



# The LBHA Connector

## Your Gateway to Behavioral Health

December 1, 2021 | Issue 2

The Anne Arundel County Local Behavioral Health Authority or LBHA is a partnership between the Anne Arundel County Department of Health and the Anne Arundel County Mental Health Agency, Inc.

### WHO IS ELIGIBLE FOR A BOOSTER?

What did you get?	When can you get a booster?	Who is eligible for a booster?
<b>Pfizer</b>	6 months after 2nd dose	<b>18 years and older</b>
<b>Moderna</b>		
<b>Johnson &amp; Johnson</b>	2 months after single dose	



Call 855-MDGOVAX or visit [covidvax.maryland.gov](https://covidvax.maryland.gov) to schedule your booster appointment.



### Need a Vaccine?

Anyone 18 or older is now eligible to receive a booster dose of COVID vaccine.

[Vaccine Sign Up](#)

### Network of Care's Provider Directory

Search for providers in your area by name, keyword or location.

[SEARCH NOW](#)

### A Message From Our Directors

December brings the celebration of the winter holidays. For many of us, this is a busy time of year, as we rush to manage our expectations of family traditions and other demands. Although this can feel stressful, we encourage you to remember what really matters and appreciate that we can be much more hopeful than we were last year.

This year the vaccine against COVID is not on the horizon, it is here. Unlike last year, we can focus on the meaningful traditions that we celebrate together. We will likely have to make some adjustments, but we've come a long way.

With shorter daylight hours that winter brings, we are reminded of those who experience a certain type of depression or mood disorder associated with seasonal changes known as [Seasonal Affective Disorder \(SAD\)](#). Many find benefit from spending time outside or exercising. We invite you to find ideas in the Anne Arundel County Recreation and Parks 2021 Winter Program Guide, which can be found [HERE](#).

A First Day Hike on New Year's Day at one of our county parks or ice-skating at the Glen Burnie Town Center could be a wonderful way to recharge. However you spend this season, we wish you and your loved ones HAPPY HOLIDAYS!

## Youth & Families

The Anne Arundel County Gun Violence Intervention Team has released its **Youth Gun Safe Toolkit**. This toolkit is a part of the Gun Violence Intervention Team's (GVIT) strategies for promoting gun safety in Anne Arundel County.

[View the Toolkit](#)

## Upcoming Events

12/8 [Anne Arundel County Public Library Presentation-Mind Resilience for Teens](#)

12/9 [Department of Aging and Disabilities Presentation-Caregiver Stress During the Holidays](#)

12/15 [On Our Own of Maryland Eating Disorders Workshop for Youth](#)

12/15 [RCA Intervention Theories and Practices Virtual Training](#)

**If you need help with substance use, the Treatment Referral Line can be reached Monday-Friday 8:00 AM-5:00 PM at 410-222-0117**

**If you are in crisis and in need of immediate help, our Crisis Warmline is open 24/7 and can be reached at 410-768-5522.**

The upcoming events are being shared with you for your interest only, it is not an endorsement of any kind by the LBHA.

Anne Arundel County Local  
Behavioral Health Authority

