



Howard County Local Health Improvement Coalition

Healthy Minds & Suicide Prevention Coalition

November 7, 2023

2:00 pm – 3:00 pm

Virtual via Zoom

Minutes

Members Present:

Jessica Fisher, Howard County Health Department
Debi Lattimer, Moms Demand Action Howard County
Eileen Zeller, Moms Demand Action Howard County
Lindsay Hall, Howard County Health Department
Jessica LaFave, Department of Veterans Affairs (Maryland)
Genny LaPorte, Howard County Police Department
Sarah McCoy, Grassroots Crisis Intervention Center
Emily Phillips, Howard County Health Department
Stephanie Reid, Howard County Health Department
Barbara Allen, James Place/Opioid Collaborative Community Council
LaTeisha Graham MSW Intern, Department of Veterans Affairs (Maryland)
Chimezie Ndukuba, MPH, Epidemiologist, Howard County Health Department
Ethan Chang, River Hill High School Student Intern
Miriam Anderson, Howard County Community Worker
Dianne Myers
Karen Hull, Office on Aging and Independence

Staff Present:

Ashton Jordan, HC Local Health Improvement Coalition
Reena Rambharat, HC Local Health Improvement Coalition
Sonya Lloyd, HC Local Health Improvement Coalition

| Topic/Agenda | Discussion | Action/Follow-up |
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| Welcome/Ice Breaker | Jessica Fisher opened the meeting by welcoming all members. The agenda was reviewed, and Jessica Fisher led an ice breaker regarding Fall Activities. | |
| Kickoff Actions: Transitions and introductions | Jessica LaFave opened the conversation discussing the coalition membership wheel. Members were asked to answer the following either on camera or in the chat: | |

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| | <p>Name and agency/organization</p> <p>What type of members are missing? Who would you like to see in the coalition?</p> <p>Complete Poll on breakout groups to discuss subtopics.</p> | |
| <p>Action Plan Overview and Group Discussion for workgroup objectives moving forward</p> | <p>The workgroup’s action plan was reviewed, and members were asked about cognitive health and brain health. Specific questions: what does this mean (cognitive health & brain health)? What does it look like?</p> <p>Topics discussed:</p> <ul style="list-style-type: none"> • Lethal means & safe storage for Suicide prevention. • Increase of teens in the ER with (SI) due to marijuana use and how it impacts decision making, mood, brain health. • Increasing membership diversity, representation (youth, adding peers, LGBTQ, physician, faith based, Arts youth mentorship, business, boys/girls club, service member, police/firefighter). • Increase the focus on youth (school based) for Suicide prevention and intervention. • Create a flyer/1 pager about the group. • Discussed Data-HC 15-19 teens leading cause of death in Howard County/ Suicide rate for black youth is increasing. • How to treat SI at a community level and just for crisis? More collaboration, need community-based resources, how to navigate the community resources? • Focus on wellness, medical recovery, strokes/physical health, benefits/support for families that act as caregivers. <p>In addition to identifying membership within the coalition, members utilized the wheel to assess membership needs.</p> | <p>Members participated in a poll to vote on breakout groups to discuss specific topics of interest.</p> |



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| | <p>Presentation of Suicide Data in MD & Howard County, given by Chimezie Ndukuba. It included demographics, SI, Race, Gender.</p> <ul style="list-style-type: none">• Mindful of the language when discussing suicide<ul style="list-style-type: none">○ Ex: Death by suicide vs committed suicide <p>Discussed other issues after completion of the presentation including:</p> <ul style="list-style-type: none">• Thoughts on breakout groups/members voted.• Cannabis Use Awareness: It was shared that in HoCo that the EDs are seeing an increase in youth experiencing SI related to use of high potency cannabis use.• Consider hosting an event to be more involved. | |
| <p>Announcements Next Steps & Wrap-up</p> | <p>Continue discussion on increasing membership, brain health/lethal means.</p> <p>Next meeting: January 4, 2024, @ 2-3pm</p> <p>Full LHIC Meeting Thursday January 18th, 2024, 8:30am-10:30am Please register here.</p> <p>Jessica Fisher adjourned the meeting at 3:00 pm.</p> | |