



Howard County Local Health Improvement Coalition
Full LHIC Meeting Minutes
January 19, 2023, 8:30 am – 10:30 pm
Hybrid – In-person (Barton Room) & Virtual (Zoom)
Minutes

Members Present:

Linda Ashburn, HC Health Department
Erin Ashinghurst, Accessible Resources for Independence
Anna Beavan, LindaBen Foundation
Shannon Blount, Howard County Public School System
Tracy Broccolino, Community Action Council of HC
Kelly Chase, Maryland Primary Care Physicians
Dana Davenport, Association of Community Services
Jen Dawson, Maryland Physician’s Care
Lisa DeHernandez, HC Health Department
Rachel Filar, HC Office on Aging & Independence
Connie Ford, HC Health Department
JaKaiya Frisby, American Lung Association
Shannon Garrett, Congruent Counseling Services
Natalie Hall, HC Health Department
Terri Hansen, HC Office on Aging, and Independence
Laura Henderson, HC Health Department
Allysin Houle, HC Health Department
Karen Hull, HC Office on Aging & Independence
Kelly Kesler, Howard County Public School System
Julie Kwedar, MDOT MVA Highway Safety Office
Jessica LaFave, VA Maryland Health Care System
Vanda Lerdboon, HC Health Department
Ted Meyerson, Community Member
Tehani Mundy, HC General Hospital

Kay Mvungi, Johns Hopkins Health System Corporation
D’Paul Nibber, Horizon Foundation
Tracy Novak, HC General Hospital
Emily Paterson, Maryland Poison Center
Tavia Patusky, Columbia Association
Emily Phillips, HC Health Department
Crystal Pope, HC General Hospital
Sandra Price, HopeWorks of Howard County
Diana Quinn, MedStar Health
Stephanie Reid, HC Health Department
Paul Rivers, HC Veterans Commission
Carrie Ross, Community Action Council of HC
Maura Rossman, HC Health Department
Jim Sanders, The Village in Howard County
Joan Webb Scornaienchi, HC DrugFree
Sally Seen, HC General Hospital
Theresa Taylor, Community Ecology Institute
Lisa Terry, HC Office of Veterans and Military Families
Laura Torres, HC General Hospital
Latoya Turner, Maryland Physicians Care
Matt Wilson, HC Health Department
Yolanda Wright, Alzheimer’s Association
Chyn e Vicks, HC Health Department

Staff Present:

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

Topic/Agenda	Discussion	Action/Follow-up
Welcome and Introductions	Ms. Reena Rambharat, Director of the Howard County Local Health Improvement Coalition (HCLHIC) of the Howard County Health Department (HCHD), called the meeting to order at 8:30 am.	Members are urged to review the past minutes and presentations available at: https://www.hclhic.org/home/MeetingYears/1
	Ms. Rambharat welcomed members and guests and reviewed the goal of the meeting to present a summary of	Members may review the updated HCLHIC By-Laws on the HCLHIC website

	<p>the Healthy Lifestyle in Residential Communities Project and Veterans Mental Health in support of the Healthy Beginnings, Healthy Living, and Healthy Minds priorities.</p> <p>Dr. Maura Rossman, Health Officer of Howard County, and co-chair of HCLHIC, gave gratitude to staff for their hard work and noted that our LHIC is a model for other LHICs.</p> <p>Ms. Rambharat shared that the HCLHIC By-Laws have been updated and is available on the website. She also mentioned that the Community Health Improvement Plan (CHIP) Action Plan has been finalized and has been uploaded to the website.</p> <p>Ms. Rambharat shared the names of the co-chairs for the 5 LHIC Workgroups. Dr. Rossman iterated that working with any of the 5 workgroups that comprise the LHIC should not be seen as another “plate” of work but rather view working with the workgroup as a way to “lessen your plate” as the workgroups are able to help you with your work while still working to achieve the common goal of increasing the health of Howard County residents.</p>	<p>at: https://www.hclhic.org/about/mission</p> <p>Members may review the HCLHIC Action Plan on the HCLHIC website at: https://www.hclhic.org/community/action-plans</p> <p>To learn more about the HCLHIC workgroups and co-chairs, visit: https://www.hclhic.org/about/our-team</p> <p>If you are interested in joining one or more of the workgroups, please email us at LHIC@howardcountymd.gov</p>
<p>Healthy Lifestyle in Residential Communities Presentation</p>	<p>Ms. Rambharat gave a presentation on the Healthy Lifestyle in Residential Communities Project. She noted that the HCLHIC received a grant from CareFirst BlueCross BlueShield to address diabetes using place-based strategies. The project aimed to take nutrition and physical activity services and connect residents to resources to improve their overall health. Eight residential communities formed part of the pilot project with a focus on low-income residents and those facing barriers to resources and care.</p> <p>Ms. Rambharat reviewed the data on the classes and events and shared the successes and challenges of the residential communities’ project. She noted that it served as a model for future place-based initiatives and shared sustainability plans to continue the work and efforts started with this pilot. Gratitude was extended to all funders, partners, and staff for supporting this project.</p> <p>Mr. Jim Sanders posed a question about sustainability efforts and the involvement of residents in those efforts. Ms. Rambharat responded that the LHIC would be seeking out community members to become health ambassadors to augment sustainability efforts.</p> <p>Partners shared their experience collaborating with HCLHIC on this project. Ms. Tavia Patusky of Columbia Association</p>	<p>HCLHIC will be collaborating with the University of Maryland Extension to set up container gardens at Owen Brown Place in Columbia. Members interested in assisting with this project may email us at: LHIC@howardcountymd.gov</p>



	<p>shared that classes were adapted to residents’ need and as such they were better able to serve the residents who signed up for adaptive/assistive fitness classes offered through this project.</p> <p>Mr. Jim Sanders posed a question on how the LHIC plans to interface place-based and broader on-site community services. Ms. Rambharat mentioned that the partners/providers would attend the events at the residential communities and would be able share the resources offered by traditional facilities.</p>	
<p>Veterans Mental Health Presentation</p>	<p>Ms. Jessica LaFave of the VA Maryland Health Care System gave a presentation on Veterans Mental Health. Ms. LaFave mentioned the experiences that veterans usually faced including economic disparities, service connection, homelessness, health and well-being and social connection.</p> <p>Ms. LaFave also shared the National Veteran Suicide Prevention Annual Report, demographic data on Maryland Veterans, and the summary of the plan to use the public health model to address suicide in veteran and family population. She mentioned this is the first time the VA has been invested in this scope of work and it’s important to continue to work and serve Veterans regardless of their discharge status.</p> <p>Ms. LaFave shared the priority areas across the community-based intervention and suicide prevention unifying model. She noted her responsibility in taking old coalitions and forming news ones to address Veteran suicide.</p> <p>Ms. LaFave shared some ways we can start better serving the Veterans and military family population. One was obtaining military cultural training that is offered for free. Another was look to internal systems on how you identify service members, veterans, and their families.</p> <p>Ms. Lisa Terry, Office of Veterans & Military Families, mentioned that some veterans are not eligible for typical VA health care as they were dishonorably charged, they lack a service-connected disability, or don’t fit income requirements. She also mentioned that more recently those dishonorably discharged with behavioral health concerns can receive VA care for suicide.</p>	<p>Members are asked to review and share the LHIC website’s Veterans Resource page that may be accessed at: https://www.hclhic.org/resources/veterans-resources</p> <p>Members may access the National Veteran Suicide Prevention Annual Report here: https://www.mentalhealth.va.gov/docs/data-sheets/2022/2022-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-508.pdf</p> <p>Members interested in more information on Veteran-related services and opportunities CAN contact Jessica LaFave at: jessica.lafave@va.gov</p>

<p>Member Announcements, Resource Sharing & Networking</p>	<p>Ms. Rambharat shared the following announcements:</p> <ul style="list-style-type: none"> • The Howard County Health Department Annual Report was released • The updated Howard County Food & Nutrition Resource Guide is available on the LHIC website's Healthy Eating page • The Whole Kids Grant is available for partners to apply and share for the Garden Grant Program and the Salad Bar Grants • Columbia Association/s Walk with a Doc program is offered once a month on the 3rd Saturday of each month and is free and open to the public • Chronic disease self-management classes hosted by OAI and HCGH • The January 2023 Older Adult Mental Health Forum • The Light the Night for Suicide Prevention 5K event on March 31st • Space is available for the Collaborative Assessment and Management of Suicidality (CAMS) Care Training <p>Ms. JaKaiya Frisby of the American Lung Association shared information on the CARES (COPD & Asthma Resources for Education Support) program. This program brings a wide variety of resources to residents of Howard County with scholarships available and includes Asthma Basics; Tobacco Basics; Better Breather Club; Breathe Well Live Well; Asthma and COPD home assessment; COPD & Asthma Support group; Resources for school (self-management for school students) and Asthma Educator Institute.</p> <p>Ms. Tracy Broccolino of the Community Action Council of Howard County mentioned that they are still offering rental assistance for residents.</p> <p>Mr. Shannon Garnett of Congruent Counseling Services noted that they are facilitating Mental Health and Substance Use Disorder services for teens and adults. Commercial Insurance and Medical Assistance for Substance Use Disorder Services are accepted.</p> <p>Ms. Kelly Kesler of the Howard County Public School System shared details of her role with Community Schools in Pillar 4 of the Blueprint for Maryland's Future.</p>	<p>Members may view the HCHD Annual Report using this link.</p> <p>Members are asked to view and share the updated HC Food & Nutrition Resource Guide here: https://www.hclhic.org/healthy/eating</p> <p>Members interested in exploring the Whole Kids Grants opportunities can access more information here: https://www.wholekidsfoundation.org/programs</p> <p>Members are asked to share the upcoming Walk with a Doc dates and registration links with residents:</p> <ul style="list-style-type: none"> • February 18, 2023 @ 9am https://www.columbiaassociation.org/event/253961/2023-02-18/ • March 18, 2023 @ 9am https://www.columbiaassociation.org/event/253961/2023-03-18/ • April 15, 2023 @ 9am https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/ • May 20, 2023 @ 9am https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/ • June 17, 2023 @ 9am https://walkwithadoc.org/join-a-walk/locations/columbia-maryland/ <p>Members are asked to share the registration links for the Chronic Disease Self-Management classes offered by Howard County General Hospital and Office of Aging and Independence (OAI):</p> <ul style="list-style-type: none"> • HCGH: hcggh.org/events • OAI: Register (enter A20350.200 in the search)
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<p>Next Steps & Wrap-up</p>	<p>Ms. Rambharat thanked participants for joining and noted that the recording and other documents will be available on the LHIC website's meeting portal. She also noted that the next hybrid full Coalition meeting to be held on April 20, 2023.</p> <p>Ms. Rambharat adjourned the meeting at 10:25am.</p>	<p>Members are encouraged to review the minutes from full HCLHIC and Work Group Meetings on the website under meeting portal: https://www.hclhic.org/home/meetingportal</p> <p><i>Upcoming 2023 Quarterly Full Coalition Meetings:</i> Register</p> <ul style="list-style-type: none"> • April 20, 2023, 8:30-10:30am • July 20, 2023, 8:30-10:30am • October 19, 2023, 8:30-10:30am

Respectfully submitted by
 Ashton Jordan, MSPH
 Community Engagement Coordinator
 Howard County Local Health Improvement Coalition