



Howard County Local Health Improvement Coalition
Healthy Minds & Suicide Prevention Coalition
October 7, 2022
3:00 pm – 4:00 pm
Virtual via Zoom

Minutes

Members Present:

- Jason Zhao, Community Health Initiative
- Laura Willemin, Grassroots Crisis Intervention Center
- Emily Paterson, Maryland Poison Center
- Stacey Garnett, Sheppard Pratt
- Chad Lennon, Adventist HealthCare
- Jessica LaFave, Department of Veterans Affairs
- Lisa Terry, Howard County Office of Veterans and Military Families
- Genny LaPorte, Howard County Police Department

Staff Present:

- Reena Rambharat, HC Local Health Improvement Coalition
- Stephanie Reid, Howard County Health Department
- Ashton Jordan, HC Local Health Improvement Coalition

| Topic/Agenda | Discussion | Action/Follow-up |
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| Welcome and Introductions | <p>Stephanie Reid, Youth and Family Support Services Unit Supervisor for the Howard County Health Department (HCHD), called the meeting to order at 3:00 pm.</p> <p>Ms. Reid provided a welcome to members in attendance and had members introduce themselves. Dr. Chad Lennon was announced as a new co-chair for the coalition.</p> | |
| Review of Previous Meeting's Minutes & Future Steps Discussions | <p>Ms. Reid, lead a discussion on the 7/19 meeting minutes. Ms. Reid explained that we can gather data from vital statistics but that the data is usually sensitive and difficult to access. She mentioned that the HC Bureau of Behavioral Health has continued the CAMS-care training.</p> <p>The It's Ok to Ask campaign is to be expanded in FY23 to reach more marginalized communities She also mentioned that the Extreme Risk Protective Orders & Safe Storage is an area we definitely need to continue to work on as well as the 988 launch. Brief explanation of subcommittees focusing on prevention, intervention, and postvention.</p> | |

Ms. Reena Rambharat inquired about attendance at the Healthy Living Series workshops. Ms. Reid mentioned that one of the events conflicted with another event and made have lead to its low attendance.

Ms. Rambharat led a guided overview of the LHIC website. Ms. Rambharat explained the reasoning behind the Howard County Behavioral Health-Program Guide (crosswalk). There are no organizations offering classes on Veterans Mental Health First Aid. Ms. Lisa Terry provided a directory for resources for veterans and military families.

Mr. Jason Zhao inquired on how someone can partner with the health department. Ms. Rambharat informed members that joining the LHIC is free and that they just have to register.

Mr. Jason Zhao emphasized that the Chinese American community could use more information on health concerns related to the liver and hepatitis. Ms. Rambharat informed the members that if a partner reaches out with need we look for programs within the health department or through other partners to address the need.

Ms. Rambharat overviewed the Mental Health & Suicide Prevention Programs resource guide. She also inquired members on the best ways of distributing this information keeping in mind common barriers to health (internet access, language, etc.).

Dr. Lennon mentioned condensing the resource guide down to note card size to increase readability. Ms. Rambharat lead a brief overview of CAREAPP and noted that CAREAPP has the capability of housing the information from the resource guides and instructor training guides.

Ms. Rambharat shared the importance of offering culturally diverse and accessible services/messages to engage the residents of Howard County. This will involve building and fostering relationships within these communities.

Ms. Reid informed the workgroup that they can request the HCLHIC to table at an event for them. She added that the HCLHIC offers cards with CAREAPP information in different languages.



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| | <p>Ms. Lisa Terry explained that the veterans and military families resource directory is updated quarterly and that she can offer resources in regards to veterans mental health. Ms. Rambharat mentioned that HCLHIC can create a sub-page under the healthy minds tab that focuses on veterans’ mental health and resources.</p> <p>The workgroup completed a poll determining the structure of the next meeting. The workgroup decided on a virtual meeting closer to the start of December.</p> <p>Ms. Terry mentioned that there will be a Discovery Fair in November at Annapolis Mall. This event includes non-profits providing physical recreational wellness activities. Ms. Terry mentioned several other free events focused on veterans physical and mental well-being. Ms. Jessica LaFave mentioned that broadcasting Veterans activities and events may incite more veterans who didn’t disclose there veteran status to come out.</p> <p>Ms. Terry also shared that she does a monthly e-bulletin board with a list of veteran support focused events.</p> <p>Ms. Genny LaPorte mentioned that the HCPD would be hosting CIT Role playing scenarios on 10/21 and that they could use some more actors and actresses. Ms. LaPorte also emphasized that early preventative measures are essential for combating mental health and suicide.</p> | |
| <p>Next Steps & Wrap-up</p> | <p>Ms. Rambharat suggested Stephanie reach out to Natalie to get her input on suggestions the workgroup made for CAREAPP additions.</p> <p>Dr. Lennon inquired from the group what we wanted to do as a workgroup for the general public of Howard County. Ms. Reid mentioned getting out a survey to better gauge what the community is most interested in. Ms. Reid also suggested having alternate months be a space to meet as separate subcommittees focusing on different aspects of mental health & suicide prevention. Further, Ms. Reid suggested that the subcommittees develop a survey that members could provide feedback on for the SPC.</p> <p>Ms. Reid adjourned the meeting at 4:00 pm.</p> | <p>Connect with Natalie to see if she can attend next meeting and give a quick overview for CAREAPP.</p> <p>Begin thinking about the subcommittee members would like to be a part of.</p> |

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