May 15, 2024

LHIC Coalition and Work Group Members - Please see below for upcoming webinars and resources. We encourage you to consider participating and to share these opportunities with your stakeholders and others in the community. If you have programs or opportunities that you would like to submit, please send them via email to lhic@howardcountymd.gov.

**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* The next Full HCLHIC meeting is July 18 from 9:00am to 11:00am. [Link](https://www.eventbrite.com/e/2024-hclhic-full-coalition-meetings-tickets-726290964827?aff=oddtdtcreator).
* Howard County Library System will be Exploring Asian Cuisine with Chef Jet Tila in May. [Link](https://howardcounty.librarycalendar.com/event/taste-tradition-exploring-asian-cuisine-chef-jet-tila-online-233759).
* Columbia Association is hiring for a martial arts instructor. [Link](https://us241.dayforcehcm.com/CandidatePortal/en-US/camd/Posting/View/4079)
* Wear green to the Governor’s Commission on Suicide Prevention meeting. [Link](https://www.facebook.com/mdhsuicideprev/).
* Infinite Legacy is hosting a focus group for Howard County residents. [Link](https://acrobat.adobe.com/id/urn%3Aaaid%3Asc%3Aus%3A12813c54-ce1e-4d39-aa77-e858784b69fc).
* BikeAround Downtown is open for registration. [Link](https://runsignup.com/Race/MD/Columbia/BikeAroundDowntownColumbiaFall2023).
* The Trevor Project 2022 National Survey on LGBTQ+ Youth Mental Health Maryland report is available online. [Link](https://www.thetrevorproject.org/wp-content/uploads/2022/12/The-Trevor-Project-2022-National-Survey-on-LGBTQ-Youth-Mental-Health-by-State-Maryland.pdf).
* Howard County Office of Children and Families May schedule for family workshops is available online. [Link](https://acrobat.adobe.com/id/urn%3Aaaid%3Asc%3AUS%3A0c25d399-962e-4df5-a6b0-f3d3e72e0c21).

**FUNDING OPPORTUNITIES**

**Title: The National Center for Mental Health: Dissemination, Implementation, and Sustainment**

**Description:** The purpose of this program is to build the expertise of Center for Mental Health Services (CMHS) service, capacity building, and technical assistance recipients and organizations that oversee or directly provide mental health services to use science-based methods to implement, disseminate, and sustain services. Applicants must comply with E.O. 12372 if their state(s) participates. Applicants must send the PHSIS to appropriate State and local health agencies by application deadline.

**Applications Deadline:** Monday, June 10, 2024. [Apply](https://www.samhsa.gov/grants/grant-announcements/sm-24-010)

**Title: Cooperative Agreements for the Garrett Lee Smith State/Tribal Youth Suicide Prevention and Early Intervention Program**

**Description:** This grant aims to support states and Tribes with implementing youth (up to age 24) suicide prevention and early intervention strategies in schools, educational institutions, juvenile justice systems, substance use, and mental health programs, foster care systems, pediatric health programs, and other child-and youth-serving organizations. Funding is up to $735,000 for up to 5 years.

**Applications Deadline:** Monday, May 20, 2024. [Apply](https://www.samhsa.gov/grants/grant-announcements/sm-24-005)

**Title: Multi-sectoral preventive interventions that address social determinants of health in populations that experience health disparities**

**Description:** The purpose of this NOFO is to support projects to test prospective multi-sectoral preventive interventions that address social determinants of health in populations that experience health disparities. These research projects will be part of the Multi-Sectoral Preventive Interventions (MSPI) Research Network, which will also include a Coordinating Center (RFA-OD-24-006). Applicants applying to this NOFO are encouraged to review the Coordinating Center NOFO to fully understand the MSPI Research Network structure and activities.

**Applications Deadline:** Friday, July 5, 2024. [Apply](https://grants.nih.gov/grants/guide/pa-files/PAR-24-053.html)

**Title: Minority AIDS Initiative: Substance Use Disorder (SUD) Prevention and Treatment Pilot Program**

**Description:** The purpose of this program is to provide substance use prevention, substance use disorder (SUD) treatment, HIV, and viral hepatitis prevention and treatment services for racial and ethnic individuals vulnerable to a SUD and/or mental health condition, HIV, viral hepatitis, and other infectious disease (e.g., sexually transmitted infections). Recipients will be expected to take a syndemic approach to SUD, HIV, and viral hepatitis by providing SUD prevention and treatment to racial and ethnic individuals at risk for or living with HIV

**Applications Deadline:** Friday, July 12, 2024. [Apply](https://www.samhsa.gov/grants/grant-announcements/ti-24-005?utm_source=SAMHSA&utm_campaign=047191c60a-EMAIL_CAMPAIGN_2024_05_13_03_15&utm_medium=email&utm_term=0_-047191c60a-%5BLIST_EMAIL_ID%5D)

**EVENTS, TRAININGS, WEBINARS, SELF-PACED COURSES AND SUPPORT PROGRAMS**

***Events below may not be hosted or provided by HCLHIC. If you have any questions about***

***these events, please contact the event organizers directly.***

**HEALTHY BEGINNINGS**

**Title: Strengthen your Child’s Coping Skills Workshop**

**Description:** Learning how to manage stress and deal with life’s ups and downs is a process that continues throughout our entire lives. Attend this session to learn strategies to help your child prepare, regulate, and deal with small to big life transitions, overwhelming and uncomfortable emotions, worries, disappointment, failure, criticism, and sadness.

**Date/Time:** Thursday, May 16, 2024, 7:00pm – 8:00pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/138703?onlineSiteId=0&from_original_cui=true).

**Title: Eat, Learn, Grow for Families – Social Emotional Workshop**

**Description:** Join as we explore social emotional development, developmental milestones as well as the skills children need to manage emotions and build relationships with others. Explore children’s literature and simple extension activities that promote problem solving, conflict resolution, managing stress, and overall social emotional development at home.

**Date/Time:** Monday, May 20 2024, 7:00pm – 8:00pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/138704?onlineSiteId=0&from_original_cui=true).

**Title: On the Journey to Fatherhood Workshop**

**Description:** Join our FREE, four-part series supporting Howard County fathers of all ages in developing healthy parenting habits, building networks, and strengthening bonds with their children ages 0-5. This workshop focuses on dad’s empowerment.

**Date/Time:** Thursday, May 16, 2024, 6:00pm – 7:00pm

View schedule using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/134999?onlineSiteId=0&from_original_cui=true).

**Title: Sibling Rivalry**

**Description:** This workshop is for parents experiencing challenges between their children such as arguing, name calling and fighting.  Understand why sibling rivalry occurs and learn practical ways you can navigate and reduce conflict, manage rivalry in-the-moment and foster good long-term relationships.

**Date/Time:** Thursday, May 23, 2024, 7:00pm – 8:00pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/138705?onlineSiteId=0&from_original_cui=true).

**Title: Sensory-Friendly Sunday at Robinson**

**Description:** These events are designed for families with kids, teens, and adults with sensory-processing differences, autism spectrum disorder, or developmental disabilities. Robinson Nature Center exhibits, trails and outdoor play area open early. Enjoy self-paced activities including sensory bins and pathways, scavenger hunts, crafts, or games. Planetarium open between 11am and noon. General admission is due the day of your visit. $5 for adults and $3 for children. Children under 3 years and Robinson Members are free.

**Date/Time:** Sunday, May 19, 2024, 10:30am – 12:00pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/136186).

**Title: HoCo HaHa’s Circus/Magic Variety Show**

**Description:** Get ready to be amazed and entertained at Recreation & Parks’ new circus and magic variety show featuring a variety of artists (jugglers, magicians, and circus performers) and clean, family entertainment! Be sure to purchase your tickets today so you don’t miss out on this magical, circus-tacular event Saturday, May 25th at 7:00 p.m. at its Harriet Tubman Cultural Center.

**Date/Time:** Wednesday, May 25, 2024, 7:00pm – 8:30pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/136826?onlineSiteId=0&from_original_cui=true).

**Title: Hatchlings: Baby on the Way**

**Description:** Hatchlings: Baby on the Way, is an interactive early literacy class for expectant parents. FREE book, activities calendar, and song sheet for attendees. Space is limited to expectant parents/partners. Free dinner will be provided by the Howard County Health Department.

**Date/Time:** Wednesday, May 29, 2024, 6:00pm – 7:00pm

Register using the [link](https://howardcounty.librarycalendar.com/event/hatchlings-baby-way-adultsteens-rg-209814?fbclid=IwZXh0bgNhZW0CMTAAAR2pDsgPxn-w84rqQ0AvLIILazaIDgWw6nYLfIyIZolKtmsplJiPokB0iDE_aem_Ab3nGimEJWw_G1FH8dnO7Q-15d0P2B1rRrVSNMxoWxWyVoiq7ZRW8JTsqxOva0hQ7rXp9WwflkH8B5xps1TpICfO).

**HEALTHY LIVING**

**Title: Age-Friendly Fitness Lot**

**Description:** Introducing a new way to get fit outdoors in Howard County! Join County Executive Ball, Age-Friendly Howard County, and staff from the Departments of Community Resources and Services and Recreation and Parks to cut the ribbon on Howard County's first Age-Friendly Fitness Lot at Centennial Park North.

**Date/Time:** Wednesday, June 5, 2024, 11:00am

Register using the[link](https://www.eventbrite.com/e/age-friendly-outdoor-fitness-lot-ribbon-cutting-tickets-863111919987?aff=oddtdtcreator).

**Title: LindaBen Foundation’s Mobile Market**

**Description:** LindaBen Foundation's Mobile Market will now have one of their hubs at the Bryant Woods Elementary School Parking Lot. The Mobile Market typically runs every 1st and 3rd Saturday of each month but for April, they are kicking off the schedule on April 27th and will ending the season on Nov 23rd.

**Date/Time:** Saturday, May 18, 2024, 11:00am – 12:30pm

Register using the[link](https://signup.com/go/QhdcRuv).

**Title: Broadway: National Tap Dance Day**

**Description:** To celebrate Older Americans Month and National Tap Dance Day, join Lisa Yanguas for an in-depth look at hoofin' vs. classical Broadway tap dancing. As a longtime hoofer, she will provide an insider look at both varieties.

**Date/Time:** Thursday, May 16, 2024, 2:00pm – 3:00pm

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/137877?onlineSiteId=0&from_original_cui=true).

**Title: Senior Health and Fitness Day Fitness Assessments**

**Description** Join Rachel Filar, OAI Exercise Specialist, to get a snapshot of your current fitness level by completing simple assessments of balance, and strength and flexibility for your age. Learn about resources to help you improve or maintain your fitness. Wear comfortable clothing and athletic shoes.

**Date/Time:** Wednesday**,** May 29, 2024, 11:15am

Call **410-313-5192** to register.

**Title: Howard County Virtual 50+ Employment Expo**

**Description:** The free Virtual 50+ Employment Expo offers opportunities for jobseekers age 50+ to; network with other jobseekers via Zoom chat; attend two virtual workshops relevant to your job search; listen to area employers talk about their organization and openings; ask potential employers questions and get answers in chat.

**Date/Time:** Thursday May 30, 2024, 10:00am – 2:00pm

Register using the [link](https://howardexpo.accessjca.org/).

**Title: How to Thrive Aging Solo**

**Description:** SoloAgers are older adults making decisions about their futures independently. Anyone can become a Solo Ager through choice, loss and distance of family members, or complicated relationship dynamics. This presentation will discuss techniques to age in place with home modifications, medical directives, building social networks, and creating your own care team

**Date/Time:** Thursday, May 30, 2024, 10:00am

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/136571?onlineSiteId=0&from_original_cui=true).

**Title: Aquatics for Parkinsons**

**Description:** Parkinson’s is a chronic and progressive movement disorder that effects the nervous system. MedStar Good Samaritan Hospital has begun a new, free, weekly aquatic therapy class for patients diagnosed with Parkinson’s Disease. The class is hosted at The League for People with Disabilities, through funding from the Maryland Association for Parkinson’s Support (MAPS) and the Parkinson’s Foundation.

**Date/Time:** Fridays, 11:30am – 12:30pm

Register using the [link](https://www.marylandparkinsonsupport.org/programs).

**Title: Powerful Tools for Caregivers**

**Description:** In the Powerful Tools For Caregivers class, caregivers develop a wealth of self-care tools. In the six 90-minute classes, caregivers learn to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare service providers; communicate more effectively in challenging situations; recognize the messages in their emotions and deal with difficult feelings; plus make tough caregiving decisions.

**Date/Time:** Wednesdays, May 22 – June 26, 2024, 1:30pm – 3:30pm

Register using the [link](https://lp.constantcontactpages.com/ev/reg/nvmg2x2/lp/8d4fdf18-1ea6-4fc2-ac2e-3d1a9c567976).

**Title: Rock Steady Boxing**

**Description:** Rock Steady Boxing is a fun, non-contact fitness program. Training regimens in the sport of boxing focus on agility, speed, endurance, accuracy, hand-eye coordination, footwork, and strength making it the perfect exercise activity for people with Parkinson’s Disease.

**Date/Time:** Tuesdays, 11:30am – 12:30pm

Register using the [link](https://www.marylandparkinsonsupport.org/programs).

**Title: Creative, Accessible Federal Funding to Advance Safe, Active Travel for Kids and Communities**

**Description:** Join for a session on how Safe Routes to School goals of advancing safe, convenient, and equitable mobility for kids can be achieved with Safe Streets and Roads for All (SS4A) funding. As communities are undertaking planning efforts to reduce roadway injuries and fatalities, the Safe Routes to School field has a unique and critical role to play to ensure that safe, equitable youth mobility is included in the planning!

**Date/Time:** Tuesday, May 21, 2024, 2:00pm – 3:00pm

Register using the [link](https://saferoutespartnership-org.zoom.us/webinar/register/WN_hDJNItOKTI2V3dac_ZBkTA#/registration).

**Title: Military Child Education Coalition Global Training Summit**

**Description:** Join to learn from subject matter experts and network with peers from around the globe during the 2024 Global Training Summit (GTS) Pre-Summit Professional Development! These signature professional learning opportunities are designed to bring together experts and practitioners that will inspire and equip you with the skills and strategies you need to lead with confidence.

**Date/Time:** July 29-31, 2024

Register using the [link](https://www.militarychild.org/event/gts/gts-register/#top-content).

**HEALTHY MINDS**

**Title: Live For Thomas: 'What's Your S.T.R.O.N.G?' Campaign**

**Description**: Live For Thomas released their first social media clip for their "What's Your S.T.R.O.N.G?" Campaign. This campaign seeks to change the narrative of what it means to be "strong" and challenge the stigma of being perceived as "weak" for asking for help or showing emotion.

**Date/Time:** Varies

Get more information using the [link](https://www.liveforthomas.org/).

**Title: Problem Gambling Clinical Webinar Series**

**Description**: Join the University of Maryland Center of Excellence on Problem Gambling for free webinars designed to provide additional problem gambling prevention, clinical and recovery training on a variety of topics. Webinars are an hour in length. CEUs available for participation

**Date/Time:** Varies by webinar, 12:00pm – 1:00pm

Register using the [link](https://www.mdproblemgambling.com/training/webinars/problem-gambling-clinical-webinar-series-fy23/).

**Title: Teen Mental Health Summit**

**Description:** This event is designed to provide teens with the tools and knowledge needed to thrive, not just survive! The summit features a lineup of nationally recognized expert speakers who will dive into crucial topics, like unraveling anxiety and performing under pressure.

**Date/Time:** Sunday, May 18, 2024, 9:00am – 1:00pm

Register using the [link](https://www.eventbrite.com/e/sjbc-teen-mental-health-summit-tickets-900274444097?utm_experiment=test_share_listing&aff=ebdsshios).

**Title: Cognitive Processing Therapy in Outpatient Substance Use Disorder**

**Description:** This free course is eligible for 1.5 NBCC credits and is designed to equip you with the knowledge and skills needed to implement CPT effectively within your practice. Cognitive Processing Therapy is a groundbreaking approach that has shown remarkable success in helping individuals learn how to challenge and modify unhealthy beliefs related to the trauma.

**Date/Time:** Wednesday, May 22, 2024, 9:30am – 11:00am

Register using the [link](https://help.recoverycentersofamerica.com/CEU2024-05-22CPTinOutpatientSubstanceDisorderTreatment_registration.html?mkt_tok=OTU2LUREUC02MTEAAAGTG25CXYlLpHexdJ0WeR-4OWN6fpdHYzGjZREXwCi9VHCh3BD20-RkAth0IkkFfctX8eASrpfdtJiPfFLZxiJhA1u0eVRcP-JgkD0RfoPYyHkqYg).

**Title: Behavioral Health Administration’s Online Training Portal**

**Description:** This portal offers a self-paced opportunity for behavioral health professionals, peers, and family members to engage in and learn about various topics, such as substance-related disorders; mental health; suicide prevention; children, adolescents, older adults, and clinical interventions; and cultural and linguistic competency. Registration also allows you to earn continuing education credit.

**Date/Time:** Varies by webinar

Explore trainings using the [link](https://appbhatrainings.health.maryland.gov/onlinetraining).

**Title: Spring/Summer 2024 Co-occurring Disorders Training Webinars**

**Description:** The University of Maryland School of Medicine will be hosting co-occurring disorders training webinars throughout Spring/Summer 2024. Best practice treatment for co-occurring disorders is integrated. Ideally treatment for both disorders is provided by the same clinician (or team), at the same time. Integrated treatment involves stage-wise treatment, which focuses on the person’s readiness to make any needed changes.

**Date/Time:** Varies by webinar

Explore trainings using the [link](https://www.ebpcenter.umaryland.edu/co-occurring-training/).

**Title: Trained Military Assistance Provider (TMAP) Program**

**Description**: This curriculum is free for Maryland-based nurses, doctors and all primary care staff interested in learning more about military culture, crisis response planning and suicide prevention strategies, and lethal means safety protocols focused on service members, veterans and their families (SMVF).

**Date/Time:** Varies by class

Register using the [link](https://governorschallenge.psycharmor.org/bundles/tmap-program).

 **OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES**

**Healthy Beginnings**

* Paris Hilton Joins California Lawmakers to Push for Better Protections in Youth Residential Care article. [**Link**](https://imprintnews.org/top-stories/paris-hilton-joins-california-lawmakers-to-push-for-better-protections-in-youth-residential-care/249314)**.**
* May is Foster Care Awareness Month article. [**Link**](https://www.chickasaw.net/News/Announcements/May-is-Foster-Care-Awareness-Month)**.**
* Childhood trauma can affect more than just your mental health article. [**Link**](https://www.25newsnow.com/2024/05/08/childhood-trauma-can-affect-more-than-just-your-mental-health/).
* Mentoring makes a difference for teens article. [**Link**](https://www.stlamerican.com/news/mentoring-makes-a-difference-for-teens/article_0e81600a-0d85-11ef-98c7-2b81e4dea87e.html)**.**
* Revised clinical guidelines on mandatory reporting of substance-exposed newborns show promise article. [**Link**](https://healthmedicinet.com/revised-clinical-guidelines-on-mandatory-reporting-of-substance-exposed-newborns-show-promise/)**.**
* Iron Supplements Don't Give Breastfed Babies a Leg Up for Development Article. [**Link**](https://www.medpagetoday.com/pediatrics/generalpediatrics/110103?xid=nl_mpt_DHE_2024-05-13&eun=g2262431d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Evening%202024-05-13&utm_term=NL_Daily_DHE_dual-gmail-definition)**.**
* Frederick County Division of Family Services is looking for a Local Care Team Coordinator. [**Link**](https://www.governmentjobs.com/careers/frederickmd/jobs/4493170/local-care-team-coordinator?sort=PostingDate%7CDescending&pagetype=jobOpportunitiesJobs)**.**
* Can incorporating molecular testing improve the accuracy of newborn screening for congenital adrenal hyperplasia article. [**Link**](https://pubmed.ncbi.nlm.nih.gov/38701341/)**.**

**Healthy Living**

* No Menthol Sunday is May 19 and the No Menthol Sunday Maryland Fact Sheet is available. [Link](https://www.nomentholsunday.org/).
* Latest Diabetes in America Article: Obesity Management for the Treatment of Type 2 Diabetes has been released online. [Link](https://www.ncbi.nlm.nih.gov/books/NBK603314/?utm_medium=e-mail&utm_source=health+information+news).
* Massachusetts HPC coalition has released a HPV Toolkit for Dental Professionals. [**Link**](https://www.mahpvcoalition.org/download-our-dental-toolkit)**.**
* The National Comprehensive Cancer Network has free webinars available for professionals. [**Link**](https://education.nccn.org/)**.**
* Resources for patients and caregivers from ACS and partners are available online. [**Link**](https://www.cancer.org/support-programs-and-services/resource-search.html).
* Here's what farm-to-hospital foods can do for patients article. [**Link**](https://www.medpagetoday.com/opinion/second-opinions/110083?xid=nl_secondopinion_2024-05-14&eun=g2262431d0r)**.**
* May is Asian American, Native Hawaiian, and Pacific Islander Heritage Month. [**Link**](https://www.asianpacificheritage.gov/)**.**
* E.coli concerns prompt ground beef recall in MD article. [**Link**](https://patch.com/maryland/ellicottcity/s/iw9bw/ground-beef-sold-at-walmart-recalled-over-ecoli-concerns?utm_source=alert-breakingnews&utm_medium=email&utm_campaign=alert&user_email=4f611ca871d9590f3575921902c7ee83dbe53178720cef054dcbbbc81c25643a&user_email_md5=d4380bde93c24e988b9bad84db717b9c&lctg=65e216730dbfdbaf9f035a3a)**.**
* MD fallen heroes day honors first responders. [**Link**](https://patch.com/maryland/ellicottcity/s/iw97u/md-fallen-heroes-day-honors-first-responders?utm_term=article-slot-5&utm_source=newsletter-daily&utm_medium=email&utm_campaign=newsletter&utm_content=email-test_E1:c0&user_email=4f611ca871d9590f3575921902c7ee83dbe53178720cef054dcbbbc81c25643a&user_email_md5=d4380bde93c24e988b9bad84db717b9c&lctg=65e216730dbfdbaf9f035a3a)**.**
* Community of Families In Nature organization will host a celebration of camping in June. [**Link**](https://www.flipcause.com/secure/cause_pdetails/MTg2NTAy?mc_cid=080342cd12&mc_eid=1a2b12a8c5)**.**
* Patient-Centered Outcomes Research Institute’s peer-to-peer repository of engagement tools is available online. [**Link**](https://www.pcori.org/engagement/engagement-resources/Engagement-Tool-Resource-Repository)**.**
* Frederick County Health Department is offering an 8-session Blood Pressure Self-Monitoring Program. **Link****.**
* Living Well will offer a Diabetes Self-management course delivered in Korean May 23. [**Link**](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/131400?onlineSiteId=0&from_original_cui=true)

**Healthy Minds**

* NAMI Howard County is hosting a short, in-person Pop-Up Walk in June. [**Link**](https://www.medpagetoday.com/infectiousdisease/generalinfectiousdisease/109664?xid=nl_mpt_morningbreak2024-04-16&eun=g2262431d0r&utm_source=Sailthru&utm_medium=email&utm_campaign=MorningBreak_041624&utm_term=NL_Gen_Int_Daily_News_Update_activehttps://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=1476)**.**
* The 2024 Mental Health & Well-being Global Summit ends May 20. [**Link**](https://www.mentalhealthglobalsummit.com/home?r_done=1)
* There is an ongoing Black & Suicidal Peer Support Group meeting virtually. [**Link**](https://www.eventbrite.com/e/may-black-suicidal-peer-support-group-tickets-893666790427?aff=oddtdtcreator)**.**
* NAMI Anne Arundel County is hosting their fourth annual Gala and Awards Dinner. [**Link**](https://namiaac.org/gala/)
* Risk and protective factors for suicidal thoughts and behaviors among Black female and male youth with depression symptoms. [**Link**](https://pubmed.ncbi.nlm.nih.gov/38703904/)**.**
* Access More Resources for LGBTQI+ Youth and Young Adults in the 988 Partner Toolkit. [**Link**](https://www.samhsa.gov/resource-search/988?utm_source=SAMHSA&utm_campaign=0ed5b8951e-EMAIL_CAMPAIGN_2024_04_26_08_08&utm_medium=email&utm_term=0_-0ed5b8951e-%5BLIST_EMAIL_ID%5D)**.**
* SAMHSA has released their 2024 Mental Health Awareness Month Toolkit online. [**Link**](https://www.samhsa.gov/mental-health-awareness-month/toolkit?utm_source=SAMHSA&utm_campaign=60da5deb67-EMAIL_CAMPAIGN_2024_05_13_07_16&utm_medium=email&utm_term=0_-60da5deb67-%5BLIST_EMAIL_ID%5D).
* NAMI Howard County has a Veteran Support Group that meets every Monday. [**Link**](https://namihowardcountymd.org/support-and-education/veteran-support-group/).