




Empowering Individuals and Strengthening Communities

Our Youth Need Our Support



**First Line of Defense:
Ways to Help Our Kids'
Mental Health**

Helping Our Kids: The Best First Line of Defense is Education

An Op-ed on the CDC Youth Risk Behavior Surveillance Report

The mental health crisis in our country is not getting better, data is clear that it is getting worse. And it is getting worse for our youth...while we could try to point to several factors to help us make sense of it, the fact remains that our children are not only thinking about hurting themselves more, they are taking their lives more. Data shows that there are always warning signs of some sort.

In my role as Director of Education, I have seen firsthand that our best first line of defense is providing more opportunities for the community to learn about mental health and to recognize the signs and symptoms and where to go for help. I have been in the mental health field for more than 20 years, prior to coming to EveryMind and learning firsthand what our hotline does, I always assumed that someone had to be in a dire crisis situation to call a hotline.

What I know now is that this is one of our best resources to call for support, resources, ask questions about how to help someone you know and love or if you are in a crisis. We must inform the public that 988 is there for everyone at any time. I truly believe that with more mental health education and awareness of 988 we can make a huge impact on the mental health crisis we are facing.”

- Jennifer C. Grinnell, LCPC, Director of Education at EveryMind.

Visit EveryMind's Resources Page

Education Training Events

EveryMind.

Your mental wellness.
Our mission.

YOUTH MENTAL HEALTH: RAISING AWARENESS FOR STUDENTS, PARENTS, AND MENTORS

RATES OF YOUTH FACING MENTAL HEALTH CHALLENGES, INCLUDING SUICIDALITY, ARE RISING ACROSS THE COUNTRY. THIS VIRTUAL TRAINING PROVIDES AN OVERVIEW OF CURRENT DATA ON YOUTH MENTAL HEALTH, WARNING SIGNS AND RISK FACTORS TO BE AWARE OF, AND EVIDENCE-BASED STRATEGIES TO COMMUNICATE AND PROVIDE SUPPORT TO THE YOUTH IN YOUR LIFE.

Speakers



Alyssa Sanders, LCSW-C, MA
Partner Agencies Administrator,
Linkages to Learning



Jose Delgado, MSW, LMSW
Child and Family Therapist,
Linkages to Learning



April 19th, 2023
6:30 - 7:30 PM



[Register online](#)



This event is free to the community with a focus on providing resources to parents, teachers, and those working with and supporting youth. Come to learn more about ways that we can all support youth mental health. Register today!

Register Here

Family Forum on Fentanyl Series



Family Forum on Fentanyl Series & Life Saving Narcan Training

One Pill Can Kill & No One Is Immune

Please join us for the next Montgomery Goes Purple Family Forum on Fentanyl to learn about the dangers of fentanyl and other substances, information regarding school safety, curriculum, and other school & community-based substance use prevention, harm reduction, and treatment initiatives. We welcome all parents/guardians, students, staff, and community members to choose from dozens of educational sessions for

- ✂ Mental health and wellness.
- ✂ Starting substance use conversations.
- ✂ Healthy boundaries vs. "Tough Love".
- ✂ Refusal skills & "Escape Hatch" planning.
- ✂ Emergency response.
- ✂ What Next? (What to expect in recovery)
- ✂ Safety at home and at school
- ✂ And many others!

both adults and students in English and Spanish. Session topics include:

RSVP: bit.ly/3JhWxtB



March 25th, 2023
9:00-12:00 p.m.

Paint Branch High School
14121 Old Columbia Pike
Burtonsville, MD 20866



Get Trained & Carry Narcan!

Resource Fair / Refreshments / SSL Hours available / COVID-19
Vaccinations



This event is open to the public in collaboration with Montgomery County Public Schools, but anyone may join from the surrounding area.

Join EveryMind Educators and our community partners to:

- Learn about Youth Mental Health (offered in English and Spanish)

- How to help youth and teens in crisis
- Trainings on how to use Narcan

[Register to Join](#)

Learn More About Education Opportunities for Your Community



Do you have a school, parent group, place of worship, workplace, or community group that is looking for ways to train and support youth mental health and crisis prevention? Take a look at our menu of trainings that can be customized to your group in a variety of languages and modalities.

Let us know how we can support you by filling out an Education Request Form today!

[Youth Mental Health Trainings Menu](#)

[Education Request Form](#)

Visit Us at B'More Healthy on March 25th



It's the 14th Annual B'More Healthy Expo!

Saturday, March 25th, 2023

10:00am – 4:00pm

Baltimore Convention Center, Booth #218

The B'More Healthy Expo offers something for every age and interest. Families will be entertained and engaged with a variety of health and wellness exhibits and activities. Best of all, The B'More Healthy Expo will connect attendees with community resources to help them reach their health and wellness goals!

Visit the ServingTogether team at Booth #218 and send your friends to learn more about Veteran Suicide Prevention and resources for veterans and their families.

Get Connected to ServingTogether

Sponsor Every Mile for EveryMind



Get involved with EveryMind's month-long campaign during the entire month of May to walk at a different Montgomery Parks' trail every Saturday, Sunday, and Wednesday, OR walk with one of our teams in Northern Virginia or Prince George's County.

Ways you can participate:

- Sponsor our event as an individual or through your company and show your support for community mental health.
- Stay tuned for individual registrations and to support your favorite walker!

Join us to raise awareness of mental health, reduce stigma, and demonstrate the positive effects of physical health on mental wellness!

Sponsor Every Mile for EveryMind

Questions? Reach out to Taryol Latimer at tlatimer@every-mind.org

We Are Hiring!



Come join the team at [EveryMind](#), recently recognized as one of **Bethesda Magazines 2022 Top Places to Work!** We offer a positive workplace culture, a competitive compensation package, and great lifework balance.

Currently hiring for:

1. Grants Manager
2. Mental Health Therapists
3. Hotline Team Supervisor
4. Homeless & Housing Services Director
5. Case Manager, Homeless Street Outreach
6. Service Coordinator, Formerly Homeless Program
7. Manager, Homeless Diversion Services

[Apply Here](#)

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Need Help/Support/Resources?

Call or Text: 988 or 301.738.2255

Chat: [Every-Mind.org/chat/](https://www.every-mind.org/chat/)

Sign-up for the EveryMind newsletter.

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EveryMind, 1000 Twinbrook Parkway, Rockville, Maryland 20851, USA

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