



## Howard County Local Health Improvement Coalition

Healthy Minds and Suicide Prevention Coalition (HMSPC)

November 13, 2025

2:00 – 3:00 PM

Howard County Health Department

Virtual via Zoom

### Minutes

#### Co-Chair Present:

Barbara Allen, Co-Chair, James' Place, Inc.

#### Members Present:

Erin Anderson, Bureau of Family Health Services, Assistant Director of Nursing

Trudy Conley, MD Dept of Health Maryland's Commitment to Veterans

Alyssa Cuyun, Intern, BBH Family Support Services Unit

Cortez Dillahunt, Stepping Towards A New Destiny (S.T.A.N.D.)

Enjolie Gomez, MDH BHA Office of Integrated Wellness and Prevention Suicide Prevention Office

Sheri Koller, Brave Journeys LLC

Genny LaPorte, Howard County Police Department

Rem Lang, Intern, BBH Family Support Services Unit

Deborah Lattimer, Moms Demand Action Howard County

Sonya Lloyd, BBH Grassroots Grant Monitor

Sarah McCoy, Grassroots Crisis Intervention

Chris Miller, John Hopkins Howard County Medical Center (JHHCMC)

Stephanie Reid, BBH Family Support Services Unit Supervisor

Anna Rivera Ortiz, BBH Criminal Justice Services Unit - Law Enforcement Assisted Diversion Program (LEAD)

Cynthia Schulmeyer, Howard County Public School System

Lauren Soummers, BBH Family Support Services Unit

Kristen Wheeler, Medpsych Health Services

Eileen Zeller, Moms Demand Action Howard County

#### Staff Present:

Stephanie Foster, Howard County Local Health Improvement Coalition

Rosemarie Jimenez-Rosales, Community Health Work (CHW) Howard County Local Health Improvement Coalition

Maribet Rivera-Brute, Howard County Local Health Improvement Coalition

Topic/Agenda	Discussion	Action/Follow-up
<p>Welcome, Ice Breaker, and September 8th Meeting Re-Cap</p>	<p><b>Welcome</b></p> <ul style="list-style-type: none"> <li>Stephanie Foster, Community Engagement Coordinator, HCLHIC, called the meeting to order at 2:01 pm.</li> <li>Attendees were invited to introduce themselves.</li> </ul> <p><b>Icebreaker:</b></p> <p>Barbara Allen, Co-chair and Executive Director of James' Place Inc., HC Opioid Restitution Fund Commission, led the group in an icebreaker activity sharing favorite and least favorite foods.</p> <p><b>September 8<sup>th</sup> Hybrid HMSPC Meeting Recap:</b></p> <p>Ms. Foster summarized highlights from the September 8, 2025, Hybrid HMSPC meeting:</p> <ul style="list-style-type: none"> <li>Cannabis Grant Presentation: <ul style="list-style-type: none"> <li>Delivered by Natalie Hall.</li> <li>Focused on public health implications of cannabis use and funding opportunities.</li> </ul> </li> <li>Community Events – Jessica Fisher, Co-chair, Bureau of Behavioral Health Suicide Prevention Coordinator: <ul style="list-style-type: none"> <li>Emphasized the importance of the Out of the Darkness Howard County Walk.</li> <li>Shared details on upcoming events designed to empower youth and promote suicide prevention awareness.</li> </ul> </li> </ul>	<p>LHIC's website: <a href="https://www.hclhic.org/">https://www.hclhic.org/</a></p> <p>Email LHIC with any other announcements or questions: <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a></p> <p>Click <a href="#">here</a> to access previous meeting minutes:</p>
<p><b>Announcements</b></p>	<ul style="list-style-type: none"> <li><b>January Full LHIC Meeting:</b> <ul style="list-style-type: none"> <li>Click <a href="#">here</a> to register for the January 15, 2026 Full LHIC Meeting. 9:00 – 11:00 AM.</li> </ul> </li> </ul>	



	<ul style="list-style-type: none"><li>• <u><a href="#">SNAP - Shutdown Emergency Info Hub</a></u><ul style="list-style-type: none"><li>• The Maryland Department of Emergency Management has created a temporary hub for Marylanders and food assistance organizations to access key information, food assistance, and volunteer/donation coordination resources in response to the federal government shutdown and lapse in SNAP benefits.</li></ul></li><li>• Read <u><a href="#">Governor Moore's Executive Orders</a></u> about the shutdown and SNAP benefits interruption</li><li>• Access <u><a href="#">Maryland's website for workers affected by all of the recent federal actions</a></u>. It features helpful information for unemployment insurance, food assistance, housing and utility resources, financial assistance, resources for veterans, and more.</li><li>• Read the <u><a href="#">Governor's State of Emergency Fact Sheet</a></u>, which contains essential information about the status of existing state assistance programs, food access and financial resources for impacted Marylanders, and response actions announced by the Governor.</li><li>• Visit the MD Department of Human Services to <u><a href="#">learn about important changes to SNAP benefits</a></u> that went</li></ul>	
--	---	--

	<p>into effect November 1, 2025, including new eligibility requirements.</p> <p><b>Howard County ORF Commission Opportunity for Student Representative</b></p> <p>The Howard County Department of Community Resources and Services is seeking a student representative to fill a seat on the Howard County's Opioid Restitution Fund Commission (ORF Commission). Howard County's ORF Commission assists in determining the use of the funds received in Howard County from opioid litigation settlements. ORF Commission duties include making recommendations on the use of opioid restitution funds in Howard County; reviewing grant applications for opioid restitution funds; and making recommendations for distribution of grant funds.</p> <p>The individual must:</p> <ul style="list-style-type: none"><li>• Live in Howard County, Maryland</li><li>• Be under the age of 19 at the time of appointment</li><li>• Be willing to attend and participate in monthly or quarterly Commission meetings</li><li>• Be willing to file a statement of financial interest indicating conflicts of interest</li></ul> <p>The individual applying will ideally have lived experience related to substance use or Opioid Use Disorder. For example, the individual may have personally experienced a substance use disorder, have a family member with substance use disorder, or may have lost a loved one to a substance use disorder-related cause. This is a volunteer opportunity and there is no compensation associated with the role. Please contact <a href="mailto:dheilman@howardcountymd.gov">dheilman@howardcountymd.gov</a> for more information about how to apply.</p>	
--	---	--



## • Substance Use Prevention – Calling All Youth! •

The Howard County Health Department wants to hear from **YOU!** We're recruiting young people to participate in **youth focus groups** that will guide local substance use prevention efforts.

- Your voice matters. Your feedback will directly shape how Howard County approaches substance use prevention and supports healthier futures for all youth in our community.

### • Who Can Participate?

- Youth **ages 14–17** who **live or work in Howard County**.

### • Want More Information?

- Contact the Howard County Health Department at **410-313-6112** or **mlacasse@howardcountymd.gov**.

☞ Click [here](#) to take the survey!

## FREE QPR Suicide Prevention Training

- **Presented by the National Alliance on Mental Illness (NAMI)**

- Join in at the Wilde Lake Interfaith Center for QPR suicide prevention training. Class is limited to 25 people.

	<p>Spots are going fast. <i>Dinner will be provided.</i></p> <ul style="list-style-type: none"> <li>•  <b>Date and Time:</b> Thursday, November 20, 2025, <ul style="list-style-type: none"> <li>• 6:00 – 7:30 p.m.</li> <li>•  <b>Location:</b> Wilde Lake Interfaith Center, 10431 Twin Rivers Rd, Columbia, MD 21044</li> <li>•  <a href="#">Register today!</a></li> </ul> </li> </ul>	
<p><b>Stepping Towards A New Destiny (S.T.A.N.D.) Presentation – Cortez Dillahunt</b></p>	<p>Mr. Cortez Dillahunt, Administrative Assistant with <a href="#">Stepping Towards A New Destiny (S.T.A.N.D.)</a>, provided an overview of the program and its ongoing efforts to empower youth through mentorship, academic support, and life-skills development.</p> <p>S.T.A.N.D. operates after school at Wilde Lake Middle School, where students receive homework assistance and participate in lessons focused on essential life skills such as communication, conflict resolution, and personal responsibility. All program mentors undergo a careful selection and training process to ensure they are equipped to guide and support students in a safe, encouraging environment.</p> <p>Mr. Dillahunt highlighted S.T.A.N.D.'s commitment to fostering entrepreneurship and financial literacy. Students receive hands-on learning about business management, budgeting, and the fundamentals of running a small business. The program also offers instruction in health education, life skills, and exploration of trade career pathways for youth who may choose alternatives to college.</p> <p>In addition to classroom-based learning, the program offers community</p>	<p>For more information about S.T.A.N.D., visit <a href="https://www.standmentorship.org/">https://www.standmentorship.org/</a></p>



	<p>engagement activities designed to broaden students' experiences. These activities include group hikes and visits to cultural sites such as monuments and museums. Mr. Dillahunt shared a recent success story in which mentees organized and distributed non-perishable food to families—an initiative that showcased their leadership and service to the community.</p> <p>Mr. Dillahunt expressed a strong desire to increase outreach to engage more students and parents throughout Howard County. While the organization has been successful in securing several grants, additional funding remains a pressing need to support expansion and program sustainability. Coalition members responded with encouragement and shared potential funding leads and outreach opportunities to strengthen S.T.A.N.D.'s visibility.</p> <p>During the discussion period, Eileen Zeller of Moms Demand Action Howard County praised the impact of S.T.A.N.D. and inquired about parent and community involvement. Mr. Dillahunt emphasized that parents play an essential role—they are involved in decision-making, receive regular updates, and have direct access to mentors for support and conflict resolution. Strong, consistent communication with families remains a program priority.</p>	
--	---	--

<b>Continued Discussion/Brainstorming with Coalition Members Regarding Community Engagement – Barbara Allen</b>	<p>Coalition members expressed appreciation for the current process of submitting events and program information to the Howard County Local Health Improvement Coalition (HCLHIC). They also noted that they value the HCLHIC Calendar QR code being included on HMSPC agendas and meeting minutes, as it provides an easy and efficient way to stay informed about upcoming events and initiatives.</p>	
<b>Next Steps &amp; Wrap-up</b>	<p>Ms. Foster announced that the next HMSPC Workgroup meeting will be held on January 8, 2026, from 2:00 p.m. to 3:00 p.m. via Zoom. She thanked all attendees for their continued dedication and participation and extended warm Happy Holidays wishes to the group. The meeting was adjourned at 3:00 p.m.</p>	<p>Please visit the HCLHIC <a href="#">Healthy Minds and Suicide Prevention webpage</a> and send any updates needed to <a href="mailto:kfoster@howardcountymd.gov">kfoster@howardcountymd.gov</a></p> <p>Email <a href="mailto:lhic@howardcountymd.gov">lhic@howardcountymd.gov</a> with any questions.</p>

Respectfully submitted by  
 Ms. Stephanie Foster  
 Community Engagement Coordinator  
 Howard County Local Health Improvement Coalition



To access a list of community events posted on the LHIC Calendar, scan the QR Code above!