

Howard County Local Health Improvement Coalition

Healthy Minds & Suicide Prevention Coalition

January 13, 2022

1:00 pm – 2:00 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
Gail Feldman, Community Member
Kat Olbrich, American Foundation for Suicide Prevention
Candace Ball, Local Children's Board
Tiffany Callender, Horizon Foundation
Alexandria Walker, Partner

Staff Present:

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

Meeting Goals/Outline:

- Share preliminary images for Suicide Prevention Campaign
- Share updates on activities related to mental health and suicide prevention

I. Greetings & Introductions

- a. Role and purpose of Howard County Coalition
 - i. Update on HCSPC/LHIC BH Workgroup integration

II. Coalition Structure

- a. HCHD strategic planning/LHIC Healthy Minds update

Suicide prevention is a key priority area of the Local Health Improvement Coalition (LHIC) Strategic Plan and HCHD Strategic Plan. As such, the Howard County Suicide Prevention Coalition will function as Behavioral Health Workgroup under LHIC.

Coalition aims to tackle action items across behavioral health continuum to address upstream prevention, access to care and referral processes, interventions, and postvention resources.

Reena plans to hold an LHIC speaker event with researcher who will present on suicide trends among vulnerable populations, including LGBTQIA+ individuals and veterans in April. Leah/HCHD Suicide Prevention Coordinator to provide coordination support. Event will serve as a "launch" for the Suicide Prevention Campaign.

- b. Meeting frequency, name

Due to number of action items identified, will meet again in early February. Leah to send Doodle poll. Coalition name suggestions welcomed! Any ideas can be emailed to Leah at lbulka@howardcountymd.gov.

c. Action items

i. What would you like to achieve this year?

ii. How will we measure success?

Six action items/priority areas were identified including, 1. Veteran outreach; 2. Older adult outreach; 3. Youth/adolescent outreach and education; 4. Parent education/support; 5. Behavioral integration into primary care/screenings; 6. Reducing access to lethal means

1. Veterans resources and support – there are 17,000 veterans in Howard County.
 - Jess from VA in Baltimore is offering support in outreach to veteran community – she’s able to present on local VA data and veteran issues and provide resources/toolkits
 - A presentation from Jess could be added to LHIC meeting with speaker in April
2. Outreach to older adults, promote understanding that older adults are a population at risk
 - Older adults are often coping with unmet expectations in life, chronic illnesses, major life transitions
 - Support and education for caregivers on mental health and older adults
 - Connect with Renee AERS (Adult Evaluation and Review Services) about suicide prevention efforts – could provide feedback on older adult and adult with disabilities populations.
 - Medicare Annual Wellness Visit as opportunity for engagement (see BH integration in PCP below)
3. Outreach to youth and adolescents
 - Outreach specifically about how to identify accurate information on social media regarding mental health and how to discern misinformation/inaccurate information
 - Reach out to teens with accurate information in a relatable format
 - Include youth in suicide prevention campaigning efforts – Tiffany suggests contests to engage youth in process
 - Refresh youth messaging – prior campaign was released 3 years ago and messages/images need updating
 - Middle school youth outreach
4. Education and support for parents around what is normal behavior vs what signifies time to reach out for help
 - If a child makes a statement about wanting to hurt themselves, wishing they were no longer alive, etc, education on how to know when to get help, how to talk to the child about those statements without dissuading them from reaching out for help in the future
 - Could hold a parenting series/workshop on determining difference between what’s normal for child development and when to seek professional help
 - Local Children’s Board has one in the works around how to access therapy and mental health treatment – perhaps could expand into workshop series and publicize to each of our groups
 - Reviewing self-harm indicators and raising awareness among community members and providers
5. Expanding behavioral health integration into primary care settings

- This is a major goal of the Bureau of Behavioral Health and HCHD
 - Could renew BHIPP (Behavioral Health Integration in Pediatric Primary Care) outreach to pediatric providers in Howard County
 - Promoting screening and referral among primary care physicians
 - Medicare Annual Wellness Visits could provide opportunity for targeted outreach to physicians treating older adults
 - Could create guide for physicians with action steps and resources to refer to if a patient identifies behavioral health concerns
6. Reduce access to lethal means in Howard County
- HCPD looking to connect with resources to provide free gun locks to community members
 - Alex (Office of Suicide Prevention at BHA) and Jess (VA) both have access to supplies of gun locks that could be distributed to the police department
 - Increase safe storage access and gun shop outreach – there are no voluntary gun storage locations in Howard County: <https://mdpgv.org/safestoragemap/> (closest is Mt. Airy)
 - Reach out to community members with materials about the benefits of safe storage for families with children
 - Promote awareness around safe storage of over the counter medications like Tylenol, in addition to prescription narcotics, and other commonly held household items that could become lethal means
 - Jess had handouts and resources regarding lethal means

III.Action Item #1: Suicide Prevention Campaign

- a. Review images and sample messaging
- b. Provide feedback on images, messages, and resources

Initial feedback on Suicide Prevention Campaign images included:

- Healthcare worker representation
- Different branches of military, more diversity in service members/veterans (older adult veterans, women)
- Include peer-staffed crisis services for veterans
- More diversity among Latinx population in images

Please see attached images for further feedback.

IV.Discussion

- a. BHA Updates
 - I.BHA YSP Toolkit
 - II. CAMS-care Pilot
- b. Community updates
 - i.What are you seeing?
 - ii.What are you working on?
 - iii.How can we support one another?

V.Next steps

- a. Next meeting – March or April?

Next meeting will be in February to follow up on determining coalition priority areas.