

Howard County Local Health Improvement Coalition

Healthy Minds & Suicide Prevention Coalition

February 10, 2022

2:00 pm – 3:00 pm

Virtual via Zoom

Minutes

Members Present:

Cynthia Schulmeyer, Howard County Health Department
Jessica LaFave, Veteran Affairs
Sarah McCoy, Grassroots Crisis Intervention
Genny LaPorte, Howard County Police Department Crisis Intervention Team
Stacey Garnett, Sheppard Pratt
Kat Olbrich, American Foundation for Suicide Prevention
Candace Ball, Local Children's Board
Tiffany Callender, Horizon Foundation
Alexandria Walker, Partner
Laura Torres, Howard County General Hospital
Kala Jenkins, Howard County Health Department

Staff Present:

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

I. Summary of January Meeting

- Priority areas identified in January meeting are:
 - Veteran outreach – resources & support
 - Older adult outreach – engagement & screenings
 - Youth and adolescent engagement – educational outreach, accurate MH information
 - Education and support to parents
 - Behavioral health integration into primary care
 - Reduce access to lethal means

II. Suicide Prevention Plan – Feedback & additions to be made?

- VA – key parts of the Governor's Challenge are reflected in drafted Suicide Prevention Strategies: connectedness, improving transitions to care, reducing access to lethal means and safety planning
- VA uses network of libraries to provide education to veterans and their families, and strategy could be expanded to general population
- Blue Star Families hold coffee hours at Starbucks in Ft. Meade

- Coalition could raise awareness about existing strategies to veteran/military family community
 - Or could adopt similar strategy for general population (or other target groups) in Howard County
- VA also has access to training for primary care physicians on cultural responsiveness and approach to veteran population
- Local Health Improvement Coalition full member meeting on April 21st could be opportunity to get feedback on strategies/plan
 - LHIC has very strong relationship with library system in Howard County
- AFSP could help fill need for reputable information/resources for adolescents
 - General guidance on how to access help
 - Seize the Awkward video vignettes with celebrities
 - It's Real: Teens and Mental Health training --> could train student presenters in It's Real to then provide to their peers
- Addressing misinformation on TikTok: one way to do so is increase profile of accurate information through agency TikTok account
 - AFSP has TikTok and videos could be shared to other platforms that partners have (Instagram, Facebook, Twitter)
- School partners have reached out about sharing information on how to access mental health care and combat misinformation on social media
 - NAMI Ending the Silence – could be one way to address interest in mental health education within school communities from young adults with lived experience
 - Could use Active Minds chapters at different schools to raise awareness about accurate information within school buildings

III. Discussion - Updates

- Suicide Prevention Campaign – Leah is developing a survey to solicit feedback on campaign images in informal focus groups – may be reaching out for assistance in coordinating meetings with community partners and affinity groups
- CAMS-care Pilot - have received approval to fund CAMS-care training for a second cohort of clinicians (9 spots available) in the spring
- Light the Night 5k on April 8th from 6:30-8:30 pm – student member of Rec and Parks Board is coordinating a suicide prevention 5k that will take place on April 8th
- LHIC full member meeting April 21st - LHIC meeting will focus on suicide prevention and behavioral health with guest speakers
- Laura shared a GBRICS update – model of crisis response will transition to peer and clinician model (rather than clinician/law enforcement co-responder model), with LE providing back up as last resort
 - GBRICS next steps:
 - Hiring agency to provide call center services
 - Contracting with organizations to provide same day/next day mental health appointments
 - Surveying community for feedback on types of trainings, etc that staff will need for program to be comprehensive and responsive to community's diverse needs: <https://www.surveymonkey.com/r/BHcommunityViews>

IV. Next steps

- Next meeting?
 - Leah will send Doodle poll to schedule next meeting
- Flyer for Light the Night 5k to raise awareness and funds for suicide prevention attached to email
- HCGH hosting Congregational Depression Awareness Program (flyer attached)
- Flyer for GBRICS survey attached to be shared with community