

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
Youth Mental Health First Aid Hosted by Mental Health Association of Maryland www.mhamd.org	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. *Must be 18 and older to attend	02/02/22 9:00 am – 3:00 pm Registration Required	Virtual Training via Zoom * link emailed 24 hours before training mhfatraining@mhamd.org
		04/13/22 9:00 am – 3:00 pm Registration Required	
Mental Health First Aid Hosted by Mental Health Association of Maryland www.mhamd.org	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. *Must be 18 and older to attend	01/06/22 9:00 am – 4:00 pm Registration Required	Virtual Training via Zoom * link emailed 24 hours before training mhfatraining@mhamd.org
		03/02/22 9:00 am – 4:00 pm Registration Required	
		04/13/22 9:00 am – 4:00 pm Registration Required	

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

<p>Mental Health First Aid</p> <p>Hosted by Howard County General Hospital</p> <p>https://events.hcgh.hopkinsmedicine.org/</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>03/18/22 8:30 am – 3:00 pm</p> <p>Registration Required</p> <hr/> <p>05/13/22 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 jstanto6@jhmi.edu</p>
<p>Youth Mental Health First Aid</p> <p>Hosted by Howard County General Hospital</p> <p>https://events.hcgh.hopkinsmedicine.org/</p>	<p>Learn to assist a young person, from 12 to 18 years, who may be experiencing a mental health or substance use crisis. In this updated and virtual format, participants will complete a 2-hour, self-paced online course before participating in a 4-hour, instructor-led class using Zoom. Youth Mental Health First Aid is recommended for adults who interact with youth including teachers, coaches, faith leaders, parents, school staff, and caring citizens.</p>	<p>04/29/22 8:30 am – 1:00 pm</p> <p>Registration Required</p>	<p>Virtual Training via Zoom * link emailed before training</p> <p>410-740-7601 jstanto6@jhmi.edu</p>
SUICIDE PREVENTION AND INTERVENTION PROGRAMS			
Program Name & Link	Program Description	Dates	Location
<p>Opioid Overdose Response (Narcan Training)</p> <p>https://bit.ly/3dBslrO</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>11/18/21 3:00 pm – 4:00 pm Registration Required</p> <hr/> <p>12/07/21 3:00 pm – 4:00 pm Registration Required</p> <hr/> <p>12/30/21 3:00 pm – 4:00 pm Registration Required</p>	<p>Virtual Training via WebEx * link emailed after registration</p> <p>410-313-6202 orprresponse@howardcountymd.gov</p>

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

<p>Lunch & Lunch Studying Universal Suicide Prevention in Schools: The Teen Mental Health First Aid USA Program</p> <p>Hosted by Maryland Department of Health</p> <p>https://www.hclhic.org/home/event/177</p>	<p>This session will focus on suicide prevention in schools, beginning with an overview of extant research, via a recent systematic review by Mann and colleagues (2021). Conclusions from the review will be used to illustrate key elements of the teen Mental Health First Aid (tMHFA) program in addressing teen suicide.</p>	<p>11/30/21 12:00 pm – 1:30 pm Registration Required</p>	<p>Virtual Training via Zoom * link emailed 24 hours before training</p>
ON-GOING TRAINING AND SUPPORT PROGRAMS			
Program Name & Link	Program Name & Link	Program Name & Link	Program Name & Link
<p>NAMI Connection Support Group</p> <p>https://namihowardcounty.org/</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 Yblackston.namihc@gmail.com</p>
<p>NAMI Family Support Group</p> <p>https://namihowardcounty.org/</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 Yblackston.namihc@gmail.com</p>
<p>NAMI Transition Age Youth (18-26) Support Group</p> <p>https://namihowardcounty.org/</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 Yblackston.namihc@gmail.com</p>

Howard County Resource Guide – Mental Health and Suicide Intervention Programs

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