Getting Access to Mental Health Care: Howard County

Presenters

- Leah Bulka, LMSW, Behavioral Health Navigator & Suicide Prevention Coordinator
- **Cynthia Schulmeyer, Ph.D., NCSP,** Coordinator of Psychological Services, Howard County Public Schools





Housekeeping











Mute microphone when not speaking Session is being recorded

Slides and recording will be available online and emailed

Type questions in chat box

Q & A at end of presentation

Tell us how we did in the survey

Access resources referred to today at: www.mhamd.org/accessCAREMD

Meet Our Team

Casey Saylor

Older Adult Project Manager csaylor@mhamd.org

Tiffany Thomas

Program Manager, Education & Outreach tthomas@mhamd.org



Programs for people, advocacy that changes lives.

For more than 100 years, the Mental Health Association of Maryland has addressed the mental health needs of Marylanders of all ages through programs that educate the public to increase understanding and provide resources, advance public policy to improve care and outcomes, and monitor the quality of services received by individuals living with mental illness and substance use disorders.



Education & Advocacy

Education

- Children's Mental Health Matters
- General Adult
- Older Adult Vibrant Minds
- Healthy New Moms

Coalitions

- Behavioral Health Coalition
- The Maryland Coalition on Mental Health
 & Aging
- Children's Behavioral Health Coalition
- Maryland Behavioral Health Criminal Justice Partnership

Engaging Maryland's families through Community Education. Bringing together networks with our Coalitions.



Oversight, Training & Other Initiatives

Training

- Mental Health First Aid, Maryland
- Engage With ™

Oversight

Consumer Quality Team

Other initiatives

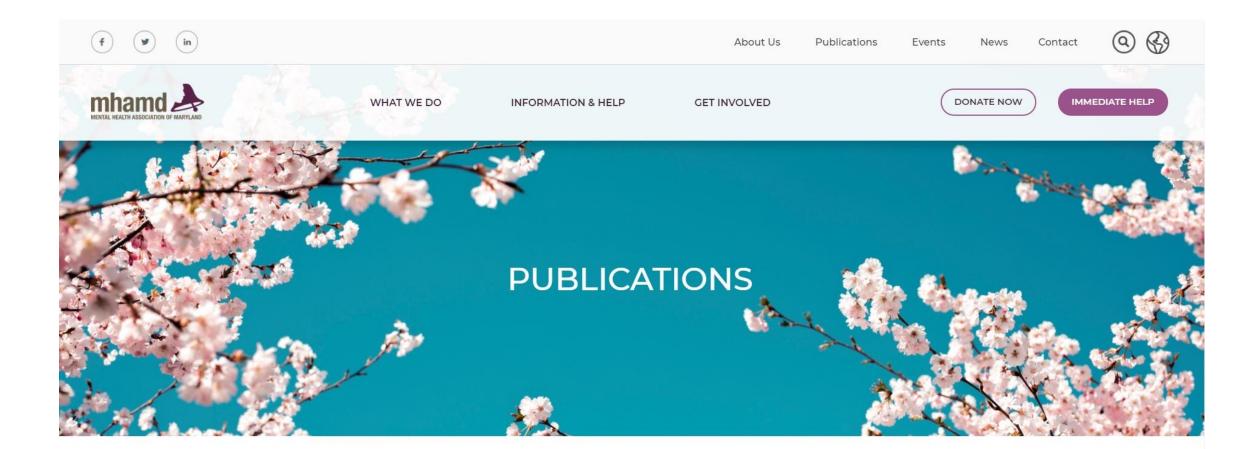
 The Path Forward for Mental Health & Substance Use



MHAMD's Publications – Downloads & By Mail

The Mental Health Association of Maryland provides free informational resources, which are currently available by download or by mail. To receive publications in the mail, please fill out the publication order form on our website. If you have questions, email us at info@mhamd.org



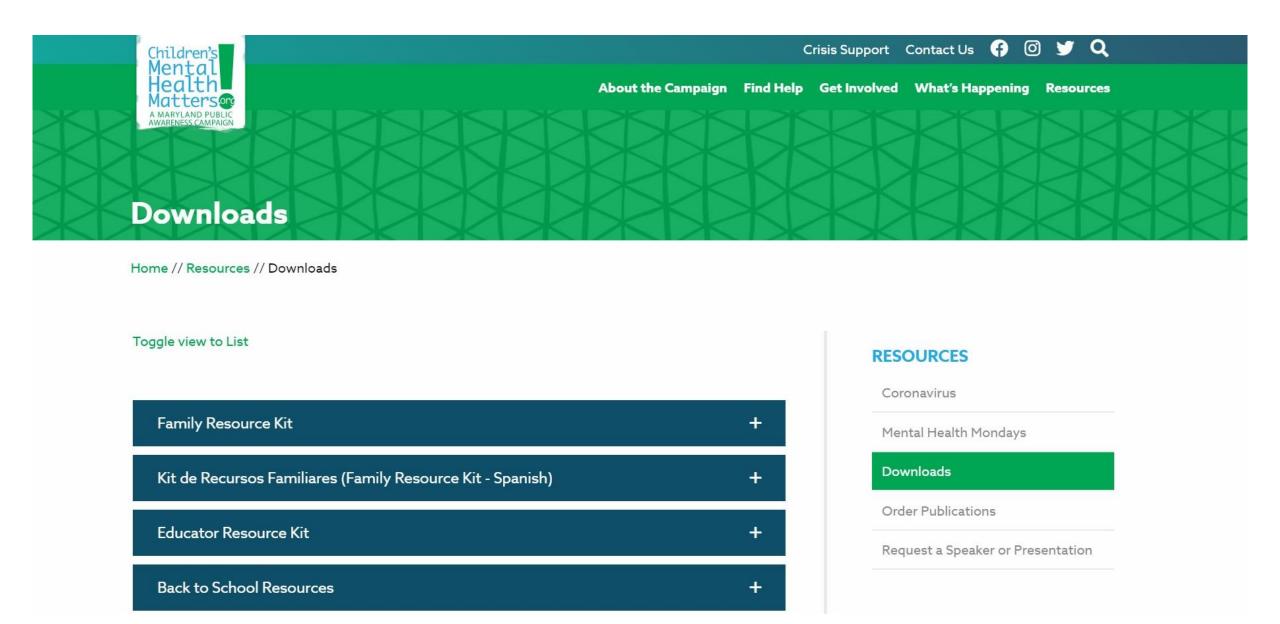


— Order Our Free Publications —

The Mental Health Association of Maryland provides free informational resources, which are currently available by download or by mail. To receive publications in the mail, please fill out our publication order form.

Translate »







Connect to MHAMD

www.mhamd.org

- Donate
- Subscribe
- Order resources & information
- Learn more about programs
- Schedule a training
- Email: info@mhamd.org

Follow us on



www.facebook.com/MentalHealthMaryland



@mentalhealthMD



Meet Our Speakers

Leah Bulka, LMSW

Behavioral Health Navigator and Suicide Prevention Coordinator
within the Bureau of Behavioral Health at the Howard County Health
Department. She is a licensed social worker with a background in
community health, older adult services, and youth suicide prevention.

Dr. Cynthia Schulmeyer, Ph.D., NCSP

• Dr. Cynthia Schulmeyer is in her 28th year with the Howard County Public School System. She spent the first ten years as a school-based school psychologist and the remainder of her time as Coordinator of Psychological Services. Dr. Schulmeyer's areas of professional interest include: suicide prevention, school safety, threat management, crisis response, and school-based mental health.





Complete Our Survey

Take just a few moments to submit feedback about today's presentation:

<u>Click here</u>, see chat for link, or your email today.

