

Howard County Local Health Improvement Coalition

Healthy Minds & Suicide Prevention Coalition

March 15, 2022

2:00 pm – 3:00 pm

Virtual via Zoom

Minutes

Members Present:

Cynthia Schulmeyer, Howard County Health Department
Sarah McCoy, Grassroots Crisis Intervention
Candace Ball, Local Children's Board
Alexandria Walker, Partner
Kala Jenkins, Howard County Health Department
Erin Anderson, Howard County Health Department Child Fatality Review
Denise Giuliano, National Alliance on Mental Illness Howard County
Phil Thompkins, Behavioral Health Administration
Gail Feldman, Community Member
Caitriona McDonnell, Howard County Health Department
RenaE Elsaesser, Howard County Health Department
Mia Choi, Howard County Health Department

Staff Present:

Reena Rambharat, HC Local Health Improvement Coalition
Leah Bulka, HC Local Health Improvement Coalition

Meeting Goals/Outline:

- Review objectives from work plan to identify action steps for workgroup
- Share updates about upcoming suicide prevention events

I. Work Plan

a. Review potential work plan for this group

- See attached pdf of the Coalition Work Plan Draft ppt – items highlighted in red are looking for input on possible metrics to measure objectives or mechanisms for evaluation of metrics.
 - Specifically looking for feedback on evidence-based practices for postvention (such as LOSS Teams) and skill building programs for adults (building problem-solving, resiliency, and coping skills)
- Plan follows 5 main suicide prevention strategies outlined in previous meetings: Increase Awareness and Reduce Stigma, Prevention, Early Identification and Intervention, Referral to Treatment, and Postvention.
- LHIC maintains pdfs of Suicide Prevention related programs/trainings, as well as instructor trainings available in Howard County: <https://www.hclhic.org/healthy/suicide-prevention>.

- LHIC partner action alerts put out alerts about substance use, mental health, and suicide-related topics; LHIC also sends out a monthly digest
 - b. Identify “calls to action” for members
- There are specific metrics requiring agreements to share data about programs/activities between HCHD and community partners. Partners included are:
 - NAMI: Basics, End the Silence, In Our Own Voice, Family-to-Family, Peer-to-Peer
 - Horizon Foundation: Emotional Support Human web metrics
 - HCGH: Mental Health First Aid
 - Grassroots: QPR, ASIST, SafeSpace, SafeTALK
 - AFSP: Talk Saves Lives, It's Real
- HCHD receives metrics from NAMI, HCGH, AFSP about workshops – may help to formalize data collection to streamline efforts.
- Grassroots updated that the current goal is for ASIST training to return in May or June. Other trainings are not being offered at this time.
 - Leah to adjust metrics and reach out to Ashley Badgley about collecting data on ASIST once up and running.
- NAMI Basics may come back in-person in Howard County in the fall, but currently available on demand on the national website: <https://basics-backend.nami.org/users/create>.
- NAMI is holding a [Family-to-Family class](#) at the end of April and planning a [Peer-to-Peer class](#).
- NAMI’s Ending the Silence is appropriate for middle and high school students, but capacity of facilitators is limited due to need for daytime hours to provide content to adolescents.
 - Ending the Silence has been offered as part of the Health Education curriculum for 9th graders in HCPSS
- There are also areas where baseline metrics need to be measured, which may require the development of data collection tools (ie, surveys, outreach)
 - Suicide risk screenings – how many PCPs, hospitals, human service agencies screen for suicide risk?
 - Current community awareness of mental health/suicide topics
 - Number of PCPs specializing in geriatrics who facilitate BH referrals
- Gail suggested reaching out to geriatric care managers to gain better understanding of need among older adults – workshops, primary care physicians, and data.

II. Discussion

- a. Name/identity for work group
- Discussed keeping “Howard County Suicide Prevention Coalition” as name:
 - Pros: specific to work being done/goal of the work to help differentiate from other mental health work groups

- Cons: the term “suicide prevention” may scare away community members; could obscure upstream prevention goals/work related to mental health awareness
- Other name discussed was Healthy Minds Coalition

b. Community Updates

I. CAMS-care training opportunity

- HCHD is actively recruiting behavioral health clinicians to participate in CAMS-care training opportunity. HCHD will cover costs of training, which include a self-guided foundational video course and a live, virtual role play training. Clinicians have choice of role play trainings on 4/7, 5/13, or 6/16. Register here: https://docs.google.com/forms/d/e/1FAIpQLSdtDmDtuGld-JSJUEHq_NFFiwm21g7WzLIXkrOKdYMIIMa2QDw/viewform.

II. Light the Night 5k – April 8th

- 5k will be held on April 8th from 7-8 pm. Brief remarks from stakeholders will happen from 6:30 – 7 pm. For details and registration, visit Bullseye Running: <https://www.bullseyerunning.com/event/light-the-night-5k-for-suicide-prevention/>.

III. LHIC full member meeting April 21st

- LHIC full member meeting on April 21st will provide data on behavioral health and Leah will present on It’s Ok to Ask campaign.

IV. Suicide Prevention Forum & Panel on May 4th

- Suicide Prevention Forum & Panel will have a presentation from Dr. Rajeev Ramchand, followed by a panel of community stakeholders who are doing the work in suicide prevention. The goal is to raise awareness about existing work being done in suicide prevention, answer questions from LHIC partners and other community agencies about suicide, and identify how community organizations can promote existing activities.

V. Grassroots is hiring – looking for crisis line counselors who have Bachelor’s degrees, MCT clinicians (PT, FT) who are LCPC or LCSW-Cs (including overnight hours, school clinician); Crisis Chat Counselors who are Master’s level

VI. Veterans Mental Health Forum in September – HCHD working with Jess LaFave from the VA to develop a forum specifically to address unique needs of veteran population