

Additional Programs

Mental Health First Aid

This 8 hour training provides trainees with the ability to recognize signs of mental illness and provide mental health first aid until appropriate professional help can be provided.

Ages 16 and up

For more information contact:

On Our Own: 301-997-1066

Walden Sierra: 301-997-1300

Wellness and Recovery Action Plan (WRAP)

WRAP is an evidence-based practice plan used by people all over the country, including schools, prisons, children, transitional age youth, and seniors. WRAP is appropriate for anyone who is looking to attain the highest possible level of wellness.

All ages.

For more information contact:

On Our Own: 301-997-1066

The classes and workshops described in this brochure outline resources for parents of children in St. Mary's County. The age listed is for parents of children in that age group. For more information about cost and dates of programs please contact the individual listed, or visit Healthstmarys.com for a comprehensive calendar and list of recourses.

These materials were developed in partnership with:

The Commissioners of St. Mary's County

The Department of Aging & Human Services

The St. Mary's County Health Department

Healthy St. Mary's Partnership

St. Mary's County Public Schools

Community Alcohol Coalition

St. Mary's County Libraries

New Family Network

Tri-County Youth Services

Walden Sierra, Inc.

The Promise Resource Center

Department of Social Services

On Our Own of St. Mary's County



For more information and materials contact the Department of Aging & Human Services at 301-373-4200, ext. 1680 or visit the Healthy St. Mary's Partnership Website; <http://healthystmarys.com/parenteducation>

With funding from SAMHSA, ADAA and the St. Mary's County Dept. of Aging & Human Services



St. Mary's County Parent Education and Skill Building



Who's in your neighborhood?

July 2014—June 2015

Resources for Parental Skills Building

In this brochure you will find information about skill building and educational courses, workshops, and support groups.

Featured Programs:

Love and Logic

Love and Logic helps parents learn to have conversations with their children about various issues. It also deals with consequences and preventing risky behavior.

Ages Birth to Adult

For more information contact:

Susan Fox: sjfox@smcps.org

301-475-0250, ext. 110

NAMI Basics (National Alliance on Mental Illness)

A six session course for parents of school-aged children who have symptoms of or a diagnosis of a mental illness. This course is taught by trained NAMI teachers who have children with similar issues as those of the class members. The class covers symptoms and diagnosis, medications, behavioral and communications strategies, advice for communicating with school personnel and more.

Ages 5-16

For more information contact:

shanda_buckler@yahoo.com,

ashworthj8899@gmail.com

Parents and Teachers as Allies

A 1 1/2 - 2 hour presentation for parents and educators of school-age children. It covers the major symptoms of mental illnesses in children and features a parent of a school aged child who speaks about their experiences, along with a young adult who speaks about growing up with mental illness while attending school.

School Age

For more information contact:

shanda_buckler@yahoo.com,

ashworthj8899@gmail.com

Guiding Good Choices (GGC)

The goal of GGC is to promote healthy behaviors by giving parents & caregivers the opportunity to practice skills including skills on how to approach the topic of drugs and alcohol.

The program addresses a variety of ways to manage family conflicts, establish communication, and strengthen bonds.

Ages 8-14

For more information contact:

Matthew Reisdorph:

matt.reisdorph@stmarysmd.com

301-475-4200, ext. 1681

Follow us on Facebook: www.facebook.com/StMarysGuidingGoodChoices

Staying Connected with Your Teen:

The goal of the program is to prevent problem behaviors among teens, such as substance abuse and violence, by helping parents acquire or improve a variety of key parenting skills and techniques. Parents and teens work together through responses and solutions to contemporary challenges such as teen parenthood, school dropout, and substance abuse.

Ages 12-17

For more information contact:

Matthew Reisdorph:

matt.reisdorph@stmarysmd.com

301-475-4200, ext. 1681

Play and Learn Workshop

Play fun learning games and create make-and-take projects to help prepare your little one (birth through age 5) for success in school!

Ages Birth to 5

For more information contact:

The Judy Center

301-863-4068

Co-parenting for Success Class

This large-group class uses a standardized curriculum to help parents learn about, discuss and practice key CoParenting concepts. This program focuses on teaching parents about the impact of conflict on their child, effective communication and problem-solving skills, and techniques for working together to ensure optimal outcomes for their child

All ages

For more information contact:

The Promise Resource Center

301-290-0040

