the warning signs of a suicide crisis and how to <i>Question, Persuade, and Refer</i> someone to help.
SafeSpace	This 8-hour suicide prevention model focuses on the LGBTQ+ population and their increased risk for suicide. The training program combines cultural competence with prevention and intervention strategies to reduce stigma and reduce suicidality.
SafeTALK	This half-day training teaches participants (15+) to recognize and engage persons who might be having thoughts of suicide and connect them with intervention resources.
Signs of Suicide SOS Program	Teaches students grades 6-12 how to identify the signs of depression and suicide in themselves and their peers. It reduces stigma around mental health and suicide and encourages help-seeking behaviors through the ACT technique (Acknowledge, Care, Tell).
Sources of Strength®	Student peer leaders and adult advisors design and share Hope, Help and Strength-based messages with youth in the community to prevent suicide, bullying and substance use.
Talk Saves Lives	This 60-90-minute introduction to suicide prevention covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Learn the risk and warning signs of suicide, and how to prevent it.

**You can help by sharing these partner programs!**

Visit <https://www.hclhic.org/healthy/mental-health> for the electronic version of this resource and others.

