

WELCOME! WE WILL BEGIN SHORTLY!!

Participants will be muted upon entry.

When the line is opened, please mute yourself during discussion/questions if not speaking

Please use the Chat Box to submit questions and share announcements!



This meeting will be recorded...Presentation and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION

April 21, 2022



Howard County LHIC
Local Health Improvement Coalition

GOAL & AGENDA

GOAL: Present Legislative update in priority areas, provide update on the 2022-2025 HCLHIC Strategic Plan and the Suicide Prevention Campaign

AGENDA:

- A. Welcome & Introductions
- B. Legislative Update
- C. HCLHIC Strategic Plan & Tentative Groups
- D. Suicide Prevention Plan Update & Campaign
- E. Member Announcements
- F. Next Steps and Wrap-up

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your Hand to ask questions**

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WELCOME & OPENING REMARKS

Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &
Howard County General Hospital

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UNIVERSITY of MARYLAND
BALTIMORE

Maryland Legislative Session 2022

April 21, 2022

Brianne Schell, JD, MA

Morgan Jones-Axtell, JD

Legal Resource Center for Public Health Policy

Healthy Beginnings

- Doula Services
 - **HB669**: Medicaid coverage for doula services (passed)
 - **HB765**: Medicaid doula program (failed)
- Sales Taxes
 - **HB282**: exempts diapers from sales & use tax (passed)
 - **HB288**: exempts bottles, bottle nipples, and infant car seats from sales & use tax (passed)
- Noncitizens
 - **HB1080**: comprehensive medical care for noncitizen pregnant women & their children up to age 1 (passed)

Healthy Living

- Food Security
 - **SB121**: funds nonprofits, supports local food in food banks and schools (passed)
 - **HB179**: report on food deserts (failed)
- Parks
 - **HB788**: child safety in parks (failed)
 - **SB541**: general improvements in state parks (passed)
- Pedestrian Safety
 - **HB656**: infrastructure improvements protecting pedestrians and bicyclists (failed)

Healthy Living

- Dental Coverage
 - **HB6**: covers dental services for adults on Medicaid (passed)
- Insulin Coverage
 - **HB1397**: limits 30-day supply of insulin to \$30, limits 30-day supplies of prescriptions for diabetes, HIV, AIDS to \$150 (passed)

Healthy Minds

- Suicide Prevention
 - **HB48**: Establishing the Maryland Suicide Fatality Review Committee
- Behavioral Health Crisis Response
 - **HB129**: response standards that prioritize mobile crisis units over law enforcement
- Overdose Prevention
 - **HB408**: authorizing certain emergency medical providers to dispense naloxone
- Firearm Storage
 - **HB659**: firearm storage requirements and youth suicide prevention

Tobacco

- Tobacco Cessation
 - **HB28**: Allows a pharmacist to prescribe Nicotine Replacement Therapy Medication
- Multifamily dwelling
 - **HB1295**: Requires landlords/HOAs to develop a policy outline where residents may/may not smoke
- Synthetic Nicotine
 - **HB1227**: redefines a tobacco product (withdrawn)

Alcohol

- Grocery Establishments
 - **HB506**: proposes a Constitutional amendment to allow grocers to obtain a license to sell beer/wine
 - **HB858**: allows licensing board to issue a Class A beer or wine license to a grocery store
- Perinatal
 - **HB1335**: prohibits a drug/alcohol test on pregnant people or newborns without consent
- Licenses
 - **HB550**: extends the termination date for manufacturers to sell, deliver, and ship to consumers

Cannabis

- Legalization
 - **HB1**: Ballot question (passed)
 - **HB1342, SB692, SB833**: other legalization (failed)
- Regulation
 - **HB837**: baseline study, criminal law reform and expungement (passed)
- Civil Protections
 - **HB614, HB628**: Workers' Comp and workplace discrimination (failed)
 - **SB772**: Child welfare & family separation (failed)
- Delta-8 and Delta-10
 - **SB788**: regulation of other THC compounds (passed)

Questions?

Brianne Schell: bschell@law.umaryland.edu

Morgan Jones-Axtell: mjones-axtell@law.umaryland.edu

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questions**

2022 – 2025 HCLHIC Strategic Plan/ Community Health Improvement Plan Update

*Kelly Kesler, MS, CHES®
Director, HCLHIC & Population Health,
Howard County Health Department*

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COALITION PRIORITIES

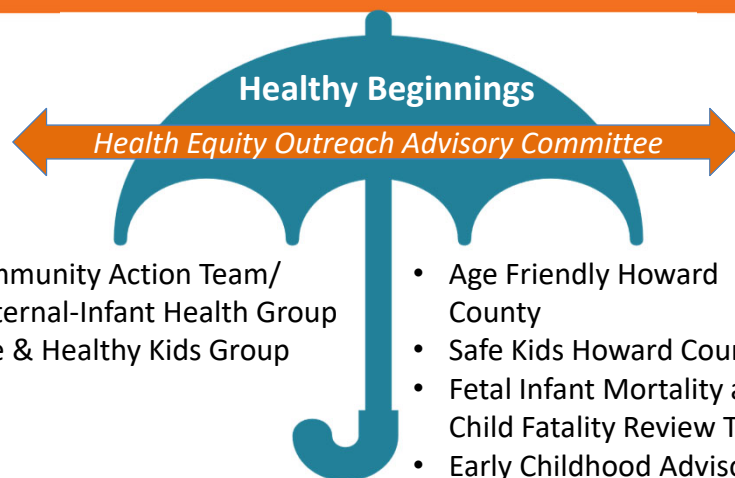
- 1. Healthy Beginnings:** Healthy lifestyle activities related to prevention and care for gestational diabetes, maternal and infant health and prevention of pediatric obesity.
- 2. Healthy Living:** Health promotion related to chronic disease prevention and care, increased movement and healthier food and beverage choices.
- 3. Healthy Minds:** Health promotion for social engagement and support mental health.

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HEALTHY BEGINNINGS



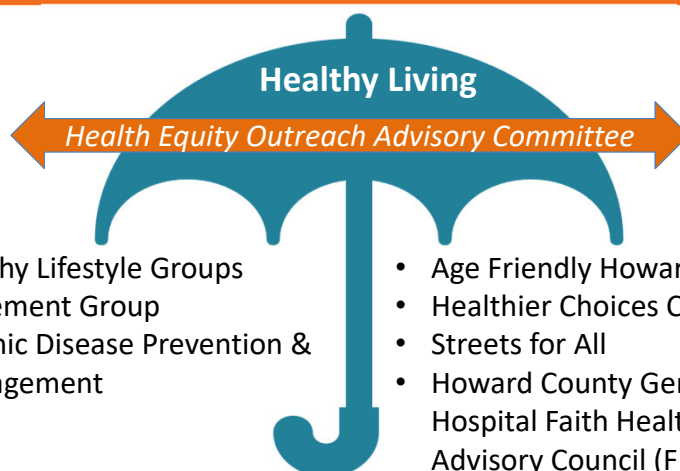
- Community Action Team/
Maternal-Infant Health Group
- Safe & Healthy Kids Group
- Age Friendly Howard County
- Safe Kids Howard County
- Fetal Infant Mortality and Child Fatality Review Teams
- Early Childhood Advisory Council

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HEALTHY LIVING



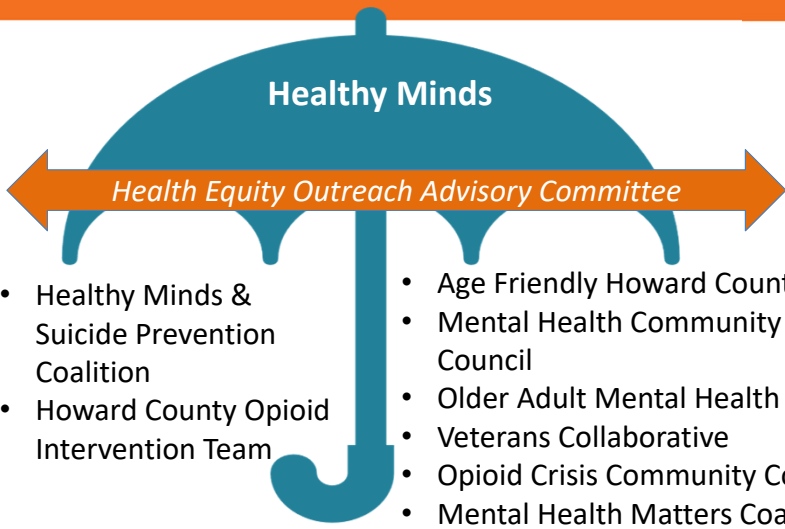
- Healthy Lifestyle Groups
- Movement Group
- Chronic Disease Prevention & Management
- Age Friendly Howard County
- Healthier Choices Coalition
- Streets for All
- Howard County General Hospital Faith Health Advisory Council (FHAC)

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HEALTHY MINDS



Healthy Minds

Health Equity Outreach Advisory Committee

- Healthy Minds & Suicide Prevention Coalition
- Howard County Opioid Intervention Team
- Age Friendly Howard County
- Mental Health Community Advisory Council
- Older Adult Mental Health Forum
- Veterans Collaborative
- Opioid Crisis Community Council
- Mental Health Matters Coalition

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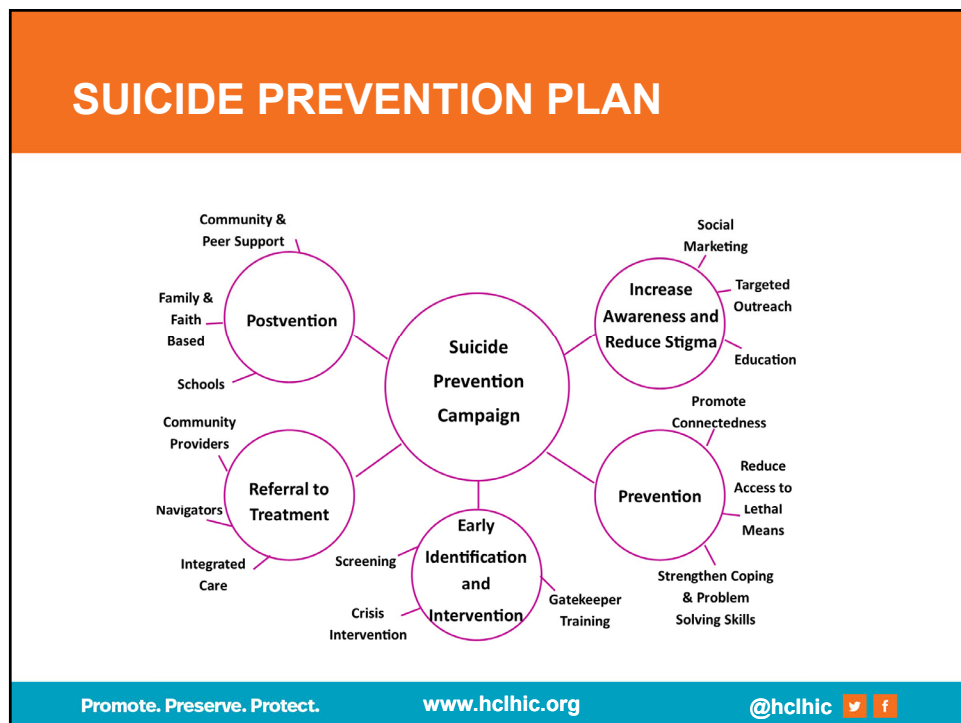
Suicide Prevention Plan Update

Leah Bulka, LCSW

Suicide Prevention Coordinator,

Howard County Health Department

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HEALTHY MINDS & SUICIDE PREVENTION COALITION

- Timeline:

- December 2020 – BHA held state suicide prevention coalition meeting
- June 2021 – first Howard County suicide prevention coalition interest meeting
- November 2021 – Coalition merged with LHIC Behavioral Health Workgroup

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HEALTHY MINDS & SUICIDE PREVENTION COALITION AIMS

- Comprised of behavioral health stakeholders
- Goal of coalition is to improve ability of HC in addressing BH and suicide prevention
 - Share trend data from BHA
 - Share information and resources
 - Streamline collaboration

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Howard County Suicide Prevention Forum

Join the **Howard County Health Department's** Bureau of Behavioral Health, **Local Health Improvement Coalition** and partners for a presentation and panel discussion to explore collaborative community-based suicide prevention strategies.

Wednesday, May 4, 2022
9:00 – 11:00am

Presentation: Update on Suicide & Suicide Prevention



Speaker: Rajeev Ramchand, PhD
Senior Advisor - Epidemiology and Suicide Prevention, National Institute of Mental Health;
Senior Behavioral Scientist, RAND Corporation

Panel Discussion:

Moderator: Leah Bulka, LCSW - Suicide Prevention Coordinator, Howard County Health Department

Panelists:
Topaz Navarro - US Army Veteran (Ret), Mental Fitness Coach, EscapeVelocityAcademy.Com
Laura Torres, LCSW-C - Behavioral Health Program Manager, Howard County General Hospital
Sarah McCoy, LCSW-C - Assistant Director of Crisis Services, Grassroots Crisis Intervention Center
Renae Elsaesser/Mia Choi - River Hill Active Minds Chapter & Sources of Strength Peer Leaders

To participate online or in-person, register at:
https://bit.ly/HCLHIC_SuicideForum2022

Howard County Suicide Prevention Forum




- Presentation
- Panel Discussion





Register:

https://bit.ly/HCLHIC_SuicideForum2022

Howard County LHIC
Local Health Improvement Coalition

8930 Stanford Blvd.
Columbia, MD 21045
410.313.6204
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   .org

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Suicide Prevention Campaign

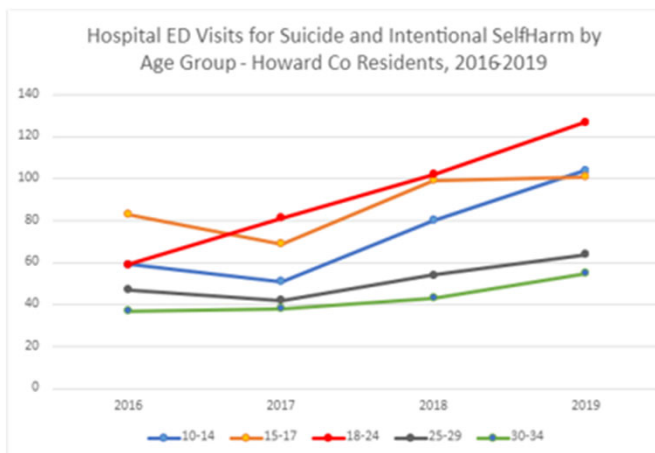
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DATA – HOSPITAL ED VISITS

Among Howard County young adults ages 18-24, there were 127 hospital ED visits for suicide and intentional self-harm in 2019, a 115% increase from 59 in 2016.



Source: CRISP, 2020

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DATA – HCHAS

Howard County Health Assessment Survey (HCHAS) Report:

- 35% of residents reported feeling depressed or lonely
- 50% of residents reported feeling nervous or anxious
- 23% of residents ages 18-24 reported feeling down, depressed, or hopeless **nearly every-day**

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IT'S OK TO ASK CAMPAIGN

- Data demonstrated need for messaging
- Coalition provided key input:
 - Culturally responsive images and messaging
 - Basic information on mental health & wellness
 - Connection to resources beyond crisis hotlines
 - Encouragement to have conversations about MH
- HCHD created survey for feedback

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GOALS OF THE CAMPAIGN

- Expand suicide prevention messaging across the lifespan
- Increase help-seeking behaviors
- Destigmatize reaching out for help
- Encourage individuals to talk about mental health
- Connect community with culturally responsive resources

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CAMPAIGN PRIORITY POPULATIONS

- African American youth
- South Asian American young adults
- LGBTQIA+ adults
- Latinx adults
- Asian American & Pacific Islander adults
- Older adults
- Transition-aged youth (18-26)
- Veterans

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IT'S OK TO ASK CAMPAIGN – 1 OF 4



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IT'S OK TO ASK CAMPAIGN – 2 OF 4



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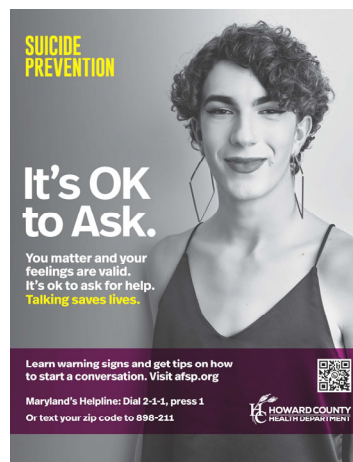
IT'S OK TO ASK CAMPAIGN – 3 OF 4



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IT'S OK TO ASK CAMPAIGN – 4 OF 4



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WEBSITE & RESOURCES

- Warning signs, how to have a conversation, & culturally responsive resources

- Visit website

<https://www.howardcountymd.gov/health/suicide-prevention>

| | |
|---|---|
| What is Mental Health? | |
| What is Mental Health? | + |
| What are the Signs Someone is Struggling? | + |
| How to Have a Conversation | |
| Starting the Conversation | + |
| During the Conversation | + |
| Get Help | + |
| Resources | |
| Prevention | + |
| Intervention | + |
| Postvention | + |
| Cultural Resources | |
| African American Community | + |
| Asian American & Pacific Islander Community | + |
| Latina Community | + |
| LGBTQ+ Community | + |
| Older Adult Community | + |
| South Asian American Community | + |
| Veterans & Military Community | + |
| Young Adult Community | + |

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CALL TO ACTION

- Share campaign materials – digital images, posters, rack cards when available
- Reach out, check-in
- Share resources that help facilitate conversation
 - afsp.org/realconvo, supporthuman.org
 - More resources can be found on howardcountymd.gov/health/suicide-prevention

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CONTACT

- Leah Bulka, LCSW –
lbulka@howardcountymd.gov
- Request materials: <https://bit.ly/3rKmMzR>

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**MEMBER ANNOUNCEMENTS,
RESOURCE SHARING AND
NETWORKING**

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MEMBER ANNOUNCEMENTS

Please share any updates by typing them into the Chat Box. The host may also unmute your microphone to speak.

Thank you!

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HCLHIC Announcements



Accessibility Training & Diabetes Awareness Videos

*Chynáe Vicks, MSPH
Community Health Equity & Outreach Educator
HCLHIC, Howard County Health Department*

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The Older Adult Mental Health Forum

Tuesday, April 26, 2022
11:00 am - 12:30 pm

Thank you for attending the first Older Adult Mental Health Forum in January. We are excited to welcome you back for the second session! Please use the link below to register and receive the Webex link to the meeting.



Our guest speaker for April is Chris Collins, Criminal Justice Services Supervisor in the Howard County Health Department, Bureau of Behavioral Health. Mr. Collins will discuss the mental health docket under Judge Mary C. Reese and the Adult Drug/DUI Court at Howard County District Court. Mr. Collins will also present on timely and important programs for helping those with mental health concerns, such as the Law Enforcement Assisted Diversion (LEAD) program.


Register here:
<https://howardcountymd.webex.com/howardcountymd/j.php?RGID=ccaab36eae852fb97a6b05f2d01b7499>

Please share this announcement with your networks. We look forward to seeing you on April 26!

For additional information please contact:
 Karen Hull, Howard County Office on Aging & Independence
 410-313-7466/khull@howardcountymd.gov
 or
 Heidi Weiss-Beebie, HCHD-Bureau of Behavioral Health
 410-313-5711/hweissbeebie@howardcountymd.gov

OLDER ADULT MENTAL HEALTH FORUM UPDATE

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JOIN US!
 APRIL 27, 2022
 5:30 - 7 P.M.
 COLUMBIA LAKEFRONT

How Far We've Come: Elevating Mental Health Together

Featuring University of Maryland Head Football Coach Mike Locksley, County Executive Dr. Calvin Ball and Mental Health Matters Coalition partners



How Far We've Come: Elevating Mental Health Together


April 27, 2022;
5:30 – 7:00pm

[Register](#)

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What is the NAMI Peer-to-Peer Education Program?

NAMI Peer-to-Peer is a free, 8-session course for adults living with mental health challenges. NAMI Peer-to-Peer provides an educational setting focused on recovery that offers respect, understanding, encouragement and hope. The NAMI Peer-to-Peer education program is:

- Free and confidential
- Held once a week for two hours
- Taught by trained Peer Mentors living well in recovery themselves
- A great resource for information on mental health and recovery

NAMI Howard County, the local affiliate of the National Alliance on Mental Illness, will offer its 8-week NAMI Peer-to-Peer Education Program beginning **April 27th through June 15, 2022**. Class will be held in-person and via Zoom on Wednesdays from 6:30pm-8:30pm. Please email Louise Daigneault at ldaigneault.namihc@gmail.com or call the NAMI HC office to register for the class.




Participant Perspectives

"This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking NAMI Peer-to-Peer."

"Since taking the course I have gained employment and committed to my recovery."

"NAMI Peer-to-Peer gave me a better understanding of the mental illness I have and how to manage it."

Contact us to register for this NAMI Peer-to-Peer class!





Louise Daigneault
NAMI Howard County
9650 Santiago Road, Suite 1
Columbia, MD 21045
410-772-9300
ldaigneault.namihc@gmail.com

About NAMI
NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Howard County is an affiliate of NAMI Maryland. NAMI Howard County and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy, and support group programs for people in our community living with mental illness and their loved ones.

NAMI Howard County's FREE 8-week NAMI Peer-to-Peer Education Program

April 27th through June 15, 2022.

Email Louise Daigneault at ldaigneault.namihc@gmail.com or call to register for the class.

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Three out of four people using heroin began with the use of prescription medication

Drug Take Back Day

in Howard County

Saturday, April 30
10 a.m.-2 p.m.

Dispose of unwanted or expired medications & sharps (needles, syringes & EpiPens) at HC DrugFree's convenient drive-thru collection

Wilde Lake Village Center parking lot
5305 Village Center Drive, Columbia, near The UPS Store

For details, go to www.HCDrugFree.org
Adults volunteer at: www.surveymonkey.com/r/Adults4-30-22
Youth volunteer at: www.surveymonkey.com/r/Youth4-30-22




Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

Drug Take Back Day:

Saturday April 30,
10:00am-2:00pm

WildeLake Village Center parking lot

Details:
www.HCDrugFree.org

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Hidden in Plain Sight

Adults are invited to tour a trailer set up to simulate a young person's bedroom and bathroom. See places drugs are **hidden in plain sight** and learn other signs of drug use.



Saturday, April 30
10:00 a.m. to 2:00 p.m.

Wilde Lake Village Center parking lot (near the Swim Center)
5305 Village Center Drive in Columbia

Same time, same location...



Drive-thru Medication & Sharps Collection

Bring unwanted and expired prescription and over-the-counter medications, needles, syringes, EpiPens, patches, and vapes. Don't be your family's drug dealer.

Students, Adults, & Medically-Trained Adults Are Needed!

Volunteer today

Community Service Hours Available

Go to www.hcdrugfree.org/drug-take-back-day-1/
or contact HC DrugFree's Executive Director,
Joan Webb Scornaienchi at Admin@hcdrugfree.org



HCDrugFree
Empowering the Community



HC DrugFree is proud to partner with the Howard County Police, Drug Enforcement Administration, Howard County Public School System and PTAs/PTSAs, Howard County Health Department, Howard County General Hospital, Harford & Howard County Sheriffs' Offices, Howard County Executive & Government, and others.

Hidden in Plain Sight:

Saturday April 30,
10:00am-2:00pm

WildeLake Village
Center parking lot

Details:

www.HCDrugFree.org

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University of Maryland Marlene & Stewart Greenebaum Comprehensive Cancer Center
Office of Community Outreach and Engagement

Community Health Advisor Training



Are you an adult living in Anne Arundel, Baltimore, Carroll, Charles, Frederick, Harford, Howard, Montgomery, Prince George's or Washington County?

If so, you can become a certified Community Health Advisor to share information about breast, prostate, colorectal, and lung cancer screening with your community!

Date Saturday, May 21, 2022

Time 11:00 AM-2:45 PM

Register Now!

<https://umd.zoom.us/join/960878000>

Receive up to \$200 for attending trainings and becoming certified!

✉ Bdhudson@umd.edu



UMCP IRR # 160768

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Community Health Advisor Training:

The first training will be held on Saturday, May 21, 2022, at 11 AM- 2:45 PM.

Interested participants may register for the training using the following link:

<https://umd.zoom.us/join/zoom/register/tJUqcuyprzMuHdXmejDvPRiDyDZfRvW25W6>



Cancer Self-Management

*You **Can** Thrive with Cancer*

Wednesdays, May 4th - June 8th
6:00 p.m. - 8:30 p.m.
FREE • Zoom Video Conferencing

You can take back control of your health, and you do not have to do it alone. Overcome the struggles of living with cancer by learning to set goals and make action plans in our small, interactive peer-to-peer supportive class.

We explore real-life skills for dealing with:


- Fatigue, frustration, pain, isolation, difficulty sleeping and living with uncertainty
- Regaining and maintain flexibility and endurance
- Treatment and complementary therapy decisions
- Communication among family, friends and health professionals
- Nutrition
- Setting priorities

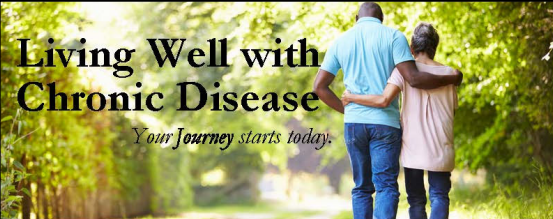
Each session builds upon the last, all the while sharing experiences and identifying solutions and tools for solving problems, creating a supportive environment.

Caregivers are also welcome to attend. Class materials are free as well.
 Register today at bit.ly/CancerManagementClass

410-740-7601 | HCGH-J2BH@jhmi.edu



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Living Well with Chronic Disease

Your Journey starts today.

Saturdays, June 11th – July 16th | 10:30 pm - 1:00 pm
via Zoom Conferencing

Learn how to manage your everyday health, feel better, be in control and do the things you want to do! This free class is recommended for those who have or are at risk for diabetes, obesity, cancer, arthritis, lung and heart disease, depression and more.


This free six-week workshop helps you to enhance your abilities to:



- Cope with feelings of frustration, fatigue, pain and isolation
- Develop skills to communicate more effectively with family, friends and health professionals
- Learn exercises to maintain and improve strength, flexibility and endurance
- Improve nutrition and develop healthy eating habits

Each session builds upon the last all the while creating a supportive environment; sharing experiences and identifying solutions or tools for solving problems. *Caregivers are welcome to attend.

Register today at hcg.org/events or
<http://bit.ly/startlivingwell>

410-740-7601 | HCGH-J2BH@jhmi.edu



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Living Well Toolkit

Fridays, May 6th - June 10th, 10a - 10:30a

Free | 30 min a week for 6-Week Course | via phone

This free, 6-week self-management program is recommended for those who have or are at risk for developing a chronic condition such as heart disease, diabetes, chronic pain or other health concerns. Caregivers are also invited to participate. The LivingWell Toolkit will be mailed to you and includes self-paced materials and activities. Each week you will meet with your instructor in a small group, 30-minute conference call to discuss your self-management progress.

Learn skills to:

- Cope with frustration, fatigue, pain and isolation
- Communicate more effectively with family, friends and health professionals
- Incorporate physical activity to improve strength, flexibility and endurance

Instructor-led conference calls will be scheduled Monday through Friday with morning, afternoon, and evening hour availability. Choose your preferred day and time when you register.

To Register

Visit: hcg.org/events

Call: 410-740-7601 or 410-370-7958

Email: HCGH-J2BH@hmi.edu

Living Well Toolkit Includes:

- ✓ Living a Healthy Life textbook
- ✓ Relaxation CD
- ✓ Exercise CD
- ✓ Self-Test
- ✓ Weekly, 30-minute, small group conference call with instructor



[Living Well with Chronic Disease, Toolkit, Phone](#)

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Living Well With Diabetes: Online

FREE 6-week Class

Saturdays

May 12 - June 16

10 am to 12:30 pm

Classes held via easy-to-use Zoom Video Conferencing

Book Included

Managing diabetes does not have to be overwhelming or faced alone. In a supportive environment, learn more about diabetes, how to reduce its effects, and steps you can take to manage the condition. Learn self-management skills including:

- Goal setting and stress management strategies
- Glucose monitoring
- Skin and foot care
- Techniques to cope with frustration, fatigue, pain and isolation
- Appropriate exercise and nutrition for diabetes

For more information or to register:


<https://bit.ly/diabetes-virtual> | 410-740-7601 | HCGH-J2BH@hmi.edu



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HEALTH CHECK

Community Wellness Screenings

Community Wellness Screenings

These community events offer:

- FREE screenings
 - Blood pressure checks
 - Body mass index scores
 - Prediabetes risk assessments
- Education on healthy lifestyle choices
- One-on-one consultation with a nurse to review health numbers
- Referrals to community resources and community health education
- FREE Living Well with Chronic Disease 6 week class sign-up with class materials included.
- And more!

To schedule a wellness screening on-site, contact Journey to Better Health (J2BH)
410-740-7601 | HCGH-J2BH@jhmi.edu
Pre-Register: <https://bit.ly/J2BHScreenings>

Upcoming Events:

St John Baptist Church

- 9055 Tamar Dr, Columbia, MD 21045
- May 14th, 2022, 12pm - 4pm

We Promote Health, Centennial Park


- 10000 Clarksville Pike, Ellicott City, MD 21042
- June 19th, 2022, 8 am - 12 pm



Glen Mar Church

- 4701 New Cut Rd, Ellicott City, MD 21043
- May 21st, 2022, 11 am - 4 pm

Latino Health Fair, Wilde Lake Interfaith Center

- 10431 Twin Rivers Rd, Columbia, MD 21044
- Oct. 15th, 2022, 12p - 4p





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Please use the Chat Box or Raise your Hand to ask questions

Presentations and recording will be posted at
www.hclhic.org

For additional information or questions contact
lhic@howardcountymd.gov

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OTHER MEMBER ANNOUNCEMENTS, RESOURCE SHARING AND NETWORKING

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NEXT STEPS & WRAP UP

2022 Quarterly Full Coalition Meetings:

[Register](#) (format to be determined)

- July 21, 2022 8:30-10:30am
- October 20, 2022 8:30-10:30am

Presentations and recording will be posted at
www.hclhic.org

For additional information or questions contact
lhic@howardcountymd.gov

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FEEDBACK



To complete the survey:

- Use the QR code OR
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For Question #2: Title of Presentation,
please enter "April full LHIC Meeting"

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