January 13, 2022

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

**LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS**

* Howard County Government Coronavirus Disease 2019 (COVID-19) Information [StayCOVIDSafe.howardcountymd.gov](https://www.howardcountymd.gov/Departments/COVID-19-Coronavirus-Countywide-Updates)
* Maryland Department of Health launches Youth Suicide Prevention Toolkit <https://bit.ly/3s7m54A>

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

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

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

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

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

* The Maryland Department of Transportation State Highway Administration (MDOT SHA) is currently requesting input to form the state’s Pedestrian Safety Action Plan (PSAP) initiative. Input to help identify and prioritize corridors and improvements is requested by January 17, 2022.please[click here](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclicks.aweber.com%2Fy%2Fct%2F%3Fl%3DLBMv5%26m%3DiPZyoY1azZf5KMU%26b%3DeeIdbLyPB6BAxM_TOUCADQ&data=04%7C01%7Croldham%40howardcountymd.gov%7C678cebb0c3d74aa5e42b08d9d45124bb%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637774267242724190%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=x000CujA3KGoP5dwD6h%2BvyWXyj5axmJDjlEL0m5UXcI%3D&reserved=0) to visit the PSAP project website.
* MDOT to host an online grants webinar for pedestrian, bicycle, and transit projects on Wednesday, February 16, 2022, from 10am –12:00 pm.

Register at: <https://register.gotowebinar.com/register/7033585098555540494>

**FUNDING OPPORTUNITIES**

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

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

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

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

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

of Work.

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

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

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

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

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

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

individuals’ options and behaviors.

Grant periods are flexible up to 3 years.

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

**2. *Title***: **Community Health Worker Training Program Development and Implementation**

***Description:*** This Request for Application opportunity is from the Office of Population Health

Improvement at the Maryland Department of Health. The purpose of this grant is for the

development and implementation of community health worker (CHW) training programs.

To see the RFA, click

<https://emma.maryland.gov/page.aspx/en/bpm/process_manage_extranet/40213>

The application deadline is January 21, 2022.

Please email any questions regarding the RFA to Tiffanie Powell at

[tiffanie.powell@maryland.gov](mailto:tiffanie.powell@maryland.gov) and include “BPM027227” in the subject line.

**3. *Title***: **Trauma-informed, Resilience-oriented (TIRO) Approaches Learning Community**

***Description:*** This Request for Application opportunity is from the National Council for

Mental Wellbeing. This Learning Community will provide participating organizations, systems and

communities with the tools and skills to address trauma and promote resilience. The application

deadline is January 21, 2022 by 11:59pm EST and all applications must be completed and submitted

through the online application platform.

Notification of Award: February 4, 2022.

Link can be found [here](https://www.thenationalcouncil.org/wp-content/uploads/2021/12/2022-2023-RFA-Application_updated.pdf?daf=375ateTbd56)

For additional information, please contact Moneeb Khokhar at [Moneebk@thenationalcouncil.org](mailto:Moneebk@thenationalcouncil.org).

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

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

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

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

of National Drug Control Policy.

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

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

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

Funding Start Date: July 1, 2023.

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

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

**(NEPQR- MHTP)**

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

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

populations in rural and underserved areas.

Applications will be accepted until February 22, 2022.

Estimated award date is July 1, 2022.

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

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

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

technical assistance webinar will provide information on the application requirements,

processes, and answer questions about NEPQR-MHTP!

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

**6. *Title***: **The MDOT Kim Lamphier Bikeways Network Program**

***Description:*** The MDOT Kim Lamphier Bikeways Network Program provides grant support for a wide

range of bicycle network development activities. The purpose of the letter of intent is to inform

MDOT of an organization’s interest and provide opportunity for staff to help strengthen the project

submission.

MDOT is accepting letters of intent through Friday, April 1, 2022 from applicants interested

in applying for FY 2023 funding.

For more information, visit the [Bikeways website](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fclicks.aweber.com%2Fy%2Fct%2F%3Fl%3DLBMv5%26m%3Dixp56SZJjZf5KMU%26b%3DFGjBjyEvS7vnIyDbqmg7.g&data=04%7C01%7Croldham%40howardcountymd.gov%7C526ffd1b63e64c48615c08d9d464eade%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637774352173193662%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=K31aF%2FpXjx6s5vw9FNYYQ3LpGepYVwNma%2BHNSAcdXX4%3D&reserved=0) under Letter of Intent or email

[mdbikeways@mdot.maryland.gov](mailto:mdbikeways@mdot.maryland.gov).

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

***Events below may not be hosted or provided by HCLHIC. If you have any questions about***

***these events, please contact the event organizers directly.***

**HEALTHY BEGINNINGS**

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

(Registration is required)

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

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

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

fun and interactive way.

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

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

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

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

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

The anticipated dates are:

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

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

1. ***Title*: Brain Builders: Optimize Your Infant’s Early Brain Development from Birth to 18 Months**

***Description:*** In this workshop, parents and caregivers will gain an understanding of their infant’s

developing brain and how simple daily interactions and activities are the learning moments that

support those brain connections.

***Date/Time:*** Tuesday, January 25, 2022; 7:00 pm - 8:00 pm

***Link:*** <https://www.eventbrite.com/e/brain-builders-infant-years-tickets-228593718967>

1. ***Title:* Nothing I Do Works: A Parent’s Guide to Challenging Behaviors**

(Registration is required)

***Description:*** In this workshop, parents will learn about the Pyramid Model, a comprehensive,

research based approach that considers all of the factors that impact a child, family and a child's

behavior. Will also learn how to decrease negative behaviors and what to do when they occur.

For children ages two to eight.

***Date/Time:*** Wednesday, January 26, 2022; 7:00 pm - 8:00 pm

***Link:*** [https://www.eventbrite.com/e/nothing-i-do-works-a-parents-guide-to-challenging-behaviors-](https://www.eventbrite.com/e/nothing-i-do-works-a-parents-guide-to-challenging-behaviors-tickets-228045719887) tickets-228045719887

1. ***Title:* New Mom’s Support Group**

(Registration is required)

***Description:*** This 8-week support group includes support, referrals, guest speakers, discussion of

parenting topics, and an opportunity to meet and connect with other new mothers. Feel free to

share experiences with other new moms and their babies up to 5 months old.

***Date:*** April 4, 2021 – May 23, 2022

***Link:*** [https://events.hcgh.hopkinsmedicine.org/event/babies-and-new-parents/new-moms-support-](https://events.hcgh.hopkinsmedicine.org/event/babies-and-new-parents/new-moms-support-group) group

1. ***Title*: Introductory/Refresher Virtual Youth SBIRT Training**

(Registration is required)

***Description:*** This virtual training opportunity for new Youth SBIRTs will share knowledge of how to

fit in the context of providing integrated and trauma informed systems of care and using evidence-

based adolescent screening tools to identify levels of risk.

***Date/Time:*** Tuesday, January 25, 2022; 1:00 pm - 2:00 pm

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

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

**setting - 2022 Learning Collaborative Application**

(Registration is required)

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

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

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

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

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

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

**HEALTHY LIVING**

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

(Registration is required)

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

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

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

result from having diabetes.

***Date:*** Every Saturday, February 12, 2021 – March 19, 2022; 10:00 am – 12:30 pm

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

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

(Registration is required)

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

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

ethnic equity in the biomedical research enterprise.

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

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

1. ***Title*: Giant Grocery Store Health Classes**

The Healthy Living Team at Giant grocery store is offering the following health classes:

***Title*: Weight to Go! Series**

(Registration is required)

***Description:*** Led by a weight management expert, this six-week program will provide the

strategies and support you need to manage your weight in a healthy way and make 2022 your best

year yet.

***Date/Time:*** Every Thursday, January 6 – February 10, 2022; 6:00 pm - 7:00 pm

***Link:*** <https://www.eventbrite.com/e/weigh-to-go-series-tickets-155834006709>

***Title*: Try Something New Fitness**

(Registration is required)

***Description:*** A community fitness partner will lead High-Intensity Interval Training (HITT)

classes and share new ways to move your body for better health, flexibility, and strength.

***Date/Time:*** Every Saturday in January at 9:00 am

***Link:*** <https://www.eventbrite.com/e/try-something-new-fitness-tickets-195145263737>

***Title*: Try Something New Cook-Along**

(Registration is required)

***Description:*** Cook alongside Giant Nutritionist Thu and Mandy from the Healthy Living Team as

they make [Whole-Grain Crust Veggie Flatbreads](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Frecipecenter.giantfood.com%2Frecipes%2F99946%2Fwhole-grain-crust-veggie-flatbreads&data=04%7C01%7Croldham%40howardcountymd.gov%7C77806dadd73a4c59ff9608d9d119ae00%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637770730505678417%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=PR3WJi6otnUiw3XN74YoPpQ67lT4Aju9ggiYHlndsMY%3D&reserved=0) and [Citrus Kombucha Mocktails](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Frecipecenter.giantfood.com%2Frecipes%2F218798%2Fcitrus-kombucha-mocktail&data=04%7C01%7Croldham%40howardcountymd.gov%7C77806dadd73a4c59ff9608d9d119ae00%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637770730505678417%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=tA3XefZdfG6Blu1oV4kWzgynnATZObcB1GKpnyST%2BAM%3D&reserved=0).

***Date/Time:*** Thursday, January 13, 2022; 6:00 pm - 7:00 pm

***Link:*** <https://giantfood.com/pages/cook-alongs>

***Title*: Spanish Nutrition Class**

(Registration is required)

***Description:*** Únase a su nutricionista de Giant para una charla por la red desde su móvil o

computadora.

* + Wednesday, January 19, 2022; 6:00 pm - 7:00 pm
  + Wednesday, January 26, 2022; 6:00 pm - 7:00 pm
  + Wednesday, February 2, 2022; 6:00 pm - 7:00 pm
  + Wednesday, February 9, 2022; 6:00 pm - 7:00 pm

***Link:*** <https://www.eventbrite.com/e/clases-de-nutricion-en-espanol-tickets-112514423670>

***Title*: Delicious Discoveries – Salt, The Magic Mineral**

(Registration is required)

***Description:*** Discover fun ways to use salt in and out of the kitchen (thanks to its scientific

properties) by making salt crystal snowflakes. This class is for ages 6-10.

***Date/Time:*** Saturday, January 22, 2022; 10:00 am - 11:00 am

***Link:*** <https://www.eventbrite.com/e/delicious-discoveries-tickets-148639848789>

***Title*: Healthy at Every Size (HAES)**

(Registration is required)

***Description:*** Participants will learn why weight may not be your best health indicator and see how

simple changes can help you achieve your 2022 wellness goals.

* + Thursday, January 20, 2022; 8:00 pm - 9:00 pm
  + Wednesday, January 26, 2022; 1:00 pm - 2:00 pm

***Link:*** <https://www.eventbrite.com/e/haes-eating-to-thrive-tickets-223568688967>

To learn more about the Healthy Living Team at Giant, please visit [giantfood.com/nutrition](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgiantfood.com%2Fpages%2Fhealth-and-wellness&data=04%7C01%7Croldham%40howardcountymd.gov%7C77806dadd73a4c59ff9608d9d119ae00%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637770730505678417%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=C4fUKFhKQwKf%2B%2FNoJyWa%2Fa%2FP25XETUtO4bZGTrGkx28%3D&reserved=0). If you

have any questions, please feel free to email Melanie Berdyck at [Melanie.Berdyck@giantfood.com](mailto:Melanie.Berdyck@giantfood.com)

or call 301-341-4222 for more assistance.

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

(Registration is required)

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

injured person alive until appropriate medical care is available.

Virtual

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

**Adult, Child, Infant CPR Class**

Virtual

* + Wednesday, February 16, 2022; 7:00 pm – 9:00 pm <https://bit.ly/3Fld0sn>

In-person

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

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

1. ***Title*: Structural Racism, Unhealthy Housing, and Asthma Disparities**

(Registration is required)

***Description:*** In this webinar, participants will hear from Dr. Elizabeth Matsui as she discusses

housing-related environmental exposures and their links to structural racism and asthma

disparities. She will also

discuss potential interventions targeting unhealthy housing.

***Date/Time:*** Tuesday, January 18, 2022; 1:00 pm - 2:00 pm

***Link:*** <https://register.gotowebinar.com/register/5418161723419022603>

1. ***Title*: Transforming Racial Lines in Health and Social Care**

(Registration is required)

***Description:*** In this webinar, the speakers will introduce health and social care practitioners to a

particular model and communication process that transforms racial lines by refining the skills of

listening, loving, and lifting spirits.

***Date/Time:*** Tuesday, January 18, 2022; 1:00 pm - 2:00 pm

***Link:*** [https://elearn.sophe.org/products/live-transforming-racial-lines-in-health-and-social-](https://elearn.sophe.org/products/live-transforming-racial-lines-in-health-and-social-care#tab-product_tab_speaker_s) care#tab-product\_tab\_speaker\_s

1. ***Title*: Promoting Racial Equity in Decision Making**

(Registration is required)

***Description:*** In this webinar, participants will understand how to promote racial equity through

internal culture - among stakeholders, in decision making, and engagement.

***Date/Time:*** Tuesday, January 18, 2022; 1:00 pm - 3:00 pm

***Link:*** <https://register.gotowebinar.com/register/3161205201729500176>

1. ***Title*: Righting the Wrongs: Tackling Health Inequities**

(Registration is required)

***Description:*** This two-day webinar will highlight health inequities in multiple sectors and

discuss how communities can address them. Participants will also gain knowledge of and hear

about examples of promising strategies that policymakers, researchers, health care leaders, and

caregivers can employ to address inequities through policy, clinical care, medical education,

research, and community collaborations.

***Date/Time:*** January 19-20, 2022; 10:00 am - 4:00 pm

***Link:*** [https://healthequitysummit.org/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhealthequitysummit.org%2F&data=04%7C01%7Croldham%40howardcountymd.gov%7C9723bf7b74c04b421c2508d9d442b312%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637774205214808897%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=FJFk1eO2lklg4UpEiuuNwNR%2FYXBXF8lREi52iCVSS5o%3D&reserved=0)

1. ***Title*: COVID Latinx Disparities**

(Registration is required)

***Description:*** This webinar will discuss the latest evidence about the trajectory of the COVID-19

epidemic, its impact on Hispanic/Latinx communities, and actions that we can take in our own areas

of practice to address these health disparities.

***Date/Time:*** January 19, 2022; 12:00 pm - 1:00 pm

***Link:*** <https://www.nephtc.org/enrol/index.php?id=253>

1. ***Title:* Howard County Autism Society**

The Howard County Autism Society (HCAS) is offering the following classes:

***Title*: What is your life plan?**

(Registration is required)

***Description:*** This will be Part One of a two-part series for parents and guardians to think through

the process of planning for the day when they are no longer able to care for their loved one.

They’ll be a discussion walking you through the initial steps to plan and communicate your vision for

your loved one’s future, as well as how to work through the practical considerations. Date for Part

2 in Spring 2022 TBA.

***Date/Time:*** Wednesday, January 19, 2022; 7:00 pm - 8:00 pm

***Link:*** <https://bit.ly/34NTEyW>

***Title*: Adult Social Club**

(Registration is required)

***Description:*** The HCAS Adult Social Group welcomes independent autistic adults ages 24 and up.

This is an opportunity to make friends, connect with the community, enjoy social activities, and

learn about local resources. Participants will work on skills related to independence,

interdependence and social interaction.

***Date/Time:*** Every Saturday from 5:30 pm - 7:00 pm

***Link:*** <https://bit.ly/3GqPPh7>

***Title*: Yoga Class**

(Registration is required)

***Description:*** HCAS and the fabulous Yoga Center of Columbia offer yoga instructions to all HCAS

members. All ages are welcome.

***Date/Time:*** Every Saturday from 3:30 pm - 4:30 pm

***Link:*** <https://bit.ly/33hdFxo>

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

(Registration is required)

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

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

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

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

The class will be offered monthly virtually.

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

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

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

invitation to join the virtual class on selected date.

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

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

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

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

(Registration is required)

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

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

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

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

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

1. ***Title*: How can you be an ally to the transgender community?**

(Registration is required)

***Description:*** This webinar will discuss how participants will be able to describe health disparities

facing the transgender community and understand basic terminology and theory as it relates to

transgender health.

***Date/Time:*** Friday, January 21, 2022; 12:00 pm - 2:30 pm

***Link:*** <https://www.nephtc.org/enrol/index.php?id=259>

1. ***Title*: National Academy of Medicine Culture of Health Program Meeting: Measuring Impact for Health Equity**

(Registration is required)

***Description:*** This two-day webinar will examine key considerations for measuring, evaluating, and

communicating the impact of efforts to accelerate health equity. Webinar will also share promising

strategies to measure impact of efforts to sustain and advance health equity outcomes.

***Date/Time:*** January 25-26, 2022

***Link:*** [https://www.eventbrite.com/e/nam-culture-of-health-program-meeting-measuring-impact-](https://www.eventbrite.com/e/nam-culture-of-health-program-meeting-measuring-impact-for-health-equity-tickets-225904886597) for-health-equity-tickets-225904886597

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

(Registration is required)

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

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

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

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

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

1. **Cities for Life: How Communities Can Recover from Trauma and Rebuild for Health**

(Registration is required)

***Description:*** In this webinar, participants will hear from Jason Corburn, professor of urban planning

and public health at UC Berkeley as he shares ideas on how to help communities heal from trauma

—from gun violence, housing, food insecurity, and poverty, and rebuild their social institutions,

practices, and policies to be more focused on public health.

***Date/Time:*** Wednesday, January 26, 2022; 1:00 pm - 2:00 pm

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

1. **Overcoming Resistance to Hospice Webinar**

***Date/Time:*** Thursday, January 27, 2022; 1:00 pm - 2:00 pm

For more information, please contact Brian Mattingly at [brian.mattingly@maryland.gov](mailto:brian.mattingly@maryland.gov)

1. ***Title*: Maryland Honoring Choices Coalition**

(Registration is required)

***Description:*** For this coalition kickoff, you will hear from the Maryland Hospital Association,

MedChi and other stakeholders about their work around advance directives, as well as 2022 policy

recommendations to improve end-of-life care planning for all Marylanders.

***Date/Time:*** Thursday, January 27, 2022; 2:00 pm - 3:30 pm

***Link:*** [https://docs.google.com/forms/d/e/1FAIpQLSfKDWbNvZeTNThqOEQ7b-](https://docs.google.com/forms/d/e/1FAIpQLSfKDWbNvZeTNThqOEQ7b-zAncD0Gm4wTkhGOGoBog6HpXZBZw/viewform) zAncD0Gm4wTkhGOGoBog6HpXZBZw/viewform

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

(Registration is required)

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

professional role.

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

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

1. ***Title*: How to Create Accessible Documents - Microsoft Word and Adobe PDF**

(Registration is required)

***Description:*** This session will focus on creating accessible documents with Microsoft Word and

remediating simple PDF documents using Adobe Acrobat so they are accessible for all end users.

***Date/Time:*** Wednesday, January 26, 2022; 1:00 pm - 2:00 pm

***Link:*** <https://us06web.zoom.us/webinar/register/WN_hvdX-FwGQlaKQ7JQm2YXjQ>

**HEALTHY MINDS**

1. ***Title*: BHA/MedChi Behavioral Health Webinar Series: Helping the Helpers and Those**

**They Serve**

(Registration is required)

***Description:*** This is a webinar series between the Maryland Department of Health (MDH)

Behavioral Health Administration (BHA) and MedChi. These webinars are designed to

enhance both health care worker self-care and resultantly the care they provide, as

health care workers combat numerous stressors including the COVID-19 pandemic,

social justice issues, and other stressors that can potentially impact delivered care.

* January 13: Cultivating Compassion and Resilience for Yourself and Those in Your Care. Beth Terrence, MS. Moderator: Jennifer Greenspun, LCSW-C. Register for this webinar at this link: <https://us02web.zoom.us/webinar/register/WN_agCUaM6QRlyW_-zzxkHsUw>
* January 27: Empathy Fatigue During the Pandemic. Mona Masood, DO. Moderator: Hinda Dubin, MD. Register for this webinar at this link: <https://us02web.zoom.us/webinar/register/WN_xbT5Pjz_QnaGNafQ3-Eyvw>
* February 10: Nurture Your Well-being: A Roadmap for Resilience. Chalarra A. Sessoms, LCSW-C, MSW and Catherine Gray, LCSW-C, MSW. Moderator: Ann M. Hoyt, LCSW-C, MSW. Register for this webinar at this link: <https://us02web.zoom.us/webinar/register/WN_VS_H3CtnSLGmlgEMVMCwqQ>
* February 24: Reflections on Emotional Health and Stigma for Health Care Workers. Susan Noonan MD, MPH. Moderator: Nathaniel Van Kirk, PhD. Register for this webinar at this link: <https://us02web.zoom.us/webinar/register/WN_NSvmm7_HTuC_hqhmiQbW2w>

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

(Registration is required)

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

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

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

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

1. ***Title*: The STAR Program: Innovations in Mobile Crisis Response**

(Registration is requested)

***Description:*** In this training, participants will learn about caregiver support options and resources

available through the Office on Aging and Independence (OAI).

***Date/Time:*** Tuesday, January 18, 2022; 10:00 am - 12:00 pm

Pre-register at [https://oaicaregiverwebinar2022.eventbrite.com](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001GAtBBrT5H7TuG5Mhvlv1hWBm4Jm_Sn8HDDy1DYadre0SsXdVMVMSHrEQkk5DCjcGgs_Ako2yf7rFTv43brKSV78LucXjmZOmYJEzhx2zH4ycxTUPrPuI6VZBzInrUJkssWt_fDCX-I4CYG6ppbtHuH8OYb9CWF4lOHkQiTHFRkPGQlp5G-5fGw%3D%3D%26c%3DnRG4j9vDbPUeuPD04sSuS4-43QGFSUECUEj0-pEynIZjqrwTOqR1TA%3D%3D%26ch%3DewDzKhYZHnZAH0nugGxDftwUJ4p05CYLPo4ShvTtq-R-VgLEUgNl1w%3D%3D&data=04%7C01%7Croldham%40howardcountymd.gov%7Cb7f79425b3dc4b0b5a2c08d9d440e53f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637774197471888949%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=98puswKDs7Kmy8X2Q5kymhGRR5hBWM%2FuW2gFAZW73uk%3D&reserved=0).

The Webex login information will be emailed to all registrants.

For more information, please OAI at call 410-313-5955.

1. ***Title*: Mental Illness in Older Adults**

(Registration is required)

***Description:*** This webinar will highlight Dementia vs. Mental Illness, Polypharmacy risk to seniors,

and unique challenges faced by the elderly.

***Date/Time:*** Tuesday, January 18, 2022; 7:00 pm - 8:30 pm

***Link:*** [https://us02web.zoom.us/meeting/register/tZEtdumrqzgsHtNfFND718-kEQ9HIKnZon5U?](https://us02web.zoom.us/meeting/register/tZEtdumrqzgsHtNfFND718-kEQ9HIKnZon5U?mc_cid=0958adceeb&mc_eid=7e0519c9a3) mc\_cid=0958adceeb&mc\_eid=7e0519c9a3

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

(Registration is required)

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

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

monitor medications to treat depression in children and adolescents.

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

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

1. ***Title:* Motivational Interviewing in Integrated Care Settings**

(Registration is required)

***Description:*** In this webinar, participants will learn about unlocking opportunities with motivational

interviewing in integrated care settings.

***Date/Time:*** Thursday, January 20, 2022; 2:00 pm – 3:00 pm

***Link:*** <https://bit.ly/3qxnXm1>

1. ***Title*: Intervention Theories and Practices**

(Registration is required)

***Description:*** This training will offer an introduction to different models of intervention and basic

skills necessary for an interventionist.

***Date/Time:*** Wednesday, January 26, 2022; 9:00 am - 11:00 am

***Link:*** <https://bit.ly/3nllby6>

1. ***Title*: Small Talks: Adverse Drug Events (ADEs)**

(Registration is required)

***Description:*** In this training, participants will discover how to use the ADE Trigger Tool, review ADE

Statistics-what to look for and what to do with your findings, definition of ADEs, and Common

causes of ADEs.

***Date/Time:*** Thursday, January 27, 2022; 12:00 pm - 1:00 pm

***Link:*** <https://bit.ly/3qoIb19>

**Small Talks: Adverse Drug Events (ADEs) - Take 2**

(Registration is required)

***Date/Time:*** Wednesday, February 2, 2022; 12:00 pm - 1:00 pm

***Link:*** [https://healthcentricadvisors.zoom.us/meeting/register/tZItd-](https://healthcentricadvisors.zoom.us/meeting/register/tZItd-2oqTIuE9OsMDxP6wa1vOmwZSJRI_DD) 2oqTIuE9OsMDxP6wa1vOmwZSJRI\_DD

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

(Registration is required)

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

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

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

1. ***Title*: Leveraging Innovation and Technology to Care for People Who Use Drugs: Strategies from the Field**

(Registration is required)

***Description:*** This webinar will highlight innovative strategies and discuss resources and practices to

overcome challenges related to implementing telehealth and technology-assisted supports.

Attendees will hear from three experts in the field who have leveraged technology and virtual

services to provide care and services to people who use drugs, including through mail-based harm

reduction supply delivery, establishing Never Use Alone, a safer use hotline, and by providing

telehealth-based treatment to people with opioid use disorder.

***Date/Time:*** Tuesday, January 25, 2022; 1:00 pm - 2:00 pm

***Link:***<https://bit.ly/3qn4zaX>

1. ***Title*: The STAR Program: Innovations in Mobile Crisis Response**

(Registration is required)

***Description:*** In this training, participants will learn and share about the latest developments in

overdose response, and takeaways from MHCD’s efforts to provide crisis care and linkage-to-

treatment for individuals with substance use disorder.

***Date/Time:*** Wednesday, January 31, 2022; 1:00 pm - 2:00 pm

***Link:*** <https://bit.ly/3FC8lC1>

1. ***Title*: Mental Health and Our Changing Climate**

(Registration is required)

***Description:*** This webinar will feature a special report briefing for local health departments that will

cover the major findings of this report from the authors and to preview the action steps for

communities, individuals, practitioners, health departments, and policymakers.

***Date/Time:*** Wednesday, February 2, 2022; 4:00 pm - 5:00 pm

***Link:*** <https://zoom.us/webinar/register/WN_LA3eS_-MSdCWSFoVb5vmUQ>

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

**HEALTHY BEGINNINGS**

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

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

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

postpartum patients with substance use disorders.

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

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

addiction medicine/maternal health expert for assistance.

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

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

(Registration is required)

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

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

on the Special Education page.

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

**HEALTHY LIVING**

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

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

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

(Registration is required)

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

as educational resources to help you with managing your diabetes.

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

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

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

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

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

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

priorities.

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

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

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

(Registration is required)

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

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

Facilitated with occasional guest speakers.

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

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

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

1-410-313-7466.

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

(Registration is required)

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

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

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

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

More information about Disability Rights Maryland can be found at

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

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

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

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

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

seizure.

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

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

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

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

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

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

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

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

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

(Registration is required)

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

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

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

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

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

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

**HEALTHY MINDS**

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

(Registration is required)

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

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

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

**(Registration is required)**

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

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

engage with others around mental wellness.

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

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

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

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

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

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

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

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

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

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

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

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

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

(Registration is required)

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

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

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

Veterans Yoga Project Livestreaming Classes <https://veteransyogaproject.org/>

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

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

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

(Registration is required)

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

illness.

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

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

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

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

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

health challenges. No diagnosis is necessary.

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

Month.

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

Month.

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

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

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

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

necessary.

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

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

<https://namihowardcounty.org/>.

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

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

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

(Registration is required)

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

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

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

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

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

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

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

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

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

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

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

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

(Registration is required)

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

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

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

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

other related disciplines.

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

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

(Registration is required)

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

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

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

include:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

address youth suicides.

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

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

**Healthy Beginnings**

* CDC: Receipt of COVID-19 Vaccine During Pregnancy and Preterm or Small-for-Gestational-Age at Birth — Eight Integrated Health Care Organizations, United States, December 15, 2020–July 22, 2021 <https://www.cdc.gov/mmwr/volumes/71/wr/mm7101e1.htm?s_cid=mm7101e1_w>
* How Midwives and Doulas Are Working to End Birth Disparities <https://bit.ly/3FoucN6>
* JAMA: Longitudinal Trajectories of Food Insecurity in Childhood and Their Associations with Mental Health and Functioning in Adolescence <https://bit.ly/3qqsgPY>

**Healthy Living**

* Racial Differences in Alcohol Consumption and Smoking Behaviors <https://bit.ly/34K86bc>
* Dismantling Systemic Racism and Advancing Health Equity throughout Research

[https://nam.edu/dismantling-systemic-racism-and-advancing-health-equity-throughout-](https://nam.edu/dismantling-systemic-racism-and-advancing-health-equity-throughout-research/) research/

* DNPAO Physical Activity Seminar – September seminar [20 Years of Progress: What We Know About Physical Activity and What You Can Do](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.emailupdates.cdc.gov%2Fr%2F%3Fid%3Dh5adfd6f4%2C15aa3fd0%2C15afdb72%26ACSTrackingID%3DUSCDC_2054-DM73154%26ACSTrackingLabel%3DJanuary%25202022%2520Active%2520People%2520newsletter&data=04%7C01%7Croldham%40howardcountymd.gov%7C34e7435a73d849d156b708d9d512d79a%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637775099165601041%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=cNszzxaQfxAXm9%2BF2rYKt5CB6P1L5qp8N6ai3Xna7vY%3D&reserved=0)
* [Building Evidence, Building Community: The Physical Activity Policy Research and Evaluation Network (PAPREN)](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ft.emailupdates.cdc.gov%2Fr%2F%3Fid%3Dh5adfd6f4%2C15aa3fd0%2C15afdb73%26ACSTrackingID%3DUSCDC_2054-DM73154%26ACSTrackingLabel%3DJanuary%25202022%2520Active%2520People%2520newsletter&data=04%7C01%7Croldham%40howardcountymd.gov%7C34e7435a73d849d156b708d9d512d79a%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637775099165601041%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=WzKerAvnwFf91lpwMp0DAmhWuDJVyjp5JnApT%2BGjV4M%3D&reserved=0) <https://bit.ly/3nqv7X3>
* Recreate Responsibly Winter Edition Toolkit <https://bit.ly/3tvlV7P>
* WHO: Be he@lthy, be mobile: a handbook on how to implement mobile health for physical activity <https://bit.ly/321kv9K>
* Does coaching matter? Examining the impact of specific practice facilitation strategies on implementation of quality improvement interventions in the Healthy Hearts in the Heartland study <https://pubmed.ncbi.nlm.nih.gov/33789696/>
* AHRQ: 2021 National Healthcare Quality and Disparities Report

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

* Factors Associated with Low-Value Cancer Screenings in the Veterans Health Administration

<https://pubmed.ncbi.nlm.nih.gov/34677595/>

* Association of differences in treatment intensification, missed visits, and scheduled follow-up interval with racial or ethnic disparities in blood pressure control <https://bit.ly/3KbNtVF>
* Risk for Newly Diagnosed Diabetes >30 Days After SARS-CoV-2 Infection Among Persons Aged <18 Years — United States, March 1, 2020–June 28, 2021 <https://bit.ly/3foq7xD>
* W.K. Kellogg Foundation - Doing Evaluation in Service of Racial Equity

<https://everychildthrives.com/doing-evaluation-in-service-of-racial-equity/>

* Updated CMS Guidance on Nursing Home Visitation <https://www.cms.gov/nursing-homes>

**Healthy Minds**

* Suicide – Turning the tide <https://www.science.org/doi/10.1126/science.aaz1568>
* AHRQ: Multiple Missed Opportunities for Suicide Risk Assessment in Emergency and Primary Care Settings <https://bit.ly/33deCXt>
* AHRQ: Veterans Health Administration Stratification Tool for Opioid Risk Mitigation (STORM) Shows Promise for Targeting Prevention Interventions to Reduce Mortality in Patients Who Are Prescribed Opioids <https://bit.ly/3qgRIal>
* JAMA: Lithium Treatment in the Prevention of Repeat Suicide-Related Outcomes in Veterans With Major Depression or Bipolar Disorder <https://bit.ly/3I1bKvI>
* JAMA: Emergency Department Encounters Among Youth with Suicidal Thoughts or Behaviors During the COVID-19 Pandemic <https://bit.ly/34Hl75b>
* JAMA**:** Incidence and Risk of Suicide Among Patients with Head and Neck Cancer in Rural, Urban, and Metropolitan Areas <https://bit.ly/3qm7HEb>
* [Opioid & Pain Management Best Practices:](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001W1f_yJCnLYl-5oVPz8FIexqpHvRR8TPcnrTYLHGzN2dcHwW5R_Se-kF-SKlNqQnI065F91BQFfGPAthMReRuZj3GgEmR-smlebxySI4UrYWaxnKTx_koCWx7_A2GJQkc6yzZkJu-9_k1NN4RP2ngvcdpRwgc_vV0C1uEkGY2yv0vA0IKjt9Kyw%3D%3D%26c%3DS-hu2Vhc27DAfNK5LFHx5PUek1nQ7meCxDuV6QcNYFQomtKkqCN5RQ%3D%3D%26ch%3DE-HumNwcsIxpb_LT66-A-C3lDGA7nfGt0_DKCT0Oz1LI9ZvB6Oh38Q%3D%3D&data=04%7C01%7Croldham%40howardcountymd.gov%7C9723bf7b74c04b421c2508d9d442b312%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637774205214808897%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=UQ%2FxUx2mBKenT%2Fjbk5hOiLPCyOPiD5h3IbgaV5eIlHc%3D&reserved=0) [Self Assessment](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fr20.rs6.net%2Ftn.jsp%3Ff%3D001W1f_yJCnLYl-5oVPz8FIexqpHvRR8TPcnrTYLHGzN2dcHwW5R_Se-kF-SKlNqQnI065F91BQFfGPAthMReRuZj3GgEmR-smlebxySI4UrYWaxnKTx_koCWx7_A2GJQkc6yzZkJu-9_k1NN4RP2ngvcdpRwgc_vV0C1uEkGY2yv0vA0IKjt9Kyw%3D%3D%26c%3DS-hu2Vhc27DAfNK5LFHx5PUek1nQ7meCxDuV6QcNYFQomtKkqCN5RQ%3D%3D%26ch%3DE-HumNwcsIxpb_LT66-A-C3lDGA7nfGt0_DKCT0Oz1LI9ZvB6Oh38Q%3D%3D&data=04%7C01%7Croldham%40howardcountymd.gov%7C9723bf7b74c04b421c2508d9d442b312%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C637774205214808897%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=UQ%2FxUx2mBKenT%2Fjbk5hOiLPCyOPiD5h3IbgaV5eIlHc%3D&reserved=0) - <https://redcap.ipro.org/surveys/?s=M9A87MDK4X>
* Medication Safety Clinical Teach-Back Cards - <https://qi-library.ipro.org/2021/12/09/medication-safety-clinical-teach-back-cards/>