November 1, 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 or wherever you download podcasts. [Link](https://www.howardcountymd.gov/HoCoCommunityChat)
* The Next Full HCLHIC meeting will be January 16 at 9am. [Link](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator).
* Registration for the 31st Annual MD State Council on Cancer Control Cancer is open. [**Link**](https://www.eventbrite.com/e/31st-annual-md-state-council-on-cancer-control-cancer-conference-tickets-1021718275867?aff=oddtdtcreator).
* Sofive Columbia Soccer Center is open to all ages. [Link](https://www.sofive.com).
* Howard County Department of Fire and Rescue Services will be conducting live fire acquired structure training Nobember 4 – 21. [Link](https://www.howardcountymd.gov/fire-and-rescue-services).
* Find free or reduced cost movement and exercise programs on the HCLHIC Physical Activity webpage. [Link](https://www.hclhic.org/healthy/physical-activity).
* The Howard County Tree Savers Program is open to volunteers.[**Link**](http://www.howardcountymd.gov/forestry).

**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](https://howardcountymd-my.sharepoint.com/personal/kfoster_howardcountymd_gov/Documents/LHIC/Member%20Resources/Member%20Resources%2011-1-2024.docx)

**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. [Apply](https://www.pcori.org/events/2024/cycle-1-2025-improving-mental-and-behavioral-health-applicant-town-hall)

**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](https://grants.nih.gov/grants/guide/notice-files/NOT-OD-24-079.html)

**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 using the [link](https://partners.mybliss.ai/basics-insights/HCOOCAF1692).

**Title: Family Support Center - Cooking Playdate With My Grandkid**

**Description**: This intergenerational healthy cooking and nutrition education class with Healthy Little Cooks, offers grandparent and grandkid participants the opportunity to make, simple yet tasty dishes together. Ages 2-4-year-olds.

﻿To view a full schedule of events taking place this coming month at FCS, visit its [**website**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fe4o8hp5ab.cc.rs6.net%2Ftn.jsp%3Ff%3D001T5JF1xBiN7V_7CFukQ44ktqdzNMePW9TvuLObmjcHRBRa-gFXJ4N75yrUoPxQmJj4v1kjIL6XmFFkVwHJ4LFcREDSTUGdJDTbIcYEOfCSTlnfZIsYi-2tBeW9K5rRVuC52BJ_OCPZd2v0rBpHopILPciUNE6A8fLxKFq_MDqWCXyQgRxhatVUEPsufkFs3Kn%26c%3DaO8DOgT_Ah4w_G3MQRVxBuwE0sLSyvpuEX-noEVjiSJ1mP6Uxs-R6A%3D%3D%26ch%3DcRAgLbW1ziJcHuLI_aJYSyZvz1aoVjB8goVWUUBMfu_BF3zZVzjMRg%3D%3D&data=05%7C02%7Ckfoster%40howardcountymd.gov%7Ceadbce9c50664243483d08dcf81691ab%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638658023139979877%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=AL4c%2BbYrWtyY%2Bs0%2F4n4A5cVax6r81AtzGzJ4pptTFWA%3D&reserved=0) today to check out its monthly calendar.

**Date/Time:** Monday, November 4, 10:30am – 11am

Register using the [link](https://www.eventbrite.com/e/family-support-center-cooking-playdate-with-my-grandkid-november-tickets-1010950860237?aff=oddtdtcreator).

**Title: Coffee & Conversations: Middle/High School**

**Description**: Join our Coffee and Conversations sessions if you have children in middle school or high school. Coffee and Conversations is a safe virtual space to: Share ideas; Share frustrations; Get resources; Make new friends

We meet the first Monday of each month at 12:00pm.

**Date/Time:** Monday, November 4, 12:00pm – 11am

Register using the [link](https://www.ppmd.org/event/coffee-and-conversations-middle-high-school/2024-11-04/).

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

**Description**: HC DrugFree will again 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. Adult or child must be a Howard County resident. This program will meet via Zoom for 5 classes. Adults are encouraged to attend all 5 sessions.

**Date/Time:** November 12, 15, 19, 22 , and December 3, 12:00pm - 1:30pm

More information and Register using the [link](https://hcdrugfree.org/2023/11/guiding-good-choices-free-classes-for-parents-2/).

**Title: Infant Massage Series**

**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 12, 2024 - December 10, 2024, 11:30am – 12:45pm.

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/143861?onlineSiteId=0&from_original_cui=true).

**Title: Maryland Coalition of Families (MCF) - Family Leadership Programs**

**Description**: MCF offers multiple family leadership development opportunities each year. These events enhance parent and caregiver skills so they can better navigate systems of care and become stronger advocates for their children, themselves, their families, and their communities.

As a Family Leadership Development Program participant, you will attend workshops focused on:

* understanding your child’s behavioral health needs.
* learning to navigate special education services and other systems you and your family rely on.
* finding your voice to be the best advocate for your child, yourself, your family and your community.

Workshops are conducted by MCF staff, local leaders, and behavioral health professionals. Each participant will complete a personal action plan to guide how they will implement what they have learned.

The Program introduces parents and caregivers to others who have similar experiences and offers an opportunity to build natural support networks and learn from peers.

**Date/Time:** November 15, 2024, 5:00pm - 8:30pm and November 16th, 2022, 8:00am - 4:30pm.

Apply using the [link](https://www.mdcoalition.org/what-we-do/family-leadership-training/).

**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, 10:30am – 11:00am.

Register using the [link](https://www.eventbrite.com/e/family-support-center-pumpkin-parfait-all-day-november-tickets-1013609452157?aff=oddtdtcreator).

**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, 6:00pm – 10:00pm.

Register using the [link](https://allevents.in/silver%20spring/raising-the-sails-inaugural-gala/200026864900002).

**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, 12:30pm – 1:30pm.

Register using the [link](https://www.ppmco.org/get-free-support/health-wellness-classes/baby-basics-part-1-and-2/).

**HEALTHY LIVING**

**Title: Native American Heritage Month Celebration Event**

**Description:** In celebration of Native American Heritage Month, OHRE has once again teamed up with the Howard County Library System, Nave Be Dine', Howard Hughes Corporation, Columbia Community Care, Columbia Association and the Downtown Columbia Partnership to honor the culture, traditions, languages, stories and achievements of Native Americans, Alaska Natives, Native Hawaiians and affiliated Island communities.

**Date/Time:** Saturday, November 2, 2024, 4:00pm

More information using the[link](https://howardcounty.librarycalendar.com/event/native-american-heritage-month-celebration-color-burst-park-281570).

**Title: LEGO® SERIOUS PLAY®**

**Description:** Come join our trained facilitator, Matej Harangozo for this exciting venture into the world of play. This 3-hour workshop LEGO® SERIOUS PLAY® is a method that enables constructive reflection and dialogue processes. During workshop, participants use LEGO bricks to create models that express their thoughts, reflections and ideas.

**Date/Time:** Saturday, November 6, 2024, 12:30pm – 3:30pm

More information using the[link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/141453?onlineSiteId=0&from_original_cui=true).

**Title: Reducing Stress During the Holiday Season**

**Description:** The holiday season often brings different kinds of stress-financial, family-related, travel, change. For this discussion we’ll identify some of these stressors, focus on taking care of ourselves, share ideas from our own successes and recommendations by others, or perhaps find new solutions from each other. Presented by Karen Hull, Howard County Office on Aging and Independence. Free. **Registration Deadline November 1.**

**Date/Time:** Saturday, November 7, 2024, 1:00pm – 2:00pm

More information using the[link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/139644?onlineSiteId=0&from_original_cui=true).

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

**Description:** Medicare Open Enrollment period, is now open 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 thru December 7th

More information using the[link](https://www.howardcountymd.gov/aging-independence/medicare-information-and-counseling).

**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 for a chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and other health concerns. Caregivers and support persons are also welcome.

**Date/Time:** Wednesdays, November 12 - December 17, 2024, 5:00pm - 5:30pm

More information using the[link](https://livingwellwithchronicdisease.events.hcgh.hopkinsmedicine.org/).

**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 thru December

More information using the[link](https://acrobat.adobe.com/id/urn:aaid:sc:US:482816b9-f39a-4bbb-a995-294b50290f98?viewer%21megaVerb=group-discover).

**Title: OAI “Next Steps: Creating a New Future” Interactive Series**

**Description:** Now through November 15th, OAI is hosting its “**Next Steps: Creating a New Future**” interactive series at 10:00 a.m. at its [**East Columbia 50+ Center**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fe4o8hp5ab.cc.rs6.net%2Ftn.jsp%3Ff%3D001T5JF1xBiN7V_7CFukQ44ktqdzNMePW9TvuLObmjcHRBRa-gFXJ4N71Kmo3VWWESfM7HkomNv2elS5GiyVJ-3nC3uyWbTzzH2IMlNfLuWlqZ1Hjgl2_JHmBZFbTAmp0vD_e_qyP8o-gDeKISxI48s8VnWK-MjkCjrqrri9VWRGwViLzuFVbk3Lxq9oNwQDcTt46sDDFjavJFU2M0T0uFBNx2iLoJXdWFw%26c%3DaO8DOgT_Ah4w_G3MQRVxBuwE0sLSyvpuEX-noEVjiSJ1mP6Uxs-R6A%3D%3D%26ch%3DcRAgLbW1ziJcHuLI_aJYSyZvz1aoVjB8goVWUUBMfu_BF3zZVzjMRg%3D%3D&data=05%7C02%7Ckfoster%40howardcountymd.gov%7Ceadbce9c50664243483d08dcf81691ab%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638658023139734500%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=y1OTmRM5pYKizvzfyGMaUp63GLgKXdtLNe0gbQZxHAI%3D&reserved=0), to address common post-retirement challenges and aging transitions. During this FREE four-week series, participants will learn all about overcoming barriers, identifying strengths, boosting self-esteem, making new choices and fostering positive thinking in their post-retirement.

**Date/Time:** Every Friday through November 15, 2024, 10:00am - 11:30am

Register using the[link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/140681?onlineSiteId=0&from_original_cui=true).

**Title: COPD Awareness**

**Description:** November is COPD Awareness month, join **JaKaiya Frisby**from The American Lung Association and learn about symptoms, treatment options, and management of diseases such as pneumonia, RSV, COPD and asthma. Understand lunch health, air quality, early diagnosis, and screening for lung disease, both acute and chronic and free support options through the Lung Association.

For more information or to register, call 410-313-7213

**Date/Time:** Every Friday through November 14, 2024, 11:00am - 12:00pm

Register using the[link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/142936?onlineSiteId=0&from_original_cui=true).

**Title: 2024 Caregivers Are Super Heroes! - Caregivers Conference**

**Description**: Come enjoy a special day just for family caregivers. Keynote, lunch and special activities are planned for a relaxing day focused on selfcare for caregivers. Remember, selfcare is not selfish!

The caregiver conference opens with an inspiring keynote on resilience by Kim Burton, followed by activities to help you relax, recharge and focus on self-care. Choose from breakout sessions on How Superheroes Can Battle Caregiver Stress, Mastering Chronic Conditions, Lifestyle Strategies for Pain Management, and a LEGO® SERIOUS PLAY® session with Loretta Veney.

To register or for additional information please call Kathy Wehr at 410-313-5955.

**Date/Time:** November 16, 2024, 9:30am - 3:00pm

Register using the[link](https://files.constantcontact.com/ee5927fe501/c1bef241-0858-49dd-a643-dd80d4286117.pdf?rdr=true).

**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** 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

Register using the[link](https://www.howardcountymd.gov/health/seasonal-flu).

**Title: Autumn Community Day**

**Description:** Join the Community Ecology Institute (CEI) for an Autumnal Community Celebration - a seasonal opportunity to explore and enjoy The Green Farmacy Garden however suits you best.

Wanna bring your guitar and share some tunes? Got a story to share? Want to invite others to work on a nature craft with you? All are welcome.

**Date/Time:** Sunday, November 17, 2024, 12pm – 4pm

Register using the[link](https://www.eventbrite.com/e/autumn-community-day-tickets-898502845197?aff=odeimcmailchimp&mc_cid=908e499906&mc_eid=adf76b4d52).

**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, 12:30pm – 3:30pm

More information using the[link](https://www.flipcause.com/secure/event_step2/MjIxNDA2/283172?mc_cid=908e499906&mc_eid=adf76b4d52).

**HEALTHY MINDS**

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

**Description**: A transformative 9-week 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/Time:** Wednesdays October 16 – December 11, 2024, 4:00pm.

Register using the [link](https://www.urbanmh.com/journey-to-liberation-group).

**Title: Managing Parental Anger and Frustration**: Parenting is an incredibly rewarding experience, but can also be challenging when our children don’t listen or have meltdowns. Frustration can build and it is normal to find yourself at your wit’s end. This workshop will provide tools to navigate anger and frustration and provide you with coping strategies when you are feeling elevated. Ask questions and leave with skills and resources that you can use to feel more confident in managing your own anger and frustration.

**Date/Time:** Wednesdays November 7, 2024, 12:00pm.

Register using the [link](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/144319?onlineSiteId=0&from_original_cui=true).

**Title: Sleep Your Way to Better Health Class**

**Description:** Improve your knowledge about sleep and the importance of creating good sleep habits for better overall health. Learn how sleep affects your body, how much sleep you need, common sleep disorders and the connection between chronic disease and proper sleep. Discover specific actions you can take to improve your quality of sleep.

**Date/Time:** November 6, 2024, 12:00pm - 12:30pm.

Register using the [link](https://www.ppmco.org/get-free-support/health-wellness-classes/sleep-your-way-to-better-health/).

**Title: Stress Less for your Workday Class**

**Description:** Are you feeling stressed from work? This class will give you the tools and resources to take charge of your time and feel less stressed during the workday. You’ll learn strategies to reduce work stress, tips for organizing and prioritizing, and strategies for better work-life integration.

**Date/Time:** November 7, 2024, 12:00pm - 1:00pm.

Register using the [link](https://www.ppmco.org/get-free-support/health-wellness-classes/stress-less-for-your-workday/).

**Title: Tides of Change Wellness DBT Training**: 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/Time:** November 19, 2024, 5:00pm - 7:30pm.

Register using the [link](https://www.signupgenius.com/go/20F054AAEAF23A4FF2-51767912-tides).

**Title: Backpack Healthcare Mental Health Resources and Referrals**: 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/Time:** November 21, 2024, 6pm.

Register using the [link](https://us06web.zoom.us/meeting/register/tZAtfuCppzsjG9y8rz6--gJORglVjFLJgmi_#/registration).

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

**Healthy Beginnings**

* Family Support Center - Cooking Playdate With My Grandkid. [Link](https://www.eventbrite.com/e/family-support-center-cooking-playdate-with-my-grandkid-november-tickets-1010950860237?aff=oddtdtcreator).
* 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 schools article. [Link](https://pubmed.ncbi.nlm.nih.gov/39109148/).
* Rising suicide rates among preteens points to urgent need for interventions article. [**Link**](https://www.deseret.com/family/2024/07/31/preteen-suicide-rate-increase-young-girls-minorities/?utm_medium=email&utm_source=govdelivery)**.**
* Toolkit Provides Mental Health and Substance Use Support for Families Across the Lifespan article. [**Link**](https://cbexpress.acf.hhs.gov/article/2024/october/toolkit-provides-mental-health-and-substance-use-support-for-families-across-the-lifespan/f06f7f881bec165087a2642ce54bcb0f?utm_medium=email&utm_source=cbx050423).
* Fathers as Partners in Child Welfare, Focus of New Digital Dialogue article. [**Link**](https://cbexpress.acf.hhs.gov/article/2024/october/fathers-as-partners-in-child-welfare-focus-of-new-digital-dialogue/45adb7c41bec165087a2642ce54bcba1?utm_medium=email&utm_source=cbx050423)**.**

**Healthy Living**

* Lack of health clinics on community college campuses article. [Link](https://www.brookings.edu/articles/womens-sexual-and-reproductive-health-at-community-colleges/).
* Going Beyond Hearing Aids for Equal Care Access article. [Link](https://www.medpagetoday.com/opinion/second-opinions/112593?xid=nl_secondopinion_2024-10-29&mh=f80893805c96b03be10da3d9b0486440).
* CDC Releases State-Specific 2023 Data on Adult Obesity. [Link](https://www.cdc.gov/obesity/data-and-statistics/adult-obesity-prevalence-maps.html)
* Recreation & Parks 2024 Fall Activity Guide is available online. [**Link**](https://www.howardcountymd.gov/recreation-parks/resource/2024-fall-activity-guide).
* Drug-Free Obesity Capsule cleared article. [**Link**](https://www.medpagetoday.com/endocrinology/generalendocrinology/112205?xid=nl_mpt_DHE_2024-10-01&mh=f80893805c96b03be10da3d9b0486440&utm_source=Sailthru&utm_medium=email&utm_campaign=Daily%20Headlines%20Evening%202024-10-01&utm_term=NL_Daily_DHE_dual-gmail-definition).
* Twenty Rising State Leaders Selected for the Medicaid Pathways Program Press Release. [Link](https://www.chcs.org/news/twenty-rising-state-leaders-selected-for-the-medicaid-pathways-program-2025/).
* Grassroots to expand emergency shelter announcement. [Link](https://mailchi.mp/grassrootscrisis/grassroots-newsletter-oct2024?e=a670c349c6).

**Healthy Minds**

* 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)
* 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)
* 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)
* 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).