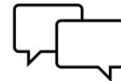


WELCOME! We will begin shortly!!

All participants are muted upon entry.



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



Please raise your Virtual Hand before unmuting to speak.



For additional information or questions contact lhic@howardcountymd.gov.



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Howard County Local Health Improvement Coalition

Full Coalition Meeting

April 16, 2026

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 HOWARD COUNTY HEALTH DEPARTMENT

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GOAL & AGENDA

- **GOAL:** Present the American Diabetes Association (ADA), Project Power Youth Program; Present the Savage Volunteer Fire Company, Emergency Medical Technician (EMT) Program; Provide updates on the Community Health Improvement Plan; and Discuss about Healthcare Access in Howard County.

AGENDA:

- A. Welcome Remarks & Introductions
- B. American Diabetes Association (ADA)
- C. Savage Fire Volunteer Company
- D. HCLHIC and Workgroup Updates
- E. Healthcare Access in Howard County Member Announcements, Resource Sharing, and Networking
- F. Next Steps and Wrap-up

3

WELCOME & OPENING REMARKS

Welcome

New Members and Guests

Opening Remarks:

Howard County Health Department &
Johns Hopkins Howard County Medical Center

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

Presentation will be posted at www.hclhic.org

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American Diabetes Association, Project Power Youth


Darryl Haggans
Executive Director,
DC-MD-NOVA Region

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April 2026



Project Power Youth

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Program Objectives

Project Power for youth is our initiative to slow the trajectory of childhood obesity through health promotion, nutrition education, increased physical activity, and family involvement. This program is for ages 5–12 to help prevent obesity, type 2 diabetes, and its complications.

The objectives are to:

- **Educate** youth at risk for developing type 2 diabetes
- **Engage** youth in nutrition and physical education sessions
- **Connect** youth to improve confidence and independence in healthy eating and active lifestyles



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Program Goals

- Increased knowledge of physical activity and nutrition
- Improved confidence making healthy food choices and how to exercise regularly
- Increased healthy behaviors including achieving physical activity goals and the consumption of fruits, vegetables, and water



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Target Audience

- Youth ages 5–12
- At risk for type 2 diabetes. Risk factors include:
 - Prediabetes
 - Have overweight, obesity, high blood pressure, or cholesterol problems
 - Physical Inactivity
 - Being born to someone with gestational diabetes (GDM)
- Highest risk communities:
 - African American, Hispanic/Latino, Native American, Pacific Islander, Asian American
- Family history of type 2 diabetes



4

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Program Delivery

Registration

Families register for in-person sessions with community partner

Facilitators

Trained to implement lessons in person

Groups

Youth organized in small groups for program delivery

Activity Kit

Participants receive an activity kit

Engagement

Youth and parents participate in at-home activities

Lesson Themes

- Be Active Every Day
- Increase GO – Decrease WHOA
- Healthy Dining Out & Re-Think the Drink



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PPY: Youth Activity Kit

- Activity Journal (digital)
- **Activity Journal (digital)**
- Jump Rope
- **Jump Rope**
- Backpack
- **T-Shirt**
- Water Bottle
- **Backpack**
- Hacky Sack
- **Water Bottle**
- **MyPlate Placemat**
- **Hacky Sack**



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2024 Youth Impact

2024 STATUS REPORT

TARGET AUDIENCE	Youth ages 5–12
YOUTH ENROLLED	9,927
PROGRAM VOLUNTEERS	522
COMMUNITY PARTNERS	174
PROGRAM DELIVERY	In person with local organizations

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Building happy, healthy lives!



69%

Drank water 4 or more times the previous day



60%

Consumed 2–3 servings of vegetables or more a day



75%

Confident in their ability to choose fruit as a snack



77%

Ability to exercise at least 5x/week



62%

Able to identify food that are elements of a healthy plate



69%

Able to identify the recommended amount of physical activity



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Community Partner Outreach



Community Organizations

- Community Centers
- Parks and Recreation Centers
- Service Organizations
- Civic Clubs



Schools and Faith-Based Institutions

- Public & Private Schools
- Parochial Schools
- Churches



Health Systems

- Health System Network
- Health Departments
- Community Clinics

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Community Partner Stipends

The American Diabetes Association® (ADA) is looking for organizations and groups in the community to help increase our impact through strategic collaborations. We are offering community partner stipends of up to **\$2,500 per year** to organizations to promote and recruit participants or facilitate on-site sessions for the **ADA'S Project Power for Youth**.

The stipend awarded to the organization is unrestricted. Execution of the partnership is upon receipt of the signed Vendor Agreement and W-9.

The ADA will:

- Provide promotional materials and training
- Issue stipend based on fulfillment of agreement

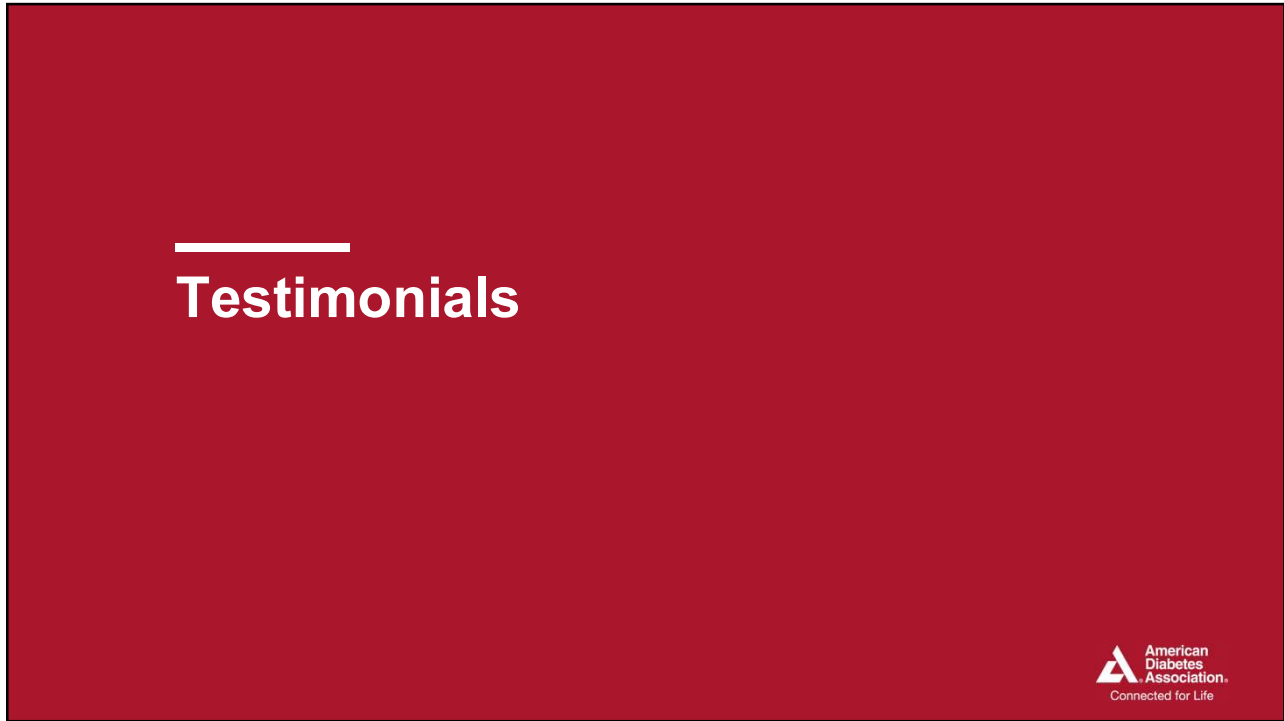
Agreement is fulfilled upon the:

- ❖ Delivery of pre-survey responses
- ❖ Implementation of Project Power (six lessons)
- ❖ Delivery of post-survey responses
- ❖ Verification of implementation

Total # of Participants	Stipend Amount
25 to 49	\$1,000
50 to 74	\$1,500
75 or more	\$2,500

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PPY Testimonials (1 of 3)

Recently, we introduced the Project Power to our children and our summer camps, and the results couldn't be better. The kids were really happy with the materials they received, and more importantly, they were learning a lot about healthy living, which is one of our main pillars in our youth programs. The results were incredible and we are really happy we were able to give this kids the right tools to achieve a better life and a healthy future.

Eduardo Bugay
So What Else (Non-profit)

I have been a community partner with Project Power for the last year. I helped get a grant with the school district to bring Project Power in to help with our PE curriculum. I really enjoyed how the Project Power uses GO, SLOW, and WHOA foods. I think it is a really easy way to explain to kids in really kid friendly language. I think that Project Power is a great opportunity for anyone in the physical education community.

Colten Growden
Ladd Elementary School

Dr. Jay Garrels
St. Peter's University

We have been a community partner with the American Diabetes Association for the last two years. In fall of 2022 we brought Project Power to an elementary school right here in Jersey City. Since then, we have worked with over 400 students to help raise awareness on decisions they can make that will lead to a healthy lifestyle, including the importance of physical activity, healthy eating, and reducing screen time. As we enter our third year, we look forward to impacting the lives of even more young people and empowering them to build healthy habits that will last.

American Diabetes Association

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PPY Testimonials (2 of 3)

"The day after we started implementing Project Power in the school, I overheard a group of students at lunch about a common snack they usually eat and their decision not to eat the snack based on what they have been learning in PE class...it's really amazing how quickly this is having an impact." -

*Dr. Denise Villaran, Principal
Crossroad Schools (Living Classrooms).*



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PPY Testimonials (3 of 3)

We were able to partner with a summer camp program through the YMCA where we brought youth Project Power to the kids ages 5–12 that were attending camp, and we were able to educate in the classroom setting, we were able to get out and engage in activities, we planted a community garden, we cooked some simple recipes, we all jumped rope. Engaging those kids and showing them other options, fun options, instead of screen time.

The kids didn't want it to end as we came to the end of our curriculum, but we kept on to those activities and continued to encourage them to use their food journals, their activity logs, and they shared with their friends that weren't part of the program, and they even told us that they were looking forward to going back and sharing with their teachers the things that they had learned during this summer.

So, we're very proud that we were able to empower these kids so that they can go out and make wise decisions and we're grateful again for the opportunity.

*Dr. Cynthia Garrett
Be the Change Health & Wellness*

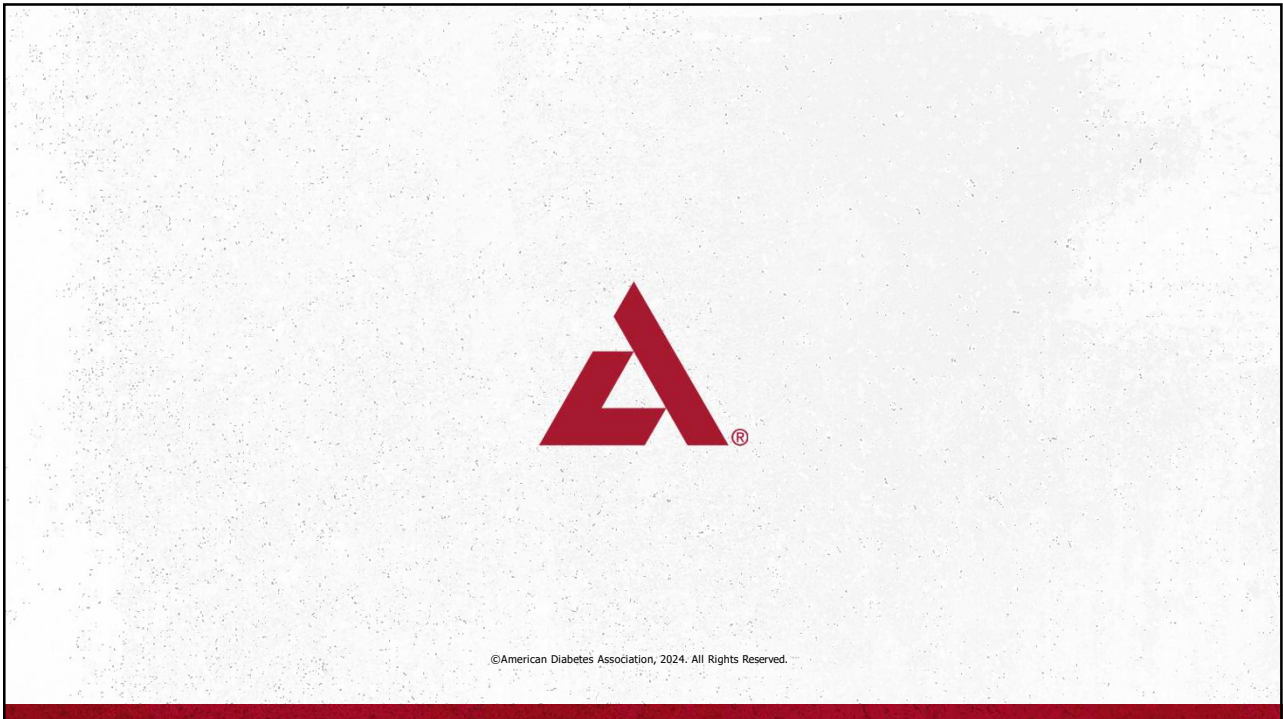


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Savage Fire Volunteer Company

Jeffery Hatton,
Chief

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Hand to ask questions**

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BREAK – 10 MINUTES



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Howard County Local Health Improvement Coalition: Workgroup Updates

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Howard County Local Health Improvement: Growing Healthy Families (GHF) Workgroup

Co-Chairs:

Samatha Cribbs, RN, MSN, CPST, Bureau of Family Health Services
Erica Taylor, M.S., Howard County Office of Children and Families

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Growing Healthy Families Updates

- **Women’s Health Focus Groups**
 - 3 focus group sessions
 - Total of 17 participants
 - Next steps:
 - Create a report
- **2026 Black Maternal Health Week**
 - April 18, 2026, 11:00 am – 2:00 pm
 - Harriet Tubman Cultural Center
 - Registration link will be shared by email (lunch only)

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Howard County Local Health Improvement Coalition: Healthy Lifestyle (HL) Workgroup

Co-chairs:

Michelle Rosenfeld, Office on Aging and Independence
Carrie Ross, Howard County Community Action Council

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Healthy Lifestyle Updates

- 4 walking groups continue with residential communities in collaboration with Enterprise.
 - If your organization is interested in creating a walking group, please complete this form: <https://bit.ly/letswalkhoco> or scan the QR code to the right.
- Walktober 2026 – Planning will start in May.
- Planning future events in nutrition education at food pantries, such as food demonstrations.
- Food Connections Map and Food Pantry and Hot Meals brochures recently updated. If you need copies, please complete a request form [here](#).
- Started planning for a Walk Audit event at Mayfield Woods Middle School



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Howard County Local Health Improvement: Healthy Minds and Suicide Prevention Coalition (HMSPC) Workgroup

Co-chairs:

Jessica Fisher, LCSW-C, Bureau of Behavioral Health

Barbara Allen, James Place, Inc.

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HMSPC Updates

- Firearms Safe Storage Workshop update
 - Date: March 14, 2026, 11 am at the Historic Oakland Manor
 - **Attendance:**
 - 25 individuals registered
 - 20 individuals attended
 - **Participant Feedback Highlights:**
 - Presenters demonstrated strong experience and expertise
 - Participants valued the detailed content and interactive Q&A session
 - Information was clearly communicated in plain, accessible language

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Howard County Local Health Improvement: Community Health Worker Learning Collaborative (CHWLC)

Co-chairs:

María José Candanoza, MPH, CCHW, HCLHIC

Amanda Toohey, Johns Hopkins Howard County Medical Center

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CHWLC Updates

- **CHW Promotional Opportunities:**

- **Photovoice Project:** Successfully hosted 2nd - 4th Photovoice Exhibitions on January 22 (Long Reach), March 5 (Jessup/Savage) and 24 (Harper's Choice), 2026. Developed an Impact Report for Elkridge Photovoice, which will be made publicly available.
- Preparing for the next Photovoice Exhibitions on May 18th (Oakland Mills) and June 2026.

- **National CHW Awareness Week – Last week in August**

- Planning will start soon. Call for CHWLC members to be part of the Planning Committee. If interested, please send an email to chw@howardcountymd.gov.

- **Professional Development Opportunities**

- Collaborated with The Healthy Church to recruit 15 high school students to complete CHW program certification.

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Howard County Local Health Improvement Coalition: 2026-2028 HCLHIC Updates

Maribet Rivera-Brute, MPH

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CHIP Action Plan FY26-28 Updates

- Action Plan for the 3rd quarter has been updated.
- Visit the HCLHIC website for more information.

<https://www.hclhic.org/community/action-plans/267>

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Healthcare Access in Howard County

When you hear the phrase 'healthcare access,' what is the first thing that comes to mind?

From your experience, what are some of the biggest barriers residents in Howard County facing when trying to access healthcare services?

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Healthcare Access in Howard County (cont'd.)

How CHWs can help close the gap of these barriers related to healthcare?

What kinds of support would help your community get better access to healthcare? In what ways would you like to be involved in making that happen?

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Howard County Food Council Updates

Reena Rambharat, MPH, MCHES®

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**Member Announcements,
Resource Sharing and
Networking**

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2026 Full LHIC Quarterly Meetings

- The schedule for the 2026 Full LHIC meeting is available now!
- To register, please visit <https://www.eventbrite.com/e/1428672962289?aff=oddtcreator>



Multiple dates

2026 HCLHIC Full Coalition Meetings

By Howard County Local Health Improvement Coalition Follow

Join the Howard County Local Health Improvement Coalition (HCLHIC) 2026 Quarterly Full Coalition Meetings

Free Multiple dates

Check availability

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Community Assets Profile Project

- The Community Assets Profile (CAP) project is now available on our website.
- Take a look by clicking [here](#).

Howard County LHIC

HOME ABOUT US GET INVOLVED FOOD COUNCIL COMMUNITY SNAPSHOT FIND RESOURCES HEALTHY COMMUNITIES EVENTS

SEARCH

HOWARD COUNTY DATA AND REPORTS

HOWARD COUNTY HEALTH ASSESSMENT SURVEY

The Howard County Health Assessment Survey (HCHAS) is a public study that was developed to assess health-related behaviors and risk factors among the adult population of Howard County, Maryland. Results of this study enable local government, health providers and stakeholders to measure progress and determine where to focus resources so that health outcomes can be improved, health disparities reduced, and the community can become healthier. The survey, first conducted in 2012, and updated in 2014, 2016, 2018, 2021, and 2024.

[2024 Howard County Health Assessment Survey Report](#)

[2024 HCHAS Informative Summary](#)

MARYLAND STATE HEALTH IMPROVEMENT PROCESS

The Maryland Department of Health (MDH) has launched an initiative, Building a Healthier Maryland, to revisit and set health priorities as captured in the 2024 State Health Improvement Plan (SHIP). The launch of this initiative marks a significant milestone in our ongoing commitment to the well-being of Maryland residents.

This initiative, Building a Healthier Maryland, was facilitated by MDH and was conducted collaboratively with organizations and partners across Maryland. The first activity that was completed as part of the initiative was to conduct a State Health Assessment (SHA). The assessment involved taking a comprehensive look at data that provide insight into Maryland's health landscape, covering everything from health behaviors to the physical environment. The assessment allows us to collaboratively identify and prioritize key health concerns so that goals and objectives can be set to address these priorities in the State Health Improvement Plan (SHIP).

[Visit the website here.](#)

HEALTH EQUITY AND COMMUNITY REPORTS

- **Community Assets Profile (CAP) Project** - The Howard County Health Department's Community Health Workers (CHWs) have put together a list of local resources and services for seven selected neighborhoods. The goal is to understand what strengths already exist in these communities and where additional support could help. These neighborhoods were chosen because they have higher levels of social vulnerability, based on the CDC/ATSDR Social Vulnerability Index—which looks at factors like income, education, housing, language, and access to transportation. State neighborhood profiles will be added as they are completed.
- [Food Security: Reportable District](#)
- [2023 Howard County Food and Nutrition Security Survey Report](#)

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HCHD WhatsApp Channel

- The Howard County Health Department now has a WhatsApp channel!

💬 Join the conversation today! We ask Coalition members to share the following links with your community to take advantage of the opportunities to be shared in these assets.

- 👉 Follow the HCHD WhatsApp channel [here](#).
- 👉 To join the Elkridge WhatsApp group, click [here](#).
- 👉 To join the Columbia WhatsApp group, click [here](#).
- 👉 To join the Jessup/Savage WhatsApp group, click [here](#).



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LHIC Digital Content Tools

- Newsletter content
- E-banners:
 - Find food and nutrition resources
 - Find mental health resources
- <https://www.hclhic.org/membership/newsletter-tools>



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Columbia Photovoice – Oakland Mills

- Join us for the Columbia – Oakland Mills Photovoice Exhibition! Come share your ideas, inspire action, and help envision real steps toward a healthier, more connected community.
- May 18, 2026, at 5:30 pm
- East Columbia 50+ Center, 6610 Cradlerock Way, Columbia, MD 21045
- Register here: <https://bit.ly/OMPhotovoice> or scan the QR code below!



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- Residents can report non-emergency issues which the county will assign to the responsible department.
- Simply download the **TellHoCoApp** on your mobile phone or visit howardcountymd.gov/tell-hoco.



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Celebrating Black Maternal Health Week


Harriet Tubman Cultural Center
April 18, 2026 11:00am 2:00pm

Join Us For: workshops, prenatal massages, prizes, giveaways and a FREE lunch for Howard County moms and families!

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<p>Welcome to Parenthood: Connecting to Howard County Resources</p> <p>Saturday, April 18, 2026</p> <p>10:00 – 11:30 am</p> <p>https://tinyurl.com/bddzh2wt</p>	<p>Screen Time Struggles: Navigating Screen Time Challenges with Young Children</p> <p>Wednesday, April 29, 2026</p> <p>7:00 – 8:00 pm</p> <p>https://tinyurl.com/pata2ac2</p>
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Celebrate Healthy Living, and Community Wellness at the AACR 2026 Health Expo
Bring the Whole Family. Free and Open to Everyone!

HEALTH EXPO
Sat. April 25, 2026
10:00 a.m. - 2:00 p.m.

Location
Howard Community College (Galleria)
5400 Faculty Drive, Columbia, MD 21044
Directions to Galleria: Parking: East Parking Garage
Parking & Walking Directions: Stay on the left side of the garage (near Science A). Park on the 3rd floor and use the sky bridge to enter the 1st floor of the Galleria.

Featured

- Free Health Screenings
- Wellness Workshops
- Kids Activities
- Music and Line Dancing
- Yoga, Zumba Demos
- Nutrition Tips
- Free Gardening Resources
- And More ...

JOIN THE CONVERSATION

Elkridge Community Cafe

Come together with neighbors and friends of the Elkridge Community for a relaxed and welcoming conversation to discuss the needs of the community, identify barriers and challenges and, more importantly, discover innovative ideas to better serve all.

Thursday April 16, 2026
5:30 to 7:30 p.m.

Elkridge 50+ Center
6450 Washington Blvd, Elkridge, MD 21075

RSVP: <https://shorturl.at/q8Mrk>


Dinner and light refreshments will be served as well as a \$25 gift card to participants.
If you need this document in an alternative format, call 410-313-6400 (tts/voicex).
If you need accommodations to participate, call at least one week in advance.

Howard County
Office of the Local Children's Board
www.howardcountymd.gov/office-local-childrens-board

<https://tinyurl.com/4suxvph3> <https://shorturl.at/q8Mrk>


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Living Well

Chronic Disease Self-Management



Living Well Chronic Disease Self-Management Programs



OAI Your Circle of Connection
Howard County Office on Aging and Independence

MAY 1 2026
@ The Mall in Columbia
10 a.m. - 2 p.m.

With Keynote Speaker **Jessica Chaney**


REGISTER NOW!

- Enjoy line dance with friends and neighbors
- Live entertainment from The Fabulous 50+ Players
- Interact with special (furry) guests from Pets on Wheels
- Be inspired by a keynote address on The Power of Staying Connected
- Explore resources and services for older adults in #HoCoCommunity and MUCH MORE!

<https://tinyurl.com/4m7cnzhp>


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JOHNS HOPKINS
MEDICINE
HOWARD COUNTY MEDICAL CENTER

SCAN ME!



Stroke Survivor Support Group

2nd Thursday of every month, 5 - 6 pm
Howard County Medical Center
5755 Cedar Lane, Columbia, MD 21044
Medical Library



Caregivers welcome!

For more information email: JHHC-StrokeSupport@jh.edu

Scan the QR code to learn more and how to register or click on the link below:
<https://stroke-survivors-support-group-0mlc9.events.hcgh.hopkinsmedicine.org/>

Questions? Email jhhc-strokesupport@jh.edu

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Salute to 250 Years of Military Service




A Community Celebration of Service, Sacrifice & Patriotism

DATE: Sunday April 19th 2026
TIME: 11am - 4pm
LOCATION: Belmont Manor & Historic Park
6535 Belmont Woods Rd, Elkridge, MD 21075

FREE & OPEN TO ALL AGES!

Join us for a heartfelt community celebration honoring the rich legacy of the Army, Navy and Marines—from the Revolutionary War to today—as part of HCoCa250, Howard County's year-long celebration of America's 250th anniversary!

Highlights Include:

- ★ Patriotic Ceremony & Music
- ★ Fun activities for kids & families
- ★ Military Vehicle Displays
- ★ Food Trucks & Local Eats (Bring a blanket!)
- ★ Giveaways & Prizes
- ★ "Honor Wall" to recognize local service members & families

Special Feature:
 Military Tribute Moment — We'll honor each branch of the U.S. Armed Forces with a ceremonial salute and community applause!

Bring your family. Bring your pride. Let's celebrate service, honor sacrifice, and make history together!

Want To Participate?

- ★ Showcase veteran stories or memorabilia
- ★ Volunteer!
- ★ Sponsorships available

Contact: hoco250@howardcountymd.gov to get involved!

Howard County
Commission for Veterans and Military Families

<https://tinyurl.com/ybjbx7w9>

STORE YOUR FIREARM SAFELY

FREE Handgun Lockbox & Cable Lock Drive-Thru Giveaway

Sunday, April 19, 2026
11am - 2pm

Howard County Health Department
 8930 Stanford Blvd.,
 Columbia, MD 21045

(Registration begins March 25, 2026 at 6:00pm.)

Important Information

- ✓ Howard County residents 21+
- ✓ Limit 1 lockbox per household
- ✓ Registration for a lockbox is required
- ✓ Cable gun locks available without registering
- ✓ Do **NOT** bring firearms to this event

Scan the QR code or visit bit.ly/4br627D

Questions: AskHealth@howardcountymd.gov




Only 100 boxes available




From 2019-2023, more than 1 in 3 (36%) suicides in Howard County were by firearms.

bit.ly/4br627D

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Registration now open!

Spring Classes

NAMI Basics

**Tuesdays from 6:30-9 p.m.
May 19 to June 23**

**At the NAMI HC Office (and via Zoom)
9650 Santiago Rd, Suite 1, Columbia, MD**

Family-to-Family

**Wednesdays from 7-9:30 p.m.
April 8 to June 3**

**At the NAMI HC Office (and via Zoom)
9650 Santiago Rd, Suite 1, Columbia, MD**

Peer-to-Peer

**Thursdays from 6:30-8:30 p.m.
April 23 to June 11**


**At the NAMI HC Office (and via Zoom)
9650 Santiago Rd, Suite 1, Columbia, MD**

<https://tinyurl.com/5ea2yscw>

Medication Disposal

Convenient Drive-Thru Event

Saturday, April 25 • 10 a.m. - 2 p.m.




Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Vitamins
- Pet medication
- Vapes without batteries
- Inhalers
- And more!

Not Accepting Sharps:
Needles, Syringes and EpiPens

HCDrugFree Wilde Lake Village Center Parking Lot
5305 Village Center Drive, Columbia 21044





Teens: Earn Community Service Hours

Seeking student, adult, and medically-trained adults volunteers. Community service hours available for students. Spend some time making a difference in Howard County!

Medication Lockbox Giveaway!

We are giving away 100 Medication Lockboxes! First come, first served. Limit 1 per vehicle.





HCDrugFree.org

Provided by HC DrugFree, in partnership with the DEA, MD's Office of Overdose Response, Howard County Police and Health Department, HCPSS, MDH, and SAMHSA.

<https://hcdrugfree.org/drug-take-back-day-1/>


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ASIST

Learn the Skills.
HELP SAVE A LIFE.



The ASIST workshop is for individuals who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. You don't need any prior training to attend ASIST, just a willingness to make a difference.

April 30 & May 1, 9 a.m.-5 p.m.

<https://bit.ly/ASISTmay26>



HelpLine

Family Caregiver



The Family Caregiver HelpLine is available Monday through Friday, 10 a.m.-10 p.m. ET.

Call 1-800-950-NAMI (6264). Press 4 to connect with a skilled specialist. Text Family to 62640 or email helpline@nami.org.

<https://bit.ly/3Zdw2ws>

Howard County LHIC

Local Health Improvement Coalition

www.hclhic.org

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Tobacco & Cannabis Announcements

- **HCHD Tobacco and Cannabis website created**
Information, printable resources, and videos for parents and youth
- **Requests for Tobacco & Cannabis Prevention presentations and materials**
Complete the [Community Health Education Request Form](#) found on the HCHD homepage



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PREVENTION

If you, or someone you know, is struggling with suicidal thoughts, it's important to make your home, or the home of another person, safer. Studies show that limiting access to possible methods of suicide, like medications or firearms, can help prevent it.

According to the 2024 Howard County Health Assessment Survey, 1 in 3 residents reported feeling down, depressed or hopeless. These feelings can sometimes lead to thoughts of suicide, but there are steps you can take to help, if you or someone you know is struggling. Simple actions can make a difference.

LHIC Suicide Prevention Resources
www.hclhic.org/healthy/suicide-prevention

Support & Resources

Get Help Now
911 - Call 911 if there is an immediate risk for safety or a medical emergency.
988 Suicide & Crisis Lifeline
Call/Text/Chat to 988 - 24/7 confidential support

- Press 1 for Veterans and Service Members
- Press 2 for Spanish (español)

Resources
Howard County Health Department Behavioral Health Resources 410-313-6202

Additional Resources
Grassroots Crisis Intervention - 988
NAMI - Howard County
Teen Health Matters - Mental Health & Suicide Prevention
CARAPP Suicide Prevention Resources - hclhicresources.org

Howard County Local Health Improvement Coalition (HCLIC)
Howard County Health Department
8330 Starland Blvd - Columbia, MD 21045
hlh@hclhic.org
www.hclhic.org

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SAFEGUARD YOUR HOME

A guide to help prevent suicide.

WHAT YOU CAN DO

Give Support
If someone is thinking about suicide, take it seriously.

- Have a conversation.
- Speak privately with them.
- Listen closely and without judgment; show you care.
- Ask directly if they are thinking about suicide. (This will not put the idea of suicide in their head.)

If you are struggling, talk to a friend/loved one or call 988 to speak with a trained counselor.

(Credit: Rhode Island Dept. of Health, Suicide Prevention & Colorado Dept. of Public Health & Environment)

Harmful Materials
Remove or lock electrical cords and ropes. Safely dispose of extra gas, anti-freeze and bleach and other chemicals.

Give Support
Ask how someone is doing and listen to what they tell you without judgment.

Harmful Materials
Hanging is a common way that people die by suicide. It can be hard to prevent because many everyday items like ropes, cords and sheets can be used for this purpose. However, it is important to understand that these are possible methods of suicide and to remove and lock up these materials when possible.

Medications
Store all medications in a lock box or locked cabinet. Take special care to lock up prescriptions, over-the-counter (OTC) pain pills and sleeping pills. Talk to your doctor or pharmacist about getting blister packs or a limited supply of medications. Safely get rid of unwanted medications.

Firearms
To ensure secure storage:
• Keep guns locked, unloaded and separate from locked ammunition.
• Use cable locks, lock boxes or safes and store keys securely.
If someone in your home is struggling with mental health challenges or a crisis:
• Temporarily remove firearms from the home.
• Ask a trusted person to store them or call a local shooting range, gun shop or law enforcement agency listed on the [Maryland Safe Storage Map](#). Scan the QR code for more information.

Medications
Lock or dispose of medications.

Firearms
Remove or lock. Storing off-site is safest. Locking securely is next best.

<https://www.hclhic.org/healthy/suicide-prevention>

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Stay updated!

Scan to access the
events listed on our
calendar!



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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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HCLHIC Post-Meeting Survey

Your responses are needed!

Please answer a brief survey to help us with future meeting topics and share any feedback about our meetings.

<https://www.surveymonkey.com/r/83FVZRD>



SCAN ME

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NEXT STEPS & WRAP UP

2026 Quarterly Hybrid Full Coalition Meetings:

Register

July 16, 2026, at 9:00 - 11:00 AM

Presentation will be posted at www.hclhic.org

For additional information or questions contact
lhic@howardcountymd.gov

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Thank you!

LHIC Team

LHIC@howardcountymd.gov

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