



 HOWARD COUNTY HEALTH DEPARTMENT
 Howard County LHIC
Local Health Improvement Coalition

HCLHIC FULL COALITION MEETING

April 26, 2018


Maura Rossman, M.D.
 Health Officer, Howard County Health Department, HCLHIC Co-Chair
 Steven C. Snelgrove
 President, Howard County General Hospital, HCLHIC Co-Chair
 Kelly Kesler, M.S., C.H.E.S., HCLHIC Director


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Purpose

GOAL: Provide coalition members with an overview of and resources to access food security/nutrition services available throughout Howard County during summer 2018 and provide a update on the CAREAPP (Community Access to Resources through Enhanced technology Applications for Providers and Public) pilot program.

AGENDA:
 A. Member Announcements
 B. CAREAPP & HCHAS Survey Updates
 C. Access-Food Security Resources Panel
 D. Healthy Meeting Stretch Break
 E. Delegate's Report/ 2018-2020 Strategic Action Plan


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Approval of Minutes and Member Announcements


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CAREAPP

Community Access to Resources through Enhanced technology Applications for Providers and Public Update


Elizabeth Menachery, M.D., Project Director
 Vanda Lerdboon, M.P.H., Project Manager
 Howard County Health Department



CAREAPP Project Update | April 26, 2018
 Vanda Lerdboon, MPH
 CAREAPP Project Manager



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CAREAPP Network



1. Accessible Resources for Independence	12. HC Dept of Social Services*
2. Association of Community Services	13. HC General Hospital*
3. Chase Brexton*	14. HC Health Dept*
4. Columbia Association	15. HC Housing Commission
5. Columbia Medical Practice*	16. HC Office of Transportation
6. Community Action Council*	17. HC Office of Workforce Development*
7. FIRN	18. HC Public School System*
8. Gilchrist Services	19. HealthCare Access MD*
9. Grassroots Crisis Intervention Center*	20. Howard County College
10. HC Dept of Community Resources & Services*	21. Humanim
11. HC Dept of Housing & Community Development*	22. Lorien Health Systems
	23. Mental Health Authority
	24. Meals on Wheels of Central MD
	25. Neighbor Ride*
	26. Way Station

* Steering Committee representation


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CAREAPP Features

Search

- An updated, searchable resource directory
- Allows Users to search, favorite, add/edit, translate & print resources
- **Total HoCo resources = 793**

Track

- Allows Users to screen client needs to populate relevant resources, log & track client referrals provided by phone or paper
- **Total Track referrals = 89**

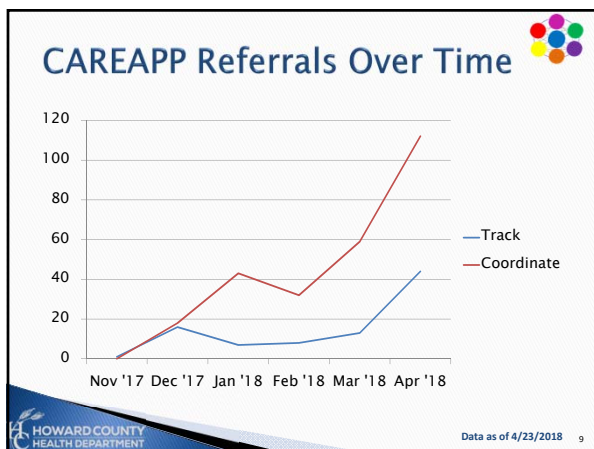
Coordinate

- Allows Users to send & receive electronic referrals, track referral status, & communicate within Network
- **Total Coordinate referrals = 264**

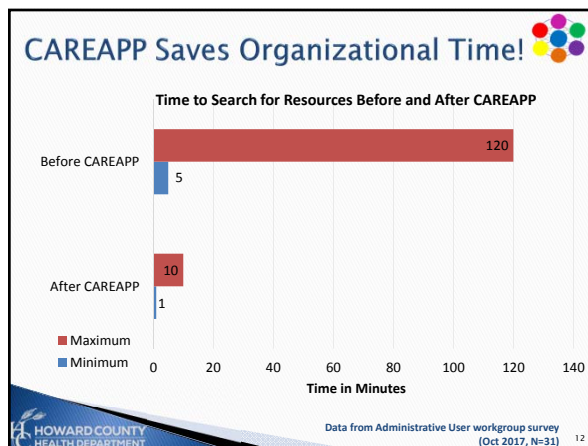
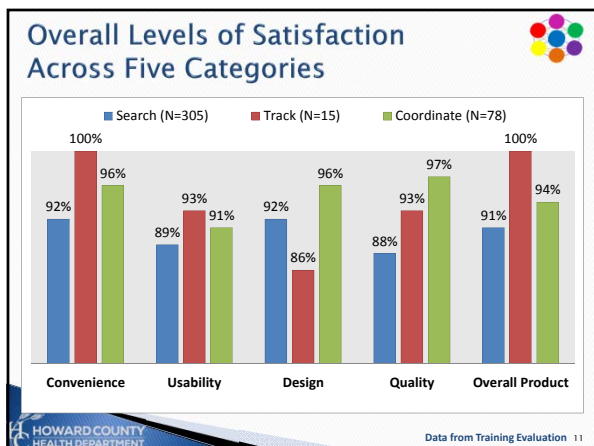
HOWARD COUNTY HEALTH DEPARTMENT 7

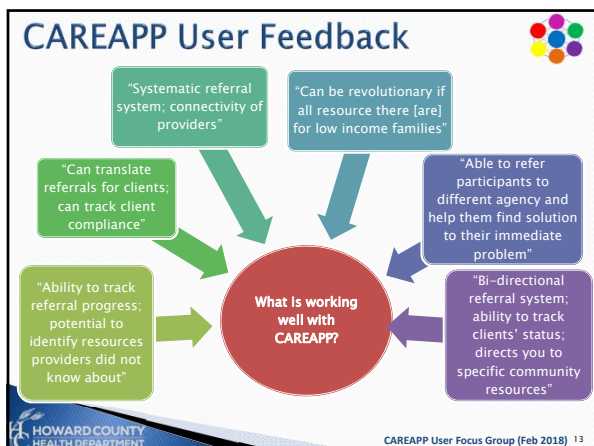
<http://www.youtube.com/watch?v=VSXankDfaeo>

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- ## Top Organizations Sending Referrals
1. HC Health Department (263)
 2. Chase Brexton (23)
 3. Grassroots Crisis Intervention Center (13)
 4. HC Department of Community Resources & Services (11)
 5. HC General Hospital (9)
 6. Association of Community Services (7)
 7. Healthcare Access Maryland (7)
 8. HC Department of Housing and Community Development (6)
 9. HC Department Office of Workforce Development (4)
- HOWARD COUNTY HEALTH DEPARTMENT Data as of 4/23/2018 10





CAREAPP Client Feedback

Emerging Themes	Supportive Quote
Caring Providers	"She went above and beyond, trust me when I say that (...) It's like she really cared about my well-being. It makes me feel like she didn't waste her time trying to help me (...) She actually called me back just to check, 'Was everything okay? What happened because I'm looking at [CAREAPP] and it's saying [referral] incomplete?' So I explained to her that I didn't have the funds they were asking for at the time of my visit. She said okay I'll call you back to see if I can refer you to another place (...) And that's what she did."
Privacy Concerns	"In my case I don't think I would go to my doctor and discuss [social needs] because it's kinda embarrassing. You don't want nobody to know that you're struggling (...) If I'm not going to talk to my family about [social needs] I'm most definitely not going to talk to my doctor (...) Most people don't even open up to their family so to open up to someone they don't really know is difficult."
Language & Cultural Needs Support	"Previously, I got frustrated because when I had to make an appointment, I got nervous due to my language barrier...everything was hard for me. When CAREAPP I didn't have any concern about the kinda steps due to the translation and the support from CAREAPP..... it relieved my hardship, my energy, my effort, decreased my concern about language"

HOWARD COUNTY HEALTH DEPARTMENT
CAREAPP Client Interviews (Feb 2018) 14

Thank you!

HD CAREAPP Project Team
 Elizabeth Menachery, MD
 Vanda Lerdboon, MPH
 Natalie Hall

www.hccareapp.org

HOWARD COUNTY HEALTH DEPARTMENT

HCHAS 2018

Howard County Health Assessment Survey 2018

Felicia Pallen, M.P.H.,
 Director of Policy, Planning and Communications
 Howard County Health Department

HOWARD COUNTY HEALTH DEPARTMENT
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 Local Health Improvement Coalition

2018 HCHAS

Howard County Health Assessment Survey

Felicia Pallen, MPH
 Director – Policy, Planning and Communications
 April 26, 2018

HOWARD COUNTY HEALTH DEPARTMENT
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hchealth.org

HISTORY

- Biennial Survey conducted 2012-2018
- Partner Organizations
 - Columbia Association
 - Horizon Foundation
 - Howard County General Hospital
 - Howard County Health Department
- Assesses health-related behaviors and risk factors specifically in Howard County residents
- Questions modeled after CDC's Behavioral Risk Factor Surveillance System

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UTILIZATION

- HCHAS-Influenced/Linked products
 - HCHAS Website
 - Executive Summary
 - Topic-specific Infographics
 - Resources
 - Questions and Information Requests
 - HCGH's 2016 Community Health Needs Assessment
 - LHIC Priority Areas
 - Healthy Weight
 - Behavioral Health
 - Access to Care
 - Healthy Aging
 - CA's 2014 Comprehensive Plan for Serving the Older Adult Community

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2018 ADMINISTRATION

- Survey Revisions
 - Updates to select questions
 - Removal
 - Adjusting time-frame for asking
 - Adding/replacing
 - When?
 - Spring 2018

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WHAT CAN LHIC MEMBERS DO?

Support and Share

- "Answer The Call"
 - Promotional Campaign
- Social Media
 - Share posts, links, etc.
- Promote, Promote, Promote
 - Share press releases, websites, etc.


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2018 HCHAS

Thank you

website: www.howardcountyhealthsurvey.com

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Access to Food Security and Nutrition Resources in Howard County Summer 2018

Brian Ralph, Howard County Public School System
 Bitia Dayhoff, Community Action Council
 Omolunde Alake, WIC Program Howard County Health Department
 Kim Eisenreich and Kori Jones, Local Children's Board

Learning and Leading with Equity
The Fierce Urgency of Now

HCPSS Food and Nutrition Services



Brian Ralph
 Director of Food and Nutrition Services

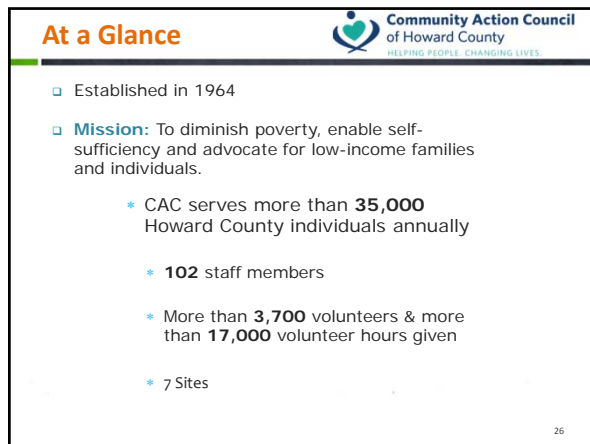


Community Action Council of Howard County
HELPING PEOPLE. CHANGING LIVES.

Howard County Food Bank

Bitu Dayhoff
April 2018

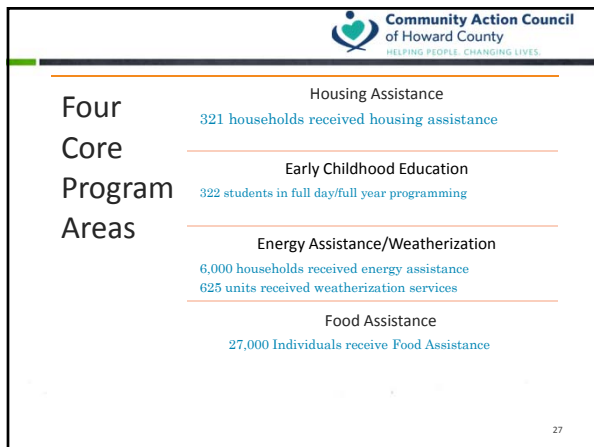
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At a Glance **Community Action Council of Howard County**
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- Established in 1964
- Mission:** To diminish poverty, enable self-sufficiency and advocate for low-income families and individuals.
 - CAC serves more than **35,000** Howard County individuals annually
 - 102** staff members
 - More than **3,700** volunteers & more than **17,000** volunteer hours given
 - 7** Sites

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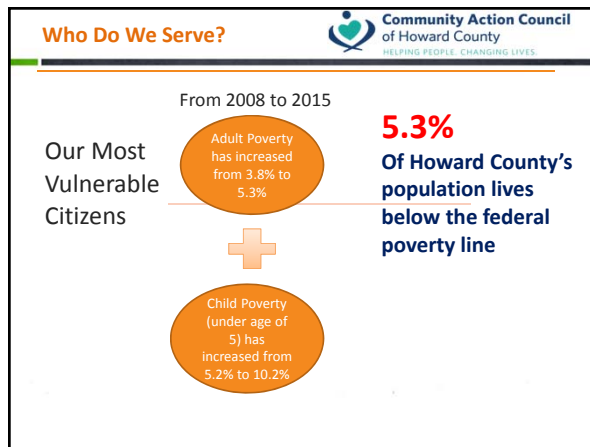


Community Action Council of Howard County
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Four Core Program Areas

- Housing Assistance**
321 households received housing assistance
- Early Childhood Education**
322 students in full day/full year programming
- Energy Assistance/Weatherization**
6,000 households received energy assistance
625 units received weatherization services
- Food Assistance**
27,000 Individuals receive Food Assistance

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Who Do We Serve? **Community Action Council of Howard County**
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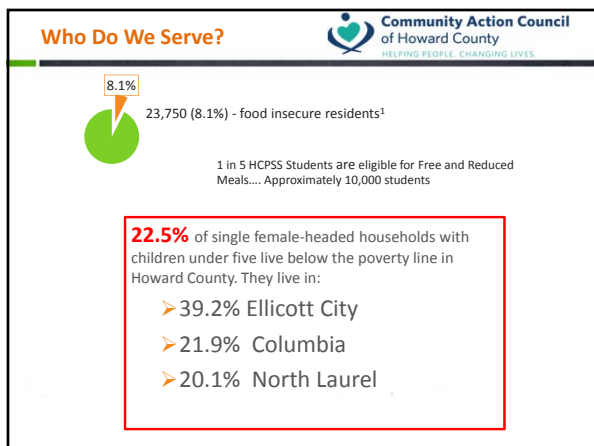
From 2008 to 2015

Our Most Vulnerable Citizens

- Adult Poverty has increased from 3.8% to 5.3%
- Child Poverty (under age of 5) has increased from 5.2% to 10.2%

5.3% Of Howard County's population lives below the federal poverty line

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Who Do We Serve? **Community Action Council of Howard County**
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8.1%
23,750 (8.1%) - food insecure residents¹

1 in 5 HCPSS Students are eligible for Free and Reduced Meals.... Approximately 10,000 students

22.5% of single female-headed households with children under five live below the poverty line in Howard County. They live in:

- 39.2% Ellicott City
- 21.9% Columbia
- 20.1% North Laurel

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Food Assistance **Community Action Council of Howard County**
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Food Bank, Community Garden, 16 Food Pantries

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Community Action Council of Howard County
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How Does it Work?



- Supports Families experiencing Food Insecurity
- Quantity Depends on #s in Family
- Support is Provided Once/Month
- 3-5 Day Supplement

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Where & When

Food Bank:
9385 Gerwig Lane
Columbia, MD 21046
410-313-6185

- Tuesdays, Wednesdays & Thursdays 1pm-4pm
- Wednesdays 5pm-8pm
- Saturdays 9am-12pm

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Where & When

- Food Pantries**
Bridgeway Comm. Church
Celebration Church
Mt. Pisgah AME Church
Mt. Zion United Methodist Church
St. John Baptist Church
Glendale United Methodist Church
Solomons Porch Worship Center
Morning Star Korean Church
- Faith Community**
- FIRN**
Ava Johnson Foundation
Rachel Gray Foundation
- HCPSS**
Oakland Mills HS
Bryant Woods ES
- Head Start Centers**



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Home Grown!

What Did we Grow?
2 tons of tomatoes, spinach, egg plant, zucchini, strawberries, cantaloupe, okra, watermelon, broccoli, peas, beans, beets, lettuce, radishes, collards, Swiss chard, parsley, basil, tarragon, and peppers, and much much more!




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Hunger Doesn't Take a Vacation over the Summer!

Nationally, 22 M Children participate in FARM Program
During the Summer, only 10% of the same children participate

Why?
No weekend meals
Transportation
Parents aren't eligible for the meals
Teens think the program is for elementary school children
Fear / embarrassment of being seen getting a free meal

Impact?
Higher rates of Food Insecurity
Obesity Increases –
Families rely on cheaper less healthy foods
Diets that are high in sugar and fat
Risk of developmental delays
Poor Mental health
140% greater risk of iron deficiency and anemia

How to Help? 

- 1) Expand Summer Programming
- 2) Break Traditional Models

- Summer Electronic Benefit Transfer for Children
- Hire teens to lead culinary camp for young kids, providing sorely needed summer jobs, healthy eating programming, and free food for the kids and teens.
- Use non federal funds to offer meals to family members/caregivers

How to Help? 

Donate!

Volunteer!

Advocate!




WIC and Farmers Market

WIC IS THE HELPING HAND THAT
SUPPORT THE FAMILY WITH
NUTRITION NEEDS

- WIC is a nutrition program for women, infants and children up to five years old.
- WIC provides food benefits that are tailored according to participant's nutritional need.
- WIC provides nutrition classes such as healthy eating; healthy recipes, etc.
- WIC provides referral to different community services for other benefits

Benefit of Going to Farmer's Market

- * Ability to choose variety of fresh fruits and vegetables
- * Save money by making your own meal (Brown Bag Lunch) with different flavor and texture.
- * Maintain healthy weight by eating less high calorie foods
- * Produce from farmer's market always tastes better
- * Visiting Farmers Market is a fun family activity.


This year, WIC will be at Cradle Rock library every Thursday starting in July until August to distribute FM vouchers to WIC families.



4.26.2018




Local Children's Board Overview

Governor's Office for Children Guidelines


- Neutral Convener
- Intermediary
- Outcomes Driven
- Resource Allocation
- Relationship Building



Vision

All children and youth in Howard County are safe, **healthy**, and have many opportunities to succeed—with adults who provide them a stable and nurturing community.

■ Equity ■ Well-fed and mental health




Board Priority: Food Access

Goal: All children and youth in Howard County are healthy.

Just as the number of individuals living at or near the poverty line has steadily increased over the past decade, student eligibility for Free and Reduced Meals (FARMS) has doubled since the 07-08 school year.

Key Data Points

- Increase in percent of FARMS students
- Food bank usage
- # of WIC sign-ups
- # of SNAP sign-ups



Board Priority: Food Access

FY18 Focus for Food Access Committee

The need for food assistance has more than doubled in the past eight years. While food banks have increased service, there are limited opportunities for children and youth to access food during the day and over the weekend in the summer.

Focus Areas

- Increase school-age youth access to food in the summer
- Expand afterschool snacks and meals
- Expand access to food in the community beyond what's offered in schools
 - Working to align summer hot meal sites in highest need areas
- Create a food access master plan that aligns efforts in schools and the community

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The Local Children's Board

Board Priority: Food Access

Work Completed in 2017

Summer Food Access Projects

- **Weekend Warrior Snack Packs**
 - Summer 2017, **1,341** snack packs were distributed at 2 sights over 10 weeks
 - 56% of the bags were distributed to families receiving food assistance
- **Roving Radish Program**
 - Added a tenth stop to the program at Oakland Mills Village Center
 - 47 meal kits were distributed over 4 months
 - 72% of meal kits were subsidized

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Board Priority: Food Access

Plans for 2018

- **Weekend Warrior Snack Packs**
 - **Four Pick-Up Locations**
 - Harpers Choice Middle School
 - Oakland Mills Middle School
 - Laurel Woods Elementary School
 - Columbia Location TBD
- **Roving Radish Program**
 - **Oakland Mills Village Center Location will Stay**
 - YMCA and Bridgeway Community Church Location will be discontinued

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The Local Children's Board
DEPARTMENT OF COMMUNITY RESOURCES AND SERVICES

Questions?



HOWARD COUNTY HEALTH DEPARTMENT
Howard County LHIC
Local Health Improvement Coalition

Delegate Reports

Access to Care Work Group Report

Current FY 2018 Goals, Progress, and Next Steps

Increase evidence-based diabetes and hypertension program participation for priority populations by 5%

- HCLHC Coordinator trained as Living Well Lay Leader through Journey to Better Health's Living Well Volunteer Training

Establish a baseline for participation in asthma education program participation by priority populations.

- Identified potential asthma program for implementation in Howard County (AsthME Remote Monitoring Program through Johns Hopkins Home Care) and early adopter organization for increased asthma education activities (Head Start).
- Drafting program and budget proposal to position coalition to seek funding resources for AsthME program.

Provide free/low cost clinical dental services to 600 adults. Provide free/low cost clinical dental services to 250 children.

- 961 Adult patients seen (886 aged 21-64 years; 75 aged 65+) through 1,693 clinical visits
- 190 (19.77%) of Adult Patients received restorative care services
- 54 Adult patients received emergency treatment
- 209 children seen (11 aged 0-2 years; 25 aged 3-5 years; 56 aged 6-12 years; 117 aged 13-20 years)
- **Chase Brexton only; does not include HCPSS data which will be available for 4th Quarter report*
- Submitted 25K funding request for FY 19 to MDH to continue HC Oral Disease and Injury Prevention collaboration with Chase Brexton

Increase dental care providers providing free/low-cost community clinics and/or screening services/restorative care services by 1.25%

- One new dental care provider identified and completing process to accept Medicaid
- HCPSS presented to ATC workgroup on the new Smile Maryland dental program piloted by the system during the 2017-18 school year

Behavioral Health Work Group Report

Current FY 2018 Goals, Progress, and Next Steps

Increase participation in mental health awareness/stigma reduction and suicide prevention/stigma reduction program for priority populations by 5%; and, establish a baseline for participation in addiction awareness/ stigma reduction programs program participation for priority populations.

- Hosted quarterly meeting for MHFA HC instructors and stakeholders
- Developed community listing of MHFA classes and instructor trainings; and suicide intervention programs in Howard County
- HCLHC Program Coordinators trained to facilitate Guiding Good Choices Program implemented by HCHD
- HCLHC Program Coordinators being trained as MHFA facilitators in order to co-facilitate with community partners

Hold one provider-focused symposia/continuing education opportunity and one community-based presentation/training opportunity with mental health/stigma reduction; addiction/stigma reduction; and, suicide prevention/stigma reduction focus.

- Collaborated with NCHD Bureau of Child Health on Pediatric Depression CME event
- Collaborating with RQSC Committee on Home Run for Recovery Softball Tournament
- Collaborating with MHAMD and HCPSS to offer MHFA to transportation providers and athletic trainers
- Kristen Myers presented on the Anti-Stigma Project through On Our Own of MD during the February BH work group meeting. Strategies to promote Anti-Stigma trainings through partner organizations and ways to partner were discussed.
- Jennifer Treger presented on Mental Health First Aid Maryland's initiatives and outcomes during the March BH work group meeting. A local businessman, John Way shared how he has incorporated the MHFA training into his employee training practices.

Healthy Aging Work Group Report

Current FY 2018 Goals, Progress, and Next Steps

Increase participation in evidence-based Alzheimer's and other dementia and fall prevention programs for priority populations by 5%.

- Baseline data for evidence-based Alzheimer's and other dementia and fall prevention programs were collected.
- Work group members have been educated on all evidence-based programs identified in the Healthy Aging objectives of the FY 18-20 HCLHIC Strategic Plan
- Action groups of strategic partners have been established and will meet in Q4
- HCLHIC member organizations presented examples of integration practices they implement within their own organizations at the March HA work group meeting. An action group has been established to identify resources and examples of Alzheimer's and other dementia and fall prevention practice integration. This group will identify HCLHIC messages and recommendations for this strategic objective.

Hold one provider-focused symposia/continuing education opportunity and two community-based presentation/training opportunities with Alzheimer's and other dementia; and, fall prevention focus.

- Healthy Aging work group members identified caregiver support and healthy aging practices integration as priority topics for continuing and community education; HCLHIC Healthy Aging Community Education programming implementation plan has been drafted and will be presented to action groups of strategic partners in Q4 for feedback.
- HCLHIC action group developing "Caregiver Resources 101" presentation for providers that will be implemented in Q4.
- HCLHIC will offer a caregiver support presentation at the First Baptist Church of Guilford's annual health fair.

Healthy Weight Work Group Report

Current FY 2018 Goals, Progress, and Next Steps

Establish baseline and increase participation in free/low-cost physical activity programs for priority populations by 5%.

- Horizon Foundation will present findings of preliminary research to Healthy Weight work group in Q4.
- **Establish POD campaign and engagement measures to promote physical activity.**
 - MPH student from University of Maryland is completing research into POD campaigns for physical activity targeting youth.
 - HCLHIC is collaborating with Healthiest Maryland Business Program to implement a scaled- POD for work place physical activity/nutrition to be implemented in Q4-Q1 (FY2019); Theme: Small Steps Make Big Differences
 - Action group to guide development and implementation of POD campaign to be established in Q4.
- HCLHIC attended 10 Fit Family Nights and educated 203 youth and 181 adults (384 people) on walking/biking safety; 50% of schools represented were designated as Title 1 schools and serve priority populations

Increase participation in free/low-cost nutrition education/services for priority populations by 5%.

- Brian Ralph, Director of HCPSS Food and Nutrition Services presented on the HCPSS Lets Re-Think Lunch and Healthy Meals initiatives to increase access to free/low-cost nutritious meals in the county during the February work group meeting. Work group members strategized ways to increase partnerships to increase participation among students in the Lets Rethink Program in the county.
- Action group to focus on increasing participation in and capacity for free/low-cost nutrition education has been established and will convene in Q4.

HCLHIC Member Engagement Action Alerts

Engage a minimum of 5% of HCLHIC member organizations in diabetes, hypertension, asthma; appropriate uses of primary care, urgent care, and emergency department and telemedicine; oral health; and, free/sliding scale dental provider awareness-related awareness actions/messages through the HCLHIC Action Alert Tool

Engage a minimum of 5% of HCLHIC partner organizations in mental health/stigma reduction; addiction/stigma reduction; and, suicide prevention/stigma reduction actions/messages through the HCLHIC Action Alert Tool.

Include appropriate uses of emergency department and crisis intervention services awareness-related actions/messages in a minimum of 2 HCLHIC Action Alert Tools per topic.

Engage a minimum of 5% of HCLHIC partner organizations in Brain health education, future and advanced care planning for healthy aging and aging-related services; and, fall prevention, adaptive device resources and awareness actions/messages through the HCLHIC Action Alert Tool.

Engage a minimum of 5% HCLHIC member organizations in integrating Alzheimer's/Dementia related resources and fall prevention practices into standard screening/educational services provided for older adults by their organization.

Engage a minimum of 5% of HCLHIC partner organizations in targeted education on walking and biking awareness, safety and community infrastructure and free/low cost nutrition education/services and healthy beverage and snack option messaging through the HCLHIC Action Alert Tool.

Establish POD campaign and engagement measures to promote physical activity.

Engage a minimum of 5% of HCLHIC partner organizations in targeted education on walking and biking awareness, safety and community infrastructure and free/low cost nutrition education/services and healthy beverage and snack option messaging through the HCLHIC Action Alert Tool.



2018 Full HCLHIC Quarterly Meeting Dates

June 28, 2018 8:30 am - 10:30 am (Susquehanna)