



2025 Spring Forum

Effective Communication Strategies for Substance Use and Mental Health

With Life Saving Narcan Training & Distribution

Please join us for Montgomery County’s 2025 Spring Forum to learn about maintaining strong mental health & preventing substance use. Attendees will learn about achieving and maintaining strong mental health, the dangers of fentanyl, alcohol, and other substances, information to keep loved ones safe, school & community-based mental health & substance use crisis prevention, harm reduction, and treatment initiatives, and what insurance is required to cover. We welcome all community members to choose from several educational sessions for both adults and youth, presented in English and Spanish. Session topics include:

Identity's Substance Use Prevention & Intervention Program

988 Crisis Line & New Substance Use Care Navigators

What's Sleep Have to Do with Good Mental Health & Substance Use Prevention?

How Your Trauma Informs Your Response to Trauma

Mental Health & Substance Use: Overcoming to Be Our Best Self

Accessing Mental Health and Substance Use Resources in Montgomery County

Setting Healthy Boundaries

Starting Tough Conversations

STI/HIV Prevention/ Consultation/ Testing

Grab & Go Breakfast * Resource Fair * SSL Hours Available

Kindly RSVP:

<https://bit.ly/SpringForumRSVP>



Saturday, May 17, 2025

8:30-12:00 p.m.

Montgomery College

East County Education Center

2221 Broadbirch Dr, Silver Spring, MD 20904

PRESENTED BY THE MONTGOMERY COUNTY

ALCOHOL AND OTHER DRUG ADDICTION ADVISORY COUNCIL

MENTAL HEALTH ADVISORY COMMITTEE

IN PARTNERSHIP WITH

MONTGOMERY COLLEGE EAST COUNTY EDUCATION CENTER

MONTGOMERY COUNTY DHHS YOUTH AMBASSADORS

