



The LBHA Connector

Your Gateway to Behavioral Health

May 2022 | Issue 7

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.

Network of Care Provider's Directory



NEW FEATURES THIS MONTH:

Quickly translate the site to Spanish or Korean, Suicide Prevention and Support Resource Section, Toolkits from the Anne Arundel County Gun Violence Intervention Team (GVIT) and more!

Search for providers in Anne Arundel County by name, keyword, zip code or location.

[SEARCH NOW](#)

WHO IS ELIGIBLE FOR A BOOSTER?

Marylanders ages 12-17 are eligible for the Pfizer booster only. Marylanders 18 and older may choose which vaccine they want for a booster, even if it is different from the original vaccine received.

What did you get?	When can you get a booster?	Who is eligible for a booster?
Pfizer	5 months after 2nd dose	12 years and older
Moderna	5 months after 2nd dose	18 years and older
Johnson & Johnson	2 months after single dose	18 years and older



Call 855-MDGOVAX or visit 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](#)

MENTAL HEALTH AWARENESS MONTH



A Message From Our Directors

May is National Mental Health Awareness Month and the Anne Arundel County LBHA and its partners are standing together to bring awareness and messages of hope to those struggling with mental illness.

Our official [Mental Health Awareness Month Kick-off Event](#) will be on May 2nd with County Executive, Steuart Pittman, and Dr. Nilesh Kalyanaraman, our County Health Officer, as well as the Anne Arundel County library staff and our youth "Superpower" contestant winners.

The event will take place at the [Anne Arundel County Public Library Discoveries at Annapolis Mall](#) from 5:30 pm to 6:30 pm ET.

One in five adults experience a mental illness each year, and less than half of them receive treatment. One in six youth experience a mental health condition each year, and only half receive treatment. Seventeen percent (17%) of children ages 6-7 experience a mental health condition and 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

These statistics validate that mental illness affects all ages. Through awareness and educational events, we can help individuals recognize the warning signs, break down barriers to treatment, including the stigma surrounding mental illness, and identify resources to help connect individuals to treatment to regain wellness.

Remember, prevention works, treatment is effective and recovery is possible. There is hope for improved wellness for all Anne Arundel County residents and we are here to support our community in that journey.

If you would like to reach out to the Anne Arundel County LBHA, call us at **410-222-2421/410-AAC-BHA1** or email aac-lbha-connect@aacounty.org

Mental Health America 2022 Toolkit

In recognition of Mental Health Awareness Month, Mental Health America (MHA) has released their annual toolkit. This year's theme is "Back to Basics".

This toolkit provides free practical resources to introduce mental health topics like recognizing warning signs, knowing the factors that can lead to mental health conditions, maintaining mental wellness, and seeking help for mental health.

[Download the MHA 2022 Mental Health Awareness Toolkit](#)

[LBHA Mental Health Awareness Month Calendar of Events](#)

Youth and Families



The Anne Arundel County Health LBHA has partnered with the [Children's Mental Health Matters! Campaign](#) to develop a series of daily activities for youth in recognition of Mental Health Awareness Month.

Every day in May there will be a new activity and journal prompt encouraging children to explore their own super powers such as healthy self esteem, mindfulness, and adaptability.

[May 2022 Children's Health Matters Daily Activities](#)

May Events

For Providers

5/4 [BHA Virtual Annual Conference- Maryland's Behavioral Health Crisis System: State of Affairs](#)

5/10-5/11 [Maryland's Commitment to Veterans Virtual Symposium- Military & Veteran Mental Health & Suicide Prevention](#)

5/17 [UMD School of Social Work Webinar- What Social Workers Don't Know About Implicit Bias Hurts Clients](#)

For the Community

5/1 [Maryland Hall-Healing for the Arts Mental Health Awareness Event](#)

5/4 [Kinder Farm Park- Older Americans Month Celebration](#)

5/10 [Maryland Coalition of Families Webinar-How to Help When You're Worried About Someone's Mental Health](#)

5/18 [Crofton Library & Zoom-Healthy Anne Arundel Coalition Spring Community Meeting](#)

[LBHA Event Calendar](#)

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.

Dial 2-1-1 then press 1 for 24/7 support from Maryland 211

Text "Home" to 741-741 for 24/7 support from the Crisis Text Line

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](#)

