November 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](mailto:lhic@howardcountymd.gov).

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**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* The Next Full HCLHIC meeting will be January 16 at 9am. Register [here](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator).
* Sofive Columbia Soccer Center is open to all ages. Register [here](https://www.sofive.com/).
* The Howard County Department of Fire and Rescue Services will be conducting live fire acquired structure training November 4 – 21. To learn more, please click [here](https://www.howardcountymd.gov/fire-and-rescue-services).
* Find free or reduced cost movement and exercise programs on the HCLHIC Physical Activity webpage. Click [here](https://www.hclhic.org/healthy/physical-activity) to learn more.
* The Howard County Tree Savers Program is open to volunteers. Click [here](http://www.howardcountymd.gov/forestry) to learn more.

**FUNDING OPPORTUNITIES**

**Title:** *Request for Proposals: Expanding Community-Based Suicide Prevention (ECSP) Project*

**Description:** In partnership with the Centers for Disease Control and Prevention (CDC), the National Association of County and City Health Officials (NACCHO) is pleased to offer funding opportunities for the [Expanding Community-Based Suicide Prevention (ECSP) project](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.naccho.org%2Fuploads%2Fdownloadable-resources%2FPrograms%2FCommunity-Health%2FNACCHO-Expanding-Community-Based-Suicide-Prevention-RFP_Final.pdf&data=05%7C02%7Ckfoster%40howardcountymd.gov%7Cc5035bd86ed24c47d0de08dcf4fa1e22%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638654602290546047%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=fC1U2zEZu0I8SvK6yePrINdfSh9QUpu5sblyGHqMTcA%3D&reserved=0). ESCP is a two-pronged project that aims to strengthen the capacity of local health departments and their community partners to reduce suicides among disproportionately affected populations by supporting local health departments in two distinct stages of community-based suicide prevention work. Local health departments are invited to apply to one of the following project tracks depending on their jurisdiction's needs:

1. Planning Track - to develop and adopt a comprehensive suicide prevention strategic plan that is response to local data and needs, or
2. Implementation Track - to implement and evaluate comprehensive suicide prevention efforts.

NACCHO will provide technical assistance to awardees of both tracks. Local health departments (city, county, or tribal) are eligible to apply. Priority will be given to applicants who meet any of the following criteria:

* Rural areas
* High burden areas
* Disproportionately affected population of focus
* High proportion of suicide by firearm

**Applicants Deadline:** Friday, November 22, 2024, by 5:00 pm ET. Apply [here](https://eweb.naccho.org/eweb/DynamicPage.aspx?WebCode=LoginRequired&expires=yes&Site=naccho&URL_success=https://nationalassociationcountycityhealthofficials.azurewebsites.net/api/sso/process?ssoToken=%7Btoken%7D).

**Title:** *Request for Applications: Pathways for Robust Equity in Preventative Actions and Response Efforts in Healthcare Settings (PREPARE) Project*

**Description:** NACCHO, with support from the Centers for Disease Control and Prevention (CDC) Division of Healthcare Quality Promotion, will provide funding through the *Pathways for Robust Equity in Pre*ventative Actions and Response Efforts in Healthcare Settings (PREPARE) Project to strengthen LHD capacity in equitable outbreak prevention and response of healthcare-associated infections and antimicrobial resistance (HAI/AR) threats in healthcare settings.

**Applications Deadline:** November 25, 2024 by 11:59 pm EST. Apply [here](https://www.naccho.org/blog/articles/rfa-prepare-project?__cf_chl_tk=oK5e2FnjVNHaIjFUAoSrnlGpkjDOKT.HoWzmtaaB.L4-1731606078-1.0.1.1-CnoJibdPrGD9svTx9Vg3mLXFXoZSZNhH_bShW7Ff85A).

**Title:** *Request for Proposals: Local Health Department Outbreak Response and Prevention in Healthcare Settings Technical Assistance (TA)*

**Description:** NACCHO is seeking a consultant to provide technical assistance to selected LHDs for the Pathways for Robust Equity in Preventative Actions and Response Efforts in Healthcare Settings (PREPARE) Project. LHDs who are selected for the PREPARE Project will be using previously developed tools that focus on the areas of health equity, data utilization and management, and strategic collaboration in outbreak response and prevention in healthcare settings. Through this funding opportunity, NACCHO will award up to $80,000 to a consultant or consulting firm to assist NACCHO with this project.

**Applications Deadline:** November 25, 2024. Apply [here](https://www.naccho.org/uploads/downloadable-resources/PREPARE-TA-RFP-FINAL-10.31.24.pdf).

**Title:** *Improving Mental and Behavioral Health Topical PCORI Funding Announcement -- Cycle 1*

**Description:** This opportunity aims to fund studies comparing two or more approaches for prevention, diagnosis, treatment or care delivery related to mental and behavioral health conditions. Studies should address a critical clinical or care delivery problem. Proposed comparators must have well documented evidence of efficacy and/or widespread use, as demonstrated by prior research, systematic reviews and/or clinical guidelines. Studies should include evidence-based, impactful, patient-centered outcomes as indicated by patients, families and caregivers (particularly those with lived experience) from the population of interest, as well as relevant members of the broader health and healthcare community. At least one primary outcome should be a mental health outcome. Clinically meaningful outcomes (e.g., no longer meeting diagnostic criteria or using patient-centered minimum clinically important differences) are encouraged, as well as longer-term follow-up (e.g., 12 months) that allows for the measurement of recovery from and recurrence of mental health symptoms.

**Applications Deadline:** December 11, 2024. Click [here](https://www.pcori.org/events/2024/cycle-1-2025-improving-mental-and-behavioral-health-applicant-town-hall) to learn how to apply.

**Title:** *Women’s Health Research*

**Description:** In alignment with the White House Initiative on Women’s Health Research, the Office of Research on Women's Health has released a new NOSI to highlight interest in receiving research applications focused on diseases and health conditions that predominantly affect women (e.g., autoimmune diseases; depressive disorders, Alzheimer’s disease (AD) and Alzheimer’s disease-related dementias (ADRD), gender-based-violence), present and progress differently in women (e.g., cardiovascular disease; HIV; reproductive aging and its implications), or are female-specific (e.g., uterine fibroids; endometriosis; menopause).

**Applications Deadline:** Submission dates vary by awarding NIH Institute or Center Contacts. Apply [here](https://grants.nih.gov/grants/guide/notice-files/NOT-OD-24-079.html).

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**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:** *Howard County Basic Insights*

**Description**: The Basics Principles are five fun, simple and powerful ways that every family can give every child a great start in life. The Basics Insights delivers two weekly science-based facts and activities to boost your child’s learning and brain development.

Receive two free messages each week!

Science-based facts and activities to boost your child’s learning and brain development.

**For children ages 0-5.** Register [here](https://partners.mybliss.ai/basics-insights/HCOOCAF1692).

**Title:** *HC DrugFree Classes for Parents/Guardians & Grandparents*

**Description**: HC DrugFree will present this popular parenting class for Howard County parents, guardians, and grandparents of 9-14 years old, but we will consider slightly older or younger children on a case-by-case basis. Adults or children must be a Howard County resident. This program will meet via Zoom for 5 classes. Adults are encouraged to attend all 5 sessions.

**Dates and Time:** November 15, 19, 22, and December 3, 12:00 pm - 1:30 pm. For more information, click [here](https://hcdrugfree.org/2023/11/guiding-good-choices-free-classes-for-parents-2/).

**Title:** *Pumpkin Parfait All Day*

**Description**: Join us for a one-hour weekly session, for five weeks focused on infant massage. Each session helps you to form a stronger connection with your child and learn massage techniques to use at home. In these sessions you will learn techniques that can help your baby sleep better and relax. Additionally, infant massage can help parents/caregivers reduce stress, postnatal depression, and aid in further bonding with their baby. After each session the parent/caregiver will go home with an information sheet of the techniques learned in class to be practiced at home. Please bring a blanket to use on floor for baby.

**Date/Time:** November 18, 2024, 10:30 am – 11:00 am. Register [here](https://www.eventbrite.com/e/family-support-center-pumpkin-parfait-all-day-november-tickets-1013609452157?aff=oddtdtcreator).

**Title:** *Opportunity to Join the Partners for Substance-Free Pregnancies Network*

**Description**: NACCHO, in partnership with the Center for Health and Safety Culture (CHSC) at Montana State University, is working with local health departments (LHDs) to promote substance free-pregnancies and address fetal alcohol spectrum disorders (FASDs). To support these efforts, NACCHO and CHSC convene the Partners for Substance-Free Pregnancies Network, a group of multidisciplinary partners from LHDs who meet quarterly to share resources and learn from each other through peer-to-peer information exchange.

**Date/Time:** November 20, 2024, 1 pm– 2 pm. Register [here](https://www.naccho.org/programs/community-health/maternal-child-adolescent-health/promoting-free-pregnancies-and-addressing-fetal-alcohol-spectrum-disorders-fasds).

**Title:** *SAILS inaugural Celebration Gala*

**Description**: Join SAILS as they come together to uplift, support, and remember on November 22, 2024, 6pm to 10pm. A heartfelt gathering dedicated to supporting families navigating the difficult journey of the loss of a baby.

**Date/Time:** November 22, 2024, 6:00 pm – 10:00 pm. Register [here](https://allevents.in/silver%20spring/raising-the-sails-inaugural-gala/200026864900002#google_vignette).

**Title:** *Baby Basics (Part 1 & 2)*

**Description**: This two-part (1 hour each day) workshop teaches expecting and new parents about caregiving for a newborn(s) from birth to 6 months of age. Join this workshop to learn more about feeding and bathing, changing diapers, safe sleeping, tips for when to call the doctor, self-care and overall well-being. Discover additional resources on lactation and car seat safety.

**Date/Time:** November 20 -22, 2024, 12:30 pm – 1:30 pm. Register [here](https://www.ppmco.org/get-free-support/health-wellness-classes/baby-basics-part-1-and-2/).

**HEALTHY LIVING**

**Title:** *Medicare Open Enrollment Period is Here*

**Description:** Medicare Open Enrollment period is now open through December 7th. New and returning Medicare participants looking to determine what plan best meets their needs are to reach out to our Howard County [Senior Health Insurance Assistance Program](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fe4o8hp5ab.cc.rs6.net%2Ftn.jsp%3Ff%3D001T5JF1xBiN7V_7CFukQ44ktqdzNMePW9TvuLObmjcHRBRa-gFXJ4N75rExg6U5bd8Ol8hZN3B9MFIb2fAZuVHF2DWllE2PRY9RZBxXlgIrBWCWQPNmVfnpfv1k1gECIoWXmK_vQETYEYpNxcKjKijNymhKO_hu9x-s4tKpLu9AC3YfNbVNss3RKiT6w_Ihd9yo7hjTvTYvGG1V5jYbbIbKTAGNV53fviDDsYTcrV_zZI%3D%26c%3DaO8DOgT_Ah4w_G3MQRVxBuwE0sLSyvpuEX-noEVjiSJ1mP6Uxs-R6A%3D%3D%26ch%3DcRAgLbW1ziJcHuLI_aJYSyZvz1aoVjB8goVWUUBMfu_BF3zZVzjMRg%3D%3D&data=05%7C02%7Ckfoster%40howardcountymd.gov%7Ceadbce9c50664243483d08dcf81691ab%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638658023140002766%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Tu4in0gLvPFW%2BupEDpHHy%2FkOxFsIrlEp%2BNURwY5G4rE%3D&reserved=0) (SHIP) team. SHIP team members are here to help you review your current coverage, to determine what Medicare Advantage Plan is right for you and to learn more about plan changes coming in the new year.

**Date/Time:** October through December 7th**.** Click [here](https://www.howardcountymd.gov/aging-independence/medicare-information-and-counseling) to learn more.

**Title:** *Grassroots Thanksgiving Food Bag Giveaway*

**Description:** Grassroots Crisis Intervention Center is giving away free Thanksgiving food bags at the Crisis Center. Individuals can walk in 24 hours a day to 8990 Old Annapolis Road, Suite A in Columbia. One per family, while supplies last.

**Date/Time:** November 4-28, while supplies last. Click [here](https://grassrootscrisis.org/event/thanksgiving-food-bag-giveaway-at-grassroots/) to learn more.

**Title:** *Living Well with Chronic Conditions: Toolkit*

**Description:** This six-week, phone-based course meets weekly in a small group conference call with an instructor. The workshop is for those living with or at risk from a chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and other health concerns. Caregivers and support people are also welcome.

**Dates and Time:** Wednesdays, November 12 - December 17, 2024, 5:00 pm - 5:30 pm. Click [here](https://livingwellwithchronicdisease.events.hcgh.hopkinsmedicine.org/) to learn more.

**Title:** *Living Well Workshops*

**Description:** The Living Well Workshops are presented through the collaborative efforts of the Howard County Health Department (HCHD), Howard County Office on Aging and Independence (OAI), and the Johns Hopkins Howard County Medical Center (JHHCMC). These are community-based education workshops to help people manage their ongoing health conditions.

**Date/Time:** Now open through December**.** Click [here](https://acrobat.adobe.com/id/urn:aaid:sc:US:482816b9-f39a-4bbb-a995-294b50290f98?viewer%21megaVerb=group-discover) to learn more.

**Title:** *Community Flu Vaccine Clinics*

**Description:** It's fall, which means that respiratory viruses are on the rise. The Howard County Health Department (HCHD) will once again be offering its free seasonal flu shot clinics. For a list of upcoming flu clinic dates, times and locations, visit HCHD’s [Seasonal Flu webpage](https://www.howardcountymd.gov/health/seasonal-flu) today. For the 2024-25 flu season, the Health Department will offer both Flulaval Trivalent flu vaccine (for the general population ages 6 months and older) and a limited supply of Fluzone High-Dose flu vaccine (for individuals 65 years and older).

**Date/Time:** November, Monday through Friday, 9:00 AM-11:30 AM; 1:00 PM-3:30 PM. Click [here](https://www.howardcountymd.gov/health/seasonal-flu) to learn how to register.

**Title:** *Bringing Out the Best in Others*

**Description:** Describe how attitude and expectations toward others can make a difference, identify what you can do to set a motivating environment for the people around you, use supportive communication techniques to get the most out of other people, and discuss how to form positive connections with those around you (even those who are difficult).

**Date and Time:** Monday, November 18, 2024, 3 pm – 4 pm. Register [here](https://www.signupgenius.com/go/5080F49AAA622A6FC1-49395122-bringing#/).

**Title:** *Creating Communities to Support Healthy Aging*

**Description:** Join this webinar to learn how public health can support policies and systems that create age-friendly environments. Trust for America’s Health’s Megan Wolfe and Karon Phillips will share the Age-Friendly Public Health Systems Initiative, which promotes healthy aging as a core public health function. We will also learn about a residential community in Tampa, Florida, that connects children with a history of trauma with older adults who serve as their caregivers, tutors and mentors. Mariah Hayden, the executive director of New Life Village, will describe the benefits of the intergenerational community. Immediately following the webinar, County Health Rankings & Roadmaps will host a one-hour interactive virtual discussion. Join us in an engaging dialogue with peers across the country and share your experiences working toward equity.

**Date and Time:** Tuesday, November 19, 2024, 3:00 pm – 4:00 pm. Register [here](https://uwmadison.zoom.us/webinar/register/9017286814104/WN_7guRpyKxSCGvwZOJqqtOfw#/registration).

**Title:** *Coordinated Approaches to Food Security: Investing in Local Networks*

**Description:** Focusing on a request from a webinar participant who asked us to speak about the potential benefits of coordinating and potentially combining pantries in a more collaborative approach for bigger impact. Hear examples for using an abundance mindset to foster collaboration and coordination of pantry services to make it easier for neighbors to receive services.

**Date and Time:** Monday, November 20, 2024, 1 pm – 2 pm. Register [here](https://www.ittakesmorethanfood.org/webinars).

**Title:** *2024 Department of Community Resources and Services (DCRS) Thanksgiving Food Support*

**Description:** The Howard County Department of Community Resources and Services will offer free Thanksgiving baskets to support county residents experiencing food insecurity during the holidays. No registration required; baskets will be distributed at two locations, on a first come, first served basis, while quantities last.

**Date/Time:** November 25, 2024, 4:30 pm – 6 pm

**Locations:** North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel 20723, ***OR*** Elkridge Volunteer Fire Station, 5700 Rowanberry Drive, Elkridge 21075

Click [here](https://files.constantcontact.com/8b8859ff601/d7edd687-f5e5-4bce-a1fe-213db7e7252a.pdf?rdr=true\) to learn more.

**Title:** *Let’s Get Physical – Adult Weight Management*

**Description:** Could you use some encouragement to help you increase physical activity and incorporate it into your daily life? Learn the benefits of physical activity, how to overcome barriers to being more active and how proper nutrition fuels physical activity. Learn how to develop a well-rounded exercise plan.

**Date/Time:** November 26, 2024, 11:30 am – 12:30 pm. Register [here](https://www.ppmco.org/get-free-support/health-wellness-classes/lets-get-physical/).

**Title: Green Friday Fun**

**Description:** Green Friday Fun is the day after Thanksgiving. This year, we invite our whole CEI community to join us (whether your household has kids or not); you are also welcome to bring along any out-of-town family and friends! We will take a short hike, led by Maryland naturalists at a Patapsco State Park location. After our hike, we will gather at a pavilion with a fireplace for a snack potluck, games, arts and crafts, and chatting! Registration is open and space is limited; this event has a history of filling up fast, so don’t delay in registering!

**Date/Time:** Friday, November 29, 2024, 12:30 pm – 3:30 pm. Click [here](https://www.flipcause.com/secure/event_step2/MjIxNDA2/283172?mc_cid=908e499906&mc_eid=adf76b4d52) to learn more.

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**HEALTHY MINDS**

**Title:** *Journey to Liberation: Decolonizing the Mind, Body, and Spirit*

**Description**: A transformative 9-weeks therapy group designed to empower BIPOC individuals by exploring the deep connections between mental, physical, and spiritual well-being. Participants will engage in a guided journey to unlearn colonial thought patterns, reclaim their bodies, reconnect with ancestral roots, and heal both personal and generational trauma. This group offers a supportive, intimate environment for those seeking to awaken to their true identity and embrace holistic healing.

**Date and Time:** Wednesdays October 16 – December 11, 2024, 4:00 pm. Register [here](https://www.urbanmh.com/journey-to-liberation-group).

**Title:** *Tides of Change Wellness DBT Training*

**Description:** Please join us for a DBT-certified and LCSW-led support class for caretakers, parents and guardians of youth, and any other individuals to address emotional regulation issues that are associated with increased risk of future substance use disorder and other maladaptive behaviors. DBT strategies have shown to be particularly helpful to address issues such as family conflict, emotional regulation, substance use disorder, and post-traumatic stress syndrome (PTSD).  Made possible through funding from the Howard County Government.

**Date and Time:** November 19, 2024, 5:00 pm - 7:30 pm. Register [here](https://www.signupgenius.com/go/20F054AAEAF23A4FF2-51767912-tides).

**Title:** *Wellbeing Wednesday - Digital Detox*

**Description:** Technology is hard to avoid these days and is an integral part of our lives. In this session, we will cover the health effects of digital devices, along with tips on how to "un-plug" to help the body and mind rejuvenate.

**Date and Time:** Monday, November 20, 2024, 12 pm – 1 pm. Register [here](https://event.on24.com/eventRegistration/EventLobbyServlet?target=reg20.jsp&eventid=4218630&sessionid=1&key=F69CD176B44D1782146E03197BCFEE4B&groupId=2866355&sourcepage=register).

**Title:** *Backpack Healthcare Mental Health Resources and Referrals*

**Description**: Backpack Healthcare is partnering with Howard County Public Schools to bring more community resources to help with the challenges of parenting. These webinars will delve into parenthood and offer techniques to navigate parenting challenges. The FREE webinar series is open to Howard County Residents only.

**Date and Time:** November 21, 2024, 6 pm. Register [here](https://us06web.zoom.us/meeting/register/tZAtfuCppzsjG9y8rz6--gJORglVjFLJgmi_#/registration).

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

**Healthy Beginnings**

* FASD refers to a range of disorders caused by alcohol exposure during pregnancy that entail physical, cognitive, or behavioral issues in the affected individuals. [Link](https://www.samhsa.gov/blog/understanding-fetal-alcohol-spectrum-disorders-guide-expecting-parents-caregivers-families?utm_source=SAMHSA&utm_campaign=8d9e4da3b1-EMAIL_CAMPAIGN_2024_09_06_01_38_COPY_01&utm_medium=email&utm_term=0_-731578ed4a-%5BLIST_EMAIL_ID%5D).
* Vaping is NOT Safer Than Smoking. [Link](https://www.getsmartaboutdrugs.gov/news-statistics/2024/09/23/i-loved-vaping-until-my-lungs-collapsed-and-black-goo-poured-out-me?utm_medium=email&utm_source=govdelivery).
* HCPSS is offering “What Your Child Will Learn” Guides. [Link](https://www.hcpss.org/academics/what-your-child-will-learn-guides/)**.**
* The Basics: Read and Discuss Stories (How Do Children Learn to Think) video. [Link](https://www.youtube.com/watch?v=W395EOri4t0).
* School knowledge of infectious diseases in school’s article. [Link](https://pubmed.ncbi.nlm.nih.gov/39109148/).
* Article - Rising suicide rates among preteens points to urgent need for interventions. [Link](https://www.deseret.com/family/2024/07/31/preteen-suicide-rate-increase-young-girls-minorities/?utm_medium=email&utm_source=govdelivery)**.**
* Community Interventions involving Coalitions or Partnerships to Prevent Substance Use among Youth Findings. [Link](https://www.thecommunityguide.org/findings/substance-use-community-interventions-involving-coalitions-or-partnerships-to-prevent-substance-use-among-youth.html).
* Study Examines How START Program Mitigates Co-Occurring Substance Use and Child Maltreatment article. [Link](https://cbexpress.acf.hhs.gov/article/2024/october/study-examines-how-start-program-mitigates-co-occurring-substance-use-and-child-maltreatment/420e73481bec165087a2642ce54bcb0a?utm_medium=email&utm_source=cbx050423)

**Healthy Living**

* AARP Resources for Veterans. [Link](https://www.aarp.org/lp/veteran-resources/?CMP=EMC-DSM-NLC-OTH-LC-1771001-2060511-8790663-NA-11132024-LivableCommunities-F1-vetresources-BTN-ALL-Community-&encparam=r4h%2fW%2bBI0qigNN8zNBZP%2f%2bO%2b6dgzqs5tz7iHLJv0310%3d).
* The Roots of Health Inequity - Explore the underlying causes of social injustice and health inequity to unearth public health’s role in building healthier communities. [Link](https://www.rootsofhealthinequity.org/).
* National Diabetes Month - This November, the American Diabetes Association is leading the charge in diabetes awareness and education. [Link](https://diabetes.org/adm).
* National Family Caregivers Month - Visit NCOA's website for resources to help support the caregivers in your community. [Link](https://www.ncoa.org/page/national-family-caregivers-month/).
* The annual Great American Smokeout on November 21 encourages tobacco users to take the first step toward quitting. The IPRO QIN-QIO #AskAboutQuitting campaign provides tools and resources to support these vital discussions. [Link](https://qi.ipro.org/home/askaboutquitting-a-campaign-for-providers-and-community-health-professionals/).
* Great American Smokeout Day Resources. [Link](https://www.cancer.org/cancer/risk-prevention/tobacco/great-american-smokeout.html).
* Protecting Patients with Diabetes: Key Vaccinations. [Link](https://diabetes.org/about-diabetes/vaccinations).
* Grassroots to expand emergency shelter announcement. [Link](https://mailchi.mp/grassrootscrisis/grassroots-newsletter-oct2024?e=%5bUNIQID%5d).
* Preparing for the Maryland Legislative Session-Legal Resource Center for Public Health Policy-Cannabis. [Link](https://files.constantcontact.com/a3ba91f1401/5f76bd19-079c-4cd2-9463-2ac27aa5ab2d.pdf).

**Healthy Minds**

* Highlights From the 2023-2024 Adolescents Brain Cognitive Development (ABCD) Study Webinars. [Link](https://abcdstudy.org/infographics/).
* Howard Community College Promoting Student Health and Wellness. [Link](https://howardcountymd-my.sharepoint.com/personal/kfoster_howardcountymd_gov/Documents/LHIC/Member%20Resources/Member%20Resources%2011-1-2024.docx)
* Maryland Department of Health announces new program for youth struggling with substance and opioid use disorders. [Link](https://howardcountymd.sharepoint.com/sites/HealthDepartment-PCA-CommunityEngagement/Shared%20Documents/LHIC%20Files/LHIC%20WORKGROUPS/HCLHIC%20Workgroup%20Email/2024/October%203,%202024/health.maryland.gov/youthbehavioralhealth)
* Register for the Integrative Medicine for Mental Health 2024 Conference. [Link](https://www.immh.org/event/fb0a2399-b900-4974-808d-585e2a35c5e2/websitePage:c63f4749-fa71-48d3-badb-2da1895fed90)
* Real Talk: Teaching and Leading While BIPOC. [Link](https://urbanedjournal.gse.upenn.edu/archive/volume-18-issue-1-fall-2020/real-talk-teaching-and-leading-while-bipoc).
* Decolonizing Care: Hegemonic Masculinity, Caring Masculinities, and the Material Configurations of Care. [Link](https://journals.sagepub.com/doi/10.1177/1097184X231166900).
* 100 Positive Affirmations for Better Self-care. [Link](https://www.crisistextline.org/blog/2024/01/08/100-positive-affirmations-for-better-self-care/).
* Diverse Mental Health Resources Hub. [Link](https://dosomething.org/article/mental-health-resources).