

RESOURCES & TRAININGS

IF YOU ARE INTERESTED IN MORE INFORMATION ON SPECIFIC TRAININGS OR RESOURCES OR WOULD LIKE TO SCHEDULE A TRAINING PLEASE CONTACT US VIA EMAIL AT STMARYSPARTNERSHIP@GMAIL.COM

SUBSTANCE USE TRAINING

SEVERAL COMMUNITY ORGANIZATIONS ARE AVAILABLE TO PROVIDE MORE INFORMATION ON SUBSTANCE USE PREVENTION AND HOW YOU CAN HELP CONNECT COMMUNITY MEMBERS TO LOCAL RESOURCES.

SUICIDE PREVENTION

THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION OFFERS SEVERAL TRAININGS WHICH FOCUS ON LEARNING ABOUT SUICIDE, HOW YOU CAN HELP PREVENT IT, AND RESOURCES FOR THOSE AFFECTED.

OVERDOSE RESPONSE

THE ST. MARY'S COUNTY HEALTH DEPARTMENT OVERDOSE RESPONSE PROGRAM IS FREE AND OPEN TO ANYONE WHO WOULD LIKE TO LEARN HOW TO RECOGNIZE THE SIGNS AND SYMPTOMS OF OPIOID OVERDOSE AND HOW TO ADMINISTER NALOXONE.

MENTAL HEALTH FIRST AID

MENTAL HEALTH FIRST AID IS A NATIONAL PROGRAM TO TEACH THE SKILLS TO RESPOND TO THE SIGNS OF MENTAL ILLNESS AND SUBSTANCE USE.

COPING SKILLS

COPING SKILLS HELP US GET THROUGH DIFFICULT TIMES - THEY CAN GIVE US AN IMPORTANT BREAK FROM MENTAL AND EMOTIONAL DISTRESS, AND SOMETIMES THEY ARE LITERALLY LIFE-SAVING. SEVERAL RESOURCES ARE AVAILABLE TO PROVIDE MORE INFORMATION ON COPING SKILLS.

ANTI-STIGMA

ON OUR OWN OF ST. MARY'S AND THE ST. MARY'S COUNTY HEALTH DEPARTMENT ARE AVAILABLE TO PROVIDE TRAINING ON STIGMA RELATED TO BEHAVIORAL HEALTH.

MEDICAID ENROLLMENT & INSURANCE NAVIGATION

SEEDCO IS AVAILABLE TO PROVIDE MARYLAND HEALTH CONNECTION ENROLLMENT ASSISTANCE WITH HEALTH AND DENTAL INSURANCE. SOUTHERN MARYLAND COMMUNITY NETWORK IS AVAILABLE TO PROVIDE BEHAVIORAL HEALTH INSURANCE NAVIGATION SUPPORT.

GOOD SAMARITAN LAW INFORMATION

MARYLAND'S GOOD SAMARITAN LAW PROVIDES LEGAL PROTECTIONS FOR THOSE ASSISTING SOMEONE WHO MAY BE OVERDOSING. MATERIALS ARE AVAILABLE WITH MORE INFORMATION.

ANGER MANAGEMENT/CONFLICT RESOLUTION

GET CONNECTED WITH CONFLICT RESOLUTION TRAINING OR RESOURCES TO LEARN MORE ABOUT PROCESSING AND MANAGING ANGER.