November 1, 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**

* American Lung Association Scholarships available for Howard County CARES (COPD & Asthma Resources with Educational Support) program. Email JaKaiya Frisby at [JaKaiya.Frisby@lung.org](mailto:JaKaiya.Frisby@lung.org).
* Virtual Opioid Overdose Response Program Trainings: November 1, 2022 and November 10, 2022 at 3pm. [Link](https://www.howardcountymd.gov/health/opioid-overdose-response-program).
* University of MD is conducting a Spanish-English Bilingual Project to develop better language assessments to diagnose aphasia and dementia in bilingual people. They are recruiting Spanish-English bilinguals to participate. Participants are paid for their collaboration. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001bPJV5wXRw4ob6qKW0hnEVQhQEgqjKgWtAe_ldPdRlstKLTinHd5VCT7k2IOLnAteUHQw6UXUlN3dfLvQ1OvrWqOwIXRogt-qBgW_3SxNqgVc7Fas708VMYwhYOPCWlpQN9t3XO1X_HVshDyowPy2TPXZoNd_u5kz15-PYV0FRisBciIoU3jr4_It1TdeNzw0%26c%3D9YhrsNcy-ORZHkif9ihGb5qrRfUoJZDL8vW9EECWLiCa665ZjqNPxw%3D%3D%26ch%3DRl-lCfpyHlTH5EfwUvFHkRxjPzhHOfZbvVV-ohLQM6FtD8ijDhKj7g%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C225acdcb083c48ef336608dab915d0e5%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638025800604115422%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=isl2DSWmKuEiwRb3QHAMsOF7wRYqiqzrq4CvVZh0cLQ%3D&reserved=0).
* OAI’s Age-Friendly Howard County Action Plan is looking for community members to sign up and join an Age-Friendly work group. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0013VGFDDEDkgdy9biIi1UPZxmnGjSQ1Z3yT5Cv1eHuthKrfLXmqIlB1LQpfRTz_Sd675VH1ljt5_6IkbcGtf7LvMZkKs6Vkx-eTbRBv8jSl7ozGXeUtCPvsOUsruQfQlAFjUvjre3mhGOkZg18rQfKwicAlMY2tQc2ThN7P5_-uzjhtSynDAkuGkkA5uxraG-ImrJa9fRLev0JBX2sSxmEFMD4H9XYPtUJooZwvCFP22ELwqVsT5UQZ05lA-7pDGVeY4DPWfwQiymNtRvLsN5kjO6ELgGcemNldN6sXDjJaHHUaFTA5pBw7vCkj3erzibsnBsyS1ErgAifHDxYUhEu92TroNyOSICJNl-66KE5LjCC4jsCe0IAaFp7ZMup_w2p5WTIFwDXefBX6OP9bEpttyQi-6HGNjfvMuwhl0M3_Q44PGeq36PVTJOC0HjjXGSZg7l1N44hobofGja8KlXvSbuKq2KTLS8gMCB-1B_m0E8yW4TNsYYucb-cSPG9_4_hqURNaR9s_VbcQ7G89pe_DFnxN4Zjs9VJsKuK4tdz31G-it4GnUaaHm1MF_eqcgWSc1-Vho7OTuu1SO8RC2EN77z8P4A4t5RIwOuiZFZxLPzB8LS5WzMKCSzs-DpRpb-DuH7IBxCaR9UiKtGTVvF0ljqh-nxLeYpAj25V4k-ul_yLvb7mfpCBHJVsP2gTiUJzgBoBAY6L54N01HUWLz3SsZnzfG9i2SOAvWNLRX_Q-WAxaqcCbS7Y41kqd4kvu7-Iy_O7W_f9FeBDpJXC1aWvydaNn1wQsWuDmZsN93nvM9WpXYLoIrss1ZVljL6hCKZp1rnMMBoP23fFqvJI6v1Npqyz0OHDFtJVFhO0ueKNNI0U310o0leBF9o_Y_8H1G6e243uhPCjHqGzn3-3Crde82fU0FoGPb7bdDg3f7yQClM%3D%26c%3DCfwFa2AjkKrVAeRjo_fj5ccxSc9lTHuf6BCy6mH5_f6Iby-4OJsfDA%3D%3D%26ch%3Dru7nFyUyFqAqeWzqtRd40JbsrrkqTgWs0PPxpWIfmGl74k-KNTInOA%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Ca7912108736941b64ce708dab8dc9093%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638025554713329289%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2F85fpR7khrOxGfYxhsmoqK2YmRLRGfX7YTvxpEcW27c%3D&reserved=0).

**FUNDING OPPORTUNITIES**

* **Title: Thriving Communities Program**

**Description**: The U.S Department of Transportation recently announced the Thriving Communities Program, which will be administered by the Build America Bureau. The Maryland Department of Transportation encourages community leaders to consider the program and submit letters of intent or applications to the Bureau by the due dates described below.

**Applications Deadline:** November 22, 2022 [Apply](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMTQuNjUxNDcyNTEiLCJ1cmwiOiJodHRwczovL3d3dy50cmFuc3BvcnRhdGlvbi5nb3YvZ3JhbnRzL3Rocml2aW5nLWNvbW11bml0aWVzP3V0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0ifQ._6kv1HEEEN-K6SXOvMQr9PrzGXlAGwt3JCS_uYkLOVQ%2Fs%2F1846233374%2Fbr%2F145943774298-l&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cdf8735c68e5a475e764808dab82d7119%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024802548311982%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rYanQLdbT7SY6ahGGGrZ0O6VmcDXKmK331RQQLNAizo%3D&reserved=0)

* **Title: Veteran Suicide Prevention Evaluation: Demonstration Project Evaluation Capacity Building Grants**

**Description:** This grant opportunity is designed to serve community-based organizations working in veteran and military communities to provide serving enhancing community integration and social connectedness. Both approaches promote protective factors for up-stream suicide prevention (prior to crisis intervention). Through the grant funding, selected VSOs will conduct formative or process evaluations for one of their programs related to veteran suicide prevention.

**Application Deadline:** Tuesday, November 15, 2022 at 3pm EST [Apply](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdcfoundation.org%2FVSPE_5Year_RFP%3Finline&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cb2ef1cf1d58640e7363608dabb781315%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638028421653079246%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=1roHQ9YWPa%2BNWB1Tl5Y%2FKEuz%2BQ7YxL0p%2Fa5kd5mlOAI%3D&reserved=0)

**UPCOMING VIRTUAL EVENTS, 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: Providing Culturally Relevant Services to Families of LGBTQ+ Youth**

**Description:** This presentation will dive into what it means to have culturally responsive services and key strategies for working with families of LGBTQ+ you people. Discussion will include SAMHSA’s guide on Adapting Evidence-Based Practices for Under-Resources populations.

**Date/Time:** Wednesday, December 7, 2022, 3pm to 4pm.

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fssw195.lt.acemlna.com%2FProd%2Flink-tracker%3FredirectUrl%3DaHR0cHMlM0ElMkYlMkZ0aGVpbnN0aXR1dGUubXlhYnNvcmIuY29tJTNGS2V5TmFtZSUzRExHQlRRX0NPRV9DdWx0dXJhbGx5X1JlbGV2YW50X1NlcnZpY2VzX0NPQQ%3D%3D%26sig%3DUAQbRuf4mFerQBpfRkpic8BR74MYtcYXFZW72GXHXj4%26iat%3D1666794934%26a%3D%257C%257C650838985%257C%257C%26account%3Dssw195.activehosted.com%26email%3DhlpW7pDaPTqxMsWKIbP4p6kM1F0CRx%252Bte1TDDYUAWkg%253D%26s%3D17a10e9d45a686d145721c9587b029a1%26i%3D346A411A15A6324&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc741fdcdb0e94420c58e08dab825f751%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024770446287716%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aMCPiyyiXy46Qk3c%2FYmYw3JYvyDR2Vgna%2FUGCCI3F%2FA%3D&reserved=0).

* **Title: Worries, Concerns & Apprehension**

**Description:** Review the signs and the symptoms of worry in children. Understand how to identify what is causing your child stress. Learn techniques to teach and demonstrate strategies to help your child process and work through their worries. Ask a mental health professional questions on how to help your family.

**Date/Time:** Thursday, November 10, 2022, 7pm to 8pm.

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001mjJFlwcjEd6FGB7XPYBt21SeJmfUQJ--LP6eS6GYKktcorn_g21BdVsOHQojvKKvI84npmZEuzFo8tN4TcKy3jOBDvw7qpmtmrDizkjgHYDSbcBgzFBxanBdyp36jivxV_Mli2HhMSNPOynzkT6WTWsLT1iMjLFOPtCC_lJ3YB8Ca48GVKfy2jSktdRDlRche12SByyjS0bPJlNwZjNqxJQ9iUBvAd-H6s5Xa5wpr1UYpCl9BIYKdOKLo_D73NsLxSl4HyzHdZaVoYEDl1eEBqbxYXNRmsT0WXw1IKB8Te1m1S5JaVp2hclpvK0KOvVW%26c%3DsjeEre6sULbehpEk2lS36uCZuqNJZgv0nQACsRLqNssdh8OP5fv2Qw%3D%3D%26ch%3DwuYSxeE9schzbwpE-WplAkGa-HIKcqIPk62rGRibyzv5U1bDuJGh9A%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc0779d584fe24b8284f108dabb4182f6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638028187291479697%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=QJfPGHITbN1Y%2B1hOkmb6oGKml4VUxI76UqiT4PVUyJw%3D&reserved=0).

* **Title: Sibling Rivalry**

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

**Date/Time:** Thursday, November 17, 2022, 7pm to 8pm.

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001mjJFlwcjEd6FGB7XPYBt21SeJmfUQJ--LP6eS6GYKktcorn_g21BdVsOHQojvKKvAAga1crfNC1wkurNl012n67JMXMDSMHzQX6hdlZZVWw-IBB_cu5xm3x05J9S6cz5AACck9StB68oD3HyAA0sDIYlrYvLxqaK9G7fka7JwVJYjARUIoxioy6_w2RiU9JA7m83vrnd1Mg7dvKWPBbfheMg2afI66RfcIni8huexIvot-mmu0MgbFrGZ7WkGzyb7qxuitnae8V67Nr3lIO5vE2RUFhDdy4HFxaAxkCm1mI4u-YWQ6PH3uj-_Jt1Bprz%26c%3DsjeEre6sULbehpEk2lS36uCZuqNJZgv0nQACsRLqNssdh8OP5fv2Qw%3D%3D%26ch%3DwuYSxeE9schzbwpE-WplAkGa-HIKcqIPk62rGRibyzv5U1bDuJGh9A%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc0779d584fe24b8284f108dabb4182f6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638028187291479697%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=l4rC5auva1zA82qStUK0JE28kzcJeYjNk4s9SARL3d4%3D&reserved=0).

* **Title: Discipline & Communication in the Elementary School Years**

**Description:** This session will help you develop strategies to prevent meltdowns by preparing your home and routine to encourage success. Become familiar with temperament types, tune into different needs and learn how to use this information to individualize your interactions with your child. We will discuss ways to effectively communicate with your child and the importance of structure, consistency and self-esteem to help build a growth mind set.

**Date/Time:** Wednesday, November 30, 2022, 7pm to 8:15pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001mjJFlwcjEd6FGB7XPYBt21SeJmfUQJ--LP6eS6GYKktcorn_g21BdVsOHQojvKKvO-MwA7h6I2BiHSTlhKH5lDfalM8bii-M2BLgTB9xi1h6l_H4fcy7UKowZZeRr1fhrpkDMY51i6xgMTYyMTooyEPMFXo0uOF4SqdoYXlbCoqZ0JI3eWRLWmCKmqNBcLCp7ql_DYzExkSb_r_qx7oUKiUol3J2GnJsaHzlnYv9iymERG4cmst7U06kBJ5Y-DZtKmVyHjrBX1vhd67tErez7tZTA7C-UT8Rbap2-HSH7_Ztc_muLfPbbSs0V-yvImdR%26c%3DsjeEre6sULbehpEk2lS36uCZuqNJZgv0nQACsRLqNssdh8OP5fv2Qw%3D%3D%26ch%3DwuYSxeE9schzbwpE-WplAkGa-HIKcqIPk62rGRibyzv5U1bDuJGh9A%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc0779d584fe24b8284f108dabb4182f6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638028187291479697%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=nKvfFtZakxaTl4MllQ979y4ZxbcD1sIiP33bl8ehUeg%3D&reserved=0).

**HEALTHY LIVING**

* **Title: Improving Health Through Nature**

**Description:** Discussion on the growing body of evidence examining the relationship between improved health and well-being and time spent in nature. The development of evidence-based interventions to increase time in nature, particularly those that address health disparities will be covered.

**Date/Time:** Wednesday, November 2, 2022, 12pm to 1pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001UIdBKEl9uJ9G73EXBK-P3fYlKovVShUpwc81yRCrBZuYfhLqOao2fc2c3ICTPaiyKTX-2_LDd8_2kxjZBOsxsVVwby9uii3KN5FmDe5e1ARGcjEe4mYKkb4Ee-xEdiqZMEEk7ODukD0ijAIUBe6-41SJhrEwvrLwT0VqLUrhoaQ9vd6WinaHnpILlAC-VG3248acu7zLS54%3D%26c%3DNhyEcibxNtPNgDkPUYR-5ocAGn52GIDUvw6areQCq5umZpKfp7EgTg%3D%3D%26ch%3DEML-d9od7Vye1JOvuoKfbBYVWoFJhj0J47XmHQugstGzEoRxRiymVw%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C84091f8fe93a4b7cb1eb08dab82adfd4%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024791523133125%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=g9j65qK%2B1YJCZBeUbN%2FJiuucvTh2uCaz%2FhqTeOlcyvU%3D&reserved=0).

* **Title: Asian Vegetables and Seafood Markets**

**Description:** Join us for our “Good Morning, Howard!” zoom group. The goal is to provide HoCo residents an opportunity to come together in a relaxed atmosphere, to meet with others, and to participate in the discussion/activities of Health and Wellness. Our content may include using technology to connect with family and friends, gardening, exercise, music, movies, jokes, popular websites, and healthy diet. This week’s topic is about cooking with Asian vegetables and sharing favorite local seafood markets

**Date/Time:** Wednesday, November 2, 2022 9am

Register using the [link](https://www.thevillageinhoward.org/content.aspx?page_id=4002&club_id=855297&item_id=1810106&event_date_id=255).

**HEALTHY MINDS**

* **Title: Walking Between Worlds: Border Identity Stress & Resilience Among LGBTQ+ Populations Who Defy Dichotomies**

**Description**: This webinar introduces new and powerful cross-population framework – border identity stress and resilience theory- which highlights the theorized psychosocial challenges (and potential strengths) associated with holding an identify that defies binary categorization.

**Date/Time:** Tuesday, November 15, 2022 3pm to 4pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fssw195.lt.acemlna.com%2FProd%2Flink-tracker%3FredirectUrl%3DaHR0cHMlM0ElMkYlMkZ0aGVpbnN0aXR1dGUubXlhYnNvcmIuY29tJTJGJTNGS2V5TmFtZSUzRExHQlRRX0NPRV9XYWxraW5nX0JldHdlZW5fV29ybGRzX0NPQQ%3D%3D%26sig%3D9QDmDGhwYiGKemMYjHYGEYu8fiWLR2dvtHcdheBp12s2%26iat%3D1666794934%26a%3D%257C%257C650838985%257C%257C%26account%3Dssw195.activehosted.com%26email%3DhlpW7pDaPTqxMsWKIbP4p6kM1F0CRx%252Bte1TDDYUAWkg%253D%26s%3D17a10e9d45a686d145721c9587b029a1%26i%3D346A411A15A6321&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc741fdcdb0e94420c58e08dab825f751%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024770446131503%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kXda%2Ft9WW%2BJaLAQi1fDvVJ%2BWCW%2F%2F%2FInd6YnuexgzCFY%3D&reserved=0).

* **Title: The Opioid Crisis and the Labor Market**

**Description:** In this webinar, the presenters will discuss trends in the U.S. opioid crisis and overdose cases related to other drugs, how differences in state-level policy responses to the crisis may be leading to different labor market outcomes, and how automation and other changes in manufacturing employment may be connected to increases in working-age mortality.

**Date/Time:** Wednesday, November 16, 2022 2pm to 3pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwisc.us20.list-manage.com%2Ftrack%2Fclick%3Fu%3D9843475efd2f7b3976fcd0fbe%26id%3Df99a5831c6%26e%3D2318f48224&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C1c09149978d64ffe662308dab8261663%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024770984047567%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BP5dbyTBGs0opZBsRhdMfjBAyyzltrlzBJNXW193sh4%3D&reserved=0).

* **Title:** **BHA/MedChi Behavioral Health Series: Approach to Insomnia**

**Description:** BHA/MedChi Behavioral Health Series are designed for behavioral and medical health care workers of all disciplines across the state including community and hospital settings. It aims to enhance health care workers' self-care and the care they provide due to numerous stressors workers must combat during the COVID-19 pandemic.

**Date/Time:** Tuesday, November 10, 2022, 5pm

Register using the [link](https://us02web.zoom.us/webinar/register/WN_fxYX6qAUSJKu9FSFzkl8_w).

* **Title: Mental Health Crisis Training The Emergency Petition Process**

**Description**: The BHIPP Mental Health Crisis Trainings are a series of interactive, virtual learning sessions on practices, strategies and resources to support emergency medicine and primary care professionals in addressing pediatric mental health crises. Free CME and CEU credit is available for participation.

**Date/Time:** Thursday, November 3, 2022, 12pm to 1pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001UYWNVbWBYTj2huRJistWEYpMCgj4md0QJYQPU8zu329oNbXhpRUYzLdb07rVt-I0Wi9sHnIt6HZ75o_RcFUaPpbWQW9oMEnQVEKc_egvr_qGkNQh5YmSC8OwQWNVdZBzwPVLfbioH6cP0W2So5Oo4ajoSIyhF4VGlL5GlaIYf-LLNufsO3ncjTACQ2bOdgWykc-yikIOaqjj2BsKQqxgEvogbjVDz2CoCG2cGOMTUKzw_4EEN7w58UB49BeDOhkDRCYI_vsBF-gnE2toNUw_bUrdo8PwseKO%26c%3D1Qjv4hQtW00jJDyKAnyaOwzG2oqhNKOsXvRrRiPPx-FxXD7uvEsX7w%3D%3D%26ch%3DC57CpFWT_lnKowo4zByrP0_bf6q9CUcP7_5uezsk4bLPZ5UryG9IXw%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C603f0949e8564ed5284a08dab826cef1%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024774100524948%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KVl3aVSavJz5ILTAJwZvQwlhiyZuwilm%2FfHY3WMOlPw%3D&reserved=0).

* **Title: Congregational Depression Awareness Program**

**Description:** Johns Hopkins Center for Innovation (CIM) Seminar featuring the Congregational Depression Awareness Program presented by Dr. Dan Hale and Dr. Denis Antoine

**Date/Time:** Tuesday, November 15, 2022, 4:00 pm to 5:00 pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjhjhm.zoom.us%2Fj%2F96153052270&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cbc1c7e80e97e4064a07508dab82850da%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024780555595398%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=YasgcbdLDq0dEfeUBsnP2iJzaaFxiMIqqSu4aDXAYBI%3D&reserved=0).

* **Title: Dementia Live**

**Description:** Dementia Live® is an interactive experience that simulates what it’s like to live with a cognitive impairment and sensory changes. Caregivers have found the experience to be enlightening, helping them to foster a greater depth of understanding and empathy for those in their care.

**Date/Time:** November 7, 2022 6pm to 7pm.

Register: Contact Emily Leclercq at 410-313-5917 or email [eleclercq@howardcountymd.gov](mailto:eleclercq@howardcountymd.gov).

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

**HEALTHY BEGINNINGS**

* **Title:** **Healthy Eating for Healthy Children: A Course for Dental Hygienists**

**Description:** Learn how to Use non-stigmatizing language to talk about food and weight. Explain the Go-Slow-Whoa framework for making healthier food choices. Teach families how to identify the sugar content in drinks. Explain how parents & kids can share decision-making around food.

**Date/Time:** Self-paced course

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnephtc.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D0e2d5447755dbd4ee61d67ce4%26id%3Dc8c80ea510%26e%3D68739f03ea&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C8e10ea10f9c44af64e4f08dab8253c15%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024767307005542%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ce8DPeF98fJ%2BRehFZcb06GQgw6AOde9xZzPqQwHjKPs%3D&reserved=0).

* **Title: Parent Craft**

**Description:** Parent Craft is a free self-paced online course that teaches parents the skills they need to meet the risks of substance abuse. Parent CRAFT is based on the proven CRAFT method (Community Reinforcement and Family Training) which is intended to help family members of those with substance use issues decrease their use and accept treatment. The course empowers parents to learn more effective ways to communicate, use positive reinforcement, find treatment programs, and more.

**Date/Time:** Self-paced course

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001mjJFlwcjEd6FGB7XPYBt21SeJmfUQJ--LP6eS6GYKktcorn_g21BdTPMiAz3zPD1wba1cXU_KpLWFCU73D-_e_Q3m6kfbQh3oXd4DzhQj6tSw2SoG88rY2_Ooag32m3ou6ja4J3OrgltgwlPkTkKdw3RzplCmqhBI7CgCh6gZXg%3D%26c%3DsjeEre6sULbehpEk2lS36uCZuqNJZgv0nQACsRLqNssdh8OP5fv2Qw%3D%3D%26ch%3DwuYSxeE9schzbwpE-WplAkGa-HIKcqIPk62rGRibyzv5U1bDuJGh9A%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc0779d584fe24b8284f108dabb4182f6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638028187292104584%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=cHU2JaJjJWQBHeoV7%2BSX17HfdrTPDx6vThd97vJuA2w%3D&reserved=0).

**HEALTHY LIVING**

* **Title: Grant Writing Basics and Best Practices**

**Description**: Learners will uncover the essential components of grant writing, including where to find the right funding, the implications of different application processes, and the structural components of a grant proposal. Learners will have the opportunity to assist a program manager with writing a grant for a hypothetical scenario.

**Date/Time:** Self-paced course

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnephtc.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D0e2d5447755dbd4ee61d67ce4%26id%3Dcb39724ce7%26e%3D68739f03ea&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cdeb978dce8744882cbdc08dab82b790c%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024794091516949%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=U%2FKb3cyDBfdASNw09EDUU1qku3dpQ8Xkoa3kkZqcAcA%3D&reserved=0).

* **Title: Caregiver Support Program**

**Description**: OAI's Caregiver Support Program is a great place to schedule a Care Talk with one of their caregiver specialists. These informal, in-person meetings provide information and resources, no matter where you are on your caregiving journey. Appointments are scheduled between 10 a.m. and noon at Howard County 50+ Centers.

**Date/Time:** Varies, contact Earnestine Thomas at [ethomas@howardcountymd.gov](mailto:ethomas@howardcountymd.gov) or call 410-313-5969 (voice/relay).

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D0013VGFDDEDkgdy9biIi1UPZxmnGjSQ1Z3yT5Cv1eHuthKrfLXmqIlB1C4ez3GKOfF5XjvBhyXVRbUyVpoHWipHX21q6QwUtWgvYnHdE2HehO8ZstrSPv1QcpxU4adKIdaCAAqTIBzg2RiSj0tXtt5JtfoFCK7CmajB9FB82CHGMVnjwoYnz-n-yDJZjY-_oHtWUjvOwiaGALUpOqNWMkCV5Q%3D%3D%26c%3DCfwFa2AjkKrVAeRjo_fj5ccxSc9lTHuf6BCy6mH5_f6Iby-4OJsfDA%3D%3D%26ch%3Dru7nFyUyFqAqeWzqtRd40JbsrrkqTgWs0PPxpWIfmGl74k-KNTInOA%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Ca7912108736941b64ce708dab8dc9093%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638025554713329289%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FBsyVRYNxnWyUOpQCT0XQDD2zjSkzZVclYV0g%2Fb9%2Bwc%3D&reserved=0).

* **Title: Asthma Basics**

**Description**: The American Lung Association offers a free one-hour interactive online learning module to help individuals learn more about asthma. The course is ideal for individuals with asthma, parents of children with asthma and friends and family of someone with asthma who would like to learn more about the disease. This module teaches participants to recognize and manage asthma triggers, understand the value of an asthma action plan and how to recognize and respond to a breathing emergency.

**Date/Time:** November 4, 2022, 11am to 12:30pm

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001mjJFlwcjEd6FGB7XPYBt21SeJmfUQJ--LP6eS6GYKktcorn_g21BdVsOHQojvKKv-hzJe1htlb0sBtQGq4ltwb0V20f-BZRZhYyeQ0uUlnvzqCgbvJjvS5LphlZ3WOixgquBiD4Lm4h1dWeDTqtg8xrNdcaP4ydExwNS6VWtx57r_vT4Oi7AvTo52MsDJcs5v1aO5ju45U89HZquvjIUO6RnpoX-CRkxhaXZnOOWmehgC5M9ZUwPxLJAf-ONNX1YdV6hZSeQn6RMzVfzjRGqRFXu0vj_RdQZtehE0kn-Nl9HRcKKfI09ILyigTuDvDWSggjIo5b-QvuioDy3i8yzmisY_LyzDsFUyturK2OsDF4%3D%26c%3DsjeEre6sULbehpEk2lS36uCZuqNJZgv0nQACsRLqNssdh8OP5fv2Qw%3D%3D%26ch%3DwuYSxeE9schzbwpE-WplAkGa-HIKcqIPk62rGRibyzv5U1bDuJGh9A%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc0779d584fe24b8284f108dabb4182f6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638028187292417059%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=fMxsAt2i2iMP6LQZaSXG4pWcYMZFca9fxI4ssRii04g%3D&reserved=0).

**HEALTHY MINDS**

* **Title: How to Change for the Better**

**Description**: Behavioral scientist and professor Katy Milkman explores the inner workings of change in her book How to Change: The Science of Getting from Where You Are to Where You Want to Be. In this course, you’ll learn about behavioral change and explore strategies you can use to achieve your own goals. You’ll also discover what keeps us from changing and how we can overcome these typical barriers to change.

**Date/Time:** Self-paced course

Register using the [link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnephtc.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3D0e2d5447755dbd4ee61d67ce4%26id%3D015d1d43d0%26e%3D68739f03ea&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cdeb978dce8744882cbdc08dab82b790c%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024794091516949%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WgS2h%2FLvF4cBqidceT%2Fop9KxTdRJ8tALBzAbFVia57o%3D&reserved=0).

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

**HEALTHY BEGINNINGS**

* Supporting Breastfeeding and Maternal Mental Health During the COVID-19 Pandemic. [Link](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fastho1.informz.net%2Fz%2FcjUucD9taT0zNzY1MTkwJnA9MSZ1PTQyNjY5MjYzNiZsaT0zNzY5NTY1Mw%2Findex.html&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C989f9b3e338a4ae3ef1108dab8251f90%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024766837422605%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=exDeZylwNJpyMalLTM%2FL4b5NLv3sBuiOj%2F6Rxyuzffc%3D&reserved=0).
* Examining State Innovations to Advance Breastfeeding and Health Equity. [Link](https://www.astho.org/topic/report/examining-state-innovations-to-advance-breastfeeding-health-equity/?utm_source=informz&utm_medium=email&utm_campaign=asthophw&utm_content=MCH&utm_term=BreastfeedingEquity).
* Active Healthy Kids Global Alliance released the 2022 United States Report Card on Physical Activity for Children and Youth. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001lRZW-5mvtkcbk3IoQUcUoCH57WydRb2DxR5yQtdlIRKHbNZVrrLd079AoD13WI9Vvjn88SM3Jyz2Ytc0j075ljx2QIUNKZLRmsxwjaxTBIDnjkm6jAkZLSmgQZnto5R7SwKXXpNLos_zKuClyOtbzyXc8a8HHCs0E3oTquur8Iw%3D%26c%3Db2gf_KQ5avHVPAkTKlxO8wYvyBevVyds5rNs7BUOnAYefKIAsHnlXA%3D%3D%26ch%3DfEVe-Mvr-3WBbc-QqZcwZseBFybXZljh3EwrakkEItxCBANWBhFrzQ%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Ccdd2ae4826714ecb067908dab8278325%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024777123610217%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ziuS3JW13R6XXPl2mT7l5d5EUNSIALs4CYYcXRK89p4%3D&reserved=0).
* Advocating for Children with ADHD: Articles from ADDitude. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001mjJFlwcjEd6FGB7XPYBt21SeJmfUQJ--LP6eS6GYKktcorn_g21BdVsOHQojvKKvvc0V0hq_wnWkA0Zw3JcLJpoaIDfDUbFKT-T63xNvEDNCpZEN7DamZI_1pjSj_M6QNeiorR-C4JWgKnIFg6boD9pEq5lPvfiOeEZNqGr725LLTi9-n2Hbnawd_KWEuGjtNY1vKi9DQSA2EYlyCMndjMIltFh1HblD%26c%3DsjeEre6sULbehpEk2lS36uCZuqNJZgv0nQACsRLqNssdh8OP5fv2Qw%3D%3D%26ch%3DwuYSxeE9schzbwpE-WplAkGa-HIKcqIPk62rGRibyzv5U1bDuJGh9A%3D%3D&data=05%7C01%7Cslloyd%40howardcountymd.gov%7Cc0779d584fe24b8284f108dabb4182f6%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638028187291792142%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=a2zX5XFQ6W6pZDJqgN1Z0w%2FDzUixQdEVuTISZ6ma9hU%3D&reserved=0).

**HEALTHY LIVING**

* NIMHD-funded study on colorectal cancer found that men who consumed large amounts of ultra-processed foods had an increased risk for developing colorectal cancer. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjEwMjcuNjU3NzgyNDEiLCJ1cmwiOiJodHRwczovL3d3dy5ibWouY29tL2NvbnRlbnQvMzc4L2Jtai0yMDIxLTA2ODkyMT91dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkifQ.vQKQa0tKBj7mI9pcBUw1_v0UqUKEZhfOLhMGW6InnhE%2Fs%2F1504862398%2Fbr%2F146879707687-l&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C1d95d1e505144b7dff2008dab8defe01%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638025565152437155%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=lhXJKoW0YciB40%2BM1hIA0h8B3wERWh9fBRWWm0N22vc%3D&reserved=0)

**HEALTHY MINDS**

* Final Recommendation Statement: Screening for Anxiety in Children and Adolescents. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJlbWFpbCI6ImJyYW1iaGFyYXRAaG93YXJkY291bnR5bWQuZ292IiwiYnVsbGV0aW5fbGlua19pZCI6IjEwMSIsInN1YnNjcmliZXJfaWQiOiIxNTA0ODYxODgzIiwibGlua19pZCI6IjI1MDk1MTY1MDkiLCJ1cmkiOiJicDI6ZGlnZXN0IiwidXJsIjoiaHR0cHM6Ly93d3cudXNwcmV2ZW50aXZlc2VydmljZXN0YXNrZm9yY2Uub3JnL3VzcHN0Zi9yZWNvbW1lbmRhdGlvbi9zY3JlZW5pbmctYW54aWV0eS1jaGlsZHJlbi1hZG9sZXNjZW50cyIsImJ1bGxldGluX2lkIjoiMjAyMjEwMTEuNjQ5NjgwNDEifQ.Z2SxyJq7tgqvJVOxY_FhcCxAojB8NYdH9yWdTxNrimc&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C60a741c0eded4ca1baf908dab824a8b4%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024764848423027%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=mP5NYn5AvBNQ9e4rs1DcAhKA2NnHjtNhyHPWMoAt4yE%3D&reserved=0).
* Final Recommendation Statement: Screening for Depression and Suicide Risk in Children and Adolescents. [Link](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJlbWFpbCI6ImJyYW1iaGFyYXRAaG93YXJkY291bnR5bWQuZ292IiwiYnVsbGV0aW5fbGlua19pZCI6IjEwMSIsInN1YnNjcmliZXJfaWQiOiIxNTA0ODYxODgzIiwibGlua19pZCI6IjI1MDk1MTY3MDgiLCJ1cmkiOiJicDI6ZGlnZXN0IiwidXJsIjoiaHR0cHM6Ly93d3cudXNwcmV2ZW50aXZlc2VydmljZXN0YXNrZm9yY2Uub3JnL3VzcHN0Zi9yZWNvbW1lbmRhdGlvbi9zY3JlZW5pbmctZGVwcmVzc2lvbi1zdWljaWRlLXJpc2stY2hpbGRyZW4tYWRvbGVzY2VudHMiLCJidWxsZXRpbl9pZCI6IjIwMjIxMDExLjY0OTY4MTAxIn0.0XQ3imm56In0l2xa6b8BAEoW4Ur53Bu7yMr9I9ouLaM&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C60a741c0eded4ca1baf908dab824a8b4%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024764848579661%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3MUJD%2Bytzz1bSWdbhggtKZcvVuSCByI%2BWUCSV3g6LQA%3D&reserved=0).
* States Using Policy to Reduce Dementia’s Disease and Fiscal Impact. [Link](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fastho1.informz.net%2Fz%2FcjUucD9taT0zNzY1MTkwJnA9MSZ1PTQyNjY5MjYzNiZsaT0zNzY5NTY1NA%2Findex.html&data=05%7C01%7Cslloyd%40howardcountymd.gov%7C989f9b3e338a4ae3ef1108dab8251f90%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638024766837422605%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zomSsOlgVsZs1rYWPGZVryYj5rElKiscppSmtsvnX18%3D&reserved=0).
* ASTHO Healthy Aging and Brain Health article. [Link](https://www.astho.org/topic/population-health-prevention/chronic-disease/healthy-aging-brain-health/?utm_source=informz&utm_medium=email&utm_campaign=asthophw&utm_content=HealthyBrain&utm_term=toolkit).
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