

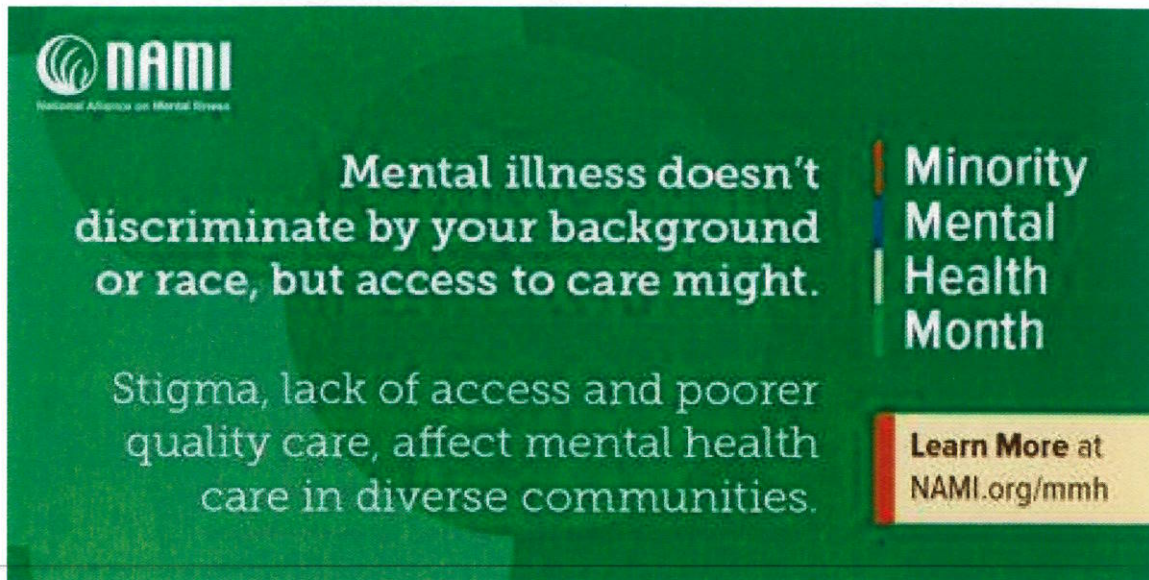
Upcoming Events & Trainings

July 9, 2019

- July 1-31, 2019 – Minority Mental Health Awareness Month
- July 10, 2019 – MD SPIN, Stigma... In Our Work, In Our Lives, *Interactive Workshop*
- July 11, 2019 – Narcotics Tracking & DEA Best Practices, *Webinar*
- July 18, 2019 – Universal Precautions to Reduce Suicide Risk
- July 25, 2019 – MDH Regrounding Our Response: Regional Opioid Forum, *Event*
- July 25, 2019 – Stress Management, *Webinar*
- July 26, 2019 – AFSP Talk Saves Lives™: An Introduction to Suicide Prevention, *Lunch & Learn*
- July 28, 2019 – Celebrate NAMIWalks with Frozen Treats, *Event*
- July 29, 2019 – ASTHOConnects: Ask the Experts Panel on JUULs in Schools, *Webinar*
- July 31, 2019 – Farmer Mental Health Crisis: Understanding a Vulnerable Population, *Webinar*
- ~~August 15-18, 2019 – National Conference on Addiction disorders~~
- August 17, 2019 – High in Plain Sight: Substance Misuse Prevention, *Training*
- August 31, 2019 – International Overdose Awareness Day, *Event*
- September 21, 2019 – Howard County Recovery Walk, *Event*
- September 28, 2019 – AFSP Out of the Darkness Walk, *Event*
- October 17, 2019 – NAMI Awards Dinner
- October 18-19, 2019 – NAMI Annual Conference

Ongoing:

- NAMI Homefront, *Online*
- NIH Research Study: Depression & Brain Function



July is Bebe Moore Campbell Minority Mental Health Awareness Month!

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. National Minority Mental Health Awareness Month was established in 2008 to start changing this disparity.

Each year, millions of Americans face the reality of living with a mental health condition.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

Help us spread the word through the many awareness, support and advocacy activities. Share minority mental health awareness information, images and graphics for **#MinorityMentalHealth** throughout July.

America's entire mental health system needs improvement, including when it comes to serving marginalized communities.

[Learn more about how you can get involved with Minority Mental Health Awareness Month](#) and watch this amazing three-part documentary series from NAMI, **[Strength Over Silence: Stories of Courage, Culture and Community](#)**. NAMI explores unique perspectives on mental health from the African-American and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.



Stigma ... In Our Work, In Our Lives

The flagship workshop that grew out of the foundational meetings of the Anti-Stigma Project, this was specifically designed to replicate the knowledge and insights gained through that process.

This interactive workshop is designed to reduce stigmatizing behaviors, attitudes and practices within the mental health and addiction recovery communities. Participants identify stigmatizing behaviors and attitudes and their impact on the design, delivery, and receipt of services, and develop possible solutions and action steps.

Date: July 10, 2019

Time: 9:00 AM – 12:00 PM EDT

Location: Vocational Rehabilitation Building
55 Wade Avenue
Catonsville, Maryland 21228

[Register now](https://www.eventbrite.com/e/stigmmain-our-work-in-our-lives-tickets-62224045796) -

<https://www.eventbrite.com/e/stigmmain-our-work-in-our-lives-tickets-62224045796>





Narcotics Tracking and DEA Best Practices

Free Webinar | July 11 at 12 pm EDT

Narcotics Tracking and DEA Best Practices

How do you catch drug divergence before it happens? What are the signs? How do you minimize drug divergence risk without hindering your crew's efficiency?

Get your most pressing narcotics tracking questions answered live on July 11 at 12 pm EDT as Justin Reed of Cy-Fair VFD shares the information he gathered during his meeting with the DEA. This session will cover SOPs that are guided by recommended best practices, setting up CSOS and so much more! Justin will also cover the steps he has put in place to minimize divergence risk while maintaining his crew's efficiency.

Reserve your seat today!

Register Here

<https://bit.ly/2S0IYDP>

Universal Precautions to Reduce Suicide Risk

"Because anyone could be at risk"



Participants will learn about the evolution of universal precautions as a strategy to impact public health concerns and understand the difference between suicide prevention strategies vs. a universal precaution strategy geared towards suicide risk reduction.

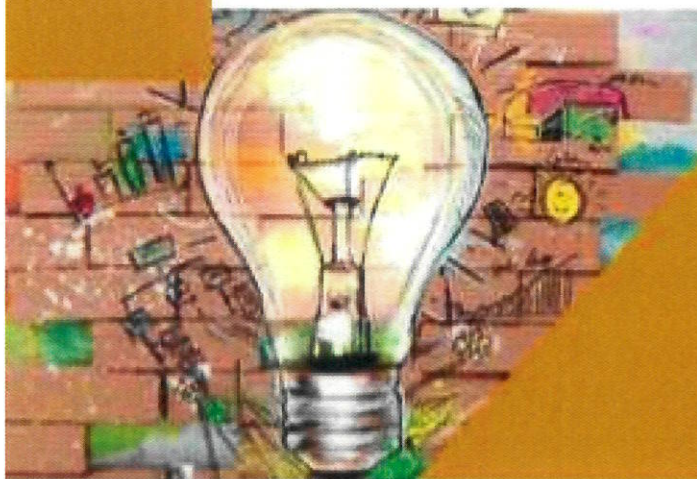
July 18, 2019

12:00 pm - 1:00 pm

Register at md.spin.eventbrite.com

Sponsored by the Maryland Behavioral Health Administration's Office of Workforce Development and Training.

The Office of Workforce Development and Training is authorized by the Maryland Board of Professional Counselors and Therapists to sponsor continuing education programs for Category A CEU (1), the Maryland Board of Social Work Examiners to sponsor social work continuing education programs for Category I CEU (1), the State Board of Examiners of Psychologists and the Maryland Association of Prevention Professionals & Advocates to sponsor continuing education programs for CEU (1). Participants must attend all hours of the training and submit an evaluation to receive a certificate. The Office of Workforce Development and Training maintains full responsibility for this program.

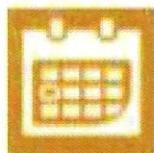


REGROUNDING OUR RESPONSE

REGIONAL OPIOID FORUM

The Regrounding Our Response Forum will bring together professionals in public health, substance use disorder (SUD) treatment, HIV prevention and treatment, harm reduction and public safety to discuss overdose prevention and linkage to care for people with SUD in the Western Maryland region.

DETAILS



DATE/TIME

Thursday, July 25, 2019
9:00AM - 5:00PM



LOCATION

Ramada
100 S George St,
Cumberland, MD 21502

Hotel rooms can be reserved by calling the Ramada Plaza at 301-797-2500. Rates are \$94 per night + tax. Let them know you are with the summit to get the discounted rate. Rooms are available on first come first serve basis

Contact Leslie Evans at (410) 767-4541 or email Leslie.Evans@maryland.gov for details

HIGHLIGHTS

- Discover strategies and interventions to prevent overdose
- Learn about public safety partnerships including pre-arrest diversion programs
- Address questions regarding harm reduction unique to Western Maryland
- Revisit public health concepts critical to reducing stigma
- Meet and problem-solve with regional and national experts

There is no cost to attend but spaces are limited so [register early!](#)

Breakfast & lunch will be provided.

AT NO COST TO EMPLOYEES

ZEN

Stress Management Webinar

Howard County Government

Stress symptoms may be affecting your health, even though you might not realize it. You may think illness is to blame for that irritating headache, your frequent insomnia or your decreased productivity at work. But stress may actually be the cause.

Join to this introductory webinar to learn how to effectively identify, manage and prevent stress. You will learn how to manage stress using relaxation, breathing, and exercise techniques.

Contact: wellnessworkshoco@howardcountymd.gov

Date/Time: Thursday, July 25th 1:30 PM - 2:30 PM

Location: [Click HERE](#) to register today!

Once you register you will receive a confirmation email with instructions for joining the session.





**HOWARD COUNTY
HEALTH DEPARTMENT**

Promote. Preserve. Protect.

TALK SAVES LIVES™; AN INTRODUCTION TO SUICIDE PREVENTION

A community-based presentation that covers the general scope of suicide, the research on prevention, & what people can do to fight suicide.

Learn what suicide is, who it affects, what we know about it, & what can be done to prevent it.

Register for July 26th, 2019:

<https://www.eventbrite.com/e/talk-saves-lives-lunch-learn-tickets-64615965091>

* Conference room accessed from the back of the building.

Bring your lunch & join us for a:

Lunch & Learn

July 26, 2019

12:00 PM – 1:00 PM

**Severn Conference
Room**

**Early registration
encouraged!**

It's OK to Ask

www.teenhealthmatters.org

Sponsored by:



**American
Foundation
for Suicide
Prevention**

**Howard County Health Department
Bureau of Behavioral Health
8930 Stanford Boulevard
Columbia, MD 21045
Phone: (410) 313-6202**

**Kayla Blasher
Youth Suicide Prevention Coordinator
Phone: (410) 313-6240
Fax: (410) 313-7316
kblasher@howardcountymd.gov**

Visit hchealth.org or call 410.313.6300 for more information.





Celebrate NAMIWalks with Frozen Treats!

Couldn't make it to Walk Day to pick up your NAMIWalks t-shirt? Don't worry!

If you qualified for a NAMIWalks Maryland t-shirt and couldn't make it to Walk Day, **you can pick up a shirt at our Ice Cream Social on July 28th at Hammond Park!**

You'll also have time to drop off those last donations, take selfies at our photo booth, make a sundae masterpiece, win Go Ape tickets and other raffle prizes, and so much more.

You won't want to miss this FREE family-friendly event!

Location: 10700 Glen Hannah Drive, Laurel, MD 20723

Date: Sunday July 28th, 2019

Time: 2:00 pm to 4:00 pm

[Click here!](#)

ASTHOConnects: Ask the Experts Panel on JUULs in Schools

Jul 29, 2019 02:30pm -
Jul 29, 2019 04:00pm
(GMT-5)

Description

Event Details

Event Description

E-cigarette use among youth and young adults is a growing epidemic. JUULs, a widely-available e-cigarette device sold by JUUL Labs, have become so popular that they account for nearly half of the e-cigarette market. The product's appeal to youth is attributed to its high nicotine content, sleek shape, and assortment of flavors. In an attempt to reduce JUUL use among youth, increased prevention efforts have been implemented in school districts around the country.

Join ASTHO for a virtual session that will bring together expert panelists from Kansas public schools, the North Carolina Department of Health and Human Services, and Stanford University to discuss strategies to reduce JUUL use in schools. This event, which will feature panelists speaking live on webcam, is a unique opportunity to connect with public health leaders on a pressing issue. The discussion will be centered around questions submitted by participants during registration, and any resources mentioned during the conversation will be made available by download post-meeting.

To help create an engaging, informative conversation, please submit at least one question when you register.

Event Type:ASTHOConnects

Category:Webinar

Early registration ends on Jun 27, 2019.

Regular registration starts on Jun 28, 2019 and ends on Jul 28, 2019.

Late registration starts on Jul 29, 2019.

(GMT-05:00) Eastern Time (US & Canada)

Register for this event

<https://bit.ly/2XGHNgY>



The Farmer Mental Health Crisis: Understanding A Vulnerable Population

Join APA and [Farm Aid](#) for a special webinar on the mental health crisis among farmers and how psychologists can make a difference. This webinar is geared toward psychologists who are interested in working with this population. Panel experts will help you understand the realities that farmers face, their unique stressors, and the use of effective language to help farmers overcome some of the barriers to seeking mental health care.

The farm economy is in crisis and farmers are under intense stress. Calls to Farm Aid's farmer hotline increased by 109% between 2017 and 2018. And according to the Department of Health and Human Services, 111 million people live in areas with a shortage of mental health professionals.

If you have thought about working with farmers in your county and state, this is an opportunity to learn about the farming culture as well environmental and economic conditions affecting their mental health and well-being. The one-hour webinar will also highlight resources to help you connect with the farming community.

DATE

Wednesday, July 31, 2019

TIME

12 p.m. – 1 p.m. EDT

THINGS TO NOTE - This webinar has a limited number of seats; if your registration does not work, please contact us at practice@apa.org and we will make sure you receive the materials after the session. Recordings will be made available to everyone who registers, whether they attend or not. As long as they stay registered, they will receive a link to the recording.

NO CE CREDITS AVAILABLE FOR THIS WEBINAR.



NCAD EAST

**National Conference on
Addiction Disorders**

**August 15-18, 2019
BALTIMORE, MD**



**Reach Addiction
& Behavioral Healthcare
Professionals**

EAST.THEADDICTIONCONFERENCE.COM

| AN HMP EVENT |

Maryland House Detox/Delphi Behavioral Health Group and HC DrugFree proudly present

Instructor/Trainer
Officer Jermaine Galloway
"Tall Cop Says Stop"



HIGH IN PLAIN SIGHT



Substance Misuse Prevention Training

DESCRIPTION

This workshop is for law enforcement, probation officers, school administration, treatment providers and counselors. This session is unique, in that it provides over 120 visual aids for attendees to hold and become familiar with. In today's culture everything is person-specific and has different meanings to different individuals. For each person to help prevent youth and adult substance abuse, you MUST know what is going on in your community.

These new trends are very popular and it is important for all who are involved in prevention, education, treatment or enforcement to understand these sweeping changes in the drug culture.

TOPICS COVERED IN TRAINING

This workshop covers alcohol and drug clothing, alcoholic energy drinks, alcopops, alcohol and drug concealment methods and containers, drug paraphernalia, drug related music and groups, logos, stickers, new technology, youth party tendencies, party games, non-traditional alcoholic beverages, social networking sites, synthetic drugs, OTC drugs, inhalants, concentrates, E-cigarettes, and popular party drugs.

MARYLAND'S PREVENTION EDUCATION EVENT OF THE YEAR

EVENT AND MEDIA INFORMATION:

Carol Boyer | cboyer@delphihealthgroup.com | 443-591-2070

Joan Webb Scornaienchi | Admin@hcdrugfree.org | 443-325-0040

CLICK
HERE FOR
FREE
TICKETS



HCDrugFree
Empowering the Community

31 AUGUST 2019



INTERNATIONAL
OVERDOSE
AWARENESS DAY

TIME TO
REMEMBER.
TIME TO ACT.



Please join us

**4th ANNUAL INTERNATIONAL OVERDOSE AWARENESS DAY
CANDLE LIGHT VIGIL & RECOVERY CELEBRATION**

SATURDAY, AUGUST 31, 2019 — 5:30 - 8:00 PM

Resources, Naloxone training, Overdose Response
Demonstration, Program of Celebration

St. John's Episcopal Church
9120 Frederick Rd. Ellicott City, MD 21042

Contact: info@jamesplaceinc.org
ioad-hoco.eventbrite.com

To honor those lost to substance use disorder, please bring a 4 x 6 in. photo.





Howard County Recovery Walk

Join us to support those in the journey of recovery.

Saturday, September 21, 2019

10:00am—1:00pm

Ellicott City Assembly of God

10600 Frederick Rd

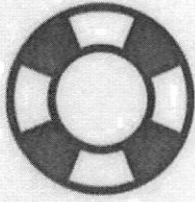
Ellicott City, MD 21042

Live music, resources and food (while supplies last).

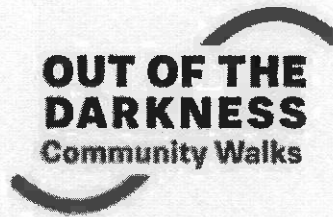
Sign up on Eventbrite: <https://bit.ly/2uD3kHt>



**NATIONAL
RECOVERY
MONTH**
30th Anniversary



**American
Foundation
for Suicide
Prevention**



SEP
28

**AFSP Out of the Darkness Walk
2019 (Howard County, MD)**

by Hayley Kline - Walk Chair

[Follow](#)

Free



Sales Ended

[Details](#)

Description

Event Details

Walk Date: Sat, **09/28/2019**
 Walk Location: **Lake Elkhorn - Columbia, MD**
 Check-in/Registration Time: **10:00 am**
 Walk Begins: **11:30 am**
 Walk Ends: **1:00 pm**

For more information, please contact:
Contact Name: Hayley Kline
Contact Email: howardcountyotd@gmail.com

To Register: afsp.org/howardco

When you walk in the Out of the Darkness Walks, you join the effort with hundreds of thousands of people to raise awareness and funds that allow the American Foundation for Suicide Prevention (AFSP) to invest in new research, create educational programs, advocate for public policy, and support survivors of suicide loss.

Date And Time

Sat, September 28, 2019
10:00 AM - 1:00 PM EDT
[Add to Calendar](#)

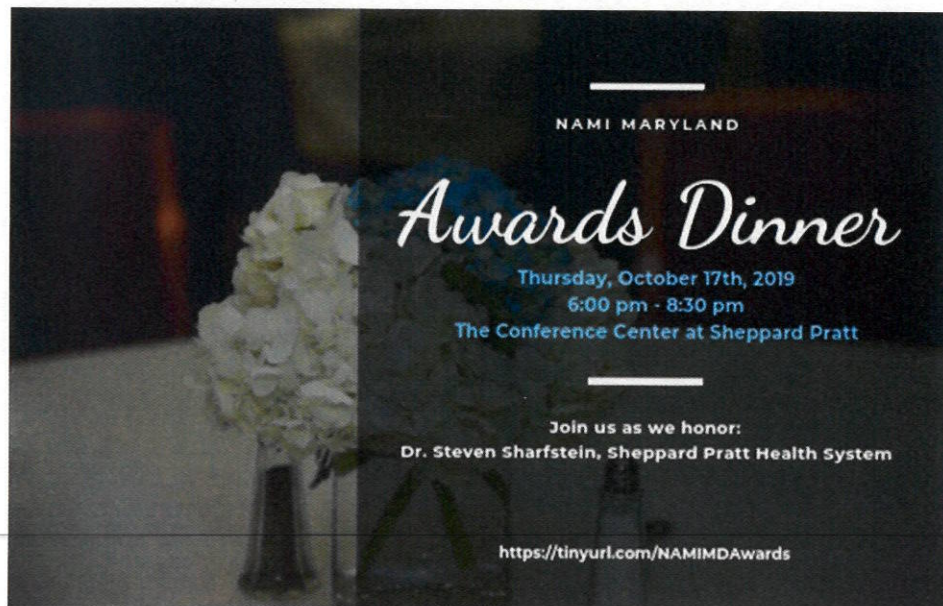
Location

Lake Elkhorn
 Columbia, MD 21045
[View Map](#)

OFFICIAL FLIER COMING SOON

Join the Howard County Health Department (HCHD) team:

<https://afsp.donordrive.com/team/219536>



We Cordially Invite You...

October 17th, 2019 | 6:00 pm - 8:30 pm

The night before the conference, we will also be holding our Annual Awards Dinner at the Conference Center at Sheppard Pratt on October 17, 2019. Festivities will include live music from jazz trio "[No Strings Attached](#)", hors d'oeuvres, and a scrumptious dinner.

We will present the Royal Riddick Lifetime Achievement Award to **Dr. Steven Sharfstein of Sheppard Pratt Health System** for his incredible work in mental health. We will also present the Iris Outstanding Community Partner Award to an organization that has utilized its talents to raise awareness for mental health throughout the state. We invite you to join us for this spectacular event.

[Register Now!](#)

Sponsorship and advertisement opportunities are available!

Click [HERE](#) for more information.



Early-Bird Registration Now Open for the 2019 NAMI Maryland Annual Conference!

The NAMI Maryland Annual Conference is scheduled to take place at the **Conference Center at Sheppard Pratt on October 18 and 19, 2019.**

This conference is about hope, ideas, and gaining new skills. Here's your chance to learn about the latest research, discover resources that you may not have known were there, develop a talent for advocacy, and foster a better understanding of issues relating to mental illness.

This two-day conference is attended by a diverse group of decision makers and stakeholders. Its schedule consists of plenary sessions that attract **national and state decision-makers as well as activists**. It contains a wide variety of workshops that are practical, skill-building sessions tailored for specific audiences, including local NAMI affiliate leaders, service providers, researchers, individuals with mental illness and their family members, and individuals working in criminal justice, social services, health, and veterans affairs.

Click [HERE](#) for the Annual Conference website!

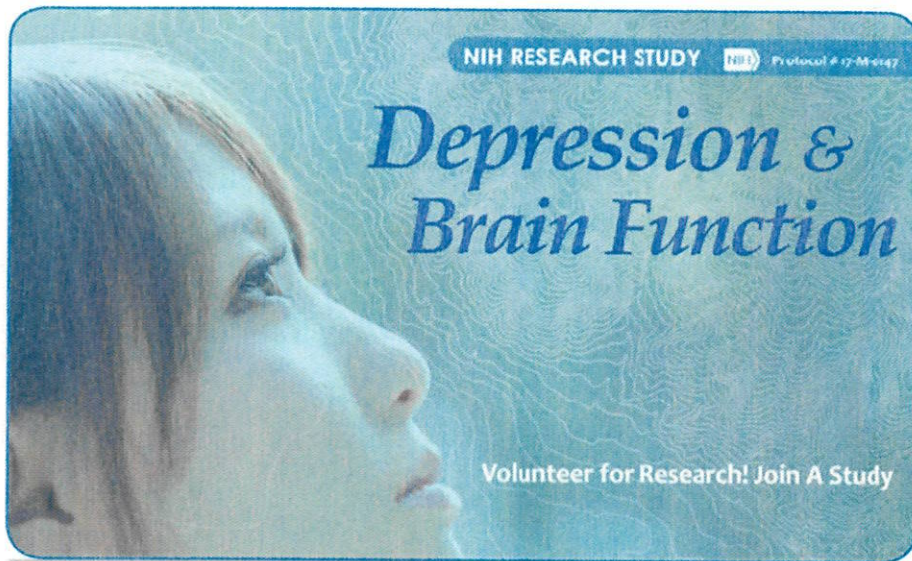
Sponsorship and advertisement opportunities are available!
Click [HERE](#) for more information.



Registration Now Open for NAMI Homefront Online!

NAMI Homefront is a free, six-session class for family, friends, and significant others of Military Service Members and Veterans. This class helps families comprehend what the Military Service Member/Veteran is experiencing related to trauma, combat stress, civilian life, PTSD, and other mental health conditions. Topics covered include mental health, communication, handling crises, treatment, and recovery.

We understand that attending an in-person class can be difficult for busy individuals and families, which is why NAMI Homefront is now available online! These online classes meet weekly in a virtual classroom so participants experience the same level of interaction and learning as a traditional in-person class. **[Register now!](#)**



Depression and Brain Function

(Inpatient and/or Outpatient study: 8 weeks, and 3 once-a-month follow up visits or phone calls.)

This depression research study tests the effects of the combination of transcranial magnetic stimulation (TMS) and psychotherapy on brain function. Participation includes research evaluations, brain scans, and active TMS and psychotherapy, or inactive TMS and psychotherapy.

Recruiting ages 18-65 with major depressive disorder, who are free of other serious medical conditions. If you are currently taking anti-depressants, you may still be eligible. (17-M-0147). Call: 1-877-MIND-NIH, (1-877-646-3644), TTY: 1-877-411-1010, email moodresearch@mail.nih.gov.

National Institutes of Health, National Institute of Mental Health,
Protocol #17-M-0147.

[Learn More.](#)