

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



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in chat box

Q & A at end of
presentation



Tell us how
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the survey

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



Meet Our Team

Casey Saylor

Older Adult Project Manager

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Tiffany Thomas

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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

Supporting Marylanders through oversight, training and other initiatives.



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Educator Resource Kit



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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.
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