



Resources for Veterans and Military Families and Community Members During COVID-19 Crisis, 16 June 2020

[Howard County COVID-19 Updates](#)

Military/Veteran Crisis line: 800-273-8255.

Webinars

Now – Mental Health Awareness Month – If you are a veteran or here as someone who cares for a veteran, [Make the Connection by exploring these resources](#)

Now – Complete the 2020 Census. If you did not receive an invitation in the mail, you can still complete the questionnaire online at www.my2020census.gov or by phone at 844-330-2020.

Every Thursday – [Fort Meade Facebook Town Hall](#), 5:30pm. Education Town Hall

Every Thursday – Virtual Support Meeting for Behavioral Health Professionals hosted by Kolmac Outpatient Services, 8pm. Meeting ID: 738 288 807 Required Password: 064280

June 17 - [Howard County COVID-19 Business Relief Grant Applications Are Officially Open](#) The grants provide financial assistance to businesses in targeted sectors that have been most impacted by COVID-19 and plan to re-open. Applications are currently open and will close at 11:59 p.m. on June 17, 2020. To prepare, please review application instructions available at <http://www.hceda.org/c19grants>. Grants are expected to be distributed by early July.

June 18 – [Preparing for Career and Family after COVID](#), 3-4pm.

June 23 – [Virtual Career Field with Garda](#), 7am-7pm

June 25 - DAV/RecruitMilitary Veterans Virtual Job Fair, 1:00 am - 3:00 pm (Eastern) [Registration and Exhibitor List](#)

June 25 - [Black Vietnam: Into The Light Trailer](#) – Columbia Arts Festival/Horizon Foundation MTalk Saves Lives: An Introduction to Suicide Prevention LGBTQ+ focus mental Health Film Fest movie. Free

June 25 - [Talk Saves Lives: An Introduction to Suicide Prevention](#) LGBTQ+ focus Virtual Event, 7-8pm (Also July 23 and Aug 13)

June 28 – Outdoor Kayaking at Riley's Lock, 2-5pm at 13015 Riley's Lock Rd, Poolesville, MD. [Team River Runner](#): Health and Healing through Paddlesports, Helping Our Wounded Veterans. Click here to sign the online waivers: <https://app.waiversign.com>

August 6 – [Howard County Commission of Veterans and Military Families](#) meeting, 7pm. Email lbterry@howardcountymd.gov for WebEx link.

September 11 – [Military MOJO Virtual Career Fair](#)

Resources:

Kolmac's Medication-assisted treatment plus individual therapy

Kolmac's MAT+ Program is designed to help treat addiction holistically, through its combination of one-on-one therapy, medication-assisted treatment (MAT), and psychiatric support when needed. It also offers patients customized support options online during the coronavirus pandemic.

Our aim was to develop a program that supports patients beyond just a prescription, without sacrificing clinical integrity. As Kolmac's founder Dr. Kolodner says, "MAT means medication-assisted treatment, not medication as treatment."

One-on-one therapy...

Patients begin with biweekly private sessions with their own, personal therapist. This can help them work through any challenges on an individual basis.

....and medication-assisted treatment (MAT)

Patients are also supported by weekly MAT sessions with medical staff who will assess their medication and arrange for prescriptions.

Kolmac's MAT+ Program is available ONLINE during the coronavirus pandemic Kolmac has responded to the coronavirus pandemic by pioneering virtual support via Zoom to ensure that patients can receive treatment, safely and securely, in this time of crisis.

Less intensive but the same commitment to care

Kolmac's MAT+ Program is a less-intensive form of Intensive Outpatient Treatment (IOP). Eligible patients include those with a mild to moderate substance use disorder (SUD) diagnosis or a high SUD diagnosis but no documented use in the past 90 days (early remission).

To find out if Kolmac's MAT+ Program is appropriate for your patients, please call: (301) 750-9612 and speak to one of our advisors.

[Anti-Racist Online Books thru Howard County Library System](#)

[Veteran-owned Business Blog](#)

[Mission Continues Service Leadership Corps](#) - Join the Service Leadership Corps and become part of a growing movement of veterans who are applying their expertise and continued service as community-based leaders.

DCRS Powerful Tools for Caregivers - Evening Session (WebEx)
<https://www.facebook.com/events/653395548549822/>

[Local Children's Board webinar "Managing Parental and Family Anxiety in Uncertain Times"](#) Thursday, June 18th at 7:30 p.m.

Alzheimer's Association Virtual Programs <https://alz.org>

[New Mom's Support Group Howard County General Hospital](#)

[Veteran Owned Small Business Growth Pilot Training Program](#)

[The Steven A. Cohen Military Family Clinic](#) provides free high-quality and accessible behavioral health care to veterans, their families, the families of active duty service members, and caregivers. Our services are available to any person who has served in the U.S. Armed Forces, including the National Guard and Reserves, regardless of role or discharge status.

The Cohen Clinic uses evidence-based practices with a holistic approach to improve the quality of life for veterans and their families. Services are provided by trained and credentialed staff. Veterans and their family members are able to receive services individually and as a family unit at the same place with the same treatment team.

The Cohen Clinic will also help connect veteran families to community resources and services, as necessary.

[Military Child Education Coalition Resources for Parents with Children K-12](#)

Online Support Groups – NAMI Howard County

NAMI Parent Support Group (PSG) for parents/caregivers of school-aged kids
Monday, May 11th from 7:30-9pm (Second Monday of the Month) - [Register here](#)

NAMI Connection Support Group for adults living with mental illness
Monday June 8 & 22 from 6:30-8pm (Second & Fourth Mondays of the Month) - [Register here](#)

NAMI Parent Support Group -Transition Age Youth for parents/caregivers of Transition Age Youth (TAY)
Thursday, May 21st from 7:30-9pm (Third Thursday of the Month) - [Register here](#)

NAMI Family Support Group for family members of individuals w/ mental illness, from 7:30-9pm (Third Friday of the Month) - [Register here](#)

To help our community during this time, the Mental Health Association of Maryland continues to update and expand our [mental health resources](#) to ensure Marylanders have access to helpful and up-to-date information. Recently, we have added resources on [grief](#), [domestic abuse](#), [managing stress for healthcare workers](#), and [information for providers transitioning to telehealth](#). In addition to our resources, we will be hosting a number of free webinars and events.

[Montgomery County Veterans Commission Webpage](#)

Remote Jobs for Military-connected and Veterans

Serving Together Peer Navigators want to connect you with those vetted employers who understand your and your clients' challenges and who value the unique skill set, experience, and resiliency our population brings to the work environment. If you are a Veteran, Guard, Reserve, Transitioning Active Duty, Spouse, or Caregiver, contact our Peer Navigators at 301-738-7176, M-F 9am-4:30pm or you can fill out a Get Assistance Form at www.servingtogetherproject.org

Other Job Opportunities:

Smithfield Foods is currently recruiting for Material Handlers, both day and night shift, at their Distribution Center in North East, MD. 21901
Positions start \$16.25 to 17.75/hr, depending on shift and schedule.
Applicants should apply online only, at www.smithfieldfoods.com/careers

DHL Hiring - <https://workfordhl.com/>

Krause hiring HVAC technicians. Email: info@krausecompanies.com

[Univ of MD Upper Chesapeake Health](#) hiring many positions

[Univ of MD Jobs](#)

[Leidos](#) Software Tester, Suitland MD

Gregory Ingram

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[Max Outreach](#) - OutreachCoordinator@maximus.com or by phone at 1-800-274-8582 ext 185

Newsletters, Articles and other Information

[Project Scope for Military/Veterans](#) – Preparing for a Civilian Career, Finding a Civilian Career and Security Clearances. Free from Fort Meade Alliance

[Borne the Battle Podcast](#) - Keeping Veterans informed of their benefits and resources is one of the core missions of *Borne the Battle*. Along with sharing personal stories of service and sacrifice, host Tanner Iskra and his guests give Veterans accurate and up-to-date information about all things VA.

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[MDVA Newsletter](#)

[VA Newsletter](#)

[VFW Newsletter](#)

[Parent Pages](#) – Parent Resources

[Voices of Vets, 4th Social Distancing Concert](#)

[Caregiver Support during COVID-19](#)

[Howard County Chamber of Commerce](#) – Business Resources