

Upcoming Events & Trainings
September 27, 2019

- September 4 - October 9 *Sources of Strength* Recruitment
- September 27 AFP Out of the Darkness Walk
- September 27 Expungement Clinic: Erase Your Criminal Record
- September 28 AFSP Out of the Darkness Walk, *Event*
- October 2 Walk Maryland Day
- October 4 *Talk Saves Lives: An Introduction to Suicide Prevention* Training
- Oct. 1, Oct. 21, Nov. 4 Family First Workshop
- October 2 Showcase at Meadowbrook Athletic Complex
- October 1-2 Trauma-Informed Care for Peers
- October 2 MD 31st Annual Suicide Prevention Conference: Stronger Together
- Oct. 5, Nov. 2, Dec. 7 MPB Group, Inc. Parenting Workshop
- October 6 Howard County Health Expo
- Oct. 9 – Nov. 20 CHEP NAADAC Credit Opportunities
- October 9-10 WRAP Introduction to Mental Health Recovery
- Oct. 11, Dec. 13, Feb. 14, April 3 Infant & Early Childhood Mental Health Certificate Program
- October 12 Mental Health First Aid Training
- October 17 Clinical Intervention & Treatment Strategies
- October 18 NAMI 5th Annual Bingo Fundraiser
- October 18 Youth Mental Health First Aid (YMHFA) Training
- October 21-22 Benefits & Wellness Fairs
- October 23 Mental Health Film Festival
- October 26 Drug Take Back Day in Howard County
- October 28-November 1 WRAP 5-Day Facilitator Training
- November 12 *Talk Saves Lives: An Introduction to Suicide Prevention* Training
- November 15 Mental Health First Aid Training
- November 15 Ethical Considerations & Extreme Risk Protective Orders (ERPO)
- December 4 Writing Effective Progress Notes Training



SOURCES OF STRENGTH



HOWARD COUNTY
HEALTH DEPARTMENT

Promote. Preserve. Protect.

Sources of Strength Program

HCHD Youth Suicide Prevention Plan

Student Peer Leaders Wanted

Howard County students in grades 9-12
during the 2019-2020 school year

- Create positive social change through an interactive peer leadership program
- Use your voice, and social influence to prevent suicide
- Volunteer to participate or be recruited by someone in the community (a teacher, coach, or youth group leader)
- Recruitment period: September 4 - October 4, 2019

Visit the [TeenHealthMatters](#) website
for detailed information.

THE HEALTH
DEPARTMENT AND
YOU

For more information, contact Kayla Blasher at
kblasher@howardcountymd.gov or 410-313-6240

8/2019

410.313.6300 | hchealth.org



Walk to Fight Suicide



Howard County Out of the Darkness Walk

Sept. 28, 2019 from 10 am to 1 pm

Lake Elkhorn, Columbia

Register at afsp.org/howardco



American
Foundation
for Suicide
Prevention





**MARYLAND
LEGAL AID**

*Advancing
Human Rights and
Justice for All*



Maryland Legal Aid will help attendees with their Maryland criminal record expungements.

Date:

Friday, September 27, 2019

Time:

11:00 a.m. – 5:00 p.m.

Location:

Howard County Library, Elkridge Branch
Hockley Meeting Room
6540 Washington Blvd.
Elkridge, MD 21075

FREE TO ATTEND. REGISTRATION REQUIRED.

To register, call 301-560-2132.

Please bring all relevant documents with you.

WALK MARYLAND DAY OCT. 2



To be involved:

Become a Walking Leader OR Register your walk with MDH at: <http://bit.ly/WalkMDDay>

AND

Log your walk with HCLHIC at:
<https://bit.ly/2Mp8cKH>



Co-sponsored by:
Maryland Department of Health
Maryland Department of Aging
Maryland Department of Transportation
University of Maryland Extension





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 October 4th, 2019:
<https://forms.gle/Tnso5FXfb9uvyPTcA>

Bring your lunch & join us for:

October 4th, 2019
Lunch & Learn
12:00 PM – 1:00 PM
Barton A/B
Conference Room

Early registration encouraged!

It's OK to Ask
www.teenhealthmatters.org

Sponsored by:



<p>Howard County Health Department Bureau of Behavioral Health 8930 Stanford Boulevard Columbia, MD 21045 Phone: (410) 313-6202</p>	<p>Kayla Blasher Youth Suicide Prevention Coordinator Phone: (410) 313-6240 Fax: (410) 313-7316 kblasher@howardcountymd.gov</p>
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Family First

A workshop series to help improve parenting skills and raise children with confidence and care



Join the Howard County Family Institute for a special series designed for parents and guardians raising children from birth to age eight. Learn about child development, how to encourage self-esteem and good behavior, positive guidance and discipline, and how to keep children safe and healthy. Each class, offered in an interactive group format, will include practical tips and advice for handling common situations, as well as hands-on activities. Participants who complete all five classes can receive a Certificate of Completion (not CEU) upon request.

When: Fall 2019 (see back side for dates and times)

Location: Howard County Office of Children and Families
9830 Patuxent Woods Dr., Columbia 21046

Cost: \$10 per class (\$40 for complete five-part series)

Who Should Attend: Any parent, grandparent or caregiver who wants to improve their parenting skills and learn hands on ideas for raising a healthy, happy child ages birth to eight.

Registration Options Online www.howardcountymd.gov/familyinstitute

By Phone (voice/relay): 410-313-1940

Mail in Registration form (on back)

Child Care is not provided



To request a sign language interpreter or other accommodations to attend, or need this in an alternate format, call at least one week in advance. Financial assistance may be available; must call to find out if you qualify.



Keeping Kids Safe (Tuesday, October 1 • 7:00 -8:30 p.m.)

Discuss safety-proofing your home for different ages; who to contact in an emergency, car seat safety, and tips on how to protect your child from abuse. Learn ways to cope with your own stress and how to teach children relaxation techniques and stress relief.

Discipline and Communication Part 1 & 2 (double session)

Part 1 (Monday, October 21 • 7:00 -9:00 p.m.)

Set the stage for better behavior. Become familiar with temperament types and learn how to use this information to individualize your interactions with your child. Learn how to proactively prevent misbehavior by preparing your home and routine to encourage success. Discuss ways to effectively communicate with your child and the importance of structure, consistency and self-esteem to help build a growth mind set.

Part 2 (Monday, November 4 • 7:00 -8:30 p.m.)

Learn how to teach children self-control and problem-solving techniques that they can use in the moment of behavior problems. Establish rules and logical consequences for misbehavior that are developmentally appropriate. Discuss behavior charts and a variety of other options to encourage behaviors that you want to see. Leave with practical strategies and tools to implement immediately!

FREE
ADMISSION

ENCORE
PROGRAMS

SHOWCASE

55 YRS + • OCTOBER 2, 2019 • 9AM-NOON
MEADOWBROOK ATHLETIC COMPLEX



Participate in free art class demonstrations!



Come dressed to move and get motivated with a free fitness class!



Learn some new moves with our dance classes!



Explore something new with Encore Adventures!



Free giveaways and light refreshments.

WWW.HOWARDCOUNTYMD.GOV/ENCORESHOWCASE

Information: Ruth Coleman, 410-313-7311
or rucoleman@howardcountymd.gov.



5001 Meadowbrook Lane
Ellicott City, MD 21043



Howard County
RECREATION & PARKS



flickr



HoCoParks
APP



TRAUMA-INFORMED CARE FOR PEERS

Trainer: Cheryl Sharp, MSW, ALWF

OCTOBER 1ST & 2ND

9:30 AM TO 4:30 PM

BREAKFAST/REGISTRATION: 9:00 AM

On Our Own of Maryland Office

7310 Esquire Ct. 3rd Floor

Elkridge, MD 21075

**CONTINENTAL BREAKFAST AND LUNCH PROVIDED
CPRS CEUS PROVIDED**

LEARNING OBJECTIVES:

This interactive two-day training will allow participants to:

1. Learn the impact and prevalence of trauma on the brain and the body
2. Learn and practice positive coping skills
3. Practice using our stories in order to support peers who have experienced trauma
4. Develop a plan to create safe environments in wellness and recovery centers including:
 - a. Physical Safety
 - b. Social Safety
 - c. Psychological Safety
 - d. Moral Safety

**To register, contact Lauren Grimes:
Laurenonourownmd.org**

\$80 Registration fee for non-affiliate attendees





Maryland's 31st Annual Suicide Prevention Conference

"Stronger Together: Building Linkages to Life"

Wednesday, October 2, 2019

Martin's West, 6817 Dogwood Road

Baltimore, Maryland 21244

8:00 am - 4:30 pm

(Registration 8:00-9:00 am; Program begins at 9:00 am)

Conference Fee: \$95.00

\$55 student fee (limited space available; must bring current student ID)

Keynote Speaker - Lynn Davis

"Adverse Childhood Experiences: Understanding Impacts to Strengthen Support"



Lynn Davis is the Coordinator of Mental Health Services for Frederick County Public Schools, a position created through the Maryland Safe to Learn Act of 2018. Formerly the Director of the Child Advocacy Center of Frederick County, Ms. Davis has also served as an adjunct professor with Mount St. Mary's University and is past president of the Maryland Children's Alliance. Working with children, families, and schools since 1994, she has developed and supervised initiatives in the areas of child maltreatment, school violence, Native American education, and adult mental health. With a Master of Science degree in mental health counseling, Ms. Davis also maintains a clinical presence in Frederick, offering neurofeedback training and trauma-competent counseling. She strives to increase stakeholder understanding of the biological impact of trauma on the developing brain, how it affects physical and behavioral health throughout life, and what can be done to protect a child's potential, and promote healing following exposure to traumatic stress.

Registration now open! Register early; we anticipate a full house!

[View Agenda & Workshops](http://trainingcenter.umaryland.edu/Pages/Suicide-Prevention.aspx#session1) - <http://trainingcenter.umaryland.edu/Pages/Suicide-Prevention.aspx#session1>

[Click Here To Register](http://trainingcenter.umaryland.edu/Pages/register.aspx) - <http://trainingcenter.umaryland.edu/Pages/register.aspx>

Cancellation Policy:

Payment is expected unless written notice (e-mail) of cancellation is received by September 25th. Registrants who are no-shows will not receive a refund. Refund using Credit Card payments will be minus a fee of \$4.75; refund will be issued by check.

There is NO refund if you do not attend the conference

There is NO fee transfer from one conference to another conference

Payment Options:

Credit Card: Payment by credit card will only be accepted online!

Check: Please make check payable to ***Behavioral Health System Baltimore*** and mail to Monay Walton, University of Maryland Training Center, 1501 S. Edgewood Street, Suite L, Baltimore, MD 21227

Purchase Order: Send to Monay Walton (see above address). You will be invoiced for the conference fee.

Electronic Payment: Electronic payment must be sent to Behavioral Health System Baltimore

As an accredited academic institution, the University of Maryland School of Medicine's Training Center is an approved sponsor of the Maryland Board of Social Work Examiners for 6.0 Continuing Education credits (Category 1) for licensed social workers in Maryland; as a sponsor of 6.0 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists; and 6.0 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists; and the Maryland Addiction and Behavioral-health Professionals Certification Board for 6.0 Continuing Education Units for Recovery Peer Specialists upon completion of this training and a completed evaluation. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available for all other disciplines.

Sponsored by: Maryland Department of Health, Behavioral Health Administration, The Governor's Commission on Suicide Prevention, University of Maryland School of Medicine Training Center

The Couples & Family Institute of MPB Group, Inc.

Presents a 3-part series workshop for parents
by Mary Blackwood, LCMFT

Parenting Can Actually Be Fun!

Topics will include: importance of self care, how to parent with a smile and get results, how to speak to your child effectively, and navigating your child's transitional stages (from your sweet 8 year old that changed into that extra 10 year).

I don't know how long
I can keep this up!



Saturdays
October 5, November 2
& December 7
9:30—11:00

\$365.00 for the entire series

Free for current clients (clients of
MPB Group for at least three months)
Medicaid and BC/BS clients
R.S.V.P. — 410-730-2385

Couples and Family Institute of MPB Group, Inc.
6440-D Dobbin Road
Columbia, MD 21045
(410) 730-2385



HOWARD COUNTY HEALTH EXPO

WHEN

October 06, 2019
10am – 4pm

WHERE

Wilde Lake High School

5460 Trumpeter Rd, Columbia, MD 21044

CONSULT AN EXPERT

Experts in a variety of fields will be available to answer your questions.

FEATURING • **HEALTH** • **WELLNESS** • **TEEN HEALTH** • **MENTAL HEALTH** • **WOMEN'S HEALTH** • **HEALTHY EATING DEMOS** • **NUTRITION/MEAL PLANNING** • **HEALTH INSURANCE** • **HEMOCARE & SAFETY** • **SENIOR LIVING** • **YOGA / MEDITATION** • **ALTERNATIVE MEDICINE** • **PAINT MANAGEMENT**

Food & Drink (Activities - Fun for the Family)

Some of the best local food & drink vendors

WWW.**ICA**HOWARD.ORG Ph. 410-567-6599

* No out of pocket cost, if insured, insurance will be billed

FREE

OPEN TO THE
PUBLIC - ALL AGES

FREE FLU SHOTS *

FREE HEALTH SCREENINGS

will include Diabetes, Hearing Loss & Balance, Blood Sugar, Blood Pressure, Cholesterol, Vision, Dental and more.

Live Workout Demonstrations Dance & Exercise

ADVANCED Hearing Group

Platinum Sponsor

SPONSORS

TO SPONSOR OR EXHIBIT
PLEASE Email us at
contact@icahoward.org

ICA

INDIAN
CULTURAL
ASSOCIATION

OF HOWARD
COUNTY

Additional Credits Approved!

The following programs have been approved for **NAADAC credits**. Please review individual event pages for full continuing education statements and all credit offerings.

Wednesday, October 9, 2019 (Belcamp, MD)

6.0 Credit Hours – **6th Annual Addictions Conference** - *Multiple Speakers*

Tuesday, October 29 (Cambridge, MD)

5.5 Credit Hours—**Vicarious Trauma & Workplace Resiliency** - *Letha Moszer, MSW, LCSW-C*

Wednesday, November 20 (Perry Point, MD)

3.0 Credit Hours – **Ethical Boundary Management in Clinical Practice**- *Dr. Michael Heitt*

Fall 2019 Clinical Programs

Thursday, October 17 (Martinsburg, WV)

5.5 Credit Hours – **Implementing Evidence-Based PTSD Practice: Practical Tips to Optimize Clinical Outcomes** - *Dr. Erin Romero & Peter Allman, LCSW-C*

Tuesday, October 29 (Cambridge, MD)

5.5 Credit Hours – **Vicarious Trauma and Workplace Resiliency** - *Letha Moszer, MSW, LCSW-C*

Wednesday, November 20 (Perry Point, MD)

3.0 Credit Hours – **Ethical Boundary Management in Clinical Practice** - *Dr. Michael Heitt*

<http://www.chepinc.org/education/clinical-programs/>

Don't forget to register for the 6th Annual Addictions Conference!

Wednesday, October 9, 2019- Water's Edge Events Center, Belcamp, MD

State of the County by Harford County Office of Drug Control Policy

Dr. Kristine Hitchens – Understanding Co-Occurring Disorders

James Ryan, LCPC – Experiential Interventions in Substance Use Disorder Treatment: Engaging Emerging Adults and Their Families

Dr. Brett Davis – Addressing the Treatment Needs and Disparities for LGBTQ+ Clients Seeking Substance Abuse Disorders: A Complex Problem with No Easy Solutions

Dr. Gregory Neimeyer - Technology-Based Behavioral Addictions

<http://www.chepinc.org/education/annual-addictions-conference/>



Registration

“Introduction to Mental Health Recovery including WRAP®”
Wednesday and Thursday
October 9 & 10, 2019
9:00 am - 5:00 pm

____ Enclosed is payment for \$179

Make checks payable to On Our Own of Maryland

____ I will send a purchase order

Name _____

Organization _____

Address _____

City _____ Zip Code _____

Phone _____

E-mail _____

____ requested accommodations, i.e. food allergies, etc.

(10 day notice is required)

Please RSVP by mail, phone or email by

October 7, 2019

The WRAP Outreach Project
7310 Esquire Court Box 14
Elkridge, MD 21075
Phone: 410-540-9020
Fax: 410-540-9024
denise@onourownmd.org

ADDRESS

On Our Own of MD
7310 Esquire Court
3rd Floor
Elkridge, MD
21075
410-540-9020

PARKING

Please park in the
GREEN spaces or along
Elkridge Crossing Way.
See the On Our Own
receptionist upon arrival
for a parking sign for
your car.

Wellness

Recovery

Action

Plan

W R A P

“Introduction to Mental Health Recovery including WRAP®”

with

Marvin Hughley, Diana Anthony and Denise Camp

Wednesday and Thursday
October 9 & 10, 2019
9:00 am - 5:00 pm
On Our Own of MD
7310 Esquire Court
3rd Floor
Elkridge, MD 21075



GENERAL INFORMATION

The On Our Own of Maryland, Inc. WRAP® Outreach Project, is proud to offer the “Introduction to Mental Health Recovery including WRAP®” class Wednesday and Thursday October 9 & 10, 2019. This 2-day training will be held at the On Our Own of Maryland offices in Elkridge, MD in Howard County.

Recovery is possible for those with serious mental health and/or substance use issues. One tool being used around the world is WRAP® – the Wellness Recovery Action Plan. Thousands of people have used this tool to lead happier, healthier, and more satisfying lives. In this training, the participant will develop a WRAP® for themselves.

WHAT IS WRAP® ?

WRAP® is a self-designed, self-management and recovery system that was developed by a group of people with mental health difficulties who were struggling to incorporate wellness tools and strategies into their lives. Although WRAP® was developed by and for people who have difficulties with mental and emotional stressors, it is often used to help with substance use problems and the many physical issues that often co-occur, causing uncomfortable or distressing feelings. In fact, WRAP® can be used for any issue or area of one’s life such as substance use disorder recovery, pain, stress management, or relationships. WRAP® is a tool a person develops for themselves to help themselves - it is **not a replacement for therapy, medication or any other tools one already uses in their recovery.** It is a tool to complement existing treatments, therapies and strategies. WRAP® is an evidence-based

program, is recognized as an effective tool for recovery, and is registered with the Substance Abuse and Mental Health Services Administration (SAMHSA).

WHO SHOULD ATTEND?

The training is open to all, especially behavioral health consumers, those who are recovery coaches, and professionals who want to increase their understanding of mental health recovery concepts, skills and strategies, including the WRAP® process. This training is also for anyone who is looking for an introduction to WRAP®. It is required for anyone interested in becoming a WRAP® Facilitator but who has not taken a WRAP® class. Per the Copeland website, this training is offered only in local areas in either a 2 or 3 day format. This training is 2 days. **This training is approved for education credits for the Maryland Certified Peer Recovery Specialist (CPRS) credential and offers a total of 10 CEUs for that credential.**

INFORMATION COVERED IN THE TRAINING INCLUDES...

- What we mean by “Recovery”
- Recovery Topics
- Copeland’s Key Recovery Concepts
- Wellness Tools
- The Daily Maintenance Plan
- Triggers and Early Warning Signs – What’s the difference
- Rethinking the concept of “Crisis”
- Crisis Planning
- The Importance of a Post Crisis Plan
- How to become a WRAP® Facilitator

COST

The cost of the training is \$179. The cost covers all books and materials. All participants completing the 2-day training will receive a Certificate of Completion with CEUs. Space is **VERY limited** so register early!

Lunch is **NOT** included in the cost of this training. Coffee, water and snacks will be provided.

THE FACILITATORS

Your facilitators for this training will be Denise Camp, Diana Anthony, with Lawrence Hailey.

Ms. Camp, ALWF, CPRS, RPS, CCAR-T is the WRAP® Outreach Project Coordinator for On Our Own of Maryland, She is also a Certified Peer Recovery Specialist, a registered peer supervisor and training specialist.

Ms. Anthony is a WRAP® Facilitator in long term recovery. Diana works for On Our Own/ One Voice in Dundalk as a peer support specialist. She has a vast array of experiences that enhance all that she does on a job that she genuinely loves!

Mr. Hailey is an addictions counselor at Glenwood Life Counseling Center and is applying for his CPRS credential.



INFANT & EARLY CHILDHOOD MENTAL HEALTH Certificate Program

A project of the Taghi Modarressi Center for Infant Study, in partnership with Howard County ECAC and Howard County Office of Children and Families



LOCATION :

9830 Patuxent Woods Drive
Columbia, MD

Free Parking Available

Registration begins at 8:30

Trainings are 9:00 - 5:00

(Coffee & lunch provided)

Setting the Stage for IECMH

October 11, 2019

Assessment & Diagnosis Part I

November 8, 2019

Assessment & Diagnosis Part II

December 13, 2019

Engaging Families

& Communities in IECMH

January 10, 2020

Treatment of

Parent-Child Relationships

February 14, 2019

Treatment of Regulation

Problems in Early Childhood

March 13, 2019

Treatment of Trauma in Early Childhood

April 3, 2019

Integrating IECMH into Child & Family Systems

May 8, 2019

ABOUT INFANT & EARLY CHILDHOOD MENTAL HEALTH (IECMH):

Infant and early childhood mental health (IECMH) is a broad-based, interdisciplinary field that focuses on the social and emotional development and well-being of infants and young children within the context of their early relationships, family, community and culture. IECMH is a family-centered, trauma-informed, strengths and outcomes-based collaborative approach.

Our certificate program aims to advance the quality of mental health services for infants and young children in the context of their earliest relationships.

Participants have the opportunity to learn directly from faculty and leaders in the field of infant and early childhood mental health from Kennedy Krieger Institute, Georgetown University, Johns Hopkins University & the University of Maryland.

Recent research has found that experiences in a child's first three years significantly influence a child's ability to learn, cope and establish healthy relationships throughout life. Research has also identified factors that put infants at risk and has demonstrated the effectiveness of early intervention with infants and toddlers as well as the importance of working to develop the capacities of caregivers and their families.

WHO ATTENDS?

This certificate program is designed for a broad range of masters-level, front-line service providers, supervisors and agency leadership, working in a variety of community-based and institutional settings, including:

- Child Protection, Welfare & Foster Care
- Workers and Administrators
- Early Childhood Educators
- Early Interventionists (OTs, PTs, SLPs)
- Mental Health Providers (including counselors, social workers, psychologists, psychiatrists & NPs)
- Primary Care Providers

Tuition:

\$1,600

Earn 52 CEUs

For licensed social workers,
counselors and psychologists

For more information or to apply contact Kay Connors at 410-706-3216 or kconnors@som.umaryland.edu.

Applicants will be selected on the basis of their work history and commitment to the field. Priority application deadline is September 20, 2019. We will continue to accept applications after the deadline if space is available.



MENTAL HEALTH FIRST AID

On average, there are

123

SUICIDES A DAY.

American Foundation for Suicide Prevention

From 1999 to 2016,

630,000

people died from

DRUG OVERDOSE.

Centers for Disease Control and Prevention

Nearly **1** in **5** U.S.

adults lives with a
MENTAL ILLNESS.

*National Institute of Mental Health via the
National Survey on Drug Use and Health
and the Substance Abuse and Mental
Health Services Administration*

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

WHO SHOULD TAKE IT

- Employers
- **Police officers**
- **Hospital staff**
- First responders
- Faith leaders
- Community members
- Caring individuals

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

More than 1 million trained!

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.



WANT TO TAKE THE COURSE?

Where: Wilde Lake Interfaith Center: 10431 Twin Rivers Rd, Columbia, MD 21044

When: **Saturday, October 12th from 9am-5pm**

MENTAL
HEALTH
FIRST AID®

PLEASE JOIN US

Behavioral Health Administration
University of Maryland School of Medicine, Training Center
10/17/19



Clinical Intervention and Treatment Strategies:
Coordinating Care for Individuals
Accessing Opioid and Residential Services

8:30 am-4:00 pm
Temple Oheb Shalom
7310 Park Heights Avenue
Baltimore, MD

\$33 Continental Breakfast and Lunch
CEU's

To register go to: <https://accessingopiod.eventbrite.com>

If paying by check notify Vera Carter at Vera.Carter@som.umaryland.edu

Mail checks to: Vera Carter
1501 S. Edgewood Street, Suite L
Baltimore, MD 21227.

Check should be made payable to BHSB.



 **NAMI** | Howard County

5th ANNUAL

Bingo Fundraiser

Friday - October 18, 2019 @ 7:00 p.m. (Doors open at 6pm)

***\$20.00 in advance, \$25.00 at door**

*Purchase tickets by **October 4th** and be entered into a drawing for a \$100 Target gift card.

For more information and to purchase tickets call 410-772-9300 or go to

<https://namihowardcounty.org>

SPECIALS GAMES * DOOR PRIZES * RAFFLES * FOOD

The Lodge
2832 Nine Mile Circle,
Catonsville, MD 21228
(off Frederick Road just
outside of old Ellicott City)



Youth Mental Health First Aid Training

Friday, Oct. 18 | 8:30 a.m-5 p.m.
HCGH IC Conference Room | FREE

Sometimes first aid isn't a bandage or CPR. Sometimes, first aid is **YOU**. A young person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

You must be age 18 and older to attend.

Training is highly recommended for those who regularly have contact with young people between the ages of 12 -18, including:

- Teachers
- Coaches
- Social workers
- Faith Leaders and
- Other caring citizens

Take the training. Save a life.
Strengthen your community.



Register today at hcg.org/events | 410-720-7601



Benefits & Wellness Fairs!

**Open Enrollment:
October 28 – November 11, 2019**

Date	Location	Time
Monday, October 21	George Howard 3430 Court House Drive Ellicott City, MD 21043 <i>Lobby and Ellicott/ Columbia rooms</i>	10:00 a.m. – 2:00 p.m.
Tuesday, October 22	Community Resources Campus 9830 Patuxent Woods Dr. Columbia, MD 21046 <i>Rooms 337, 338, and 346</i>	10:00 a.m. – 2:00 p.m.

No formal benefits presentations

Enjoy free wellness services!

Why Should You Attend?

- Talk with health and financial plan reps
- Learn more about your benefits for 2020
- Ask questions, compare plans, and make informed choices
- Enjoy FREE wellness services:
 - Chair massage
 - Foot reflexology
 - Ear acupuncture
 - Screenings
 - Healthy food samples
 - Ask the Dietitian
- Tour the fitness room and learn how to properly use equipment
- Gather wellness resources and give-aways!



Employees of Howard County Government should be allowed to attend the Benefits & Wellness Fair with supervisors' approval. No RSVP needed.



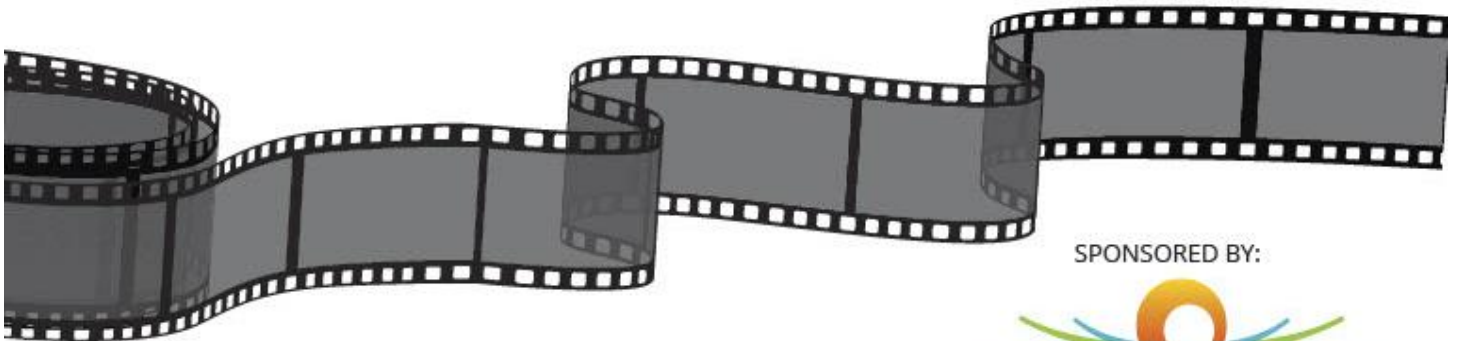
2019 
**MENTAL
HEALTH
FILM FESTIVAL**

Wednesday, Oct. 23, 2019

6-9 p.m.

Regal UA Snowden Square Theater

9161 Commerce Center Dr., Columbia, MD 21046



SPONSORED BY:



One evening.
Four films.
Hundreds of community members who care about
mental health.

Join the Horizon Foundation for the 2019 Mental Health Film Festival, an event to build awareness and compassion for members of our community living with mental health challenges.

Attend one of four film screenings, each followed by a time for attendees to reflect, ask questions and connect with others. Hear from local experts including psychiatrists, crisis counselors, social workers, youth, school system staff and people sharing their own experiences and journeys with mental health.

This event is FREE. Registration is required.

LEARN MORE & REGISTER FOR YOUR FREE TICKET: <http://bit.ly/2019MHFF>

Please register for only ONE film to ensure all have a chance to attend.

2019 Mental Health Film Festival Selections

Each film will be followed by a time for reflection, questions and discussion with local experts such as psychiatrists, crisis counselors, social workers, youth, school system staff and people sharing their own experiences and journeys with mental health.

BOY INTERRUPTED

Dana and Hart Perry share the intensely personal story of their son Evan, who from a young age had intense mood swings and often talked about ending his life. Step into the shoes of this family as they share their experience with Evan's bipolar disorder and eventual suicide with home videos and interviews with relatives, friends, doctors and teachers. As professional filmmakers, the Perrys made extensive personal films and videos of the family, but never suspected that their footage of Evan – taken from the moment of his birth throughout childhood and adolescence – would end up becoming the primary source material for this moving account of living with a serious mental illness.



DARK SIDE OF THE FULL MOON

Having a baby is supposed to be the happiest time of your life. But what if it's not? Each year, 1.3 million women in the U.S. struggle to find support and treatment for post-partum depression and other perinatal mood disorders. Two women, Jennifer Silliman and Maureen Fura, both with firsthand knowledge of this challenge, came together to give a face and a voice to the countless women who suffer in silence. With the help of Dr. Shoshana Bennett, they produced a documentary film, uncovering disconnects within the medical community to effectively screen, refer and treat these women.



NOT ALONE

Driven by a desire to understand why her best friend died by suicide at 16, Jacqueline Monetta asks teens to share their struggles with mental illness and suicide attempts. Through her intimate teen-to-teen conversations, Jacqueline and the audience learn about depression, anxiety, self-harm, suicide attempts, getting help and treating mental illness. Each teen paints a vivid picture of the depths of despair he/she suffered and how talking about it saved them. They assure the audience that mental illnesses, like physical illnesses, can and should be treated.



WE ARE NOT DONE YET

This film tells the story of 10 U.S. veterans who come together in hopes of battling their traumatic military pasts through the art of written word. Grappling with PTSD, the "warrior poets" share fears, vulnerabilities and victories that eventually culminate into a live performance of a collaborative poem under the direction of actor Jeffrey Wright. In the process of creating their poetry and rehearsing for the performance, these individuals build a new-found tribe in one another, allowing them to share hidden truths about their intimacy with war, death and trauma. *Note: this screening will be followed by a short workshop with participants in the Community Building Art Works program featured in the film.*



Note: Films can include strong language and discussions of intense themes (substance use, abuse, war, suicide, etc.). These films reflect real life experiences, and so viewers are advised to review the film content, watch the movie trailers and use their discretion in making ticket choices.

LEARN MORE & REGISTER FOR YOUR FREE TICKET: <http://bit.ly/2019MHFF>

Please register for only ONE film to ensure all have a chance to attend.

Event Hashtag: #HCMHFF
thehorizonfoundation.org





**Three out of four
people using heroin
began with the use
of prescription
medication**

Drug Take Back Day

in Howard County

Saturday, October 26

10 a.m.–2 p.m.

**Dispose of unwanted or expired medications &
sharps (needles, syringes & EpiPens) at
HC DrugFree's convenient drive-thru collection**

Wilde Lake Village Center parking lot

5305 Village Center Drive, Columbia, near The UPS Store

For details, go to www.HCDrugFree.org

To volunteer, email Admin@hcdrugfree.org or call 443-325-0040

HCDrugFree
Empowering the Community



**Message provided by HC DrugFree, Howard County Health Department
& Howard County Police with funding from MDH & SAMHSA**

Registration

"5-Day WRAP® Facilitator Training"

Monday - Friday
Oct. 28—Nov. 1, 2019
8:30 am - 5:00 pm

COST \$789

Space is limited. Please register early.

- My check is enclosed. Please register me.
- Make check payable to On Our Own of Maryland.
- Be sure to complete the separate FACILITATOR APPLICATION

(PLEASE TYPE OR PRINT CLEARLY)

Name _____

Organization _____

Address _____

City _____ Zip Code _____

Phone _____

E-mail _____

- Other accommodations, i.e. hearing interpreter
(10 day notice is required)

Please mail or fax back registration by

WEDNESDAY OCT. 23, 2019
TO:

The WRAP Outreach Project
7310 Esquire Court Box 14
Elkridge, MD 21075
Phone: 410-540-9020
Fax: 410-540-9024
denisec@onourownmd.org

LOCATION

**On Our Own
of Maryland, Inc.**

**7310 Esquire Ct
3rd Floor
Elkridge, MD
21075**

410-540-9020

PARKING

**Please pack in the
GREEN spaces or along
Elkridge Crossing Way.
See the On Our Own
receptionist for a
parking sign for your
car.**

Wellness Recovery Action Plan



5-Day WRAP® Facilitator Training

with
Denise Camp
Laurie Galloway and
Carolyn Cullison
Advanced Level WRAP® Facilitators

Monday - Friday
Oct. 28—Nov. 1, 2019
8:30 am - 5:00 pm

On Our Own of Maryland
7310 Esquire Court 3rd Floor
Elkridge, MD 21075



GENERAL INFORMATION

The On Our Own of Maryland WRAP® Outreach Project is pleased to offer the 5-day "WRAP® Facilitator Training" from Monday October 28 through Friday November 1 at the On Our Own of Maryland offices in Elkridge. You will spend five days with Copeland Center trained staff learning to become an effective WRAP® Group facilitator and presenter.

ABOUT THE TRAINING

At this training, you will gain a deeper understanding of the recovery process, how to support people in their recovery process, and learn to:

- work with groups to help them uncover their personal strengths and discover how they can use these strengths to support their recovery and wellness
- effectively share the Copeland 5 Key Concepts of recovery
- work with individuals, groups, and organizations to develop their individual WRAP®
- facilitate discussions about wellness tools and strategies
- empower and motivate people to work toward recovery – feeling the way they want to feel, making their lives the way they want them to be, and moving toward meeting their life goals
- use interaction, presentation styles and strategies that enhance recovery

Thousands of people across the United States and around the world have been trained as WRAP® Facilitators. This course models the behavior of a facilitator in a WRAP® class and stresses authenticity and unconditional high regard, as well as the of Values and Ethics of WRAP® that will guide your work. The WRAP® Facilitator Training is an intense, experiential learning course that is based on mutuality. Participants in this course will be expected to engage in interactive learning activities, demonstrate their knowledge and personal experience with WRAP®, and complete the training's five practice elements.

WHO MAY ATTEND?

This training is appropriate for anyone who would like to lead WRAP® groups, work with others to develop their own WRAP® and give presentations to groups or organizations. Attendees are expected to have a solid working knowledge of WRAP® and share their experiential knowledge of how WRAP® can work and has worked for them. Before attending this training, it is expected that you have knowledge with all the parts of WRAP® through completion of one of the following prerequisites:

- 2 or 3 day Level 1 "Intro to WRAP®" training,
- 4, 8, 12 or 16 week WRAP® class
- NOTE: Persons completing a one-on-one or an on-line WRAP® will be considered on an individual basis.

Additionally, you should also have and use your own WRAP®. A prerequisite course must have been conducted by a WRAP® Facilitator and completion of the course is required to become a Facilitator. **Applicants must also complete the separate Facilitator Application.**

YOUR TRAINERS

Your facilitators for this training will be **Denise Camp, Carolyn Cullison and Laurie Galloway.** All are Advanced Level WRAP® Facilitators, trained and certified by the Copeland Center. Ms. Camp is the WRAP® Outreach Project Coordinator for On Our Own of Maryland. Ms. Cullison and Galloway are the executive directors of On Our Own of St. Mary's County and On Our Own of Carroll County, respectively.

COST

The cost of the training is \$789 per person. There is a strict limit on class size and slots are based on a first-to-pay basis with a completed application and registration.

The fee includes:

- The WRAP® Facilitator Training Manual
- The Copeland text and workbooks
- DVD and PowerPoints on CD
- All other training materials
- On-going support from The WRAP® Outreach Project
- Breakfast and Lunch each day

PLEASE NOTE: If overnight lodging is needed, there are motels for lodging within a mile of the On Our Own offices.

INFORMATION COVERED IN THE TRAINING INCLUDES...

- Creating a Safe Learning environment
- Copeland Center Value and Ethics of WRAP®
- The Power and Importance of Language
- Co-Facilitation Structure
- Debriefing
- Accommodating Individual Needs
- Responding to Questions
- Respecting Diverse Perspectives
- Presentation and Facilitation Skills
- Small Group Exercises
- Co-Facilitation Practice Elements
- Creating a WRAP® Group
- Individual Participant Feedback

REFUND/CANCELATION POLICY

Participants may cancel and receive a full refund **if canceled by October 21, 2019.**

After this date, no refunds are available. For last minute cancellations due to illness, the fee will be applied to a future training.

TALK SAVES LIVES™

A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.

Date

November 12, 2019

Time

8 am - 9 am or 4:30 pm - 5:30 pm

Location

Howard County General Hospital
1C Conference Room

RSVP

To register, visit hcgh.org

Or call the Health Promotion Team
at 410-740-7601

Brought to you by funds raised by
Howard County General Hospital



American
Foundation
for Suicide
Prevention



Mental Health First Aid Training

Friday, Sept 27 or Nov 15 | 8:30 a.m-5 p.m.
HCGH IC Conference Room | FREE

Sometimes, first aid isn't a bandage or CPR. Sometimes, first aid is **you**.

A person you know could be experiencing a mental health or substance use problem. Learn how to take action to help a friend, family member, coworker or neighbor in need.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Get trained in Mental Health First Aid; you just might save a life.

Register today!



Register today at hcgh.org/events | 410-720-7601



**HOWARD COUNTY
HEALTH DEPARTMENT**

Promote. Preserve. Protect.

Howard County Health Department
Grassroots Crisis Intervention Center
Moms Demand Action for Gun Sense in America
present:

**Ethical Considerations &
Extreme Risk
Protective Orders (ERPO)**

FREE Training

November 15, 2019

8:30am – 12:00pm

(3 CEUs for Social Workers)

Presenters: PFC Meghann Holloway
Howard Co. Police Dept.

Amy Miller, MSW, LCSW-C
Grassroots Crisis Intervention

Eileen Zeller, MPH
Moms Demand Action for Gun
Sense in America

Location: Howard County
Health Department
8930 Stanford Blvd
Columbia MD 21045
Barton Rooms

Participants will:

Learn how to facilitate clinical discussions and ethical decision making regarding Maryland's ERPO law.

Use knowledge learned to align agency policies and procedures with the ERPO process.

Learn ways to apply means restriction when dealing with suicidal and homicidal ideation.

Sign up for the class by clicking on the link below.

<https://bit.ly/34f7kyf>

For additional information contact Heather Moore at
410-313-7509 or hmoore@howardcountymd.gov

Visit hhealth.org or call 410.313.6300 for more information.



WRITING EFFECTIVE PROGRESS NOTES TRAINING

**Wednesday,
December 4, 2019
8:00 a.m. – 4:30 p.m.**

Through case examples, videos, and small group work, counselors will learn how to write high quality progress notes. Participants will leave with tools and skills that they can put to use immediately to make this important task easier and more useful to their clinical work.

In this hands-on training counselors will learn:

- How to write effective progress notes using **SOAP** or **DAP** format
- Why progress notes consist of more than what the client said
- How to include **interventions** and the client's response in notes
- Ways to craft professionally written and meaningful **assessments**
- Tips for enhancing the **plan** section of progress notes to help counselors prepare for the next session
- The **legal and ethical aspects** of writing progress notes

Meg Stoltzfus, LCPC has over 20 years of experience in counseling, clinical supervision, teaching, and program development. She enjoys helping counselors improve their documentation skills so that they can focus more on the counseling aspects of their work.

She received her M.S. in Counseling from the University of North Carolina at Greensboro. Meg is an Approved LCPC supervisor and an Approved Alcohol and Drug supervisor in Maryland.

WHO

Counselors & Clinical Supervisors
treating substance use disorders

WHERE

Junior League of Baltimore
5902 York Road
(enter on side—Rosebank Ave)
Baltimore, MD 21212

Free parking in the Staples lot.

REGISTER

www.megstoltzfuslcpc.com/training

Please register by November 13

CEUS

This CE program has been approved by the Maryland Board of Professional Counselors and Therapists for 6.5 Category A units.

COST

\$105 single registrant

\$95 two or more from the same agency at the same time

Payment by credit card through Eventbrite

SPONSOR

Meg Stoltzfus, LCPC
meg.a.stoltzfus@gmail.com
410.530.6629

Please feel free to contact sponsor with any questions.