

**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](http://www.hclhic.org)

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**THE HEALTH  
DEPARTMENT AND  
YOU**

**Howard County Local Health Improvement Coalition**

**Full Coalition Meeting**

January 19, 2023

**Howard County LHIC**  
Local Health Improvement Coalition

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 **HOWARD COUNTY HEALTH DEPARTMENT**      **THE HEALTH DEPARTMENT AND YOU**

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## GOAL & AGENDA

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**GOAL:** Present summary of the Healthy Lifestyle in Residential Communities Project and Veterans Mental Health in support of the Healthy Beginnings, Healthy Living and Healthy Minds priorities.

**AGENDA:**

- A. Welcome & Introductions
- B. HCLHIC Updates
- C. Healthy Lifestyle in Residential Communities Summary
- D. Veterans Mental Health Presentation
- E. Member Announcements
- F. Next Steps and Wrap-up

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## WELCOME & OPENING REMARKS

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# Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department  
Howard County General Hospital

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## HCLHIC Updates

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- [By-Laws Update](#)
- [Community Health Improvement Plan \(CHIP\) Action Plan](#)

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## HCLHIC Workgroups (1 of 2)

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- **Chronic Disease Prevention & Management Group**
  - Temitope Alao-Sanni - HCLHIC Member
  - Jennifer Lee & Akasha Dotson - Howard County Office on Aging and Independence
- **Food Security Committee**
  - Carrie Ross - Community Action Council of Howard County
  - Razan Sahuri - Howard County SNAP-Ed

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## HCLHIC Workgroups (2 of 2)

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- **Health Literacy Advisory Committee**
  - Erin Ashinghurst - Accessible Resources for Independence
  - Chynáe Vicks - Howard County Health Department
- **Healthy Minds & Suicide Prevention Coalition**
  - Stephanie M. Reid - Howard County Health Department
- **Movement Group**
  - Michelle Rosenfeld - Howard County Office on Aging and Independence
  - Natalie Hall - Howard County Health Department

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# Healthy Lifestyle in Residential Communities

## SUMMARY

*Reena Rambharat, MPH, CHES*  
 Director, Howard County LHIC

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 Local Health Improvement Coalition

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## MEDIA RELEASE – CareFirst Grant

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### Media Release

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FOR IMMEDIATE RELEASE  
 February 22, 2022

**Media Contact:**  
 Lisa M. de Hernández  
 Director of Communications & Public  
 Information  
 W: 410.313.6353 M: 410.428.7294  
[ldehernandez@howardcountymd.gov](mailto:ldehernandez@howardcountymd.gov)

#### **Howard County Local Health Improvement Coalition Awarded CareFirst Grant for National Health Equity to Address Diabetes**

**Columbia, MD** - The Howard County Local Health Improvement Coalition (HCLHIC) was awarded \$50,000 Howard County by CareFirst BlueCross/BlueShield through their National Health Equity Strategy to address the Diabetes epidemic. This award supports the Strengthening Community Partnerships to Improve Health Equity in Howard County. Using a place-based approach by targeting outreach and education of residents in specifically identified housing and residential complexes in Howard County, the HCLIC will work to improve knowledge and increase access to resources for those at higher risk for diabetes.

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## BACKGROUND

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The Howard County Health Department and the Howard County Local Health Improvement Coalition are using **prevention** strategies to address diabetes and other chronic diseases in Howard County.

Data show that certain populations have higher rates of diabetes and chronic disease, including seniors and BIPOC communities. This funding allowed us to **reach out to specific communities** to bring healthy lifestyle resources directly to where they lived.

## PILOT INITIATIVE

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Engage residential communities in strategies to:

- Promote physical activity
- Promote healthy eating
- Connect community members to resources that support these preventive health measures

## MENU OF SERVICES

This pilot project offered residential communities the following services:

- Free on-site health education and screenings for diabetes and hypertension
- Free on-site fitness sessions and/or class passes to fitness sessions/facility
- Free on-site nutrition/healthy eating sessions, including mini-Farmer's Market
- Health Fair at each site to connect residents to resources

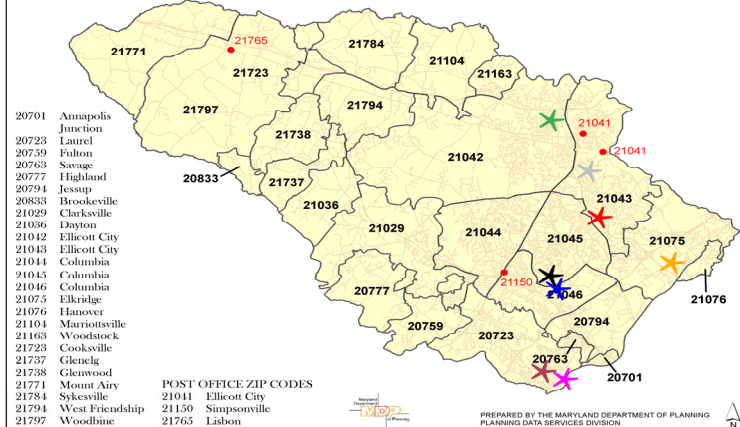
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## RESIDENTIAL COMMUNITIES MAP

HOWARD COUNTY, MD  
2013 ZIP CODE AREAS



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## PARTNERS

On-Going Programs/Support	Health Fairs
Giant Food (and at 2 Health Fairs)	Roving Radish
University of Maryland Extension – SNAP Ed	Howard County Dept. of Recreation and Parks
Columbia Association	Office of Human Trafficking Prevention
Dancel Y	Community Action Council
Medical Reserve Corps (MRC)	HCGH - Journey to Better Health
Howard County Office on Aging & Independence	Howard County Health Department teams (WIC, Access to Care, Behavioral Health, Reproductive Health, HIV, Cancer Program, COVID)

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## Individual Sessions

Partners	Class	# of Sites	# of People	# of Sessions
Columbia Association	Strength and Stretching for All + Stretching for Good Mood	2	51	12
Dancel Y*	Zumba Gold + Yoga	2	125	36
Giant Food	Healthy Living Made Easy	6	134	13
University of Maryland Ext. SNAP-Ed	Food for Thought	2	33	7

\*Dancel Y Free Membership: 9 Households; 17 individuals

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## INDIVIDUAL CLASSES IMAGES

Zumba Gold at Ellicott Gardens



Healthy Living Made Easy at Chatham Gardens



Food for Thought at Monarch Mills

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## Health Fairs

Site	# of Participants	COVID Vaccines	# Screened*
Parkview at Ellicott City	30	N/A	N/A
Seasons Apt.	21	N/A	15
Midway - Laurel	55	15	21
Monarch Mills	52	14	N/A
Chatham Gardens	105	N/A	N/A
Midway - Elkridge	50	14	16
Ellicott Gardens	52	17	33
Owen Brown Place	175	81	N/A
Seasons Apt. Grab-N-Go Breakfast	45	N/A	N/A
	<b>585</b>	<b>141</b>	<b>85</b>

\*133 individuals screened at 3 additional community events

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## Health Fair Photos (1 of 2)



Seasons Apartments



Chatham Gardens

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## Health Fair Photos (2 of 2)



Ellicott Gardens



Midway Mobile - Elkridge

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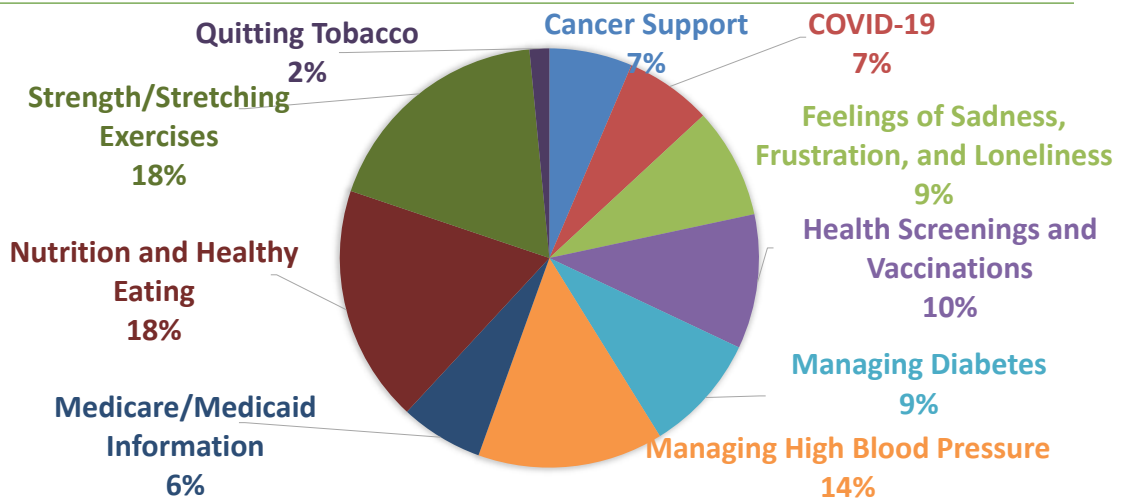
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## GIVEAWAYS

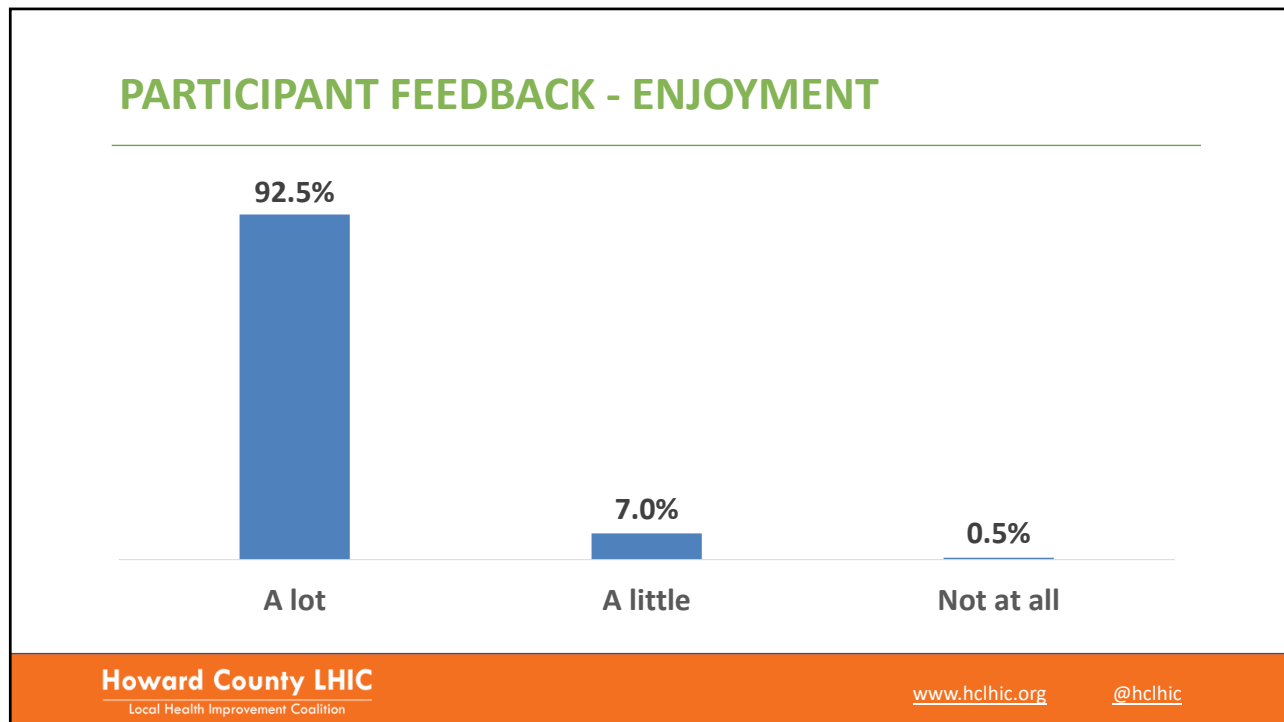
- Giant Food Gift Cards: \$10 and \$25
- Blood Pressure Monitors with health screenings
- Food Scales, LHIC Tote Bags
- Fruits and Vegetables (Roving Radish)
- Health Education Materials & Resources
- Wagons, Foldable shopping carts, Weather gear, Kids' games
- Other Health Department and Partner Giveaways

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## PARTICIPANT FEEDBACK - RESIDENTS' INTEREST



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## CHALLENGES & LESSONS LEARNED

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- Turnover among Community Managers
- Time for coordination/logistics with agreements, events, etc.
- Time for relationship building
- Small classes not well attended

## SUSTAINABILITY PLANS

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- Health Fairs at all interested sites
- Arthritis Foundation Classes at two (2) Senior Sites through OAI
- Container Garden at Owen Brown Place with assistance of University of Maryland Extension Master Gardeners
- Support sunshade installation at Ducketts Lane Elementary School playground
- Support electrification of second greenhouse at the Columbia Ecology Institute to produce more fruits and vegetables

## FUNDING ACKNOWLEDGEMENT

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- CareFirst BlueCross BlueShield
- Maryland Department of Health
  - LHD Funding for Overweight, Obesity and Diabetes Strategies
  - Building LHIC Food Security Committees Project

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## BREAK – 5 MINUTES


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## Veterans Mental Health Presentation

*Jessica LaFave, LCSW-C*  
Community Engagement and Partnership Coordinator,  
Suicide Prevention  
VA Maryland Health Care System



**VA** | U.S. Department of Veterans Affairs


# Community Based Interventions for Suicide Prevention: Community Engagement and Partnerships Program

*Jessica LaFave, LCSW-C*      [Jessica.lafave@va.gov](mailto:Jessica.lafave@va.gov)

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## Overview

- Suicide Prevention: Key Data
- Suicide Prevention 2.0 Community Based-Interventions for Suicide Prevention (CBI-SP)
- Community Engagement and Partnership Program
- Mental Health Services at the Maryland VA Medical Center
- VHA Suicide Prevention Resources





**VA** | U.S. Department of Veterans Affairs

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# Suicide Prevention: Key Data



U.S. Department of Veterans Affairs

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## Veteran VHA Users Have Unique Experiences




**Economic Disparities**

Veterans enrolled in VHA care were less likely to be employed and had lower income levels than Veterans not receiving VHA care.




**Service Connection**

VHA patients with military service connected disability status may have lower risk of suicide than other VHA patients.



**Homelessness**

VHA patients with indications of homelessness or who received homelessness-related services had higher rates of suicide than other VHA patients.





**Health and Well-Being**

VHA Veterans who died by suicide were more likely to have sleep disorders, traumatic brain injury, or a pain diagnosis. Mental health diagnoses and prior treatment were also associated with greater likelihood of suicide.



**Social Connection**

Among VHA patients, suicide rates have been found to be highest among those who were divorced, widowed, or never married and lowest among those who married.



U.S. Department of Veterans Affairs

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## 2021 National Veteran Suicide Prevention Annual Report

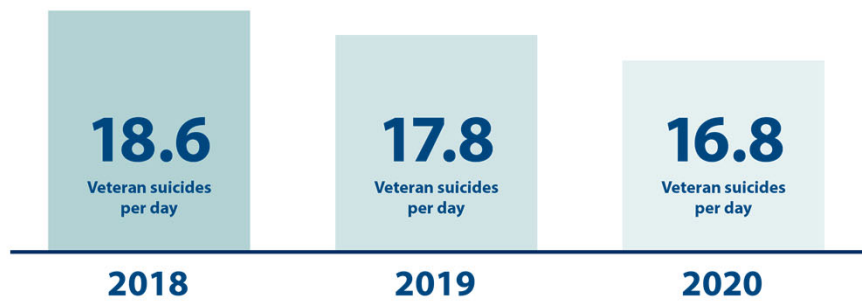
- **Annual Report**
  - Reports on trends in Veteran suicide deaths from 2001-2020
  - Focuses on suicide counts and rates among various Veteran subpopulations
  - Compares patterns of Veteran suicide and Veteran COVID-19 mortality over time and across Veteran subgroups.
- **State Data Sheets**
  - Examines state-level Veteran suicide deaths and compares to national and regional trends



Access the reports online: [Veteran Suicide Data and Reporting - Mental Health \(va.gov\)](https://www.va.gov/mental-health/reports/)



## Average Number of Suicides Per Day



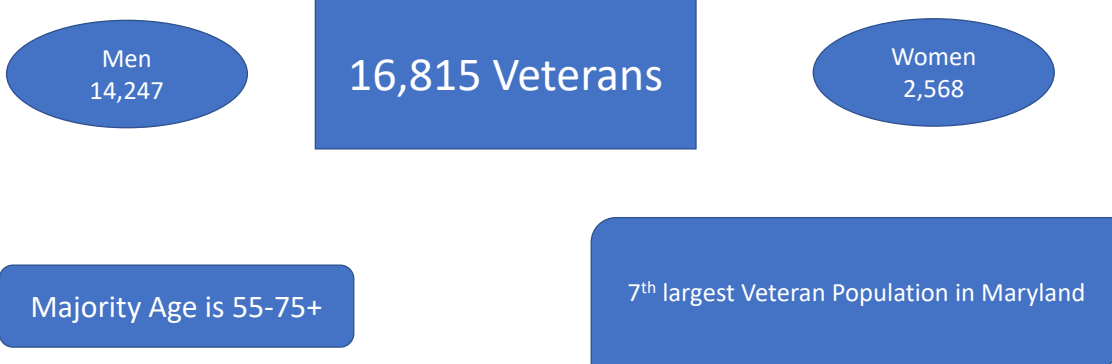
## Maryland Veteran Population

- **372,573 Total**
  - **320,443 Male Veterans**
  - **52,130 Female Veterans**



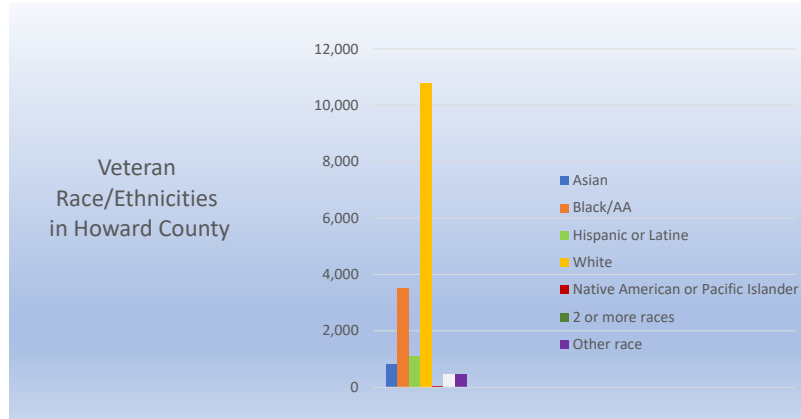
Access the report online: [Veteran Population - National Center for Veterans Analysis and Statistics \(va.gov\)](#) [Maryland \(Landscape\) \(govdelivery.com\)](#)

## Howard County Veteran Demographics



Access the report online: [Maryland \(Landscape\) \(govdelivery.com\)](#)

## Howard County Veteran Demographics



Access the report online: [Maryland \(Landscape\) \(govdelivery.com\)](https://govdelivery.com/Maryland/Landscape)



## Maryland Data

Was significantly lower than the national Veteran suicide rate

Was not significantly different from the national general population suicide rate

[Maryland, Veteran Suicide Data Sheet, 2020 \(va.gov\)](https://va.gov/Maryland_Veteran_Suicide_Data_Sheet_2020)



### Maryland Veteran Suicide Deaths, 2020

Sex	Veteran Suicides
Male	70–80
Female	<10
All	79

To protect confidentiality, suicide death counts are presented in ranges when the number of deaths in any one category was lower than 10.

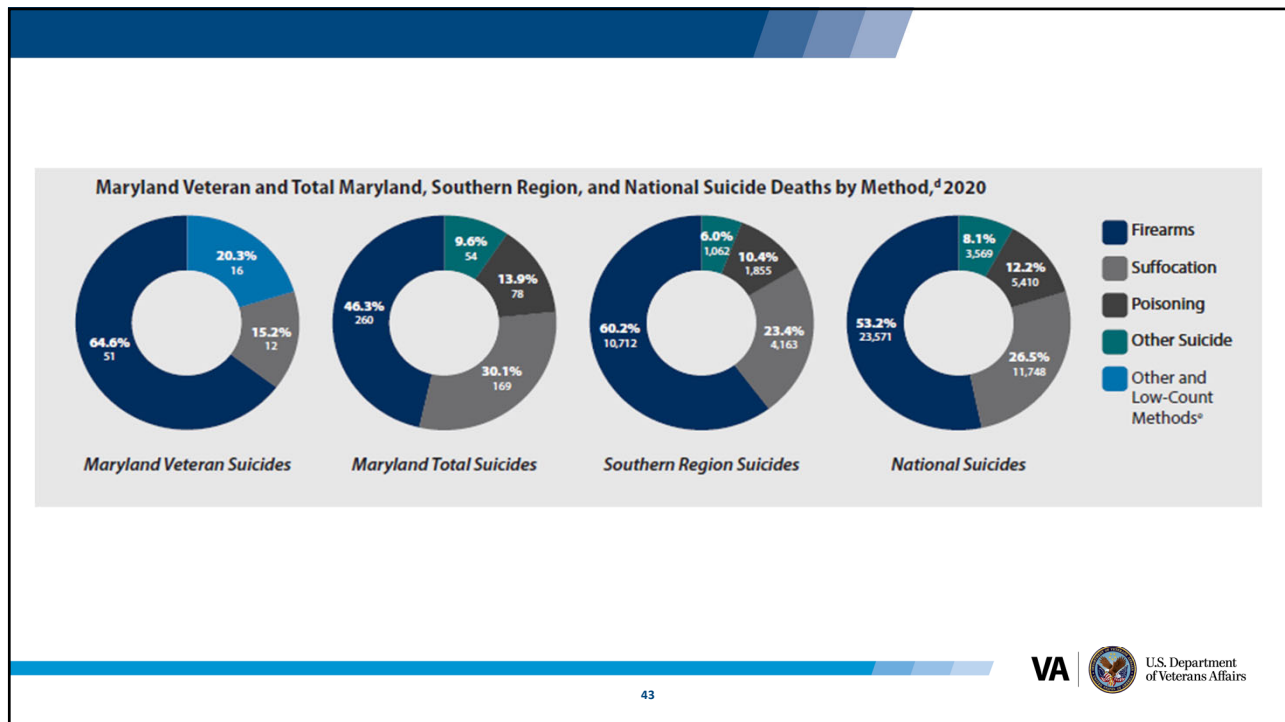
[Maryland, Veteran Suicide Data Sheet, 2020 \(va.gov\)](#)

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### Maryland Veteran and Total Maryland, Southern Region, and National Suicide Deaths by Age Group, 2020<sup>c</sup>

Age Group	Maryland Veteran Suicides	Maryland Total Suicides	Southern Region Total Suicides	National Total Suicides	Maryland Veteran Suicide Rate	Maryland Suicide Rate	Southern Region Suicide Rate	National Suicide Rate
18–34	<10	160	5,452	13,438	–	11.9	18.8	17.7
35–54	24	175	5,888	14,563	22.2	11.2	18.5	17.7
55–74	34	166	4,664	11,876	21.3	11.9	16.4	15.8
75+	10–20	60	1,788	4,421	–	14.7	20.4	19.1
All	79	561	17,792	44,298	20.7	11.9	18.1	17.3

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# Suicide Prevention 2.0 Community-Based Interventions for Suicide Prevention (CBI-SP)

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VA U.S. Department of Veterans Affairs

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## Public Health Strategy

VA's public health strategy combines partnerships with communities to implement tailored, local prevention plans while also focusing on evidence-based clinical strategies for intervention. Our approach focuses on both what we can do now, in the short term, and over the long term, to implement VA's [National Strategy for Preventing Veteran Suicide](#).

The diagram consists of three dark blue circles arranged horizontally. The first circle on the left contains the text 'Community-Based'. To its right is a white plus sign. The second circle in the middle contains the text 'Clinically-Based'. To its right is a white equals sign. The third circle on the right contains the text 'Full Public Health Model'.

### KEY TENETS

1 Suicide is preventable.

2 Suicide prevention requires a public health approach, combining clinical and community-based approaches.

3 Everyone has a role to play in suicide prevention.

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## Community-Based Interventions

The diagram shows three concentric circles representing different levels of intervention. The outermost circle is labeled 'National Level' and 'National VA Suicide Prevention Program'. Inside it is a circle labeled 'State Level' and 'Governor's Challenge'. The innermost circle is labeled 'Community Level'. Within the Community Level circle, there are three overlapping circles: 'Community Engagement and Partnerships for Suicide Prevention' on the left, 'Together With Veterans' on the right, and 'Outreach and Education' at the bottom.

**Community-Based Interventions for Suicide Prevention (CBI-SP) serves as unifying model, from national to community levels, for all community-based efforts to end Veteran suicide.**

- **The Governor's Challenge** is a collaboration with VA and SAMHSA where state policy makers partner with local leaders to implement a comprehensive suicide prevention plan.
- **Together with Veterans** focused on Veteran-to-Veteran coalition building and Veteran leadership development for suicide prevention
- **Community Engagement and Partnerships for Suicide Prevention (VISN Expansion)** is focused on facilitating and empowering communities to form diverse coalitions working to end Veteran suicide.

*Outreach and Education provides SAVE, VHA facility partnerships, events, etc. through local Suicide Prevention Coordinators (SPCs) and does not change their critical role.*

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## Focused Priority Areas Across CBI-SP Unifying Model



Identify Service Members, Veterans, and their Families and Screen for Suicide Risk



Promote Connectedness and Improve Care Transitions



Increase Lethal Means Safety and Safety Planning

## Community Engagement and Partnerships Program



## Suicide Prevention Team Integration and Coordination

### Community Engagement and Partnership Coordinators (CEPC)

- Establish New Community Coalitions / Support Existing Coalitions
- Facilitate Community, Regional, and State-Level Efforts to Implement Evidence-Informed Community-Based SP Practices
- Bolster the public health approach through:  
Community engagement, coalition building, needs assessment and environmental scans, action planning, implementation of systems and community-level change initiatives, program evaluation, and sustainment of community efforts/coalitions

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### Suicide Prevention Coordinators (SPC)

- Enhanced Care Management of Veterans at High Risk of Suicide
- Facility Suicide Prevention Program Coordination and Implementation of Clinical Evidence-Based Practices for SP
- Veterans Crisis Line Facility Consultant
- Community Outreach and Education
- Facility Suicide Prevention Training

Both SPCs and CEPCs work together to fully implement the public health approach combining community and clinical interventions to reach all Veterans across the universal, selective and indicated populations.

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## Community Engagement and Partnerships Program: Anticipated Outcomes

Short-Term Objectives	Intermediate Objectives	Population Impact
<ul style="list-style-type: none"> <li>Enhanced suicide prevention networks</li> <li>Increased engagement with Veterans</li> <li>Increased reach and adoption of CBI-SP</li> <li>Reduced gaps in community-based suicide prevention systems</li> <li>Improved community climate outcomes</li> </ul>	<ul style="list-style-type: none"> <li>Increased formal help-seeking / use of care</li> <li>Increased referrals from multiple sources</li> <li>Improved treatment engagement and retention among Veterans seeking care</li> <li>Enhanced community collaboration regarding Veteran services and suicide prevention</li> <li>Increased access to safe firearms storage options</li> <li>Increased willingness to discuss and use safe firearms storage</li> </ul>	<ul style="list-style-type: none"> <li>Reduced Veteran suicide deaths and attempts</li> <li>Reduced all-cause mortality</li> <li>Reduced suicide ideation</li> </ul>

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## Coalitions in Central Maryland

### Active

- Veteran Pride Suicide Prevention Coalition
- BOVOC Veteran Suicide Prevention Coalition
- Service Members, Veterans and their Families Suicide Prevention Coalition of Anne Arundel County

### Forming

- National Guard/Reservist
- Baltimore County
- Baltimore City

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## Coalition Building

We need individuals who are passionate about Veteran Suicide Prevention, this includes but not limited to:

- Veteran, Service Members and their Families
- Businesses
- Recreational Organizations/Clubs
- Gun Shop Owners/Employees
- Health Agencies/Personnel
- Community Members
- Community Mental Health Organizations
- Veteran Service Organizations
- Mental Health Providers
- First Responders
- Clergy
- Homeless Organizations
- Government Organizations

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## 4 things you can do now

- Know the resources and add them to your network
- Obtain military cultural training (free)
- Engage in gatekeeper training (ex: VA SAVE)
- Look to internal systems on how you identify Service Members, Veterans and their Families
  - Are you asking....Have you or a loved one ever served in the military?
  - Add screening questions and tools (re-asking about military service, PCL-5)

[Ask The Question Campaign \(maryland.gov\)](https://maryland.gov)

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# Member Announcements, Resource Sharing and Networking

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## Announcements

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- [Howard County Health Department Annual Report](#)
- [Howard County Food & Nutrition Resource Guide](#)
- [Whole Kids Grants](#)

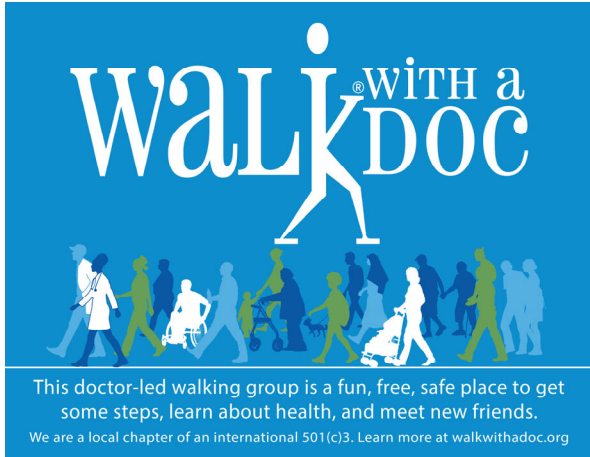
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## Columbia Association's Walk with a Doc



**FREE** community walk  
**3rd Saturday of the month**  
**Lake Kittamaqundi • 9am**

Members of the CA Medical Advisory Board will be leading these walks along with a CA Wellness & Fitness Team member.

For more information, scan the QR code. In the event of rain/snow, the walk would be moved to the track at Supreme Sports Club.



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## Chronic Disease Self-Management



**Chronic Disease Self-Management Workshops**  
**FREE, via Zoom**

Journey to Better Health offers a variety of workshops for the community! Explore new ways to enhance the quality and fullness of your life. Each session of these six-week workshops builds on the last, while sharing experiences and identifying solutions and tools for problem solving, creating a supportive environment. Caregivers are welcome to attend.

- Living Well with Chronic Disease, via Zoom**
  - Tuesdays, February 7<sup>th</sup> – March 14<sup>th</sup>, 6 – 8:30 p.m.
- Living Well with Diabetes, via Zoom**
  - Wednesdays, April 26<sup>th</sup> – May 31<sup>st</sup>, 6p – 8:30 p.m.

Register today at [hcg.org/events](http://hcg.org/events),  
 410-740-7601 | [HCGH-J2BH@hmi.edu](mailto:HCGH-J2BH@hmi.edu)



Funded by the Howard County Health Department

**Living Well**  
 Chronic Disease Self-Management

A community-based workshop in a small group setting helps adults become stronger and better educated in managing ongoing health conditions.

- Pain and Fatigue Management
- Dealing with Depression
- Healthy Eating and Exercise
- Medication Management
- Working with Healthcare Providers
- Goal Setting and Problem Solving

**Virtual Workshop**  
 Six Fridays • January 27 thru March 3, 2023 •  
 10:00 - 12:30 PM

To register, visit <http://ajm.activecommunities.com/howardcounty> and enter A20350-200 in the search, or call Akasha Dotson at 410-313-3507

**Howard County**  
 Office on Aging and Independence  
[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

FOR ADDITIONAL INFORMATION:  
**AKASHA DOTSON**  
[adotson@howardcountymd.gov](mailto:adotson@howardcountymd.gov) • 410-313-3507 (ext.404)

If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-3224 (ext.404)

The Living Well Chronic Disease Self-Management program is presented through the collaborative efforts of the Howard County Health Department, Howard County Office on Aging and Independence, and Howard County General Hospital.

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## Older Adult Mental Health Forum



[Light the Night for Suicide Prevention 5K - March 31st from 7 to 8:30pm at Oakland Mills High School](#)



**Older Adult Mental Health Forum**  
 Tuesday, January 24, 2023  
 11:00am – 12:30pm

Thank you for making the first year of the Older Adult Mental Health Forum a success! Year two kicks-off in January, don't miss it! See details including registration link below.

**Topics and Speakers:**

**Grassroots/Mobile Crisis Team-Crisis Response**  
 Laura Wilhelm  
 Grassroots Director of Clinical and Crisis Services

**988 Crisis Line**  
**Greater Baltimore Region Integrated Crisis System (GBRICS)**  
 Laura Torres  
 Behavioral Health Program Manager-Population Health  
 Howard County Central Hospital

**911 Flagging System**  
 Howard County Police Department/CIT Section

**Register here:**

Older Adult Mental Health Forum  
 Tuesday, January 24, 2023  
 11:00am - 12:30pm  
 Registration Link (Webex)

[howardcountymd.webex.com/webex/join?room=138893956e01c4d71b78e9be33a](https://howardcountymd.webex.com/webex/join?room=138893956e01c4d71b78e9be33a)

Please share this announcement with your networks!  
 We look forward to seeing you in 2023!

For additional information please contact:

Karen Hull  
 Howard County Office on Aging & Independence  
 410-313-7466 (voice/relay)/khull@howardcountymd.gov

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## MEMBER ANNOUCEMENTS

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

**Thank you!**

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## NEXT STEPS & WRAP UP

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### 2023 Quarterly Hybrid Full Coalition Meetings:

[Register](#)

- April 20, 2023, 8:30-10:30am
- July 20, 2023, 8:30-10:30am
- October 19, 2023, 8:30-10:30am

Presentations and recording will be posted at [www.hclhic.org](http://www.hclhic.org)

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Thank you

Community Engagement Team

[LHIC@howardcountymd.gov](mailto:LHIC@howardcountymd.gov)

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Local Health Improvement Coalition

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