January 3, 2023

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

**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* Food and Care for All is recruiting participants for their P-CAT Program. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001A5yqBnaRx03SQJmx_z9AqzzVKHhsnb-f3DcTJhxChCeNplZt-od3gLuaMcP36XThEfeWcLuMeo6BJSYIe9MpWEd8JW9ax-Zu6UD6I1b9mpEgNYDsb8zS-dVw0Rx5bWZnEnT3frf3SYk0mWkowT4vvQ%3D%3D%26c%3D86W1_ecw1oA36acq_eowX4ExGmN6VPeBhxVJjKE1qOixoqMUPEGwSA%3D%3D%26ch%3D-4YNHL3s4E-Th5ZXxy5soi-tEmiOgVuWk7aEl2CX6TkRuYaBl4_7tQ%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C13f5942b361d4c1748e008dadeaeeae7%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638067140092761611%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=szCJqdkr3GaSG03W4WT58nv%2FtK7klCxOq3uEYJHfmR8%3D&reserved=0).
* Howard County Health Department COVID-19 Information. [Link](https://www.howardcountymd.gov/health/covid-19).
* Howard County Government Virtual Assistance Portal. [Link](https://services.howardcountymd.gov/hcportal?%20%20category_id=273d4345db209450bcfffce9af961947)
* Maryland Department of Veterans Affairs website. [Link](https://veterans.maryland.gov/)

**FUNDING OPPORTUNITIES**

* **Title: Garden Grant Program**

**Description:** Whole Kids Foundation is providing a $3,000 monetary grant to support a new or existing edible educational garden located at either a K-12 School or Non-profit organization (501(c)(3) in the U.S. that serves children in the K-12 grade range. Email questions to grants@wholekidsfoundation.org.

**Applications Deadline:** [Apply](https://www.wholekidsfoundation.org/programs/school-gardens-grant) between February 1 - March 1, 2023.

* **Title: Salad Bar Grant Program**

**Description:** Whole Kids Foundation developed the Salad Bars to Schools grant program with the mission of donating salad bars to U.S. schools to allow kids to have daily access to fresh fruits and vegetables. The Salad Bars to Schools $3,800 grant includes salad bar equipment and access to salad bar specific training modules available through Chef Ann Foundation’s School Food Institute.

**Applications Deadline:** [Applications](http://www.saladbars2schools.org/get-a-salad-bar/schools/) accepted year-round.

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

***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: Adult, Child, and Infant CPR & First Aid Training**

**Description:** Howard County is offering an adult, child and infant CPR and First Aid course taught in person at HC Dept. of Community Resources - 9830 Patuxent Woods Drive, Columbia, MD. This class meets the OCC requirement for CPR and First Aid. The cost is $90 per person.

**Date/Time:** Saturday, January 21, 2023, 9am to 1pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001PIV_1DECPM5LZOrRTgb8ZTg8jOAAMfo7_l-Z6_9HwF5raLLVo93drCj-HC2TWFZoQaHger5VShNHuw3jMDt82TiymcqlGLogihQVjl9wGweJiVCdyfHLpewCf11sC0owX2NAwIOnraqhjSaghpuRkkzOOOWg-UT048j1eUUtBGWhdLFbbDdNSpF4o2ls50tNO7mRJ10ubqAygrJT8-RjwQ%3D%3D%26c%3D_y4sqfITKowO7Pb9ogEWUtvWJZuVLMdNP_daf427TFAFk7rdvbe7PA%3D%3D%26ch%3DAkNn9K4sXVEd4fjpcQ9niNbtEiO3gBKasY61POmNEsS3iMzmSPvM5w%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cbad6aeb9f46040853b4d08dae44cc241%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638073315588853049%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rgB4JboHa%2FWkAehJKs9TaQ%2BUjsIuaahFlAdtZzZdeQ4%3D&reserved=0).

* **Title: SIDS, SUID, and other Sleep-Related Infant Deaths Training**

**Description:** This virtual session meets the training requirement for the MSDE regulations regarding SIDS, and other sleep-related infant mortality in child care. Participants will receive ideas and resources to support breastfeeding and preventing or decreasing SIDS-related infant mortality. Cost $5.00.

**Date/Time:** Tuesday, January 17, 2023, 6:30pm to 8:30pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001PIV_1DECPM5LZOrRTgb8ZTg8jOAAMfo7_l-Z6_9HwF5raLLVo93drCj-HC2TWFZoPVdigxeF5GlW9DVQG9uhflMJiD3GnNsBNZepvTmCboNPSV3KXgLUrFa-Zec0zrhYnEKEWo__4-J8S5FDqXXGCzNdQIpvlYFpGFGG8Mu6s1B_-nbU5tu4fYlXSaflUeBtzvRMX_ihTLlXcVq601B2tg%3D%3D%26c%3D_y4sqfITKowO7Pb9ogEWUtvWJZuVLMdNP_daf427TFAFk7rdvbe7PA%3D%3D%26ch%3DAkNn9K4sXVEd4fjpcQ9niNbtEiO3gBKasY61POmNEsS3iMzmSPvM5w%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cbad6aeb9f46040853b4d08dae44cc241%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638073315588696840%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sQHske1rqzcokIln9Qf2E%2BNjFJHhO4OpDXp%2Br1sFPxo%3D&reserved=0).

* **Title: Education Basic Class in Spanish**

**Description:** NAMI Basics course in Spanish! The class will be held on Tuesdays from 6:30-9pm. Basics is a FREE six-week course for parents/caregivers of school-aged children with mental health challenges.

**Date/Time:** EveryTuesday starting on January 10, 2023 - February 14, 2023

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

* **Title: Guiding Good Choices Parenting Classes**

**Description:** Free, virtual classes for parents and guardians of youth ages 9 to 15 years old. 5 sessions in total. Participants must live in Howard County. Registration is required.

**Date/Time:** January 13, 20 and February 3, 10, 17, 2023

Register using the [link](https://www.surveymonkey.com/r/GGC_02).

* **Title: Continuity of Care in Breastfeeding Support Blueprint Webinar Series**

**Description:** This is thesixth webinar of the 8-part “Every Step of the Way through the 1,000 Days” series, on Relating to the Family Unit and their Social Determinants of Health in Chest/Breastfeeding support.”

**Date/Time:** Thursday, January 12, 2023 1pm to 2:30pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsend.naccho.org%2Flink.cfm%3Fr%3DI0wBAS-iEXn9qBvnb9M4wg~~%26pe%3DwyXcl9XH6KC250H8MIrGqJknaAJ51uigeH8q0t1fyBeOb5vCa7TwLy78ihG7-lSAxcUuZdEyenS_Cb_ynP_RMA~~%26t%3DuDjOG6K7v722cTERu3F0HA~~&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cd9fc37c5f3d242bf494508dae9d46e07%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079395849649987%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3henXN4wEcXE%2B%2FsyJil55vc3p3iWjUobSwI71uR5hL4%3D&reserved=0).

* **Title: Finding a Balance between Academic Performance & Student Well-Being**

**Description:** HC Drug Free and the Howard County PTSA Collaborate Parent Education Group is hosting a virtual town hall for students in grades 8-12, and parents, guardians, and grandparents of middle and high school students to learn skills and strategies to help students better cope with academic pressure and stress.

**Date/Time:** Monday, January 9, 2023 5:30pm to 7pm

Register using the [link](https://hcdrugfree.org/currentevents/).

**HEALTHY LIVING**

* **Title: Cities: The Future of Health Webinar Series**

**Description:** This webinar series from Big Cities Health Coalition will explore the Urban Health Agenda (UHA), a vision for centering health and equity in policymaking. In this webinar series, get an introduction to the UHA, then hear from big city health departments who are making this vision come to life.

**Date/Time:** January 12, 2023, 2pm to 3pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsend.naccho.org%2Flink.cfm%3Fr%3DFnHzNqEXNkZApuItCDiVUg~~%26pe%3DihlYC_uWPVaM0r8ojgi3z-8iYZ2nJseO5G8lTyoPUF-gG5IIb4WwMhxMt0gRSKAOlPFmdx85SXw1l0Or1_A4GA~~%26t%3DooXlG5y1cZw4fd32xBsc7w~~&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C64dd839795844fae996508dae207057d%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638070817486406912%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=M%2F9YxpJFqCqpLpRW%2FDhcWA3ygeA96qMC%2FcMy5F9qgac%3D&reserved=0).

* **Title: Get Ready to Celebrate Trails Day!**

**Description:** Attendees will learn about Celebrate Trails Day (April 22, 2023) and how to participate as a partner. Speakers will give an overview of Celebrate Trails Day; share ways to get involved; go over the tools and materials we’ll provide to help you plan, promote and participate in the celebration; and answer questions.

**Date/Time:** January 10, 2022 1pm to 2pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001L44jV1PR2pNqn0HNel-KSE7bSSydVi_zlwHFjZ3NfHw05mYsI_5_6VnxP6TmlwXJye-ju8KAbb2ep0yLPtFP0jfWmoaU73sL6ryObPuPWc27ziH3tvzBudBns1jEbK1T6ATc-mb4PfLBstpaVILmfyG9YhVAbcGooe09MBZjKH2zg4iehgXOuvmcX_1LHZvSyMv8hUmiVsUgInvWngBm9ZOZv9UINAz46ET36-r0niqHKU7SOmgrwA%3D%3D%26c%3D3Y-QFBt1efgjzpoOt1QyhFe7Pst2yKglAj-jP3oc48vXcP2JNQXXBw%3D%3D%26ch%3DJsoARPpJwhOCrnvexdgu6viimA93VDISPh4K0dwCKUbOdXm91hZ4ig%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C8dd5f24518c7436af86408dae9cddfb5%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079367714990530%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jKU3qsKdzi9x8Aj%2FL5dqRFTcPuizA5YkGGORvlpLqPE%3D&reserved=0).

* **Title: Harnessing the Power of Trail Networks: TrailNation Collaborative Kick-Off**

**Description:** This interactive event launches the TrailNation Collaborative—a learning community where advocates, public leaders and professionals can come together to share their experiences, their challenges and their strategies for accelerating the pace of connecting trails and active transportation infrastructure.

**Date/Time:** January 19, 2023 1pm to 2pm

Register using the [link](https://railstotrails-org.zoom.us/meeting/register/tZYod-CrpjMrG9dPums6PUcb_jaNZGqZyINZ).

* **Title: Can Subsidized Transportation Options Slow Diabetes Progression?**

**Description:** Populations with diabetes can successfully manage their condition if they have regular access to primary care along with access to quality food, physical, and social environments that support healthy lifestyles.

**Date/Time:** Wednesday, January 11, 2022 12pm to 1pm

Register using the [link](https://ucdenver.zoom.us/webinar/register/WN_RdtVDFXpSF6Y6Ket2O87xQ).

* **Title:** Oral Health and its Link to Systemic, Economic, and Public Health – Part 2

Description: The National Coalition of Dentists for Health Equity present a live webinar on oral health including how dental care prevents chronic disease and saves money. Free to enroll, no CE but a certificate of completion is available.

**Date/Time:** Wednesday, January 11, 2023 12pm to 1pm

Register using the [link](https://www.mitrainingcenter.org/courses/ohl2w0123noce).

**HEALTHY MINDS**

* **Title: Teen Mental Health Class for Parents and Caregivers**

**Description:** Howard County Library System is hosting a representative from the Howard County Health Department to share information on mental health services including the new 988 Crisis Line, Behavioral Health Navigation Services, Suicide Prevention efforts, and Crisis Services.

**Date/Time:** Saturday, January 21, 2023 2pm to 3pm

Register using the [link](https://howardcounty.librarycalendar.com/event/teen-mental-health-class-parents-and-caregivers).

* **Title: Advancing Mental Health Equity Among Older Adults**

**Description:** Generations Virtual Forum on Advancing Mental Health Equity Among Older Adults! Discussion will include the challenges older adults face in accessing quality mental health services and highlight solutions to bridge the gap.

**Date/Time:** January 30, 2023 to February 2, 2023

Register using the [link](https://asaging.org/generations-forums#january).

* **Title: Intervention Theories and Practices**

**Description:** This training includes a combination of lecture, participant brainstorming and self-assessment. This training will offer an introduction to different models of intervention and basic skills necessary for an interventionist.

**Date/Time:** Thursday, January 12, 2023 9am to 11am

Register using the [link](https://help.recoverycentersofamerica.com/CEU2023-01-12InterventionTheoriesandPractices_registration.html).

* **Title: HopeWorks - Human Trafficking Panel Discussion**

**Description:** HopeWorks and the Junior League of Howard County are partnering to bring a robust panel discussion together. The agencies invited survivors, social workers, law enforcement, lawyers, and community advocates to come together to share their knowledge and expertise with the community to help bridge support for survivors.

**Date/Time:** Wednesday, January 11, 2023 6pm to 7:30pm

Register using the [link](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.eventbrite.com%2Fe%2Fhuman-trafficking-panel-discussion-tickets-483429359227%3Ffbclid%3DIwAR2irV6tRitAeE-YcD8YPUeDNTmnp9CHzjopZh95CFEQTvzDYs3AZ6t0Fnw&h=AT07BwZaFmsDtxEgf-wX82GiVjjIUngGevbqgfLaVXIZmp7JYxl5lsB7COMtQhJatZDEXpu2KTWf7DACCBIxUxMAHoWIelaV_M6WDnyzF4GVTjI1KYu5l50XHcYdzdlLRgGD&__tn__=-UK-R&c%5b0%5d=AT3fE1eb6OqGZ3GgCoKiXuoQJwGmLPO8-gHWUu0FYt2TKNaI3YskF62dtYSFAWxIbbDCDSydvk01iBWcVEsB1x7tB72_Ds-WGY_Qco27DKmQ8MkkjzDhm6uIrgLiIkLCfUZvwGp9ZT0lny1lJGH91GS7td9epjufYJNhB-BQJnUeyMIY6Z80hBUz4dFe2irbgBoZ4eA2pBDOeZgrZygRKLuEc6GRPX1Z4yk1IQ).

* **Title: NAMI Peer to Peer Education Program Class**

**Description:** NAMI HC is hosting a HYBRID Peer-to-Peer Class in January! Peer-to-Peer is an 8-week class for adults with any mental health condition who are looking to better understand themselves and their recovery.

**Date/Time:** Wednesdays, January 18, 2023 to March 8, 2023

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

* **Title: Adult Mental Health First Aid Training**

**Description:** Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Tickets for this class are $150.00. There are also Grant Funded and Pay-As-You-Can options.

**Date/Time:** Wednesday, January 11, 2023 9am to 4pm

Register using the [link](https://www.mhamd.org/news/event/adult-mental-health-first-aid-course-9/).

* **Title: CAMS – Care Training**

**Description:** CAMS-Care (Collaborative Assessment and Management of Suicidality) is an evidence based, suicide-focused treatment backed by 30 years of clinical research. Training consists of a self-guided Foundational Video Course, a virtual Role Play Training, and 4 (optional, but highly encouraged) consultation calls.

**Date/Time:** Register for one of these dates: January 10, February 16, or March 10, 2023

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLScWDCtrnK4Hdj2-LO1q-OgbrWpgQS6SecN6NTSgqiuUd8jyjw%2Fviewform&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C48a22413e74c42bff4ed08dae9d5ad9c%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079401300818962%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=1P8fG4xk%2FDevIasyj4SpQ%2FqoDIKkZjUhx0C82prXUgg%3D&reserved=0).

**OTHER RESOURCES, RESEARCH, AND ARTICLES**

**HEALTHY BEGINNINGS**

* Let’s Get Together: A Guide for Engaging Communities and Creating Change: Safe Routes Partnership provides ways to engage communities to create activity-friendly places. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.emailupdates.cdc.gov%2Fr%2F%3Fid%3Dh73cd3eb7%2C18077d4e%2C1808dcc4%26e%3DQUNTVHJhY2tpbmdJRD1VU0NEQ18yMDU0LURNOTYxNTImQUNTVHJhY2tpbmdMYWJlbD1Ub3AlMjAxMCUyMEFjdGl2ZSUyMFBlb3BsZSUyMGxpbmtzJTIwZnJvbSUyMDIwMjI%26s%3DQ8pO9eyLx7q71Yh58q1Ng3SsfTjQwfUlkV0i2vtceCU&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cb8fa6669d4554e200c9e08dae81977ff%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638077493339061376%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=y4q%2FQjk9oV7gBscCcseM1vW1cVNXagRJCJhgrq9BXI0%3D&reserved=0).
* NIMHD Study ties Medicaid Expansion to Increased Gestational Diabetes Treatment. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEyMjcuNjg4NzA1MTEiLCJ1cmwiOiJodHRwczovL25pbWhkLm5paC5nb3YvbmV3cy1ldmVudHMvcmVzZWFyY2gtc3BvdGxpZ2h0cy9tZWRpY2FpZC1pbmNyZWFzZXMtZ2VzdGF0aW9uYWwtZGlhYmV0ZXMtdHJlYXRtZW50Lmh0bWw_dXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5In0.ijsIkVqpaSf9hYGcSp5skLpcN0SF6H3VXU4WbSdnID0%2Fs%2F1504862398%2Fbr%2F151285881220-l&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C22608c4c5f9044f8eb7908dae9be96cc%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079302050137350%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=GTY28T2eKK42z5uP6fOSPcaIm92f8R%2Ba5i%2B%2BpjbYkyc%3D&reserved=0).
* Covering Doula Services Under Medicaid: Design and Implementation Considerations for Promoting Access and Health Equity. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchcs.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D96a70625e5f0fe1c5e5329201%26id%3De7482be374%26e%3D4506790733&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cab86bea9ecf745389ca708dae9bf3d3f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079304815373222%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pYyDIWbtNG%2BSZ3Hky6e9lIiW8hC39LdhE3GwVJ%2BL2rg%3D&reserved=0).
* Fact Sheet: Low and No Calorie Sweetened Drinks. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.everyaction.com%2Fk%2F56197692%2F384240235%2F-568497889%3Fnvep%3Dew0KICAiVGVuYW50VXJpIjogIm5ncHZhbjovL3Zhbi9FQS9FQTAxNS8xLzk1MzM4IiwNCiAgIkRpc3RyaWJ1dGlvblVuaXF1ZUlkIjogImEwMGIzM2U2LWEwODAtZWQxMS05ZDdhLTAwMGQzYTllYjkxMyIsDQogICJFbWFpbEFkZHJlc3MiOiAiYnJhbWJoYXJhdEBob3dhcmRjb3VudHltZC5nb3YiDQp9%26hmac%3D-E5eXzANcgyxW93NsKKq_EeO6JcLE9c-LszOcRw0vaI%3D%26emci%3Dacde1b6f-ec77-ed11-819c-000d3a9eb474%26emdi%3Da00b33e6-a080-ed11-9d7a-000d3a9eb913%26ceid%3D10534328&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cdae6ef0b54d94ec0a64708dae9d00944%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079376985407118%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EGVQ%2FrGfZpFyuB8aArTHJIXlSex6PL7PhW006FzxWh0%3D&reserved=0).
* Eight Strategy Profiles to Improve Child Health. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.everyaction.com%2Fk%2F56197693%2F384240295%2F-1926807772%3Fnvep%3Dew0KICAiVGVuYW50VXJpIjogIm5ncHZhbjovL3Zhbi9FQS9FQTAxNS8xLzk1MzM4IiwNCiAgIkRpc3RyaWJ1dGlvblVuaXF1ZUlkIjogImEwMGIzM2U2LWEwODAtZWQxMS05ZDdhLTAwMGQzYTllYjkxMyIsDQogICJFbWFpbEFkZHJlc3MiOiAiYnJhbWJoYXJhdEBob3dhcmRjb3VudHltZC5nb3YiDQp9%26hmac%3D-E5eXzANcgyxW93NsKKq_EeO6JcLE9c-LszOcRw0vaI%3D%26emci%3Dacde1b6f-ec77-ed11-819c-000d3a9eb474%26emdi%3Da00b33e6-a080-ed11-9d7a-000d3a9eb913%26ceid%3D10534328&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cdae6ef0b54d94ec0a64708dae9d00944%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079376985407118%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RM4s2Xrf%2BP8fQdmc7VfehAMtAiSD6pBS4SrVBRjmyuo%3D&reserved=0).
* Fact Sheet: Physical Activity is Key for Young Kids’ Health (Ages 3 through 5). [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclick.everyaction.com%2Fk%2F56197705%2F384240456%2F1562605147%3Fnvep%3Dew0KICAiVGVuYW50VXJpIjogIm5ncHZhbjovL3Zhbi9FQS9FQTAxNS8xLzk1MzM4IiwNCiAgIkRpc3RyaWJ1dGlvblVuaXF1ZUlkIjogImEwMGIzM2U2LWEwODAtZWQxMS05ZDdhLTAwMGQzYTllYjkxMyIsDQogICJFbWFpbEFkZHJlc3MiOiAiYnJhbWJoYXJhdEBob3dhcmRjb3VudHltZC5nb3YiDQp9%26hmac%3D-E5eXzANcgyxW93NsKKq_EeO6JcLE9c-LszOcRw0vaI%3D%26emci%3Dacde1b6f-ec77-ed11-819c-000d3a9eb474%26emdi%3Da00b33e6-a080-ed11-9d7a-000d3a9eb913%26ceid%3D10534328&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cdae6ef0b54d94ec0a64708dae9d00944%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079376985407118%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=crfwFCrr4190Ev4Z7GAK7IMk5SuRJWdvzfL0vfoKRpk%3D&reserved=0).

**HEALTHY LIVING**

* Fostering Healthy Communities Through Planning and Public Health Collaboration—Resource from the American Planning Association provides an overview of how public health and planning practitioners can collaborate. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.emailupdates.cdc.gov%2Fr%2F%3Fid%3Dh73cd3eb7%2C18077d4e%2C1808dcc7%26e%3DQUNTVHJhY2tpbmdJRD1VU0NEQ18yMDU0LURNOTYxNTImQUNTVHJhY2tpbmdMYWJlbD1Ub3AlMjAxMCUyMEFjdGl2ZSUyMFBlb3BsZSUyMGxpbmtzJTIwZnJvbSUyMDIwMjI%26s%3DSUtElb-IIFp7-xHJSSCIRM0nA3NXKZI6OOb0AEu75aQ&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cb8fa6669d4554e200c9e08dae81977ff%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638077493339061376%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9ZgGk88VpMByR0MiKCBYV9epBL5R2TI8%2FDWSxM19Qi4%3D&reserved=0).
* Equitable and Inclusive Access to Physical Activity—Updated Active People, Healthy Nation webpage provides information on prioritizing health equity, strategies for improving equitable access to safe areas for physical activity, success stories, and resources. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.emailupdates.cdc.gov%2Fr%2F%3Fid%3Dh73cd3eb7%2C18077d4e%2C1808dcc3%26e%3DQUNTVHJhY2tpbmdJRD1VU0NEQ18yMDU0LURNOTYxNTImQUNTVHJhY2tpbmdMYWJlbD1Ub3AlMjAxMCUyMEFjdGl2ZSUyMFBlb3BsZSUyMGxpbmtzJTIwZnJvbSUyMDIwMjI%26s%3D7N-OS1G2-SjQ9K_Diz9vXhaG_NIIPhcCeFa6p8ADGrU&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cb8fa6669d4554e200c9e08dae81977ff%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638077493339061376%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WSJWeYQQZXNovwFEOudLZLFji3S73NuI4anGiK49yWk%3D&reserved=0).
* Engaging Communities of Color to Promote Health Equity: Five Lessons Learned from New York-based Health Care Organizations. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchcs.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D96a70625e5f0fe1c5e5329201%26id%3D037fdd5e82%26e%3D4506790733&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cab86bea9ecf745389ca708dae9bf3d3f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079304815373222%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=grQDSeluhP4ppbwQBWHi4AbBp3jJ%2BYKXNa9VkA5s%2B54%3D&reserved=0).
* Interruptions in Routine Blood Pressure Screening Services Among Local Health Departments During the COVID-19 Pandemic New Research. [Link](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsend.naccho.org%2Flink.cfm%3Fr%3DI0wBAS-iEXn9qBvnb9M4wg~~%26pe%3DbfQF4PHPudu2P7BYFnR2WkP0czFWIjTcuRyTrDZhxzFvYXbhUJc26VY5n2UMPZ93VjWFk6bwRwZP1VLangf3UQ~~%26t%3DuDjOG6K7v722cTERu3F0HA~~&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cd9fc37c5f3d242bf494508dae9d46e07%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079395849493744%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BO%2FUc8hlCuznA3w1dOLxeh3vyyuDF%2FpvHHq3Q9fD7VA%3D&reserved=0).
* Healthy Weight Control Balancing Eating and Exercise article. [Link](https://newsinhealth.nih.gov/2022/12/healthy-weight-control).

**HEALTHY MINDS**

* From the Better Care Playbook: Focus on Mental Health and Addiction Care Blog. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchcs.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D96a70625e5f0fe1c5e5329201%26id%3D725a0563eb%26e%3D4506790733&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cab86bea9ecf745389ca708dae9bf3d3f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079304815685640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=YA9Sp8nbmjnMrqIln%2BM7FMh%2FYFPmWzw0m4YaDVPQNV4%3D&reserved=0).
* Implementing Peer Supports in Mental Health Services: A Perspective from the Field. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchcs.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D96a70625e5f0fe1c5e5329201%26id%3Db583e3f989%26e%3D4506790733&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cab86bea9ecf745389ca708dae9bf3d3f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079304815685640%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qVDsXtGzcARi5HcL41hWD0mbmIoHVDS9BHIVfbs79hE%3D&reserved=0).
* The Trevor Project is publishing the findings of its national survey, which captured the experiences of nearly 34,000 LGBTQ people ages 13-24 across the United States in 2022, segmented by all 50 states. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001L44jV1PR2pNqn0HNel-KSE7bSSydVi_zlwHFjZ3NfHw05mYsI_5_6VnxP6TmlwXJJ6ZzTLsGtSTYR33yh7NND0GXqIoIC43yd3AKkn_pvrKCiMGo_kpqSAao5w8syphPDN2Jm38lk4UkJicJmzw39_fOrR_QNxTKI46Dj7j2cZq73nVYZELYRsz3v1L4RFeTDYcxPAqpcJEb9mKDLgQ2He6LXFh9cdvy_sOajVW-XKOluqj1_1ijMjT4Qmyza-th3h-fQxBNZQyThkLVZBNDRA%3D%3D%26c%3D3Y-QFBt1efgjzpoOt1QyhFe7Pst2yKglAj-jP3oc48vXcP2JNQXXBw%3D%3D%26ch%3DJsoARPpJwhOCrnvexdgu6viimA93VDISPh4K0dwCKUbOdXm91hZ4ig%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C8dd5f24518c7436af86408dae9cddfb5%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079367714990530%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PJgK6ahmdj8Y92DPs6ENwp%2FUjBoxq5zUrgtF57rSzS8%3D&reserved=0).
* Using the State Unintentional Drug Overdose Reporting System (SUDORS), a recent CDC report describes trends and characteristics of overdose deaths during July 2019–December 2021 among persons aged 10–19 years. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001L44jV1PR2pNqn0HNel-KSE7bSSydVi_zlwHFjZ3NfHw05mYsI_5_6VnxP6TmlwXJLVpQYJMmuiDdhMpedN49-hUFgn5fwk5NrAJXO9SvjhK8HZmtBlYnq9KfzIq1bWzhFHZ9I5XKkrcy9UcVjH2XaNqJA7L_K5V4dM4dZ5AJzdgGxl3XUvXb_k6sgEQlI69jUoNasvMwidvlx2p3WlRZnTgAkDxmJbMa%26c%3D3Y-QFBt1efgjzpoOt1QyhFe7Pst2yKglAj-jP3oc48vXcP2JNQXXBw%3D%3D%26ch%3DJsoARPpJwhOCrnvexdgu6viimA93VDISPh4K0dwCKUbOdXm91hZ4ig%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C8dd5f24518c7436af86408dae9cddfb5%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638079367714990530%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=10q%2BvHCXY1sFICTpNsdFEa9eJ90NBK3EI2YuBI83LRQ%3D&reserved=0).