January 3, 2022

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](mailto:lhic@howardcountymd.gov).

**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* Howard County Government Coronavirus Disease 2019 (COVID-19) Information [StayCOVIDSafe.howardcountymd.gov](https://www.howardcountymd.gov/Departments/COVID-19-Coronavirus-Countywide-Updates)
* Maryland Health Connections is having open enrollment from November 1, 2021 – January 15, 2022. For more information, click <https://www.healthcareaccessmaryland.org/> or call the HealthCare Access Maryland Call Center at 1-410-500-4710
* Maryland Department of Health launches Youth Suicide Prevention Toolkit <https://bit.ly/3s7m54A>

and MD Young Minds program <https://211md.org/about/text-messages/md-mindhealth/>

* Childhood Obesity Intervention Cost Effectiveness Study (CHOICES) National Action Kit

<https://choicesproject.org/actionkit/>

* US Department of Health and Human Services request feedback on 3 proposed new Healthy People 2030 core objectives <https://health.gov/healthypeople/objectives-and-data>
* Maryland Alzheimer's Support Groups <https://www.alz.org/maryland/helping_you/virtual-resources/virtual-support-groups-and-ed-classes>
* The American Academy of Pediatrics Updated Guidance on Supporting the Emotional Health of Children and Adolescents during the COVID-19 pandemic <https://bit.ly/3sUgvTy>
* Mental Health Association of Maryland ask that everyone take a moment to complete this brief

5-minute survey <https://www.surveymonkey.com/r/MCZCDZK>

**FUNDING OPPORTUNITIES**

**1. *Title***: **Robert Wood Johnson Foundation Grant opportunities**

**Pioneering Ideas: Exploring the Future to Build a Culture of Health**

***Description:*** This Call for Proposal (CFP) is aimed to influence health equity in the future.

The Robert Wood Johnson Foundation are interested in ideas that address any of these

four areas of focus: Future of Evidence; Future of Social Interaction; Future of Food; Future

of Work.

Proposals will be accepted throughout the year on a rolling admission.

For more information, please visit <https://rwjf.ws/3CXq5XR>.

**Evidence for Action: Innovative Research to Advance Racial Equity**

***Description:*** This Call for Proposal (CFP) focuses on studies about upstream causes of

health inequities, such as the systems, structures, laws, policies, norms, and practices that

determine the distribution of resources and opportunities, which in turn influence

individuals’ options and behaviors.

Grant periods are flexible up to 3 years.

For more information, please visit [www.evidenceforaction.org](http://www.evidenceforaction.org/).

**2. *Title***: **Harm Reduction Monitoring & Evaluation of syringe services programs (SSPs)**

**Use of Learning Collaborative Model to Build Capacity of Syringe Services Programs**

[**to Conduct Point in Time Surveys**](https://www.naccho.org/blog/articles/use-of-learning-collaborative-model-to-build-capacity-of-syringe-services-programs-to-conduct-point-in-time-surveys)

***Description:*** This funding opportunity seeks to assess and demonstrate the effectiveness of a

Learning Collaborative approach as a means of building SSP capacity for monitoring and evaluation

(M&E), including Point in Time Surveys.

Applications are due on January 6, 2022. For additional information or to access the RFA,

visit [here](https://www.naccho.org/blog/articles/use-of-learning-collaborative-model-to-build-capacity-of-syringe-services-programs-to-conduct-point-in-time-surveys).

**Advancing Harm Reduction through Data Analysis & Evaluation**

***Description:*** The purpose of this funding opportunity is to support and build capacity for data

analysis and evaluation at SSPs.

Applications are due on January 13, 2022. For additional information or to access the RFA,

visit [here](https://www.naccho.org/blog/articles/advancing-harm-reduction-through-data-analysis-evaluation).

**3. *Title***: **Advancing Interventions to Mitigate Substances (AIMS) in the Washington/Baltimore High**

**Intensity Drug Trafficking Area (HIDTA) Communities**

***Description:*** This Request for Proposal funding opportunity is for the Washington and Baltimore

Area’s prevention and treatment funding. W/B HIDTA is a grant-funded program out of the Office

of National Drug Control Policy.

Applications are due on February 4, 2022, 11:59 pm and participants will email their application to

Dr. Lora Peppard at [lpeppard@wb.hidta.org](mailto:lpeppard@wb.hidta.org)

Notification of Award: On or before February 25, 2022.

Funding Start Date: July 1, 2023.

For additional information, visit <https://www.hidta.org/initiatives/prevention-info/>.

**4. *Title***: **The Nurse Education, Practice, Quality and Retention-Mobile Health Training Program**

**(NEPQR- MHTP)**

***Description:*** This program aims to strengthen the capacity of nursing students to address and

manage Social Determinants of Health (SDOH) and improve health equity for vulnerable

populations in rural and underserved areas.

Applications will be accepted until February 22, 2022.

Estimated award date is July 1, 2022.

For more information, visit <https://bit.ly/30Ph6Kp>

A technical assistance webinar on the Nurse Education, Practice, Quality and Retention-Mobile

Health Training Program (NEPQR-MHTP) will be held on Thursday, January 20 at 2:00 pm. This

technical assistance webinar will provide information on the application requirements,

processes, and answer questions about NEPQR-MHTP!

To register for the webinar, click [here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001T8nen4DtIUjZAhEQRge1KbCKa2rf2qf4NDR4vC74wsYTH4HvGpizwH3tnIzIC2g9IyCou_wMMCM7iovjOhPXaRIYyst67smz6qtwfv6p-R30BkFuKw5N_okQiqpr-kRjZuwBjG2i4nZGFZWiQNr8rdRmohUccBVnbVnR938oWaZDV-h84jzjiMdU2rw4pzr9jr6cagMRh8xaAXeQOvVhbABrqTGajNp5b97n0OnLa2qhnZ9391zUy-rFzfsF-zJ6WEZy3ewxKB7txTJZ2236ksM63BM23HzgHo8reD2gQDFnHeyd8UHjd7UkC1H6EX-wcj5jXkjZPXtrpO_4fbeCJR1Jgk_qurJBt1zuH9Q2Ww1FmNLY967JPOaRa4RzWk-4xPg0yi0iMIoGH87UHqOabmtdMv_zNUjoIktG2QH1rLTn8uZj630iKsQ21SbBJvyB%26c%3DAbDbNOvz1sf1kQ7IRbeoNeMPPy6ZjTJm_vfu-sY0kH_fOrLyUgBByg%3D%3D%26ch%3DEyiXWKTQiCpgaqDWqih0IBMU0ptDTmQ5k6C4FJLhBJqg0OshV054qg%3D%3D&data=04%7C01%7Croldham%40howardcountymd.gov%7C0327d62a0cca46213ba508d9c3ca8741%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637756096888293371%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=QHshT5T5stVng%2FDAfCtfSE04hrVtsjrxTrQRzc5drJ4%3D&reserved=0).

**UPCOMING VIRTUAL EVENTS, WEBINARS, AND TRAINING**

***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**

1. ***Title*: Yappy Hour**

(Registration is required)

***Description:*** YAPpy Hour is a virtual version of the Young Athletes Program run by Special

Olympics Maryland. This weekly class is for children between the ages of two and seven

years old. Young athletes will work on gross motor skills and some social interactions in a

fun and interactive way.

***Date/Time:*** Every Wednesday, October 13, 2021 - May 18, 2022; 5:00 pm - 5:30 pm

***Link:*** [https://somd.zoom.us/meeting/register/tZckc-6hqT0qGdBRJuWiiGOBdwgvFYuCA1fy](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftrack.spe.schoolmessenger.com%2Ff%2Fa%2FbVWg5o3Dx9X3n4I63CUT_Q~~%2FAAAAAQA~%2FRgRjNykfP0RKaHR0cHM6Ly9zb21kLnpvb20udXMvbWVldGluZy9yZWdpc3Rlci90WmNrYy02aHFUMHFHZEJSSnVXaWlHT0Jkd2d2Rll1Q0ExZnlXB3NjaG9vbG1CCmFVn_VVYc5miFVSGmtrZXNsZXJAaG93YXJkY291bnR5bWQuZ292WAQAAAAB&data=04%7C01%7Croldham%40howardcountymd.gov%7Cba4a9be046c94e55cb7908d98e5a6198%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637697341093238427%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6Hx1g9jcvcYVBQekNJ0IwNby4Hh%2FAqAan%2FTXBgvG1WQ%3D&reserved=0)

1. ***Title*: School Health Institute for Education and Leadership Development (SHIELD)**

(Registration is required)

***Description:*** SHIELD is planning an exciting 9-part series on supporting Mental Health in

Schools. This is a multi-disciplinary program relevant to all School Health Professionals.

The anticipated dates are:

* + Thursday, January 13, 2022; 1:00 pm – 3:00 pm
  + Tuesday, February 15, 2022; 1:00 pm – 3:00 pm
  + Remaining date in February is TBD

For more information, please visit <https://cme.bu.edu/shield.bu.edu/content/mentalhealth-series>

1. ***Title*: The Child & Adolescent Mental Health ECHO (Extension for Community Healthcare**

**Outcomes) for Native American Children and Youth project**

(Registration is FREE)

***Description:*** This national ECHO track aims to build the capacity of comprehensive, integrated and

responsive mental health services in community-based settings for early recognition and evidence-

based management of mental health challenges for children and adolescents.

***Date/Time:*** Thursday, January 13, 2022; 12:00 pm - 1:00 pm

***Link:*** <https://stanford.cloud-cme.com/course/courseoverview?P=3000&EID=42407>

**HEALTHY LIVING**

1. ***Title*: Living Well with Diabetes Class (Virtual)**

(Registration is required)

***Description:*** A 6-week workshop for people who live with or are at risk for diabetes. If you

have Type 2 Diabetes or have been told you are at risk for pre-diabetes, learn

techniques for better managing your health to avoid serious health problems that can

result from having diabetes.

***Class Seven:*** Every Thursday, December 16, 2021 – January 20, 2022; 10:00 am – 11:30 am

and 6:00 pm - 7:30 pm

***Link:*** <https://events.hcgh.hopkinsmedicine.org/>

1. ***Title*: Listening Sessions - NIH Stakeholders Discuss Racial & Ethnic Equity**

(Registration is required)

***Description:***  The National Institute of Health (NIH) is holding a series of listening sessions to learn

from external stakeholders about the full range of issues and challenges in advancing racial and

ethnic equity in the biomedical research enterprise.

Participants can select from the list of dates upon clicking on the link.

***Link:*** <https://bit.ly/3HNHKEi>

1. ***Title*: Aging in the “Right” Place**

(Registration is required)

***Description:*** This workshop is part of the Senior Housing Options series. The speaker will discuss the pros and cons of staying in our homes or moving and will explain why this decision needs to be

reviewed and reassessed periodically.

***Date/Time:*** Wednesday, January 5, 2022

***Title*: An Introduction to the Speak (easy) Series**

(Registration is required)

***Description:*** This workshop will emphasize the importance of speaking with loved ones about their

health care wishes and identifying a health care agent.

***Date/Time:*** Wednesday, January 26, 2022

For more information about either webinar, please contact The Village in Howard at

<https://www.thevillageinhoward.org/> or call 1-443-367-9043

1. ***Title*: CHWs and Trauma Informed Care Building Community Collective & Resilience**

(Registration is required)

***Description:***  This workshop will discuss the impact that traumatic experiences have on individuals,

families, and communities.

***Date/Time:*** Thursday, January 6, 2022; 10:00 am - 11:30 am

***Link:*** <https://www.nephtc.org/enrol/index.php?id=257>

1. ***Title*: Handling Practical Life and Financial Issues**

(Registration is required)

***Description:***  This workshop will discuss how work and personal life interactions changed with

COVID and look at resources to handle the changes. Will also discuss how an individuals' financial

plans may change in the post COVID world.

***Date/Time:*** Thursday, January 6, 2022; 5:00 pm - 6:00 pm

***Link:*** <https://us02web.zoom.us/webinar/register/WN_mwp3zT3WR0GSbGiv3LCCKQ>

1. ***Title*: Motivational Interviewing**

(Registration is required)

***Description:*** This evidence-based approach helps people living with mental illness, addictions and

other chronic conditions make positive behavioral changes to support their overall health.

***Date/Time:*** Tuesday, January 11, 2022: 12:00 pm – 4:00 pm

***Link:*** <https://bit.ly/3yMfQ7z>

1. ***Title*: Inclusive, Accessible Supports for LGBTQ+ Youth with Disabilities**

(Registration is required)

***Description:*** In this webinar, participants will examine the intersections of gender, sexuality, and

disability in school, clinical, and community-based settings, and identify ways to make spaces and

programs accessible and affirming for neurodiverse youth and young adults.

***Date/Time:*** Wednesday, January 12, 2022; 12:00 pm - 1:00 pm

***Link:*** <https://theinstitute.myabsorb.com/#/signup-form>

1. ***Title*: A Framework for Clinical Practice with LGBTQ+ Asylum Seekers**

(Registration is required)

***Description:*** This webinar is intended to help LGBTQ+ asylum seekers manage traumatic stress,

handle the demands of the asylum process, and contend with stress related to their multiple

marginalized identities.

***Date/Time:*** Wednesday, January 12, 2022; 12:00 pm - 1:00 pm

***Link:*** <https://theinstitute.myabsorb.com/#/signup-form>

1. ***Title*: Equity in Healthcare for People with Disabilities**

(Registration is required)

***Description:*** This webinar will feature presentations on standards and resources related to

healthcare accessibility, including inclusive medical equipment, healthcare facility design,

information technology, and communication devices and systems.

***Date/Time:*** Wednesday, January 12, 2022; 2:30 pm - 4:00 pm

***Link:*** [https://www.access-board.gov/news/2021/12/15/u-s-access-board-to-host-public-event-on-](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.access-board.gov%2Fnews%2F2021%2F12%2F15%2Fu-s-access-board-to-host-public-event-on-equity-in-healthcare-for-people-with-disabilities%2F&data=04%7C01%7Croldham%40howardcountymd.gov%7C7a02f5add13040bcf6a008d9c3cc9f8c%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637756105874410315%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=75KcvR5cmJ6H58G3IWLaMarZ5%2FTPMt6txnwrJ%2F5oXDc%3D&reserved=0) equity-in-healthcare-for-people-with-disabilities/

1. ***Title:* Hands Only CPR Class**

(Registration is required)

***Description:*** In this training, participants will learn how to take simple steps to keep the

injured person alive until appropriate medical care is available.

Virtual

* + Friday, January 14, 2022; 12:00 pm – 1:00 pm <https://bit.ly/3sFmw6v>
  + Friday, February 11, 2022; 7:00 pm – 8:00 pm <https://bit.ly/32mq3LF>

In-person

* + Wednesday, January 5, 2022; 6:00 pm – 7:00 pm at the James N. Robey Public Safety Training Center (2200 Scott Wheeler Dr, Marriottsville, MD 21104)

**Adult, Child, Infant CPR Class**

Virtual

* + Wednesday, January 12, 2022; 11:00 am – 1:00 pm <https://bit.ly/3pg9idX>
  + Wednesday, February 16, 2022; 7:00 pm – 9:00 pm <https://bit.ly/3Fld0sn>

In-person

* + Thursday, January 27, 2022; 6:00 pm – 8:00 pm at Elkridge VFD (5700 Rowanberry Dr., Elkridge, MD)
  + Thursday, February 17, 2022; 6:00 pm – 8:00 pm at the James N. Robey Public Safety Training Center (2200 Scott Wheeler Dr, Marriottsville, MD 21104)

To sign up for the CPR classes, please email: [handsonlycpr@hcdfrs.org](mailto:handsonlycpr@hcdfrs.org)

1. ***Title*: Tobacco Awareness Program for Teens (TAPFT)**

(Registration is required)

***Description:*** The Howard County Health Department’s *Tobacco Awareness Program*

*Teens* (TAPFT) is a 90-minute tobacco/vaping education class designed for middle and high

schoolers aged 13-18 years old. Participants will learn about the risks of using tobacco and

e-cigarettes/vapes and skills to adopt healthier lifestyles.

The class will be offered monthly virtually.

* + Wednesday, January 19, 2022; 3:30 pm – 5:00 pm (WebEx)
  + Wednesday, February 16, 2022; 3:30 pm – 5:00 pm (WebEx)

Parents/Guardians can complete the enrollment form below for their teen. Once

enrollment form is received, HCHD will send enrollment confirmation email and a WebEx

invitation to join the virtual class on selected date.

[FY22 TAFPT Enrollment Form (English)](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2F1IpxdSNWUkNONg8OB0AW9d5HdVetEqgPljt7Mf7ZVz6E%2Fviewform%3Fedit_requested%3Dtrue&data=04%7C01%7Croldham%40howardcountymd.gov%7C5d4dcd343c9e470aa75b08d9841726e1%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637686057244543819%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=edK6LcHkyzwWXp6WZNezkoT12G5rTjnccUX%2BCEccHPI%3D&reserved=0)

[FY22 TAPFT Enrollment Form (Spanish)](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSe9FE_Kyyg73K4BQH1J3tPceyniD_Xk4Io-T_PsBZvJRmcJiw%2Fviewform%3Fvc%3D0%26c%3D0%26w%3D1%26flr%3D0&data=04%7C01%7Croldham%40howardcountymd.gov%7C5d4dcd343c9e470aa75b08d9841726e1%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637686057244553774%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=JaxR1NHqkdOwOaZGhDkLLOGqRKOz3ijX9Z%2Bhu0wQ5Vk%3D&reserved=0)

If you have questions, please contact Rodney Oldham at [roldham@howardcountymd.gov](mailto:roldham@howardcountymd.gov)

1. ***Title*: Virtual Sleep Enhancement Group**

(Registration is required)

***Description:*** This 4-session workshop is for people experiencing issues with sleeping.

Please contact the Stephen A. Cohen Military Family Clinic at Easterseals at 240-847-7500 or

[info.mfc@eseal.org](mailto:info.mfc@eseal.org) to register.

* + Friday, January 21, 2022; 12:00 pm – 1:00 pm
  + Friday, January 28, 2022; 12:00 pm – 1:00 pm
  + Friday, February 11, 2022; 12:00 pm – 1:00 pm
  + Friday, February 18, 2022; 12:00 pm – 1:00 pm

***Link:*** <https://bit.ly/3ysJP4j>

1. ***Title*: CHOICES Community of Practice January Coffee Chat**

(Registration is required)

***Description:*** In this informal, conversational workshop, participants will discuss ways to advance

obesity prevention, healthy eating, and active living and want to learn more about how

cost-effectiveness analysis can advance their efforts and address health equity.

***Date/Time:*** Tuesday, January 25, 2022; 2:00 pm - 3:00 pm

***Link:***<https://us02web.zoom.us/meeting/register/tZMrceCppj4iG9byOvRJZH_xN8rcdh-j3WW9>

1. ***Title*: Ethics: Boundaries in the Workplace**

(Registration is required)

***Description:*** This presentation will assist individuals with becoming ethical within their respective

professional role.

***Date/Time:*** Wednesday, February 16, 2022; 9:00 am - 12:15 pm

***Link:*** <https://bit.ly/3yuuQqy>

1. ***Title*: Supporting transgender and gender diverse (TGD) youth and their families in a clinical**

**setting - 2022 Learning Collaborative Application**

(Registration is required)

***Description:*** This program will engage pediatric primary care providers, mental health providers,

health center administrators and support staff in establishing welcoming and affirming clinic

environments. Providers will learn best practices for serving the families of TGD youth, and

strategies for successfully responding to a variety of family and patient needs and priorities.

* + Thursday, April 7, 2022; 3:00 pm – 4:30 pm
  + Thursday, April 14, 2022; 3:00 pm – 4:30 pm
  + Thursday, April 21, 2022; 3:00 pm – 4:30 pm
  + Thursday, April 28, 2022; 3:00 pm – 4:30 pm

***Link:*** <https://www.surveymonkey.com/r/3X6WNQ2>

**HEALTHY MINDS**

1. ***Title*: Opioid Overdose Response Training**

(Registration is required)

***Description:*** The Howard County Health Department is offering a **FREE** Opioid Overdose Response Program monthly virtual trainings**.** Participants will learnwhat opioids are; the impact of the opioid epidemic on public health; signs of an overdose;how to respond to an opioid overdose and how to administer Naloxone.

* + [Tuesday, January 4, 2022; 3:00 pm - 4:00 pm](https://howardcountymd.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=howardcountymd&service=6&rnd=0.338790027558475&main_url=https%3A%2F%2Fhowardcountymd.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b00000005fda40639af165a7a4202694dfc48e0fa1d4e4ac0afc91c25c1c72416b4a0b2a6%26siteurl%3Dhowardcountymd%26confViewID%3D204099385585312148%26encryptTicket%3DSDJTSwAAAAWt3CdXsAnmUH_njtG3YJkVUIBMoAoEw8UWqpMTyV7mhw2%26)
  + [Thursday, January 27, 2022; 3:00 –4:00 pm](https://howardcountymd.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=howardcountymd&service=6&rnd=0.5543163975598617&main_url=https%3A%2F%2Fhowardcountymd.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b000000052c8b2f539b12e9be7ac898ad4fef1b5c5ec383b1fbfb744d1531e99ec5b82f68%26siteurl%3Dhowardcountymd%26confViewID%3D204099927363560139%26encryptTicket%3DSDJTSwAAAAU05O_utyQvRcxOqJv6PHlF-idzxfLaCAAUYjzils_mRg2%26)
  + [Friday, February 1, 2022; 3:00 – 4:00 pm](https://howardcountymd.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=howardcountymd&service=6&rnd=0.29006522501838006&main_url=https%3A%2F%2Fhowardcountymd.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b00000005df1104514bff6237f38cac0dcd2a7b998ea68b5180ccc6993f0c4df9d364499d%26siteurl%3Dhowardcountymd%26confViewID%3D204100314859577910%26encryptTicket%3DSDJTSwAAAAUmpcG1zdcgft5tmSCx2_jsGH-rVceWERd7XkfaIKH93w2%26)

Click on the date above to register or call the **Bureau of Behavioral Health at 410-313-6202** or email [orpresponse@howardcountymd.gov](mailto:orpresponse@howardcountymd.gov) for more information!

1. ***Title*: Health Professionals, Peace through Health, and American Fragility in a Pandemic Era**

(Registration is required)

***Description:*** In this workshop, the speaker will discuss the possible roles and specify policy options

for health professionals that can address American fragility.

***Date/Time:*** Wednesday, January 12, 2022; 12:00 pm - 1:00 pm

***Link:*** <https://www.nephtc.org/enrol/index.php?id=258>

1. ***Title*: A Conversation with Andrea Elliott, author of Invisible Child: Poverty, Survival & Hope**

**in an American City**

(Registration is required)

***Description:*** This award-winning New York Times journalist and author will discuss surviving and

overcoming poverty.

***Date/Time:*** Wednesday, January 12, 2022; 2:00 pm – 3:00 pm

***Link:*** <https://irpwisc.formstack.com/forms/invisible_child_book_event>

1. **Innovation Approaches to Tackle Public Health and Community Challenges**

(Registration is required)

***Description:*** This is a three-part webinar series. Participants will learn tools and approaches for

tackling large-scale community challenges, from maternal health to opioid overdoses.

* + Part Two, January 19, 2022; 12:00 pm – 1:30 pm
  + Part Three, February 23, 2022; 12:00 pm – 1:30 pm

***Link:*** <https://bit.ly/3dugZqo>

1. ***Title*: Diagnosing and Managing Seasonal Depression in Primary Care**

(Registration is required)

***Description:*** This Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP) webinar

will highlight how to screen and diagnose depression in primary care and how to implement and

monitor medications to treat depression in children and adolescents.

***Date/Time:*** Thursday, January 20, 2022; 12:30 pm – 1:30 pm

***Link:*** <https://bit.ly/3Hx9xrv>

**SELF-PACED COURSES AND ON-GOING SUPPORT PROGRAMS**

**HEALTHY BEGINNINGS**

1. ***Title:* The Maryland Addiction Consultation Services (MACS) for MOMs**

***Description:*** The Maryland Addiction Consultation Services (MACS) for MOMs is a free

service that offers support to prescribers in addressing the needs of their pregnant and

postpartum patients with substance use disorders.

Providers can call the warmline at 1-855-337-6227 on Monday-Friday from 9:00 AM to 5:00

PM. They can also email the program at [MACS@som.umaryland.edu](mailto:MACS@som.umaryland.edu) to be connected to an

addiction medicine/maternal health expert for assistance.

***Link:*** [https://www.medschool.umaryland.edu/macsformoms/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001vewBN_nm5ZOI17NeQiAs6rf1qLQj_gm0lM2EgDh5YGHxP1txt6s-7VvY1LZCWI6JxzjEj_hOZJAxl9TdNHp9a4shGjXEBUXQbdtHi18iX_5nOyS171gtXflmFLzWegs0FyAFiZ8oOOZFZ2MIuOZNDJ-dm9zPp8V97tAr4XpOh1fsdXv5pH3Ilw%3D%3D%26c%3Dd3_dYetJE5Erom9kTqwW8Ey1rVs_FPwjOG4pRBTq2jAlZ3A73O6Ssw%3D%3D%26ch%3DL5crQosXw7lCLIIStG_IH86zbaaIl0yQqQvxes2DAyx2cE6Yfk5TVw%3D%3D&data=04%7C01%7Croldham%40howardcountymd.gov%7C7a56060cf189475d274208d997bbc741%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637707655026124598%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=qeF%2BcHG94jbhBU8bVna%2BEWFR2Jx157YNIMfUilbnG7k%3D&reserved=0)

1. ***Title:* Empowering Parents as Partners Presentations Online**

(Registration is required)

***Description:*** The presentations from the HCPSS Empowering Parents as Partners

Conference and the opening session by Dr. Terri Savage are posted on the HCPSS website

on the Special Education page.

***Link:*** [https://www.hcpss.org/special-education/](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftrack.spe.schoolmessenger.com%2Ff%2Fa%2F_5rA3aXayBm0KVNm0Et44w~~%2FAAAAAQA~%2FRgRi0Ld5P0QoaHR0cHM6Ly93d3cuaGNwc3Mub3JnL3NwZWNpYWwtZWR1Y2F0aW9uL1cHc2Nob29sbUIKYO75g-9g2xK9YVIaa2tlc2xlckBob3dhcmRjb3VudHltZC5nb3ZYBAAAAAE~&data=04%7C01%7Croldham%40howardcountymd.gov%7C6fa73c6da4c742b9aaad08d947b78497%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637619675796813808%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=vaiWlH0gVQKT0K%2FgEb49AOBPGCtPO6pingCLRawSH8k%3D&reserved=0)

1. ***Title:* Community Assessment Series**

***Description:*** The Region IV Public Health Training Center is offering self-paced trainings on various

components of community assessments. Click on the bullet point for each training.

* [An Introduction to Community Assessment and Data Collection](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnnphi.us11.list-manage.com%2Ftrack%2Fclick%3Fu%3D239198fe40d064f8b332c8c13%26id%3Dfe0c70bf6c%26e%3D49ce8e9f29&data=04%7C01%7Croldham%40howardcountymd.gov%7C9c3e2ea8b7d540e0ab5b08d9ba548f73%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637745694609355704%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=IiRUWVpuJh6M5nitBxY%2FQE02K%2BECsLIBl3MvCVfSy0E%3D&reserved=0)
* [Community Assessment: Conducting Windshield and Walking Surveys](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnnphi.us11.list-manage.com%2Ftrack%2Fclick%3Fu%3D239198fe40d064f8b332c8c13%26id%3Dfe9d642c24%26e%3D49ce8e9f29&data=04%7C01%7Croldham%40howardcountymd.gov%7C9c3e2ea8b7d540e0ab5b08d9ba548f73%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637745694609355704%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=9umKMfDH3p3A8Ycu3I%2FUb5ebSKhd6HsovYvWWjf0Zfk%3D&reserved=0)
* [Community Assessment: Conducting Focus Groups](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnnphi.us11.list-manage.com%2Ftrack%2Fclick%3Fu%3D239198fe40d064f8b332c8c13%26id%3Db3ecd7d0b0%26e%3D49ce8e9f29&data=04%7C01%7Croldham%40howardcountymd.gov%7C9c3e2ea8b7d540e0ab5b08d9ba548f73%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637745694609365662%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=yy02lNSaPVLl7fW9WhSXgoz8LAyvsWUv5pOyjOzd71k%3D&reserved=0)
* [Community Assessment: Conducting Surveys](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnnphi.us11.list-manage.com%2Ftrack%2Fclick%3Fu%3D239198fe40d064f8b332c8c13%26id%3D7fb43a4216%26e%3D49ce8e9f29&data=04%7C01%7Croldham%40howardcountymd.gov%7C9c3e2ea8b7d540e0ab5b08d9ba548f73%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637745694609375617%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=%2FIfdPYXfGZS5G%2FxpKqe30GU%2Fg5z8ib7o93pqGzVc5kI%3D&reserved=0)

**HEALTHY LIVING**

1. ***Title:* Waitlist for Spanish Language Living Well with Chronic Disease Class**

For more information, visit[https://bit.ly/TomandoListadeEspera](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fbit.ly%2FTomandoListadeEspera&data=04%7C01%7Croldham%40howardcountymd.gov%7Ced8c5814fd1d45ab19b808d94889205e%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637620576102963923%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=8YcCwR%2BKSUlLpvlmFrlEsoSyN7buxPMUAxqvkh0AWjc%3D&reserved=0)

1. ***Title*: Diabetes Support Group (Virtual via Zoom)**

(Registration is required)

***Description:*** This support group will provide you with social and emotional support, as well

as educational resources to help you with managing your diabetes.

***Date/Time:*** Third Thursday of Every Month; 10:00 am - 11:30 am

***Link:*** [https://events.hcgh.hopkinsmedicine.org/event/journey-to-better-health/diabetes-](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevents.hcgh.hopkinsmedicine.org%2Fevent%2Fjourney-to-better-health%2Fdiabetes-support-group&data=04%7C01%7Croldham%40howardcountymd.gov%7C95c08185f44e44cf6cb108d99945fbfc%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637709348117191240%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=H%2Bme6H5d8zsjtFq7KPKYCiG4l1fh2kpwQAjlP6rkTOQ%3D&reserved=0) support-group

1. **Title: Maryland Cancer Collaborative (MCC)**

***Description:*** MCC is recruiting members to new workgroups (Tobacco Cessation Support,

HPV, Vaccination Awareness, Cancer Risk Factors, High Risk Population Community,

Outreach, and Cancer Survivorship Education) to create action plans to implement their

priorities.

***Link:*** <https://www.surveymonkey.com/r/MCCworkgroups>

If you have questions, please contactBrian Mattinglyat[brian.mattingly@maryland.gov](mailto:brian.mattingly@maryland.gov)

1. ***Title*: Seniors Together Men’s Forum**

(Registration is required)

***Description:*** This is a free, drop-in group for discussion on a variety of topics, swapping

stories, and sharing life experiences in a comfortable, good-humored, social setting.

Facilitated with occasional guest speakers.

***Date/Time:*** Every Monday; 10:00 am - 12:00 pm

***Link:*** <https://www.howardcountymd.gov/aging>

For more information, please contact Karen Hull, [khull@howardcountymd.gov](mailto:khull@howardcountymd.gov) or call

1-410-313-7466.

1. ***Title:* Disability Rights Maryland (DRM) Virtual Q&A Sessions**

(Registration is required)

***Description:*** Disability Rights Maryland’s Education Team is hosting a weekly Facebook Live Q&A session to answer parents' most pressing questions about distance learning for students with disabilities as a response to the coronavirus pandemic. There’s one Q&A live session held each month for Spanish-speaking parents. Captioning is provided in real time and past videos are available on the DRM Facebook page with full captioning at

<https://www.facebook.com/pg/DisabilityRightsMD/videos/>

***Date/Time:*** Every Wednesday from 6:30 pm – 7:30 pm

***Link:***<https://bit.ly/3mQPTfX>

More information about Disability Rights Maryland can be found at

[https://disabilityrightsmd.org/](https://gcc02.safelinks.protection.outlook.com/?url=http:%2F%2Ftrack.spe.schoolmessenger.com%2Ff%2Fa%2Fg2hq1rE4GwbJGHlE5Vi1DQ~~%2FAAAAAQA~%2FRgRiBqjIP0QfaHR0cHM6Ly9kaXNhYmlsaXR5cmlnaHRzbWQub3JnL1cHc2Nob29sbUIKYCFIdSVgfFYHXFIaa2tlc2xlckBob3dhcmRjb3VudHltZC5nb3ZYBAAAAAE~&data=04%7C01%7Croldham%40howardcountymd.gov%7Cdc34a008f9b64003b5a508d8d29586e1%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637490886934358412%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=cycNUIp%2FhDj8OViSrYFfW6ldijlJCw7f0qRckfatTvE%3D&reserved=0)

1. ***Title*: Seizure First Aid Ready**

***Description:*** The Seizure First Aid Ready course is now available on demand. Access this

30-minute online training from anywhere, anytime. Seizure First Aid Ready educates the

public on the Epilepsy Foundation’s basic procedures for responding to someone having a

seizure.

To take this course or learn about other online classes please visit:

<https://bit.ly/3GHkqqj>

1. ***Title*: Racism in Public Health Series**

***Description:*** Racism in Public Health Part One and Two are part of a three-part series. Part

One provides a brief overview on the root causes of systemic racism and its impact on

health. Part Two provides a brief overview on systemic racism in healthcare and its impact

on health disparities. The third and final podcast will be coming out soon.

***Link:*** <https://anchor.fm/rvphtc/>

1. ***Title:* Exploring the Social and Structural Determinants of Health**

(Registration is required)

***Description:*** An expansive training from the Mid-Atlantic Regional Public Health Training

Center, Exploring the Social and Structural Determinants of Health has been split into two

parts to allow for a deeper dive into defining characteristics of the social and structural

determinants of health. Instructions for accessing course materials will be provided after

registration. Course is offered as a self-paced training.

**Part 1:** [Register Here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Frvphtc.us2.list-manage.com%2Ftrack%2Fclick%3Fu%3Df5fc5f2a995eab453cdf54300%26id%3Da571e4a89a%26e%3D639857be1a&data=04%7C01%7Croldham%40howardcountymd.gov%7C62dc52cb8a9145b4fa6508d997da63f5%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637707786517133517%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=2%2B1UHBZoINiMk3vmuOB3g73l50nuTimkRbfk5PzZEqs%3D&reserved=0)**Part 2:** [Register Here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Frvphtc.us2.list-manage.com%2Ftrack%2Fclick%3Fu%3Df5fc5f2a995eab453cdf54300%26id%3D2ee5c9deb8%26e%3D639857be1a&data=04%7C01%7Croldham%40howardcountymd.gov%7C62dc52cb8a9145b4fa6508d997da63f5%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637707786517133517%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=RFMmr5ZCTolftVIVtsTZwvjsxSeHYI42fht1gRQz3hQ%3D&reserved=0)

1. ***Title:* NACCHO Webinar Series**

(Registration is required)

***Description:*** NAACHO, in partnership with The National Council of Mental Wellbeing, hosted a webinar series early this year to understand how anxiety, trauma and crisis impact our personal and professional lives. Click on the various link below to view the live sessions from the webinar events:

* [Transforming Compassion Fatigue into Compassion Resilience](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsend.naccho.org%2Flink.cfm%3Fr%3DI0wBAS-iEXn9qBvnb9M4wg~~%26pe%3DJly1JPfnT6wql6Ixzng9geQ4g60VDGkWxjzj7u1r-GNr4jvbwvUQr5AkcpSC7No14HOY6u1VIOKI-k6nEFG43A~~%26t%3DyHARQ9SwwYob8R2O1oR29Q~~&data=04%7C01%7Croldham%40howardcountymd.gov%7C83cc7ac767c843ea9b3a08d9c47ef0a6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637756871751474796%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=u5ROOY%2FSWFs0GLALFX8VCXMHSezy096KWn8Stg%2BGeIc%3D&reserved=0)
* [Strategies for Self-Regulation as a Component of Compassion Resilience](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsend.naccho.org%2Flink.cfm%3Fr%3DI0wBAS-iEXn9qBvnb9M4wg~~%26pe%3D9z8fjDSg0d9u2n7SJ5gadgFvvOlagOp08ZObZbr-kHv1SiO70_cZlDcvoMjyc0EP-WdbHRMfIomjSrovxa920w~~%26t%3DyHARQ9SwwYob8R2O1oR29Q~~&data=04%7C01%7Croldham%40howardcountymd.gov%7C83cc7ac767c843ea9b3a08d9c47ef0a6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637756871751474796%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Hhxqp3wso8jiJzwKkVl8XqFAaDro13xSR2BpEmPZ57o%3D&reserved=0)
* [Managing Worry and Anxiety in Crisis](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsend.naccho.org%2Flink.cfm%3Fr%3DI0wBAS-iEXn9qBvnb9M4wg~~%26pe%3DG-hkbDyV316N92oeg8Zl4Ep1aG5FhZclxzq2JFgoEQIk95o21f8qLeUDcHnnohFvsbGkKN74x5n4syS8WPF40w~~%26t%3DyHARQ9SwwYob8R2O1oR29Q~~&data=04%7C01%7Croldham%40howardcountymd.gov%7C83cc7ac767c843ea9b3a08d9c47ef0a6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637756871751474796%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=agxgRzF5muSQ7UA%2FfWY9wecGGDJEvLKTNw4Ot2drj0Q%3D&reserved=0)

**HEALTHY MINDS**

1. ***Title*: Vibrant Aging: Mind Your Mind Mondays**

**(Registration is required)**

***Description:*** The Mental Health Association of Maryland’s Older Adults is offering “Mind Your

Mind Mondays”, a weekly opportunity for older Marylanders to learn about mental health and

engage with others around mental wellness.

***Date/Time:*** Every Monday in December; 6:30 pm – 7:30 pm

***Link:*** <https://zoom.us/meeting/register/tJUkcO2oqzkiEtBLhY4x2m8ACz966KvS0iN2>

1. ***Title*: Operation Prevention**

***Description:*** The Drug Enforcement Administration (DEA) and Discovery Education have

partnered to provide people with no-cost online tools and resources that support prevention.

* + Parent Toolkit - <https://operationprevention.com/#parent-toolkit>
  + Culture-Based Resources - <https://operationprevention.com/culture-based-resources>
  + Workplace Resources - <https://operationprevention.com/workplace>
  + Dangers of Drugs for Youths - <https://www.justthinktwice.gov/videos>
  + The Growing Fentanyl crisis - <https://www.youtube.com/watch?v=fmbu2RNH90k>

1. ***Title:* Maryland Commitment to Veterans**

***Description***: Regional Resource Coordinators are devoted to assisting any Maryland

resident who has served or is currently serving in the US Armed Services (Active duty,

Guard or Reserve) and their families, with access to mental health and substance use

Services. Calls accepted 24/7 at 1-877-770-4801.

For more information, visit <https://bha.health.maryland.gov/veterans/Pages/Home.aspx>.

Central MD Veterans Collaborative meet each quarter on the 2nd Tuesday at 1:00pm

(Registration is required)

Link:<https://us06web.zoom.us/meeting/register/tZYucuusrjkuHtE3g2q5WtfYBqTwsXyPS02o>

1. ***Title:* Howard County Commission for Veterans and Military Families**

***Description:*** The commission meets monthly on the 1st Thursday of the month. Its purpose is to assure that Veterans and military family’s issues are addressed effectively and efficiently. For more information, email [veterans@howardcountymd.gov](mailto:veterans@howardcountymd.gov) with questions.

Virtual Tai Chi for Veterans every 1st Tuesday of the month from 12:00 pm – 1:00 pm.

Register at: <https://zoom.us/meeting/register/tJIqc-6hrjgjH9Nrq4wJyAH6VBqUO50OmFT2>

1. ***Title***: **National Alliance on Mental Illness (NAMI) Connection Veteran Support Group**

(Registration is required)

***Description:*** This is a free, drop-in, peer-led support group for Veterans living with mental

illness.

***Date/Time:*** First Monday of Every Month; 6:00 pm - 7:30 pm

***Link:*** <https://namihowardcounty.org/event/online-veteran-connections-support-group/2021-11-01/>

Please email Shambry Ratliff, [sratliff.namihc@gmail.com](https://namihowardcounty.org/event/online-veteran-connections-support-group/2021-11-01/sratliff.namihc@gmail.com) with questions.

1. ***Title***: **National Alliance on Mental Illness (NAMI)**

NAMI support groups for parents/caregivers of children and adolescents with behavioral

health challenges. No diagnosis is necessary.

***Parent/Caregiver Support Group for School-Aged Students -*** Second Monday of each

Month.

***Parent/Caregiver Support Group for TAY (Transition Age Youth) -*** Third Thursday of each

Month.

Register for either group at <https://bit.ly/3rKwUp4>

***Title: NAMI Basics on Demand***

This six-session online education program is for parents/caregivers of youth aged 22 or

younger who are experiencing behavioral health challenges. No specific diagnosis is

necessary.

Sign up at: <https://publiccourseapi.nami.org/Learner/Login?ReturnUrl=%2F>

Sponsored by National Alliance on Mental Illness (NAMI) Howard County,

<https://namihowardcounty.org/>.

For more information about any of this online program or NAMI, please visit

[info.namihc@gmail.com](mailto:info.namihc@gmail.com) or 410-772-9300

1. ***Title*: Howard County Seniors Together Virtual Group Offering**

(Registration is required)

***Description:*** Seniors Together groups offer older adults the opportunity to join in weekly virtual

discussions on a variety of topics. Stay connected while staying home!

***Group 1: Think Positive Group*** Every Monday from 1:00 pm – 2:00 pm

***Group 2: Caregiver Support Group*** Every Monday from 7:00 pm – 8:30 pm

***Group 3: Men’s Roundtable*** Every Tuesday from 10:00 am – 12:00 pm

***Group 4: Low Vision Support Group*** Every Tuesday from 1:00 pm – 2:15 pm

***Group 5: Newstalk*** Every Thursday from 10:00 am – 11:30 am

***Group 6: Brainteasers*** Every Thursday from 12:30 pm - 1:30 pm

***Group 7: Open Mind Group*** Every Friday from 10:00 am – 12:00 pm

***Group 8: Trenders*** Every Friday from 1:00 pm – 2:30 pm

***Link:*** <https://bit.ly/2HQ7qGe>

1. ***Title:* A Public Health Approach to Alzheimer’s and Other Dementias**

(Registration is required)

***Description:*** This introductory curriculum that is intended to increase awareness of the

impact of Alzheimer’s disease and other dementias as well as the role of public health. This

curriculum addresses cognitive health, cognitive impairment, and Alzheimer’s disease and

is intended for use by undergraduate faculty in schools and programs of public health and

other related disciplines.

***Link:*** <https://bit.ly/3g9EVBC>

1. ***Title:* Behavior Talks – Resources to Support Student Success**

(Registration is required)

***Description:*** Behavior Talks is a series of brief trainings for parents/caregivers created by

HCPSS staff. Each video shares useful tips to promote student success related to behavior,

social/emotional needs, organization/self-management at home, and more. Current videos

include:

* + Being a Flexible Thinker
  + Breaking Down a Task
  + Giving Feedback and Praise
  + Making a Schedule & Setting Expectations

***Link:*** [https://www.hcpss.org/special-education/behavior-talks/](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftrack.spe.schoolmessenger.com%2Ff%2Fa%2FK0lgjUpAFXwoz9urTVp0QA~~%2FAAAAAQA~%2FRgRi0Ld5P0Q3aHR0cHM6Ly93d3cuaGNwc3Mub3JnL3NwZWNpYWwtZWR1Y2F0aW9uL2JlaGF2aW9yLXRhbGtzL1cHc2Nob29sbUIKYO75g-9g2xK9YVIaa2tlc2xlckBob3dhcmRjb3VudHltZC5nb3ZYBAAAAAE~&data=04%7C01%7Croldham%40howardcountymd.gov%7C6fa73c6da4c742b9aaad08d947b78497%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637619675796803855%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=WWTAbzewIjBG3KNYVhpgtGkhMuuz18RQblX0jCKtR1U%3D&reserved=0)

1. ***Title*: Young Adult Alzheimer’s Support Group, ages 18-35**

***Description:*** If you are age 18 to 35 and have a family member living with Alzheimer's disease or

another dementia, the Young Adult Support Group can provide the support you need. This virtual

forum meets the second Wednesday of the month from 5:30-6:30 pm and is a safe place to share

challenges, learn coping skills, and about the disease. For more information, email Kathryn

King at [kaking0812@gmail.com](mailto:kaking0812@gmail.co)

***Link:*** <https://www.alz.org/media/maryland/documents/young-adult-support-group_1.pdf>

1. ***Title*: Mental Health Support Groups**

***Description:*** MPB Group Inc. offers a variety of mental health services and support group therapy

classes for adolescents to adults on anxiety, social skills, peer pressure and adult substance abuse.

For more information, please visit <https://www.mpbhealth.com/> or email:

[group@mpbgroupinc.com](mailto:group@mpbgroupinc.com)

1. ***Title:* The Suicide Prevention Resource Center**

(Registration is required)

***Description:*** The Suicide Prevention Resource Center is offering a free online course

[Locating and Understanding Data for Suicide Prevention](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001eHWYXQwmQQFCnR1Dep9Ih79EcGGDQt8XLhayxTxm23zXSKT8J-bF8vA59c8bYRMOckH_AvtztauSOac_5Srl3zmB9sGR2W9Cn-7LObj9GNAH4pAVQ2lm0bi4Wdu3-7BUtIP3eNX8Uoulnyd8MKYKzoL9UhcZ8CWkwMqbp5xD9usy2iAkZb-QBA%3D%3D%26c%3D4UmRdv5sFc5LFDADbzcFNR4MgnV4r8aYwUtmKvAGTJ_TbVdcbQRq5Q%3D%3D%26ch%3DmjtsqEyDWZlpKysy0CmI92UfaFbC_Pjo5-3NhbQnoU5CohohoIGDxw%3D%3D&data=04%7C01%7Croldham%40howardcountymd.gov%7Caccc32d7b0ba4f3798f708d8f83e4ec1%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637532293802820875%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=C3%2FDnBRI%2FB425Ih4wVUv%2FG7SboI4vAb0BPRFXQIOXQg%3D&reserved=0). The course explores a variety of

commonly used data sources for information on suicide deaths and attempts, suicidal

ideation, and related factors—as well as new frontiers in suicide surveillance, such as

interactive dashboards and real-time data collection.

1. ***Title:* Maryland Department of Health Office of Suicide Prevention**

***Description:*** The Office of Suicide Prevention has developed a toolkit, "Keeping Our Kids Safe" to

address youth suicides.

For more information, please click this link; <https://bit.ly/3s7m54A>

1. ***Title:* Recovery Centers of America (RCA) Academy Courses**

(Registration is required)

***Description:*** RCA Academy has launched online courses to better serve everyone in the

Behavioral Health industry during the COVID-19 pandemic. These free courses are eligible

for 1 or 2 NBCC or NAADAC credits each. For more information, please click this link:

<https://bit.ly/3fzvRUW>

RCA offers a complimentary workbook for those considering an intervention. Feel free to

pass it along and [click here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fem.recoverycentersamerica.com%2Fdc%2FUFIV1JDV_rbIGEX0hLmEbwX2Vj8ju5qhi7YdxXad2U5O8K22Zo7AeuTA0PfDUo290z9TJTqTSWErWE9eKbqfsWi6c_GYUNkCHkV0AK4DuYeiLoo-GXkHluzZSpHMnhg__dzsHvaZz2_FJe7UqMs52k2sKPp0zoyK_DHI_Q9pUjkmiKDhEMnZQtdv7MzqsYq4%2FOTU2LUREUC02MTEAAAGAhKYMMKTtH68_xBLIm58Lgp07ci7ViSEFgLA4Q3ylNM4amLNh4N5C4Whit0f3huJKzzfsNUo%3D&data=04%7C01%7Croldham%40howardcountymd.gov%7C6270350eae854cf00e9c08d9a0977461%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637717394611660144%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=yJJXOHeBUQrQgbSMvz1icOLaVBVPjfVPzR0VSveVnVo%3D&reserved=0) for more information on RCA intervention services.

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

**Healthy Beginnings**

* Hidden Danger! Insidious Postpartum Bleeding After Emergency Cesarean Delivery

<https://bit.ly/3IM5iK9>

* Safe Schools For All launches to help students act against Bullying <https://safeschoolsforall.org/>
* 20 Years of Data Shows What Works for LGBTQ+ Students <https://edut.to/3smyaD3>
* NICHQ: Three Strategies to Leverage Community-Based Research in Maternal and Child Health

<https://bit.ly/32KNdMm>

* NICHQ: Lessons Learned from the ECCS CoIIN Coordinating Center’s Evaluative Efforts

<https://bit.ly/3qHZJnF>

* NICHQ: ECCS Case Studies: Accelerating Action and Gaining Traction <https://bit.ly/3FQTsg1>

**Healthy Living**

* The Medical Implications of Banning Transgender Youth from Sport Participation

<https://jamanetwork.com/journals/jamapediatrics/article-abstract/2786338>

* CDC: Type 2 Diabetes Among Filipino American Adults in the Multiethnic Cohort

<https://bit.ly/3yR6ZRL>

* CDC: Prevalence of Municipal-Level Policies Dedicated to Transportation That Consider Food Access <https://bit.ly/3qzDdxx>
* Fighting hunger by connecting Cross-Sector Partners and Centering Lived Expertise

<https://bit.ly/3pfHkPK>

* The Role of the Physical Environment in Shaping Interruptions and Disruptions in Complex Health Care Settings: A Scoping Review <https://pubmed.ncbi.nlm.nih.gov/34714780/>
* AHRQ: 2021 National Healthcare Quality and Disparities Report

<https://www.ahrq.gov/research/findings/nhqrdr/nhqdr21/index.html>

* Irregular heartbeat risk linked to frequent alcohol use in people under 40

<https://bit.ly/3sSbpac>

**Healthy Minds**

* The Queer Transgender Black Indigenous People of Color (QTBIPOC) Crisis/Suicide Prevention Resource Guide <https://www.hrc.org/resources/qtbipoc-mental-health-and-well-being>
* JAMA: Prevalence and Trends in Suicidal Behavior Among US Military Veterans During the COVID-19 Pandemic <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2783601?resultClick=1>
* The National Council for Mental Wellbeing offers a toolkit to support meaningful prevention messaging <https://www.thenationalcouncil.org/getting-candid/introduction/>
* Depressive symptoms do not discriminate: Racial and Economic influences between time-varying depressive symptoms and mortality among REGARDS participants

<https://pubmed.ncbi.nlm.nih.gov/32451197/>

* Ted Williams: the Man with the Golden Voice <https://bit.ly/32Jn94c>
* The Alzheimer's Association is partnering with Johns Hopkins University for Making Engagement Meaningful through Organized Routine Interaction (MEMORI Corps) <https://bit.ly/3FQN609>
* LGBTQ+ & Trauma: A Fact Sheet <https://bit.ly/32pwaii>
* LGBTQ+ American Indians Report High Levels of Depression & Abuse
* <https://nbcnews.to/3pgjUcP>
* NIMH: Understanding the Characteristics of Suicide in Young Children <https://bit.ly/32pctXU>
* The Safe Place App for Minority Mental Health in the Black Community <https://apps.apple.com/us/app/the-safe-place/id1349460763>
* Acceptance of Trans Youth Associated with Lower Suicide Rates <https://bit.ly/3qbeMWO>