



## WHAT IS THE INTERFAITH HEALTH ALLIANCE (IHA)?

The IHA is a partnership between the St. Mary's County Health Department (SMCHD), the Interfaith Council, and faith-based organizations in St. Mary's County. This partnership works to address key health issues in our community, such as illicit drug use.

The Health Department offers resources and expertise to help promote health and wellness for congregations in St. Mary's.

## WHY NOW?

Our community, like others across the nation, is facing a public health crisis of opioid drug overdoses and deaths. This has risen to epidemic proportions, affecting all groups without prejudice.

Leaders in the faith-based community have an intimate understanding of the needs of the people they serve, and are trusted to teach and guide congregants of all ages through these difficult times.

## ADVANCING YOUTH MENTORING IN OUR COUNTY

SMCHD and the Interfaith Council hope to support local faith-based organizations in building and strengthening youth mentoring programs within faith settings. Mentoring youth as they navigate the challenges of childhood and teen years helps build resiliency, mental well-being, and important life skills. Mentoring can also play a key role in preventing drug misuse and addiction.

Through the Interfaith Health Alliance, the SMCHD team will partner with local faith-based organizations to provide resources in the development or strengthening of a youth mentoring program.

As \*funding allows, interested faith-based partners will receive tools that have been proven to prevent youth drug use and to build youth social-emotional skills. The SMCHD team will also provide assistance to help implement these tools successfully.

*\*Funding provided by the Rotary Club of Lexington Park.*

# JOIN US ON THE PATH TO HEALTH WITH YOUTH MENTORING



The tools and resources we provide can be incorporated into your existing youth mentoring program. We offer materials for children ages 3-18 as well as parents and families.

## WE WANT TO WORK WITH YOU!

Please contact the Behavioral Health team at the St. Mary's County Health Department at:



(301) 475-4342



smchd.lbha@maryland.gov



www.smchd.org/interfaith