



GETTING ACCESS TO MENTAL HEALTH CARE

In Howard County

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Promote. Preserve. Protect.

hchealth.org



BUREAU OF BEHAVIORAL HEALTH

- *Mission:* To promote behavioral health wellness and provide integrated linkage to behavioral health resources and prevention services for all in Howard County.
 - Serves as Howard County's Local Behavioral Health Authority which **plans, manages and monitors** the publicly-funded behavioral health services system
- Provides information, resources, and referral connections
- Maintains resource directories
 - Behavioral Health Directory - <https://bit.ly/HoCoBHRresources>
 - Network of Care - howard.md.networkofcare.org/mh/

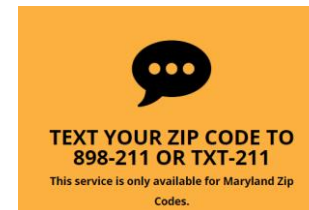
Visit howardcountymd.gov/gethelp or call 410-313-6202

BUREAU OF BEHAVIORAL HEALTH

- **Behavioral Health Navigation** – provides mental health, substance use, and social resources to individuals, families, and professionals
 - Leah Bulka: 410-313-6240, <https://bit.ly/BehavioralHealthNavigation>
- **Immigrant Behavioral Health Program** – connects uninsured and undocumented individuals with mental health and substance use services
 - Heidi Weiss-Beedie: 410-313-5711, hweissbeedie@howardcountymd.gov
- **Psychogeriatric Program** - provides information on assisted living, daycare, behavioral health treatment and other resources to older adults, family members and caregivers.
 - Heidi Weiss-Beedie: 410-313-5711, hweissbeedie@howardcountymd.gov
- **Peer Recovery Specialists** – provide substance use resources and referrals to individuals and families
 - Peer Support Line: 667-203-1253, ssheldon@howardcountymd.gov

WHERE TO GO... IN CRISIS

- **Grassroots Crisis Intervention** - grassrootscrisis.org or 410-531-6677
 - 24-hour crisis intervention and supportive counseling hotline
 - Mobile Crisis Team
 - Shelter services
 - Substance use screenings & New Beginnings program
- **Sheppard Pratt Psychiatric Urgent Care** - 7220 Discovery Drive, Elkridge, MD 21075, sheppardpratt.org/hopeishere/ or 410-938-5000
- **Maryland Helpline** call 211, press 1 or text your zip-code to 898-211
- **Crisis Text Line** – text HOME to 741-741



WHERE TO GO...FOR SUPPORT, RESOURCES

- **National Alliance on Mental Illness Howard County** – namihowardcounty.org or 410-772-9300
 - Support groups, education, resources and referrals
- **Maryland Coalition of Families** - mdcoalition.org or 410-730-8267
 - Family Support Specialists, support groups, and resources
- **HopeWorks** - hopeworksofhc.org/ or 410-997-2272
 - 24-hour helpline; intimate partner, dating, & sexual violence
- **On Our Own of Maryland** - onourownmd.org/ or 410-772-7905
 - Wellness & Recovery Center offering peer support, resources, and referrals



DEPARTMENT OF COMMUNITY RESOURCES & SERVICES

- DCRS provides programs, services, and referrals for residents in Howard County, including individuals with disabilities, older adults, youth and families, and veterans
- **No wrong door approach**
- howardcountymd.gov/community-resources-services



Howard County Department of
**Community Resources
and Services**

Providing vital human services through programs, services and referrals to ensure everyone in the community has the opportunity to
GROW, THRIVE and LIVE with DIGNITY

*How Can Our Offices Serve **YOU** Today?*

- ADA Coordination
- Aging and Independence
- Children and Families
- Consumer Protection
- Community Partnerships
- Disability Services
- Human Trafficking Prevention
- Local Children's Board
- Veterans and Military Families

HOWARD COUNTY
Community Resources Campus

www.howardcountymd.gov/communityresources
communityresources@howardcountymd.gov
www.facebook.com/HoCoCommunity

410-313-6400
(VOICE/RELAY)

9830 Patuxent Woods Drive
Columbia, MD 21046



THE CARE LINE

CHILD AND ADOLESCENT RESOURCES AND EDUCATION for Howard County Families

THE CARE LINE

- Assistance Finding Child Care
- Extended Family and Guardian Resources
- Food Access
- Housing Advocacy
- Mental and Emotional Health Support
- Online Support Groups
- Special Needs Resources
- Virtual Parenting Support Resources



410-313-CARE (2273) VOICE/RELAY

children@howardcountymd.gov • www.howardcountymd.gov/children

This **FREE SERVICE** is provided by the Howard County Department of Community Resources and Services and its offices of Children and Families and The Local Children's Board; and with the support of the Maryland State Department of Education; Howard County Mental Health Authority; and Governor's Office for Children.

If you need this information in an alternative format, contact the Office at Children and Families at 410-313-1940 (voice/relay) or children@howardcountymd.gov.

THE CARE CENTER: EARLY CHILDHOOD MENTAL HEALTH

- Provides support to parents and childcare providers through behavior consultation, parent support groups, and education
- CARE Line: 410-313-2273

Howard County Office of Children and Families



If you are experiencing challenging behaviors with children in your care such as tantrums, aggression, non-compliance or socially withdrawn tendencies, contact the CARE CENTER today!

The CARE CENTER offers **FREE RESOURCES AND STRATEGIES** to support you and your childcare program with the following services:

- Virtual Child-Specific/Center-Wide Behavior Consultation
- Participation in a parent support group to build positive relationships between your staff and families
- A brief Q&A session to help address behavioral challenges specific to your childcare center during a designated staff meeting
- A virtual drop-in Q&A session with the behavior consultants offered weekly — held on Thursdays, 1:30 to 2:30 p.m.

We are here for you.

Do not hesitate to contact us for additional information!

410-313-CARE (2273)

VOICE/RELAY

children@howardcountymd.gov • www.howardcountymd.gov/children

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LOCAL CHILDREN'S BOARD

- **The Building Youth Resiliency (BYR)** program provides rapid-access to behavioral health services and case management for youth and families who are underinsured or uninsured in Howard County. Services are delivered by the Center for Children.
- The **Psychiatric Rehabilitation Program (PRP)** provides services and support for participants in the home or community. Services are delivered by Therapeutic Connections.
- The **Local Care Team (LCT)** provides a forum for families of youth with intensive and complex behavioral health or developmental needs to access information on available community resources and services.
- Local Children's Board: 410-313-6400

YOUTH BEHAVIORAL HEALTH ROADMAP

Behavioral health is used to describe not only ways of promoting well-being by preventing or intervening in mental illness such as depression or anxiety, but also as an aim of preventing or intervening in substance use or other addictions.

Learn where your child is on the road to health and well-being and what resources are available in Howard County for you and your child.

Howard County Youth Behavioral Health ROAD MAP

A resource for families, health practitioners, school-based professionals, service providers, and other affiliates to provide accessible and comprehensive information to better navigate youth behavioral health supports in Howard County.

EDUCATION
Learn healthy habits

EARLY INTERVENTION
Identify early concerns and community supports

INTERVENTION
Evaluate symptoms and access professional support and treatments

INTENSIVE INTERVENTION
Access immediate and significant professional supports

Howard County
Office of Local Children's Board

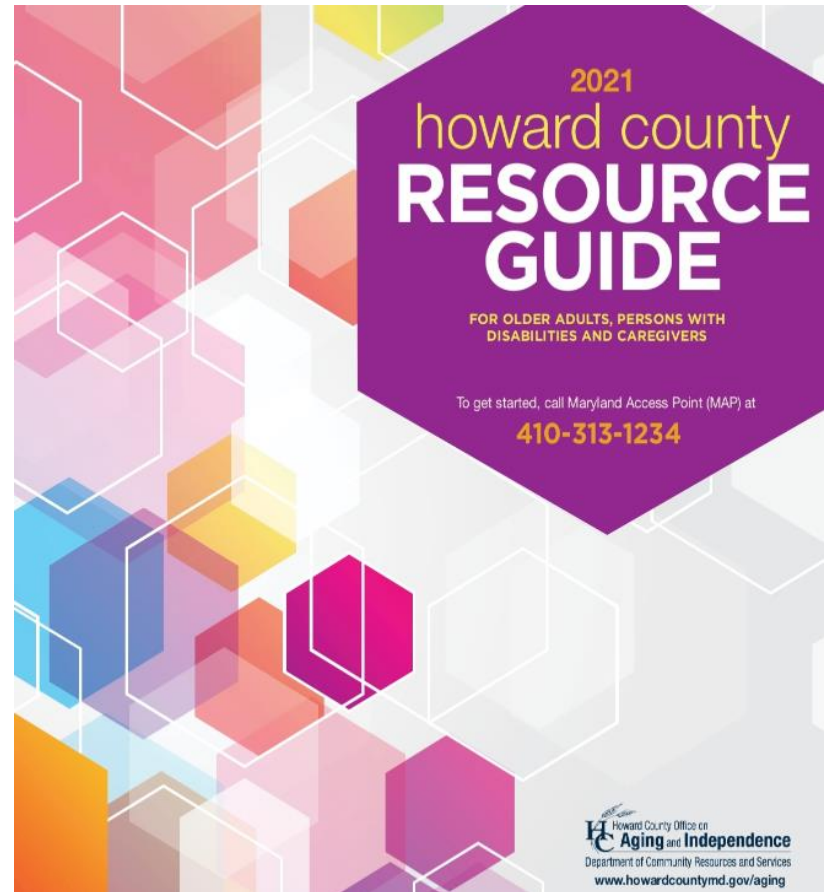
The [Youth Behavioral Health Roadmap](#) is a resource to provide accessible and comprehensive information to better navigate youth behavioral health supports in Howard County.

Contact Candace Ball at 410-313-6552 or cmball@howardcountymd.gov

MARYLAND ACCESS POINT

- Maryland Access Point: 410-313-1234
- Maryland Access Point is housed within the Office on Aging and Independence
- Provides information, options counseling, resources, and referrals to older adults, adults with disabilities, caregivers, and professionals
- Maintain [directories of programs](#) and services in Howard County

Email map@howardcountymd.gov or visit howardcountymd.gov/MAP



QUESTIONS, CONCERNS, REFERRALS?

- Leah Bulka, LMSW – 410-313-6240, lbulka@howardcountymd.gov
- <https://bit.ly/BehavioralHealthNavigation>